



14 Days of Delicious Heart-Healthy Meals

Support healthy cholesterol levels
with our menu of delicious salads,
entrées, desserts & more!



THE SMART BALANCETM FOOD PLAN

THE SMART BALANCE™ FOOD PLAN

Learn More at  .com

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EAT BETTER, LIVE BETTER.

Enjoy heart-healthier eating with our Food Plan.

You try to be good to your heart. But sometimes it's hard to know where to start.

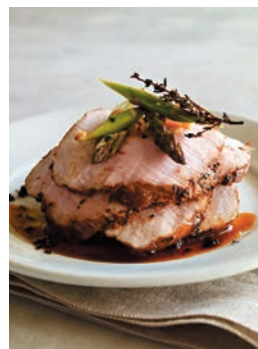
It means taking that extra flight of stairs. It means cutting down on stress. And it means taking time to think about what you eat.

That's why the folks at Smart Balance are here to help. Our Food Plan is designed for everyone who wants a nutritious, great-tasting diet.

Packed with tasty and healthful recipes, you'll enjoy how easy our plan is to follow.

With dozens of meals and snacks to choose from, it offers daily variety and flavors you'll love. And, most important, it provides a diet of balanced fats that help support healthy cholesterol levels as further explained on page 11.

Use the Smart Balance™ Food Plan as part of your heart-healthier lifestyle.



OUR RECIPE FOR DELICIOUS TASTE



Keeping it simple, making it downloadable

1. Every one of our Food Plan meals is easy to prepare and fits into a busy lifestyle. Recipes for all of the meals shown in the 14-day menu plan can be found at www.SmartBalance.com/foodplan/14daymenu. With just a few clicks you can download all of the recipes in the Food Plan, or browse our recipe database for additional heart-healthier, balanced fat menu ideas.

Full of flavor

2. Our mouthwatering recipes include our Oregano-Balsamic Grilled Pork, a Peppery Garden Frittata and Peanut Butter-Chocolate Buttons. We use simple sauces, spices and Smart Balance® products to add rich-tasting flavors that will delight your taste buds.

Expand your choices

3. In addition to the Food Plan menu, SmartBalance.com has hundreds of other tasty recipes to help you enjoy healthier eating. If a website recipe meets our Food Plan Guidelines, we make sure to clearly label it as a “Food Plan Substitute” – along with the specific meal or snack it can replace. Visit SmartBalance.com to learn more.

The power of portions

4. Enjoying the delicious menu items on our Food Plan will put you on track for a heart healthier diet. But managing portion sizes is an important part of the plan as well. To get the full benefit of this Food Plan, be mindful of your portions, making sure your serving sizes match the recommendations outlined in the 14-day menu plan.

Stay hydrated

5. No Food Plan would be complete without a reminder to stay hydrated. Drink lots of water, aim for eight 8-oz. glasses a day, and consume other beverages in moderation. Choose beverages like Smart Balance® enhanced milks, which provide protein, calcium and other nutrients, with some varieties also providing essential EPA/DHA Omega-3s as opposed to soft drinks full of empty calories.





TAKE HEART FROM SCIENCE



Smart Balance is committed to providing superior-tasting, heart-healthier products. We do this by reducing or eliminating “bad stuff” from the foods you love—and by adding more “good stuff.”

Our products have 0g trans fat naturally, never use hydrogenated or partially hydrogenated oils, and are generally lower in cholesterol and saturated fat than the everyday staples that our products are designed to replace. Plus, we’ve added beneficial ingredients like Omega-3s and vitamins, and for selected products we’ve added a naturally sourced ingredient that helps block cholesterol.

Support healthy cholesterol

Researchers at Brandeis University have discovered that the right blend of fats can help support healthy cholesterol levels by improving the ratio of “good” HDL cholesterol to “bad” LDL cholesterol when you follow our balanced fat Food Plan. Limit total fat to about 30% of calories (65g per day); saturated fat to 10% of calories (20g per day); and dietary cholesterol to average 300mg or less per

day. Avoid trans fat. Regular exercise is essential. Our signature Smart Balance® Buttery Spreads use a patented blend of oils to deliver balanced fats and our other Smart Balance® products are designed to fit within our Food Plan to help support healthy cholesterol levels.

Omega-3s

Most Smart Balance® products are an excellent source of Omega-3s. Our Food Plan delivers all three essential Omega-3s, including ALA and the all important EPA/DHA, which provide the greatest health benefits as part of a heart-healthy diet.

Block cholesterol

Select products, including Smart Balance® Butter & Canola Oil Blend and Smart Balance® Blended Butter Sticks, contain a naturally sourced ingredient, plant sterols, that actually helps block the absorption of the cholesterol in the butter when consumed as part of a diet low in saturated fat and cholesterol.

Visit SmartBalance.com to learn more about our full line of heart-healthier products.



PUT YOUR DIET TO THE TEST



Want to know if your diet meets the Smart Balance™ Food Plan criteria?

Our research has shown that by following the six steps below, which emphasize a relative balance of saturated, monounsaturated and polyunsaturated fats, you'll support healthy cholesterol levels by improving the ratio of "good" HDL cholesterol to "bad" LDL cholesterol. Here are the guidelines for our Food Plan. See how your diet stacks up!

6 Steps to a Healthier Balanced Fat Diet

1. At least 2/3 of fat must come from balanced fat products or this Food Plan
2. Limit total fat to about 30% of calories (65g per day)
3. Limit saturated fat to 10% of calories (20g per day)
4. Limit dietary cholesterol to average 300mg or less per day
5. Avoid trans fat
6. Exercise regularly

Additional Considerations

- Eat enough calories to maintain a healthy weight. The Food Plan provides a daily average of about 1,900 calories. Adjust your portion sizes if your calorie needs are more than or less than this amount.
- Sodium should be 600mg or less per meal.
- It is recommended to have a daily intake of 800mg to 2g of plant sterols each day.



14 DAYS OF EASY HEART- HEALTHIER EATING



MIX IT UP. MATCH YOUR TASTES.

Everyone's tastes are different. And you don't always have time to make each meal a big production. So our Food Plan is designed to be flexible, to accommodate your food preferences and your life!

Mix & Match Made Easy

Each day's menu includes a nutritious breakfast, lunch, dinner and snack. You can choose to follow the plan exactly, or swap days within the 14-day menu plan. Just be sure to swap an entire day when mixing and matching because each day is crafted to balance your fat across all 4 meals. If you're looking for specific meal substitutes, visit our 14-day menu plan online at SmartBalance.com to find substitute options that will still allow you to maintain properly balanced fats.

Find more recipes online


If you're looking for more variety or ways to extend the Food Plan beyond the 14-day menu plan provided, we've got tools to help get you started!

You can build your own menu, unique to your preferences, by following the detailed Food Plan nutrition criteria on page 11. Visit SmartBalance.com to browse hundreds of delicious recipes, with detailed nutrition information to help you track your daily nutrition intake and build a customized menu that meets our Food Plan criteria.



SNACK
DINNER
LUNCH
BREAKFAST
1

1 serving Oatmeal with Spiced Apples (page 18); 6 oz light yogurt; 1 cup Smart Balance® Enhanced Low Fat Milk


2

Breakfast parfait: 1/2 cup high-fiber multigrain cereal, 6 oz light yogurt, 1 cup sliced strawberries, 2 tps sliced almonds; whole wheat raisin bagel half with 1 tsp Smart Balance® Buttery Spread

3

1 serving Fresh Broccoli and Red Pepper Frittata (page 20); 2 (1-oz) slices multigrain Italian bread with 2 tps Smart Balance® Buttery Spread; 1/4 cantaloupe; 1 cup Smart Balance® Enhanced Low Fat Milk

4

PB&B breakfast sandwich: 2 slices whole wheat toast, 2 tps Smart Balance® Rich Roast Peanut Butter, 1 medium banana, sliced; 1 cup Smart Balance® Enhanced Low Fat Milk

5


1 egg, hard-boiled; 2 mini whole wheat bagels, toasted, with 2 tps Smart Balance® Buttery Spread and 1 tsp honey; 1 cup melon cubes; 1 cup Smart Balance® Enhanced Low Fat Milk

6

1 cup high-fiber whole-grain cereal with 1/3 cup blueberries and 2 tps toasted sliced almonds; 1 orange; 1 cup Smart Balance® Enhanced Low Fat Milk

7


Burrito: 1 (7-inch) whole wheat flour tortilla, 1 egg, scrambled, 1/4 cup canned black beans, rinsed, 2 tps sour cream, 2 tps picante sauce; 1 cup sliced mango, 1 cup Smart Balance® Enhanced Low Fat Milk


8

1 packet instant oats prepared with 2 tps chopped walnuts and 2 tps dried fruit; 1 slice whole wheat toast with 1 tsp Smart Balance® Buttery Spread; 3/4 cup orange juice; 1 cup Smart Balance® Enhanced Low Fat Milk

9

2 multigrain toaster waffles with 2 tps Smart Balance® Buttery Spread and 2 tps maple syrup; 1 cup mixed berries; 1 cup Smart Balance® Enhanced Low Fat Milk


10

1 egg, cooked with Smart Balance® Cooking Spray; 1 whole wheat English muffin, toasted, with 1 tsp Smart Balance® Buttery Spread; 1 orange; 1 cup Smart Balance® Enhanced Low Fat Milk

11

1 (2- to 3-oz) bran muffin with raisins; 2 tps Smart Balance® Butter & Canola Oil Blend; 1 cup blueberries; 6 oz light yogurt; 1 cup Smart Balance® Enhanced Low Fat Milk

12

1 egg, scrambled or poached, 1 (3-inch) whole grain bagel, toasted with 1 tsp light cream cheese, 3/4 cup orange juice, 1 cup Smart Balance® Enhanced Low Fat Milk

13

2 multigrain toaster waffles with 1 tsp Smart Balance® Buttery Spread and 2 tps maple syrup; 1 cup whole strawberries; 1 cup Smart Balance® Enhanced Low Fat Milk

14

1 whole wheat English muffin, split and toasted, with 1 tsp Smart Balance® Buttery Spread and 1 tsp fruit spread; 1 cup melon cubes; 1 cup Smart Balance® Enhanced Low Fat Milk

SNACK
DINNER
LUNCH
BREAKFAST


Sandwich: 2 oz sliced no-salt-added deli turkey, 1/2 cup mixed salad greens or a romaine lettuce leaf, 2 tomato slices, 1 tsp Smart Balance® Light Mayonnaise Dressing, 1 tsp Dijon mustard, 2 slices whole wheat bread; 1 oz baked potato chips; 1/2 cup baby carrots; 1 pear

Soft taco: 1 (8-inch) whole wheat flour tortilla, 1/2 cup low-fat salt-free refried beans, 1/2 cup shredded romaine lettuce, 2 tps picante sauce, 1/4 cup (1 oz) reduced-fat shredded cheddar cheese, 2 tps sour cream, 1 tsp chopped fresh cilantro; 1 cup sliced mango

Vegetarian burger: 1 grill flavored soy protein burger, 1 whole wheat hamburger bun, 1 onion slice, 1 tomato slice, 1 small romaine lettuce leaf, 1 tsp Smart Balance® Light Mayonnaise Dressing, 1 tsp coarse-grain Dijon mustard, 1 tsp ketchup; 1 cup grapes


Tuna salad: 3 oz unsalted tuna in water, drained and mixed with 4 1/2 tps Smart Balance® Light Mayonnaise Dressing and 3 tps chopped celery; 1 slice whole wheat bread; 3 tomato slices; 1/2 cup baby carrots; 4 cups Smart Balance® Light Butter Flavor Popcorn; 1 peach or nectarine

2 cups baby spinach, 2 oz diced cooked chicken breast, and 1/4 cup chopped green onions tossed with 2 tps Smart Balance® Cooking Oil and 2 tps cider vinegar topped with 1/4 cup fat-free croutons; 8 reduced-fat whole wheat crackers; 1 pear




1 serving low-fat cheese lasagna frozen entrée; 1 1/2 cups mixed salad greens tossed with 2 tps Smart Balance® Cooking Oil and 2 tps balsamic vinegar; 1 cup melon balls; 1 (1 oz) bread stick

1 serving Turkey Sandwich Stacks with Basil Aioli (page 23); 1 oz baked potato chips; 1 cup whole strawberries; 1/2 cup fat-free frozen yogurt (any flavor)



Bagel Sandwich: 1 (3-inch) whole grain bagel topped with 2 oz lean deli roast beef, 1/2 cup shredded romaine lettuce, 1/2 oz sliced reduced-fat Swiss cheese, 1 tsp Smart Balance® Light Mayonnaise Dressing; 1 cup grapes; 6 oz light yogurt

1 serving Baby Greens with Chicken and Oregano-Balsamic Dressing (page 19) topped with 2 tps dried cranberries; 2 oz multigrain Italian bread with 1 tsp Smart Balance® Buttery Spread



1 cup low-sodium lentil or minestrone soup; 1 slice whole grain bread with 1 tsp Smart Balance® Buttery Spread; 1 cup carrot and celery sticks with 3 tps reduced-fat ranch dip; 1 nectarine

1 low-fat chicken teriyaki stir-fry frozen entrée; 1/2 cup sliced banana; 1/2 cup pudding made with Smart Balance® Enhanced Fat Free Milk

Grilled cheese: 2 oz reduced-fat cheddar cheese, 2 slices whole wheat (or rye) bread, 2 tps Smart Balance® Light Mayonnaise Dressing, 1 tsp coarse grain Dijon mustard, cooked with Smart Balance® Cooking Spray; 1 oz baked tortilla chips with 1/4 cup salsa; 1 apple


Soup and Salad: 1 serving (1 cup) Butternut Squash Soup (Page 25); 4 Melba Toast crackers; 1 cup chopped romaine lettuce, 1/4 cup chopped tomato, 2 tps walnut halves, dressing made of 2 tps Smart Balance® Cooking Oil and 2 tps red wine vinegar; 2 clementines

Chicken salad sandwich: 3 oz diced cooked chicken breast, 4 1/2 tps Smart Balance® Light Mayonnaise Dressing, 1/3 cup sliced celery, 1/4 cup dried cranberries, 1 tsp toasted pecan pieces, 1 lettuce leaf, 2 slices lightly toasted whole wheat bread; 1 oz fat-free pretzels

WEEK ONE
Mix & Match Your Menu
SWITCH OUT DAYS TO MEET YOUR PREFERENCES.
WEEK TWO


1 (4-oz) boneless sirloin steak, grilled; 1 (6-oz) baked potato with 2 tps Smart Balance® Butter & Canola Oil Blend; 4 oz mushrooms and 1 minced garlic clove sautéed in 1 tsp Smart Balance® Cooking Oil; 1 cup mixed salad greens tossed with 1 tsp reduced-fat dressing; 1 cup orange slices; 1 slice whole-grain French bread with 1 tsp Smart Balance® Butter & Canola Oil Blend; 1 cup Smart Balance® Enhanced Low Fat Milk

1 serving Oregano-Balsamic Grilled Pork (page 19); 1 serving Sweet Potatoes with Buttery Spice Spread (page 18); 1/2 cup sugar snap peas; 1 (1-oz) whole wheat roll with 1 tsp Smart Balance® Buttery Spread; 1/2 cup fat-free ice cream topped with 1 cup fresh raspberries; 1 cup Smart Balance® Enhanced Low Fat Milk



1 (4-oz) tilapia fillet, skillet-cooked with Smart Balance® Cooking Spray and topped with 2 tps Smart Balance® Buttery Spread mixed with 1/4 tsp grated lemon rind; 1/2 cup quartered new potatoes and 3/4 cup green beans, steamed and coated with 2 seconds Smart Balance® Buttery Burst Spray; 1/2 cup sliced cucumbers and 1 tsp chopped onion tossed with 1 tsp olive oil vinaigrette; 1 (1-oz) whole wheat roll with 1 tsp Smart Balance® Buttery Spread; 1 cup mixed fruit; 1 cup Smart Balance® Enhanced Low Fat Milk

1 serving Mexican Chicken and Vegetables (page 21); 1 cup steamed broccoli florets with 1 second Smart Balance® Buttery Burst Spray and 1 lemon wedge; 1 (2-inch-square) piece of corn bread with 1 tsp Smart Balance® Light Buttery Spread; 1/2 cup chopped mango; 1/2 cup chopped pineapple; 1 cup Smart Balance® Enhanced Low Fat Milk




Pita pizza: 1 whole wheat pita round topped with 1/4 cup spaghetti sauce, 1/4 cup chopped bell pepper and 2 oz mushrooms sautéed in 1 tsp Smart Balance® Cooking Oil, 7 slices turkey pepperoni, and 1/2 cup (2 oz) shredded mozzarella cheese, broiled until cheese is melted, and topped with 1 tsp grated Parmesan cheese; 1 cup grapes; 1 cup Smart Balance® Enhanced Low Fat Milk

1 (4-oz) salmon fillet, grilled; 2/3 cup cooked brown rice with 1 tsp Smart Balance® Buttery Spread and 1 tsp chopped fresh cilantro or green onions; 1/2 cup green peas; 1 sliced kiwi; 1 cup Smart Balance® Enhanced Low Fat Milk

4 oz skinless, boneless rotisserie chicken; 3/4 cup cooked no-yolk egg noodles with 1 tsp Smart Balance® Buttery Spread; 12 steamed asparagus spears with 1 tsp Smart Balance® Buttery Spread; 1 (1-oz) slice multigrain Italian bread with 1 tsp Smart Balance® Buttery Spread; 3 tomato slices; 1 cup Smart Balance® Enhanced Low Fat Milk

1 (4-oz) boneless pork chop, skillet-cooked with Smart Balance® Cooking Spray; 3/4 cup cooked whole wheat couscous topped with 1 tsp Smart Balance® Butter & Canola Oil Blend; 1/2 cup steamed mixed vegetables; 3/4 cup packaged coleslaw mixed with 1 tsp Smart Balance® Light Mayonnaise Dressing and 1 tsp sugar; 1 plum; 1 cup Smart Balance® Enhanced Low Fat Milk




1 serving Quick Skillet Pasta (page 24); 3 oz spinach, steamed, with 1 tsp Smart Balance® Buttery Spread; 1 cup fresh fruit salad; 1 cup Smart Balance® Enhanced Low Fat Milk

1 (4-oz) skinless boneless chicken breast half, skillet-cooked with Smart Balance® Cooking Spray; 1 cup cooked whole-grain pasta with 2 tps Smart Balance® Buttery Spread and 2 tps grated Parmesan cheese; 3 oz spinach, steamed; 1/2 cup cucumber slices with 1 tsp reduced-fat salad dressing; 1 (1-oz) whole wheat roll with 1 tsp Smart Balance® Buttery Spread; 1 cup Smart Balance® Enhanced Low Fat Milk


Salmon kebab: 4 oz raw salmon cut into 1-inch cubes, 5 whole mushrooms, 5 cherry tomatoes, and 5 onion wedges, threaded alternately onto a long skewer, brushed with 2 tps Smart Balance® Cooking Oil and grilled; 2/3 cup cooked brown rice topped with 1 tsp Smart Balance® Butter & Canola Oil Blend; 1/8 wedge honeydew melon; 1 cup Smart Balance® Enhanced Low Fat Milk

1 (4-oz) extra-lean ground beef patty, skillet-cooked and topped with 1 cup chopped bell pepper and onion sautéed in 1 tsp Smart Balance® Cooking Oil; 1/2 cup frozen whole-kernel corn, cooked (or 1 ear of corn), with 1 tsp Smart Balance® Buttery Spread; 1/2 cup steamed carrots with 1 tsp Smart Balance® Buttery Spread; 1 (1-oz) slice angel food cake topped with 1 cup sliced peaches; 1 cup Smart Balance® Enhanced Low Fat Milk

1 cup Skillet Spaghetti Sauce (page 24) over 1 cup cooked (2 oz dry) whole-grain spaghetti topped with 1 tsp grated Parmesan cheese; 3 oz green beans, steamed, and 5 Sprays Smart Balance® Buttery Burst Spray; 1 soft breadstick with 2 tps Smart Balance® Light Buttery Spread; 1 cup diced fresh pineapple; 1 cup Smart Balance® Enhanced Low Fat Milk



1 serving Fresh Broccoli & Red Pepper Frittata (page 20); 1/4 avocado, sliced, with 4 tomato wedges and 1 lime wedge; 1 cup sliced zucchini sautéed in Smart Balance® Cooking Spray; 1 (2-inch-square) piece of corn bread with 1 tsp Smart Balance® Buttery Spread; 1 cup Smart Balance® Enhanced Low Fat Milk



▶ Detach and hang up to track your progress.

▶ Detach and hang up to track your progress.

DAY 1 *Breakfast*

Oatmeal with Spiced Apples



PREP: 6 MIN COOK: 8 MIN STAND: 1 MIN

This recipe makes 1/2 cup Buttery Spice Spread. Use 1/4 cup when making the Oatmeal with Spiced Apples, and use the leftover spread later as a topping for sweet potatoes.

INGREDIENTS

- Oatmeal:**
 3 1/4 cups water
 1/4 teaspoon salt
 1 3/4 cups quick-cooking oats
- Buttery Spice Spread:**
 1/4 cup Smart Balance®
 Buttery Spread, softened
 3 tablespoons dark brown sugar or honey
 1 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 2 cups (1/4-inch-thick) sliced Granny Smith apple, peeled if desired

DIRECTIONS

1. Bring 3 1/4 cups water and salt to a full boil in a large saucepan over high heat. Stir in oats. Reduce heat to medium, and cook, uncovered, 6 minutes or until thickened, stirring occasionally.
2. While oatmeal cooks, combine all the spread ingredients in a small bowl, and stir until well blended. Heat a medium nonstick skillet over medium-high heat. Add 1/4 cup of the spice spread; refrigerate remaining spread for later use. When bubbly, add the apple slices, and cook 3 minutes or until tender, stirring gently.

Remove from heat, and let stand 1 minute to absorb flavors. Divide oatmeal equally among four bowls. Spoon equal amounts of the apple mixture over each serving.

Yield: 4 servings (serving size: 1 cup oatmeal and 1/3 cup apple mixture)

Per Serving: 234 calories, 5g protein, 39g carbohydrate, 6.5g total fat, 1.7g saturated fat, 2.0g monounsaturated fat, 2.4g polyunsaturated fat, 0g trans fat, 183mg omega-3 fatty acids, 810mg omega-6 fatty acids, 0mg cholesterol, 271mg sodium, 5g fiber

Variation

Sweet Potatoes with Buttery Spice Spread

PREP: 2 MIN COOK: 9 MIN

Pierce 2 (12-oz) sweet potatoes with a fork; microwave at HIGH 9 minutes or until tender. Cut each potato in half, fluff with fork, and top each half with 1 tablespoon Buttery Spice Spread.

Yield: 4 servings

Per Serving: 209 calories, 3g protein, 40g carbohydrate, 4.1g total fat, 1.3g saturated fat, 1.3g monounsaturated fat, 1.5g polyunsaturated fat, 0g trans fat, 143mg omega-3 fatty acids, 23mg omega-6 fatty acids, 0mg cholesterol, 210mg sodium, 5g fiber

DAY 2 *Dinner*

Oregano-Balsamic Grilled Pork



PREP: 5 MIN MARINATE: 8 HRS COOK: 15 MIN STAND: 5 MIN

The marinade makes a delicious salad dressing too. A single batch makes 3/4 cup total; use some as a marinade for the pork, and some as dressing over a green salad.

INGREDIENTS

- Marinade/Dressing:**
 1/2 cup Smart Balance® Cooking Oil
 1/4 cup balsamic vinegar
 2 teaspoons dried oregano leaves, crushed
 2 garlic cloves, minced
 1/2 teaspoon salt
 1/4 teaspoon black pepper
- Grilled Pork:**
 1 (1 lb) pork tenderloin, trimmed
 Smart Balance® Non-Stick Cooking Spray
 1/8 teaspoon salt
 pepper to taste

DIRECTIONS

1. Combine all marinade ingredients in a small bowl, stirring well with a whisk.
2. Place the pork in a large zip-top plastic bag, add 1/3 cup of the marinade and seal. Refrigerate remaining marinade for later use. Toss bag gently to coat. Refrigerate overnight or at least 8 hours, turning occasionally.
3. Remove pork from marinade; discard marinade. If desired for appearance, tie kitchen string around tenderloin in about 3 spots. Grill whole tenderloin over medium-high heat, or roast in 450 degree oven, for 15 minutes or until a thermometer inserted into thickest part of tenderloin reaches 145 degrees. Remove

from heat and let rest 5 minutes. Sprinkle pork with 1/8 teaspoon salt and pepper to taste. Cut into slices and serve.

Yield: 4 servings (serving size: 3 oz)

Per Serving: 194 calories, 24g protein, 1g carbohydrates, 9.8g total fat, 2.3g saturated fat, 4.4g monounsaturated fat, 2.2g polyunsaturated fat, 0g trans fatty acid, 396 omega-3 fatty acids, 1,989 omega-6 fatty acids, 75 cholesterol, 242 sodium, 0g dietary fiber

Variation

Baby Greens with Chicken and Oregano-Balsamic Dressing

PREP: 4 MIN

Toss 1/4 cup dressing with 6 cups mixed baby salad greens, 1 cup cherry tomatoes, 1 1/4 cups diced cooked chicken breast, and 1/4 cup chopped onion.

Yield: 4 servings

Per Serving: 192 calories, 16g protein, 7g carbohydrate, 11.7g total fat, 1.6g saturated fat, 5.4g monounsaturated fat, 3.9g polyunsaturated fat, 0g trans fat, 862mg omega-3 fatty acids, 3,536mg omega-6 fatty acids, 37mg cholesterol, 158mg sodium, 3g fiber

DAY 3 & 14 *Breakfast*

Fresh Broccoli & Red Pepper Frittata



PREP: 8 MIN COOK: 18 MIN STAND: 10 MIN

This recipe adapts easily to your favorite vegetables. We like leaving the veggies a little chunky for extra texture.

INGREDIENTS

- 1/2 cup water
- 2 cups broccoli florets (1-inch pieces)
- 1 cup small cauliflower florets (3/4-inch pieces)
- 1 tablespoon Smart Balance® Cooking Oil
- 1 cup diced onion
- 1 cup thinly sliced red bell pepper strips
- 5 large eggs
- 2 tablespoons Smart Balance® Enhanced Fat Free Milk and Omega-3s
- 1/2 teaspoon salt, divided
- 1/4 teaspoon dried thyme leaves, crushed
- 1/8 teaspoon ground red pepper
- 1/2 cup (2 oz) shredded reduced-fat sharp cheddar cheese

DIRECTIONS

1. Bring 1/2 cup water to a boil in a medium nonstick skillet over medium-high heat. Add broccoli and cauliflower, and return to a boil. Cover and boil 2 minutes or until just crisp-tender. Drain well in a colander.
2. Wipe skillet dry with a paper towel, if needed. Reduce heat to medium; add oil and heat. Add onion and bell pepper, and cook 3 minutes or until onion is translucent, stirring frequently. (Note: Do not overcook peppers, as their color will start to fade.)
3. Meanwhile, combine eggs, milk, 1/4 teaspoon salt, thyme and ground red pepper in a medium bowl. Stir until well blended.

4. Reduce heat to medium-low. Add broccoli mixture to onion mixture in skillet and stir gently. Pour egg mixture evenly over all. Cover tightly and cook 13 minutes or just until set. Immediately remove from heat; sprinkle with remaining salt and top with cheese. Let stand 10 minutes to melt cheese and absorb flavors.

Yield: 4 servings (serving size: 1 10-inch Frittata)

Per Serving: 211 calories, 14g protein, 11g carbohydrate, 11.4g total fat, 3.4g saturated fat, 4.7g monounsaturated fat, 2.1g polyunsaturated fat, 0g trans fat, 621mg omega-3 fatty acids, 1.187mg omega-6 fatty acids, 239mg cholesterol, 501mg sodium, 3g fiber

Variation Peppery Garden Frittata

PREP: 5 MIN

Replace thyme with 1/4 teaspoon dried oregano, and replace cheddar cheese with 1/2 cup shredded reduced-fat white cheddar cheese with jalapeños.

Yield: 4 servings

Per Serving: 211 calories, 14g protein, 11g carbohydrate, 11.4g total fat, 3.4g saturated fat, 4.7g monounsaturated fat, 2.1g polyunsaturated fat, 0g trans fat, 621mg omega-3 fatty acids, 1.187mg omega-6 fatty acids, 239mg cholesterol, 501mg sodium, 3g fiber

DAY 4 *Dinner*

Mexican Chicken and Vegetables



PREP: 10 MIN COOK: 20 MIN

Try this dish for a perfect family supper! Chicken tenders cook quickly, so be careful not to overcook them.

INGREDIENTS

- 1 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 to 1/4 teaspoon ground red pepper (optional)
- 8 chicken tenders (about 1 pound), rinsed and patted dry
- 1/8 teaspoon ground turmeric (optional)
- 2 tablespoons Smart Balance® Cooking Oil, divided
- 1 cup chopped green bell pepper
- 1 cup chopped onion
- 1 cup chopped yellow squash or zucchini
- 1 (14.5-oz) can unsalted diced tomatoes, undrained
- 2 cups cooked brown rice (cooked according to package directions, omitting salt and fat)

Toppings

- 1/2 cup sour cream
- 1/4 cup chopped fresh cilantro
- lime wedges (optional)

DIRECTIONS

1. In a small bowl, combine chili powder, cumin, salt and red pepper (if desired). Sprinkle both sides of chicken with half of the chili powder mixture. Add turmeric, if desired, to the remaining chili powder mixture and set aside. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Cook chicken 2 minutes on each side. Set aside on separate plate and cover to keep warm.
2. To pan drippings, add bell pepper, onion and remaining 1 tablespoon oil. Cook 3 to 5 minutes or until bell pepper and onion edges are browned, stirring frequently. Add the squash, tomatoes and remaining chili powder mixture. Bring to a boil, reduce heat, cover tightly, and simmer 10 minutes or until bell pepper is tender. Reduce heat to low; stir in rice and top with chicken and any accumulated juices. Cover and cook 10 minutes to absorb flavors and warm chicken. Serve with sour cream, cilantro and, if desired, lime wedges.

Yield: 4 servings (serving size: 1 cup rice mixture and 3 oz cooked chicken)

Per Serving: 401 calories, 29g protein, 35g carbohydrates, 16.0g total fat, 4.4g saturated fat, 5.9g monounsaturated fat, 3.6g polyunsaturated fat, 0g trans fatty acids, 665mg omega-3 fatty acid, 3.262mg omega-6 fatty acid, 85mg cholesterol, 481mg sodium, 5g dietary fiber.

DAY 5 & 14 *Snack*

Peanut Butter-Chocolate Buttons



PREP: 18 MIN COOK: 7 MIN PREHEAT OVEN: 375°

These bite-size cookies taste great by themselves or as part of the ice cream sandwiches shown below.

INGREDIENTS

- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup Smart Balance® Blended Butter Sticks, softened
- 1/3 cup Smart Balance® Rich Roast Peanut Butter
- 3/4 cup packed light brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 1/2 teaspoons vanilla extract
- 3 oz milk chocolate chunks

adhere. Bake 1 more minute or until golden on the bottom. Remove cookies from baking sheet and cool completely on a wire rack. Store in an airtight container for up to 4 days, or freeze for up to 2 weeks.

Yield: 5 dozen cookies (1 cookie per serving)

Per Serving: 58 calories, 1g protein, 8g carbohydrate, 2.7g total fat, 1.1g saturated fat, 2.0g monounsaturated fat, 0.3g polyunsaturated fat, 0g trans fat, 209mg omega-3 fatty acids, 96mg omega-6 fatty acids, 6mg cholesterol, 54mg sodium, 0g fiber

Variation

Button Cookie Ice Cream Sandwiches

PREP: 20 MIN FREEZE: 4 HRS

Spoon 2 tablespoons fat-free ice cream on a cookie, top with another cookie, and press down lightly. Wrap in aluminum foil and freeze. Repeat with additional cookies and ice cream. Freeze for up to 2 weeks.

Yield: 2 cookies and 2 tablespoons ice cream

Per Serving: 140 calories, 3g protein, 21g carbohydrate, 5.4g total fat, 2.2g saturated fat, 4.0g monounsaturated fat, 0.6g polyunsaturated fat, 0g trans fat, 417mg omega-3 fatty acids, 192mg omega-6 fatty acids, 11mg cholesterol, 124mg sodium, 0g fiber

DIRECTIONS

1. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda and salt, stirring with a whisk.
2. Combine butter blend, peanut butter and sugars in a large bowl. Beat with a mixer at medium speed until light and fluffy, about 2 minutes. Add the egg and vanilla. Reduce to low speed, and gradually add the flour mixture until just blended, scraping bottom and sides of bowl occasionally.
3. Shape dough into 1-inch balls, and place 1 inch apart on baking sheets lined with parchment paper.
4. Bake at 375° for 6 minutes. Remove from oven, and place 2 to 3 chocolate chunks in the center of each cookie, pressing down lightly to

DAY 7 *Lunch*

Turkey Sandwich Stacks with Basil Aioli



PREP: 10 MIN

You can make these hearty sandwiches up to 24 hours in advance. Add the greens just before serving.

INGREDIENTS

- Basil Aioli:**
- 1/2 cup sour cream
 - 1/3 cup Smart Balance® Light Mayonnaise Dressing
 - 3 tablespoons coarse-grain Dijon mustard
 - 2 to 3 garlic cloves, pressed
 - 4 1/2 teaspoons dried basil leaves, crushed
 - 1/8 teaspoon salt
- Sandwich:**
- 1 (8.5-ounce) loaf cracked wheat or multigrain French bread, halved horizontally
 - 4 tomato slices, halved
 - 4 thin slices reduced-fat Swiss cheese, halved diagonally
 - 1/4 medium-size green bell pepper, thinly sliced, or 1/4 cup thinly sliced red onion
 - 6 ounces sliced no-salt-added deli turkey
 - 1 cup mixed salad greens

DIRECTIONS

1. Combine all aioli ingredients in a small bowl, and stir until well blended.
2. Spread cut sides of bread with 1/4 cup aioli; refrigerate remaining aioli for later use. Layer bottom half of bread with the sandwich ingredients in the order listed, and top with the remaining half. Press down gently. Cut into four pieces.

Yield: 4 servings (1 sandwich per serving)

Per Serving: 304 calories, 24g protein, 34g carbohydrates, 8.5g fat, 2.5g saturated fat, 0g trans fatty acid, 0.5g poly fat, 1g mono fat, 183 mg omega-3 fatty acid, 62mg omega-6 fatty acid, 38mg cholesterol, 467mg sodium, 4g dietary fiber.

Variation

Basil Aioli Veggie Dip

PREP: 5 MIN

Combine 1/2 cup Basil Aioli and 3 tablespoons Smart Balance® Enhanced Fat Free Milk and Omega-3s and serve with 2 cups of raw veggies. Try cucumber slices, green bell pepper strips, broccoli and grape tomatoes.

Yield: 4 servings

Per Serving: 88 calories, 2g protein, 7g carbohydrates, 6.5g fat, 1.5g saturated fat, 0g trans fatty acid, 10g poly fat, 2.5g mono fat, 361mg omega-3 fatty acid, 98mg omega-6 fatty acid, 10mg cholesterol, 266mg sodium, 2g dietary fiber.



DAY 9 Dinner

Quick Skillet Pasta

PREP: 9 MIN COOK: 25 MIN

The hot pasta is drained over the beans to rinse, warm and mix—all in one step!

INGREDIENTS

- 4 oz uncooked whole-grain penne or rotini pasta
- 2 tablespoons Smart Balance® Cooking Oil, divided
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 small zucchini, thinly sliced
- 1 garlic clove, minced
- 1/4 cup chopped fresh or 1 tablespoon dried basil
- 1/8 teaspoon crushed red pepper (optional)
- 1 (15.5-oz) can navy beans
- 2 cups bottled light pasta sauce
- 2 oz shredded part-skim mozzarella cheese
- 2 tablespoons grated Parmesan cheese

DIRECTIONS

1. Cook pasta according to package directions, omitting salt and fat.
2. While pasta cooks, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and bell pepper, and cook 5 minutes or until edges begin to brown; add zucchini and garlic, and cook 3 minutes or until tender, stirring frequently. Remove from heat and stir in basil, crushed red pepper (if desired) and remaining 1 tablespoon oil. Cover to keep warm.
3. Place beans in a colander. Drain pasta over the beans, rinsing them with the hot cooking liquid; shake off excess liquid. Add beans and pasta to the vegetable mixture in skillet

and toss gently. Gently stir in pasta sauce. Cover and cook on medium-low 10 minutes to absorb flavors and heat thoroughly, stirring occasionally. Top with mozzarella and Parmesan, cover and cook 2 more minutes or until cheese is melted.

Yield: 4 servings (serving size: 1 1/2 cups)

Per Serving: 361 calories, 17g protein, 51g carbohydrates, 11.0g total fat, 2.7g saturated fat, 4.4g monounsaturated fat, 3.2g polyunsaturated fat, 0g trans fatty acids, 11mg cholesterol, 617mg omega-3 fatty acid, 2,569mg omega-6 fatty acid, 596mg sodium, 9g dietary fiber

Variation

Skillet Spaghetti Sauce

PREP: 9 MIN COOK: 25 MIN

Omit pasta, beans and mozzarella from ingredients and substitute 4 oz chopped mushrooms for zucchini. Cook vegetables as directed. Reduce heat to medium-low and stir in the pasta sauce. Add 8 oz frozen meatless protein crumbles, the basil, crushed red pepper (if desired) and remaining 1 tablespoon oil. Cook until sauce is thoroughly heated, or freeze sauce at this point for later use. Serve over cooked spaghetti and top with Parmesan cheese.

Yield: 4 servings (serving size: 1 cup sauce)

Per Serving: 213 calories, 16g protein, 22g carbohydrates, 7.2g total fat, 0.8 saturated fat, 3.5g monounsaturated fat, 2.6 polyunsaturated fat, 0g trans fatty acid, 0mg cholesterol, 575mg omega-3 fatty acid, 2,372mg omega-6 fatty acid, 574mg sodium, 7g dietary fiber.



DAY 13 Lunch

Butternut Squash Soup

PREP: 15 MIN COOK: 25 MIN

This recipe for Butternut Squash Soup is simple and full of flavor.

INGREDIENTS

- 1/2 cup chopped onion
- 1 tablespoon Smart Balance® Buttery Spread
- 1 cup peeled and chopped apple (1 medium)
- 2 1/2 cups chicken broth
- 1 pound potatoes, peeled and diced
- 1 (12-ounce) package frozen, cooked butternut squash
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground ginger
- 1 cup Smart Balance® Enhanced Low Fat Milk and Omega-3s

DIRECTIONS

1. Sauté onion in buttery spread in a large saucepan for 3 minutes over medium heat or until translucent. Add chopped apple and sauté 2 to 3 minutes longer or until softened but not browned.
2. Add broth and potato to saucepan and bring to a simmer. Cover and cook for 20 minutes or until potato is very tender.
3. Add frozen squash, salt, pepper, coriander and ginger, and cook and stir until squash is thawed.
4. Remove from heat and puree mixture using a stick blender or in a regular blender.
5. Stir in milk. Reheat slightly; do not bring to a boil.

Yield: 6 servings (1 cup per serving)

Per Serving: 149 calories, 6g protein, 28g carbohydrates, 2.5g total fat, 0.5g saturated fat, 0.5g polyunsaturated fat, 0.5g monounsaturated fat, 0g trans fatty acid, 1mg cholesterol, 89mg omega-3 fatty acid, 498mg omega-6 fatty acid, 558mg sodium, 3g dietary fiber.

TRY OUR PRODUCTS



ORIGINAL BUTTERY SPREAD[†]



- 0g trans fat naturally
- Excellent source of ALA Omega-3 (320mg per serving, 20% of 1,600mg daily value)
- Also available in other varieties including EVOO & Light

SPREADABLE BUTTER AND CANOLA OIL BLEND[†]



- Real butter and canola oil
- Includes a naturally sourced ingredient^{**} that helps block the cholesterol in the butter
- 40% less saturated fat than butter (4g vs. 7g)
- Easy to spread
- Also available in EVOO & Light varieties

BLENDED BUTTER STICKS[†]



- Real butter & Smart Balance[®] Oil Blend
- Includes a naturally sourced ingredient^{**} that helps block the cholesterol in the butter
- Excellent source of Omega-3s EPA/DHA (32mg EPA/DHA, 20% of 160mg daily value)
- 28% less saturated fat than regular butter (5g vs. 7g)
- A delicious, better alternative to butter that's easy to measure for cooking and baking

FAT FREE MILK AND OMEGA-3s



- Fat Free Milk
- Tastes rich and creamy like 2% milk
- 25% more calcium (360mg vs. 285mg) and protein (10g vs. 8g) than whole milk*
- Excellent source of EPA/DHA Omega-3s (32mg EPA/DHA, 20% of 160mg DV)

LACTOSE-FREE FAT FREE MILK AND OMEGA-3s



- 100% lactose-free, fat free milk that's easy to digest
- Tastes rich and creamy like 2% milk
- Excellent source of EPA/DHA Omega-3s (32mg EPA/DHA, 20% of 160mg DV)
- 20% more calcium (345mg vs. 285mg) and protein (10g vs. 8g) than whole milk*

COOKING OIL[†]



- Blend of canola, soy and olive oils
- A cholesterol-free food
- Excellent source of ALA Omega-3 (1,000mg per serving, 60% of 1,600mg DV)
- 0g trans fat naturally

PEANUT BUTTER WITH FLAXSEED OIL[‡]



- All-natural peanut butter with flaxseed oil
- Deep-roasted peanuts for extra flavor
- No partially hydrogenated oil
- Excellent source of ALA Omega-3 (320mg per serving, 20% of 1,600mg DV)
- Naturally sweetened
- 0g trans fat naturally
- Available in Creamy and Chunky varieties

LIGHT BUTTER FLAVOR POPCORN[‡]



- 0g trans fat naturally
- No diacetyl added
- Good source of whole grain fiber
- Also available in Smart 'n Healthy[™], Movie Style & Mini Bag Varieties

LIGHT MAYONNAISE DRESSING[†]



- Half the fat (5g vs. 10g) and 44% less calories (50 vs. 90) compared to regular mayonnaise
- Excellent source of Omega-3 ALA (415mg per serving, 25% of the 1,600mg DV)
- Includes a naturally sourced ingredient^{**} that helps block the cholesterol in the mayonnaise
- No partially hydrogenated oil
- 0g trans fat naturally

COOKING SPRAY[†]



- Blend of canola, soy and olive oils
- A cholesterol-free food
- No partially hydrogenated oil
- 0g trans fat naturally
- Ideal ratio of Omega-6 to Omega-3 (ALA) (5:1)
- Available in Original and Butter varieties

*Based on Federal milk standards. State standards and actual values may vary.
**100 mg plant sterols

† See Nutrition information for fat content
‡ See Nutrition information for fat and saturated fat content
‡ See Nutrition information for sodium content



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