

BREAKFAST OPTIONS

Drinks

1 serving of each of the following (1 cup/8 ounces)

	Omega-3	Omega-6
Coffee (black)	0 mg	2.4 mg
2 tablespoons of whole milk	22 mg	36 mg
Tea (black or herbal)	0 mg	0 mg
Orange juice	35 mg	124 mg
Cranberry juice cocktail	58 mg	89 mg

Cereal

Plain oatmeal (old-fashioned or quick-cooking; ½ cup dry)

	Omega-3	Omega-6
If cooked with water	40.5 mg	891 mg
If cooked with 1 cup skim milk	45.4 mg	903 mg
If eaten with 1 tablespoon brown or white sugar	45.4 mg	901 mg

Cream of Wheat (1/2 cup dry)

	Omega-3	Omega-6
If prepared with water	76 mg	641 mg
If prepared with 1 cup skim milk (add 1 tablespoon sugar if desired)	81 mg	653 mg

Crispy Rice cereal (Rice Krispies-type; 1 cup)

	Omega-3	Omega-6
If eaten dry	0 mg	82 mg
½ cup strawberries	54 mg	74.5 mg
1 cup skim milk	5 mg	12.4 mg
Total (add 1 tablespoon sugar if desired)	59 mg	169 mg

Rice Chex (1 cup)

	Omega-3	Omega-6
If eaten dry	11 mg	131 mg
½ sliced banana	16 mg	27 mg
1 cup skim milk	5 mg	12 mg
Total (add 1 tablespoon sugar if desired)	32 mg	170.6 mg

Fruit

	Omega-3	Omega-6
Cantaloupe (1 cup cubed)	74 mg	56 mg
Honeydew (1 cup cubed)	58 mg	46 mg
Fresh pineapple (1 cup cubed)	28 mg	38 mg
Canned and drained pineapple (1 cup, chunks)	31 mg	42 mg
Fresh blueberries (1/2 cup)	43 mg	65 mg

Other

Fat-free plain or flavored yogurt (1 cup)

	Omega-3	Omega-6
If served alone	2.5 mg	10 mg
If eaten with one banana	34.5 mg	64.1 mg

Plain Bagel (4 inch diameter)

	Omega-3	Omega-6
If eaten alone	57 mg	512 mg
If eaten with 2 tablespoons of fat-free cream cheese	59 mg	524 mg
If eaten with jelly or jam	57 mg	512 mg

Egg White Scramble

Makes 1 serving

Egg whites from 2 large eggs

¼ cup skim milk

¼ cup shredded mozzarella cheese, part skim milk, low moisture

½ tablespoon KerryGold butter

½ cup frozen and drained spinach

	Omega-3	Omega-6
For one serving	469 mg	229 mg

LUNCH/DINNER OPTIONS

Classic Tomato Soup

Makes about 6-7 cups (4 large servings)

3 Tbs. KerryGold brand butter
1 large white onion, finely chopped (about 1 cup)
1 large clove garlic, smashed and peeled
2 Tbs. all-purpose white flour
3 cups fat-free chicken broth
28-oz. can whole peeled plum tomatoes, puréed (include the juice)
1 tsp. sugar
1 tsp dried oregano
Salt and freshly ground black pepper

- In a large soup pot or Dutch oven, heat the butter over medium-low heat until the butter melts. Add the chopped onion and garlic and cook, stirring occasionally, until soft but not browned, about 8 minutes. Add the flour and stir to coat the onion and garlic.
- Add the chicken broth, canned tomatoes, sugar, oregano, and 1/4 tsp. each salt and pepper. Bring to a simmer over medium-high heat while stirring the mixture to make sure that the flour is not sticking to bottom of pan. Reduce the heat to low, cover, and simmer for 40 minutes.
- Let cool briefly and then purée in two or three batches in a blender or food processor. Rinse the pot and return the soup to the pot. Season to taste with salt and pepper. Reheat if necessary.

1 serving of soup (1 ½ cups), about ¼ of recipe above:

	Omega-3	Omega-6
If served alone	113 mg	273 mg
If served with 6 fat-free saltine crackers	125 mg	467 mg

Canned Tuna Fish Salad

Makes 2 servings

1 (6 oz) can of tuna, light, packed in water
1 medium 6-inch stalk of celery chopped (1/4 cup)
½ small onion, chopped (1/4 cup)
¼ cup fat-free mayonnaise
¼ cup fat-free plain yogurt
½ tsp fresh lemon juice (optional for flavor – does not contribute much to omega-3/6 content)
¼ tsp garlic powder (optional for flavor – does not contribute much to omega-3/6 content)
1 TBSP chopped fresh parsley (optional for flavor – does not contribute much to omega-3/6 content)
Salt and pepper to taste

- In a large bowl, combine the tuna, celery, onion, mayonnaise, yogurt, lemon juice, parsley, garlic powder, salt and pepper. Mix well and refrigerate until chilled.

1 serving of tuna fish salad (1/2 of recipe above):

	Omega-3	Omega-6
If served alone	239 mg	60 mg
If served with a plain 4" bagel	296 mg	542 mg

Canned Wild Salmon Salad

Makes 2 servings

1 (6 oz) can of canned wild sockeye salmon, in water, drained
1 medium 6-inch stalk of celery chopped (1/4 cup)
½ small onion, chopped (1/4 cup)
¼ cup fat-free mayonnaise
¼ cup fat-free plain yogurt
½ tsp fresh lemon juice (optional for flavor – does not contribute much to omega-3/6 content)
¼ tsp garlic powder (optional for flavor – does not contribute much to omega-3/6 content)
1 TBSP chopped fresh parsley (optional for flavor – does not contribute much to omega-3/6 content)
Salt and pepper to taste

- In a large bowl, combine the salmon, celery, onion, mayonnaise, yogurt, lemon juice, parsley, garlic powder, salt and pepper. Mix well and refrigerate until chilled.

1 serving of salmon salad (1/2 of recipe above):

	Omega-3	Omega-6
If served alone	1405 mg	150 mg
If served with a plain 4" bagel	1462 mg	662 mg

Black Beans and Rice

Makes 3 servings

1 cup uncooked white rice (medium or long-grain)
1 TBSP KerryGold butter
1 can (16 oz) black beans
½ of a medium fresh red bell pepper, chopped (about ½ cup)
1 small onion, chopped (about ½ cup)
2 cloves of garlic, minced
2 TBSP white vinegar
½ tsp Tabasco sauce (optional for flavor – does not contribute much to omega-3/6 content)
1 tsp dried oregano (optional for flavor – does not contribute much to omega-3/6 content)
1 TBSP chopped fresh cilantro (optional for flavor – does not contribute much to omega-3/6 content)
Salt and pepper to taste

- Cook rice in water according to package instructions. White rice usually takes 15 minutes to cook once the water is simmering, and 10 minutes to sit.
- Heat butter in a large skillet on medium high. Sauté onions and bell pepper for 3-4 minutes, until just beginning to soften, then add garlic and sauté a minute more. Add the black beans, vinegar and Tabasco. Bring to a boil, reduce heat, cover and simmer for 5 minutes.
- Stir in rice and oregano. Add salt and pepper to taste and top with fresh cilantro.

	Omega-3	Omega-6
1 serving of beans and rice (1/3 rd of recipe)	173 mg	284 mg
Entire recipe as above	520 mg	853 mg

Refried Beans and Rice

Makes 1 serving

½ cup fat-free canned refried beans
½ cup uncooked white rice
¼ cup of shredded mozzarella cheese, part skim milk, low moisture
1 chopped plum tomato
Chopped cilantro

- Cook rice with water and a pinch of salt if preferred, warm refried beans in microwave or on stovetop, and top both with the chopped tomato, cilantro, and shredded cheese.

	Omega-3	Omega-6
Entire recipe as above (1 serving)	256 mg	455 mg

Quick Vegetable-Rice Soup

Makes 2 servings

½ cup frozen green peas
½ cup canned kidney beans
½ cup chopped onion (1 small onion)
1 large chopped carrot
1 chopped plum tomato
2 cups fat-free chicken or vegetable broth
½ cup uncooked white rice
1 TBSP lemon flavored Carlson Fish oil (or similar brand)
Pinch of dried thyme or oregano

- In a medium saucepan, gently sauté chopped onion and chopped carrot in the tablespoon of fish oil and once slightly softened, add the uncooked rice and the broth and bring to a low boil.
- Cover and let rice cook until done, about 20 minutes.
- Add the chopped plum tomato, peas, beans, and oregano or thyme and let the ingredients warm throughout before serving.

	Omega-3	Omega-6
1 serving of soup (1/2 of recipe above)	2480 mg	250 mg

Baked Potato

Makes 1 serving

1 large Russet or other “baking” potato
2 TBSP fat-free sour cream
1 TBSP KerryGold butter

- Wrap potato in aluminum foil and bake at 350 degrees F for 20 minutes, or wrap in cloth towel and cook potato in microwave until soft.
- Cut slits in the top of cooked potato and top with butter and fat-free sour cream, and salt to taste.

	Omega-3	Omega-6
1 potato, entire recipe above	168 mg	329 mg

Salad with Roasted Root Vegetables

Makes 1 serving

2 cups shredded or chopped lettuce (Boston, Bib, or Romaine lettuce would work well here)
1 large carrot, peeled and cut into about 5-6 pieces
1 medium (4" wide) white or Yukon gold potato, peeled and cut into small wedges
1 clove crushed fresh garlic
1 TBSP lemon flavored Carlson Fish oil (or similar brand)
Pinch of granulated sugar
Salt and pepper to taste
2 TBSP fat-free Italian salad dressing

- Preheat oven to 425 degrees F
- Combine carrot pieces, potato wedges, and crushed garlic with the fish oil and mix until vegetables are fully coated with oil. Add the pinch of sugar and a couple of pinches of salt and spread vegetables evenly out in a metal baking sheet.
- Bake vegetables until soft and slightly browned, about 20 minutes (check after 15 minutes to ensure that they don't burn).
- Toss lettuce with the Italian dressing and then top with the warm roasted vegetables and black pepper to taste.

	Omega-3	Omega-6
1 serving of salad, entire recipe above	4927 mg	247 mg

Wild Salmon Dinner

Makes 1 serving

¼ pound (4 ounces) of wild salmon, preferably Atlantic
1 TBSP KerryGold butter
½ cup uncooked white rice
Salt and pepper and dried oregano or thyme
Squeeze of lemon juice
Green vegetable of choice (5 asparagus spears, or 1 cup chopped broccoli, or 10 green beans)

- Cook white rice in water per package directions, with pinch of salt if preferred
- In a small skillet, sauté green vegetable of choice in ½ TSBP of the butter until cooked through.
- Either cover salmon with aluminum foil in a baking dish and bake until cooked, or if it is a thinner piece of fish, melt ½ TSBP of butter in a skillet and cook salmon over stovetop. Squeeze fresh lemon juice over fish while still warm.

	Omega-3	Omega-6
1 serving (fish + rice + vegetable), entire recipe	3068 mg	592 mg

Pasta Primavera

Makes 1 serving

1 cup cooked regular spaghetti or other plain white pasta
1 clove crushed garlic
1 medium red bell pepper, sliced
1 cup chopped broccoli
½ cup frozen green peas
1 TBSP lemon flavored Carlson Fish oil (or similar brand)
1 TBSP fat-free Italian salad dressing
10 leaves fresh basil

- Sauté garlic, red pepper and chopped broccoli in the tablespoon of fish oil until starting to soften, about 5 minutes, and then add peas and stir until they are warmed throughout.
- Toss cooked pasta with sautéed vegetables, Italian dressing, and torn fresh basil leaves.

	Omega-3	Omega-6
1 serving, entire recipe as above	4932 mg	617 mg

Quick Three Bean Chili

Makes 3 servings

1 16 oz can of kidney beans
1 16 oz can of pinto beans
1 16 oz can of black beans
1 TBSP KerryGold butter
½ cup chopped onion (1 small onion)
1 medium green pepper, diced
1 28 oz can diced tomatoes, with juice drained out
Dried spices (chili powder, cumin, coriander)
Salt to taste

- In a medium saucepan, sauté onion and pepper in the tablespoon of butter until softened but not browned, about 4 minutes. Add dried spices and stir until fragrant.
- Add tomatoes and the cans of beans and heat throughout, about 5 minutes

	Omega-3	Omega-6
1 serving of chili (1/3 rd of recipe above)	476 mg	600 mg
Entire recipe as above	476 mg	600 mg