YES YOU CAN:
- Get healthier!
- Slim down!
- Feel great!

Our reader-tested EAT SMART PLAN delivers results

SUPER BOWL PARTY
- Serve up a tasty buffet
- Decorate cute cupcakes

YOUR STYLE
- Find comfortable clothes that don’t look sloppy
- Buy a better bra

YOUR HEALTH
- Ease back pain
- Combat dry and flaky winter skin

YOUR MONEY
- Smart ways to manage your $$$

CLEAR THE CLUTTER
- Fast and easy storage solutions
- Multitasking furniture and more

Warm up winter days with SWEET treats
We found vegetarian dinners the whole family loves

Michele Fischer-Paul of Kensington, Conn., wrote to All You for help making vegetarian meals that satisfy even meat eaters

When she plans dinner for her family, Michele Fischer-Paul turns to the repertoire of vegetarian dishes she's cooked for the past two decades. While skipping meat is no problem for Michele or her son, Mason (a fellow vegetarian), her husband, Michael, and their daughter, Margot, are meat eaters. Michele worked with All You dietitian Dawn Jackson Blatner to develop vegetarian dinners that are well balanced and won't leave anyone missing the meat.

Michele, 43

“I have been a vegetarian for about 20 years. My husband eats vegetarian at home but is a true meat lover. I want to give my family balanced nutrition to maintain healthy weights and provide brain and body power throughout the day.”

Meet Michele’s family

Michael, 44:
“I am open to trying new things, but at heart I’m a steak-and-potatoes kind of guy.”

Mason, 12, and Margot, 9:
Mason is a die-hard vegetarian who loves cheese and pasta. Margot eats mostly vegetarian meals, but she also loves pepperoni.

Did you know?
According to the American Dietetic Association, people who follow a healthy vegetarian diet have a lower risk of heart disease, high blood pressure and type 2 diabetes.

Meet the All You nutrition expert

Dawn Jackson Blatner is a registered dietitian in Chicago and a spokeswoman for the American Dietetic Association. She developed a week-by-week plan to make the Paul family's meatless meals more satisfying and nutritious.
Solve your family's eating challenges

Please everyone with nutritious vegetarian meals

Follow the Pauls as they adopt a healthful approach to eating vegetarian—without sacrificing taste.

MICHELE'S PLAN

1 WEEK

Fill in the gaps

BEFORE

A vegetarian diet is low in saturated fats and can help prevent diseases such as diabetes. But it may lack certain vitamins, protein, iron and zinc.

DAWN'S SOLUTION

To fill in nutrient gaps, eat lots of orange and green leafy vegetables and fruits, drink two to three 8-ounce glasses of milk or soy milk daily and include at least 15 grams of protein per meal.

MICHELE'S VERDICT

* "To make sure we were getting enough B12, calcium and vitamin D, I started mixing half 1% milk and half chocolate soy milk. We all like this as a snack."

2 WEEK

Make a recipe binder

THE PAUL family tried to eat salad and vegetables every night but still ate more pasta, bread and cheese than produce.

Organize recipes from cookbooks, television programs, the Internet, friends and family in a binder. Review them before grocery shopping to get fresh dinner ideas.

* "Before I go to the store I look through the binder and pick out what we're going to eat for the week. We've definitely broken out of dinnertime boredom!"

* "I found recipes and made them vegetarian by swapping in beans or soy products. We've found a few delicious meals that the whole family loved." (See recipe below.)

3 WEEK

Portion properly

To make their dinners taste savory without adding meat, the Pauls needed to add vegetarian foods that provide a rich, meaty flavor.

Add savory foods, such as mushrooms, Parmesan, tomatoes and tomato-based foods (like pasta sauce and ketchup), potatoes, sweet potatoes, carrots, cabbage and soybeans.

* "I made a major change in how we serve dinner. Instead of having family-style meals, I now portion the food on each plate before I serve it, so we know everyone is getting the right balance."

4 WEEK

"Beef" up vegetarian meals

Why it was worth it

"We are trying new recipes from our binder and I feel confident that we're eating healthy, balanced meals."

—MICHELE

Try one of the Pauls' favorite recipes

**Ratatouille** (serves 4)

- 3 Tbsp. olive oil
- 5 cloves garlic, chopped
- 1 eggplant, 2 green bell peppers, 2 cups canned diced tomatoes, 1 onion, 1 zucchini (all diced)
- \( \frac{1}{2} \) cup fresh basil or 1 Tbsp. dried
- 6 links veggie sausage
- 2 Tbsp. red wine vinegar
- 4 oz. cheese (feta, Parmesan or Romano)

In a large covered pot, warm oil. Add garlic, vegetables, basil and sausage, and cook over medium-low heat for 25 minutes, stirring often. Remove from heat, season with salt and pepper, and top with vinegar and cheese.