

5-Day Menu Planner Lighter Lunchbox

Packing your lunch during the week not only helps save money but also helps you better monitor what you put into your mouth during the day and avoid tempting workday food pitfalls. Cabot's team of Registered Dietitians has developed

a five-day meal plan that takes the guesswork out of eating nutritious lunches on the go while also offering simple and realistic breakfast, snack and dinner solutions.



	Breakfast	Lunch	Snacks	Dinner
Day 1	<ul style="list-style-type: none"> • 1 whole wheat English muffin w/2 tsp reduced fat cream cheese • 1 cup orange Juice • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Lighten up! Rotisserie Chicken Chili</i> • 7 (¾ oz) whole wheat reduced fat crackers • 12 sweet cherries • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 1 6" Pita with 1 oz Cabot Sharp Light Cheddar • 2 cups total raw carrot slices and cauliflower with 1 Tbsp reduced fat dressing • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 4 oz salmon • 1 cup cooked kale with 2 tsp olive oil and ½ clove garlic • 1 small whole wheat dinner roll
Day 2	<ul style="list-style-type: none"> • 1 ½ cups unsweetened ready-to-eat cereal with 1 cup lowfat (1%) milk • 1 large banana 	<ul style="list-style-type: none"> • <i>Heartfelt Tuna Melt</i> (½ recipe; double serving size) • 1 ½ cups carrot sticks • 1 small apple • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 1 cup edamame • ¾ oz pretzels • 1 6 oz container Cabot Nonfat Flavored Yogurt • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Slow Cooker Chicken and Sweet Potatoes</i> In the morning, place whole chicken and three sliced sweet potatoes with 1 package onion soup mix and 2 cups water in slow cooker on low setting. Serving size: 4 oz skinless breast meat and 1 cup sweet potato slices • 4 cup salad greens with 1 medium tomato, sliced and 2 Tbsp reduced fat dressing • 1 cup raspberries
Day 3	<ul style="list-style-type: none"> • 2 slices whole wheat toast with 1 tsp butter, 1 oz Cabot Sharp Light Cheddar and 1 hard-cooked egg • 26 small grapes • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Cheeky Cabot Cheese Turkey Pockets</i> • 1 cup diced cantaloupe • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 1 ½ cups total sliced cucumber and celery with ½ cup hummus • 5 reduced fat whole grain crackers with ½ oz Cabot Sharp Light Cheddar • 8 large black olives • 6 oz Cabot Nonfat Flavored Yogurt 	<ul style="list-style-type: none"> • <i>Pita Pizza</i> Top 1 large pita 1 tsp olive oil, ½ cup broccoli, ½ medium tomato and ½ cup shredded Cabot Sharp Light Cheddar • ¾ cup blueberries
Day 4	<ul style="list-style-type: none"> • 1 cup prepared oatmeal with • ¼ cup lowfat (1%) milk, 2 Tbsp raisins and 8 walnut halves • ¾ cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Vegetarian Taco Salad</i> • 1 small apple • 1 cup Cabot Nonfat Flavored Yogurt with ¼ cup lowfat granola 	<ul style="list-style-type: none"> • 1 whole wheat English muffin with 1 small (or ½ large) banana and 2 tsp peanut butter • 1 oz Cabot Sharp Light Cheddar • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Chicken, Apricot and Cabot Cheddar Stirfry</i> • 1 medium peach

	Breakfast	Lunch	Snacks	Dinner
Day 5	<ul style="list-style-type: none"> • ½ cup Cabot Cottage Cheese with 1 cup diced cantaloupe • 1 hard-cooked egg • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • <i>Chilled Chicken Pesto Pasta Salad</i> (1/6 of recipe) • 1 small orange • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 3 cups total raw sliced cucumber, cauliflower and cherry tomatoes with 2 Tbsp reduced fat dressing • 10 reduced fat whole wheat crackers • ½ oz Cabot Sharp Light Cheddar • 6 oz Cabot Nonfat Flavored Yogurt 	<ul style="list-style-type: none"> • <i>Hot and Cheesy Sub</i> • 4 cups salad greens, ½ cup sliced carrots and ½ cup chopped or cherry tomatoes with 2 Tbsp fat free Italian dressing • 24 sweet cherries
<p><i>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.</i></p>				

5-Day Menu Planner - August 2010 Recipes (in order of listing)

Lighten Up! Rotisserie Chicken Chili

Makes 4 servings

- 1 cooked rotisserie chicken
 - 1 small green bell pepper, halved and seeded
 - 1 medium onion
 - 2 cloves garlic
 - 1 tsp whole cumin seeds
 - 1 Tbsp peanut oil
 - 1 Tbsp all-purpose flour
 - 1 (14.5-oz) can chicken broth
 - 1 (15-oz) can pinto or kidney beans, drained
 - Salt and ground black pepper to taste
 - ¼ cup Cabot Jalapeño or Jalapeño Light Cheddar, grated
 - 1 cup chopped fresh cilantro
 - 1 lime, quartered (optional)
1. Remove skin from chicken and discard; cut chicken into bite-size chunks; set aside. With food processor or by hand, finely chop together bell pepper, onion and garlic. With mortar and pestle or coffee grinder, crush cumin seeds.
 2. Heat deep skillet or large saucepan over medium heat; add cumin seeds and stir until lightly toasted and fragrant. Add oil; when sizzling, add pepper-onion mixture. Cook, stirring, until lightly colored, about 5 minutes. Add flour and stir until well blended.
 3. Stir in chicken broth, beans and reserved chicken. Season with salt and pepper. Cover pan and adjust heat to maintain gentle simmer; cook, stirring occasionally, for 20 minutes.
 4. Stir in cheese and simmer, uncovered, for 15 minutes longer, stirring occasionally.
 5. Remove from heat and stir in cilantro. Season with additional salt and pepper if needed and add additional cheese if desired. Serve with

lime quarters for squeezing over top if desired.

Recipe courtesy of Chef Jon Ashton

Nutrition Analysis: Calories 246, Total Fat 7g, Saturated Fat 2g, Sodium 377mg, Carbohydrates 22g, Dietary Fiber 6g, Protein 24g, Calcium 110 mg

Heartfelt Tuna Melt

Makes 4 servings

- 2 whole wheat English muffins, split
 - 1 (6-oz) can solid white tuna packed in water, drained
 - 1/3 cup chopped celery
 - 1/4 cup chopped onion
 - 1/4 cup lowfat Russian or Thousand Island salad dressing
 - Salt and ground black pepper to taste
 - 3 oz Cabot Sharp Light Cheddar, grated
1. Preheat broiler.
 2. Arrange English muffins split-side-up on baking sheet; set under broiler until lightly toasted.
 3. Meanwhile, mix together tuna, celery, onion and salad dressing. Season with salt and pepper.
 4. Top each muffin with one-fourth of tuna mixture. Return to broiler until heated through, about 2 to 3 more minutes.
 5. Top each with one-fourth of cheese and return to broiler until cheese is melted, about 1 minute longer.
- Nutrition Analysis: Calories 173, Total Fat 5g, Saturated Fat 2g, Sodium 824mg, Carbohydrates 16g, Dietary Fiber 2g, Protein 19g, Calcium 230mg (For ½ recipe: Calories 346, Total Fat 10g, Saturated Fat 4g, Sodium 1648mg, Carbohydrates 32g, Dietary Fiber 4g, Protein 38g, Calcium 230mg)

Cheeky Cabot Cheese Turkey Pockets

Makes 8 servings

- ¼ cup plain low-fat yogurt
 - ¼ cup Cabot Light Sour Cream
 - ½ cup bottled reduced-fat ranch salad dressing
 - 3 cups chopped cooked turkey or chicken
 - ¼ cup cup chopped fresh broccoli
 - ¼ cup chopped apple
 - ¼ cup raisins
 - ¼ cup shredded carrot
 - ½ cup Cabot Sharp Light Cheddar, grated
 - ¼ cup chopped pecans
 - 4 (6- to 7-inch diameter) whole-wheat pita bread rounds, halved crosswise
1. In small bowl, stir together yogurt, sour cream and ranch dressing.
 2. In medium bowl, combine turkey or chicken, broccoli, apple, raisins, carrot, cheese and pecans. Add dressing mixture and toss to coat.
 3. Spoon mixture into pita halves. Wrap each half tightly in plastic wrap and refrigerate for up to 24 hours.
 4. Pack in insulated container with ice pack.
- Preparation time: 15 minutes
- Nutrition Analysis: Calories 285, Total Fat 10g, Saturated Fat 2g, Sodium 409mg, Carbohydrates 26g, Dietary Fiber 3g, Protein 23g, Calcium 80mg

Vegetarian Taco Salad

Makes 4 servings

- 1 cup black beans, drained and rinsed
- 7 oz Romaine lettuce
- 1 cup diced tomatoes
- 1 cup Cabot Sharp Light Cheddar, grated
- ¼ cup chile peppers
- ¼ cup reduced fat sour cream
- 1 cup salsa
- 40 corn tortilla chips, baked

1. Mix all ingredients except salsa and chips in a large salad bowl. Toss to mix well. Add salsa and toss again.
2. Serve on bed of tortilla chips.

Nutrition Analysis: Calories 258, Total Fat 7g, Saturated Fat 4g, Sodium 940mg, Carbohydrates 34g, Protein 15g, Calcium 200mg

Chicken, Apricot and Cabot Cheddar Stirfry

Makes 4 servings

- 1 Tbsp olive oil
- 4 cups diced roast chicken
- 1 (16-oz) package frozen broccoli & carrots
- 2 garlic cloves, minced
- ¼ cup chicken broth
- ½ cup apricot jam
- 1 Tbsp fresh lime juice
- ½ cup Cabot Chipotle Cheddar, grated
- ¼ tsp salt
- Dash ground white pepper

1. Place wok or nonstick skillet over high heat and add oil. When oil is shimmering, add chicken, vegetables and garlic; stir fry for 1 minute.
2. Stir in broth and cover pan with lid or foil. Reduce heat to medium and cook until vegetables are crisp-tender, 6 to 8 minutes.
3. In small bowl, combine jam and lime juice. Pour over chicken mixture and stir in well. Cook until hot, about 2 minutes longer. Stir in cheese, salt and pepper. Serve over rice.

Recipe courtesy of Chef Jon Ashton

Nutrition Analysis: Calories 456, Total Fat 13g, Saturated Fat 5g, Sodium 370mg, Carbohydrates 33g, Dietary Fiber 3g, Protein 50g, Calcium 130mg

Chilled Chicken Pesto Pasta Salad

Makes 6 appetizer or 4 main course servings

- ½ cup heavy whipping cream
- ½ cup prepared pesto
- ¼ cup Cabot Sharp or Extra Sharp Cheddar, grated
- 12 oz cooked penne pasta
- 2 cooked chicken breasts, julienned or shredded

1. In medium saucepan, bring cream to gentle boil, stirring to avoid scorching; whisk in pesto. Remove from heat and stir in cheese.
2. Transfer sauce to large bowl; add pasta and chicken, tossing to combine. Cover and refrigerate until chilled.

Nutrition Analysis: Calories 406, Total Fat 20g, Saturated Fat 7g, Sodium 201mg, Carbohydrates 36g, Dietary Fiber 6g, Protein 18g, Calcium 110mg

Hot and Cheesy Subs

Makes 4 servings

- 1 (16-inch) loaf French bread, split lengthwise
- 3 Tbsp honey mustard
- 2 cups Cabot Mozzarella Shredded Cheese
- 2 plum tomatoes, sliced
- ½ lb thinly sliced ham or smoked turkey breast

1. Preheat broiler.
2. Place bread halves cut-side-up on baking sheet and place under broiler until toasted.
3. Spread each half with honey mustard and sprinkle each half with Cabot Mozzarella cheese.
4. Return to broiler until cheese is melted.
5. Arrange tomatoes and ham or turkey breast over one bread half and press remaining half on top.
6. Cut crosswise into four pieces.

Nutrition Analysis: Calories 414, Total Fat 11g, Saturated Fat 3g, Sodium 1216mg, Carbohydrates 53g, Dietary Fiber 2g, Protein 22g, Calcium 390mg

Recipes available at cabotcheese.coop/recipes