

## The Day-After Diet

Regretting that extra helping—or two—of pie? Nurse your holiday food binge with this whole-foods-packed 1,200-calorie meal plan.

By Sara Haas, R.D.N., L.D.N.



### BREAKFAST / 258 CAL.

**Ricotta & Yogurt Parfait:** Combine  $\frac{3}{4}$  cup nonfat vanilla Greek yogurt,  $\frac{1}{4}$  cup part-skim ricotta and  $\frac{1}{2}$  tsp. lemon zest. Top with  $\frac{1}{4}$  cup raspberries, 1 Tbsp. slivered almonds and 1 tsp. chia seeds.



### MORNING SNACK / 212 CAL.

**Apple & Cheddar with Jalapeño Slices:** 1 apple (cut into 8 wedges), 1 oz. sharp Cheddar cheese,  $\frac{1}{2}$  jalapeño (sliced).



### LUNCH / 381 CAL.

**Kale Turkey Wraps:** Mix 1 Tbsp. cranberry sauce with 1 tsp. Dijon mustard. Spread on 3 medium lacinato kale leaves. Top each with 1 oz. sliced turkey, 2 red onion slices and 3 pear slices (1 pear total). Serve with 1 small banana.



### DINNER / 347 CAL.

#### Apricot-Rosemary Chicken with Roasted Carrot Salad

ACTIVE: 35 min TOTAL: 45 min

*Searing the chicken on the stovetop then finishing it in the oven ensures juicy results.*

- 2 pounds carrots, cut diagonally into  $\frac{1}{4}$ -inch-thick slices
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- $\frac{1}{2}$  teaspoon ground pepper, divided
- 2 boneless, skinless chicken breasts (1 $\frac{1}{4}$  pounds), trimmed
- $\frac{1}{2}$  cup low-sodium chicken broth
- $\frac{1}{4}$  cup apricot preserves
- 2 tablespoons lemon juice
- 3 sprigs fresh rosemary
- 1 clove garlic, minced
- 8 cups baby spinach

1. Preheat oven to 450°F.
2. Toss carrots on a rimmed baking sheet with 2 teaspoons oil,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Roast until barely tender, 10 to 12 minutes.
3. Meanwhile, sprinkle chicken with the

remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat. Add the chicken and cook until lightly browned, about 2 minutes per side.

4. Stir the carrots, push to the sides and transfer the chicken to the baking sheet. Roast until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 10 to 15 minutes more.

5. Meanwhile, whisk broth, apricot preserves, lemon juice, rosemary and garlic in the skillet. Bring to a simmer over medium heat. Reduce heat to maintain a gentle simmer until ready to use. (Remove the rosemary before serving.)

6. Transfer the chicken to a clean cutting board and let rest for 5 minutes before slicing. Transfer the carrots to a large bowl. Add spinach and half of the apricot sauce; gently toss to combine. Serve the sliced chicken over the salad, drizzled with the remaining sauce.

**SERVES 4:** 4 oz. chicken & 2 cups salad each

**CAL** 347 / **FAT** 9G (SAT 2G) / **CHOL** 78MG / **CARBS** 36G / **TOTAL SUGARS** 19G (ADDED 8G) / **PROTEIN** 33G / **FIBER** 7G / **SODIUM** 550MG / **POTASSIUM** 1,258MG