

Apple Oatmeal

Serves: 1

Ingredients

1/2 cup diced green apple
1/3 cup apple juice
1/3 cup water
1/8 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1/3 cup quick-cooking rolled oats, uncooked

Directions

1. Combine first 6 ingredients (apple – nutmeg) in a saucepan and bring to a boil.
2. Stir in oats and cook 1 minute.
3. Cover and let stand several minutes.

Apple Oatmeal

Calories: 178

Protein: 4.5g

Carbohydrate: 36.5g

Fat: 2g

To Complete Your Meal:

For a well-rounded breakfast serve Apple Oatmeal with 7 large egg whites and 1 large egg, scrambled and 6 ounces orange juice. This meal combination will give you the following nutritional values: 426 *calories*, 35.5g *Protein*, 54.5g *Carbohydrate*, 7g *Fat*.

Blueberry and Cottage Cheese Blintzes

Serves: 4

Ingredients

1 cup low-fat cottage cheese
1/4 cup skim milk
3/4 cup whole wheat flour
2 large egg whites
1 1/2 teaspoons lemon juice
1 cup whole fresh blueberries
nonstick cooking spray

Directions

1. Combine first 3 ingredients (cottage cheese – flour) in a bowl.
2. In a separate bowl, beat egg whites until frothy but not stiff. Add to cottage cheese mixture.
3. Add lemon juice, stir, add blueberries and stir again.
4. Pour batter into a frying pan coated with nonstick spray and turn pancakes when tops begin to bubble and bottom is lightly browned.
5. Cook through, then remove from heat and divide into wedges.

Blueberry and Cottage Cheese Blintzes

Calories: 153

Protein: 11g

Carbohydrate: 24g

Fat: 1.5g

To Complete Your Meal:

For a well-rounded breakfast serve Blueberry and Cottage Cheese Blintzes with 3 links low-fat sausage and 8 ounces skim milk. This meal combination will give you the following nutritional values: 299 *Calories*, 27.5g *Protein*, 40g *Carbohydrate*, 3.5g *Fat*.

Tip Divide daily calories over 5 or more meals per day, 2-3 hours apart. Benefits include increased endurance, constant energy, and a constant supply of nutrients for muscle growth and repair.