Campbell's

Healthy Diet Meal Planner

Meal & Recipe Suggestions

Healthy Diet - 3 Day Meal Plan

Day 01

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Avocado Toast on *Pepperidge Farm®* 100% Whole Wheat Bread Orange *V8®* Low Sodium 100% Vegetable Juice	*Pacific Foods®* Organic Plant-Based Chili Mixed Green Salad with Raisins, Walnuts & Balsamic Dressing Whole Grain Roll Banana	Greek Yogurt with Strawberries	**RECIPE 01** **One Skillet Greek Chicken with Orzo** Detailed Recipe to Follow Side Salad Skim Milk	Greek Yogurt with Blueberries *Goldfish®* Grahams Vanilla Cupcake

Day 02

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Bran Cereal Topped with Sliced Banana & Chopped Pecans & Skim Milk *V8®* Low Sodium 100% Vegetable Juice	Grilled Cheese Made with Reduced Fat Cheddar & *Pepperidge Farm®* Whole Grain 100% Whole Wheat Thin Sliced Bread *Campbell's®* Condensed Tomato Soup Peach	Trail Mix	Honey Mustard Salmon with Steamed Broccoli & Brown Rice Skim Milk	Greek Yogurt with Apple

Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Yogurt Bowl with Granola & Fruit	Grilled Chicken Sandwich on a 100% Whole Wheat Hamburger Bun German Potato Salad Grapes *V8®* Low Sodium 100% Vegetable Juice	*Goldfish®* Cheddar Crackers Banana	**RECIPE 02** **One Pot Skillet Lasagna** Detailed Recipe to Follow Whole Wheat Roll with Whipped Butter Skim Milk	Greek Yogurt with Cashews & Orange Slices

Average Daily Nutrition Totals: Calories: 2008, Total Fat: 55g, Saturated Fat: 16g, Cholesterol: 157mg, Sodium: 2136mg, Potassium: 5087mg, Total Carbohydrate: 283g, Dietary Fiber: 32g Protein: 110g

RECIPE 01

One Skillet Greek Chicken with Orzo

serves 4 people

25 mins. prep & cook time

Ingredients

1 lemon

1 1/4 pounds boneless, skinless chicken breast, cut in bite-sized pieces

1/2 teaspoon garlic powder

1 1/2 teaspoons dried oregano leaves

2 teaspoons olive oil

2 1/2 cups *Swanson® Natural Goodness®* Chicken Broth

1 can (10 3/4 ounces) *Campbell's®* Condensed Unsalted Tomato Soup

1 cup uncooked orzo pasta

5 ounces baby spinach (about 5 cups)

1/4 cup crumbled feta cheese

Method

Step 1 Grate 1 teaspoon zest and squeeze 2 tablespoons juice from the lemon. Season the chicken with salt and pepper and sprinkle with the garlic powder and 1 teaspoon oregano. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook until browned and done. Remove the chicken from the skillet, cover and keep warm.

Step 2 Add the broth, soup and remaining 1/2 teaspoon oregano to the skillet and heat to a boil over high heat. Stir in the orzo. Cook for 10 minutes or until the orzo is tender, stirring often.

Step 3 Reduce the heat to low. Stir in the lemon juice and lemon zest. Add the spinach and stir until wilted. Stir in the cooked chicken. Sprinkle with the cheese.

Nutrition Totals Per Serving: Calories: 458, Total Fat: 9g, Saturated Fat: 3g, Cholesterol: 99mg, Sodium: 580mg, Potassium: 992mg, Total Carbohydrates: 48g, Dietary Fiber: 4g, Protein: 43g

RECIPE 02

One Pot Skillet Lasagna

serves 6 people　　　　**30 mins.** prep & cook time

Ingredients

1	pound lean ground beef
1	jar (24 ounces) *Prego®* Traditional Italian Sauce or Spicy Marinara
1 1/2	cups water
6	uncooked lasagna noodles, broken into 1-inch pieces
3/4	cup part skim ricotta cheese
4	ounces shredded part skim mozzarella cheese
1/4	cup grated Parmesan cheese

Method

Step 1 Season the beef with salt and pepper. Cook the beef in a 12-inch skillet over medium-high heat for 5 minutes, stirring often to separate meat (just looking for some browning here- the beef will cook through in the sauce mixture below). Pour off any fat.

Step 2 Stir the sauce, water and noodles in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the noodles are tender, stirring often.

Step 3 Stir in the ricotta cheese and half the mozzarella and Parmesan cheeses. Cook, uncovered, for 5 minutes, stirring occasionally. Season to taste. Sprinkle with the remaining mozzarella and Parmesan cheeses.

Step 4 Remove the skillet from the heat (you can let it stand for 5 minutes if you like it less saucy). Sprinkle with chopped fresh basil just before serving, if desired.

Nutrition Totals Per Serving: Calories: 355, Total Fat: 14g, Saturated Fat: 6.6g, Cholesterol: 70mg, Sodium: 671mg, Potassium: 645mg, Total Carbohydrate: 27g, Dietary Fiber: 2g, Protein: 28g