Cure Peptic Ulcers
HEALTH DISCLAIMER:

Before undergoing any treatment you should consult your doctor. This would include any natural cures found within this guide. The author of this guide, it’s parent company or any other associate of beatulcers.com or curepepticulcers.com will not be held responsible for any treatment in this guide used incorrectly or used without consultation of a licensed medical professional.

Do not use any remedy in this guide that contains an element that you are allergic to. By continuing forward in this guide, you agree that you will not hold beatulcers.com, curepepticulcers.com or its affiliates responsible from misuse of remedies or from non-consultation with your doctor.

The tips and techniques contained within this guide will not only alleviate reflux but they will also promote overall good health.

However, every person’s body reacts differently to certain factors. Nothing will ever replace the one on one relationship you have with your licensed medical doctor.
What are Peptic Ulcers

Peptic Ulcer refers to an eroded lesion in the gastric intestinal mucosa.

An ulcer may form in any part of the digestive tract which is exposed to acid gastric juice, but is usually found in the stomach and the duodenum, which is the beginning of the small intestine.

Peptic ulcers are common: One in 10 Americans develops an ulcer at some time in his or her life.
What Causes Peptic Ulcers

If you asked most people, they would tell you that spicy foods or stress can cause an ulcer.

This is simply not true. Now both stress and spicy foods can make an existing ulcer worse so it is important to monitor both if an ulcer has already developed. We will look at this in detail later in the guide.

Ulcers are actually to blame on a few scientifically proven things:

1. *Helicobacter pylori* (H. pylori)  
   (say: hell-ee-ko-back-ter pie-lore-ee”)

2. Non-steroidal anti-inflammatory drugs (NSAIDs)

3. Hyperacidity

In order to understand each of these causes better, they are broken down in the following section.
**H. pylori:**

It is now known that a bacterium called H. pylori, contributes to the development of ulcers.

This type of bacterium is commonly found in the linings of the stomach and is the principal cause of ulcers.

It has been shown that 90% of people suffering from ulcers in the duodenum and 75% of all gastric ulcers are caused by this bacterium, which attacks the walls of the stomach; it has been linked to gastric cancer as well.

H. pylori infection is very common in the United States: About 20 percent of people under 40 years old and half of those over 60 years have it.

Most infected people, however, do not develop ulcers. Why H. pylori does not cause ulcers in every infected person is not known. Most likely, infection depends on characteristics of the infected person, the type of H. pylori, and other factors yet to be discovered.

Researchers are not certain how people contract H. pylori, but they think it may be through food or a water-borne bacterium.

Researchers have found H. pylori in the saliva of some infected people, so the bacteria may also spread through mouth-to-mouth contact such as kissing.
**How does H. pylori cause a peptic ulcer?**

H. pylori weakens the protective mucous coating of the stomach and duodenum, which allows acid to get through to the sensitive lining beneath.

Both the acid and the bacteria irritate the lining and cause a sore, or ulcer.

H. pylori is able to survive in stomach acid because it secretes enzymes that help neutralize the acid. This mechanism allows H. pylori to make its way to the "safe" area—the protective mucous lining.

Once there, the bacterium's spiral shape helps it burrow through the stomach lining.

**NSAIDs:**

Ulcers can also be caused by anti-inflammatory medicines.

Although most people take these medicines without problems, long-term use may damage the stomach lining and cause ulcers.

Anti-inflammatory drugs include
- Aspirin
- Ibuprofen (one brand name: Motrin)
- Naproxen (brand name: Aleve)
- Ketoprofen (brand names: Actron, Orudis KT)
• Some prescription drugs for arthritis.

These drugs block prostaglandins, substances in the stomach that help maintain blood flow and protect the area from injury. Some people are more susceptible to this side effect of NSAIDs than others.

Some may be more likely to produce ulcers than others. If you must use long-term pain medications, talk to your doctor about which ones are safest.

**Hyperacidity:**

The lining of the stomach is usually protected from the damaging effects of stomach acid. When that protection fails, an ulcer may form.

Ulcers are in part caused (and can be worsened) by the corrosive action of the gastric acids.

Gastric juices are part hydrochloric acid and part pepsin, an enzyme that helps break down food.

The walls of the stomach secrete a mucus substance to protect the linings from the corrosive action of the stomach acid. However if there is too much acid or not enough mucus coating the walls of the stomach, a peptic ulcer may develop.
Symptoms of Peptic Ulcers

The only way to know for sure if you have a peptic ulcer is to be checked out by a physician but there are several symptoms that may meant you have a peptic ulcer.

Abdominal discomfort is the most common symptom. This discomfort usually:

- is a dull, gnawing ache
- comes and goes for several days or weeks
- occurs 2 to 3 hours after a meal
- occurs in the middle of the night (when the stomach is empty)
- is relieved by eating
- is relieved by antacid medications

Other symptoms include:

- weight loss
- poor appetite
- bloating
- burping
- nausea
- vomiting

Some people experience only very mild symptoms, or none at all.
Emergency Symptoms

If you have any of these symptoms, seek medical attention right away:

- sharp, sudden, persistent stomach pain
- bloody or black stools
- bloody vomit or vomit that looks like coffee grounds

They could be signs of a serious problem, such as

- perforation—when the ulcer burrows through the stomach or duodenal wall
- bleeding—when acid or the ulcer breaks a blood vessel
- obstruction—when the ulcer blocks the path of food trying to leave the stomach
Prevention of Peptic Ulcers

Prevention:

Preventing NSAID-related ulcers means finding different medications or alternative approaches to relieve your pain.

Talk to your doctor about your options. If you have to take NSAIDs for a long time, your doctor may consider prescribing another medication to prevent the development of ulcers.

This medicine may include an H2 blocker or a proton pump inhibitor, which reduce stomach acid.

You can also make lifestyle changes that make you less prone to get an ulcer from either NSAIDs, hyperacidity or *H. pylori*.

Dietary and other lifestyle measures that should help include:

- Eat a diet rich in fiber, especially from fruits and vegetables. This may reduce your risk of developing an ulcer in the first place and speed your recovery if you already have one.

- Foods containing flavonoids, like apples, celery, cranberries (including cranberry juice), onions, garlic, and tea may inhibit the growth of *H. pylori*. 
• Some people may find that spicy foods make existing symptoms worse even though they have no affiliation with the cause of the ulcer.

• Eat fewer red meats and more lean meats, cold-water fish, tofu (soy, if no allergy) or beans for protein.

• Use healthy oils, such as olive oil or vegetable oil.

• Reduce or eliminate trans-fatty acids, found in commercially baked goods such as cookies, crackers, cakes, French fries, onion rings, donuts, processed foods, and margarine.

• Avoid beverages that may irritate the stomach or increase acid production including coffee, alcohol, and carbonated beverages.

• Drink 6 - 8 glasses of filtered water daily.

• Exercise at least 30 minutes daily, 5 days a week.
Treatment of Peptic Ulcers

Diet is of the utmost importance when treating an ulcer. We will discuss food and how it relates to peptic ulcers in the next section.

In this section we will cover a wide variety of natural cures/treatments. Not all treatments will work for everyone. However, we are confident that you will find one or several of the following that will help with your battle against your peptic ulcer.

**Chamomile** – Many teas have a negative effect on the healing of a peptic ulcer. Chamomile, however, has a soothing effect. It contains a high flavonoid called Apigenin which helps to inhibit the growth of H. Pylori.

**Bathing** – A peptic ulcer sufferer should bathe preferably in cold water, twice daily. Alternate hot and cold hip baths for 10 to 15 minutes and a mud pack applied over the lower abdominal for half an hour daily will help the ulcers to heal.

The hip bath or the mud pack should be taken on an empty stomach and should be followed by a walk.

**Vitamin K** – A deficiency in vitamin K has actually been linked to ulcers. Vitamin K prevents bleeding and promotes healing.
Vitamin K can be found in

- Tomatoes
- Cheese
- Egg yolks
- Liver
- Most green leafy vegetables

**Cabbage** – Cabbage has been shown to cure peptic ulcers in as little as 10 days.

Take 250gm of cabbage and boil it in 500ml of water until it is reduced to approximately half. Allow the water to cool and take twice daily.

The juice extracted from raw cabbage is extremely valuable in treating ulcers. This juice is very strong and a lot of people cannot handle the taste.

You can mix the cabbage juice with carrot juice in quantities of 125 ml each.

**Vitamin A** – Take 5000 IU of vitamin A four times per day for 6 weeks. Vitamin A will help to heal the mucus membrane.

**Vitamin E** – Vitamin E has been known to help heal the lining of the stomach. ½ - 1 tsp three times per day.
**Brown rice water** – Although it has no healing properties, brown rice water will soothe the digestive system.

**Wood Apple** - An infusion of the leaves of wood apple is another effective remedy for this disease. Fifteen grams of leaves should be soaked overnight in 250 ml of water.

In the morning, this water should be strained and taken as a drink. The pain and discomfort will be relieved when this treatment is continued for a few weeks.

**Bael Leaves** - Bael leaves are rich in tannins which reduce inflammation and help in the healing of ulcers. The bad fruit taken in the form of a beverage also has great healing properties on account of its mucilage content. This substance forms a coating on the stomach mucosa and thus helps in the healing of ulcers.

**Fenugreek Seeds** - A tea made from fenugreek seeds is yet another useful remedy for peptic ulcers. The seeds, when moistened with water, are slightly mucilaginous. The tea helps in the healing of ulcers as the mild coating of mucilaginous material deposited by fenugreek, passes through the stomach and intestines, providing protective shell for the ulcers.
**Bananas** - Bananas are one of the most effective home remedies for the treatment of a peptic ulcer.

This fruit is said to contain an unidentified compound, perhaps jokingly called vitamin U (against ulcers).

Bananas neutralize the over-acidity of the gastric juices and reduce the irritation of the ulcer by coating the lining of the stomach.

**Raspberries** - Raspberries have one of the highest concentrations of ellagic acid, a powerful disease-fighting substance.

This phytochemical can also be found in blueberries, strawberries and certain nuts and has been shown to be antiviral, anti-carcinogenic, anti-mutagen and antibacterial.

Ellagic acid destroys the offending stomach bacteria. This powerful phytochemical is preserved no matter how raspberries are cooked or frozen and is an effective natural combatant of the bacteria H. pylori.

**Broccoli** - A Japanese study in April of 2009 found that broccoli is an effective natural remedy of the H. pylori bacteria.

This study has since been further proven. In the trial, it was found that sulforphane in broccoli sprouts reduced the colonies of H. pylori bacteria in test subjects.
Sulforphanes, similar to ellagic acid, have antimicrobial, anticancer and antidiabetic properties.

Because symptoms returned when broccoli supplementation ceased, it can be assumed that continued addition of the antimicrobial sulforphanes to the diet occur.

**Cinnamon** - A 1998 Israeli study found that extracts of cinnamon helped the stomach in its fight against H. Pylori.

In the study, cinnamon extracts inhibited urease enzymes from catalyzing reactions in H. Pylori cells. This keeps the H. Pylori from performing all of their necessary functions.

The cinnamon was found to work as well as a common antibiotic.

**Drumstick** – The leaves of the Kalyana Murangal tree, which is a variety of drumstick found in South India, have proven helpful in healing ulcers.

10 grams of the leaves of this tree should be ground into paste.

Mix with ½ a cup of yogurt and eat once daily.

**Milk** – Almond and Goat’s milk have both proven helpful when dealing with peptic ulcers.
Almond milk binds the excess acid in the stomach and contains high quality protein. You would make almond milk from blanched almonds in a blender.

Goat’s milk actually helps heal the peptic ulcer. Drink in the raw state and if possible drink it this way.

**Garlic** – Cut 1 or 2 cloves of raw garlic into tiny pieces and wash down with a glass of water.

The garlic is antiviral and a natural antibiotic.

This method is also good for someone who has a report.

**Herbs** –

- **Cranberry** – Take 400 mg twice per day. Cranberry has been shown during some research to inhibit H. pylori growth in the stomach.

- **Mastic** – 1,000 – 2,000 mg daily in divided dosages. This should be the standardized extract. Mastic inhibits H. pylori in test tubes and is a traditional treatment for peptic ulcers.

- **DGL – Licorice** – standardized extract. 250-500 mg 3 times per day. Chew one hour before a meal. Usage may protect the stomach against damage from NSAIDs.
Homeopathy – The following is a list of homeopathic therapies that have not examined in enough studies to conclude their effectiveness.

- *Argentum nitricum* -- for abdominal bloating with belching and pain
- *Arsenicum album* -- for ulcers with intense burning pains and nausea; especially for people who cannot bear the sight or smell of food and are thirsty
- *Kali bichromicum* -- for burning or shooting abdominal pain that is worse in the hours after midnight
- *Lycopodium* -- for bloating after eating with burning that lasts for hours; especially for people who feel hungry soon after eating and wake hungry
- *Nitric acid* -- for sharp, shooting pain that worsens at night and is accompanied by feelings of hopelessness and even fear of dying
- *Nux vomica* -- for digestive disturbances (including heartburn and indigestion) that worsen after eating; particularly for those who crave alcohol, coffee, and tobacco
- *Phosphorus* -- for burning stomach pain that worsens at night; those for whom this remedy is appropriate tend to feel very thirsty, craving cold beverages
• *Pulsatilla* -- for symptoms that vary (that is, change abruptly) and pain that gets worse from fatty foods; appropriate people are distinctly not thirsty

In the next section, we will take a look at how food and peptic ulcers are tied together.

**Food and Peptic Ulcers**

Food plays a major role when dealing with a peptic ulcer. As you saw during the treatment section, many foods have a healing effect on ulcers.

Controlling the symptoms of an ulcer also rely heavily on one’s food intake.

An ulcer sufferer should be arranged as to provide adequate nutrition to afford rest to the disturbed organs, maintain continuous neutralization of gastric acid, inhibit production of acid and to reduce mechanical and chemical irritation.

It is important to follow some simple rules and to follow a healthy non acidic diet. Here are some things to remember:

• Do not overeat
• Eat a diet rich in fiber (especially fiber from fruits and vegetables.)
• Avoid eating within 3 hours of bedtime
• Cut back on fried foods
• Avoid alcohol and smoking
• Eat foods that are low fat

Suggested Menu and Recipes

In the following sections, you will find a 6 week menu to help minimize acid in your system. This will allow your ulcer to heal even if it is not from acid.

This is assuming that you will be following the other sections of this guide that will help heal and prevent further damage.

On the menu, you will notice that the dinner main course appears to be a link. It is not a link but the recipes for each of these are listed after the 6 week menu.

I hope that you will follow this guide as it will not only help with your ulcer but will make you feel better overall.

Not to mention that many of the dishes are very good. Try not to cheat too much as the wrong mixture of foods can cause additional acid production in the body causing greater harm.
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Snack</th>
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<th>Dinner</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>1 medium apple</td>
<td>Soup and Sandwich: 1 1/2 cups cream of chicken soup</td>
<td>20 seedless grapes</td>
<td>Beef and Mushroom Stroganoff</td>
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<td>• 2 slices whole grain bread</td>
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<td>• 1/2 cup raw carrot sticks</td>
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<td>1 tbsp margarine</td>
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<td>Monday</td>
<td>1 small banana</td>
<td>Stuffed Tuna Pocket: 1 whole grain pita</td>
<td>1 cup sliced peaches</td>
<td>Buttermilk Oven-Fried Chicken</td>
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<td>• 4 oz water-packed tuna</td>
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<td>Tuesday</td>
<td>1 rice cake with 1 tbsp peanut butter</td>
<td>Turkey Sandwich and chips: 2 slices whole-wheat bread</td>
<td>1 cup apricots, canned in juice</td>
<td>Tuna Noodle Casserole</td>
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<td>• 2 oz oven-roasted turkey luncheon meat</td>
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<td>Wednesday</td>
<td>1 cup bran flakes cereal</td>
<td>Soup and Sandwich: 1 1/2 cups chicken noodle soup</td>
<td>4 whole-grain wheat crackers</td>
<td>Baked Pork Chops with Oregano</td>
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<td>• 2 slices whole grain bread</td>
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<td>1 cup sliced pears</td>
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<td>Thursday</td>
<td>1 cup sliced pears</td>
<td>Chicken Wrap: 1 fat-free Flour tortilla, 7” to 8” diameter</td>
<td>1 small banana</td>
<td>Swedish Meatballs</td>
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<td>Friday</td>
<td>1 small pear</td>
<td>Soup and Sandwich: 2 cups cream of potato soup</td>
<td>2 oz pretzels</td>
<td>Baked Chicken and Rice</td>
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<td>• 2 slices whole-wheat bread</td>
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<td>1 cup apricots</td>
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<td>Saturday</td>
<td>2/4 cup apricots</td>
<td>Stuffed Chicken Pockets: 1 whole grain pita</td>
<td>1 rice cake with 1 tbsp low-fat cream cheese</td>
<td>Grilled Marinated Flank Steak</td>
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<td>• 4 oz diced chicken breast</td>
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<td>• 1 oz low-fat shredded mozzarella cheese</td>
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<td>• 1 cup fresh or frozen strawberries</td>
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<td>Monday</td>
<td>1 cup hot oatmeal cereal, 6 oz skim or 1% milk, 1/2 cups papaya slices, 2 slices whole-wheat bread, 1 tbsp margarine</td>
<td>1 medium apple</td>
<td>Soup and Sandwich:</td>
<td>20 seedless grapes</td>
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<td>1 1/2 cups cream of chicken soup, 2 slices whole grain bread, 4 oz deli-style sliced chicken, 1 tbsp low-fat mayonnaise, 1 lettuce leaf</td>
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<td>Monday</td>
<td>1 english muffin (2 halves), 1 tbsp margarine, 6 oz skim or 1% milk, 1/2 cup sliced peaches</td>
<td>1 small banana</td>
<td>Stuffed Tuna Pocket:</td>
<td>1 cup sliced peaches</td>
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<td>1 whole grain pita, 4 oz water-packed tuna, 2 tbsp low-fat mayonnaise, 1/4 cup cucumber slices, 1 cup lettuce</td>
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<td>Tuesday</td>
<td>1 1/2 cups puffed wheat cereal, 6 oz skim or 1% milk, 1/2 cup toasted oatmeal toast, 1 small banana</td>
<td>1 rice cake with 1 tbsp peanut butter</td>
<td>Turkey Sandwich and Chips:</td>
<td>1 cup apricots, canned in juice</td>
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<td>2 slices whole-wheat bread, 4 oz oven-roasted turkey lunch meat, 1 oz low-fat mayonnaise, 2 oz corn tortilla chips, 1 cup cottage cheese, 1 cup sliced peaches</td>
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<td>Wednesday</td>
<td>1 cup bran flakes cereal, 1 english muffin (2 halves), 1 tbsp margarine, 1 cup fresh or frozen strawberries</td>
<td>20 seedless grapes</td>
<td>Soup and Sandwich:</td>
<td>4 whole-grain wheat crackers</td>
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<td>1 1/2 cups chicken noodle soup, 2 slices whole grain bread, 1 tbsp low-fat mayonnaise, 4 oz deli-style sliced chicken, 1 cup unsweetened applesauce, 1/2 cup celery sticks</td>
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<td>Thursday</td>
<td>1 cup hot oatmeal cereal, 2 slices whole-wheat toast, 1 tbsp margarine, 1 cup unsweetened applesauce</td>
<td>1 cup sliced pears</td>
<td>Chicken Wrap:</td>
<td>1 small banana</td>
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<td>1 small flour tortilla, 7” to 9” diameter, 4 oz sliced chicken breast, 2 tbsp low-fat mayonnaise, 1/2 cup shredded lettuce, 1 oz low-fat shredded mozzarella cheese, 1 cup sliced peaches</td>
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<td>Friday</td>
<td>8 oz skim or 1% milk, 1 bagel, 1 tbsp peanut butter or low-fat cream cheese, 1 small banana</td>
<td>1 small pear</td>
<td>Soup and Sandwich:</td>
<td>2 pretzels</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 cups cream of potato soup, 2 slices whole-wheat bread, 4 oz white turkey lunch meat, 1 tbsp low-fat mayonnaise, 2 lettuce leaves, 1/2 cup raw carrot sticks</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>1 cup corn flakes, 6 oz skim or 1% milk, 1 small banana, 1 english muffin (2 halves), 1 tbsp margarine</td>
<td>3/4 cup apricots</td>
<td>Stuffed Chicken Pocket:</td>
<td>1 rice cake with 1 tbsp low-fat cream cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 whole grain pita, 4 oz diced chicken breast, 2 tbsp low-fat mayonnaise, 1 cup shredded lettuce, 1 oz low-fat shredded mozzarella cheese, 1 cup fresh or frozen strawberries</td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Snack</td>
<td>Dinner</td>
</tr>
<tr>
<td>----------------------------------</td>
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<td>------------------------------------------------------------</td>
<td>---------------------</td>
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</tr>
<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td><strong>Soup and Sandwich:</strong></td>
<td></td>
<td><strong>Beef Sticks and Pasta</strong></td>
</tr>
<tr>
<td>1 cup hot oatmeal cereal</td>
<td>1 medium apple</td>
<td>1 1/2 cups cream of chicken soup</td>
<td>20 seedless grapes</td>
<td>1 small tossed salad</td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>2 slices whole grain bread</td>
<td></td>
<td>2 tbsp low-fat or fat-free dressing</td>
</tr>
<tr>
<td>1/2 cup papaya slices</td>
<td></td>
<td>4 oz de-stemmed cooked chicken</td>
<td></td>
<td>1 cup sliced peaches</td>
</tr>
<tr>
<td>2 slices whole-wheat bread</td>
<td></td>
<td>1 tbsp low-fat mayonnaire</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>1 lettuce leaf</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td><strong>Stuffed Tuna Pocket:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 english muffin (2 halves)</td>
<td>1 small banana</td>
<td>1 whole grain pita</td>
<td>1 cup sliced peaches</td>
<td></td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>4 oz water-packed tuna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>2 tbsp low-fat mayonnaire</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup sliced peaches</td>
<td></td>
<td>1/4 cup cucumber slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td>1 cup lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 cup puffed wheat cereal</td>
<td>1 rice cake</td>
<td><strong>Turkey Sandwich and Chips:</strong></td>
<td>1 cup apricots,</td>
<td><strong>Turkey Cutlets with Mushrooms</strong></td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td>with 1 tbsp peanut</td>
<td>2 slices whole-wheat bread</td>
<td>canned in juice</td>
<td>1 small tossed salad</td>
</tr>
<tr>
<td>2 slices whole-wheat toast</td>
<td>butter</td>
<td>4 oz oven-roasted turkey lunch meat</td>
<td></td>
<td>2 tbsp low-fat or fat-free dressing</td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>1 oz low-fat mayonnaine</td>
<td></td>
<td>1 medium baked potato</td>
</tr>
<tr>
<td>1 small banana</td>
<td></td>
<td>2 oz corn tortilla chips</td>
<td></td>
<td>1 tbsp margarine</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>20 seedless grapes</td>
<td>1 cup unsweetened applesauce</td>
<td>1/2 cup celery sticks</td>
<td>1 cups apricots</td>
</tr>
<tr>
<td>1 cup bran flake cereal</td>
<td></td>
<td><strong>Soup and Sandwich:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>1 1/2 cups chicken noodle soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 english muffin (2 halves)</td>
<td></td>
<td>2 slices whole grain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>1 tbsp low-fat mayonnaire</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup fresh or frozen strawberries</td>
<td></td>
<td>4 oz de-stemmed cooked chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td>1 cup unsweetened applesauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup sliced pears</td>
<td></td>
<td><strong>Chicken Wrap:</strong></td>
<td></td>
<td><strong>Sesame Chicken Kabobs</strong></td>
</tr>
<tr>
<td>1 hot oatmeal cereal</td>
<td></td>
<td>1 whole grain flour tortilla, 7” to 8” diameter</td>
<td></td>
<td>1 small tossed salad</td>
</tr>
<tr>
<td>2 slices whole-wheat toast</td>
<td></td>
<td>4 oz diced chicken breast</td>
<td></td>
<td>2 tbsp low-fat or fat-free dressing</td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>2 tbsp low-fat mayonnaire</td>
<td></td>
<td>1 cup steamed green beans</td>
</tr>
<tr>
<td>1 unsweetened applesauce</td>
<td></td>
<td>1/2 cup shredded lettuce</td>
<td></td>
<td>1 dinner roll</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>1 small pear</td>
<td><strong>Chicken and Vegetable Stir-Fry</strong></td>
<td></td>
<td>1 tbsp margarine</td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>1 small banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bagel</td>
<td></td>
<td><strong>Soup and Sandwich:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tbsp peanut butter or low-fat cream cheese</td>
<td></td>
<td>2 cups cream of potato soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 small banana</td>
<td></td>
<td>2 slices whole-wheat bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>2 oz pretzels</td>
<td>4 oz de-stemmed cooked chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup corn flakes</td>
<td></td>
<td><strong>Stuffed Chicken Pocket:</strong></td>
<td></td>
<td><strong>No Tomato Sauce Lasagna</strong></td>
</tr>
<tr>
<td>8 oz skim or 1% milk</td>
<td>3/4 cup apricots</td>
<td>1 whole grain pita</td>
<td></td>
<td>1 small tossed salad</td>
</tr>
<tr>
<td>1 small banana</td>
<td></td>
<td>4 oz water-packed tuna</td>
<td></td>
<td>2 tbsp low-fat or fat-free dressing</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td>2 tbsp low-fat mayonnaire</td>
<td></td>
<td>1 cup steamed carrots</td>
</tr>
<tr>
<td>1 English muffin (2 halves)</td>
<td></td>
<td>1 cup shredded lettuce</td>
<td></td>
<td>1 cup sliced peaches</td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td>1 oz low-fat shredded mozzarella cheese</td>
<td></td>
<td></td>
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<tr>
<td><strong>Monday</strong></td>
<td></td>
<td>1 cup fresh or frozen strawberries</td>
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<td></td>
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<tr>
<td>1 cup hot oatmeal cereal</td>
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<td></td>
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<tr>
<td>8 oz skim or 1% milk</td>
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<tr>
<td>1/2 cup papaya slices</td>
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<td></td>
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<tr>
<td>2 slices whole-wheat bread</td>
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<td></td>
</tr>
<tr>
<td>1 tbsp margarine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 small banana</td>
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<tr>
<td></td>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Snack</td>
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</tr>
<tr>
<td>Sunday</td>
<td>1 cup hot oatmeal cereal</td>
<td>1 medium apple</td>
<td><strong>Soup and Sandwich:</strong></td>
<td>20 seedless</td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>• 1 1/2 cups cream of chicken</td>
<td>grapes</td>
</tr>
<tr>
<td></td>
<td>1/2 cup papaya slices</td>
<td></td>
<td>soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp whole-wheat bread</td>
<td></td>
<td>• 2 slices whole grain bread</td>
<td>2 tbsp low-fat</td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 4 oz dali-style sliced</td>
<td>low-fat</td>
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<td></td>
<td></td>
<td></td>
<td>chicken</td>
<td>mayonnaire</td>
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<td></td>
<td></td>
<td></td>
<td>• 1/4 cup cucumber slices</td>
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<td></td>
<td></td>
<td>• 1 cup lettuce</td>
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<td></td>
<td></td>
<td></td>
<td>1/2 cup raw carrot sticks</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>1 english muffin (2 halves)</td>
<td>1 small banana</td>
<td><strong>Stuffed Tuna Pocket:</strong></td>
<td>1 cup sliced</td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 1 whole grain pita</td>
<td>peaches</td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>• 4 oz water-packed tuna</td>
<td>2 tbsp low-fat</td>
</tr>
<tr>
<td></td>
<td>1/2 cup sliced peaches</td>
<td></td>
<td>• 2 tbsp low-fat mayonnaire</td>
<td>low-fat</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• 1/4 cup cucumber slices</td>
<td>mayonnaire</td>
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<td></td>
<td></td>
<td></td>
<td>• 1 cup lettuce</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>1 1/2 cup puffed wheat cereal</td>
<td>1 rice cake</td>
<td><strong>Turkey Sandwich and Chips:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slices whole-wheat toast</td>
<td>with 1 tbsp</td>
<td>• 2 slices whole-wheat bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 1/2 tbsp margarine</td>
<td>peanut butter</td>
<td>• 4 oz oven-roasted</td>
<td>2 tbsp low-fat</td>
</tr>
<tr>
<td></td>
<td>1 small banana</td>
<td></td>
<td>turkey luncheon meat</td>
<td>mayonnaire</td>
</tr>
<tr>
<td></td>
<td>1 cup fresh or frozen strawberries</td>
<td></td>
<td>• 2 oz corn tortilla chips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup cottage cheese</td>
<td></td>
<td>• 1 cup sliced peaches</td>
<td>1 tsp</td>
</tr>
<tr>
<td></td>
<td>1/2 cup celery sticks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>1 cup bran flakes cereal</td>
<td>20 seedless</td>
<td><strong>Soup and Sandwich:</strong></td>
<td>4 whole-grain</td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td>grapes</td>
<td>• 1 1/2 cups chicken</td>
<td>wheat crackers</td>
</tr>
<tr>
<td></td>
<td>1 english muffin (2 halves)</td>
<td></td>
<td>noodle soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 2 slices whole grain bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup unsweetened applesauce</td>
<td></td>
<td>• 1 tbsp low-fat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup celery sticks</td>
<td></td>
<td>mayonnaire</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• 1/2 cup shredded lettuce</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1 low-fat shredded</td>
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<td></td>
<td></td>
<td></td>
<td>mozzarella cheese</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1 cup sliced peaches</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>1 cup hot oatmeal cereal</td>
<td>1 cup sliced</td>
<td><strong>Chicken Wrap:</strong></td>
<td>1 small</td>
</tr>
<tr>
<td></td>
<td>2 slices whole-wheat toast</td>
<td>pears</td>
<td>• 1 Fat-free flour tortilla, 7&quot;</td>
<td>banana</td>
</tr>
<tr>
<td></td>
<td>1 1/2 tbsp margarine</td>
<td></td>
<td>to 8&quot; diameter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup unsweetened applesauce</td>
<td></td>
<td>• 4 oz diced chicken breast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup celery sticks</td>
<td></td>
<td>• 2 tbsp low-fat</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>mayonnaire</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1/2 cup shredded lettuce</td>
<td></td>
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<td></td>
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<td></td>
<td>• 1 low-fat shredded</td>
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<td></td>
<td></td>
<td></td>
<td>mozzarella cheese</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1 cup sliced peaches</td>
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<td></td>
</tr>
<tr>
<td>Friday</td>
<td>8 oz skim or 1% milk</td>
<td>1 small pear</td>
<td><strong>Soup and Sandwich:</strong></td>
<td>2 oz pretzels</td>
</tr>
<tr>
<td></td>
<td>1 bagel</td>
<td></td>
<td>• 2 cups cream of potato</td>
<td></td>
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<tr>
<td></td>
<td>1 tsp whole-wheat bread</td>
<td></td>
<td>soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup peanut butter or low-fat</td>
<td></td>
<td>• 2 slices whole-wheat bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cream cheese</td>
<td></td>
<td>• 4 oz white turkey</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 small banana</td>
<td></td>
<td>luncheon meat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup raw carrot sticks</td>
<td></td>
<td>• 1 tbsp low-fat</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>mayonnaire</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 2 lettuce leaves</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 cup raw carrot sticks</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>1 cup corn flakes</td>
<td>3/4 cup</td>
<td><strong>Stuffed chicken Pocket:</strong></td>
<td>1 rice cake</td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td>apricots</td>
<td>• 1 whole grain pita</td>
<td>with 1 tbsp</td>
</tr>
<tr>
<td></td>
<td>1 small banana</td>
<td></td>
<td>• 4 oz diced chicken breast</td>
<td>low-fat cream</td>
</tr>
<tr>
<td></td>
<td>1 english muffin (2 halves)</td>
<td></td>
<td>mayonnaire</td>
<td>cheese</td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 1 cup shredded lettuce</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• 1 low-fat shredded</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>mozzarella cheese</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1 cup fresh or frozen</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>strawberries</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Snack</td>
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</tr>
<tr>
<td>Sunday</td>
<td>1 cup hot oatmeal cereal</td>
<td>1 medium apple</td>
<td>Soup and Sandwich:</td>
<td>20 seedless grapes</td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>• 1 1/2 cups cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup papaya slices</td>
<td></td>
<td>• 2 slices whole grain bread</td>
<td></td>
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<tr>
<td></td>
<td>2 slices whole-wheat bread</td>
<td></td>
<td>• 4 oz dell-style sliced chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 1 tbsp low-fat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>1 English muffin (2 halves)</td>
<td>1 small banana</td>
<td>Stuffed Tuna Pocket:</td>
<td>1 cup sliced peaches</td>
</tr>
<tr>
<td></td>
<td>1 tbsp margarine</td>
<td></td>
<td>• 1 whole grain pita</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz skim or 1% milk</td>
<td></td>
<td>• 4 oz water-packed tuna</td>
<td></td>
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<tr>
<td></td>
<td>1/2 cup sliced peaches</td>
<td></td>
<td>• 2 tbsp low-fat mayonnaise</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1/4 cup cucumber slices</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• 1 cup lettuce</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>1 1/2 cup puffed wheat cereal</td>
<td>1 rice cake with 1 tbsp peanut butter</td>
<td>Turkey Sandwich and Chips:</td>
<td>1 cup apricots, canned in juice</td>
</tr>
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<td></td>
<td>8 oz skim or 1% milk</td>
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<td>• 2 slices whole-wheat bread</td>
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<td>2 slices whole-wheat toast</td>
<td></td>
<td>• 4 oz oven-roasted turkey lunchon meat</td>
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<td></td>
<td>1 tbsp margarine</td>
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<td>• 1 oz low-fat mayonnaise</td>
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<td></td>
<td>1 small banana</td>
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<td>• 2 oz corn tortilla chips</td>
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<td>• 1 cup cottage cheese</td>
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<td>• 1 cup sliced peaches</td>
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<td>Wednesday</td>
<td>1 cup bran flakes cereal</td>
<td>20 seedless</td>
<td>Soup and Sandwich:</td>
<td>4 whole-grain wheat crackers</td>
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<td></td>
<td>9 oz skim or 1% milk</td>
<td>grapes</td>
<td>• 1 1/2 cups chicken noodle soup</td>
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<td></td>
<td>1 English muffin (2 halves)</td>
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<td>• 2 slices whole wheat bread</td>
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<td>1 tbsp margarine</td>
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<td>• 1 tsp low-fat mayonnaise</td>
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<td></td>
<td>1 cup fresh or frozen strawberries</td>
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<td>• 4 oz dell-style sliced chicken</td>
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<td>• 1 cup unsweetened applesauce</td>
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<td>• 1/2 cup celery sticks</td>
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<tr>
<td>Thursday</td>
<td>1 cup hot oatmeal cereal</td>
<td>1 cup sliced</td>
<td>Chicken Wrap:</td>
<td>1 small banana</td>
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<td></td>
<td>8 oz skim or 1% milk</td>
<td>pears</td>
<td>• low-fat flour tortilla, 7&quot; to 8&quot; diameter</td>
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<td>2 slices whole-wheat toast</td>
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<td>• 4 oz sliced chicken breast</td>
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<td>1 tbsp margarine</td>
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<td>• 2 tbsp low-fat mayonnaise</td>
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<td></td>
<td>1 cup unsweetened applesauce</td>
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<td>• 1/2 cup shredded lettuce</td>
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<td></td>
<td>• 1 oz low-fat shredded mozzarella cheese</td>
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<td>• 1 cup sliced peaches</td>
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<tr>
<td>Friday</td>
<td>8 oz skim or 1% milk</td>
<td>1 small pear</td>
<td>Soup and Sandwich:</td>
<td>2 oz pretzels</td>
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<tr>
<td></td>
<td>1 bagel</td>
<td></td>
<td>• 2 cups cream of potato soup</td>
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<td></td>
<td>1 tbsp peanut butter or low-fat cream cheese</td>
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<td>• 2 slices whole-wheat bread</td>
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<td></td>
<td>1 small banana</td>
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<td>• 4 oz white turkey lunchon meat</td>
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<td>• 1 tbsp low-fat mayonnaise</td>
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<td>• 2 lettuce leaves</td>
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<td></td>
<td>• 1/2 cup raw carrot sticks</td>
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<tr>
<td>Saturday</td>
<td>1 cup corn flakes</td>
<td>3/4 cup apricots</td>
<td>Stuffed Chicken Pocket:</td>
<td>1 rice cake with 1 tbsp low-fat cream cheese</td>
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<tr>
<td></td>
<td>9 oz skim or 1% milk</td>
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<td>• 1 whole grain pita</td>
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<td></td>
<td>1 small banana</td>
<td></td>
<td>• 4 oz diced chicken breast</td>
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<td></td>
<td>1 English muffin (2 halves)</td>
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<td>• 2 tbsp low-fat mayonnaise</td>
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<td></td>
<td>1 tbsp margarine</td>
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<td>• 1 cup shredded lettuce</td>
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<td>Day</td>
<td>Breakfast</td>
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<tr>
<td>Monday</td>
<td>1 cup hot oatmeal cereal 4 oz skim or 1% milk 1/2 cup papaya slices 2 slices whole-wheat bread 1 tbsp margarine</td>
<td>1 medium apple</td>
<td>Soup and Sandwich: 1 1/2 cups cream of chicken soup 2 slices whole grain bread 4 oz deli-style sliced chicken 1 tbsp low-fat mayonnaise 1 lettuce leaf 1/2 cup raw carrot sticks</td>
<td>20 seedless grapes</td>
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<tr>
<td>Tuesday</td>
<td>1 English muffin (2 halves) 1 tbsp margarine 6 oz skim or 1% milk 1/2 cup sliced peaches</td>
<td>1 small banana</td>
<td>Stuffed Tuna Pocket: 1 whole grain pita 4 oz water-packed tuna 2 tbsp low-fat mayonnaise 1/4 cup cucumber slices 1 cup lettuce</td>
<td>1 cup sliced peaches</td>
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<tr>
<td>Wednesday</td>
<td>1 1/2 cup puffed wheat cereal 6 oz skim or 1% milk 1 tbsp margarine</td>
<td>1 small banana</td>
<td>Turkey Sandwich and Chips: 2 slices whole-wheat bread 4 oz oven-roasted turkey lunch meat 1 1/2 tbsp low-fat mayonnaise 2 oz corn tortilla chips 1 cup cottage cheese 1 cup sliced peaches</td>
<td>1 cup apricots, canned in juice</td>
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<tr>
<td>Thursday</td>
<td>1 cup bran flakes cereal 6 oz skim or 1% milk 1 English muffin (2 halves) 1 tbsp margarine</td>
<td>20 seedless grapes</td>
<td>Soup and Sandwich: 1 1/2 cups chicken noodle soup 2 slices whole grain bread 1 tbsp low-fat mayonnaise 4 oz deli-style sliced chicken 1 cup unsweetened apple sauce 1/2 cup celery sticks</td>
<td>4 whole-grain wheat crackers</td>
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<tr>
<td>Friday</td>
<td>1 cup hot oatmeal cereal 6 oz skim or 1% milk 2 slices whole-wheat toast 1 tbsp margarine 1 cup unsweetened applesauce</td>
<td>1 cup sliced pears</td>
<td>Chicken Wrap: 1 fat-free flour tortilla, 7” to 8” diameter 4 oz diced chicken breast 2 tbsp low-fat mayonnaise 1/2 cup shredded lettuce 1 oz low-fat shredded mozzarella cheese 1 cup sliced peaches</td>
<td>1 small banana</td>
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<tr>
<td>Saturday</td>
<td>1 bagel 1 tbsp peanut butter or low-fat cream cheese 1 small banana</td>
<td>1 small pear</td>
<td>Soup and Sandwich: 2 cups cream of potato soup 2 slices whole-wheat bread 4 oz white turkey lunch meat 1 tbsp low-fat mayonnaise 2 lettuce leaves 1/2 cup raw carrot sticks</td>
<td>2 oz pretzels</td>
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<tr>
<td>Sunday</td>
<td>1 cup corn flakes 6 oz skim or 1% milk 1 small banana 1 English muffin (2 halves) 1 tbsp margarine</td>
<td>2/4 cup apricots</td>
<td>Stuffed Chicken Pocket: 1 whole grain pita 4 oz diced chicken breast 2 tbsp low-fat mayonnaise 1 cup shredded lettuce 1 oz low-fat shredded mozzarella cheese 1 cup fresh or frozen strawberries</td>
<td>1 rice cake with 1 tbsp low-fat cream cheese</td>
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</table>
Beef and Mushroom Stroganoff

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes

Ingredients:

- 1 pound boneless beef sirloin steak
- 1 cup low-fat sour cream
- 1 tablespoon flour
- 3 teaspoons instant beef bouillon granules
- 1/2 teaspoon thyme
- Nonstick vegetable cooking spray
- 1 tablespoon vegetable oil, divided into 1/2 tablespoon portions
- 3 cups sliced mushrooms
- 1/3 cup water
- 8 oz fetuccini noodles, cooked without salt or fat

Preparation:

- Cut the steak in half lengthwise and then into 1/4 inch wide strips. Set aside.
- In a mixing bowl add the sour cream, flour, bouillon granules and thyme. Stir until well mixed. Set aside.
• Spray nonstick cooking spray onto a large skillet.

• Over medium heat, add 1/2 tablespoon vegetable oil.

• Add mushrooms and saute for 2-3 minutes.

• Remove mushrooms from skillet and set aside.

• Reduce heat slightly and add 1/2 tablespoon vegetable oil and heat until hot.

• Add beef strips and cook 2-4 minutes, or until done. Remove beef from skillet.

• Add water to skillet and bring to a boil.

• Add sour cream mixture, mushrooms, and beef to skillet.

• Cook beef mixture, stirring occasionally, until thickened.

• Serve over hot fettuccini noodles.

Serves 4

**Buttermilk Oven-Fried Chicken**

Cook Time: 20 minutes  
Total Time: 20 minutes  
Ingredients:

• 6 large boneless, skinless chicken breasts
• 2 cups buttermilk
• 4 tablespoons butter, melted
- 1/2 cup flour
- 1/2 cup cornmeal
- 1 teaspoon salt

**Preparation:**
- Place chicken in a large bowl and add milk.
- Cover bowl with plastic wrap and chill for 30 minutes.
- Preheat oven to 400 degrees F.
- Spray a 9 x 13-inch baking dish with nonstick cooking spray.
- In a large zipper-style plastic bag, mix together flour, cornmeal, and salt.
- Place one milk-coated piece of chicken breast into the flour mixture, and shake well to coat chicken.
- Place the coated chicken into the prepared baking dish.
- Repeat steps 5 and 6 with the remaining chicken breasts.
- Drizzle half of the melted butter over the chicken breasts.
- Bake the chicken 10 minutes, turn pieces over, and drizzle the rest of the melted butter over the chicken breasts.
- Bake the chicken an additional 10 minutes or until cooked thoroughly. Don't overcook.

Makes 6 servings
Tuna Noodle Casserole

**Prep Time: 15 minutes**
**Cook Time: 40 minutes**
**Total Time: 55 minutes**

**Ingredients:**
- 8 oz elbow macaroni, uncooked
- 1 can (6 oz) water-packed tuna, drained
- 1 cup sliced celery
- 1 can (10 3/4 oz) reduced-fat cream of celery soup, undiluted
- 1/2 cup skim or 1% milk
- 1 cup shredded, reduced-fat sharp cheddar cheese
- 1/2 cup low-fat mayonnaise

**Preparation:**
- Cook macaroni according to package directions. Drain. Rinse with cold water and drain again.
- In a mixing bowl, combine cooked macaroni, tuna, and celery. Mix well, and then set aside.
- In a small saucepan over medium heat, combine soup and milk and heat until smooth.
- Add cheese and continue to heat until the cheese is melted.
- Remove soup from heat.
- Add mayonnaise to soup and stir until well blended.
- Pour soup over macaroni mixture. Mix well.
- Spray a 1 1/2 quart casserole dish with non-stick spray.
- Pour macaroni and soup mixture into casserole dish.
- Bake at 350 degrees, uncovered, for 30 minutes.

**Baked Pork Chops with Oregano**

Cook Time: 2 hours  
Total Time: 2 hours

**Ingredients:**
- 8 large pork chops or steaks, with bones
- 1 teaspoon salt
- 1/2 cup apple cider or juice
- 2 teaspoons dried oregano
- 3 bay leaves
- 1 cup chicken broth
- Fresh chopped parsley as garnish

**Preparation:**
- Place pork chops into a glass baking dish and sprinkle on salt.
• Drizzle apple cider over the chops.
• Sprinkle on oregano.
• Place bay leaves between a couple of the chops.
• Cover dish with plastic wrap and place in refrigerator for at least 4 hours.
• Preheat oven to 325 degrees F.
• Heat a nonstick skillet over high heat.
• Remove the pork chops from the marinade and brown lightly on both sides, then replace chops into the baking dish with the marinade.
• Pour in chicken broth, cover baking dish with foil, and bake for 2 hours or until the meat is very tender.
• Garnish with parsley and serve.

Serves 6

**Swedish Meatballs**

Most swedish meatball recipes usually contain fatty beef and lots of sour cream. This recipe is heartburn-safe because turkey is substituted for the beef and fat-free sour cream is used.

The first part of the ingredients is for the meatballs (mb) and the second part of the ingredients is for the sauce (sa).

**Ingredients:**

- (mb) 1 cup plain bread crumbs
- (mb) 2 egg whites
• (mb) 1/4 teaspoon grated nutmeg
• (mb) 1/2 ground allspice
• (mb) 1 teaspoon salt
• (mb) 2 pounds chilled ground turkey breast meat
• ---------------------
• (sa) 2 tablespoons olive oil
• (sa) 3 tablespoons cornstarch
• (sa) 1/2 cup water
• (sa) 3 cups beef broth
• (sa) 1 tablespoon Worcestershire sauce
• (sa) 1 tablespoon fat-free sour cream
• (sa) Pinch of salt

Preparation:
• Preheat oven to 350 degrees F.
• To make meatballs, combine bread crumbs, egg whites, nutmeg, allspice, salt, and turkey in a large bowl. Mix with your hands.
• With wet hands, form turkey mixture into 1-inch balls.
• Chill turkey balls in refrigerator until ready to use.
• Pour olive oil in a large nonstick skillet and heat over a medium-high heat until hot.
• Place turkey balls into the skillet and brown until browned on all sides.

• Place turkey balls into a 9 x 13-inch baking dish, and cover with foil.

• Bake for 20 minutes.

• As turkey balls are baking, prepare sauce. In a small bowl combine cornstarch and water, stirring until smooth. Set aside.

• Combine Worcestershire and beef broth in a large saucepan and bring to a boil over medium-high heat.

• Whisk in the cornstarch mixture and continue whisking until the mixture begins to thicken.

• Remove mixture from heat and gently whisk in sour cream.

• Pour this mixture over the turkey balls and stir well.

• Serve warm.

Serves 6
**Baked Chicken and Rice**

Prep Time: 15 minutes  
Cook Time: 1 hour, 15 minutes  
Total Time: 1 hour, 30 minutes  

Ingredients:
- 4 skinless, boneless chicken breasts  
- 2-10.75 ounce cans condensed cream of mushroom soup  
- 2 1/2 cups milk  
- 1 1/2 cups uncooked white rice  
- 2-4.5 ounce cans sliced mushrooms

Preparation:
- Preheat oven to 350 F  
- In a mixing bowl, mix together mushroom soup with milk and stir until well blended  
- Take 1 cup of soup and milk mixture and set aside  
- Using the remainder of the soup mixture, add rice and mushrooms  
- Pour rice and soup mixture into a 9x13 inch baking dish  
- Place chicken breasts on top of mixture  
- Pour the set aside soup mixture over the chicken
• Cover baking dish with aluminum foil and bake for 1 hour

• Remove foil and bake for an additional 15 minutes

Serves 4

**Grilled Marinated Flank Steak**

This recipe is easy to prepare, and because it's grilled, you won't have to worry about triggering the heartburn that frying can.

Cook Time: 10 minutes
Total Time: 10 minutes

Ingredients:
• 3-4 pounds of flank steak
• 1/4 cup olive oil
• 1/2 cup soy sauce
• 2 tablespoons brown sugar

Preparation:
• Place flank steak into a large dish.
• Combine olive oil, soy sauce and brown sugar in a medium bowl and blend well.
• Pour mixture over the steak, turning the meat until it is well coated.
• Cover dish with plastic wrap and place in the refrigerator for at least 2 hours. Turn meat occasionally during this time.
• Heat the grill to medium-high.
• Remove the steak from the marinade and grill for approximately 5 minutes on each side for medium-rare. Grill longer for more well-done steak.

Makes 8 servings

**Chicken Pot Pie**

Prep Time: 15 minutes  
Cook Time: 40 minutes  
Total Time: 55 minutes

Ingredients:

- 1 lb boneless, skinless chicken breasts  
- ½ tsp salt  
- 1 tbsp olive or vegetable oil  
- 1 cup frozen carrots, thawed and drained  
- 1 cup frozen peas, thawed and drained  
- 1 can (14 oz) cream-style corn  
- ¾ cup skim milk, divided into 1/4 cup and 1/2 cup portions  
- 1 cup biscuit mix

Preparation:

- Preheat oven to 400 degrees F
• Cut chicken breasts into 1" cubes and season with salt

• Heat vegetable oil in a skillet over medium-high heat

• Add chicken and cook for 8 minutes, stirring occasionally, or until browned

• Place chicken into a 3-quart baking dish, and add carrots, peas, corn and 1/4 cup milk

• Cover and bake for 25 minutes

• In a mixing bowl combine the biscuit mix and 1/2 cup milk. Stir until a soft dough forms

• Remove baking dish from oven and uncover

• Spoon dough onto chicken and vegetables with a tablespoon

• Bake for 10 minutes, or until the biscuits are golden brown

Serves 4

**Beef and Vegetable Stir-Fry**

Prep Time: 20 minutes  
Cook Time: 20 minutes  
Total Time: 40 minutes

Ingredients:

• Nonstick cooking spray
• 2 teaspoons vegetable oil, divided
• 3 tablespoons reduced-sodium soy sauce
• 1/4 cup water
• 1 tablespoon brown sugar
• 1 tablespoon cornstarch
• 1 lb boneless, beef sirloin steak, cut across grain into 1/8" strips
• 1/2 cup diagonally sliced celery
• 1 cup diagonally sliced carrots
• 3 cups small broccoli florets
• 1 1/2 cups long-grain white rice, cooked according to directions

**Preparation:**

• In a mixing bowl combine soy sauce, water, brown sugar, and cornstarch. Set aside.

• Spray a large skillet with nonstick vegetable spray and then add 2 teaspoons vegetable oil, heating over a medium heat.

• When skillet is hot, add the beef strips, and stir-fry for 3 to 4 minutes, or until the beef is thoroughly cooked.

• Remove beef strips from skillet and set aside.

• Add celery, carrots, and broccoli florets to skillet and stir-fry for 4 to 5 minutes.
• Add approximately 1 tablespoon of water, cover skillet, and cook vegetables until they are tender.
• Add soy sauce and water mixture to skillet
• Stir constantly until sauce thickens.
• Add beef strips back to the skillet.
• Simmer until heated through.
• Serve over rice.

Serves 4

Chicken and Mushroom Stroganoff

**Prep Time: 10 minutes**
**Cook Time: 20 minutes**
**Total Time: 30 minutes**

**Ingredients:**

• Nonstick vegetable cooking spray
• 1 tablespoon vegetable oil, divided into 1/2 tablespoon servings
• 1 1/2 lb boneless, skinned chicken breasts
• 3 cups sliced mushrooms
• 1 cup low-fat sour cream
• 1/4 teaspoon salt
• 8 oz linguine noodles, cooked without salt or fat

**Preparation:**

• Cut chicken breasts into 1/2" strips
• Spray a large skillet with the nonstick cooking spray, then add 1/2 tablespoon vegetable oil
• Heat oil until hot over a medium-high heat.
• Add chicken breast strips and cook, stirring occasionally, for 4-5 minutes, or until it is no longer pink
• Remove chicken and set aside
• Adding the remaining 1/2 vegetable oil and mushrooms to the same skillet.
• Saute mushrooms for 3-4 minutes.
• Add low-fat sour cream and salt to the skillet.
• Stir and heat thoroughly.
• Add chicken to the mushroom mixture
• Serve over linguine noodles

Serves 4
Pasta and Ham

Cook Time: 20 minutes
Total Time: 20 minutes

Ingredients:

- 12 ounces pasta (any type), uncooked
- 2 tablespoons olive oil
- 1 14.5 ounce can reduced-sodium chicken broth
- 3/4 teaspoon dried basil, crumbled (or 1 tablespoon fresh)
- 4 ounces lean, low-sodium boiled ham, thinly sliced and cut into 1/2 inch strips
- Grated Parmesan cheese

Preparation:

- Cook the pasta according to package directions.
- Heat oil in a medium saucepan heat over medium heat.
- Pour in the broth, then stir in the basil, and cook for 3 minutes, or until it just starts to boil.
- Pour pasta into a large colander to drain. Return the pasta to the pan and pour in the broth.
• Add ham to pasta and toss well to combine. Cook for about 2 minutes over medium-high heat, or until piping hot.

• Grated Parmesan cheese can be added when pasta is served, if desired.

Serves 4

Vegetable Beef Stew

Prep Time: 15 minutes  
Cook Time: 40 minutes  
Total Time: 55 minutes

Ingredients:

• Nonstick vegetable cooking spray
• 1 tablespoon vegetable oil
• 1 lb beef stew meat
• 1 can (14 oz) beef broth
• 2/3 cup water
• 3 1/2 cups red potatoes, cubed
• 2 cups sliced raw carrots
• 1/2 cup sliced celery
• 1/2 cup frozen peas
**Preparation:**

- Spray a large saucepan with the nonstick cooking spray
- Add vegetable oil and over a medium-high heat, heat until oil is hot
- Add beef stew meat and cook 3-4 minutes, or until browned on all sides
- Remove beef and set aside
- Add beef broth and water to saucepan
- Add potato cubes, carrots, and celery
- Heat until boiling
- Add beef to vegetables and broth
- Cover, reduce heat to low, and simmer for 30 minutes, or until meat is tender.
- Add frozen peas
- Cook for an additional 2 minutes.

Serves 4

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**Pork Chops with Applesauce**

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Total Time: 40 minutes

**Ingredients:**

- 3/4 cup unsweetened applesauce
• 1/4 teaspoon ground ginger
• 1 tablespoon reduced-sodium soy sauce
• Nonstick vegetable cooking spray
• 1 tablespoon vegetable oil
• 4 6 oz lean boneless pork chops
• 1 cup long-grain white rice, cooked

Preparation:
• In mixing bowl mix together the applesauce, ginger, and soy sauce. Set aside.
• Spray nonstick cooking spray onto a large skillet.
• Over medium heat, add vegetable oil.
• When the oil is hot add the pork chops and brown on both sides for about 7-8 minutes.
• Ladle applesauce mixture over the pork chops.
• Cover, reduce heat, and simmer over a low heat for about 20 minutes, or until the pork chops are thoroughly cooked through, and are tender.
• Serve with rice.

Serves 4
Oven-Fried Chicken

Cook Time: 25 minutes
Total Time: 25 minutes

Ingredients:
- 4 skinless chicken breasts
- 1 cup low-fat milk
- 1 teaspoon vegetable oil
- 1 cup flour
- 2 teaspoons pepper
- 2 teaspoons salt
- Vegetable spray

Preparation:
- Wash and dry chicken.
- Place the chicken in a gallon-size storage bag, pour in milk, seal the bag and refrigerate for 30 minutes.
- Preheat oven to 400 degrees.
- Add vegetable oil to bottom of a 9x9 baking dish, spreading it until entire bottom has been coated.
- Place the flour, pepper and salt in another gallon-size storage bag, seal, and shake until all ingredients are blended.
• Remove chicken from first storage bag, drain, then place it one piece at a time into the bag filled with the seasoned flour. Shake to coat the chicken well.

• Place the chicken in the prepared baking dish.

• Coat the top of the chicken pieces with a generous coat of vegetable spray.

• Bake in center of oven for 20 to 25 minutes, or until the chicken is browned on the outside and cooked throughout on the inside.

Serves 4

Beef Strips and Pasta

**Prep Time:** 20 minutes  
**Cook Time:** 20 minutes  
**Total Time:** 40 minutes

**Ingredients:**

• Nonstick vegetable cooking spray
• 1 tablespoon vegetable oil, divided
• 1 lb boneless beef sirloin steak, cut across the grain in 1/8" strips
• 3 cups sliced mushrooms
• 1 tablespoon water
• 1 teaspoon dried basil
• 1/2 teaspoon dried oregano
• 1/2 teaspoon salt
• 1/4 cup Parmesan cheese
• 8 oz fettuccini pasta, cooked without salt or fat

**Preparation:**

- Spray a large skillet with nonstick vegetable spray and then add 1/2 tablespoon vegetable oil, heating over a medium heat.
- When oil is hot, add beef strips and cook for 3 to 4 minutes, or until beef is thoroughly cooked.
- Remove beef from skillet and set aside.
- Add mushrooms to skillet and cook for 2 minutes.
- Add basil, oregano, and salt. Add beef strips back to the skillet.
- Cover and simmer for a few minutes, until heated through.
- Add Parmesan cheese and stir to mix well.
- Serve beef mixture over hot fettuccini pasta.

Serves 4
Turkey Cutlets with Mushrooms

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Total Time: 20 minutes

Ingredients:
- 1 Tablespoon all-purpose flour
- 1 Tablespoon freshly grated Parmesan cheese
- 1/4 teaspoon salt
- 4 thin-sliced turkey cutlets
- 4 teaspoons olive oil
- 12 oz mushrooms, sliced
- 3 Tablespoons white grape juice
- 2 Tablespoons water

Preparation:
- In a shallow bowl, combine flour, cheese and salt.
- Place turkey into the flour mixture and coat thoroughly.
- In a large nonstick skillet, heat 2 teaspoons of olive oil over medium-high heat.
• Add cutlets and cook for 4 minutes and turn. Cook for an additional 4 minutes, or until cutlets are no longer pink and juices from meat are clear.

• Place cutlets on a platter and set aside, keeping them warm.

• Add remaining 2 teaspoons of olive oil to skillet.

• Add mushrooms and cook for 2 minutes, stirring frequently.

• Add grape juice and 2 Tablespoons water to mushrooms.

• Cook for 3 minutes or until mushrooms are tender. You can add more water if the pan gets too dry.

• Pour mushrooms over cutlets and serve.

Serves 4

**Sesame Chicken Kabobs**

Cook Time: 10 minutes
Total Time: 10 minutes

Ingredients:
• 1 tablespoon sesame oil
• 2 tablespoons olive oil
• 3 tablespoons light soy sauce
• 2 tablespoons brown sugar
• 1/4 cup sesame seeds
• 1 pound boneless, skinless chicken breasts, cut into 1/2-inch chunks

Preparation:
• In a medium bowl, use a whisk to blend together the sesame and olive oils, soy sauce, brown sugar, and sesame seeds.
• Add the chicken to the mixture and marinate from 30 minutes to 2 hours in the refrigerator.
• Preheat oven to 350 degrees F.
• Make chicken kabobs by threading 2 to 3 chunks of chicken onto a round toothpick.
• Place kabobs on a baking or cookie sheet.
• Repeat steps 4 and 5 with the remaining chicken chunks. If there is any marinade remaining, discard it.
• Bake for 8-10 minutes or until just cooked through.

Serves 4

**Beef Loaf**

Cook Time: 2 hours
Total Time: 2 hours

Ingredients:
• 1-1/2 pounds very lean ground beef
• 2 eggs
• 1-1/2 cups bread crumbs
• 2 tablespoons chopped parsley
• 1/2 teaspoon pepper
• 2 teaspoons salt

Preparation:
• Preheat oven to 350 degrees F.

• Combine ground beef and unbeaten eggs, bread crumbs, chopped parsley, pepper and salt. Thoroughly blend the mixture.

• Place mixture in a bread pan.

• Place in and bake for about two hours, basting every quarter of an hour with hot stock.

• Cut into thin slices.

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**Chicken and Vegetable Stir-Fry**

Prep Time: 20 minutes  
Cook Time: 20 minutes  
Total Time: 40 minutes

Ingredients:
• 2 tablespoons cornstarch
• 1 tablespoon brown sugar
• 3 tablespoons reduced-sodium soy sauce
• 1 cup water
• Nonstick vegetable cooking spray
• 1 tablespoon vegetable oil, divided
• 1 1/2 lb boneless, skinless chicken breasts, cut into thin strips
• 1 cup carrots, diagonally sliced thin
• 2 cups peas
• 2 cups small broccoli florets
• 1 1/2 cups long-grain white rice, cooked without salt or fat

Preparation:
• In a medium mixing bowl, combine cornstarch, brown sugar, soy sauce, and water. Set aside.

• Spray a large skillet with nonstick vegetable spray and then add 1/2 tablespoon vegetable oil.

• When skillet is hot, add chicken strips, and stir-fry for 3 to 5 minutes, or until chicken is thoroughly cooked.

• Remove chicken strips from skillet and set aside.

• Add remaining 1/2 tablespoon vegetable oil, carrots, peas, and broccoli florets to skillet.

• Stir-fry vegetables for 5 to 6 minutes.

• Add 1 to 2 tablespoons of water, and cover, cooking vegetables until they are tender.
• Add chicken strips back to the skillet.
• Add soy sauce and water mixture to skillet.
• Stir constantly until sauce thickens and heated through.
• Serve over hot cooked rice.

Serves 4

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**No Tomato Sauce Lasagna**

**Cook Time: 35 minutes**

**Total Time: 35 minutes**

**Ingredients:**

- 12 ounces very lean ground beef
- 1/2 cup beef broth
- 12 ounces wide lasagna noodles
- 2 cups low-fat alfredo sauce
- 1 1/2 cups grated skim mozzarella cheese

**Preparation:**

- Preheat oven to 375 degrees.
- Cook noodles in a large pot of boiling water until just tender. Drain Well.
• While noodles are cooking, brown the ground beef in a nonstick frying pan coated with nonstick cooking spray.

• In a large bowl, add browned beef and broth. Toss together.

ASSEMBLING THE LASAGNA:

• Spread 1 cup of the alfredo sauce on the bottom of 9x13 inch baking pan.

• Add 3 strips of lasagna noodles.

• Spread half the beef mixture on top.

• Lay 3 strips of lasagna noodles.

• Spread the remaining beef mixture on top.

• Add 3 strips of lasagna noodles.

• Spread the very top with remaining white sauce.

• Sprinkle with grated mozzarella cheese.

• Bake for 25-35 minutes.

Serves 10

Broiled Lamb Chops with Mushrooms

Prep Time: 10 minutes
Cook Time: 12 minutes
Total Time: 22 minutes
Ingredients:
- 1 1/2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 2 teaspoon ground ginger
- Nonstick vegetable cooking spray
- 3 cups sliced mushrooms
- 4-4 oz lamb chops, each 1" thick with visible fat trimmed
- 1 1/2 cups long-grain brown rice, cooked without salt or fat

Preparation:
- In a mixing bowl combine the vegetable oil, salt, and ginger.
- Spray a broiling rack with cooking spray, place rack in a pan, and place lamb chops on the rack.
- Brush the top side of the lamb chops with the oil mixture.
- Broil for 5 minutes.
- Turn lamb chops and place mushrooms around the chops.
- Brush lamb chops with the remaining oil mixture.
- Broil for 5 more minutes.
- Serve immediately with cooked rice.

Serves 4
**Additional Information**

**Stress:** Stress does not cause ulcers. However, stress can put you into a position where you create acid. Stress can also put a physical strain on the system and make it more difficult to heal the body naturally.

I have included a bonus that talks about stress and coping with stress in great detail. If any of the practices conflict with the treatments and tips within this guide, then go with the tips within this guide as this is what we are trying to deal with first and foremost.

**Sleep:** Sleep is also very important to your digestive system. Here is a list of some simple rules that will make a difference.

- Do not eat 3-4 hours before going to bed.
• Take a warm shower or bath before bed.

• No caffeine or alcohol before bed.

• Drink Chamomile tea before going to bed. It contains a natural sedative and is good for stress as well.

Candida and Ulcers

There is no direct correlation between candida and ulcers but it does have a LOT to do with the bacteria that causes most stomach ulcers. The majority of people who are infected with H. pylori also have Candida Albicans overgrowth.

During an overgrowth of Candida, the immune system will attempt to fight it. If you are one of the many ulcer sufferer that also has a Candida overgrowth, then your immune system that should
be fighting and curing the ulcer is being tied up fighting something else.

I am including the candida diet for you to utilize in order to be as healthy as possible giving your body the greatest chance of healing the ulcer.

**Cadida Diet**

The following is a diet that is intended to help you continue to flush your body of toxins. It is to be followed for 2 weeks.

***It is important to note that the Candida diet is first and foremost a diet to eliminate candida in order to reduce yeast infections. There may on occasion be a contradiction to other parts of this guide. If you come across a contradiction, pick the choice that is designed for ulcer treatment.***
Will the Candida Diet help me to lose weight?

The Candida Diet is not intended for weight loss, but is specifically designed to combat Candida. However, if you are overweight, you will almost certainly lose weight if you follow the Candida Diet!

Overgrowth of Candida causes intense cravings for sugar and starch, which is why many people cannot follow a weight loss diet.

Controlling levels of Candida in your digestive tract will help you to stick to your weight loss plan, while eliminating sugar and refined carbohydrates will help you lose weight.

Some Important Points

When following the Candida diet, you must make sure that your blood sugar levels are kept at an acceptable level by eating a substantial breakfast, lunch and supper.

If you find that your energy level is low or you are experiencing dizziness while on the diet, it is
probably due to low blood sugar. If this happens, simply add a mid-morning and mid afternoon snack.

Please remember to **drink lots of water** in order to assist the elimination of toxins from your body. After a few days of diet detoxing, some of your symptoms may become worse and you could also experience headaches. This is quite normal and part of the detoxification process. It will improve after a few days and you will begin to feel healthier than you have felt for years!

The Candida diet should be followed for **2 weeks**, followed by a maintenance program as outlined.

**You may not use sugar in any form** – this includes sucrose (cane sugar), gluucose and fructose (fruit sugar). Lactose (milk sugar) to be kept to a minimum.

**CANDIDA DIET**

**Foods Allowed**
- Rye Vita (contains no yeast)
- Chicken, fish, meat
- Rye Bread (no yeast or wheat) roasted/grilled or steamed
- Rice cakes Sunflower/olive oil
- Rice, potato or rye flour 30ml lemon juice
- Corn or soya flour all veggies fresh or frozen – no tinned food
- Oats, maize (corn) meal, maltabella Avocado pears
- Dairy-milk 125ml per day Sweet / normal potatoes
- Plain Bulgarian yoghurt-125ml (no sugar!) Brown rice (no white rice)
- Low fat cottage cheese (no sugar!) Onions / garlic (unless sensitive)
- Soya / Rice milk Walnuts, cashews, hazel,
- Ricotta cheese pecan, coconut & macadamia
- One fruit per day (no melons & Herbal teas eg Rooibos grapes) Make sure that fruit is not bruised. Lipton herbal teas
- Herbs Mineral water
- Tomatoes Artificial sweeteners eg. Advantage
- Humus

**Foods allowed weekly (only one item of each)**

- Wholewheat pasta 1 rice cake with carob or yogurt topping
- Wheatbix (sugar free), tomato paste (if no wheat allergy is prevalent)
- Soft goat cheeses e.g. Camembert, feta or goat

**Foods allowed twice a week (only one item of each)**
- Tinned tuna or Salmon in spring water Spices eg. curries, chillies (avoid if allergic)

**Foods to Avoid**
- Anything containing yeast Pickled, smoked or processed meat,
- Fish (including cold meats, & vacuum packed foods)
- Breads, marmite provita, Bovril etc
- White wheat flour or pastry flour,
- Gluten flour, flake cereals, semolina,
- Cream of wheat, pasta – white All vinegars and vinegar products (chutney, mayonnaise, salad dressing etc)
- Cheese, fermented or processed eg. Cheddars, feta from dairy or other hard cheeses
- All forms of alcohol
- Fruits – melons or grapes or any fruit and vegetables that shown any signs of bruising or mould
  Honey and other natural sweeteners
• Mushrooms Sugar and anything containing sugar
• Peanuts, peanut butter and pistachio All teas and coffees, except herbal teas
• All fruit juices (drink still mineral water instead)

**Typical Meal Plan** – omit any foods that you are allergic to. The following is a typical meal plan that you can follow while in this stage.

**BREAKFASTS**

• 1 Fruit
• Porridge - Oats, maltabella (regular) or Mealie (corn) meal. Rice cereal (infant food)
• Rye vita / yeast free bread / rice cakes Avo / cottage cheese / egg / tomato
• Haddock

**LUNCH / DINNERS**

• Salads eg. potatoes, greens, rice, beans (include as many different ingredients as possible)
• Meat, fish, chicken (roasted / grilled / steamed)
• Lentils, pulses, legumes-soups, bakes, etc
• All vegetables-steamed and to include
  o pumpkin, squash, butternut
• potato-baked, boiled or chips
• brown rice
• salads/stir fries/soups-chicken & veggie (soup may be frozen & reheated)
• yeast free bread/rye vita/rice cakes
• Avocado / tomato / cottage cheese / tuna / cold chicken

**Maintenance Program**

After the initial two weeks, you can slowly reintroduce foods from the foods to avoid list. Please remember to use them in moderation. The foods to continue avoiding or using with caution are: sugars, white flour, fruit juices, dried fruits, prepared breakfast flakes including muesli, alcohol, vinegar and foods containing yeast.
Conclusion

Eating the correct kinds of food that will help heal your ulcer and help prevent it from worsening is extremely important.

Understanding that most ulcers are caused by a bacteria that can be beaten and that can be kept away is half the battle to being over your ulcer.

Do not get frustrated if your ulcer does not get better right away. You will find the things in this guide that work best for you.

If you find a cure through traditional medicines, follow all the prevention tips and the menu afterwards to ensure it never comes back.

Best of luck with your fight, I hope you are over your ulcer soon and on the road to a much happier and healthier life.

To your health.