



5-Step Sandwich

Step 1: Choose whole wheat bread, bun, or 1/2 pita pocket.

Step 2: Choose lean meat (turkey, chicken, roast beef).

Step 3: Choose a reduced fat cheese (swiss, american, cheddar, etc).

Step 4: Choose 2 or more vegetables (lettuce, tomato, bell pepper, onion).

Step 5: Choose condiments (mustard, light mayonnaise or salad dressing, low sodium pickles, herbs and spices).

Begin with the bottom slice of bread and layer ingredients in order of steps. Spread mustard and/or mayonnaise on second piece of bread and place on top of sandwich. Cut in half and serve.



Tips for Choosing Healthy and Time Saving Ingredients

Starches, Breads, Grains

- 100% whole wheat bread, put remainder in freezer and use as needed.
- Whole wheat pita bread
- Instant brown rice

Milk, Yogurt & Cheese

- Low-fat, reduced-fat cheese
- Shredded, bagged cheese

Meat, Poultry, Fish, Eggs

- Lean meats
- Pre-cooked, ready-to-eat chicken
- Canned beans (rinsed, drained)

Fruits and Vegetables

- Pre-cut vegetables
- Bagged, pre-cut lettuce and spinach
- Dark green colored lettuce
- Frozen mixed vegetables
- Canned vegetables (rinsed, drained)

Miscellaneous

- Reduced-fat, reduced or low sodium soups and broths.
- Fat-free or reduced-fat mayonnaise and salad dressing.



4-Step Soup

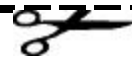
Step 1: Brown 1 pound ground meat or chicken, if needed.

Step 2: Choose 6 cups low sodium broth (beef, chicken, vegetable or V-8 juice).

Step 3: Add 1 cup starch (potato, rice, macaroni, corn).

Step 4: Add 2 cup frozen soup mix or mixed vegetables during last 15-20 minutes. Add herbs and seasonings.

Brown meat and drain well (if needed). Combine meat, broth, and starch and simmer. Add vegetables and seasonings the last 15 to 20 minutes. Serves 8. Place leftovers in labeled container and freeze for a later meal.



5-Step Tossed Salad

Step 1: Choose 4 cups lettuce (Romaine, spinach, red-leaf).

Step 2: Choose 3 or 4 vegetables, 1/2 cup each, chopped. (carrots, tomatoes, cucumbers, bell pepper, etc.)

Step 3: Choose 1 cup grilled chicken, garbanzo beans, or hard-boiled egg.

Step 4: Choose 1/2 cup low-fat cheese (optional).

Step 5: Choose a lower calorie salad dressing.

In a large salad bowl, place shredded lettuce. Layer chopped vegetables, then chicken, beans or egg. Top with cheese. Serve in small salad bowls and top with a small amount of your favorite salad dressing.

