



STARTER WEEK MEAL IDEAS

Breakfast

Eggs and Toast (FP+FC)

- **2 Whole Eggs (cooked however you like it) 2 DFWB**

Cereal (Complete Food + FC)

- **1 small bowl Special K Protein Plus Cereal***
- **Kroger Carbmaster Milk**

Regular French Toast (FC+FP)

- **2 eggs** **2 DFWB**
- **1 TBSP FF half and half** **Sugar-free syrup**
- **1 tsp imitation vanilla extract** **1 TBSP cinnamon**
- **Dolop of Fat Free Redi Whip**

Mix eggs, vanilla, cinnamon, and half and half. Coat bread with mixture; fry in pan sprayed with 0 calorie spray. Top with sugar-free syrup and a dollop of the Redi whip.

A Frenchy Omelet (LP+FC)

- **½ C Egg Beaters** **Diced Tomato (sparingly)**
- **¼ tsp dried Basil** **Salt and Pepper to taste**
- **1 TBSP TCO Oil** **1 Wedge Weight Watchers White Cheddar Cheese**

Sauté basil, salt and pepper in TCO oil. Add tomatoes and cook for 30 seconds. Add egg beaters and cook. Melt cheese in microwave. Add melted cheese to eggs and fold over. Serve with a fibrous carb like DFWB.

Eggs and Bacon (FP+FC)

- **2 eggs** **2 pieces of Canadian bacon**
- **2 DFWB**

2 Mexican Breakfast Wraps (FP+FC)

- **2 eggs** **2 extreme fiber tortillas**
- **Green & red peppers, scallions** **Salt and pepper**
- **1/4 C fat free cheddar cheese**

Sauté peppers and scallions; add mixture to tortillas and sprinkle with cheese.

The recipes on these pages are from the *Achieve Weight Loss Cookbook*. Available on www.MyAchieveWeightLoss.com/store

Lunch or Supper



Two Chicken Wraps (LP+FC)

- **1 skinless cooked chicken breast cut into strips**
- **Green peppers, scallions, & mushrooms** (you decide)
- **Lettuce or spinach** (you decide) **2 extreme fiber tortilla shells**
- **Salsa (optional)**

Sauté peppers, scallions, mushroom and spinach in MCT oil. Combine with chicken in tortilla shell. Serve with salsa.

Tilapia Filet and Salad (LP+FC)

- **1 (4oz) tilapia filet (women); 2-(4oz) tilapia filet (men)**
- **Blackening seasoning**

Sprinkle filet (s) with blackening seasoning and cook in MCT oil until meat flakes. ☺Serve with a side salad or a fibrous carb like cauliflower topped with a slice of FF cheese.

Salmon Patties (FP+FC) and Green Beans

- **1 can (15oz) salmon** **3/4 C DFWB crumbs**
- **1/2 C of egg beaters**

Mix ingredients together and make into patties. Fry in MCT oil in pan. Serve with green beans or a fibrous carb of your choice. **Serving Size: 1 patty.**

Two Beef Burritos (FP+FC)

- **1/4 lb. extra lean hamburger** **Spinach (or lettuce)**
- **Salsa** **2 Extreme fiber tortillas**
- **2 TBSP FF Sour Cream** **1/3 pkg Taco Seasoning**
- **Sautéed green pepper and scallions in MCT oil (to taste)**

Combine green pepper and scallions with hamburger and brown. Add seasoning and cook as directed (adjust to taste). Spoon mixture on tortillas; add spinach (or lettuce), salsa and sour cream. **Serving Size: 1-2 burritos.**

Mushroom Cheese Hamburger Steak (FP+FC)

- **1/4 lb. extra lean ground beef** **5-6 scallions, chopped**
- **1/2 can (6.5oz) mushrooms** **1 egg**
- **1 pkg brown gravy mix*** **Salt and pepper**
- **1/2 C fat free shredded cheddar cheese**

Sauté scallions and mushrooms in MCT oil. Mix hamburger meat and egg; add sautéed vegetables. Shape meat mixture into patties and fry in skillet. When meat is fully cooked in skillet, melt cheese on patties. Remove patties from skillet and drain excess grease. Make brown gravy as directed. Return skillet to stove on medium heat and combine the sautéed onion, mushrooms, and brown gravy. Heat until bubbly and add removed patties back into the skillet. ☺Serve with fibrous Carb. *Note: You will have brown gravy left over.

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