

MORNING SNACK DAY 1: DOLE FRUIT BOWL PLUS 1/4 CUP DOLE RAISINS (200 Calories)

LUNCH DAY 1: CURRIED SPINACH SOUP WITH 1 CUP STEAMED OR BOILED SHRIMP (360 Calories)



 Preparation Time: 2 minutes  Cooking Time: 12 minutes  Serves: 4



Ingredients

- 1 tablespoon olive oil
- 1 cup leeks, white and light green parts, chopped
- 1 tablespoon curry powder or to taste
- 2-1/2 cups vegetable stock
- 2 white potatoes, peeled, cut into 1/2-inch pieces (about 1-1/2 cups)
- 1 teaspoon salt
- 4 cups (about 4 oz.) packed fresh baby spinach leaves
- 2 cups low-fat (1%) milk

Directions

1. Heat oil in large saucepan over medium heat. Add leeks and 1 Tbs. water and cook, stirring often, until tender, about 5 minutes. Add curry powder and stir 30 seconds. Add stock, potatoes and salt; bring to a boil. Reduce heat to low, cover and cook until potatoes are tender, about 10 minutes. Stir in spinach and cook until just wilted, about 1 minute. Cool slightly.
2. Puree soup in blender until almost smooth; work in batches if necessary. Return soup to saucepan. Add milk and cook over medium-low heat. Season to taste with salt and pepper.
3. Ladle soup into 4 bowls. Garnish with swirl of yogurt if desired

Nutrition Information (amount per serving)

Soup per Serving: 160 Cal; 6g Prot; 5g Total Fat (1.5g Sat. Fat); 25g Carb; 5mg Chol; 930mg Sod; 3g Fiber; 8g Sugars. Shrimp: 200cal, 38.42g protein, 3.28g fat

1 cup steamed or boiled shrimp.(per serving)

200cal, 38.42g protein, 3.28g fat

AFTERNOON SNACK DAY 1: 1 LARGE DOLE RED BELL PEPPER AND 1 MEDIUM STALK DOLE BROCCOLI WITH 2TBS LOW CALORIE DRESSING (149 calories)

DINNER DAY 1: STUFFED ACORN SQUASH WITH APPLES & CRANBERRIES (309 calories)



 **Preparation Time:** 10 minutes  **Cooking Time:** 60 minutes  **Serves:** 4



Ingredients

2 medium acorn squash
1-1/2 teaspoons olive oil, separated
1/8 teaspoon crushed red pepper
4 cloves garlic, minced
1/2 cup sliced scallions
1 cup coarsely shredded (prepackaged) carrots
1 bag (12 oz.) ground turkey or ground beef alternative
1 medium Granny Smith apples, peeled, diced
3 tablespoons fresh lime juice
1 cup dried cranberries
1/4 cup Mirin (rice wine)

Directions

- 1 Preheat oven to 375°
- 2 Halve squash crosswise, seed and place cut side down in 1" of water in a 9" by 13" pan. Bake for one hour while preparing stuffing.
- 3 Discard water and replace squash in pan, cut side up.
- 4 Heat oil and crushed pepper in 10" frying pan over medium-high heat.
- 5 Add garlic, scallion and shredded carrots. Saute 3 minutes.
- 6 Add beef alternative and cook 5 minutes, stirring frequently.
- 7 Drizzle diced apple with lime juice. Add to pan with cranberries and Mirin. Lower heat to simmer and cook 5 minutes.
- 8 First spray the flesh of each squash with olive oil and divide the filing among the four halves.
- 9 Cover each with foil and bake for 10 minutes, or until heated through.
- 10 Serve with jellied cranberry sauce.

Nutrition Information (amount per serving)

Nutrition Analysis per. serving 1 filled squash half Calories 309, Protein 8g, Carb 72g, Fiber 14g, Fat 2g, Chol 0.0mg, Calcium 139mg, Sodium 88 mg. Calories from Protein: 9% Calories from Carb: 85% Calories from Fat: 6%

MORNING SNACK DAY 2: DOLE PEAR, TWO DOLE KIWIFRUIT (190 calories)

LUNCH DAY 2: CARIBBEAN BLACK BEAN & FRUIT SALAD WITH CUP DICED ROASTED LIGHT MEAT TURKEY, DOLE TANGERINE (400 calories)






 **Preparation Time:** 15minutes  **Cooking Time:** 0 minutes  **Serves:** 4



Ingredients

- 1 can black beans, drained
- 2 tablespoons prepared salsa
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon finely chopped red onion
- 1/2 teaspoon grated orange peel
- 1 tablespoon lime juice
- 1/4 teaspoon ground cumin
- 1 ounce feta cheese, crumbled (optional)
- 1 large DOLE® banana, sliced
- 1 orange, peeled and sliced

Directions

-  Combine beans, salsa, cilantro, onion, orange peel, lime juice and cumin in large bowl. Spoon onto lettuce lined platter.
-  Sprinkle cheese on top of salad, if desired.
-  Arrange banana and orange slices alongside salad. Squeeze additional lime juice over bananas.

Nutrition Information (amount per serving)



129 calories, 1 g fat (0 g sat.), 0 mg cholesterol, 363 mg sodium, 29 g carbohydrate, 9 g protein

1 cup diced roasted light meat turkey (per serving)

211Cal, 40.2g protein, 4.33g fat

Dole Tangerine (per serving)

60 Cal

AFTERNOON SNACK DAY 2: EIGHT DOLE BABY CARROTS (30 calories)

DINNER DAY 2: WHOLE WHEAT PASTA PRIMAVERA, DOLE CALIFORNIA AVOCADO WITH GROUND BLACK PEPPER (401 calories)



 Preparation Time: 15minutes  Cooking Time: 30minutes  Serves: 6



Ingredients

- 1/2 pound lean turkey, ground
- 1 DOLE® Red Bell Peppers cut into strips
- 1 tablespoon paprika
- 1 can (14-1/2 oz.) Tomatoes pieces
- 1 can (14-1/2 oz.) chicken broth
- 4 ounces thin whole wheat spaghetti, broken
- 2 cups DOLE Broccoli florettes
- 1 cup DOLE Cauliflower florettes
- 1/4 cup Parmesan cheese, grated
- 1/4 cup parsley, minced

Directions

- 1 Brown turkey 2 minutes, in large nonstick skillet.
- 2 Stir in red pepper strips and paprika. Reduce heat to low, stirring 2 minutes longer.
- 3 Stir in tomato pieces, chicken broth and spaghetti. Bring to boil. Arrange broccoli and cauliflower on top. Reduce heat to low, cover and simmer 25 minutes.
- 4 Combine parmesan cheese and parsley in small bowl. Sprinkle over pasta. Let stand 3 minutes before serving.

Nutrition Information (amount per serving)



Per Serving: 183 calories, 5g fat (2g sat.), 27mg cholesterol, 150mg sodium, 24g carbohydrate (3g dietary fiber, 4g sugars), 12g protein, 42% Vit A, 147% Vit C, 8% calcium, 12% iron, 9% potassium, 7% folate.

Dole california avocado with ground black pepper (per serving)

218 calories



MORNING SNACK DAY 3: 1/4 CUP ALMONDS (206 calories)

LUNCH DAY 3: CANTALOUPE SOUP, 6 OZ BONELESS, STEAMED OR POACHED SALMON (400 calories)



 **Preparation Time:** 15minutes  **Cooking Time:** 0 minutes  **Serves:** 6



Ingredients

3 DOLE® Cantaloupe cut in half and seeded
1/2 cup DOLE Pineapple Juice
2 tablespoons fresh lime juice
2 tablespoons fresh mint, chopped
1 teaspoon honey
1 cup vanilla low-fat yogurt
Mint sprigs for garnish

Directions

- 1 Use a sharp knife to cut a thin slice off the bottom of each cantaloupe half so it sits flat.
- 2 Remove fruit from each half, leaving about an inch of cantaloupe around the edges to create the cantaloupe “bowls.”
- 3 Place removed pieces of cantaloupe in blender or food processor container with pineapple juice, lime juice, yogurt and honey. Cover and blend until smooth. Add mint and blend briefly.
- 4 Ladle soup into “bowls,” garnish with fresh mint sprigs and serve.

Nutrition Information (amount per serving)



Per Serving: 153 calories, 14g fat (0g sat.), 2mg cholesterol, 72mg sodium, 34g carbohydrate (3g dietary fiber, 33g sugars), 4g protein, 188% Vit A, 176% Vit C, 10% calcium, 4% iron, 25% potassium, 17% folate.

6 oz boneless, steamed or poached salmon (per serving)

247cal, 42.39g protein, 7.33g fat



AFTERNOON SNACK DAY 3: 1/4 CUP ALMONDS (206 calories)

DINNER DAY 3: SPINACH & CHICKEN STIR FRY WITH RASPBERRIES (311 calories)






 **Preparation Time:** 20minutes  **Cooking Time:** 5 minutes  **Serves:** 3



Ingredients

- 1 tablespoon canola oil
- 2 boneless, skinless chicken breasts, cut into bite-sized strips
- 1 cup thinly sliced DOLE Onion
- salt and pepper to taste
- 6 ounces Spinach (1 pkg) DOLE Baby Spinach or Organic Baby Spinach Salad Blends, any variety
- 1/4 cup bottled fat-free raspberry vinaigrette dressing
- 1 cup Raspberries DOLE Fresh or Fresh Frozen, partially thawed
- 1/4 cup reduced-fat feta cheese

Directions

-  HEAT oil in large nonstick skillet or wok; add chicken strips and onions and stir-fry over high heat 3 to 5 minutes or until chicken is no longer pink in center.
-  SEASON chicken to taste with salt and pepper; turn off heat. Add spinach and vinaigrette to skillet; toss well.
-  DIVIDE mixture among plates. Sprinkle each salad with raspberries and feta cheese.

Nutrition Information (amount per serving)



Per Serving: 311 calories, 8g fat (2g sat.), 95mg cholesterol, 454mg sodium, 18g carbohydrate (7g dietary fiber, 11g sugars), 41g protein, 63% vitamin A, 38% vitamin C, 10% calcium, 30% iron, 20% potassium, 3% folate

Day 4
Total Calories: 1261

MORNING SNACK DAY 4: 5 SLICES DOLE PINEAPPLE (210 calories)

LUNCH DAY 4: WARM THAI-STYLE SCALLOP & MANGO SALAD WITH CHICORY (264 calories)



🔑 **Preparation Time:** 20minutes ⌚ **Cooking Time:** 3minutes ✂ **Serves:** 3



Ingredients

12 ounces bay scallops, rinsed and drained or medium shrimp, shelled and deveined
6 tablespoons oriental chicken salad dressing, divided
5 cups DOLE® organic baby lettuce
1 cup chopped chicory
1 DOLE papaya or mango, peeled, seeded, and chopped
1 medium cucumber, peeled, seeded and cut into half-slices
1 DOLE yellow, green or red bell peppers, cut into julienne strips
1/4 cup cilantro leaves

Directions

- 1 Cook scallops in 1 tablespoon salad dressing for 2 to 3 minutes, or just until opaque (if using shrimp, cook until shrimp turn pink). Remove from heat.
- 2 Toss together salad blend, chicory, mango, cucumber, bell pepper and cilantro leaves with 4 tablespoons salad dressing. Spoon mixture onto three serving plates.
- 3 Arrange scallops over each salad; drizzle remaining 1 tablespoon dressing over scallops.

Nutrition Information (amount per serving)



Per Serving: 264 calories, 4g fat (1g sat.), 36mg cholesterol, 1185mg sodium, 31g carbohydrate (5g dietary fiber, 20g sugars), 21g protein, 98% Vit A, 183% Vit C, 13% calcium, 19% iron, 21% potassium, 15% folate.

AFTERNOON SNACK DAY 4: 1 CUP DOLE BLUEBERRIES (84 calories)

DINNER DAY 4: CARIBBEAN BEANS & RICE TOPPED WITH CHOPPED LARGE TOMATO (493 calories)



Preparation Time: 20minutes **Cooking Time:** 20minutes **Serves:** 4



Ingredients

- 2 tablespoons almond or olive oil
- 1 med. DOLE onion, chopped (1 c)
- 1 cup red bell peppers , sliced
- 1 cup yellow bell pepper, sliced
- 3 cloves garlic, minced
- 2-3 teaspoons Cajun Creole or Jamaican jerk seasoning
- 1/2 teaspoon dried oregano, crushed
- 2 cans (15 oz. each) black beans, rinsed and drained
- 1 cup vegetable broth
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 2 cups cooked long-grain rice

Directions

- HEAT oil over medium-high heat in a large skillet.
- COOK onion, bell peppers, garlic, seasoning and oregano until tender, about 8 minutes.
- ADD beans, broth, lime juice and salt. Bring to a boil; reduce heat and simmer, covered 5-10 minutes.
- SERVE over rice.

Nutrition Information (amount per serving)



Per Serving: 460 calories, 8g fat (1g sat.), 0mg cholesterol, 530mg sodium, 76g carbohydrate (22g dietary fiber, 4g sugars), 23g protein, 20% Vit A, 90% Vit C, 8% calcium, 30% iron, 29% potassium, 90% folate

Chopped large tomato (per serving)

33 calories



Day 5
Total Calories: 1204

MORNING SNACK DAY 5: 16 DOLE BABY CARROTS (60 calories)

LUNCH DAY 5: SPRINGTIME SPINACH SALAD WITH 1 CUP DICED ROASTED LIGHT MEAT TURKEY (315 calories)



Preparation Time: 5minutes Cooking Time: 3minutes Serves: 6



Ingredients

- 8 ounces fresh DOLE® Asparagus Spears or 1 package (10 oz.) frozen asparagus tips
- 1/4 cup water
- 1 bag (6 oz.) DOLE Baby Spinach or Spinach and Leaf Salad Blends
- 1 pint fresh DOLE Strawberries sliced
- 1 cup red onion, julienne-sliced
- 2/3 cup feta or blue cheese, crumbled
- 1/2 cup bottled raspberry vinaigrette or red wine and vinegar dressing

Directions

- 1 Break off woody ends of asparagus (1" to 1 1/2" of bottom) and discard. Cut remaining asparagus spears into 1" lengths. Place in a microwaveable dish with shallow layer of water. Microwave on High power for 3 minutes. Immediately rinse asparagus under cold water for 1 minute; drain well.
- 2 Place salad blend, drained asparagus, strawberries, onion and cheese in a large bowl.
- 3 Toss ingredients well with salad dressing; serve immediately.

Nutrition Information (amount per serving)



Per Serving: 104 calories, 4 g fat (2 g sat.), 15 mg cholesterol, 495 mg sodium, 15 g carbohydrate (4 g dietary fiber, 11 g sugars), 5 g protein, 39% Vit A, 65% Vit C, 12% calcium, 14% iron, 9% potassium, 19% folate.

1 cup diced roasted light meat turkey (per serving)

211Cal, 40.2g protein, 4.33g fat



AFTERNOON SNACK DAY 5: 1/4 CUP DOLE RAISINS (120 calories)

**DINNER DAY 5: HONEY MUSTARD GLAZED SALMON WITH FRUIT SALSA,
1 1/3 CUP DOLE SNOW PEAS AND DOLE SNOW PEAS (499 calories)**



🔑 Preparation Time: 20minutes ⌚ Cooking Time: 10minutes ✂ Serves: 4



Ingredients

- 3 tablespoons spicy brown mustard
- 2 tablespoons honey
- 1/4 teaspoon hot-pepper sauce
- 3/4 teaspoon salt, divided
- 1 can (15.25 oz.) DOLE® Tropical Mixed Fruit, drained and diced
- 1 DOLE Avocado, peeled and diced
- 1/4 cup chopped DOLE Red Onion
- 1/3 cup diced DOLE Red Bell Peppers
- 1 tablespoon lime juice
- 1-1/3 pounds salmon fillets (wild, if possible)

Directions

- 1 STIR together mustard, honey, hot-pepper sauce and 1/2 teaspoon salt in small bowl.
- 2 COMBINE tropical mixed fruit, avocado, red onion, red bell pepper, lime juice and remaining 1/4 teaspoon salt. Cover; refrigerate salsa until ready to serve.
- 3 GRILL or broil salmon 4 to 5 minutes, brushing with honey-mustard glaze; turn over. Grill or broil 4 to 5 minutes more or until desired doneness, brushing with remaining glaze.
- 4 SERVE salmon with tropical salsa.

Nutrition Information (amount per serving)



Per Serving: 464 calories, 23g fat (4g sat.), 89mg cholesterol, 720 mg sodium, 31g carbohydrate (4g dietary fiber, 24g sugars), 31g protein, 11% vitamin A, 58% vitamin C, 3% calcium, 5% iron, 23% potassium, 18% folate

1 1/3 cup DOLE Snow Peas (per serving)

35 calories

Day 6

Total Calories: 1203

MORNING SNACK DAY 6: 1 1/4 CUP DOLE FRESH FROZEN MANGO CHUNKS (150 calories)

LUNCH DAY 6: GARDEN VEGETABLE GAZPACHO, 6OZ BAKED SOLE (361 calories)



🔑 Preparation Time: 30minutes ⌚ Cooking Time: 60minutes ✂ Serves: 8



Ingredients

- 2 pounds Tomatoes peeled, seeded and cubed
- 1 medium cucumber, peeled and cubed
- 1 cup celery, sliced
- 1 medium DOLE® Carrots peeled and cubed
- 1/2 DOLE Onion, cubed
- 2 garlic cloves, halved
- 2 cups low sodium vegetable juice, chilled
- 2 cups tomato juice, chilled
- 1/4 cup red wine vinegar
- 3 tablespoons olive oil
- Ground black pepper

Directions

- 1 Place tomatoes, cucumber, celery, carrots, onion and garlic in food processor container.
- 2 Cover and process until chopped but not pureed.
- 3 Pour into large bowl, stir in vegetable juice, tomato juice, vinegar and oil.
- 4 Season with ground pepper to taste. Cover and chill at least 1 hour to blend flavors.

Nutrition Information (amount per serving)



7g fat (1g sat.), 0mg cholesterol, 298mg sodium, 18g carbohydrate (4g dietary fiber, 11g sugars), 3g protein, 76% Vit A, 96% Vit C, 6% calcium, 7% iron, 28% potassium, 14% folate.

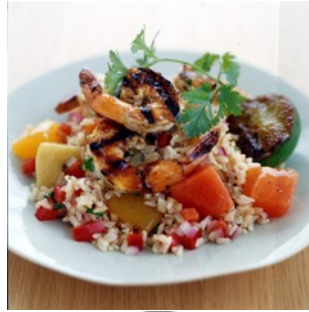
6oz baked sole (per serving)

226cal, 37.42g protein, 7.35g fat



AFTERNOON SNACK DAY 6: 1 DOLE APPLE (72 calories)

DINNER DAY 6: SHRIMP SALAD WITH RED BELL PEPPER LIME VINAIGRETTE (415 calories)



Preparation Time: 20minutes  **Cooking Time:** 15minutes  **Serves:** 4

Ingredients

- 1 tablespoon plus ¼ cup fat-free Italian salad dressing, divided
- 3 teaspoons Jamaican or other jerk seasoning, divided
- 1 pound small to medium raw shrimp, peeled and deveined
- Grated peel from 2 limes (reserve limes and cut into halves)
- 2 tablespoons honey
- 3 cups hot cooked brown rice, quinoa or bulgur
- 1 can (15.25oz) DOLE Tropical Fruit Salad, drained
- 1 cup diced DOLE red bell pepper
- ½ cup diced DOLE red onion
- ¼ cup chopped DOLE cilantro

Directions

- 1 Combine 1 tablespoon Italian salad dressing and 2 teaspoons jerk seasoning in bowl. Add shrimp and mix well. Let stand 5 to 10 minutes.
- 2 Heat grill pan over medium heat. Place lime halves, cut-side down, on grill. Cook until lightly charred, about 5 minutes; remove limes, cool and juice; set juice aside.
- 3 Coat grill pan with vegetable cooking spray. Grill shrimp until pink and cooked through, about 2 minutes per side. Grill shrimp in batches if necessary.
- 4 Combine lime juice, lime peel, honey, honey and remaining 1 teaspoon jerk seasoning in small bowl. Whisk in remaining ¼ cup Italian salad dressing.
- 5 Combine rice, tropical fruit salad, bell pepper, onion, cilantro and shrimp in large bowl. Pour lime dressing mixture over and gently toss to coat. Let stand 15 minutes to blend flavors.

Nutrition Information (amount per serving)



415 calories, 3g fat (1g sat.), 172 mg cholesterol, 451 mg sodium, 68g carbohydrate (5g dietary fiber, 28g sugars), 27g protein, 13% vitamin A, 58% vitamin C, 8% iron, 13% potassium, 5% folate



MORNING SNACK DAY 7: DOLE FRUIT BOWL (80 calories)

LUNCH DAY 7: APPLE & WALNUT SALAD TOPPED WITH 1/2 MEDIUM ROASTED CHICKEN BREAST (441 calories)

Preparation Time: 10 minutes ⌚ Cooking Time: 0 minutes ✂ Serves: 4



Ingredients

- 1 package (10 oz) DOLE Very Veggie Salad
- 1 DOLE red apple, cored and thinly sliced
- 1 DOLE green apple, cored and thinly sliced
- 1/4 cup crumbled blue cheese
- 1/2 cup chopped walnuts, toasted
- 1/4 cup olive oil
- 4 tsp balsamic or red wine vinegar
- 1Tbsp finely chopped shallot
- 1 tsp Dijon mustard

Directions

- 1 Toss salad, apples, blue cheese and walnuts in large bowl.
- 2 Stir oil, vinegar, shallot and mustard until blended in bowl. If desired, substitute 1/3 cup bottled balsamic vinaigrette for oil vinaigrette dressing in recipe.
- 3 Pour dressing over salad; toss to coat.

Nutrition Information (amount per serving)



300 calories, 26g fat (4.5g sat.), 5mg cholesterol, 160mg sodium, 16g carbohydrate (3g dietary fiber, 11g sugars), 5g protein, 60% vitamin A, 25% vitamin C, 8% calcium, 8% iron

1/2 Medium Roasted Chicken Breast (per serving)

141Cal, 26.45g protein, 3.04g fat

AFTERNOON SNACK DAY 7: 1 CUP DOLE MUSHROOMS (21 calories)

DINNER DAY 7: YAMS, "BACON", PEARS & RAISINS AND 6 OZ BONELESS, STEAMED OR POACHED SALMON (452 calories)



🔑 **Preparation Time:** 5 minutes ⌚ **Cooking Time:** 22 minutes ✂ **Serves:** 8



Ingredients

- 1-1/2 teaspoons olive oil
- 1/4 teaspoon red pepper, crushed
- 3 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1/2 cup red bell peppers, chopped
- 4 slices veggie Canadian bacon, diced
- 4 cups yams (1 large), peeled & cubed
- 2 cups Bosc pears (2 medium), peeled & diced
- 1 medium plum tomatoes, diced
- 1/4 cup dry sherry
- 1 hot vegetarian "chicken" flavored broth
- 1/2 cup golden raisins
- 1/4 cup Italian flat-leaf parsley
- 1/3 cup nutritional yeast

Directions

- 1 Place oil and crushed pepper in a 5-quart saucepan or electric skillet and warm over medium-high heat for one minute.
- 2 Add garlic, onions, bell pepper and diced bacon. Cook for 3 minutes.
- 3 Add cubed yams and cook mixture for 8 minutes, stirring frequently.
- 4 Add pears, tomatoes and sherry.
- 5 Reduce heat to medium low, add hot broth, raisins, parsley and yeast and continue to cook for 10 minutes, stirring occasionally.

Nutrition Information (amount per serving)



Yams "Bacon," Pears & Raisins Nutrition Analysis: (per 1 1/2 cup serving) Protein: 7 g, Carbohydrate: 43 g, Fiber: 5 g, Fat: 2 g, Sat Fat: 0 g, Cholesterol: 0 mg, Calcium: 43 mg, Sodium: 111 mg Calories 205 -- from Protein: 12%, from Carbohydrate: 81%, from Fat: 7% Recipe by Marie Oser (The Enlightened Kitchen). John Wiley & Sons, Inc.© 2002. Reprinted with Permission.