

THE
Dole
DIET

WILD SALMON
AND BEAN STEW
Plus 33 More Low-Cal,
Nutritious Recipes



The Nutritious Weight-Loss Plan

14 DAYS TO HELP YOU LOSE 6 POUNDS OR MORE!

WITH **13** FRUITS AND VEGETABLES A DAY

29 DIET TIPS TO DROP POUNDS NATURALLY



A New Path to Weight Loss

What causes obesity? The obvious answer is “too many calories.” But increasingly, researchers believe that consuming too few nutrients also plays a role. Being overfed and undernourished may sound contradictory, but consider:

- Most Americans are deficient in potassium, fiber, magnesium and vitamins A and E.
- 60% don’t get five servings of fruit and vegetables a day.
- Two-thirds are overweight or obese.
- One-third of calories in our diets come from junk food, alcohol and soda.

The Nutrient-Weight Connection

As biochemist Bruce Ames, PhD, has observed: “If you sit down to a meal that doesn’t give your body the nutrients it needs, your brain is likely to get the signal to go on eating until you get them.” His theory inspired the development of the Dole Diet, which supports weight loss by providing 100% of your nutrient needs. (To see a day-by-day nutrient breakdown, check out page 46.)

DIETARY COMPARISONS		
	2005 USDA Dietary Guidelines for Americans	Dole Diet
Average calories per day	2,000	1,585
Calories from total fat	20–35%	31%
Calories from saturated fat	<10%	4%
Calories from carbohydrates	45–65%	49%
Fruit servings (1/2 cup) per day	4	6.2
Vegetable servings (1/2 cup) per day	5	6.4

The USDA Dietary Guidelines reflect the government’s science-based recommendations for what to eat in order to reduce the risk of major chronic diseases.

Easily Exceeding Standards

In fact, the Dole Diet provides meal plans and recipes that can help you meet—and exceed—the high standards of the USDA Dietary Guidelines, while losing weight. For example, the Dole Diet provides an average of 13 fruits and vegetables a day—government guidelines recommend 9 to 13, depending on the number of calories you consume each day. The guidelines recommend reducing saturated fat intake to less than 10% of total calories—the Dole Diet takes that number down to 4%. Moreover, by reducing refined carbohydrates, the Dole Diet becomes a relatively low-carb plan, with 49% of calories coming from carbs (compared with the government recommendation of 45 to 65%).

Results You'll Love

While the dietary guidelines are based on 2,000 calories a day, the Dole Diet averages out to 1,585 calories a day—which puts most people on a fast and sustainable track for significant weight loss. If you'd previously been consuming 2,000 calories a day, you'd lose 6 pounds over the course of the two-week Dole Diet. If you repeated it over the course of two months, you'd lose 24 pounds—while getting all the nutrients you need to promote health and feel satisfied.

By following this diet, you will not only improve your health, but you will stop starving your body of nutrients—and therefore feel more satisfied. Paulette Lambert, RD, of the California Health & Longevity Institute, calls the Dole Diet, “An innovative approach in nutrition, focused on getting optimal nutrition from real, whole foods.” Because each recipe has been selected to contribute to two weeks of total nutrition, it's important not to make substitutions or take supplements while on the Dole Diet. You'll find more helpful hints with each day and on our Web site, dolenutrition.com.

Enjoy!





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WEEK 1 DAY 1

Monday



**BLUEBERRY
SMOOTHIE**

MENU

BREAKFASTBlueberry
Smoothie**SNACK**DOLE Watermelon
(1¹/₄ c chunks)**LUNCH**Curried Apple and
Butternut Squash Soup
plus salmon (6 oz)**SNACK**Almonds (1¹/₂ c)**DINNER**Caribbean Beans and
Rice plus DOLE Portobello
Mushrooms (1 c)**BLUEBERRY
SMOOTHIE***Prep: 5 min**Serves: 3*

- 1 med DOLE Banana
- 1 c DOLE Frozen Tropical Gold Pineapple Chunks, partially thawed
- 1 c DOLE Frozen Blueberries, partially thawed
- 2 containers (8 oz each) nonfat blueberry yogurt

1¹/₂ c (2 oz) soy protein
or whey powder

COMBINE banana, pineapple, blueberries, yogurt and soy protein in blender or food processor. Cover; blend until smooth.

**CURRIED APPLE
AND BUTTERNUT
SQUASH SOUP***Prep: 20 min**Cook: 25 min Serves: 4*

- 1¹/₂ c chopped DOLE Onions
- 1¹/₃ c chopped DOLE Carrots
- 1¹/₃ c chopped DOLE Celery
- 1 Tbsp almond oil
- 2¹/₂ c peeled 1" pieces butternut squash
- 1 DOLE Red Apple, cored and diced, divided
- 1 Tbsp chopped DOLE Cilantro
- 1¹/₂ tsp curry powder
- 3 c vegetable broth
- 3³/₄ c nonfat plain yogurt
- 3³/₄ c diced extra firm tofu

SAUTÉ onions, carrots and celery in oil in large stockpot over medium-high heat, stirring

frequently, about 5 minutes.

ADD squash, three-quarters of the apple, cilantro and curry powder. Cook 5 to 8 minutes; add broth and bring to a boil. Simmer an additional 10 minutes or until vegetables are tender. Cool slightly.

PLACE soup in batches in blender or food processor. Cover; blend until smooth. Return to stockpot.

STIR in yogurt until blended. Add tofu and remaining apple; heat through.

TO PREPARE THE

SALMON: Broil or grill, using cooking spray only, over medium heat 10 to 15 minutes or until fish flakes easily with fork.



CARIBBEAN BEANS AND RICE

Prep: 20 min

Cook: 20 min Serves: 4

- 2 Tbsp almond or olive oil
- 1 med DOLE Onion, chopped (1 c)
- 1 c sliced red bell pepper
- 1 c sliced yellow bell pepper
- 3 cloves garlic, minced
- 2–3 tsp Cajun Creole or Jamaican Jerk Seasoning
- 1/2 tsp dried oregano, crushed
- 2 cans (15 oz each)

MAKE ROOM FOR MUSHROOMS

In aiming to provide 100% of your nutrient needs, we wanted to use as many whole food sources as possible. This was challenging with regard to a few nutrients, like B₅. Other than fortified cereal, it turns out mushrooms—especially shiitake, portobello and white—are top B₅ sources, which is why they're incorporated into many of our recipes.

- black beans, rinsed and drained
- 1 c vegetable broth
- 1 Tbsp lime juice
- 1/2 tsp salt
- 2 c cooked long-grain rice

HEAT oil over medium-high heat in large skillet.

Cook onion, bell peppers, garlic, seasoning and oregano until tender, about 8 minutes. ADD beans, broth, lime juice and salt. Bring to a boil; reduce heat and simmer, covered, 5 to 10 minutes. Serve over rice.



TO PREPARE THE PORTOBELLO MUSHROOMS:

Brush lightly with olive oil and fresh herbs of your choice. Broil or grill over medium heat 10 to 15 minutes or until tender and lightly browned.

F & V

14

servings of fruit and vegetables

WEEK 1 DAY 2

Tuesday



PINEAPPLE
GAZPACHO

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

DOLE Banana
(whole fruit)

LUNCH

Pineapple Gazpacho *plus*
Southwest Caesar Salad

SNACK

DOLE Fruit Bowl

DINNER

Oysters Sautéed in
Asian Sauce *plus* wild
rice ($\frac{1}{2}$ c) and shiitake
mushrooms (1 c)

**PINEAPPLE
GAZPACHO**

Prep: 25 min
Chill: 2 hr Serves: 4

- 4 c diced fresh DOLE
Tropical Gold
Pineapple, divided
- 1 lg cucumber, peeled,
seeded and chopped
(2 c), divided
- 1 c chopped yellow bell
pepper, divided
- $\frac{2}{3}$ c chopped DOLE Red
Onion, divided

- 1 $\frac{1}{4}$ c DOLE Pineapple
Juice
- 3 Tbsp Italian salad
dressing
- 2 Tbsp sugar
or 4 tsp agave
nectar*
- 2 Tbsp chopped DOLE
Cilantro
- 1 tsp chopped jalapeño
chili pepper

* Agave nectar is a natural
sugar alternative you can
buy at natural food stores.

MIX 1 c pineapple, $\frac{1}{2}$ c
cucumber, $\frac{1}{2}$ c bell pepper
and $\frac{1}{3}$ c onion in medium
bowl; set aside.

COMBINE remaining
pineapple, cucumber,
bell pepper, onion,
pineapple juice, Italian
dressing, sugar, cilantro
and chili pepper in blender
or food processor. Cover;
blend until smooth. Stir
into reserved pineapple
mixture.

COVER; refrigerate 2 hours
or until chilled.

**SOUTHWEST
CAESAR SALAD**

Prep: 10 min Serves: 4

- 1 pkg (10 oz) DOLE
Light Caesar Kit
- 1 can (14–16 oz)
low-sodium
kidney beans,
rinsed and
drained
- 1 can (8 oz)
low-sodium whole
kernel corn, rinsed
and drained
- 1 med tomato, cut into
wedges
- 1 med red bell pepper,
thinly sliced
- $\frac{1}{2}$ med DOLE Onion,
thinly sliced

COMBINE romaine,
croutons and Parmesan
cheese from salad bag,
beans, corn, tomato,
pepper and onion in
large serving bowl.
POUR dressing from
packet over salad; toss
to evenly coat.

DOLE DIET TIP**KEEP AN EYE ON THE SCALE**

The National Weight Control Registry—a database
of those who have successfully lost and kept off 30
pounds for at least a year—suggests that weight
watchers who check the scale at least once a week
have the best chance of maintaining their weight.

**OYSTERS SAUTÉED
IN ASIAN SAUCE***Prep: 20 min**Cook: 10 min Serves: 5*

- 2 pints fresh shucked oysters, drained
- 2 Tbsp vegetable oil
- 3 baby bok choy (6–8 oz), diagonally sliced
- 2 ribs DOLE Celery, thinly sliced
- 1 c sliced red bell pepper

- 1/2 c chopped DOLE White Onion
- 1 Tbsp minced garlic
- 1 tsp chopped lemongrass
- 2 Tbsp lemon juice
- 1 Tbsp sesame oil
- 1 Tbsp reduced-sodium soy sauce
- 2 DOLE Green Onions, chopped
- 1 Tbsp chopped DOLE Cilantro

white onion, garlic and lemongrass. Sauté until just tender, about 5 minutes. ADD oysters, lemon juice, sesame oil and soy sauce; cook, stirring, just to heat through. STIR in green onions and cilantro.

**TO PREPARE
THE WILD RICE:**

Follow package directions, using water—not broth.

**TO PREPARE
THE SHIITAKE
MUSHROOMS:**

Cook sliced mushrooms with a small amount of water over medium heat 3 to 5 minutes or until tender.

F & V**15****servings of fruit
and vegetables**

BOIL 1 quart of salted water in large saucepan. Add oysters and cook gently 2 to 3 minutes. REMOVE oysters from pan, drain, rinse and set aside. HEAT vegetable oil in large saucepan; add bok choy, celery, pepper,

DOLE DIET TIPS**D—DEFINITELY**

Bone-helper vitamin D was another stubborn nutrient—nearly impossible to get from whole foods alone. While we include many D sources in the diet (see our sautéed oysters, recipe above), we also recommend enjoying an occasional meal in the sun to allow your skin to produce adequate vitamin D.

GO BANANAS, BUT LIMIT FAT

Low-fat dieters who were told to eat unlimited fruits and vegetables lost 21% more weight than those who just reduced fat intake. The fruit and veggie group actually consumed fewer calories—even though they were eating 25% more food by weight. By relying on fruits and vegetables—“heavy” because of water content, but “light” in terms of calories—you’ll curb cravings and feel fuller.



**OYSTERS SAUTÉED
IN ASIAN SAUCE**

WEEK 1 DAY 3

Wednesday



**PORTOBELLO
SPINACH STRATA**

MENU

BREAKFAST

Portobello Spinach Strata

SNACK

DOLE Apple (whole fruit)

LUNCHBroccoli and Pea Potage with Tarragon *plus* DOLE Baby Spinach and Radicchio Salad (6 oz)**SNACK**

Almonds (1/2 c)

DINNERTurkish Chicken with Spiced Dates *plus* grilled DOLE Carrots (1/2 c) and beets (1/2 c)**PORTOBELLO SPINACH STRATA***Prep: 15 min**Refrigerate: 8 hr**Bake: 45 min**Serves: 8*

- 2 tsp olive oil
- 3/4 c chopped DOLE Onion
- 1/2 c chopped red bell pepper
- 2 cloves garlic, finely chopped
- 1/2 tsp dried oregano leaves, crushed

- 1 pkg (6 oz) DOLE Baby Portobello Mushrooms

- 1/2 tsp salt
- 1/2 tsp ground black pepper

- 1 pkg (6 oz) DOLE Baby Spinach
- 1 1/4 c liquid egg substitute
- 2/3 c soy milk
- 6 c cubed wheat bread, divided

HEAT oil in large skillet over medium-high heat.

Add onion, bell pepper, garlic and oregano. Cook 3 to 4 minutes, stirring occasionally.

ADD mushrooms, salt and pepper; cook 3 minutes longer.

STIR in spinach; cook 3 minutes.

COMBINE egg substitute and milk; set aside.

COAT 8" x 8" baking dish with cooking spray. Layer one-half of the bread cubes in bottom of dish. Top with half the spinach mixture.

Repeat for one more layer. POUR egg mixture over spinach mixture. Cover; refrigerate 8 hours or overnight.

BAKE at 350°F 45 minutes or until lightly browned and firm. Cool slightly and serve.

BROCCOLI AND PEA POTAGE WITH TARRAGON*Prep: 25 min**Cook: 25 min Serves: 5*

- 1/4 c chopped chives
- 3 Tbsp minced shallots
- 2 Tbsp olive oil
- 1 lb DOLE Broccoli, cut into florets
- 1 Tbsp chopped fresh tarragon
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 5 1/2 c vegetable broth
- 1 1/2 c frozen green peas, thawed
- 1 1/2 c cooked green lentils
- 4 c sliced kale, blanched*
- 2/3 lb halibut, cut into 3/4" cubes, cooked**

SAUTÉ chives and shallots in oil in large stockpot over medium-high heat, stirring frequently, 3 to 5 minutes.

ADD broccoli, tarragon, salt and pepper; sauté 5 minutes. Add broth and bring to a boil. Add peas and lentils. Cook additional 5 to 10 minutes or until vegetables are tender. Cool slightly.

PLACE soup in batches in blender or food processor. Cover; blend until smooth. Return to stockpot. Add blanched kale and fish; heat through.

* Cut stems off (folded) kale leaves with knife. Cut leaves crosswise into thin strips. Rinse well. Blanch in large pot of boiling water 5 minutes. Drain well.

** Cook fish in a few inches of simmering water 5 minutes.

TURKISH CHICKEN WITH SPICED DATES

Prep: 5 min

Cook: 25 min Serves: 6

- 6 boneless, skinless chicken breasts
- 1 c vegetable broth
- 1 pkg (8 oz) DOLE Chopped Dates
- 1/2 c chopped DOLE Onion
- 8 dried apricot halves, chopped
- 2 Tbsp apricot or peach fruit spread
- 1/2 tsp ground cinnamon

COAT large skillet with cooking spray. Cook chicken over medium-high heat 5 minutes on each side or until chicken is no longer pink in center. Remove from heat; cover and keep warm. ADD broth, dates, onion and apricots to skillet. Bring to a boil, stirring occasionally. Reduce heat to low; cook until liquid is reduced by half (8 to 10 minutes). STIR apricot spread and cinnamon into sauce

DOLE DIET TIPS

FAT CAVEAT

In order to meet the Dole Diet goal of providing 100% of nutrient needs, we incorporate some healthy fat to allow for maximum absorption of fat-soluble carotenoids (lycopene and beta-carotene) as well as vitamins D, E and K.

SWEAT OFF YOUR SWEET TOOTH

Vigorous exercise doesn't just burn calories—it may alter your taste preferences postworkout. Japanese researchers believe working up a sweat may curb your cravings for sweets. Research suggests increased endorphin levels may be responsible.

EAT IN TO BE THIN

Research shows people consume 50% more calories, fat and sodium when they eat out compared with when they cook at home. So be a homebody to have a healthy body.

until blended; spoon over chicken.

TO PREPARE THE GRILLED CARROTS AND BEETS:

Grill sliced vegetables over medium heat for 3 to 5 minutes or until tender.

F & V

14

servings of fruit and vegetables



**TURKISH CHICKEN
WITH SPICED DATES**

Thursday



**BROILED
SWORDFISH**

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

DOLE Banana
(whole fruit)

LUNCH

Mixed Berry Gazpacho
plus Quinoa Salad

SNACK

DOLE Fruit Bowl

DINNER

Swordfish (6 oz)
plus wild rice ($\frac{1}{2}$ c) and
wilted kale (1 c)



MIXED BERRY GAZPACHO

Prep: 20 min

Chill: 2 hr Serves: 4

- 1 c fresh or frozen DOLE Blueberries, thawed, divided
- 2 c fresh or frozen DOLE Raspberries, thawed
- 2 c fresh or frozen DOLE Blackberries, thawed
- $1\frac{1}{2}$ c DOLE Pineapple Juice

- 1 c apple juice
- 2 containers (8 oz each) nonfat mixed berry yogurt
- 1 orange, peeled, seeded and diced
- 1 DOLE Red Apple, cored and diced
- $\frac{1}{3}$ c chopped Brazil nuts

RESERVE $\frac{1}{2}$ c blueberries. Combine remaining berries, raspberries, blackberries, pineapple juice and apple juice in blender or food processor. Cover; blend until smooth.

STIR in yogurt until blended. Stir in reserved blueberries, orange and apple. Or leave unstirred for garnish. COVER; refrigerate 2 hours or until chilled. Add nuts and serve.

F & V

12

servings of fruit
and vegetables

Thursday



**BROILED
SWORDFISH**

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

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(whole fruit)

LUNCH

Mixed Berry Gazpacho
plus Quinoa Salad

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- 1 orange, peeled, seeded and diced
- 1 DOLE Red Apple, cored and diced
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F & V

12

servings of fruit
and vegetables

QUINOA SALAD*Prep: 15 min**Cook: 30 min Chill: 1 hr**Serves: 6*

- 1 c quinoa
- 1/2 lb DOLE Asparagus, cooked and cut into 1" pieces
- 2 c chopped red or green bell peppers
- 1 med tomato, chopped
- 1/2 c chopped DOLE Celery
- 1/2 c sliced almonds
- 1/3 c fat-free or light Italian dressing
- 1 tsp grated lemon peel

BOIL 1 quart of water in medium saucepan. Stir in quinoa and bring to a boil again. Cover and reduce to simmer. Cook 12 minutes. Let stand 15 minutes or until quinoa absorbs almost all of water. Fluff with fork. Drain if necessary. Cool slightly.

COMBINE quinoa with asparagus, peppers, tomato, celery, almonds, dressing and lemon peel in large bowl.

CHILL 1 hour to blend flavors.

DOLE DIET TIP**FEED YOUR "GOOD" BACTERIA...**

And they'll help you fight the "bad" bacteria. The prebiotic fiber inulin is food for your intestinal defense team. Inulin sources include bananas, leeks, onions, artichokes, garlic, chicory and asparagus. So eat these foods every day to help keep foodborne viruses at bay!

TO PREPARE THE SWORDFISH:

Broil or grill, using cooking spray only, over medium heat 10 to 15 minutes or until fish flakes easily with fork. Season with lemon pepper, if desired.

TO PREPARE THE WILD RICE: Follow package

directions, using water—not broth.

TO PREPARE THE WILTED KALE:

Remove stems from kale. Cook kale, covered in boiling water, 2 to 3 minutes; drain. Sauté kale in skillet with olive oil 5 to 7 minutes or until tender.



QUINOA SALAD*Prep: 15 min**Cook: 30 min Chill: 1 hr**Serves: 6*

- 1 c quinoa
- 1/2 lb DOLE Asparagus, cooked and cut into 1" pieces
- 2 c chopped red or green bell peppers
- 1 med tomato, chopped
- 1/2 c chopped DOLE Celery
- 1/2 c sliced almonds
- 1/3 c fat-free or light Italian dressing
- 1 tsp grated lemon peel

BOIL 1 quart of water in medium saucepan. Stir in quinoa and bring to a boil again. Cover and reduce to simmer. Cook 12 minutes. Let stand 15 minutes or until quinoa absorbs almost all of water. Fluff with fork. Drain if necessary. Cool slightly.

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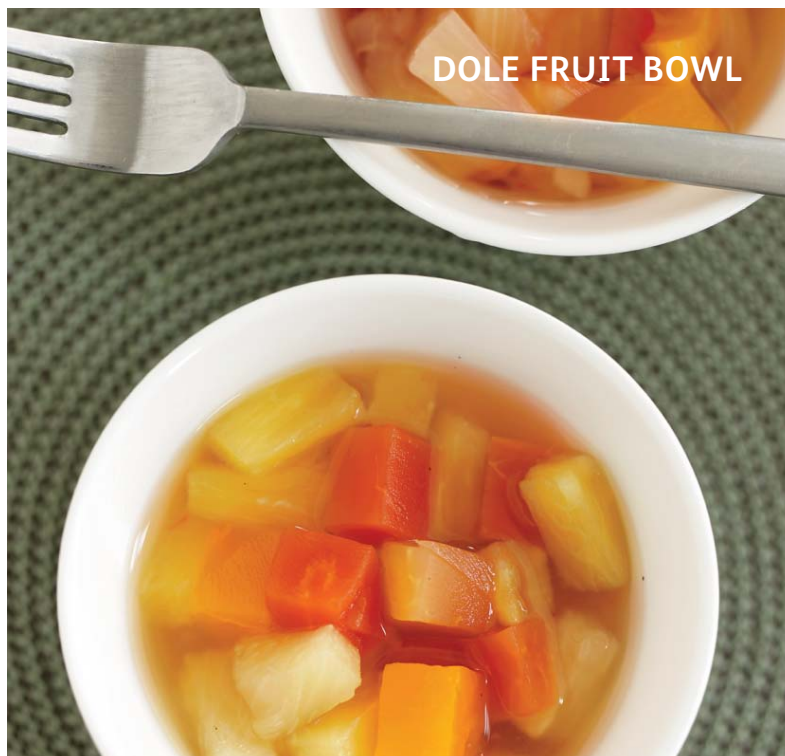
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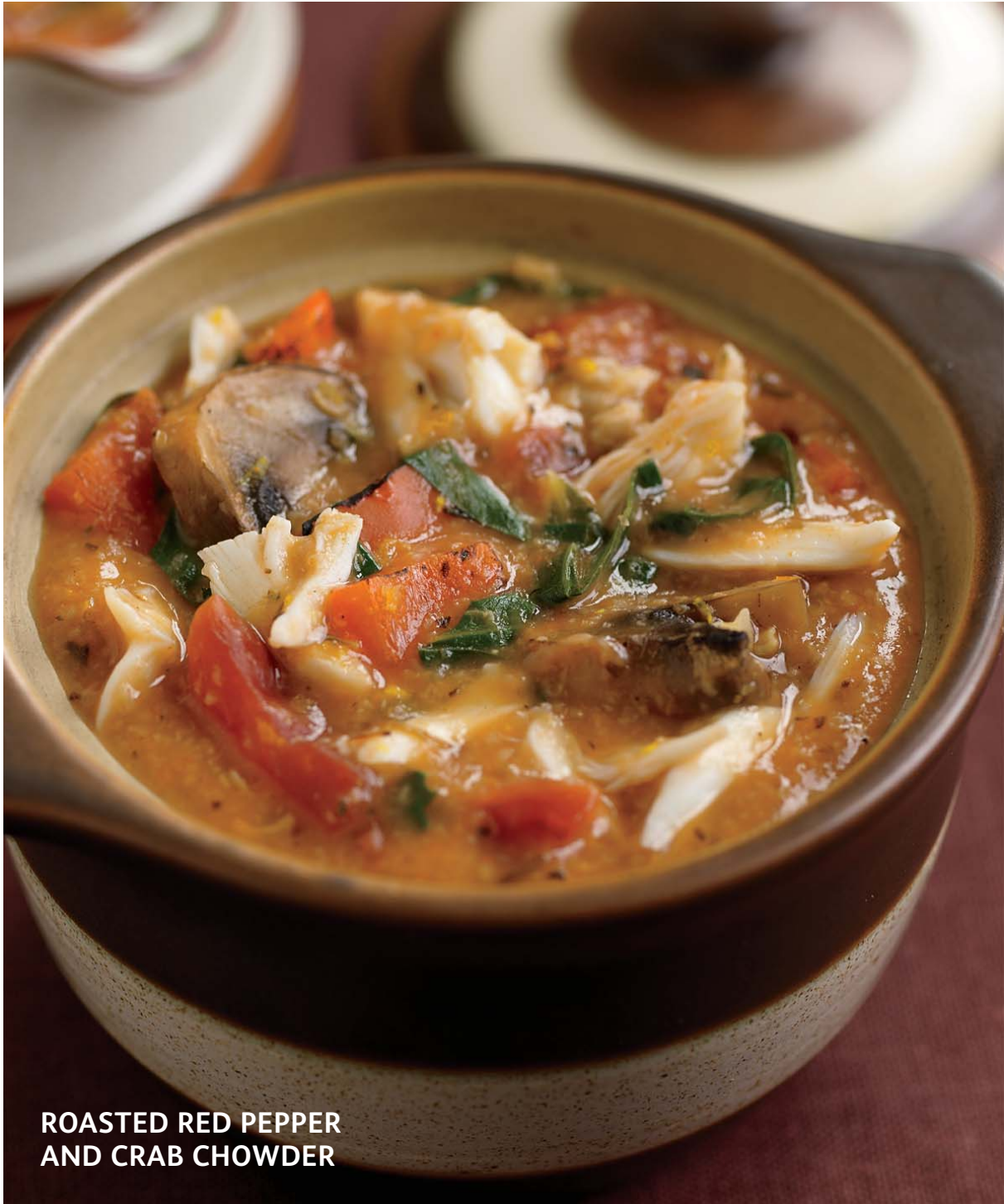
directions, using water—not broth.

TO PREPARE THE WILTED KALE:

Remove stems from kale. Cook kale, covered in boiling water, 2 to 3 minutes; drain. Sauté kale in skillet with olive oil 5 to 7 minutes or until tender.



Friday



**ROASTED RED PEPPER
AND CRAB CHOWDER**

MENU

BREAKFAST

Papaya Ginger Smoothie

SNACK

DOLE Pineapple (3/4 c)

LUNCH

Roasted Red Pepper and Crab Chowder *plus* Asian-Style Wilted Kale

SNACK

DOLE Baby Carrots (8 carrots)

DINNER

Portobello Turkey Meatloaf *plus* DOLE Asparagus (1/2 c) and roasted DOLE Sweet Potatoes (1/2 c)

PAPAYA GINGER SMOOTHIE

Prep: 5 min Serves: 2

- 1 c fresh or frozen papaya chunks
- 1/2 c calcium-fortified vanilla soy milk
- 1 med DOLE Banana
- 2 Tbsp peppermint leaves
- 1/2 tsp ground ginger

COMBINE papaya, milk, banana, peppermint leaves and ginger in blender or food processor. Cover; blend until smooth.

ROASTED RED PEPPER AND CRAB CHOWDER

Prep: 20 min

Cook: 35 min Serves: 4

- 2 lg red bell peppers, cut into 3/4" cubes
- 2 c thickly sliced DOLE White Mushrooms
- 1 Tbsp almond oil
- 2 cans (14 1/2 oz each) vegetable broth
- 1 can (14 1/2 oz) diced tomatoes with basil, garlic and oregano
- 2 c sliced collard greens, stem center removed
- 1 c water
- 1/3 c oat bran

- 1 tsp grated orange peel
- 1 tsp dried herbes de Provence
- 1/2 tsp fennel seed, crushed
- 1/2 lb fresh shucked oysters, chopped
- 1/2 lb cooked crabmeat

PREHEAT oven to 450°F. MIX bell peppers and mushrooms in 15" x 10" jelly roll pan. Drizzle with oil; toss to coat. Spread in single layer in pan.

ROAST 15 to 20 minutes or until crisp-tender and lightly browned, stirring after 10 minutes.

COMBINE roasted peppers and mushrooms with broth, tomatoes, collard greens, water, bran, orange peel, herbs and fennel seed in large stockpot. Bring to a boil. Reduce heat and simmer 5 minutes. Add oysters and cook 5 minutes longer. Add crabmeat; heat through.



F & V

16

servings of fruit and vegetables

ASIAN-STYLE WILTED KALE

Prep: 10 min

Cook: 10 min Serves: 2

- 1 bunch ($\frac{3}{4}$ lb) curly kale
- 2 tsp olive or canola oil
- 2 cloves garlic, minced
- 1 tsp minced ginger
- $\frac{1}{3}$ tsp red-pepper flakes (optional)
- 2 tsp light soy sauce or liquid aminos (soy substitute)
- 1 tsp sesame oil (optional)
- $\frac{1}{4}$ c slivered almonds, toasted

CUT stems off kale leaves with knife. Cut leaves crosswise into thin threads. Rinse well. Blanch in large pot of boiling water 2 to 3 minutes. Drain well. HEAT olive oil in nonstick skillet over medium-high heat. Add garlic, ginger and red-pepper flakes, if using; cook over low heat, stirring, 1 to 2 minutes. Add blanched kale and soy sauce to pan. Cook, stirring, 5 to 7 minutes or until heated through. STIR in sesame oil, if using, just before serving. Sprinkle with almonds.

DOLE DIET TIP

WHOLE FOODS VS. SUPPLEMENTS

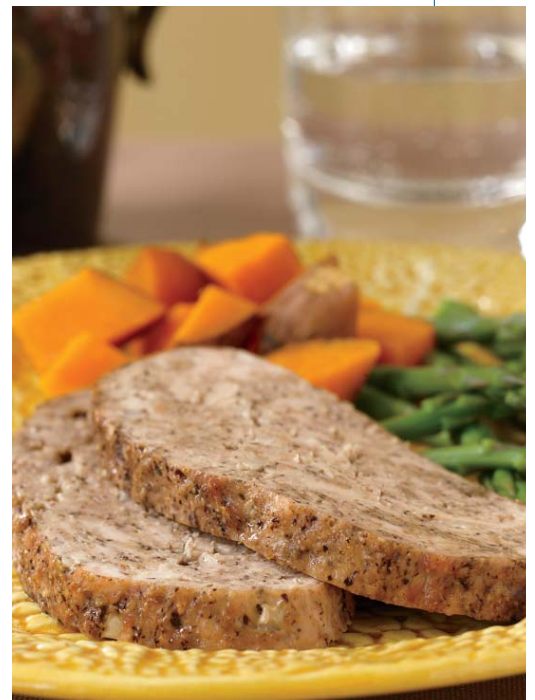
It's best to get nutrients from food, not supplements. The Dole Diet provides 100% of your nutrition needs mainly from whole foods, in which nutrients work synergistically. Supplements pose vitamin toxicity risks, and may even interfere with your body's ability to naturally absorb nutrients from food.

PORTOBELLO TURKEY MEATLOAF

*Prep: 20 min Bake: 50 min
Serves: 6*

- 1 $\frac{1}{2}$ lb raw ground lean turkey
- 1 $\frac{1}{2}$ c finely chopped DOLE Portobello Mushrooms
- $\frac{3}{4}$ c finely chopped DOLE Onions
- $\frac{3}{4}$ c plain bread crumbs
- 1 $\frac{1}{2}$ tsp salt
- 1 tsp ground black pepper
- $\frac{3}{4}$ c liquid egg substitute

PREHEAT oven to 375°F. STIR turkey, mushrooms, onions, bread crumbs, salt, pepper and egg substitute until thoroughly mixed. FORM into loaf in 13" x 9" pan. BAKE 40 to 50 minutes or until meat reaches 160°F. internal temperature.



TO PREPARE THE

ASPARAGUS: Place asparagus in saucepan of boiling water. Cook 3 to 5 minutes or until tender.

TO PREPARE THE ROASTED

SWEET POTATOES: Lightly brush potato pieces with olive oil and fresh herb of your choice. Bake at 375°F 30 minutes or until tender.

WEEK 1 DAY 6

Saturday



TUSCAN WHITE
BEAN SOUP

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

DOLE Orange
(whole fruit)

LUNCH

Tuscan White
Bean Soup
plus DOLE Italian
Salad (3 oz)

SNACK

Almonds ($\frac{1}{2}$ c)

DINNER

Pineapple Gazpacho
plus halibut (3 oz)

**TUSCAN WHITE
BEAN SOUP**

Prep: 15 min **Cook:** 45 min
Serves: 7

- 1 med DOLE Onion, chopped (1 c)
- 1 lg leek, white part, chopped ($\frac{1}{2}$ c)
- 3 cloves garlic, chopped
- 1 Tbsp olive oil
- 3–4 sprigs fresh rosemary or 1 tsp dried rosemary

SLIM DOWN WITH SOUP

Why does the Dole Diet serve up so much soup? Diners consume fewer calories overall when they start with soup. Research also links regular soup consumption with higher levels of vitamin C, folate and beta-carotene. By filling you up and helping you meet nutrient needs, you'll feel more satisfied with fewer calories.



- 2–3 sprigs fresh thyme or $\frac{1}{2}$ tsp dried thyme
- 2 qt vegetable broth
- 3 cans (15 oz each) cannelloni or great Northern beans, rinsed and drained
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp ground white pepper

SAUTÉ onion, leek and garlic in oil in large stockpot over medium heat, stirring frequently until translucent, about 10 minutes. Add rosemary and thyme. Cook 5 minutes longer. ADD broth, beans, salt and pepper. Bring to a boil;

DOLE DIET TIP

reduce heat and simmer, covered, 15 to 20 minutes. REMOVE rosemary and thyme sprigs. Pour two-thirds of beans into blender or food processor. Cover; blend until pureed. Stir beans back into soup; heat through.

**PINEAPPLE
GAZPACHO**

For recipe, see page 9.

TO PREPARE THE HALIBUT: Broil or grill, using cooking spray only, over medium heat 10 to 15 minutes or until fish flakes easily with fork.

F & V**12**

**servings of fruit
and vegetables**

WEEK 1 DAY 7

Sunday



BANANA ALMOND PANCAKES

MENU

BREAKFAST

Banana Almond Pancakes

SNACK

DOLE Fruit Bowl

LUNCH

Almond Turkey Salad with Cranberry Vinaigrette

SNACK

DOLE Banana (whole fruit)

DINNER

Sweet Potato and Spinach Soup *plus* salmon (6 oz)

BANANA ALMOND PANCAKES

Prep: 15 min
Serves: 3

1½ c pancake and waffle mix

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9

servings of fruit and vegetables

- ¼ c almond flour
- 1 c nonfat milk
- 2 Tbsp canola oil
- 1 egg
- 1 lg DOLE Banana, diced

WHISK pancake mix, flour, milk, oil and egg. Stir in banana. Cook per package directions.

ALMOND TURKEY SALAD WITH CRANBERRY VINAIGRETTE

Prep: 20 min Serves: 4

- 1 pkg (16 oz) DOLE Classic Iceberg Salad
- 1 lb cooked turkey breast, chopped
- ½ c toasted, slivered almonds
- ¾-1 c fat-free Cranberry Vinaigrette*

COMBINE salad, turkey and almonds in large salad bowl. POUR Cranberry Vinaigrette over salad. Toss gently to coat evenly.

*Cranberry Vinaigrette: Cook ¾ c DOLE Fresh or Frozen Cranberries with 1 c orange juice, in small saucepan, until skins

burst. Cool. Combine cooked cranberries with 2 Tbsp honey, ¼ c balsamic vinegar and 2 Tbsp chopped fresh mixed herbs in blender or food processor. Cover; blend until smooth. Makes 1⅔ c.

SWEET POTATO AND SPINACH SOUP

Prep: 15 min
Cook: 30 min Serves: 5

- 2 tsp olive oil
- 1 c chopped DOLE Onion
- ½ c chopped DOLE Carrots
- 1 tsp curry powder
- ½ tsp seasoned salt
- ½ tsp freshly ground black pepper
- 5 c vegetable broth, divided
- 1 lg (12 oz) DOLE Sweet Potato, peeled and cubed
- 1 DOLE Red Apple, cored and chopped
- 1 pkg (14 oz) soft tofu, drained
- 2 Tbsp cornstarch
- 1 pkg (6 oz) DOLE Baby Spinach

HEAT oil over medium-high heat in large stockpot. Add onion, carrots, curry

powder, salt and pepper. Cook 4 to 5 minutes, stirring occasionally. STIR in 4 c of the broth, sweet potato and apple. Bring to a boil; reduce heat and simmer 20 minutes or until sweet potato is tender. Cool slightly. COMBINE tofu, cornstarch and remaining 1 c broth in

blender or food processor. Cover; blend until smooth. Remove from container; set aside. PROCESS sweet potato mixture in batches in blender or food processor until smooth. Pour into stockpot; add tofu mixture. HEAT over medium heat until bubbles appear

around edge. Add spinach; cook until spinach wilts, about 5 minutes. Do not boil.

TO PREPARE THE SALMON: Broil or grill, using cooking spray only, over medium heat 10 to 15 minutes or until fish flakes easily with fork.

DOLE DIET TIPS

GO NUTS FOR E

Another stubborn nutrient is vitamin E, an antioxidant and immunity booster. Its importance accounts for the many almond snacks and the creative use of almond flour in some of our recipes. Sunflower seeds are another top source of vitamin E; a quarter cup provides nearly 60% of your daily needs.

SMALL STEPS TO BIG BENEFITS

Even modest weight loss can result in major health gains. In one large study, participants who lost an average of 12 pounds and walked 20 minutes a day cut their risk of type 2 diabetes in half.

DON'T SKIP BREAKFAST

Research shows breakfast eaters burn an extra 200 to 300 calories a day. Perhaps that's why a study in the *Journal of Epidemiology* found that those who skip breakfast are 4.5 times more likely to be obese than the breakfast eaters.

CONNECT THE DOTS TO WEIGHT MAINTENANCE

You can keep your weight on the straight and narrow by taking a piece of grid paper and making a simple graph (with pounds along the left side and days of the week along the bottom). By charting your weight on a daily basis, you will know if your weight is trending up—and be able to make adjustments.

Monday



**SESAME GINGER FRITTATA
WITH BROCCOLI AND SHRIMP**

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

Raspberries, blackberries
or strawberries (1 c)

LUNCH

Chicken Apple
Almond Salad

SNACK

DOLE Banana
(whole fruit)

DINNER

Sesame Ginger Frittata
with Broccoli and Shrimp

**CHICKEN APPLE
ALMOND SALAD**

Prep: 20 min Serves: 4

- 12 oz boneless,
skinless cooked
chicken breast,
chopped
- $\frac{1}{2}$ c diced DOLE Celery
- $\frac{1}{3}$ c DOLE Seedless
Raisins
- $\frac{1}{3}$ c light mayonnaise
- 1 tsp lemon juice
- 1 pkg (10 oz) DOLE
Classic Iceberg
Lettuce

- 2 DOLE Apples, cored
and sliced
- 1 c cubed DOLE
Cantaloupe
- $\frac{1}{4}$ c slivered almonds,
toasted

COMBINE chicken, celery,
raisins, mayonnaise
and lemon juice in large
bowl. Mix well; cover and
refrigerate until needed.
ARRANGE lettuce on each
serving plate.
SPOON refrigerated
mixture in center of
lettuce; arrange
apples and cantaloupe
around mixture.
Sprinkle with almonds.

**SESAME GINGER
FRITTATA WITH
BROCCOLI AND
SHRIMP**

Prep: 20 min

Cook: 15 min Serves: 4

- 2 c DOLE Broccoli $\frac{1}{2}$ "
florets, cooked just
until tender

- 1 c finely chopped
DOLE Red Onion
- 2-3 DOLE Green Onions,
finely chopped
- 5 oz peeled cooked
shrimp, cut into
 $\frac{1}{2}$ " pieces
- $\frac{1}{2}$ tsp sesame oil
- 3 lg eggs
- 4 lg egg whites
- 2 Tbsp all-purpose
flour
- 1 Tbsp cornstarch
- 1 Tbsp DOLE
Pineapple Juice
- $\frac{1}{2}$ c vegetable broth
- 1 Tbsp reduced-
sodium soy sauce
- 1 clove garlic, minced
- $\frac{1}{2}$ tsp grated, peeled
fresh ginger

COMBINE broccoli, red
onion, green onions,
shrimp and oil in large
bowl.

WHISK eggs, egg whites
and flour in another
bowl until well blended.
Pour over vegetable
mixture; mix well and
set aside.

STIR together cornstarch
and pineapple juice in
small saucepan. Add
broth, soy sauce, garlic
and ginger. Bring to a
boil over medium heat,
stirring constantly.
Continue cooking 2 to 3
minutes, until thickened.

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11

servings of fruit
and vegetables

Keep sauce warm. COAT large, ovenproof, nonstick skillet with cooking spray. Heat skillet over medium-low heat. Stir egg and vegetable mixture and pour into skillet, smoothing mixture into even layer. Cover

and cook 6 to 8 minutes or until eggs are set and bottom is browned. PLACE skillet under broiler about 2 minutes, until eggs are cooked through. Loosen frittata from skillet with spatula. Cut frittata into quarters. Serve with warm sauce.

DOLE DIET TIPS

EAT MORE FRUIT, LOSE MORE WEIGHT

The Dole Diet provides an average of 13 fruit and vegetable servings a day (easily meeting the USDA's recommended 9 to 13). Considering that "one serving" is actually $\frac{1}{2}$ cup, this is not as hard as it sounds. For example, one large banana actually counts as two fruit servings (since it's roughly a full cup).

IT GETS EASIER—GUARANTEED!

If you're hankering for the junk you've recently cut from your diet, don't give in to temptation. Research suggests cravings subside over time. Test subjects who eliminated sweets, saturated fat and fast food from their diet desired these foods significantly less after five weeks.

WHITTLE YOUR WAIST WITH WEIGHTS

Middle age doesn't have to mean a thicker middle. University of Pennsylvania researchers found that overweight women who began lifting weights twice weekly not only reduced overall body fat by nearly 4%, but they also significantly reduced the transfer of fat to the midsection. So bench-press to beat belly fat!

RAW FOODS: NOT NECESSARILY MORE NUTRITIOUS

Nutrition scientist Nicholas Gillitt, PhD, says, "Steaming or light boiling can reduce the nutrition value of some foods, though only by 10 to 12%. In some cases, cooking actually increases the nutrition value of foods, such as carrots and tomatoes." Bottom line: If cooking makes veggies more palatable, then by all means prepare according to taste.

Tuesday



TURKEY, AVOCADO
AND CHEESE WRAP

MENU

BREAKFAST

Porridge with Fruit
plus orange juice (1 c)

SNACK

Sweet potato sticks (1 c)

LUNCH

Turkey, Avocado and
Cheese Wrap

SNACK

Peanuts (1/2 c)

DINNER

Chili non Carne
plus wild rice (3 oz)

**PORRIDGE
WITH FRUIT**

Prep: 10 min

Cook: 10 min Serves: 7

- 1¹/₂ c old-fashioned oatmeal
- 2/3 c almond flour
- 1/2 c oat bran
- 3 c water
- 2 c soy milk
- 3/4 c DOLE Seedless Raisins
- 1/3 c chopped DOLE Pitted Prunes
- 1/3 c chopped almonds

COMBINE oatmeal, flour, bran, water, milk and raisins in large saucepan and bring to a boil. Reduce heat and cook, uncovered, about 5 minutes, stirring occasionally. STIR in prunes and almonds and serve immediately. Sprinkle with agave nectar or brown sugar, if desired.

**TURKEY, AVOCADO
AND CHEESE WRAP**

Prep: 20 min Serves: 4

- 4 fat-free whole wheat tortillas, burrito size
- 2 c DOLE Hearts of Romaine Salad, divided

- 1 lb cooked turkey breast, chopped, divided
- 1 DOLE Avocado, diced, divided
- 1 tomato, chopped, divided
- 1/2 c low-fat shredded Cheddar cheese, divided

WARM tortilla in large nonstick skillet or griddle coated with cooking spray. Layer one-quarter romaine, turkey, avocado, tomato and cheese on tortilla. Fold in sides and roll up. Repeat for each wrap.

CHILI NON CARNE

Prep: 20 min

Cook: 30 min Serves: 6

- 1 Tbsp olive oil
- 1/4 tsp crushed red pepper
- 2 c diced DOLE Mushrooms
- 1¹/₂ c diced DOLE Carrots
- 3/4 c chopped DOLE Onion
- 3/4 c chopped green bell pepper
- 1 med zucchini, chopped
- 4 cloves garlic, chopped
- 1 tsp dried Mexican oregano



- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp dried thyme leaves
- 1 pkg (14 oz) vegetarian ground beef, crumbled
- 1 can (15 oz) chili beans
- 1 can (14 1/2 oz) diced tomatoes with jalapeño chili peppers
- 2 Tbsp chopped DOLE Cilantro

HEAT oil and red pepper over medium-high heat in large nonstick saucepan 1 minute. Add mushrooms, carrots, onion, bell pepper, zucchini, garlic, oregano, cumin, chili powder and thyme; sauté 5 to 8 minutes, stirring frequently. ADD vegetarian beef, beans and tomatoes. Lower heat to simmer.

F & V

9

servings of fruit and vegetables

DOLE DIET TIP

SAY GOOD-BYE TO TRANS FATS

We've excluded trans fats from the Dole Diet—not just because they raise cholesterol, but because they're also more fattening. Researchers found that trans-fat-fed monkeys gained more weight than a control group even when total dietary calories were the same. Plus, the trans-fat monkeys ended up with dramatically more belly fat.

Cook, uncovered, 20 minutes, stirring occasionally. Stir in cilantro.

TO PREPARE THE WILD RICE: Follow package directions, using water—not broth.



Wednesday



RASPBERRY
SMOOTHIE

MENU

BREAKFAST

Raspberry Smoothie

SNACK

DOLE Mixed Berries (1 c)

LUNCH

Roasted Red Pepper and Crab Chowder *plus* Springtime Spinach Salad

SNACK

Almonds (1/2 c)

DINNER

Curried Apple and Butternut Squash Soup *plus* salmon (6 oz)

RASPBERRY SMOOTHIE

Prep: 5 min Serves: 3

- 1 med DOLE Banana
- 1 c DOLE Frozen Tropical Gold Pineapple Chunks, partially thawed
- 1 c DOLE Frozen Raspberries, partially thawed
- 2 containers (8 oz each) nonfat raspberry yogurt
- 1/2 c (2 oz) soy protein or whey powder

COMBINE banana, pineapple, raspberries, yogurt and soy protein in blender or food processor. Cover; blend until smooth.

ROASTED RED PEPPER AND CRAB CHOWDER

For recipe, see page 20.

SPRINGTIME SPINACH SALAD

Prep: 15 min Serves: 6

1/2 lb fresh DOLE

Asparagus or 1 pkg (10 oz) frozen asparagus tips

- 1/4 c water
- 1 pkg (6 oz) DOLE Baby Spinach or Spinach and Leaf Salads
- 1 pint fresh DOLE Strawberries, sliced
- 1 c julienne-sliced DOLE Red Onion
- 2/3 c crumbled feta or blue cheese
- 1/2 c bottled raspberry vinaigrette or red wine and vinegar dressing



F & V

14

servings of fruit
and vegetables

BREAK off woody ends
of fresh asparagus
(the bottom 1" to 1½")

and discard. Cut asparagus
into 1" lengths. Place in
microwaveable dish with
water. Microwave on High
3 minutes. Immediately
rinse asparagus under cold
water 1 minute; drain well.
PLACE salad, asparagus,
strawberries, onion
and cheese in large bowl.
TOSS ingredients well
with salad dressing;
serve immediately.

CURRIED APPLE AND BUTTERNUT SQUASH SOUP

For recipe, see page 6.

TO PREPARE THE SALMON:

Broil or grill, using cooking
spray only, over medium
heat 10 to 15 minutes
or until fish flakes easily
with fork.

DOLE DIET TIPS

FIGHT FAT WITH VITAMIN C

The premise of the Dole Diet is that meeting nutrient requirements will help you lose weight. When obese study subjects significantly increased their vitamin C intake, they were able to burn 40% more fat than a control group during exercise. Kiwifruits, pineapple, red bell peppers and strawberries all contain over 100% vitamin C per serving.

RISE, PACE, FIDGET—LOSE!

What's one of the biggest behavioral differences between the obese and the trim? Lean folk sit down less and move around more. Mayo Clinic researchers found that obese people sit 152 more minutes (and thus burn 352 fewer calories) than their thinner peers. So get on your feet to slim down.

DIETING HABITS: THREE TO TRY, THREE TO PASS BY

A recent CDC analysis of nearly 2,000 dieters revealed diet strategies that worked—or failed. To lose weight and keep it off, DO track calories, exercise daily and plan meals in advance. DON'T count carbs, use weight-loss supplements or rely on meal-replacement bars.

STAND PAT AGAINST SATURATED FAT

University of Wisconsin researchers found that the body burns unsaturated fats more efficiently than saturated fats after exercising. Unsaturated fats include avocado, olive oil, nuts and fatty fish, while saturated sources include whole milk, butter and red meat.

Thursday



**SKILLET-BLACKENED SALMON
WITH CARROT RELISH**

MENU

BREAKFAST

Whole grain cereal ($3\frac{1}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

DOLE Prunes (5)

LUNCH

Chili non Carne
plus wild rice (3 oz)

SNACK

Kiwifruit (whole fruit)
with strawberries ($1\frac{1}{2}$ c)

DINNER

Skillet-Blackened Salmon
with Carrot Relish
plus wild rice ($1\frac{1}{2}$ c)



DOLE DIET TIP

FIGHT FAT WITH FISH

Not only does fish have roughly half the calories and less than a tenth the saturated fat as beef, research suggests that fish helps you feel full longer. Plus, lab studies found that the omega-3 fatty acids in fish prevented fat-cell growth.

CHILI NON CARNE

For recipe, see page 31.

TO PREPARE THE WILD RICE: Follow package directions, using water—not broth.

SKILLET-BLACKENED SALMON WITH CARROT RELISH

Prep: 20 min

Bake: 15 min Serves: 6

- 3 c shredded DOLE Carrots
- $\frac{1}{3}$ c white wine vinegar
- 3 Tbsp honey
- 3 Tbsp chopped DOLE Green Onions
- 3 Tbsp diced red or green bell pepper
- $\frac{3}{4}$ tsp ground mustard
- $\frac{1}{4}$ tsp celery seed
- 1 tsp brown mustard
- 2 tsp olive oil
- $2\frac{1}{4}$ lb salmon fillets (6 pieces)
- $\frac{3}{4}$ c salsa

PREHEAT oven to 375°F.

STIR carrots, vinegar, honey, onions, bell pepper, ground mustard and celery seed in medium glass or stainless-steel bowl. Set aside.

MIX together brown mustard and oil. Brush on salmon. Sear in hot sauté pan or griddle. SPOON salsa over salmon. Finish cooking in oven 10 to 15 minutes or until salmon is cooked through. SERVE carrot relish over salmon.

TO PREPARE THE WILD RICE: Follow package directions, using water—not broth.

F & V

8

servings of fruit
and vegetables

WEEK 2 DAY 5

Friday



**ROASTED FENNEL SPINACH
SALAD WITH CHICKEN**

MENU

BREAKFAST

Porridge with Fruit
plus orange juice (1 c)

SNACK

Tangerine (whole fruit)

LUNCH

Roasted Fennel Spinach
Salad with Chicken

SNACK

Almonds (1/2 c)

DINNER

Sweet Potato and Spinach
Soup plus halibut (6 oz)

**PORRIDGE
WITH FRUIT**

For recipe, see page 31.

**ROASTED FENNEL
SPINACH SALAD
WITH CHICKEN**

Prep: 20 min

Bake: 1 hr Serves: 6

- 3/4 lb fennel, cut in half
- 1 pkg (6 oz) DOLE Baby Spinach
- 1 1/2 lb grilled chicken breast, cut into chunks
- 1 can (14 oz) artichoke hearts, quartered and drained

EAT GREENS, GET LEAN

In a recent study, dieters who ate a large salad (three cups) with their meals consumed 100 fewer calories overall. Plus, nutrient-dense salads help you meet your requirement for a host of vitamins and minerals, naturally curbing cravings by providing the nutrition your body needs. But keep an eye on high-fat toppings like bacon, cheese, croutons and excess dressing, which can actually increase calorie intake by 17%.

- 1 jar (6 oz) marinated artichoke hearts, drained
- 2/3 c shredded DOLE Carrots
- 1 1/3 c fat-free Mango Vinaigrette*
- 1/3 c slivered almonds, toasted

PREHEAT oven to 375°F. PLACE fennel on baking sheet coated with cooking spray. Bake 45 to 60 minutes or until tender. Cool slightly; cut into cubes. COMBINE spinach, chicken, fennel, artichoke hearts and carrots in large bowl. POUR Mango Vinaigrette over salad. Toss to coat. Sprinkle with almonds.

***Mango Vinaigrette:**

Place 3/4 c DOLE Frozen Mango Chunks, thawed; 1/3 c DOLE Frozen Raspberries, thawed;

DOLE DIET TIP

3/4 c orange juice; 2 1/2 Tbsp rice vinegar and 1 1/2 Tbsp honey in blender or food processor. Cover; blend until smooth. Makes 1 3/4 c.

**SWEET POTATO
AND SPINACH
SOUP**

For recipe, see page 25.

TO PREPARE THE HALIBUT:

Broil or grill, using cooking spray only, over medium heat 10 to 15 minutes or until fish flakes easily with fork.

F & V**10**

**servings of fruit
and vegetables**

Saturday



**BAY SCALLOPS
WITH GREEN BEANS**

MENU

BREAKFAST

Denver Breakfast Sandwich *plus* orange juice (1 c)

SNACK

DOLE Banana (whole fruit)

LUNCH

Broccoli and Pea Potage with Tarragon *plus* Apple and Walnut Salad

SNACK

DOLE Orange (whole fruit)

DINNER

Bay Scallops with Green Beans



DENVER BREAKFAST SANDWICH

DENVER BREAKFAST SANDWICH

Prep: 20 min

Cook: 12 min Serves: 4

- 1 c chopped tomatoes
- $\frac{2}{3}$ c chopped red or green bell pepper
- $\frac{1}{3}$ c chopped DOLE Onion
- 2 c liquid egg substitute
- $\frac{1}{4}$ tsp ground black pepper

8 slices whole grain bread, toasted

SAUTÉ tomatoes, bell pepper and onion until tender in large nonstick skillet coated with cooking spray, about 5 minutes. ADD egg substitute and black pepper; cook, stirring often, until just set. PLACE about 1 c egg mixture on 1 slice of toast and top with another slice. Cut in half diagonally. Repeat for each sandwich.

BROCCOLI AND PEA POTAGE WITH TARRAGON

For recipe, see page 13.

APPLE AND WALNUT SALAD

Prep: 10 min Serves: 4

- 1 pkg (10 oz) DOLE Very Veggie Salad
- 1 DOLE Red Apple, cored and thinly sliced
- 1 DOLE Green Apple,

- cored and thinly sliced
- 1/4 c crumbled blue cheese**
- 1/2 c chopped walnuts, toasted**
- 1/4 c olive oil**
- 4 tsp balsamic or red wine vinegar**
- 1 Tbsp finely chopped shallot**
- 1 tsp Dijon mustard**

TOSS salad, apples, blue cheese and walnuts in large bowl.
 STIR oil, vinegar, shallot and mustard until blended in bowl.*
 POUR dressing over salad; toss to coat.

* **Time-Saving Tip:**
 If desired, substitute

1/3 c bottled balsamic vinaigrette for oil vinaigrette dressing in recipe.

BAY SCALLOPS WITH GREEN BEANS

Prep: 20 min Cook: 15 min Serves: 4

- 3 c 1" pieces green beans**
- 1 c chunked red bell pepper**
- 1 jalapeño chili pepper, finely chopped (1 Tbsp)**
- 2 cloves garlic, minced**
- 2 Tbsp olive oil**
- 1 lb bay scallops**
- 1 Tbsp prepared pesto sauce**
- 1 Tbsp chopped DOLE Cilantro**

SAUTÉ green beans, bell pepper, chili pepper and garlic in oil in large nonstick skillet over medium-high heat until just tender, 8 to 10 minutes.
 ADD scallops and pesto sauce. Continue cooking, stirring occasionally, until scallops are just cooked through, about 5 minutes. Stir in cilantro.

F & V
16
 servings of fruit and vegetables

DOLE DIET TIPS

FUEL WEIGHT LOSS WITH NUTRIENTS
 More evidence for the link between malnutrition and obesity: Researchers found a significantly higher prevalence of iron deficiency among obese children. The Dole Diet provides an average of 130% of your daily iron needs—mostly from plant sources. Plus, the diet provides plenty of vitamin C from fruit and vegetables to help iron absorption.

GO WITH THE GRAIN
 Choosing whole grain, high-fiber breads, cereals and rice in place of the white stuff doubles your chances of keeping trim, according to a Harvard study of 74,000 women. Those who ate more than two daily servings of whole grains were almost 50% less likely to be overweight than their refined-grain eating peers.

Sunday



**WILD SALMON
AND BEAN STEW**

MENU

BREAKFAST

Whole grain cereal ($\frac{3}{4}$ c)
with nonfat milk (1 c)
plus orange juice (1 c)

SNACK

DOLE Apple (whole fruit)

LUNCH

Mixed Berry Gazpacho
plus DOLE European
Blend Salad (3 oz)

SNACK

Almonds ($\frac{1}{2}$ c)

DINNER

Wild Salmon and Bean
Stew *plus* DOLE Field
Greens Salad (3 oz)

**MIXED BERRY
GAZPACHO**

For recipe, see page 17.

**WILD SALMON
AND BEAN STEW**

Prep: 25 min

Cook: 20 min Serves: 8

- $1\frac{1}{2}$ c chopped DOLE Celery
- $1\frac{1}{2}$ c chopped DOLE Carrots
- $\frac{3}{4}$ c chopped DOLE Onion

- 2 cloves garlic, minced
- $1\frac{1}{2}$ tsp ground cumin
- 2 Tbsp almond oil
- $\frac{1}{3}$ c unsweetened soy protein or whey powder
- 6 c vegetable broth
- 1 can ($14\frac{1}{2}$ oz) diced tomatoes with mild green chilis
- 3 c canned navy beans, rinsed and drained
- 1 c cooked brown lentils
- 1 lb wild salmon fillet, cut into 1" cubes
- 3 c bite-size pieces chicory
- 2 Tbsp chopped DOLE Cilantro

SAUTÉ celery, carrots, onion, garlic and cumin

DOLE DIET TIPS

KEEP A WATER BOTTLE CLOSE

Thirst is sometimes mistaken for hunger, so drink plenty of water to avoid this common diet pitfall. Drinking water may also elevate your metabolic rate, according to German researchers. Plus, adequate hydration can help enhance exercise endurance.

**THE BEAUTY SECRET OF
BRAZILIAN SUPERMODELS?**

Researchers in Brazil found that women who ate 300 grams of apples or pears daily (the equivalent of one large piece of fruit) lost more weight compared with non-fruit eaters. Since both groups of women followed low-calorie diets, it may be that the fiber content of the apples and pears helped the women feel full longer.

in oil in large stockpot over medium-high heat, stirring frequently, 5 to 10 minutes. Stir in soy protein until blended. ADD broth, tomatoes, beans and lentils; bring to a boil. Add salmon, chicory and cilantro; simmer 8 to 10 minutes or until salmon is cooked through.

F & V

17

servings of fruit
and vegetables



	Week 1						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Calories	2690	1510	1670	1490	1270	1580	1620
Calories from Fat (%)	710	320	660	310	280	540	500
Total Fat (g)	79	35	74	34	32	61	56
Saturated Fat (g)	9	5	8	6	4	6	7
Trans Fat (g)	0	0	0	0	0	0	0
Cholesterol (mg)	75	90	240	95	90	75	275
Carbohydrate (g)	386	267	176	234	167	189	157
Protein (g)	144	54	96	78	95	89	129
Sodium (%)	107	57	103	36	116	108	78
Potassium (%)	208	112	117	97	134	127	125
Dietary Fiber (%)	288	140	164	128	168	120	136
Vitamin A (%)	170	220	470	40	820	270	220
Vitamin C (%)	400	830	470	380	750	740	380
Calcium (%)	110	110	90	50	100	140	70
Iron (%)	150	200	100	70	110	180	90
Vitamin D (%)	110	150	15	8	20	35	130
Vitamin E (%)	140	80	130	60	80	140	80
Vitamin K (%)	370	170	1510	80	1850	290	730
Vitamin B ₁ - Thiamin (%)	200	200	100	60	120	200	110
Vitamin B ₂ - Riboflavin (%)	170	200	90	70	100	180	130
Vitamin B ₃ - Niacin (%)	160	170	60	140	90	200	180
Vitamin B ₆ (%)	140	210	90	100	130	200	190
Folic Acid (%)	350	230	180	60	200	250	130
Vitamin B ₁₂ (%)	240	570	25	70	300	160	110
Vitamin B ₅ (%)	140	190	45	35	60	140	70
Phosphorus (%)	250	120	130	130	130	150	170
Magnesium (%)	260	100	140	110	110	160	110
Zinc (%)	240	340	60	50	140	150	60
Selenium (%)	220	260	100	450	170	140	230
Copper (%)	380	280	120	90	180	110	90
Manganese (%)	490	560	350	230	270	430	200

DOLE DIET SUMMARY

Week 2								Average Daily Amount
Mon	Tue	Wed	Thur	Fri	Sat	Sun		
1490	1900	1100	1810	1260	1200	1600	1585	
630	710	340	700	220	430	580	31%	
65	79	38	78	25	48	64	55g	
8	13	6	9	4	7	10	7g (4%)	
0	0	0	0	0	0	0	0g	
170	100	205	130	180	45	125	135mg	
146	182	103	182	155	159	195	193g (49%)	
98	129	92	114	115	49	80	97g	
53	93	63	71	81	68	63	78%	
110	125	97	144	125	87	109	123%	
100	168	80	164	96	100	144	143%	
300	260	590	340	540	430	500	369%	
180	380	210	540	380	410	380	459%	
110	100	45	130	150	110	140	104%	
160	110	50	180	180	70	170	130%	
130	25	120	160	35	35	35	72%	
150	80	50	180	70	50	140	102%	
80	110	280	80	510	300	170	466%	
180	200	70	280	170	70	190	154%	
230	150	100	300	180	50	210	154%	
260	210	170	300	280	35	180	174%	
260	180	150	320	220	80	180	175%	
150	170	90	210	190	90	170	176%	
210	80	100	270	140	45	130	175%	
160	90	80	160	140	35	150	107%	
160	180	110	210	160	90	140	152%	
120	110	70	140	130	90	120	126%	
150	90	40	170	140	30	170	131%	
160	180	190	150	190	70	370	206%	
100	150	70	170	60	60	110	141%	
210	250	130	240	180	180	290	286%	

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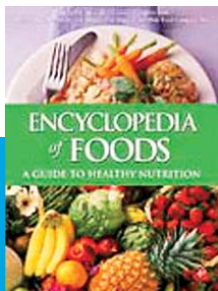
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