

4^{first place}health

Bible Study Series

walking in
grace

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foreword

My introduction to Bible study came when I joined First Place in March 1981. I had been attending church since I was a small child, but the extent of my study of the Bible had been reading my Sunday School quarterly on Saturday night. On Sunday morning, I would listen to my Sunday School teacher as she taught God's Word to me. During the worship service, I would listen to our pastor as he taught God's Word to me. Frankly, the idea of digging out the truths of the Bible for myself had never entered my mind.

Perhaps you are right where I was back in 1981. If so, you are in for a blessing you never dreamed possible. As you start studying the truths of the Bible for yourself through the First Place 4 Health Bible studies, you will see God begin to open your understanding of His Word.

Almost every First Place 4 Health member I have talked with about the program says, "The weight loss is wonderful, but the most important thing I have received from my association with First Place 4 Health is learning to study God's Word." The First Place 4 Health Bible studies are designed to be done on a daily basis. As you work through each day's study (which will take 15 to 20 minutes to complete), you will be discovering the deep truths of God's Word. A part of each week's study will also include a Bible memory verse for the week.

There are many in-depth Bible studies on the market. The First Place 4 Health Bible studies are not designed for the purpose of in-depth study, but are designed to be used in conjunction with the rest of the program to bring balance into your life. Our desire is for each member to begin having a personal quiet time with God each day. This time alone with God should include a time of prayer, Bible reading and Bible study. Having a quiet time is a daily discipline that will bring the rich rewards of balance, which is something we all need.

God bless you as you begin this exciting journey toward a balanced life. God will richly bless your efforts to give Him first place in your life. Remember Matthew 6:33: "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Carole Lewis, First Place 4 Health National Director

introduction

First Place 4 Health is a Christ-centered health program that emphasizes balance in the physical, mental, emotional and spiritual areas of life. The First Place 4 Health program is meant to be a daily process. As we learn to keep Christ first in our lives, we will find that He is the One who satisfies our hunger and our every need.

This Bible study is designed to be used in conjunction with the First Place 4 Health program but can be beneficial for anyone interested in obtaining a balanced lifestyle. The Bible study has been created in a five-day format, with the last two days reserved for reflection on the material studied. Keep in mind that the ultimate goal of studying the Bible is not only for knowledge but also for application and a changed life. Don't feel anxious if you can't seem to find the *correct* answer. Many times, the Word will speak differently to different people, depending on where they are in their walk with God and the season of life they are experiencing. Be prepared to discuss with your fellow First Place 4 Health members what you learned that week through your study.

There are some additional components included with this study that will be helpful as you pursue the goal of giving Christ first place in every area of your life:

- **Group Prayer Request Form:** This form is at the end of each week's study. You can use this to record any special requests that might be given in class.
- **Leader Discussion Guide:** This discussion guide is provided to help the First Place 4 Health leader guide a group through this Bible study. It includes ideas for facilitating a First Place 4 Health class discussion for each week of the Bible study.
- **Two Weeks of Menu Plans with Recipes:** There are 14 days of meals, and all are interchangeable. Each day totals 1,400 to 1,500 calories and includes snacks. Instructions are given for those who need more calories. An accompanying grocery list includes items needed for each week of meals.

Week Nine

living in grace

SCRIPTURE MEMORY VERSE

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

COLOSSIANS 2:6-7

A study conducted by researchers at the University of California, Davis, and the University of Miami identified several positive benefits of keeping a “gratitude journal.”¹ Thankful people reported feeling happier, more alert and more optimistic, and were more likely to help others. They also felt more loved.

When we give thanks, we meditate on something positive that has happened to us, rather than focusing on something negative. It makes sense that this would have an impact on our attitude! Expressing thanks acknowledges God’s blessings and the role others have played in our lives, which help us to respond with kind actions.

God’s grace is reason enough to give thanks, but it turns out that giving thanks brings further blessings! Let’s look at the examples of biblical men and women who expressed their thanks and were blessed.

GRACE THAT INSPIRES THANKSGIVING

Dear Lord, Your grace fills my heart, and I praise You for Your blessings. Amen.

Day
1

Jesus spoke about the connection between forgiveness and gratitude when a woman forgiven of great sins washed His feet with her tears and

dried them with her hair. Her heart overflowed with so much gratitude that she couldn't keep from continually kissing His feet. A Pharisee watching the woman reacted with contempt, but Jesus pointed to the woman as an example of love and forgiveness. Today, we will look at this unnamed woman and the relationship between grace and gratitude.

Read Luke 7:36-50. How is the woman's life described (see verse 37)?

What did the woman do for Jesus? How did the Pharisee react?

Summarize, in your own words, the story that Jesus told Simon, the Pharisee.

How did Jesus contrast the kind actions of the woman with Simon's?

According to Jesus, what made the difference in their actions (see verse 47)?

Everyone has sinned, and all sin is unholy to God. Jesus died for every person and loves us all the same. But some people try to justify their actions and consider their sins less severe than someone else's. They do this to feel better about themselves, but this attitude keeps their heart from the gratefulness that comes when they truly acknowledge the cost of forgiveness. In verse 50, we read that Jesus gave the woman a blessing of peace. Do you think Simon received the same blessing? Why or why not?

How are thankfulness and peace connected? Why might someone who is grateful experience peace?

Are you in need of peace? Try giving thanks, especially for all you have been forgiven. Spend a few minutes thinking about the blessings for which you are thankful, including God's forgiveness. See if you experience peace as you remind yourself of God's grace.

*Dear Lord, thank You for dying for me and blessing me with grace.
Help me focus on You and not on my circumstances. Amen.*

Day
2

HANNAH'S GRATITUDE

Dear Father, help me develop an attitude of gratitude. You have made the earth and filled it with wonders and blessed me with Your love. Thank You. Amen.

The heart of one woman in the Old Testament, Hannah, changed from sorrow to contentment as she poured out her pain in prayer. Read 1 Samuel 1:2-18. What caused Hannah to feel sad? How did her husband respond (see verses 4-8)?

It is never easy to live with an unanswered prayer. How did Hannah react to her problem (see verses 10-11)?

What did Eli, the priest, think Hannah had been doing? How did she respond (see verses 13-16)?

According to verse 18, how did Hannah's attitude, appetite and face change as she left the Temple? Why do you think she was changed?

Continue reading the story in 1 Samuel 1:19-28. How did God respond to Hannah’s prayer (see verse 19)?

What did Hannah do after having her son?

In 1 Samuel 2:1-10, Hannah sang a song of praise and thanks. What are some reasons she found to thank God?

Hannah didn’t ask for another child, even though she had given up her only son. She no longer focused on herself, but on God. Her heart overflowed with praise. If you have unanswered prayers, don’t give up. Ask God to change your attitude, and pray for contentment in the midst of your need.

*Lord, help me find contentment instead of worry, anger or sorrow.
Fill my heart with grace that I might overflow with gratitude. Amen.*

GRATEFUL HEARTS AND KIND ACTIONS

Dear Lord, thank You for all the blessings You give. Help me to remember my blessings with gratitude. Amen.

Day
3

Gratitude can cause us to act with kindness. King David felt such gratitude for his beloved friend Jonathan that he looked for a way to continue

expressing his thanks long after Jonathan had died. Read 2 Samuel 9:1-8. Why did David want to find someone from Jonathan's family? Who did he find?

What problem did Jonathan's son have (see verse 3)?

Jonathan had been in line for the throne of Israel, and his surviving son was his heir. Because of this, Mephibosheth could have been a rival to David. Despite this, what did David do for Jonathan's son?

According to 2 Thessalonians 2:13-17, how can grace encourage us to do good deeds (actions of kindness)?

What has God given us (see verse 16)? How does remembering what God has done help us feel grateful?

How can gratitude strengthen your heart?

Studies have shown that there is a connection between grateful hearts and kind actions. A heart that is filled with love and thankfulness spills over in kind words and deeds. Make time daily to express gratitude toward God and others.

Dear Lord, strengthen my heart and show me good deeds I can do. Help my lips praise You and overflow with kindness toward others. Amen.

COMMITTED TO GOD AND HIS GRACE

Day
4

Dear Lord, I want to be loving and giving. Strengthen me to look to the needs of others and to trust Your grace to provide for my needs. Amen.

Paul committed his life to reaching people with the gospel, helping the weak, and spreading God’s grace that had so changed his life. He spent three years in Ephesus discipling the new church there. When the time came for him to depart, he gave his final farewell with some words of wisdom that encouraged giving—a giving that flowed from a thankful heart.

Read Acts 20:32-36 and write out the first 13 words of verse 32. What did Paul say grace could do?

Paul had lived in Ephesus for three years, where his example showed the people his own commitment to Christ. This included showing his gratitude and his attitude toward giving. What had Paul shown them about living and money through his example?

What message did Paul give them from Jesus?

How does giving show our commitment to Christ?

After Paul left another group of Christians, the Thessalonians, he sent them a letter with a message about love that flowed from thankfulness. Read 1 Thessalonians 3:9,11-13. What did Paul say about his thankfulness regarding the Thessalonians?

What is Paul's prayer to God for their hearts?

Paul’s unlimited thankfulness increased the love he felt for the Thessa-
lonians. Thankfulness overflows into loving actions and through the
actions people see our faith. Read John 13:34-35. What did Christ ask
us to do?

Our connection to Christ will be evident in our love that flows from
hearts thankful for the grace God has given us. Express gratitude to God
and others today.

*Dear Lord, I commit myself to You. I trust You with my life and
ask You to direct me. Amen.*

HEART OF GRATITUDE

Day
5

*Dear Lord, when my courage fails and my heart fills with sorrow, I will
hope in You. Gracious Father, hear my cries and answer me. Amen.*

When our heart is full of sorrow, we can become fearful or depressed.
David, a man after God’s own heart, struggled with fear and depression.
In Psalm 31, he provides several reminders of God’s greatness and other
reasons to be thankful for God. This psalm can help us realize that God
understands our hearts and will assist us as we persevere and hope in
Him. Let’s look at this psalm today and examine how David turned to
God’s grace for strength.

Begin today’s study by reading Psalm 31. In verses 1-3, for what did
David ask?

How did David describe his condition (see verses 10-13)?

David's problems caused him inner anguish, physical illness, unhealthy weight loss and the slander and disrespect of those around him. Things couldn't get much worse! But what did David say that he hoped for (see verses 6-18,14-19)?

Even in the midst of his dark days, David remembered God's goodness. And once he recalled God's goodness, he praised God and remembered to trust Him for the future. His gratefulness changed his attitude about his circumstances. In verses 23-24, what challenge did David offer to other saints who are hurting?

Now turn to Psalm 27:7,13-14. What themes do these verses echo from Psalm 31?

What is the hope found in Psalm 27:13? What does this mean to you in your particular circumstances?

Read Psalm 28:6-9. How is the Lord described in these verses?

What happens when we trust in Him (see verse 7)?

Just when things can't get any worse—*that* is the time to give thanks! In Psalm 28:7, David wrote that his heart “leaps for joy” and that he would “give thanks to [the Lord] in song.” Spend a few minutes writing your own psalm of thanks. Then, when times get tough, revisit your words. Lift your thanks to God and put your hope in Him!

Heavenly Father, my hope is in You. Strengthen my heart and help me wait patiently. I thank You for all You have done. Amen.

Day
6

REFLECTION AND APPLICATION

Dear Lord, thank You for all the grace You give me each day. Help me to have a heart that is filled with gratefulness. Amen.

On Day 2, we studied the life of Hannah, whose life was changed when she began to thank God. Let's see if we can apply Hannah's prayer method to our own circumstances.

Read 1 Samuel 2:1-10. List some of the reasons why Hannah thanked God.

Now list some of the reasons you are thankful.

Next, list some of God's attributes for which you are thankful.

How have you celebrated God's answers to prayer? What can you do to share how God has blessed you?

Kind actions flow from a grateful heart. How has someone acted kindly toward you that showed he or she had a grateful heart? What actions have you done that flowed from being thankful?

The more you spend time expressing gratitude, the more your heart will respond with gratefulness for small and large blessings. Thinking of reasons to be grateful develops an awareness of all God’s gifts.

Dear Lord, I rejoice as I review all Your answers to prayer. Help me to remember Your grace and respond with thanksgiving. Amen.

REFLECTION AND APPLICATION

Day
7

Dear Lord, I am grateful for Your love, for friends, for family, for work, for Your creation and mostly for my salvation. Amen.

Today, we are going to reflect on one line from 1 Corinthians 1:4-5: “I always thank God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way—in all your speaking and in all your knowledge” Being happy that God has blessed someone else can be difficult. It is tempting to be envious of another person’s blessings. Paul attributes *all* blessings to God, which keeps the focus in the right place.

Who have you noticed who is rich in good speech, in words that sprinkle joy into others’ lives, or in giving wisdom to those who need it?

Who do you know who is rich in knowledge, in intelligence that gives insight to others, or in practical ways that help people get things done?

When was the last time you sent someone a thank-you note? What was it for? When was the last time you received a thank-you note? What was it for?

Paul usually followed his greeting with a blessing of grace to the recipient. How wonderful to bless the person you are writing to and impart God's grace to them! Paul often then followed this blessing with thanks, expressing his appreciation for the person or people to whom he was writing for their love and good work. For what will you thank someone? How can you bless that person with your words?

The heart of Paul's letters addressed issues or information that he wanted to share, describing what was happening in Paul's life and offering words of wisdom from his heart. What is on your heart to share with this person?

Paul closed his letters with encouragement and inspiring thoughts. He usually ended with another blessing of peace and grace. How would you like to close your letter?

Whether you send an email, an online instant message or a handwritten note by “snail mail,” express your gratitude for someone today!

Dear Father, thank You for Your great love letter, the Bible. Help me have the words to write to my friend to pass on the blessings of Your grace. Amen.

Notes

1. Robert A. Emmons and Michael E. McCullough, “Highlights from the Research Project on Gratitude and Thankfulness.” <http://psychology.ucdavis.edu/labs/emmons/> (accessed May 2010).

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Group Prayer Requests



Today's Date: _____

Name	Request

Results

Walking in Grace

leader discussion guide

For in-depth information, guidance and helpful tips about leading a successful First Place 4 Health group, study the *First Place 4 Health Leader's Guide*. In it, you will find valuable answers to most of your questions, as well as personal insights from many First Place 4 Health group leaders.

For the group meetings in this session, be sure to read and consider each week's discussion topics several days before the meeting—some questions and activities require supplies and/or planning to complete. Also, if you are leading a large group, plan to break into smaller groups for discussion and then come together as a large group to share your answers and responses. Make sure to appoint a capable leader for each small group so that discussions stay focused and on track (and be sure each group records their answers!).

week one: welcome to walking in grace

During this first week, welcome the members to your group, provide a brief overview of the First Place 4 Health program, explain what is expected of the participants at each of the weekly meetings, and collect the Member Surveys. (See the *First Place 4 Health Leader's Guide* for a detailed outline of how to conduct the first week's meeting.)

week two: respond wholeheartedly

Begin today's session by asking the participants in your group to describe the images the words "gift" and "grace" bring to their minds.

Talk to your group about the apostle Paul, who began his adult life as an enemy of Christians. Ask what people know about him (remember

that some members may have little Bible knowledge) and share his conversion story, found in Acts 9.

Lead a discussion on how change happens. There are two main catalysts for change. One is to reach a point where a person thinks, *I can't go on like this anymore*. The other is when a person envisions how life could be and how a change will make life better. Talk about how God's Word gives us forgiveness and freedom from the past and vision and hope for a better life.

Ask members to describe how, with God's grace, they have been able to follow the First Place 4 Health program and how it is changing them. Discuss the excitement of positive changes.

Discuss the week's memory verse, 2 Corinthians 3:17. Be sure to allow plenty of time to talk about how God gives us freedom to follow Him rather than coercing us. Discuss why choosing to join First Place 4 Health has been a good decision.

Talk about how God's grace helped people get through difficulties. Review the verses studied in Philippians 4:4-6, Romans 12:1-3 and Titus 2:12. Ask members what these verses mean to them. Discuss how with the grace of God we renew our minds, learn to live more sensibly and endure with steadfastness.

Ask each member to briefly summarize his or her hopes for change, and how he or she needs God's grace to make those changes. End today's lesson by reading 1 Peter 1:13-16 as your prayer for the group.

week three: grace to be ourselves

Ask participants to talk about how God created us and understands our thoughts and desires. How do the members feel about God knowing them even before they were born? What does it mean to them to be hand-crafted by God?

Read Proverbs 3:5-6. Talk about how setting aside time for Bible study and prayer is an important way to put God first. How is this going for the members? Is anyone frustrated by his or her lack of time or motivation?

First Place 4 Health menu plans



Each menu plan is based on approximately 1,400 to 1,500 calories per day. All recipe and menu exchanges were determined using the MasterCook software, a program that accesses a database containing more than 6,000 food items prepared using the United States Department of Agriculture (USDA) publications and information from food manufacturers. As with any nutritional program, MasterCook calculates the nutritional values of the recipes based on ingredients. Nutrition may vary due to how the food is prepared, where the food comes from, soil content, season, ripeness, processing and method of preparation. For these reasons, please use the recipes and menu plans as approximate guides. Consult a physician and/or a registered dietitian before starting a weight-loss program.

For those who need more calories, add the following to the 1,400-calorie plan:

- 1,800 calories: 2 ounce equivalent of meat, 3 ounce equivalent of bread, $\frac{1}{2}$ cup vegetable serving, 1 tsp. fat
- 2,000 calories: 2 ounce equivalent of meat, 4 ounce equivalent of bread, $\frac{1}{2}$ cup vegetable serving, 3 tsp. fat
- 2,200 calories: 2 ounce equivalent of meat, 5 ounce equivalent of bread, $\frac{1}{2}$ cup vegetable serving, $\frac{1}{2}$ cup fruit serving, 5 tsp. fat
- 2,400 calories: 2 ounce equivalent of meat, 6 ounce equivalent of bread, 1 cup vegetable serving, $\frac{1}{2}$ cup fruit serving, 6 tsp. fat

First Week Grocery List

Produce

- apple
- bananas
- blueberries
- broccoli
- cabbage with carrots slaw mix (1 pkg.)
- cantaloupe
- carrots
- cauliflower
- garlic
- grape tomatoes
- green bell pepper
- green onion
- mushrooms
- onion
- potatoes
- raspberries
- red bell pepper
- red onion
- romaine lettuce
- small red potatoes
- yellow squash
- zucchini

Baking Products

- all-fruit spread, apricot
- applesauce, unsweetened
- basil, dried
- basil pesto
- brown rice
- Dijon mustard
- dill, dried
- dried cranberries
- five-spice powder

- French onion dip
- hollandaise sauce
- marinara sauce
- nonstick cooking spray
- olive oil
- pepper
- pimientos
- rosemary
- salad dressing, light Italian
- salad dressing, lowfat buttermilk Ranch
- salsa
- salt
- soy sauce
- Splenda®
- stuffing mix, herb-seasoned
- sugar
- sweet and sour sauce
- syrup, light
- vanilla extract
- Wish-Bone Citrus Splash Vinaigrette Salad Dressing®

Breads and Cereals

- bowtie pasta
- breadsticks
- cinnamon-raisin bread
- cornflakes
- dinner rolls, whole-grain
- French bread
- Grape Nuts® cereal
- puffed rice cereal
- ramen noodles, chicken flavored
- saltine crackers
- sourdough bread

Canned Foods

- beef consommé
- chicken broth, reduced-sodium
- Mandarin orange sections
- petite-diced tomatoes with green pepper and onion
- pineapple chunks in juice

Dairy Products

- cheddar cheese (2%)
- cream cheese, light with chives and onion
- Dole® tropical fruit cocktail in passion fruit juice
- eggs
- half and half, fat-free
- margarine, light
- Mexican-blend cheese, reduced-fat
- milk, nonfat
- nonfat yogurt, artificially sweetened pineapple-flavored

- nonfat yogurt, artificially sweetened vanilla-flavored
- orange juice
- Parmesan cheese
- sour cream, light
- whipping cream

Frozen Foods

- asparagus
- California-style vegetables
- cornbread twists (1 pkg.)
- Italian-cut green beans
- oriental stir-fry vegetables
- waffles

Meat and Poultry

- beef tenderloin steaks
- chicken breasts, boneless, skinless
- chicken thighs, boneless, skinless
- ground beef, extra lean

First Week Meals and Recipes

DAY 1

Breakfast

½ medium cantaloupe, topped with
1 cup artificially sweetened pineapple-flavored nonfat yogurt and
¼ cup Grape Nuts® cereal

Nutritional Information: 183 calories; 1g fat (4.2% calories from fat); 12g protein; 34g carbohydrate; 3g dietary fiber; 3mg cholesterol; 153mg sodium.

Lunch

Quick and Crunchy Chicken Salad

8 oz. diced cooked chicken breast	½ cup bottled Wish-Bone Citrus Splash Vinaigrette Salad Dressing®
1 16-oz. pkg. shredded cabbage with carrots slaw mix	1 15-oz. Mandarin orange sections, drained
¼ cup sliced red onion	4 cups chopped romaine lettuce
1 3-oz. pkg. ramen noodles, crumbled	

Combine chicken, slaw mix and red onion in a large bowl. Add crumbled ramen (save the seasoning packet for another use). Pour dressing over the top and toss well to coat. Gently stir in Mandarin orange sections. Spoon equal amounts onto each of four 1-cup servings of chopped lettuce. Serve each with 1-ounce breadstick. Serves 4.

Nutritional Information: 516 calories; 22g fat (37.5% calories from fat); 26g protein; 55g carbohydrate; 5g dietary fiber; 48mg cholesterol; 620mg sodium.

Dinner

Steak with Mushroom Sauce

2 2"-thick beef tenderloin steaks (about 1 lb. total), trimmed of fat salt and pepper	8 oz. mushrooms, sliced ¼ cup beef consommé ¼ cup whipping cream
1 tsp. olive oil	2 tsp. Dijon mustard

Season steaks with salt and pepper on both sides and set aside. Preheat oil in a large skillet over medium heat, and then add steaks and cook to desired

doneness, turning once (about 10 minutes total for medium-rare and 14 minutes for medium). Transfer steaks to warm platter. Use same skillet to cook mushrooms 4 minutes over medium heat. Stir in consommé, cream and mustard. Cook and stir over medium heat 2 to 3 minutes or until slightly thickened. Add more seasoning to taste, if desired. Slice each steak into 6 pieces and place 3 pieces on each of 4 plates. Top each with 2 tablespoons mushroom sauce. Serve with 1 *Twice Baked Broccoli Potato* and a 1-ounce dinner roll. Serves 4.

Nutritional Information: 610 calories; 38g fat (54.9% calories from fat); 30g protein; 40g carbohydrate; 6g dietary fiber; 104mg cholesterol; 392mg sodium.

Twice-Baked Broccoli Potatoes

2 medium-sized baking potatoes	1 tbsp. light margarine
2 cups frozen broccoli florets	salt and pepper
1 tbsp. light sour cream	1 tbsp. shredded 2% cheddar cheese

Wash potatoes and prick skin several times with fork. Place the potatoes in microwave-safe dish and microwave on high for 5 minutes. Turn the potatoes over and cook for and 4 minutes. Let sit for 2 minutes, and then slice in half lengthwise. Scoop out the pulp (being careful not to tear the surrounding skin) into medium bowl. Add broccoli, sour cream, margarine and salt and pepper. Mix well and refill skins with pulp mixture. Top with cheese and microwave for 2 to 3 minutes. Serves 4.

Nutritional Information: 124 calories; 3g fat (17.4% calories from fat); 5g protein; 22g carbohydrate; 4g dietary fiber; 3mg cholesterol; 71mg sodium.

DAY 2

Breakfast

1 cup puffed-rice cereal
 ½ medium banana
 1 cup nonfat milk

Nutritional Information: 194 calories; 1g fat (3.6% calories from fat); 10g protein; 38g carbohydrate; 2g dietary fiber; 4mg cholesterol; 127mg sodium.

Lunch

Taco Pizza

½ lb. extra-lean ground beef	1 11.5-oz. pkg. refrigerated cornbread twists
1 medium green bell pepper, diced	
1 medium red onion, diced	1 cup shredded reduced-fat Mexican-blend cheese
½ cup prepared salsa (any kind)	

Preheat oven to 400° F. In medium nonstick skillet, cook ground beef, bell pepper and onion over medium heat until meat is browned. Drain and set aside. Unroll cornbread-twist dough—*but don't separate into strips*. Press dough onto the bottom of a 12" round pizza pan. Spread salsa evenly over dough, sprinkle with meat mixture, and then top with cheese. Bake for 20 minutes or until crust is browned. Cut into 8 slices. Serve with ½ cup Dole® tropical fruit cocktail in passion-fruit juice. Serves 4.

Nutritional Information: 555 calories; 22g fat (35.5% calories from fat); 24g protein; 65g carbohydrate; 7g dietary fiber; 47mg cholesterol; 1,258mg sodium.

Dinner

Cranberry-Apricot Stuffed Chicken Breasts

4 boneless, skinless chicken breasts (about 1 lb.)	½ cup dried cranberries, divided
1½ cups herb-seasoned stuffing mix	¼ cup light margarine, melted, divided
½ cup apricot all-fruit spread, divided	nonstick cooking spray

Preheat oven to 400° F. Place each chicken breast between 2 pieces of plastic wrap, and then pound lightly until breasts are about ¼" thick. Discard plastic and set chicken aside. In medium bowl, combine stuffing mix, ¼ cup cranberries, 1/3 cup apricot spread and 3 tablespoons margarine. Stir until moistened and then set aside. Combine the remaining cranberries, apricot spread and margarine in small bowl, and then stir well and set aside. Divide the stuffing mixture evenly among the four breasts. Fold the sides of each breast over the stuffing and roll up, securing with a toothpick. Place stuffed breasts in a 3-quart baking dish coated with nonstick cooking spray, and then bake uncovered for 15 minutes. Remove the breasts from the oven and brush cranberry-apricot glaze mixture over the top of each. Bake 10 to 12

minutes more. Serve each breast with 1 serving *Veggie Mash* and 1 whole-grain dinner roll. Serves 4.

Nutritional Information: 509 calories; 15g fat (27.3% calories from fat); 34g protein; 58g carbohydrate; 6g dietary fiber; 71mg cholesterol; 874mg sodium.

Veggie Mash

3 cups sliced carrots (peel before slicing)	½ 8-oz. container prepared French onion dip
2 cups coarsely chopped cauliflower	½ tsp. black pepper
1 cup coarsely chopped broccoli	

Place carrots in large saucepan, and then add water to cover. Bring to a boil and cook for 10 minutes. Add cauliflower and broccoli and cook 3 minutes more. Drain and coarsely mash the vegetables, and then stir in onion dip and black pepper. Serve warm. Serves 4.

Nutritional Information: 124 calories; 6g fat (42.1% calories from fat); 4g protein; 15g carbohydrate; 5g dietary fiber; 5mg cholesterol; 210mg sodium.

DAY 3

Breakfast

Turkey Bacon, Potato and Egg Scramble

2 slices turkey bacon, crisply cooked and crumbled	1 cup water
1/3 lb. small red potatoes (about 2 potatoes), cubed	2 tbsp. nonfat milk
2 medium eggs, slightly beaten (or ½ cup egg substitute)	dash of salt and pepper
	2 tsp. light margarine
	2 tsp. sliced green onions
	1 tsp. diced pimientos

Bring water and potatoes to a boil in a small saucepan. Let the potatoes cook 6 to 8 minutes or until tender, and then drain and set aside. In a small bowl, beat together eggs (or egg substitute), milk, salt and pepper with fork, and then set aside. Preheat a medium skillet over medium-high heat and add margarine. Sauté potatoes 3 to 4 minutes until slightly browned, and then add green onions and pimientos. Cook 1 minute more, stirring constantly. Pour the egg mixture over the potato mixture. As the mixture begins to set, gently stir until the uncooked eggs begin to cook and set. Cook 2 to