

5-Day Menu Planner Healthy Eating in a Hurry

Healthy eating doesn't need to be time-consuming or overwhelming. Cabot's team of Registered Dietitians has developed a five-day meal plan with a well-balanced and nutritious eating plan that keeps your grocery list manageable without making your meals boring. And you'll only need

to cook once a day, so no need to fear. The eating plan follows the Dietary Approaches to Stop Hypertension (DASH) eating pattern and allows for you to swap suggestions you might not be so fond of with your own favorites.



	Breakfast	Lunch	Snacks	Dinner
Day 1	<ul style="list-style-type: none"> 1 1/2 cups ready-to-eat unsweetened bran cereal with 1 cup fat free milk and 1 cup blueberries 	<ul style="list-style-type: none"> Super Salad: 6 cups salad greens with 4 ounces low-sodium water-packed tuna, 1 medium tomato (sliced), 1/2 cup sliced cucumbers and 2 tablespoons reduced fat salad dressing 1 whole wheat dinner roll 1 cup fat free milk 1 large apple 	<ul style="list-style-type: none"> 1 1/2 cups baby carrots with 2 tablespoons reduced fat salad dressing 3/4 cup Cabot 2% Plain Greek-Style Yogurt 1 cup cubed cantaloupe 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup) 	<ul style="list-style-type: none"> <i>Chicken Enchiladas</i> 13 lowfat tortilla chips with 1/4 cup salsa 1 cup salad greens with 1 tablespoon fat free salad dressing
Day 2	<ul style="list-style-type: none"> 1 whole wheat English muffin with 2 teaspoons butter 1 cup orange juice 3/4 cup Cabot 2% Plain Greek-Style Yogurt 	<ul style="list-style-type: none"> Deli Sandwich: 2 slices whole wheat bread with 2 ounces Cabot Sharp Extra Light Cheddar (about 1/2 cup), 2 ounces deli turkey breast, 3 pieces romaine lettuce, 2 teaspoons avocado 2 cups cucumber slices with 1 tablespoon fat free dressing 1 cup fat free milk 	<ul style="list-style-type: none"> 34 grapes 10 whole wheat crackers 1 cup fat free milk 1 cup celery sticks 	<ul style="list-style-type: none"> <i>Couscous with Tomatoes, Sautéed Spinach and Two Cheeses</i> 3 ounces salmon 1 small whole wheat dinner roll 1 cup berries
Day 3	<ul style="list-style-type: none"> 2 packets unflavored instant oatmeal prepared with 1 cup fat free milk and 1 medium peach, sliced 	<ul style="list-style-type: none"> Power Pita: 4 ounces skinless chicken breast, 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup), 1 tablespoon reduced fat mayo, 1 pinch bean sprouts 1 cup fat free milk 1 cup cubed cantaloupe 	<ul style="list-style-type: none"> 6 walnut halves with 1/4 cup dried cranberries 2 cups baby carrots with 2 tablespoons sour cream dip 	<ul style="list-style-type: none"> <i>Mediterranean Turkey Roll-ups</i> 1 3/4 cup cooked whole wheat pasta 1 cup strawberries
Day 4	<ul style="list-style-type: none"> Quick Yogurt Parfait: 3/4 cup Cabot 2% Plain Greek Yogurt with 1/2 cup lowfat granola and 1 cup berries 	<ul style="list-style-type: none"> Vegetarian Salad: 2 cups salad greens with 2 cups chopped fresh veggies, 2 ounces Cabot Sharp Extra Light Cheddar (about 1/2 cup) with 2 tablespoons reduced fat dressing 1 6-inch whole wheat pita 1 cup fat free milk 1 small apple 	<ul style="list-style-type: none"> 2 1/2 ounces Cabot Sharp Light Cheddar (about 3/4 cup) with 14 whole wheat crackers 1 medium peach 1 cup fat free milk 	<ul style="list-style-type: none"> <i>Spicy Shrimp and Cabot Cheddar Spinach Salad</i> 2/3 cup brown rice, cooked with 2 teaspoons canola oil 1/2 cup cooked veggies 1 cup strawberries

	Breakfast	Lunch	Snacks	Dinner
Day 5	<ul style="list-style-type: none"> • 1 1/2 cups ready-to-eat unsweetened bran cereal with 1 cup fat free milk • 1 medium/large banana 	<ul style="list-style-type: none"> • Garden Variety Sandwich: 2 slices whole wheat bread with 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup), 2 ounces deli turkey breast, 1/2 cup roasted red peppers, 1/2 cup sliced mushrooms, 1 cup sugar snap peas, 1 tablespoon reduced fat salad dressing • 17 grapes • 1 cup fat free milk 	<ul style="list-style-type: none"> • 22 baked pita chips • 1 1/2 cups raw veggies with 1 tablespoon fat free salad dressing • 3/4 cup Cabot 2% Plain Greek-Style Yogurt 	<ul style="list-style-type: none"> • <i>Bow Tie Pasta Salad with Cabot Sharp Light Cheddar</i> • 4 ounces skinless chicken breast, cooked with 1 teaspoon olive oil • 1 small whole wheat dinner roll • 1 medium peach

Note: This menu plan is based on an 1800 calorie/day diet (50% Carbohydrate, 20% Protein, 30% Fat). Each complies with the DASH Diet (Dietary Approaches to Stop Hypertension) and provides the following Exchanges for Diabetes Meal Planning: 8 Starch, 8 Lean Meat, 4 Vegetable, 4 Fruit, 3 Low-Fat Milk and 4 Fat. Exchange calculations are based on the American Dietetic Association Choose Your Foods: Exchange Lists for Diabetes, 2007.

5-Day Menu Planner Recipes (in order of listing)

Chicken Enchiladas

Makes 8 enchiladas for 4 servings

- Cooking spray
 1 (14.5-ounce) can “no salt added” peeled whole tomatoes
 1 cup frozen corn kernels
 1 cup shredded or diced cooked skinless, boneless chicken breasts
 2 1/2 ounces Cabot Sharp Extra Light Cheddar, grated (about 2/3 cup)
 1/4 cup chopped fresh cilantro or parsley
 1 1/2 teaspoons ground cumin
 1 teaspoon dried oregano
 1/3 cup fat-free refried beans
 8 (6-inch) corn tortillas
 3/4 ounces Cabot Chipotle or Extra Sharp Cheddar, grated (about 3 tablespoons)
 1/3 cup Cabot No Fat Sour Cream
 1 green onion, white and tender green parts, sliced
1. Preheat oven to 375°. Coat baking dish with cooking spray.
 2. Drain tomatoes, shaking off excess juice. Chop well and place in medium bowl. Add corn, chicken, 75% reduced fat cheddar, cilantro or parsley, cumin and oregano and mix together well.
 3. Spread each tortilla with about 2 teaspoons of refried beans. Place some of chicken mixture down middle of each tortilla. Roll up tightly and place in row down center of prepared baking dish.
 4. Bake for 20 to 25 minutes or until heated through. Sprinkle with Chipotle or Extra Sharp Cheddar. Top each enchilada with dollop of sour cream and sprinkle of green onions.

Nutrition Analysis: Calories 344, Total Fat 7g, Saturated Fat 2.5g, Sodium 448mg, Carbohydrates 46g, Dietary Fiber 5g, Protein 25g, Calcium 217mg

Couscous with Tomatoes, Sautéed Spinach & Two Cheeses

Makes 6 servings

- 3 1/2 cups packaged couscous (any flavor)
 1 (8-ounce) can Italian-style diced tomatoes
 1/4 cup red onion, sliced into rings
 1 tablespoon minced garlic
 1/2 teaspoon olive oil
 10 cups fresh spinach (10 ounces)
 1 tablespoon water
 6 ounces Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)
 3 tablespoons freshly grated Parmesan cheese
 Fresh basil sprigs for garnish

1. Prepare couscous according to package directions; set aside.
2. Heat tomatoes in small saucepan or microwave; set aside.
3. In large skillet over medium heat, combine onions, garlic and oil; stir until onions are heated and fragrant. Add spinach and water; stir until spinach is wilted and tender but still bright green, about 2 minutes.
4. On large platter, layer coucous, spinach mixture and tomatoes. Sprinkle with cheeses and garnish with basil.

Nutrition Analysis: Calories 221, Total Fat 7g, Saturated Fat 4g, Sodium 334mg, Carbohydrates 27g, Dietary Fiber 3g, Protein 14g, Calcium 270mg

Mediterranean Turkey Roll-ups

Makes 8 servings

- 1/4 cup chopped dehydrated sundried tomatoes
 1 1/2 cups reduced-sodium chicken broth, divided
 1 (10-ounce) package frozen spinach, thawed and squeezed dry

- 6 ounces Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)
 1/2 cup pine nuts (pignoli)
 1/4 teaspoon dried oregano
 8 turkey cutlets, pounded thin
 King Arthur Unbleached All-Purpose Flour for dredging
 2 tablespoons olive oil
 2 cloves garlic, minced
 1/2 cup fresh or bottled lemon juice
 1/4 cup white wine
 2 tablespoons capers
 1/2 teaspoon dried rosemary, crushed

1. Soak sundried tomatoes in 1/2 cup of chicken broth for 10 minutes or until softened. Combine tomatoes and soaking broth in bowl with spinach, cheese, pine nuts and oregano.
2. Lay turkey cutlets on work surface. Place scant 1/2 cup of spinach mixture in center of each cutlet. Roll cutlets tightly up around filling and secure with toothpicks.
3. Place some flour in shallow dish and roll each cutlet in flour until well coated.
4. Set large nonstick skillet over medium-high heat; add oil and garlic. When oil is hot, add cutlets and cook, turning, until browned on all sides. Transfer to paper towels to drain.
5. Add remaining 1 cup chicken broth, lemon juice, white wine, capers and rosemary to skillet. Increase heat to high and cook until liquid is reduced by half, 3 to 5 minutes.
6. Return cutlets to skillet, reduce heat, and simmer for 5 to 6 minutes longer, turning occasionally, or until heated through. Remove toothpicks from cutlets and serve with sauce over barley, brown rice or whole-wheat or spinach linguine.

Nutrition Analysis: Calories 220, Total Fat 12g, Saturated Fat 3g, Sodium 311mg, Carbohydrates 8g, Dietary Fiber 2g, Protein 21g, Calcium 200mg

Spicy Shrimp and Cabot Cheddar Spinach Salad

Makes 4 servings

- 12 medium raw shrimp, peeled and deveined
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 teaspoon fresh lime juice
- 2 tablespoons water
- 4 cups fresh spinach, stems removed
- 2 green onions, trimmed and sliced diagonally
- 1 teaspoon vegetable or canola oil
- Salt and ground black pepper to taste
- 1/4 cup sweet yellow frozen corn, thawed
- 4 ounces Cabot Jalapeño Light Cheddar, cubed
- 2 tablespoons snipped fresh chives

1. Preheat oven to 450°F.
2. Halve shrimp lengthwise and spread in single layer on shallow baking pan. In small bowl, mix together chili powder and salt and sprinkle evenly over shrimp. (Shrimp may be prepared to this point up to 3 hours ahead and refrigerated, covered.)
3. Drizzle shrimp with lime juice. Roast in middle of oven for 4 to 6 minutes, or until just cooked through.
4. In large nonstick skillet, bring water to simmer over medium heat; add spinach and cook, stirring, until slightly wilted, about 20 seconds. Remove from heat and immediately stir in green onions and oil until well combined. Season with salt and pepper.
5. Divide spinach among 4 plates, mounding it in center. Surround with smaller mounds of shrimp, corn and cheese. Sprinkle all over with chives.

Nutrition Analysis: Calories 118, Total Fat 6g, Saturated Fat 3g, Sodium 400mg, Carbohydrates 5g, Dietary Fiber 2g, Protein 13g, Calcium 244mg

Bow Tie Pasta Salad with Cabot Sharp Light Cheddar

Makes 8 servings

- 1/2 (16-ounce) box bow tie or other shaped pasta
- 1/3 cup reduced-fat mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons sweet pickle relish
- 1/4 teaspoon ground white pepper, or to taste
- 1/8 teaspoon hot pepper sauce, or to taste
- 4 ounces reduced-sodium baked ham or smoked turkey, diced
- 8 ounces diced Cabot Sharp Light Cheddar (about 2 cups)
- 1/2 medium red bell pepper, finely chopped
- 2 green onions, green and white parts, minced
- 1/8 teaspoon mild paprika

1. In large pot of boiling salted water, cook pasta according to package directions; drain in colander, rinse under cold water to cool and drain again.
2. Meanwhile, in small bowl, whisk together mayonnaise, vinegar, relish, white pepper and pepper sauce.
3. In large bowl, combine pasta, ham or turkey, cheese, red pepper and green onions. Add mayonnaise mixture and stir to combine. Sprinkle top with paprika. (If not serving immediately, refrigerate pasta mixture and mayonnaise mixture separately and mix when ready to serve.)

Nutrition Analysis: Calories 226, Total Fat 9g, Saturated Fat 4g, Sodium 271mg, Carbohydrates 25g, Dietary Fiber 2g, Protein 14g, Calcium 213mg

Recipes available at cabotcheese.coop/recipes