



*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
<p>Avocado Toast on <b>Pepperidge Farm® 100% Whole Wheat Bread</b></p> <p>Orange</p> <p><b>V8® Low Sodium 100% Vegetable Juice</b></p>	<p><b>Well Yes!® Black Bean &amp; Vegetables Soup</b></p> <p>Mixed Green Salad with a Hard Boiled Egg, Raisins, Walnuts &amp; Balsamic Dressing</p> <p><b>Pepperidge Farm® Soft Country Style Dinner Roll</b></p> <p>Banana</p>	<p>Mozzarella String Cheese</p> <p><b>Emerald® Almonds</b></p>	<p>Honey Mustard Salmon with Steamed Broccoli &amp; Brown Rice</p> <p>Skim Milk</p>	<p>Greek Yogurt with Blueberries</p> <p><b>Pepperidge Farm® Goldfish® Grahams Fudge Brownie</b></p>

## Day 02

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Bran Cereal Topped with Sliced Banana &amp; Chopped Pecans &amp; Skim Milk</p> <p><b>V8® Low Sodium 100% Vegetable Juice</b></p>	<p>Grilled Cheese Made with Reduced Fat Cheddar &amp; <b>Pepperidge Farm® Whole Grain 100% Whole Wheat Thin Sliced Bread</b></p> <p><b>Campbell's® Condensed Tomato Soup</b></p> <p>Peach</p>	<p><b>Emerald® Fruit &amp; Nut 100 Calorie Pack</b></p>	<p><b>RECIPE 01</b> <b>Italian Chicken &amp; Peppers</b> Detailed Recipe to Follow</p> <p>Side Salad with Dressing</p>	<p>Greek Yogurt with Apple &amp; Peanut Butter</p>

## Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Yogurt Bowl with Granola &amp; Fruit</p>	<p>Grilled Chicken Sandwich on a <b>Pepperidge Farm® 100% Whole Wheat Hamburger Bun</b></p> <p>German Potato Salad</p> <p>Grapes</p> <p><b>V8® Low Sodium 100% Vegetable Juice</b></p>	<p><b>Well Yes!® Roasted Red Pepper &amp; Tomato Sipping Soup</b></p> <p><b>Emerald® 100 Calorie Pack Cocoa Roast Almonds</b></p>	<p><b>RECIPE 02</b> <b>Chicken Tortilla Casserole</b> Detailed Recipe to Follow</p> <p><b>Late July® Tortilla Chips &amp; Pace® Salsa</b></p> <p>Skim Milk</p>	<p>Greek Yogurt with Cashews &amp; Orange Slices</p>

**Average Daily Nutrition Totals:** Calories: 1991, Total Fat: 63g, Saturated Fat: 15g, Cholesterol: 198mg, Sodium: 2192mg, Potassium: 4715mg, Total Carbohydrates: 268g, Dietary Fiber: 35g, Protein: 103g

RECIPE  
01

# Italian Chicken & Peppers

**\$ \$11.38**  
cost per recipe

**👤 serves 6**  
people

**⌚ 40 mins.**  
prep & cook time



## Ingredients

- 6** cups hot cooked spaghetti or whole grain spaghetti (from about 12 oz dry)
- 1 3/4** pounds skinless, boneless chicken breast halves &/or thighs, cut into 1-inch cubes
- 1** tablespoon vegetable oil
- 2** medium green pepper, cut into 2-inch-long strips (about 3 cups) (any color bell pepper)
- 2** large onion, chopped (about 2 cups)
- 2** cloves garlic, minced or 1/2 teaspoon garlic powder
- 1** jar (24 oz) Prego® Traditional Italian Sauce

## Method

- Step 1** While the spaghetti is cooking, season the chicken as desired. Heat oil in a 12-inch skillet over medium-high heat. Add chicken & cook until well browned, stirring often.
- Step 2** Reduce the heat to medium. Stir the peppers, onions, & garlic in the skillet & cook until the chicken is cooked through & the vegetables are tender.
- Step 3** Stir in the sauce until the mixture is hot & bubbling. Season to taste. Serve the chicken mixture over the spaghetti. Sprinkle with grated Parmesan cheese, if desired.

**Nutrition Totals Per Serving:** Calories: 441, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 67mg, Sodium: 464mg, Potassium: 836mg, Total Carbohydrates: 61g, Dietary Fiber: 6g, Protein: 31g



**RECIPE**  
**02**

# Chicken Tortilla Casserole

**\$** \$7.58  
cost per recipe

**👤** serves 6  
people

**⌚** 45 mins.  
prep & cook time



## Ingredients

- 2** cups diced cooked boneless, skinless chicken breast
- 1** can (about 15 oz) black beans, rinsed & drained
- 1** can (15 oz) no added salt corn, drained
- 2** cloves garlic, minced
- 4** green onion, chopped (about 1/2 cup)
- 2** tablespoons chili powder
- 1** can (10 1/2 oz) Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- 2** tablespoons lime juice
- 4** corn tortilla (6-inch), cut in half
- 1/3** cup shredded reduced fat Cheddar cheese

## Method

- Step 1** Set the oven to 350°F. Stir the chicken, beans, corn, garlic, three-fourths of the green onions, the chili powder, soup & lime juice in a large bowl.
- Step 2** Spread about 1/4 cup chicken mixture the bottom of an 8x8x2-inch baking dish. Arrange 4 tortillas halves on the chicken mixture, straight edges facing out against the edges of the dish. Top with half the remaining chicken mixture. Repeat with the remaining tortilla halves & the remaining chicken mixture. Cover the baking dish.
- Step 3** Bake for 30 minutes or until hot. Uncover the baking dish. Sprinkle with the cheese.
- Step 4** Bake, uncovered, for 5 minutes or until the cheese is melted. Sprinkle with the remaining green onions.

**Nutrition Totals Per Serving:** Calories: 240, Total Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 45mg, Sodium: 428mg, Potassium: 662mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Protein: 21g

