



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

**PREP TIME:** 5-10 MINUTES  
**COOK TIME:** NONE

**YIELD:** 4 SERVINGS  
**SERVING SIZE:** 3 TOMATO SLICES,  
 1 C WATERMELON  
 (OR 2 SKEWERS)

### LOW-FAT BLUE CHEESE DIP:

**¼ C** REDUCED-FAT BLUE CHEESE CRUMBLES  
**¼ C** FAT-FREE SOUR CREAM  
**2 TBSP** LIGHT MAYONNAISE

### HONEY MUSTARD DIP:

**¼ C** HONEY  
**2 TBSP** BROWN MUSTARD  
**2 TBSP** FAT-FREE EVAPORATED MILK  
**1 TBSP** FRESH PARSLEY, RINSED, DRIED, AND  
 CHOPPED (OR 1 TSP DRIED)  
**1 TBSP** FRESH CHIVES, RINSED, DRIED, AND  
 CHOPPED (OR 1 TSP DRIED)

### TUSCAN WHITE BEAN DIP:

**1 TBSP** OLIVE OIL  
**1 TBSP** GARLIC, CHOPPED (ABOUT 3 CLOVES)  
**2 TBSP** ONIONS, CHOPPED  
**1 C** LOW-SODIUM CANNELLINI BEANS, RINSED  
**¼ C** LOW-SODIUM CHICKEN BROTH  
**1 TBSP** FRESH PARSLEY, RINSED, DRIED,  
 AND CHOPPED (OR 1 TSP DRIED)  
**1 TBSP** FRESH OREGANO, RINSED, DRIED,  
 AND CHOPPED (OR ¼ TSP DRIED)

### VEGETABLES:

**5 C** ASSORTED RAW VEGETABLES, RINSED  
 AND CUT INTO BITE-SIZED PIECES AS  
 NEEDED—SUCH AS BABY CARROTS,  
 CELERY STICKS, BROCCOLI FLORETS,  
 CAULIFLOWER FLORETS, OR CHERRY TOMATOES



## DUNKIN' VEGGIES AND DIPS

DIPPING MAKES VEGGIES FUN—TRY THESE TASTY DIPS FOR DINNER, A SNACK, OR A PARTY!

- 01 Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).
- 02 Arrange vegetables on a platter, and serve with choice of dip.

### NUTRITION PER SERVING:

#### low-fat blue cheese dip (1 Tbsp):

**56** CALORIES  
**3 G** PROTEIN  
**3 G** CARBOHYDRATE  
**4 G** TOTAL FAT

#### honey mustard dip (1 Tbsp):

**71** CALORIES  
**1 G** PROTEIN  
**19 G** CARBOHYDRATE  
**0 G** TOTAL FAT

#### tuscan white bean dip (1 Tbsp):

**87** CALORIES  
**3 G** PROTEIN  
**10 G** CARBOHYDRATE  
**4 G** TOTAL FAT

**vegetables** 1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

**42** CALORIES  
**2 G** PROTEIN  
**9 G** CARBOHYDRATE  
**0 G** TOTAL FAT

**Note:** Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

