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Here is a list of a few helpful foods that you will want to keep on hand as you become a low fat, sugar-free cook. This is also a good list to check before you head off to the grocery store so that you will have everything you need to make healthy, satisfying meals!

**DAIRY PRODUCTS:**

Fat Free Milk  
Fat Free Yogurt made/Aspartame  
Non Fat Dry Milk  
Part Skim Mozzarella  
Part Skim Ricotta  
Low Fat Swiss Cheese

**MEAT & PROTEIN:**

Chicken Breasts  
Water Packed Tuna  
Super Lean Ground Beef  
Lean Ground Turkey  
Round Steak  
Lean Pork Loin  
Fish Fillets (Cod, Flounder, Red Snapper or Orange Roughy)

**STARCH / BREAD :**

100% Whole Wheat Bread  
Brown Rice  
White Rice  
Bran Muffin Mix  
(made with water, not oil)  
Fresh Potatoes  
Corn Tortillas  
Low Fat Whole Wheat Crackers  
Low Fat High Fiber Cereal  
(Fiber One, All Bran)  
Dried Beans  
(pinto, kidney, navy, lentils)  
Rolled Oats

**EXTRA / DESSERTS/SNACKS:**

Sugar Free Gelatin  
Angel Food Cake  
Sugar Free, Fat Free Pudding  
Ginger Snaps  
Graham Crackers  
Pretzels  
Animal Crackers  
Air Popped Popcorn  
Natural Flavor Microwave Popcorn

**FRUITS & VEGETABLES:**

Fresh or Frozen Vegetables  
Carrots  
Green Beans  
Cauliflower  
Lettuce/Greens (Spinach/Red Leaf)  
Tomatoes  
Cucumbers  
Onions  
Yellow Squash  
Zucchini  
Apples  
Oranges  
Peaches  
Pears  
Plums  
Grapefruit

**SEASONINGS:**

Lemon Juice  
Salt Free Seasoning  
Butter Substitute  
Sugar Substitute  
Salsa  
Horseradish  
Garlic Powder  
Black Pepper / Crushed Red Pepper  
Rosemary  
Vinegar  
Fat Free Salad Dressing  
Fat Free Margarine  
Canola Oil  
Olive Oil  
Nonstick Spray  
Fresh Garlic and Fresh Herbs

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# COTTAGE CHEESE- CUCUMBER SPREAD



1. 1 Cup Cucumber (finely chopped)
2. 1 Cup Small Curd Fat Free Cottage Cheese
3. Dash Pepper
4. Minced Chives

Mix cucumber, cottage cheese and pepper. Spread on lowfat whole wheat crackers and garnish with minced chives.

## SERVING SIZE - PER TEASPOON

Calories	4	Protein	1g
Total Fat	0g	Carbohydrate	0g
Saturated Fat	0g	Cholesterol	0mg
Sodium	20mg	Fiber	0g

EXCHANGES: Free food up to 7 tsp. (8 tsp. = 1 Very Lean Meat)

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# LUNCHEON TUNA SALAD

1. 1 Can (10 oz.) Water Packed Tuna (drained)
2. 1 Can (8 oz.) Low Sodium Peas (drained)
3. 3/4 Cup Celery (finely chopped)
4. 1/2 Cup Fat Free Mayonnaise

Toss all ingredients and chill. Serve on a bed of lettuce. 4 Servings.

SERVING SIZE - 3/4 CUP

Calories	151	Protein	20g
Total Fat	2g	Carbohydrate	16g
Saturated Fat	0g	Cholesterol	13mg
Sodium	460mg	Fiber	3g

EXCHANGES: 1 Bread, 2 1/2 Very Lean Meat

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# STRAWBERRY/PEACH YOGURT PIE

1. 2 Cups Strawberry/Peach Yogurt Made With Aspartame
2. 1/2 Cup Low Calorie, Low Sugar Strawberry Preserves
3. 1 Carton (8 oz.) Lite Cool Whip (thawed)
4. Prepared Graham Cracker Crust

Combine strawberry preserves and yogurt in bowl. Fold in Cool Whip. Spoon into graham cracker crust and freeze. Remove and place in refrigerator for 30 minutes before serving. 8 Servings.

## SERVING SIZE - 1 SLICE

Calories	262	Protein	4g
Total Fat	11g	Carbohydrate	36g
Saturated Fat	2g	Cholesterol	3mg
Sodium	240mg	Fiber	0g

EXCHANGES: 1 1/2 Starch, 3 Fat