



Old-Fashioned Pot Roast with Potatoes and Carrots

- Vegetable cooking spray
- 1 top or bottom round roast (2½ to 3 pounds), trimmed of fat
- 8 small red potatoes
- 4 cups baby carrots
- 1 tablespoon garlic powder
- 1 tablespoon ground black pepper
- 2 teaspoons salt
- 1 (10¾ ounce) can Healthy Choice cream of mushroom soup

Coat a large roasting pan with cooking spray.

Place roast in pan. Place potatoes and carrots around meat.

Sprinkle with garlic powder, pepper, and salt. Spoon soup over meat and vegetables; do not dilute soup.

Cover tightly and cook at 350° 5-6 hours or until meat shreds easily with a fork.

Yield: 8 servings

Nutrition Facts per Serving:
 Calories 391 (16% from Fat), Fat 7 gm,
 Protein 44 gm, Carbohydrate 35 gm,
 Fiber 4 gm, Cholesterol 108 mg,
 Sodium 592 mg



Roast Beef Subs

Hint: use left over roast beef from above recipe

- 1 large tomato, chopped
- 1/3 cup diced sweet red pepper
- ¼ cup diced purple onion
- ¼ cup reduced-calorie Caesar dressing
- 4 (3 oz.) hamburger rolls
- 4 teaspoons prepared horseradish sauce
- 4 red leaf lettuce leaves
- 8 (1 ounce) slices lean cooked roast beef

Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

Combine first 4 ingredients; set aside. Spread one side of each roll with 1 teaspoon horseradish sauce. Place a lettuce leaf over horseradish sauce. Spoon tomato mixture evenly over lettuce; top each roll with 2 slices roast beef. Cover with tops of rolls.

Yield: 4 servings

Nutrition Facts per Serving:
 Calories 265 (27% from Fat), Fat 8 gm, Protein 22 gm, Carbohydrate 26 gm,
 Fiber 2 gm, Cholesterol 33 mg, Sodium 381 mg

Partner Stretches



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do 10-30 chair sits	Drink 4 cups of water through out the day	Plant bulbs in the garden with the family	Have fat-free popcorn for a snack	Play baseball	Eat a snack that is fat-free, like fresh veggies	Go for a bike ride
Make a spinach salad to have with dinner	Practice stretching with a partner (pictured above) (Repeat 2-3 times)	Try a new fruit like star fruit	Walk your children to school	Eat 5 (½ cup) servings of fruit and vegetables per day	Try an interactive video game, like "Dance, Dance, Revolution"	Make steamed vegetables
Hold hamstring stretch 30-60 seconds (repeat 2-3 times)	Have grilled fish for dinner	Play "Double Dutch" jump rope	Have 2 veggies for dinner	Play "Hopscotch"	Make a tomato salad	Play flash light tag
Buy low-fat multigrain crackers-check the label for fat content	Try a cart wheel-keep trying	Eat a piece of fresh fruit with breakfast	Play "Mother May I" with the family	Make a recipe that can be eaten twice like pot roast (recipe above)	Do 5 different exercises that you learned from the calendar	Skip the snack at the movie theater
Ride a bicycle for 20-30 minutes	Ask yourself if you are hungry before you eat	Jump rope 1-3 minutes	Make frozen bananas	Play football	Try a small whole grain bagel	Mow the lawn or help weed the garden

THIS MONTH'S HEALTHY DINING OUT TIP: Ask if your food can be prepared with less cooking oil, butter, and salt.