

Orange Slush

Orange Fruit Drink Mix	1 pkt
Water	2 oz
Ice Cubes	10

Combine all ingredients in blender and puree. Pour and serve.

Nutrition Information Per Serving

Calories 60 • Protein 12g • Carbohydrate 2g • Fat 0g
Fiber 0g

Exchanges Per Serving

Meat 1



Pineapple Apricot Slush

Pineapple Apricot Fruit Drink Mix	1 pkt
Water	2 oz
Ice cubes	10

Combine all ingredients in blender and puree. Pour and serve.

Nutrition Information Per Serving

Calories 60 • Protein 12g • Carbohydrate 3g • Fat 0g
Fiber 0g

Exchanges Per Serving

Meat 1



Cappuccino Shake

Creamy Hot Cocoa Mix	1 pkt
Cold water	6 oz
Instant Decaf Coffee Crystals	1 tsp
Brandy Extract	½ tsp
Vanilla Extract	½ tsp
Ice Cubes	4
Cinnamon, ground	Garnish

Combine hot cocoa mix, coffee, extracts, ice cubes and water in blender for 30 seconds or until blended well. Garnish with cinnamon and serve.

Nutrition Information Per Serving

Calories 85 • Protein 12g • Carbohydrate 8g • Fat 0.5g
Fiber 2g

Exchanges Per Serving

Meat ½ • Milk ½



Creamy Orange Frappé

Orange Fruit Drink Mix	1 pkt
Creamy Vanilla Shake Mix	1 pkt
Diet Cream Soda	6 oz
Ice Cubes	2

Combine soda, drink mix and pudding mix in a blender. Blend on low for 15 seconds then add ice cubes and blend on high for 1 minute. Top with fruit if desired. Serve.

Nutrition Information Per Serving

Calories 150 • Protein 24g • Carbohydrate 13g • Fat 0.5g
Fiber 0g

Exchanges Per Serving

Meat 1 • Milk 1



Hamburger Stroganoff

Fettucini Alfredo Mix	1 pkt
Water, warm	8 oz
Ground Beef, 95% lean	2 oz
Cooking Sherry	1 tbsp
Onion, chopped	1 tbsp
Fat-free Sour Cream	1 tbsp

Sauté ground beef and onion until cooked through. Drain any fat thoroughly and reserve. Place contents of packet in a medium size microwave-safe bowl. Add water and cooking sherry and mix thoroughly. Microwave on HIGH (100%) for 6 minutes, stirring thoroughly halfway through cooking time. Add ground beef mixture and mix. Return to microwave and cook 2 more minutes or until sauce has thickened. (Heating times may vary due to difference in microwave ovens). Sauce will continue to thicken upon standing (1-2 minutes). Add sour cream and serve immediately.

Nutrition Information Per Serving

Calories 318 • Protein 24g • Carbohydrate 39g • Fat 7.5g
Fiber 1g

Exchanges Per Serving

Meat 3 • Starch 2



Pasta, Beef and Tomato Casserole

Macaroni and Cheese Mix	1 pkt
Water, warm	9 oz
Ground Beef, 95% Lean	2 oz
Onion, chopped	1 tsp
Green Bell Pepper, chopped	1 tbsp
Canned Peeled Tomatoes, drained & chopped	3 tbsp

Sauté ground beef, onion and green pepper together until beef is cooked. Add tomatoes and remove from heat. Reserve.

Nutrition Information Per Serving

Calories 310 • Protein 24g • Carbohydrate 40g • Fat 6g
Fiber 2g

Exchanges Per Serving

Meat 3 • Starch 2 • Vegetable ½



Chicken Fricassee

Cream of Chicken Soup Mix w/vegetables	1 pkt
Chicken Breast, boneless, skin	4 oz
Water, boiling	¾ cup
Mushrooms, quartered	4 medium
Celery, Diced	2 tbsp
Onion Powder	½ tsp
Parsley	¼ tsp
Lemon Juice	2 tsp

Combine soup mix and boiling water, stir well. Add mushrooms, celery, spices and lemon juice. Place sauce mixture over chicken breast in a microwave-safe dish, cover with plastic wrap. Microwave on high for 6 - 8 min., or until chicken is fully cooked. Serve over rice.

Nutrition Information Per Serving

Calories 283 • Protein 50g • Carbohydrate 11g • Fat 4g
Fiber 2g

Exchanges Per Serving

Meat 5 • Vegetable 1½



Chicken Picatta

Cream of Chicken Soup Mix w/vegetables	1 pkt
Chicken Breast, boneless, skinless	4 oz
Water	¼ cup
Lemon Juice	1 tbsp
Garlic Powder	to taste
Mushrooms, sliced	1 cup

Dissolve Cream of Chicken Soup Mix in water and pour into non-stick frying pan. Add lemon juice, garlic powder and chicken. Sauté each side for 5 min. over medium heat. Remove chicken to warm plate and cover. Place mushrooms in frying pan, adding more water and garlic if necessary. Sauté for 5 min., pour over chicken and serve.

Nutrition Information Per Serving

Calories 286 • Protein 50g • Carbohydrate 11g • Fat 4g
Fiber 2g

Exchanges Per Serving

Meat 5 • Vegetable 2



Mac, Cheese and Peas

Macaroni and Cheese Mix, prepared	1 pkt
Water, warm	8 oz
Baby peas, fresh or frozen	½ cup
Black pepper	dash
Dill	dash

Place contents of packet in medium-size microwave-safe bowl. Add warm water and mix until ingredients are thoroughly moistened. Microwave on high for 4 min., stirring thoroughly halfway through cooking time. Add peas and spices and return to microwave for 2-4 min. or until sauce has thickened. Sauce will continue to thicken upon standing. Heating times may vary due to differences in microwave ovens. Serve immediately or chill and serve as salad.

Nutrition Information Per Serving

Calories 283 • Protein 16g • Carbohydrate 47g • Fat 4g
Fiber 4g

Exchanges Per Serving

Meat 1 • Starch 3



Macaroni Pasta Salad

Macaroni and Cheese Mix	1 pkt
Radishes, diced	¼ cup
Cucumber, diced	½ cup
Vinegar	2 tbsp
Fresh Parsley, diced	1 tbsp
Dry Mustard	dash

Prepare macaroni according to package directions. Stir in radishes, cucumber, vinegar, dry mustard and parsley. Chill. Serve.

Nutrition Information Per Serving

Calories 235 • Protein 13g • Carbohydrate 39g • Fat 4g
Fiber 2g

Exchanges Per Serving

Meat 1 • Starch 2 • Vegetables ¾



Tomato Cheese Saute

Macaroni and Cheese Mix	1 pkt
Water, warm	8 oz
Tomatoes, chopped	1 small
Basil, fresh or flakes	½ - 1 tsp
Oregano, fresh or flakes	½ - 1 tsp

Place contents of packet in a medium size microwave-safe bowl. Add warm water and mix until ingredients are thoroughly moistened. Microwave mixture on HIGH (100%) for 4 min. (Stir thoroughly halfway through cooking time). Stir in tomato and spices. Microwave 2-4 more minutes or until sauce has thickened. Sauce will continue to thicken upon standing. Serve immediately.

Nutrition Information Per Serving

Calories 278 • Protein 15g • Carbohydrate 46g • Fat 4g
Fiber 4g

Exchanges Per Serving

Meat 1 • Starch 2½ • Vegetables 1



Green Bean Casserole

Cream of Chicken Soup Mix	1 pkt
Green Beans - French Cut, frozen	¾ cup
Mushrooms, sliced, fresh	¼ cup
Onion Flakes	1 tsp
Hot Water	⅓ cup
Ground Marjoram	⅛ tsp
Ground Rosemary	⅛ tsp

Combine green beans, mushrooms and onion flakes in a small bowl with 2 tbsp. of water. Cover and microwave on HIGH (100%) for 2-4 minutes, until beans are cooked. Add hot water, spices and Cream of Chicken Soup Mix. Stir and serve.

Nutrition Information Per Serving

Calories 113 • Protein 15g • Carbohydrate 16g • Fat 0g
Fiber 4g

Exchanges Per Serving

Meat 1 • Vegetables 2



Toffee Ice Cream

Custard crème Pudding w/Toffee Mix	1 pkt
Ice Cubes	5
Water	2 oz
Toffee Bar, Chopped	1

In a blender, crush ice cubes to achieve an icy consistency. Add remaining ingredients, except bar and blend until mixed. Remove from blender and put into a bowl. Mix in the chopped bar and stir so pieces are distributed throughout icy pudding. Serve immediately (for a softer treat) or freeze for 15 minutes (for a harder, icy texture), and serve.

Nutrition Information Per Serving

Calories 230 • Protein 22g • Carbohydrate 25g • Fat 6g
Fiber 3g

Exchanges Per Serving

Meat 1 • Milk 1 • Starch 1



Double Chocolate Orange Dream

Double Chocolate Pudding Mix	1 pkt
Water	4 oz
Canned Mandarin Orange Slices (in water)	1/3 cup
Orange Zest	1 tsp

Prepare the pudding according to package directions. Drain the mandarin orange slices and pat dry. Add the mandarin orange slices to the pudding. For a more intense orange flavor, sprinkle the orange zest on top.

Nutrition Information Per Serving

Calories 110 • Protein 13g • Carbohydrate 21g • Fat 0.5g
Fiber 3g

Exchanges Per Serving

Milk 1 • Fruit 1/2



Rocky Road Ice Cream

Double Chocolate Instant Pudding Mix	1 pkt
Peanut Butter Bar, chopped	1 bar
Ice Cubes	5
Water, cold	2 oz
Vanilla extract	1/4 tsp
Artificial Sweetener	1 pkt

Crush ice cubes in blender. Add the rest of the ingredients, except bar, blend until mixed. Stir in chopped bar. Serve immediately or freeze for 15 min., then serve.

Variation: Substitute a Double Chocolate or a Chocolate Mint Bar for the Peanut Butter Bar.

Nutrition Information Per Serving

Calories 230 • Protein 22g • Carbohydrate 27g • Fat 5g
Fiber 4g

Exchanges Per Serving

Meat 1 • Starch 1 • Milk 1



S'mores Ice Cream

Chocolate Pudding w/Marshmallows & Chip	1 pkt
Water	2 oz
Ice Cubes	5
Crisp 'n Crunch Fudge Graham Bar, Chopped	1 bar

In a blender, crush ice cubes to achieve an icy/slushy consistency. Add the pudding and water and blend until a smooth, icy consistency is reached. Remove from blender and put into a bowl. Mix in the chopped bar and stir so pieces are distributed throughout icy pudding. Serve immediately (for a softer treat) or freeze for 30 minutes (for a harder, icy texture), serve.

Nutrition Information Per Serving

Calories 240 • Protein 27g • Carbohydrate 23g • Fat 6g
Fiber 6g

Exchanges Per Serving

Meat 1 1/2 • Milk 1 • Starch 1

