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Next

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oct. 4-10	17 min walk	15 min walk	Rest or 15 min	15 min walk	Rest	1 mile walk	20-40 min walk
Oct. 11-17	Rest or 15 min	15 min walk	Rest or 15 min	15 min walk	Rest	1 mile walk	20-40 min walk
Oct. 18-24	Rest or 15 min	15 min walk	Rest or 15 min	15 min walk	Rest	1.25 mile walk	20-40 min walk
Oct. 25-31	Rest or 15 min	15 min walk	Rest or 15 min	15 min walk	Rest	1.25 mile walk	20-40 min walk
Nov. 1-7	Rest or 15 min	15 min walk	Rest or 15 min	15 min walk	Rest	1.5 mile walk	20-40 min walk
Nov. 8-14	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	1.5 mile walk	20-40 min walk
Nov. 15-21	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	1.75 mile walk	20-40 min walk
Nov. 22-28	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	1.75 mile walk	20-40 min walk
Nov. 29-Dec. 5	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2 mile walk	40-60 min walk
Dec. 6-12	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2 mile walk	40-60 min walk
Dec. 13-19	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.25 mile walk	40-60 min walk
Dec. 20-26	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.25 mile walk	40-60 min walk
Dec. 27-Jan. 2	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.5 mile walk	50-60 min walk
Jan. 3-9	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.5 mile walk	50-60 min walk
Jan. 10-16	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.75 mile walk	50-60 min walk
Jan. 17-23	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.75 mile walk	50-60 min walk
Jan. 24-30	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	2.75 mile walk	50-60 min walk
Jan. 31-Feb. 6	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	3 mile walk	60 min walk
Feb. 7-13	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	3 mile walk	60 min walk
Feb. 14-20	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	3 mile walk	60 min walk
Feb. 21-26	Rest or 15 min	20 min walk	Rest or 15 min	20 min walk	Rest	4 K Walk	Rest

- 1 Preheat the oven to 350°F.
- 2 Divide the tortillas into two stacks. Cut each stack into 8 chip-size wedges and arrange the chips in a single layer on 2 baking sheets. Lightly coat the chips with olive oil cooking spray. Sprinkle with the cumin, chili powder, and salt, if desired. Gently toss the chips and rearrange them to cover the baking sheets evenly.
- 3 Bake for 10 minutes, then rotate the pan and bake for 10 minutes longer, or until the chips are crisp but not brown. (Keep in mind that fresh tortillas contain more moisture and will take a few minutes longer to bake than not-so-fresh tortillas.) Cool and serve.

Makes 12 (8-chip) servings

PER SERVING: 60 calories, 1 g protein, 12 g carbohydrates (0 g sugars), 1 g fat (0 g saturated), 0 mg cholesterol, 2 g fiber, 60 mg sodium

Pair with 1/2 cup salsa combined with 1/2 cup fat-free cottage cheese

4 ounces wild salmon, grilled or broiled
1 cup steamed broccoli
3/4 cup cooked (1 ounce dry) Ronzoni whole grain pasta with 1/4 cup low-sodium marinara sauce and 1
tablespoon grated Parmesan cheese

Total Daily Calories: 1,470

Breakfast

OMELET OF CHAMPIONS (pictured)
Season 1 contestant and gym rat Aaron Semmel loves to make this omelet. He says, "While it's cooking, I mix a smoothie in the blender and cook a little turkey bacon on the side."

4 tablespoons chopped broccoli
2 tablespoons chopped yellow onion
2 tablespoons finely chopped carrot
4 large egg whites
1 large whole egg
1/2 teaspoon Mrs. Dash seasoning
1 wedge (3/4 ounce) Laughing Cow light cheese
2 tablespoons fat-free refined beans
Lightly coat a medium nonstick skillet with olive oil cooking spray.

- 1 Heat the pan over medium-high heat and add the broccoll, onion, and carrot. Cook the vegetables for about 2 minutes, or until they're just tender but still bright.
- 2 While the veggies are cooking, whip the eggs with a whisk or beater until they're foamy and light. Add the Mrs. Dash. Pour the eggs over the vegetables, cover, and cook for about 2 minutes, or until the eggs are almost set.
- 3 Crumble the cheese over the omelet. Distribute the refried beans over the cheese. Fold the omelet in half and let it cook over low heat for 2 minutes longer.



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