

# ***Fit-4-Life Must Have Cookbook***

## **Table of Contents:**

### **Part I: A Healthy Twist on Breakfast**

Sprouted Grain French Toast	Pg. 2
Breakfast Protein Parfait	Pg. 3
Protein Pumpkin Pancakes	Pg. 4
Lo Carb Pumpkin Muffins	Pg. 5
Power Oatmeal	Pg. 6
Spinach & Egg White Wrap	Pg. 7
Fire Roasted Chile Omelet	Pg. 8
Quinoa Breakfast Bowl	Pg. 9
Energy Muffin	Pg. 10
Eat Your Spinach Frittata	Pg. 11
Flax Meal Protein Cakes	Pg. 12

### **Part II: Healthy Salads**

Sesame Chopped Salad	Pg. 13
Cranberry Tuna Salad	Pg. 14
Tasty Tuna Lettuce Wraps	Pg. 15
Spinach, Mango, & Red Quinoa Salad	Pg. 16
Grilled Salmon & Peach Salad	Pg. 17
Quinoa & Winter Squash Salad	Pg. 18
Best Spinach Salad Ever	Pg. 19
Light & Tasty Egg Salad	Pg. 20

### **Part III: Hearty Soups**

Creamy Carrot Soup	Pg. 21
Kale & Pinto Bean Salad	Pg. 22
Easy Chilled Gazpacho	Pg. 23
Moroccan Stew	Pg. 24
Easy Homemade Lentil Soup	Pg. 25

### **Part IV: Lunch & Dinner the Healthy Way**

Dan's Turkey Ball Meatballs	Pg. 26
Dan's Lo Carb Chicken Quesadillas	Pg. 27
Dan's Baked Ziti	Pg. 28
Dan Pull Barbecue Chicken	Pg. 29
Protein Sesame Cashew Noodles	Pg. 30
Tasty Tuna Salad Wrap	Pg. 31
PB&J Makeover	Pg. 32
Speedy Chicken Jambalaya	Pg. 33
Easy Turkey Wrap	Pg. 34
Chicken Quinoa Stir Fry	Pg. 35
Perfect packed Lunch	Pg. 36
Mean & Clean Burrito	Pg. 37
Guiltless Zucchini Pasta w/ Turkey	Pg. 38
White Bean Ratatouille	Pg. 39
Quick Chicken & Veggie Bowl	Pg. 40
Fasterst Chicken Stir Fry	Pg. 41
Mediterranean Lettuce Wrap	Pg. 42

### **Part IV (con't) Lunch & Dinner the Healthy Way**

Mango Marinated Tofu	Pg. 43
Rosemary Lamb Chops	Pg. 44
Seasoned Ahi Tuna	Pg. 45
Easy Teriyaki Salmon	Pg. 46
Wild Blackened Catfish	Pg. 47
Smoked Salmon Wrap	Pg. 48
Broiled White Fish & Brown Rice	Pg. 49
Herb Coated Halibut & Zucchini Pasta	Pg. 50
Sweet & Tangy Salmon	Pg. 51
Open Faced Salmon Sandwich	Pg. 52

### **Part V: Smoothies**

Smoothies	Pg. 53-55
Healthy Chocolate Shake	Pg. 56
Veggie Power Juice	Pg. 57
Green Smoothie	Pg. 58

### **Part VI: Must Have Side Dishes**

Tender Homemade Baked Beans	Pg. 59
White Bean Hummus	Pg. 60
Edamame Dip	Pg. 61
Green Protein Dip	Pg. 62
Garlic Asparagus	Pg. 63
Favorite Green Beans	Pg. 64
Savory Broccoli Rabe	Pg. 65
Grilled Bok Choy	Pg. 66

### **Part VII: Desserts You Can Still Eat**

Guilt Free Peach Cobbler	Pg. 67
Chocolate Protein Pudding	Pg. 68
Chocolate Berry Parfait	Pg. 69
Fresh Mango Pie	Pg. 70
(Dan's)	
Power Packed Black Bean Brownie	Pg. 71

## Sprouted Grain French Toast



Just because you gave up white bread and sugar doesn't mean that you can't enjoy a delicious plate of French Toast! This recipe is made with sprouted grain bread, egg whites and protein-packed Greek yogurt. The whole family will love it.

**Servings: 5**

**Here's what you need...**

- 5 slices cinnamon raisin, sprouted grain bread
  - 1 cup egg whites
  - 6 oz fat free, Greek yogurt
  - 1 teaspoon vanilla extract
  - 1/2 teaspoon ground cinnamon
  - dash of salt
  - Optional: additional fat free Greek yogurt and pomegranate seeds for topping.
1. Preheat a skillet, or pancake griddle over medium high heat. Lightly coat with cooking spray.
  2. In a shallow bowl, whisk the egg whites, yogurt, vanilla, cinnamon and salt. Mix until well combined.
  3. Dip each slice of bread in the egg white mixture, flipping to coat each side. Place on the prepared skillet and cook for 3-5 minutes on each side, until the eggs set and turn golden.
  4. Serve immediately with the additional yogurt and pomegranate.

**Nutritional Analysis:** One serving equals: 127 calories, 0 fat, 157mg sodium, 19g carbohydrate, 2g fiber, and 12g protein.

## Breakfast Protein Parfait



Here's a great recipe to make the night before for an easy grab-n-go breakfast straight out of the fridge. It's packed with protein, vitamins and minerals for sustained energy all morning long. And it tastes great too.

Servings: 1

### **Here's what you need...**

- 1/4 cup Greek Yogurt, plain, fat free
  - 1/4 cup low fat cottage cheese
  - 1 scoop high quality strawberry or vanilla protein powder
  - 1/4 cup fresh berries
  - 1 Tablespoon or raw walnut pecan pieces
1. In a small bowl use a whisk to combine the yogurt, cottage cheese and protein powder. Mix until well incorporated.
  2. Place half of the yogurt mixture into a clear cup, top with the berries and then the remaining yogurt mixture. Top with pecans.

**Nutritional Analysis:** One serving equals: 260 calories, 6g fat, 307mg sodium, 11g carbohydrate, 4g fiber, and 38g protein.

## Protein Pumpkin Pancakes



Enjoy these tasty pumpkin pancakes without guilt. Made with almond meal and packed with protein from eggs, these pancakes are sure to satisfy without shortchanging your results.

**Servings: 5**

### **Here's what you need...**

- 4 large eggs
- 3/4 cup egg whites
- 1 can of pumpkin
- 1 cup almond meal
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- dash of nutmeg
- 1 teaspoon ground cinnamon
- cooking spray

1. In a medium bowl, mix all of the ingredients together.
2. Heat pancake griddle to medium heat and coat with cooking spray.
3. Cook each side about 3 minutes until brown, then flip and cook remaining side.

**Nutritional Analysis:** One serving equals: 255 calories, 15g fat, 112mg sodium, 11g carbohydrate, 5g fiber, and 19g protein.

## Low Carb Pumpkin Muffins



Here's a muffin that isn't sugary, starchy and devoid of nutrients – like the muffins at your favorite coffee shop. These muffins are rich in beta-carotene and contain half an egg's worth of high quality protein. The delicately sweet flavor will satisfy and have you coming back for more.

Servings: 12

### Here's what you need...

- 1/2 cup coconut flour (find at natural foods store)
  - 2 teaspoons ground cinnamon
  - 1/2 teaspoon ground nutmeg
  - 1/4 teaspoon ground cloves
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/2 cup canned pureed pumpkin
  - 6 eggs, beaten
  - 3 Tablespoon coconut oil, melted
  - 1/3 cup honey
  - 1 teaspoon vanilla extract
  - 12 pecans for topping
1. Preheat oven to 400 degrees F. Oil muffin pans.
  2. In a medium bowl, combine the coconut flour, spices, baking soda and salt.
  3. In another bowl, place the pumpkin puree then add the eggs one at a time, mixing well after each addition. Add melted coconut, honey and vanilla and mix until well combined.
  4. Add the flour mixture to the pumpkin mixture, blend with a whisk until most lumps have disappeared.
  5. Spoon into prepared muffin pan, filling each muffin 2/3 full. Bake for 18-20 minutes or until golden.
  6. Place on wire rack to cool.

**Nutritional Analysis:** One serving equals: 127 calories, 7g fat, 230mg sodium, 11.7g carbohydrate, 3g fiber, and 5g protein

## Power Oatmeal



This oatmeal is packing a powerful ingredient – protein. Mix a scoop of your favorite protein powder into your oatmeal to transform it into a quick and healthy breakfast.

Servings: 1

Here's what you need...

1/2 cup whole grain rolled oats  
1 cup water  
dash of salt  
1 scoop high quality protein (NOW Whey Protein Isolate)  
1 tablespoon chopped macadamia nuts  
1 tablespoon golden raisins

Mix the oats, water and salt together in a microwave safe bowl. Microwave on high for 2 to 4 minutes.

Stir in protein, top with nuts and raisins.

Nutritional Analysis: One serving equals: 325 calories, 7g fat, 41.7g carbohydrate, 10.2g fiber, and 25.7g protein.

## Spinach & Egg White Wrap



This wrap is delicious for breakfast, lunch or dinner. It's ready in a flash, tastes amazing, and is filled with lean protein, veggies and whole sprouted grains. Try it today, but don't be surprised if you get hooked!

Servings: 2

### **Here's what you need:**

- 1 teaspoon olive oil
  - 1 garlic clove, minced
  - 3/4 cup tomato, finely chopped
  - 2 cups spinach, roughly chopped
  - 1 cup egg whites
  - dash of salt and pepper
  - 2 sprouted grain tortillas
  - 2 Tablespoons pesto (purchase it pre-made, or combine 1/2 cup walnuts, 2 cups basil leaves, 2 cloves garlic, 1/4 cup olive oil, and 1 Tablespoon lemon juice in a food processor and blend until it becomes a paste.)
1. Spread a tablespoon of pesto over each tortilla and set aside.
  2. In medium sized skillet warm the olive oil over medium heat. Add the garlic and sauté until golden. Add the tomato and cook for another 3 minutes. Add the spinach and cook until it is soft and wilted. Remove the veggies from skillet, set aside in a bowl.
  3. Pour the egg whites into the skillet, season with salt and pepper. Cook until the egg is no longer runny.
  4. Arrange half of the egg whites in a line down the center of each tortilla. Top with half of the veggies and then fold the ends up and wrap like a burrito.

**Nutritional Analysis:** One serving equals: 288 calories, 10g fat, 28g carbohydrate, 6g fiber, and 21g protein.

## **Fire-Roasted Chile Omelet**



Here's a recipe to spice up your breakfast. Egg whites, fire-roasted green Chile and diced tomatoes create a tasty omelet that is bursting with flavor and packed with protein. Serve with a side of salsa and sliced avocado.

**Servings: 2**

**Here's what you need...**

- 1 teaspoon olive oil
  - 3 small tomatoes, finely chopped
  - 2 (4oz) cans of fire-roasted, diced green chiles
  - 12 egg whites
  - 2 Tablespoons water
  - Non-stick cooking spray
1. In a skillet, heat the oil over medium heat. Add the tomatoes and chiles and cook until soft, about 3 minutes. Season with pepper and salt and set aside.
  2. In a medium bowl whisk the egg whites and water. Lightly coat a medium non-stick skillet with non-stick cooking spray and place over medium heat. Add  $\frac{1}{4}$  of the eggs and swirl to evenly coat the bottom of that pan. Cook until the eggs have set, about 2 minutes.
  3. Use a rubber scraper to lift the eggs up and let the runny uncooked egg flow underneath. Spoon  $\frac{1}{4}$  of the Chile mixture onto half of the omelet, fold over, and slide onto a serving plate. Repeat with remaining egg whites and Chile mixture.

**Nutritional Analysis:** One serving equals: 163 calories, 5g fat, 6g carbohydrate, 2g fiber, and 26g protein.



## Quinoa Breakfast Bowl



You've probably heard of quinoa – it is hailed by some as the new super food. It's high in protein (12%-18%) and contains a balanced set of essential amino acids – this means it's a surprisingly complete protein. It's also high in fiber and iron. And, as if the edible seeds didn't have enough going for them, NASA is thinking about growing it in space.

Quinoa is quite possibly the perfect thing to have for breakfast to start your day off on the

right foot.

**Servings: 1**

**Here's what you need:**

- 1/2 cup quinoa, cooked in water according to instructions on package
- 1 Tablespoon golden raisins
- 1 Tablespoon date pieces, chopped
- 1 Tablespoon pecan pieces, chopped
- Dash of cinnamon
- Dash of nutmeg
- Drizzle of pure maple syrup

1. Top cooked quinoa with raisins, date pieces, pecan pieces, cinnamon, nutmeg and a drizzle of maple syrup.

**Nutritional Analysis:** One serving equals: 344 calories, 5g fat, 59g carbohydrate, 6g fiber, and 12g protein.

## Energy Muffin



Finally, a great-tasting muffin recipe with no added sugar! Naturally sweetened with banana and blueberries, these muffins are as sweet as they are delicious. Enjoy one with a side of scrambled egg whites for a quick and nutritious breakfast.

**Servings: 18**

Here's what you need...

- 1 cup mashed banana
- 2 egg whites
- 1/2 cup water
- 1/3 cup refined coconut oil
- 2 cups wheat flour
- 1 teaspoon baking soda
- 2 1/4 teaspoons baking powder
- 1 cup frozen blueberries, left to thaw in a strainer

1. Preheat oven to 350 degrees. Prepare 18 standard-sized muffin cups with paper liners.
2. In a large bowl, combine banana, egg whites, water and oil. Add the flour and mix. Gently fold in blueberries. Immediately spoon batter into muffin cups.
3. Bake for about 20 minutes. Remove muffins from tins and cool on a wire rack.

**Nutritional Analysis:** One serving equals: 98 calories, 4g fat, 13g carbohydrate, 2g fiber, and 3g protein.

## Eat-Your-Spinach Frittata

This recipe is a great way to eat more spinach-and we all know how that turned out for Popeye. Frittatas make a great dinner, so don't limit this as a breakfast food. The key to making a low fat, high protein frittata is to replace most of the eggs with egg whites, as this recipe calls for.

Servings: 4

Here's what you need...

- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 4 cups baby spinach leaves
- 3 whole eggs, plus 4 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 sweet onion, chopped
- 1/4 cup red bell pepper, minced
- 2 red potatoes, peeled and shredded
- 1/4 cup shredded low fat mozzarella

1. Preheat the broiler and position the rack about 4 inches from the top. In a large nonstick frying pan (with a flameproof handle, since this is going in the oven) heat 1/2 teaspoon of oil on medium heat. Add the garlic and sauté until soft, about 1 minute. Stir in the spinach and cook until it is wilted, about 2 minutes. Transfer to a bowl and set the frying pan aside.
2. In a bowl whisk together the eggs and egg whites, salt and pepper. Set aside.
3. Put the frying pan back on medium heat and add the remaining 1/2 teaspoon of oil. Add the onion and sauté until soft, about 4 minutes. Stir in the bell pepper and potatoes and cook until the potatoes are browned, about 5 minutes.
4. Spread the potato mixture to an even layer in the pan. Spread the spinach over it, then pour the eggs on and sprinkle with the cheese. Cook until slightly set, about 3 minutes.
5. Place the pan under the broiler until the frittata is browned and completely set, about 3 minutes. Cut into wedges and serve immediately.

Nutritional Analysis: One serving equals: 176 calories, 6g fat, 16g carbohydrate, 2g fiber, and 12g protein

## Flax Meal Protein Cakes

Who doesn't love pancakes? Here's a recipe that you can enjoy guilt free. These pancakes are packed with protein and contain omega-3 fatty acid from the flax meal. Omega-3 fatty acids are not manufactured naturally in your body, and thus must come from your diet as they are essential for growth and development.

**Servings: 2**

**Here's what you need...**

- 1 egg and 2 egg whites
- 2/3 cup nonfat cottage cheese
- 1/2 cup whole grain cornmeal
- 2 tablespoon whole wheat flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/3 cup nonfat milk
- 2 tablespoon flax meal
- 1 teaspoon grated lemon peel

Sliced banana \*optional\*

Place all ingredients in a blender and blend until smooth.

Bake on a 350-degree griddle lightly greased with cooking spray. Serve with sliced banana.

Nutritional Analysis: One serving equals: 264 calories, 4g fat, 39g carbohydrate, 3g fiber, and 20g protein.

## Sesame Chopped Salad



- 1 cup cabbage
- 1 carrot
- 1 green onion
- 1 Tablespoon fresh cilantro
- 1 Tablespoon sliced almonds
- 2 teaspoons sesame low fat dressing
- 1/2 cup cooked chicken breast

1. Chop the cabbage, carrot, onion and cilantro into very small pieces. Add the almonds and toss with dressing.
2. Top with chopped chicken breast.

**Nutritional Analysis:** One serving equals: 276.5 calories, 7.5g fat, 468mg sodium, 27g carbohydrate, 7g fiber, and 26g protein.

## Cranberry Tuna Salad



### **Here's what you need...**

- 2 cans wild caught Albacore Tuna, packed in water
  - 2 celery stalks, chopped
  - 2 Tablespoons low fat mayonnaise
  - 1/4 cup dried cranberries
  - 1 teaspoon dried dill weed
1. Drain and flake tuna in a medium bowl.
  2. Add all of the ingredients and mix until well combined.

**Nutritional Analysis:** One serving equals: 195 calories, 9.6g fat, 273mg sodium, 9 carbohydrate, 1g fiber, and 17g protein.

## Tasty Tuna Lettuce Wraps



Who needs bread weighing them down? These tasty tuna lettuce wraps are so much better than a traditional tuna sandwich, and will leave you feeling light and lean. Use wild-caught Albacore Tuna packed in water.

**Servings: 2**

### **Here's what you need...**

- 1 (5oz) can Albacore Tuna, packed in water
  - 3 celery stalks, diced
  - 1 Tablespoon relish
  - 2 Tablespoons light mayonnaise
  - 2 teaspoons mustard
  - 2 teaspoons dried dill weed, plus more for garnish
  - dash of freshly ground pepper
  - 1/2 cup purple cabbage, shredded
  - 4-6 butterhead lettuce leaves, washed
1. In a medium bowl, flake the drained tuna with fork. Add celery, relish, mayo, mustard, dill and pepper. Mix well.
  2. Place lettuce leaves on plates, evenly divide cabbage on the leaves and then fill with tuna mixture. Sprinkle with dried dill weed.

**Nutritional Analysis:** One serving equals: 148calories, 7g fat, 434mg sodium, 7g carbohydrate, 2g fiber, and 13g protein.

## [Spinach, Mango, and Red Quinoa Salad \(with Chicken\)](#)



Crisp baby spinach blends with sweet mango, tender chicken and a sprinkle of red quinoa in this refreshing salad. Complete with your veggies, protein and wholegrain, this salad is a balance meal in and of itself.

Servings: 2

Here's what you need...

- 2 cups baby spinach
- 1 small carrot, shredded
- 2 Tablespoons red onion, minced
- 1/4 cup red quinoa, cooked
- 1/4 cup ripe mango, diced
- 1 cup cooked chicken breast, diced
- 2 Tablespoons lowfat salad dressing (Newman's Own Low Fat Sesame Ginger Dressing)

1. Place the spinach, carrot, onion, quinoa, mango, and chicken in a medium bowl. Toss with dressing.

Nutritional Analysis: One serving equals: 248 calories, 4.7g fat, 301mg sodium, 25.5g carbohydrate, 3.4g fiber, and 25.5g protein.



## Grilled Salmon and Peach Salad



This recipe makes a perfect flat-abs meal. Fresh greens, grilled peaches and tender salmon make a mouthwatering combination. Enjoy for lunch or dinner.

Servings: 1

Here's what you need:

- 2 cups mixed greens
- 1/4 cup grilled peaches
- 1 Tablespoon blue cheese crumbles
- 1 Tablespoon dried cranberries
- 1 Tablespoon light salad dressing
- 7 oz grilled salmon

1. Toss the greens, peaches, blue cheese, and cranberries in a bowl with salad dressing. Top with grilled salmon.

Nutritional Analysis: ? One serving equals: 365.3 calories, 14.5g fat, 404mg sodium, 15g carbohydrate, 2g fiber, and 39.7g protein.

## Quinoa and Winter Squash Salad



This recipe is another great way to enjoy protein-filled quinoa. Winter squash combined with celery, onion and parsley makes a healthy and comforting side dish.

Servings: 10

Here's what you need:

- 2 yellow onions, diced
- 4 celery stalks, diced
- 4 carrots, diced
- 2 cups diced squash, butternut or any other fall or winter squash
- 1 Tablespoon olive oil
- 1 Tablespoon brown rice syrup
- dash of freshly ground sea salt
- zest and juice from 1 lemon
- 2 cups filtered water
- 1 cup quinoa
- 4 sprigs of parsley, finely minced

Preheat oven to 400 degrees F.

Place the onions, celery, carrots and squash in a large bowl. Mix in the oil and syrup, then sprinkle the salt and lemon zest. Mix until well combined and then place on a shallow baking dish. Cover the dish and bake for 40 minutes. After 40 minutes remove cover and cook for another 15 minutes.

While the vegetables are in the oven, put the quinoa and water in a saucepan, cover and bring to a boil over medium heat. Cook for about 25 minutes over low heat, until the water is absorbed. Combine the vegetables and cooked quinoa together with the lemon juice and parsley. Serve warm or chilled.

Nutritional Analysis: One serving equals: 95 calories, 1g fat, 19g carbohydrate, 2.5g fiber, and 4g protein.

## Best Spinach Salad Ever!



The first thing that you'll notice about this salad is that it tastes amazing. It also doesn't hurt that spinach is an extremely nutrient-dense food. The recipe calls for raspberry vinegar, which is a flavorful and refreshing alternative to traditional, oily dressing. The fruit and nuts add flavor, fiber and healthy fat.

Servings: 8

Here's what you need:

- 8 cups cleaned spinach leaves
- 3 oranges, peeled, sliced and quartered
- 2 cucumbers, peeled sliced and quartered
- 1/8 cup macadamia nuts, coarsely chopped
- 1/8 cup sunflower seeds
- 2 Tablespoons poppy seeds
- 1 cup strawberries, sliced or whole raspberries
- 1/2 cup white balsamic raspberry blush vinegar

1. Combined the spinach, oranges, cucumbers, macadamia nuts, sunflower seeds, poppy seeds and strawberries in a bowl.
2. Add the vinegar and toss well.

Nutritional Analysis: One serving equals: 99 calories, 3g fat, 14g carbohydrate, 2.6g fiber, and 3.5g protein.

## Light 'n Tasty Egg Salad

Servings: 2

Here's what you need...

- 4 hard-boiled eggs with yolks removed
- 1 hard-boiled egg
- 2 tablespoons nonfat mayonnaise
- 2 stalks celery, finely diced
- 2 whole wheat English Muffins, toasted
- 1 teaspoon onion powder
- 1 pinch celery seeds
- salt and cracked black pepper to taste
- 2 small tomatoes, sliced

Chop the egg whites and the whole egg and place in a mixing bowl. Stir in the mayonnaise, celery, onion powder, celery seeds, salt and pepper. Cover and chill. Mix well. Place English muffins on plate and serve with egg salad and sliced tomato.

Nutritional Analysis: One serving equals: 226 calories, 5g fat, 31g carbohydrate, and 15g protein

## Creamy Carrot Soup



Most creamy soups are filled with fat – but not this one. Indulge with this healthy carrot soup. Serve with a side of lean chicken breast or grilled fish and a small salad for a balanced meal.

Servings: 2

### Here's what you need:

- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1/2 small onion, diced
- Dash of sea salt
- 4 cups carrots, diced
- 5 cups filtered water
- 3 Tablespoons White Miso

1. In a soup pot heat the olive oil over medium heat. Add garlic and onion with a dash of salt and cook for 4 minutes. Add carrots and stir, cook for another 4 minutes. Add the water and bring to a boil.
2. Reduce heat, cover and simmer until carrots are tender, about 20 minutes. Use a hand blender to process the soup until smooth.
3. Remove 1 cup of the soup and mix the miso into it until dissolved. Add back into the soup and simmer for 5 more minutes.

**Nutritional Analysis:** One serving equals: 187 calories, 4g fat, 27g carbohydrate, 5g fiber, and 5g protein.

## Kale & Pinto Bean Soup



There's nothing better than a warm bowl of soup on a chilly fall day. This soup contains kale, a superfood that is packed with vitamins, minerals and cancer-fighting enzymes. It contains loads of vitamin A, vitamin C, B6, manganese, calcium, copper and potassium.

**Servings: 10**

Here's what you need...

- 1 cup dried pinto beans
- 1 large yellow onion
- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 4 cups filtered water
- 2 bouillon cubes
- dash of freshly ground sea salt
- dash of freshly ground pepper
- 2 bay leaves
- 2 teaspoons dried rosemary, crushed between your fingers
- 5 large carrots, diced
- 2 bunches kale, chopped

1. Bring a large pot of water to a boil, add the beans and cook for 60-90 minutes. Drain and set aside.
2. In your soup pot heat the olive oil over medium heat. Add onion and garlic and cook for 5 minutes.
3. Add the cooked beans, water, bouillon, salt, pepper, bay leaves, rosemary, and carrots. Simmer for 15-20 minutes. Add the kale and cook another 15 minutes or until kale is tender. Add more water if needed.
4. Remove the bay leaves, add more salt and pepper if needed.

**Nutritional Analysis:** One serving equals: 112 calories, 2g fat, 20g carbohydrate, 7.3g fiber, and 6g protein.

## Easy Chilled Gazpacho



Gazpacho is a cold tomato-based soup that originated in Spain. What better time to enjoy a chilled bowl of gazpacho than on a hot summer day? Use fresh ingredients for the best possible taste.

Servings: 6

### **Here's what you need:**

- 3 cups tomato juice
- 1/3 cup red wine vinegar
- 1 Tablespoon olive oil
- 2 large tomatoes, quartered
- 1 cucumber, peeled and cut into chunks
- 1 small onion, peeled and quartered
- 1 sweet green bell pepper, seeded and quartered
- Dash of hot sauce
- Fresh ground salt and pepper to taste
- 2 tomatoes & 2 cucumbers chopped for garnish

1. Place all of the ingredients, except tomato and cucumber garnish, in a high speed blender. Turn on high speed for 40 seconds.
2. Chill the soup for 30-60 minutes.
3. Place chopped cucumber and tomato in each serving dish and fill with soup. Serve immediately.

**Nutritional Analysis:** One serving equals: 85 calories, 2.5g fat, 15g carbohydrate, 2.5g fiber, and 3g protein.

## Moroccan Stew



This stew is perfect for a cold winter day. It is packed with antioxidant-rich vegetables and fragrant spices. Serve this stew over a scoop of cooked quinoa or whole grain brown rice.

**Yield: 6 servings**

### **Here's what you need:**

- 1 1/2 cups plus 3 tablespoons water or vegetable stock, divided
  - 1 large size yellow onion, finely chopped
  - 2 large size red bell peppers, seeded and chopped
  - 2 or 3 garlic cloves, minced
  - 1 teaspoon agave nectar or pure maple syrup
  - 1 teaspoon ground coriander
  - 1/2 teaspoon ground cinnamon
  - 1/2 teaspoon ground cumin
  - 1 teaspoon grated or minced fresh ginger
  - 1/2 teaspoon saffron
  - 2 medium size sweet potatoes or garnet or jewel yams, peeled and cut into 1/2 inch cubes
  - 1 can (15oz) diced tomatoes, undrained
  - 1 can (15oz) chickpeas drained and rinsed
  - Salt and pepper to taste
1. Heat 3 tablespoons water in a soup pot over medium heat. Add onion, peppers and garlic, and cook for 5 minutes. If the water begins to evaporate, add a little more.
  2. Stir in the agave nectar, coriander, cinnamon, cumin, ginger and saffron and cook for 1 minute, stirring constantly. Add sweet potatoes, and stir to coat. Stir in tomatoes, remaining 1 1/2 cups water and chickpeas. Bring to a boil, then reduce heat to low.
  3. Simmer until sweet potatoes are tender, about 30 minutes. Season with salt and pepper, then serve over quinoa or brown rice.

**Nutritional Analysis:** One serving equals: 141 calories, 1g fat, 29g carbohydrate, 6g fiber, and 6g protein



## Easy Homemade Lentil Soup



Few things are as comforting, on a brisk autumn day, than a bowl of hot lentil soup. This recipe is surprisingly simple with 5 minutes of prep and a cook time of just 30 minutes. Serve for lunch or dinner with a piece of hearty whole grain bread and a salad.

**Yield: 12 Servings**

### **Here's what you need...**

- 7 cups water
- 2 1/2 cup dried red lentils
- 1 large onion, minced
- 1 teaspoon turmeric
- Large pinch of cayenne pepper
- 4 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- Salt and pepper

1. Combine water, lentils, onion, turmeric, and cayenne pepper in a large soup pot and bring to a boil. Reduce heat, partially cover, and simmer until lentils have disintegrated, about 30 minutes.
2. Stir in lemon juice, cumin, salt and pepper to taste.

**Nutritional Analysis:** One serving equals: 148 calories, .8g fat, 25g carbohydrate, 6g fiber, and 11g protein.

Lunch/Dinner

## **Dan's Turkey Meatballs**

1lb Ground Turkey Meat

1 slice fresh whole-wheat/grain bread with crust removed, pulsed into crumbs

¼ cup grated parmesan

½ cup finely chopped onion

¼ cup fresh red pepper, finely chopped

2 large cloves of garlic, minced

2 tablespoons flat leaf parsley, minced

2 teaspoons fresh thyme, minced

1 teaspoon fresh basil, minced

1 teaspoon oregano

¼ cup egg substitute

ground black pepper

Combine all ingredients in a large bowl without overworking. Form into 2½ inch balls. Preheat sauté pan on low heat with a teaspoon of extra virgin olive oil. Place meatballs in sauté pan and brown evenly on all sides. Remove from pan and drain on paper towel to remove excess oil.

Option 1: Place browned meatballs into prepared sauce and allow them to fully cook through.

Option 2: Pre-heat oven to 350. Place meatballs in shallow pan and complete baking until done in oven, about 10-15 minutes. Check often for doneness so that meatballs do not dry out.

## **Dan's Low-Carb Chicken Quesadillas**

2 Low Carb Multigrain Tortilla Shells (Tumero's is my preferred)

4oz Shredded Low fat or 2% Mild Cheddar

4oz Shredded Low fat or 2% Colby Jack Cheese

1 – Small can Diced tomatoes in water, drained

4-6oz Shredded Chicken breast

Green and red pepper, scallions to taste

Light olive oil

Grease a cookie sheet with regular or butter-flavored cooking spray and a teaspoon of light olive oil

Preheat oven to 350

Place a tortilla shell on the tray and brush top lightly with olive oil

Sprinkle cheese, chicken, tomatoes, peppers and onions over shell

Brush top of second tortilla shell with olive oil and place on top of shell laying on cookie sheet with the oiled side down. Lightly brush top with olive oil.

Cover quesadilla with tin foil and place in oven to bake for about 10 minutes to allow chicken to warm up and cheese to melt

Remove cover and bake for 3-5 minutes to crisp

Remove from oven and cut with pizza cutter into wedges

Serve with low or non-fat sour cream

Note: For the chicken breast, use leftovers or try the pre-cooked grilled chicken strips found in the meat department of most local stores. Perdue offers many options, just be sure to read the ingredients for preservatives and sodium.

## **Dan's Baked Ziti**

2lbs Whole Wheat\Grain Pasta (ziti, rotini, etc)

1 – 29oz can Tomato Sauce (Not spaghetti sauce)

1 – 29oz can Crushed Tomatoes

1 – Small can Diced tomatoes in water drained

1lb Reduced Fat or 2% Mild Cheddar

1lb Reduced Fat or 2% Colby Jack Cheese

Prepare pasta as normal to al dente. While pasta is cooking, cut cheese into ½ inch cubes. Drain and rinse pasta. Pre-heat oven to 400. Add pasta to large mixing bowl. Add tomato sauce, crushed tomatoes and diced tomatoes to pasta bowl. Toss pasta with the tomato sauce, crushed and diced tomatoes. Add the cubed cheese to the pasta and toss as well. Grease large baking or casserole dish with cooking spray coating bottom and sides. Add pasta to greased baking dish and cover with tin foil. Place in oven and bake covered for 30-40 minutes. Remove tin foil and allow top to crisp up about 15 minutes. Be careful not to burn (unless you like it extra crispy).

Note: When shopping for tomato products, look for reduced sodium, organic options. Also, watch the sugar content or even search out a low-carb sauce option. Depending on your tastes, you can also substitute the mild cheddar for a sharp or white cheddar.

## **Dan's Pulled Barbecue Chicken**

4-6 Pounds Boneless Chicken Breast – Remove any excess fat

12 Ounces of Beer or Apple Juice or water

Poach chicken breast in water, beer or apple juice to taste. About 15-20 minutes. Prepare barbecue sauce while chicken poaches.

Drain chicken and pat dry.

Shred chicken and place in slow cooker.

Stir so that sauce covers all of the chicken.

Turn cooker on low to warm chicken and sauce about 1 hour.

Serve on hoagie roll or make a lettuce wrap with some low-fat cheese.

### **Barbecue Sauce:**

1 cup [apple cider vinegar](#)

1 cup low sodium ketchup

3 tablespoons packed dark Splenda [brown sugar](#)

1 tablespoon yellow [mustard](#)

1 tablespoon [molasses](#)

1 teaspoon salt

In a slow cooker, combine all the ingredients and [whisk](#) well to dissolve the sugar.

Yield: about 2 cups

## Protein Packed Cashew Sesame Noodles



Personal Chef Christina Dimacali packed the house again at Fit-4-Life on Saturday. Over 30 people braved the ice and snow to watch Christina's culinary masterpiece.

### **Make 4 servings**

7 ounces Barilla Plus thin spaghetti  
1/3 cup salted roasted cashews  
1 large garlic cloves  
2 Tablespoons soy sauce  
1 Tablespoon rice vinegar  
2 Tablespoons sesame oil  
1 teaspoon crushed chili flakes  
2 teaspoons honey or agave  
7 ounces lite firm tofu (such as Nayosa)  
1 green onion chopped  
1 small red pepper minced  
1 cup loosely packed cilantro leaves

### **Directions:**

1. Bring water to a boil and cook noodles according to package directions.
2. In a blender or food processor add cashew nuts. Coarsely chop, remove and set aside.
3. To the blender add garlic, soy sauce, rice vinegar, sesame oil, honey and tofu. Blend until smooth.
4. When ready to drain pasta, place edamame in a colander. Pour cooked pasta and water over the edamame and drain well.
5. In a large bowl toss together pasta, edamame, soy sauce mixture, cashews, green onion, red pepper and cilantro.

Nutritional info: 406 cal, 46.9g carbs, 15.2g fat, 2.4g sat. fat, 19.6g protein, 6.9g fiber, 312 mg sodium

## Tasty Tuna Lettuce Wraps



Who needs bread weighing them down? These tasty tuna lettuce wraps are so much better than a traditional tuna sandwich, and will leave you feeling light and lean. Use wild-caught Albacore Tuna packed in water.

**Servings: 2**

### **Here's what you need...**

- 1 (5oz) can Albacore Tuna, packed in water
  - 3 celery stalks, diced
  - 1 Tablespoon relish
  - 2 Tablespoons light mayonnaise
  - 2 teaspoons mustard
  - 2 teaspoons dried dill weed, plus more for garnish
  - dash of freshly ground pepper
  - 1/2 cup purple cabbage, shredded
  - 4-6 butterhead lettuce leaves, washed
3. In a medium bowl, flake the drained tuna with fork. Add celery, relish, mayo, mustard, dill and pepper. Mix well.
  4. Place lettuce leaves on plates, evenly divide cabbage on the leaves and then fill with tuna mixture. Sprinkle with dried dill weed.

**Nutritional Analysis:** One serving equals: 148calories, 7g fat, 434mg sodium, 7g carbohydrate, 2g fiber, and 13g protein.

## PB&J Makeover



Not all PB&J sandwiches were created nutritionally equal. It all depends on the quality of the ingredients that you use.

If you use white bread, corn syrup-filled peanut butter and refined sugar-filled jelly, the result would be a sandwich that will skyrocket your blood sugar, promotes fat storage and leaves you feeling hungry a short time later.

However, if you make this recipe, with sprouted grain bread, true peanut butter made from one ingredient: peanuts, and fruit preserves that are naturally sweetened with fruit juice rather than sugar, then the result would be a nutritionally dense food that would promote stable blood sugar levels and provide you with hours of sustained energy.

Your kids will love the fun twist of having their sandwich grilled and stuffed with banana slices!

Servings: 1 Here's what you need:

Sprouted grain bread

1 Tablespoon pure peanut butter (no added sugar or corn syrup)

1 Tablespoon natural fruit spread (no added sugar or corn syrup)

1/2 of a banana, sliced

Spread one piece of bread with peanut butter and the other with fruit spread. Line one side with the sliced bananas and sandwich it.

In a grill pan over medium heat, grill each side until grill marks appear and the sandwich is warmed.

Nutritional Analysis: One serving equals: 380 calories, 8.7g fat, 53g carbohydrate, 9g fiber, and 13.2g protein.



## [Speedy Chicken Jambalaya](#)

Chef Christina's Healthy Weeknight Cooking Lesson was awesome last week. You absolutely have to try the recipes below, they were delicious. And we raised \$100 for Philabundance which helps local families stay fed during tough times. Watch Christina's video on how to make the Green Protein Dip. Follow Christina on Twitter for great recipes and restaurant eats at <http://twitter.com/christinasplate>

## Speedy Chicken Jambalaya

*Serves 4 – 6*

- 1 Tablespoon oil
- 2 cups chopped onion
- 2 stalks celery chopped
- ½ lb chicken breast cut into ½" pieces
- 2 teaspoons chili powder
- 1 teaspoon thyme
- ¼ teaspoon cayenne (or to taste)
- ½ teaspoon ground cloves
- ¼ pound prepared turkey or chicken kielbasa
- or sausage cut into ½" cubes
- 14 ounces low sodium chicken broth
- 2 cups water
- 14 ounces diced tomatoes
- 8 ounces orzo wheat pasta
- 1/2 pound shrimp peeled and diced
- 1 large green pepper diced fine
- ¼ cup parsley (optional)

### Directions:

1. In a large saute pan, heat oil over medium high heat. Add **onions** and **celery**. Cook until just starting to wilt (approximately 2 minutes). Add **chicken** and saute until chicken is browned on all sides.
2. Add **chili powder, thyme, cayenne, cloves** and **sausage**. Saute for 1 minute.
3. Slowly add **chicken broth**, scraping the pan with a wooden spoon to get all the spices from the pan bottom.
4. Add **water** and **diced tomatoes**. Bring mixture to a boil.
5. Add **orzo wheat pasta**. Bring back to a boil and cook for 8 minutes.
6. Fold in **shrimp, peppers** and **parsley**. Continue cooking until shrimp turns pink. Serve!

*Nutr'l info per serving: 278 cal, 5.3g fat (1.1g sat fat), 39.7g carbs, 20.6g protein, 5.9g fiber*

## Easy Turkey Wrap



This wrap is perfect to pack for lunch or makes a quick and healthy dinner. It's ready in a flash, tastes amazing, and is filled with lean turkey, veggies and whole sprouted grains. Try it today, but don't be surprised if you get hooked!

**Servings: 1**

**Here's what you need:**

- 1 sprouted grain tortilla, 6 inches
  - 1 Tablespoon low fat cream cheese
  - 1/4 cup tomato, chopped
  - 1 cup lettuce roughly chopped
  - 3oz lean turkey slices
  - dash of salt and pepper
1. Spread a tablespoon of cream cheese evenly over one side of the tortilla.
  2. Arrange the turkey slices over the cream cheese and layer with tomatoes. Top with lettuce, sprinkle with salt and pepper. Roll the tortilla closed.
  3. Cut in half and enjoy.

**Nutritional Analysis:** One serving equals: 228 calories, 6g fat, 21g carbohydrate, 4g fiber, and 21g protein.

## Chicken Quinoa Stir Fry



Here is a simple, wholesome meal that is ready in 30 minutes – perfect for busy weekday dinners. There’s no reason to hit the take out line when you have this quick and delicious recipe on hand. Eating simple, wholesome meals like this and exercising regularly will get you to your goal weight.

Servings: 4

Here’s what you need:

- 1 cups cooked quinoa
- 1 tsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 ear of corn, kernels cut from cob
- Handful of asparagus stalks, cut into 1 inch pieces
- 2 cups baked chicken breast, cut into small cubes
- 1 can of organic black beans, drained and rinsed
- splash of lemon juice
- splash of lime juice
- dash of salt and pepper
- splash of soy sauce
- 1/4 cup fresh parsley, finely chopped

1. Cook the quinoa and set aside. Place a large saucepan over medium heat. Add the oil, onion and garlic. Sauté for about 3 minutes. Add the bell peppers, corn and asparagus, cook until the vegetables are tender. Add the chicken and beans, cook for another 10 minutes, adding the rest of the ingredients.

2. Place a serving of quinoa on each plate and top it with the vegetable mix.

Nutritional Analysis: One serving equals: 293 calories, 5g fat, 32g carbohydrate, 4.6g fiber, and 29.4g protein.

## Perfect Packed Lunch...



Here's an example of a healthy and balanced packed lunch. Try this one out, and then use it as a springboard for your own creative lunch ideas. Don't fall into the trap of eating the same thing day after day. Remember to use the 7 steps above to create your perfect packed lunch.

### **Servings: 1**

### **Here's what you need...**

For the wrap:

- 1 green tortilla
- 1 chicken breast (or your choice of protein: veggie patty, lean turkey, hardboiled egg, smoked salmon, grilled white fish, or baked tofu)
- Sliced tomato
- Romaine lettuce
- 1 Tablespoon hummus

For the veggies:

- 1/2 cup cut veggies (try broccoli, cauliflower, carrots and bell peppers)
- 1/4 cup hummus

For the yogurt:

- 1/2 cup plain nonfat Greek yogurt
- Handful of berries (strawberries and blueberries)

For the trail mix:

- 1oz raw mixed nuts
- 5 golden raisins

1. Spread the tortilla with hummus, line with lettuce, tomato slices and chicken breast. Wrap and slice in half.
2. Wash and pack the cut veggies in plastic container. Pack the hummus in a small container.
3. Pack the yogurt in a small container and top with the berries.
4. Mix the raw nuts with the raisins and pack in a small container or bag.
5. Don't forget to pack a container of water and a napkin!

**Nutritional Analysis:** One serving equals: 547 calories, 19g fat, 39g carbohydrate, 12g fiber, and 55g protein.

## Mean & Clean Burrito



Here's a healthy burrito recipe to sink your teeth into. Whole grains, lean protein and crunchy veggies make this a recipe that you'll come back to time and again. Serve with a side of your favorite salsa.

**Servings: 1**

**Here's what you need...**

- 1 sprouted grain, flourless tortilla
- 1 Tablespoon hummus
- 1/3 cup cooked brown rice
- 1/4 cup cooked black beans
- 1/2 cup cooked chicken, chopped (or baked tofu)
- 2 Tablespoons fresh corn kernels
- 2 Tablespoons chopped cucumber
- 1/4 cup shredded arugula
- 3 cherry tomatoes, chopped

1. Warm the tortilla in a dry skillet. Spread the hummus evenly over the tortilla.
2. Top the tortilla with rice, beans, chicken and veggies.
3. Fold the two sides of the tortilla in over the filling, then flip up the bottom edge and roll tightly.

**Nutritional Analysis:** One serving equals: 380 calories, 7.8g fat, 45g carbohydrate, 7g fiber, and 31g protein.

## Guiltless Zucchini Pasta with Turkey



Here is a guiltless way to prepare spaghetti that the whole family will love. To create angel hair noodles out of zucchini you simply need a small kitchen gadget called a spiral slicer. This ingenious tool is well worth the small investment – with it you’ll quickly and easily make delicious, fiber-filled noodles.

**Yield: 4 servings**

### Here’s what you need:

- 4 zucchini, ends trimmed and run through a spiral slicer
  - 1 teaspoon olive oil
  - 1/2 cup chopped onion
  - 3 garlic cloves, minced
  - 1 (20oz) package lean ground turkey
  - 2 cups spaghetti sauce
  - Salt and pepper to taste
1. Place the spiral-sliced zucchini in a large bowl and set aside.
  2. In a medium sized skillet heat the oil. Add the onion and garlic and sauté until soft.
  3. Add the turkey to the skillet and cook until fully browned. Add the spaghetti sauce and mix until fully incorporated. Remove from heat.
  4. Mix the sauce with the zucchini noodles in the large bowl and serve.

**Nutritional Analysis:** One serving equals: 292 calories, 8g fat, 26g carbohydrate, 5g fiber, and 27g protein.

## White Bean Ratatouille



Ratatouille is a dish of cooked vegetables that originated in southern France. It is hearty and satisfying, like comfort food, with none of the guilt. This version contains white beans which add protein and have a wonderful texture. Serve it hot or cold, either way this dish is sure to please.

**Yield: 8 servings**

Here's what you need:

- 1 large-size globe eggplant, cut in 1/2 inch cubes
- 1 tablespoon water, for sautéing
- 2 medium-size red onions, sliced
- 3 medium-size zucchini, cut in 1/2 inch cubes
- 2 red bell peppers, cut into 1/2 inch squares
- 4 garlic cloves, minced
- 1/4 cup dry white wine
- 1 cup vegetable stock
- 4 tomatoes, seeded and roughly chopped (or 2 cans – 15 oz each – fire roasted diced tomatoes)
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 2 bay leaves
- 2 (15oz) cans white beans, drained and rinsed
- Salt and fresh group pepper, to taste
- 1/2 cup finely chopped fresh basil

1. Steam eggplant cubes for 10 minutes. Heat the water in a large-size sauté pan, add onions and cook, for 5 minutes.
2. Add zucchini and bell peppers and cook, stirring often, for another 5 minutes. Add steamed eggplant and cook another 5 minutes, then add garlic.
3. Add wine and stock. Bring to a boil over high heat, then reduce heat to medium-high and stir in tomatoes, parsley, thyme, oregano, and bay leaves. Reduce heat, cover, and simmer gently for 15 minutes, stirring occasionally.
4. Add beans to skillet, stirring well to combine. Cook, uncovered, until vegetables are tender but not mushy and liquids have thickened, stirring occasionally for another 5 minutes. Season with salt to taste.
5. Remove skillet from heat, remove the bay leaves, and stir in chopped basil.

**Nutritional Analysis:** One serving equals: 195 calories, 1g fat, 38g carbohydrate, 11.5g fiber, and 9.5g protein.

## Quick Chicken and Veggie Bowl

This recipe serves up a refreshing new twist on chicken. Delicious veggies and chunks of tender chicken are coated in a savory sauce, and served over wild rice. It works great as a weekday meal, since it only takes about 20 minutes to make.

**Servings: 6**

### Here's what you need...

- 2 cups wild rice, cooked
  - 1 Tablespoon sesame oil
  - 1 sweet potato, halved and thinly sliced
  - 1/2 cup red onion, thinly sliced
  - 1 cup mushroom, sliced
  - 1 Tablespoon ginger root, minced
  - 3 cloves garlic, minced
  - 2 Tablespoons mirin (rice cooking wine)
  - 2 Tablespoons soy sauce
  - 1 Tablespoon toasted sesame oil
  - 1 teaspoon corn starch
  - 1/2 teaspoon crushed red pepper
  - 2 cups green beans, chopped
  - 4 cups chicken breast, cooked and cubed
1. In a large saucepan place the sesame oil over medium heat. Add the sweet potato, onion, mushroom, ginger and garlic. Sauté for 5 minutes.
  2. In a small bowl combine the mirin, soy sauce, toasted sesame oil, cornstarch and red pepper. Set aside.
  3. Add the green beans and chicken into the pan and continue to cook for 2 minutes. Pour the soy sauce mixture in and mix until fully incorporated. Cook for another 3 minutes.
  4. Serve over wild rice.

**Nutritional Analysis:** One serving equals: 299 calories, 8g fat, 23g carbohydrate, 2g fiber, and 33g protein.



## Fastest Chicken Stir Fry



Think you don't have enough time to cook a healthy meal? Think again. This healthy and delicious chicken stir fry takes only minutes to make. Instead of chopping the vegetables yourself, this recipe calls for pre-chopped ingredients found in the produce section of your grocery store. Skip the take out line tonight and try this recipe instead.

**Yield: 6 servings**

### **Here's what you need...**

- 1 teaspoon olive oil
  - 1 teaspoon chopped garlic
  - 1 cup asparagus, cut into 2 inch segments
  - 1 (16 oz) package pre-chopped stir fry vegetables
  - 1 (10 oz) package shredded cabbage
  - 1 cup chopped pineapple
  - 1 cup chopped cooked chicken breast
  - 3/4 cup teriyaki sauce
1. Heat the olive oil in a large skillet or wok. Add the garlic. When the garlic is browned add the asparagus. Stir fry for 5 minutes or until the asparagus turns bright green.
  2. Add the chopped stir fry vegetables, cabbage, and pineapple. Stir fry for 5 minutes or until the vegetables are tender.
  3. Add the cooked chicken pieces and mix in the teriyaki sauce. Stir fry for another minute, until the sauce is evenly distributed.

**Nutritional Analysis:** One serving equals: 117 calories, 1.8g fat, 15.8g carbohydrate, 4g fiber, and 10.7g protein.

## Mediterranean Lettuce Wrap



This wrap is savory and refreshing, and is the perfect meal to get you beach ready. I recommend roasting your own bell pepper, since most store bought roasted bell peppers are packaged in oil. To do so simply throw it on the grill until soft and then peel the skin after it cools.

**Servings: 1**

### Here's what you need...

- 1 large leaf of lettuce
  - 2 slices lean turkey
  - 1 roasted red bell pepper, cut into 4 segments
  - 2 tablespoons garlic hummus
  - 1 tablespoon olive tapenade
1. Lay the lettuce leaf flat and spread with 1 tablespoon of hummus. Place the turkey slices on the lettuce and spread with remaining hummus. Sprinkle the olive tapenade over the turkey and top with the roasted bell pepper.
  2. Wrap the lettuce, use a tooth pick to hold it together.

**Nutritional Analysis:** One serving equals: 170 calories, 6g fat, 15g carbohydrate, 5g fiber, and 15g protein

## Mango Marinated Tofu



It's mango season! If you've been hesitant to try tofu then this is the perfect recipe for you. The mango and ginger marinade gives the dish a sweet and tangy flavor that is hard to beat. Choose mangoes that are ripe, but not overripe. The fruit should give only slightly when squeezed. Serve with brown rice and fresh steamed broccoli.

**Yield: 6 serving**

### Here's what you need...

#### **Marinade:**

- 2 teaspoons olive oil
- 3 cloves garlic
- 3 tablespoons chopped ginger
- 1/4 cup chopped yellow onion
- 2 large mangoes, chopped
- 1/4 pure maple syrup
- 1 cup vegetable broth
- 2 tablespoons red wine vinegar
- 1/4 cup lime juice
- 1 cup orange juice
- 1/4 teaspoon allspice
- Dash of pepper
- Dash of salt

#### **Tofu:**

- 2 pounds extra-firm tofu, drained and sliced
  - 1 mango sliced
  - 1 red bell pepper, cut into long slices
1. In a medium saucepan combine the oil, garlic, ginger and onion, saute over medium heat for about 5 minutes. Add the chopped mango and sauté for another 5 minutes.
  2. Add the maple syrup and vegetable broth, cover and simmer for 35 minutes. Uncover and simmer for another 5 minutes.
  3. Add the vinegar, lime juice, orange juice, allspice, pepper and salt. Allow the mixture to cool and then puree in blender until smooth.
  4. Place the sliced tofu and mango marinade in a sealable plastic bag or a plastic container with lid. Marinate in the fridge for one hour or overnight.

Preheat the oven to 375 degrees. Place the marinated tofu in a single layer on a rimmed baking sheet, reserving half of the marinade

## Rosemary Lamb Chops

This recipe pulls tantalizing flavor from rosemary, garlic and pepper. Broiling is a healthy cooking method since it doesn't require that you add fat. Remember to trim any visible fat from the meat before cooking.

Servings: 4

Here's what you need...

- \* 8 (4oz) loin lamb chops, trimmed of fat
- \* 1/2 cup dry red wine
- \* 2 tablespoons Worcestershire sauce
- \* 1 teaspoon dried rosemary leaves
- \* 4 garlic cloves, minced
- \* Freshly ground black pepper
- \* 1/4 teaspoon salt

1. Heat broiler. Generously pierce lamb chops with fork. Place in shallow dish; add wine. Let stand at room temperature for 15 minutes to marinate.
2. In a small bowl combine Worcestershire sauce, rosemary and garlic; mix well. Set aside.
3. Remove lamb from marinade; discard marinade. Place lamb on broiler pan. Spoon half of sauce mixture evenly over chops; sprinkle generously with pepper. Broil 4 to 6 inches from heat for 4 to 5 minutes or until browned.
4. Turn chops. Spoon remaining sauce over lamb; sprinkle with pepper. Cook an additional 4 to 5 minutes or to desired doneness. Sprinkle lamb with salt.

Nutritional Analysis: One serving equals: 190 calories, 9g fat, 1g carbohydrate, 0g fiber, and 26g protein.

## Seasoned Ahi Steak

Ahi tuna is high in protein and low in fat, the perfect combination for building a lean, toned body. Add a side of roasted asparagus for a delicious healthy meal.

Servings: 4

Here's what you need:

- 1 Tablespoon olive oil
- 1/4 cup lemon juice
- 4 cloves garlic, minced
- 1 teaspoon red chili flakes
- 2 Tablespoons cilantro, minced
- dash of salt and pepper
- 4 (6oz) ahi tuna steaks

In a large re-sealable plastic bag combine the first six ingredients; mix well. Add tuna to the marinade, cover and refrigerate for 1-1/2 hours, turning once. Drain and discard marinade. Preheat oven to 425 degrees F.

Place the tuna in a glass pan. Bake for 10 minutes. Turn the steaks and bake for another 10 minutes or until fish flakes easily with a fork.

Nutritional Analysis: One serving equals: 312 calories, 10g fat, .6g carbohydrate, .2g fiber, and 50g protein.

## Easy Teriyaki Salmon



Salmon is filled with healthy omega 3 essential fatty acids, protein, and vitamin B12. This recipe is quick and tastes amazing. Serve it with a side of brown rice and steamed veggies.

**Servings: 4**

**Here's what you need:**

- 1 Tablespoon sesame oil
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 1 teaspoon ground mustard
- 1 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 4 (6oz) salmon steaks

1. In a large re-sealable plastic bag combine the first six ingredients; mix well.
2. Set aside 1/2 cup of marinade and refrigerate.
3. Add salmon to remaining marinade, cover and refrigerate for 1-1/2 hours, turning once. Drain and discard marinade.
4. Place the salmon on a broiler pan. Broil 3-4 in. from the heat for 5 minutes. Brush with reserved marinade; turn and broil for 5 minutes or until fish flakes easily with a fork. Brush with remaining marinade.

**Nutritional Analysis:** One serving equals: 392 calories, 19g fat, 2.6g carbohydrate, .2g fiber, and 38g protein.

## Wild Blackened Catfish



Any caveman would be proud of this catch! Wild caught catfish is delicate and flaky, with loads of flavor. Catfish contains healthy fatty acids, provides complete protein, is a source of vitamin B-12, and is low in mercury. Pair it with dark leafy greens and some fruit for the perfect caveman meal.

**Servings: 4**

**Here's what you need...**

- 2 teaspoon olive oil
  - 4 fillets wild caught catfish
  - blackened seasoning (try Cajun's Choice)
  - 1 lemon, sliced
1. Preheat oven to 350. Lightly oil a glass pan.
  2. Coat the catfish fillets in the olive oil. Generously apply the seasoning to both sides of each fillet.
  3. Line the fillets in prepared pan, and top with sliced lemon.
  4. Bake for 25-30 minutes, until flaky.

**Nutritional Analysis:** One serving equals: 160 calories, 9g fat, 120mg sodium, 0g carbohydrate, 0g fiber, and 17g protein.

## Smoked Salmon Wrap



Salmon is a rich source of omega 3 as well as protein. Couple that with sprouted grain tortilla and fresh arugula and you've got yourself a healthy, balanced meal that's ready in only 5 minutes.

Servings: 2

Here's what you need:

- 1 Sprouted grain tortilla
- 1 Tablespoon low fat cream cheese
- 4 oz Smoked salmon
- 1/2 cup Arugula
- Dash of salt and pepper

Spread the cream cheese evenly over one side of tortilla. Place the salmon in the center of the tortilla. Top with arugula. Add a dash of salt and pepper.  
Roll the tortilla and slice in half.

Nutritional Analysis: One serving equals: 175 calories, 6g fat, 12.5g carbohydrate, 3g fiber, and 16.5g protein.



## Broiled White Fish with Brown Rice & Veggies



### White Fish Recipe

This is a great meal for cutting calories and dropping weight. Watch your portions with the brown rice in order to stay within your daily calorie goal. White fish is packed with protein – just what you need for toning your body.

Servings: 2

Here's what you need:

- 2 fillets white fish
- 1 teaspoons olive oil
- 1 lemon
- seafood seasoning
- paprika
- 1/2 red bell pepper, cut into bite-sized chunks
- 1/2 cup broccoli florets
- 2/3 cup brown rice, cooked
- 2 Tablespoons salsa

1.Preheat broiler. Grease your broil pan with the olive oil. Place the fillets and bell pepper in the pan, squeeze the lemon juice over it. Sprinkle with seafood seasoning and paprika.

2.Place the pan under the broiler for 5-7 minutes, watching closely to prevent burning. Add the broccoli and cook for another minute until soft.

3.Mix the cooked brown rice with the salsa and divide between two plates. Place a fillet on each bed of rice along with half of the veggies.

Nutritional Analysis: One serving equals: 203 calories, 3g fat, 24g carbohydrate, 3g fiber, and 19g protein

## Herb-Coated Halibut with Zucchini and Whole Wheat Couscous



Not only is this meal delicious, it's also incredibly healthy. A tangy herb paste coats both the fish and zucchini, which roast on the same pan. The entire meal is ready in 30 minutes – perfect for busy weekday dinners.

**Servings: 4**

### **Here's what you need:**

- 6 scallions, chopped
  - 1 cup packed fresh cilantro
  - 1/2 cup packed fresh mint
  - 3 Tablespoons olive oil
  - 1 Tablespoon chopped, peeled fresh ginger
  - 3/4 teaspoon ground coriander
  - Salt and pepper to taste
  - 1 zucchini, cut into spears
  - 4 skinless fillets firm white fish
  - 1 cup dry whole-wheat couscous
1. Preheat oven to 425 degrees. Throw the scallions, cilantro, mint, oil, ginger, coriander and 1/2 teaspoon salt into a food processor and pulse until a coarse paste forms. Season with pepper.
  2. Toss zucchini with 3 tablespoons herb paste in a bowl. Spread onto a rimmed baking sheet. Roast for 5 minutes.
  3. Rub remaining herb paste onto both sides of fish fillets. Push zucchini to edges of baking sheet, and arrange fish in center, leaving about 1/2 inch between each fillet. Roast until fish is opaque and semi-firm to the touch, about 15 minutes. Meanwhile, prepare directions. Serve fish and zucchini over couscous.

**Nutritional Analysis:** One serving equals: 354 calories, 10g fat, 29g carbohydrate, 6g fiber, and 32g protein.

## Sweet And Tangy Salmon



It's barbeque season, and what better to throw on the grill than a tender fillet of salmon? Salmon is full of healthy omega-3 fatty acids and B vitamins. In addition to the health benefits, this salmon recipe packs a sweet and tangy flavor that is sure to please.

**Servings: 2**

### **Here's what you need:**

- 1 fillet of fresh Salmon
  - 1 cup Lite Soy Sauce
  - 2 tablespoons fresh minced Ginger
  - 1/2 cup Agave Nectar (or Honey)
1. Combine the Soy Sauce, Ginger and Agave nectar. Place the Salmon in a pan and cover with the Soy marinade for 1 hour in the fridge.
  2. Prepare your grill. If desired, soak a cedar plank to barbecue the Salmon on.
  3. Grill over medium heat until cooked through and flaky.

**Nutritional Analysis:** One serving equals: 300 calories, 12g fat, 8g carbohydrate, .5g fiber, and 40g protein.

## Gourmet Open-Faced Salmon Sandwich



Open-faced sandwiches are great for cutting out extra calories while trying to lose weight. This recipe calls for sprouted grain bread, which is flourless bread that is densely packed with nutrients. Store your sprouted grain bread in the freezer, since it is made without preservatives or chemicals to promote shelf life.

**Yield: 2 servings**

### **Here's what you need:**

- 1 sprouted grain bun
- 2 Tablespoons hummus
- 1/2 cup arugula
- Half of an avocado, peeled, pitted and sliced
- 6 oz smoked salmon
- 2 thin slices of onion
- 4 slices of heirloom tomato
- Salt and pepper to taste

1. Spread each piece of the bun with 1 Tablespoon of hummus. Top each with half the arugula, avocado, salmon, onions, and tomato.
2. Season with freshly ground sea salt and pepper.

**Nutritional Analysis:** One serving equals: 267 calories, 9g fat, 25g carbohydrate, 6g fiber, and 22g protein

## **Smoothie Recipes**

### **Strawberry and Vanilla crème**

10 chopped strawberries  
6 ice cubes  
1 c. skim milk  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 tbsp No Fat Cool Whip (on top)

### **The Elvis Delight**

1 banana  
2 tbsp all natural peanut butter  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 c. skim milk

### **Berry Blast**

1/2 c. frozen blueberries  
1/2 c. frozen raspberries  
1/2 c. frozen strawberries  
1 tbsp Cool Whip (on top)  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 c. water

### **Cherry Vanilla**

1 cup of low-fat milk  
2 cups of unsweetened frozen cherries  
2 cups of frozen raspberries  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
6 ice cubes

### **“The Super” Vanilla**

½ c. frozen blueberries  
½ c. frozen raspberries  
½ c. frozen strawberries  
1 Kiwi  
1 banana  
2 tbsp all natural peanut butter  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 c. water

### **“The Super” Chocolate**

½ c. frozen blueberries  
½ c. frozen raspberries  
½ c. frozen strawberries  
1 Kiwi  
1 Banana  
2 tbsp all natural peanut butter  
Chocolate NOW 100% Whey Protein Isolate 25 grams  
1 c. Water

### **Chocolate Covered Banana**

2 bananas  
Chocolate NOW 100% Whey Protein Isolate 25 grams  
1 c. skim milk

### **“Can’t make up my mind”**

Vanilla NOW 100% Whey Protein Isolate 12 grams  
Chocolate NOW 100% Whey Protein Isolate 12 grams  
1 banana  
1 tbsp all natural peanut butter  
1 c. skim milk  
1 tsp Cinnamon

### **Tropical Delight**

1 tbsp coconut milk  
1/2 c. almond milk  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1/2 c. skim milk  
1 banana

### **Pina Colada**

1/8 tsp rum extract  
1 tbsp coconut milk  
1 c. almond milk  
Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 banana

### **Strawberry Daiquiri**

Vanilla NOW 100% Whey Protein Isolate 25 grams  
1 c. water  
6 ice cubes  
1/8 tsp rum extract  
1/8 strawberry extract  
6 fresh strawberries

### **Mocha Delight**

Shaklee Café Late Cinch Packet  
1 c. water  
6 ice cubes  
1/4 almond extract

### **Hearty Breakfast Smoothie**

1 c. fortified oatmeal, dry rolled oats  
2 c. low fat yogurt  
1 c. skim milk  
2 bananas  
2 c. frozen strawberries  
Grind oatmeal in blender first, and then add rest of ingredients (makes 3 servings)

## Healthy Chocolate Shake



What is better than a creamy chocolate shake? A creamy chocolate shake without the guilt! You won't miss the fat and refined sugar as you slurp up this tasty treat.

Servings: 2

Here's what you need:

2 bananas, frozen  
1/2 cup nonfat milk  
2 scoops chocolate whey protein (NOW 100% Whey Protein Isolate)  
2 Tablespoons raw almond butter  
dash of ground cinnamon  
2 cups ice

Throw everything into a high speed blender, blend until smooth and creamy.

Nutritional Analysis: One serving equals: 292 calories, 7g fat, 33g carbohydrate, 7g fiber, and 25g protein.



## Veggie Power Juice



Remember how Popeye would drain a can of spinach and half a second later his muscles would begin to bulge? Think of this recipe as your own can of spinach. While your muscles may not instantly grow to three times their size, your body will surely experience a nutritious surge.

**Yield: 2 servings**

### **Here's what you need...**

- 1 cup packed fresh spinach
- 2 green apples
- 4 large carrots
- 1 Tablespoon fresh ginger
- Juicing machine

1. Wash the vegetables, cut the ends off the carrots and peel the ginger.
2. Run each item through the juicer. Mix until combined, pour into two glasses and enjoy.

**Nutritional Analysis:** One serving equals: 139 calories, .5g fat, 34g carbohydrate, .8g fiber, and 2g protein.

## Green Smoothie



Green smoothies consist of 3 basic ingredients: greens, fruit and water. Have fun experimenting with a wide range of varieties of both the greens and the fruit in order to reap the most benefit. You may be surprised to find that the simple combination of greens and fruit is quite delicious.

**Servings: 1**

### Here's what you need...

- 1 bunch (2 cups) red dandelion greens (feel free to use spinach or any other dark greens)
- 1 cup strawberries
- 1 banana
- 1-2 cups filtered water

1. In a high speed blender mix the ingredients until smooth.

**Nutritional Analysis:** One serving equals: 199 calories, 1g fat, 47g carbohydrate, 10g fiber, and 6g protein.

## Tender Homemade Baked Beans



Baked beans are filled with healthy protein and fiber. This homemade recipe is quick and easy to make and tastes great. Serve it hot from the oven, or enjoy it chilled – either way it's a crowd pleaser.

**Servings: 12**

**Here's what you need...**

- 1 teaspoon olive oil
  - 3 cloves garlic, minced
  - 2 yellow onions, chopped
  - 1 (6oz) can tomato paste
  - 1/4 cup tamari (low sodium soy sauce)
  - 4 Tablespoons pure maple syrup
  - 1 Tablespoon mustard
  - 3 (15oz) cans pinto or white beans, drained and rinsed
1. Preheat oven to 350 degrees. Spray a large baking pan with non-stick spray and set aside.
  2. In a large skillet, heat the olive oil and sauté the garlic and onions until tender.
  3. In a large bowl, mix the tomato paste, tamari, maple syrup and mustard until a thick sauce forms. Add the beans and onions and mix until fully incorporated.
  4. Spread the beans into prepared pan, cover tightly with foil and bake for 30 minutes.

**Nutritional Analysis:** One serving equals: 134 calories, .5g fat, 25g carbohydrate, 5g fiber, and 8g protein.

## White Bean Hummus



Use this white bean hummus instead of creamy dressings or cheese in your sandwich. The hummus is filled with protein and fiber – both important for building your best booty.

Servings: 8

### **Here's what you need:**

- 2 cans white beans, drained and rinsed
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/4 cup whole wheat bread crumbs
- 1 Tablespoon Dijon mustard
- Juice of 1 lemon
- 1 teaspoon olive oil
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- dash of salt

1. Throw everything into the food processor and blend until smooth and creamy.
2. Spread onto bread or use as a dip for cut veggies.

**Nutritional Analysis:** One serving equals: 124 calories, 1.6g fat, 20g carbohydrate, 5.5g fiber, and 7g protein.

## Edamame Dip



### Ingredients

12 ounces shelled, cooked, and cooled edamame, about 2 cups, recipe follows  
1/4 cup diced onion  
1/2 cup tightly packed fresh cilantro or parsley leaves  
1 large garlic clove, sliced  
1/4 cup freshly squeezed lime or lemon juice  
1 tablespoon brown miso  
1 teaspoon kosher salt  
1 teaspoon red chili paste  
1/4 teaspoon freshly ground black pepper  
5 tablespoons olive oil

### Directions

Place the edamame, onion, cilantro, garlic, lime juice, miso, salt, chili paste and pepper into the bowl of a food processor and process for 15 seconds. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds. With the processor running, slowly drizzle in the olive oil. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds. Taste and adjust seasoning, as desired. Serve with chips or crackers. Store in an airtight container for up to 5 days.

### Basic Edamame:

1 pound edamame, fresh or frozen, in or out of shell  
1/4 cup water  
Kosher salt, optional

Place the edamame and water into a large microwave-safe bowl. Microwave on high for 4 to 6 minutes. Drain any excess water and serve as is or salted.

Yield: 4 servings

# Green Protein Dip

*Makes 30 pieces*

- whole wheat pita chips
- 1 large garlic clove, halved crosswise
- 1 1/4 cups shelled edamame thawed in refrigerator or warmed in the microwave
- 1/4 cup olive oil
- 3 Tablespoons grated Pecorino cheese
- 1/2 teaspoon [lemon zest](#)
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

## Directions:

1. Pulse **beans** in a food processor until coarsely chopped. Transfer HALF the beans to a large bowl and set aside.
2. In the food processor filled with chopped **beans**, add **oil, cheese, lemon zest, juice, salt** and **pepper**. Purée until smooth. Fold the mixture into the large bowl of beans and season with salt and pepper.
3. Spoon mixture onto whole wheat pita chips.

*Nutritional info: 46 calories each, 2.5g fat (.42g sat fat), 4.6g carbs, 1.6 g protein, 0.6g fiber*

## Garlic Asparagus



Your diet should be filled with vegetables, with asparagus at the top of the list. This asparagus recipe is easy to make and tastes great. Serve it with a piece of white fish, chicken breast or other lean meat for a healthy meal.

Servings: 4

Here's what you need:

- 1 bunch asparagus
- 2 teaspoons olive oil
- 1 1/2 Tablespoons garlic, minced
- dash of salt and pepper
- 2 teaspoons lemon juice

Preheat oven to 425 degrees F. Cut off the tough ends of the asparagus.

In a casserole dish, combine the asparagus, oil, garlic, salt and pepper. Bake for 15-20 minutes, until tender.

Remove from oven and mix in the lemon juice. Serve and enjoy!

Nutritional Analysis: One serving equals: 47 calories, 2g fat, 5g carbohydrate, 2g fiber, and 3g protein.

## Favorite Green Beans



Green beans are low in calories and packed with vitamins and healthy fiber. This dish comes together quickly and the flavors are deliciously tangy.

Servings: 2

Here's what you need:

8oz fresh green beans  
2 teaspoons olive oil  
1 Tablespoon dijon mustard  
2 teaspoons brown rice vinegar  
3 Tablespoons diced yellow onion  
dash of salt and pepper

Steam the green beans until soft, yet still with a slight crunch.  
In a medium bowl whisk together the remaining ingredients. Add the green beans and toss together.

Transfer beans to serving dish and enjoy.

Nutritional Analysis: One serving equals: 94 calories, 4g fat, 9.5g carbohydrate, 3.3g fiber, and 2g protein.



## Savory Broccoli Rabe



Here's a delicious way to dress up broccoli rabe. Broccoli rabe is a non-heading type of broccoli with long thin leafy stalks that's topped with small florets. It's packed with vitamins A, C and K in addition to potassium, iron and calcium. It also contains phytochemicals that fight cancer and improve your overall health.

Servings: 6

Here's what you need:

- 3 Tablespoons pine nuts, toasted
- 2 bunches broccoli rabe, stems trimmed
- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1/4 cup kalamata olives, halved
- dash of freshly ground sea salt
- Juice from 1 small lemon

Place a steamer basket over a 3 quart pot, filled with water up to the bottom of the basket. Bring the water to a boil, add the broccoli, cover and steam for 3 minutes. Immediately drop the broccoli into a bowl of ice water. After a few minutes drain the broccoli and set aside.

In a large skillet warm the olive oil over medium heat. Add the garlic and saute until golden. Add the broccoli, olives and salt. Saute for another 5 minutes until tender. Remove from heat, place in serving dish, sprinkle with pine nuts and toss with lemon juice.

Nutritional Analysis: One serving equals: 58 calories, 4.4g fat, 3g carbohydrate, 7.1g fiber, and 2.5g protein.

## Grilled Bok Choy



Ready to grill? Throw some bok choy on the BBQ! Bok choy is packed with vitamins A, C and K, as well as beta carotene. This grilled bok choy has tender stems and crispy leaf edges.

Servings: 6

Here's what you need...

2 lbs bok choy  
1 Tablespoons olive oil  
1/4 teaspoon garlic salt  
1/8 teaspoon paprika  
1/8 teaspoon black pepper  
1 teaspoon seasoned salt

Preheat grill and lightly oil the grate.

In a small bowl combine the oil and seasonings. Mix well. Slice the bottom off the head of bok choy, and wash each stem. Lay bok choy on prepared grill. Brush with the seasoned oil mixture. Cover grill and cook until stems show grill marks, about 4 minutes. Turn the bok choy, brush with more seasoned oil mixture and grill the other side. Transfer to platter and serve.

Nutritional Analysis: One serving equals: 36.5 calories, 2.6g fat, 3g carbohydrate, 1g fiber, and 2g protein.

## Guilt-Free Cobbler



This recipe makes a perfect fall dessert. I used peaches, but feel free to substitute with apples or pears. Traditional cobblers and pies are filled with fat and sugar – this recipe is much lighter, but will satisfy your sweet tooth just as well.

Servings: 1

### **Here's what you need:**

- 1 sweet, ripe peach (or apple or pear)
- coconut cooking spray
- 1 teaspoon agave nectar
- pinch of sea salt
- pinch of freshly ground cinnamon

1. Wash, peel and pit the peach. Chop into bite-sized pieces.
2. Pre-heat a skillet over medium-high heat. Spray lightly with coconut cooking spray.
3. Saute the peach pieces for about a minute, then add the agave nectar, salt and cinnamon. Continue to saute for another few minutes until it turns a deep golden color.
4. Serve and enjoy immediately!

**Nutritional Analysis:** One serving equals: 53 calories, .2g fat, 100mg sodium, 13g carbohydrate, 1.8g fiber, and 1g protein.

## Chocolate Protein Pudding



Here is a protein packed snack that the whole family will love. It's important to enjoy snacks that are low in carbohydrates and sugar, and high in protein in order to shed body fat and develop healthy muscles. This recipe delivers on all fronts, without sacrificing flavor.

### **Servings: 1**

Here's what you need...

- 6 oz Greek Yogurt, plain, fat free
  - 1 scoop high quality chocolate protein powder go for a protein isolate and not protein concentrate (check ingredients) way better absorption aim for 25 grams of protein
  - Sprinkle of unsweetened cocoa powder
1. In a small bowl use a whisk to combine the yogurt and protein powder. Mix until all lumps have disappeared.
  2. Garnish with a sprinkle of unsweetened cocoa powder.

**Nutritional Analysis:** One serving equals: 220 calories, 0g fat, 445mg sodium, 11g carbohydrate, 0g fiber, and 42g protein.

## Chocolate-Berry Parfaits

Everyone is entitled to have a sweet tooth-this recipe will fulfill your craving while maintaining your waistline.

Servings: 2

Here's what you need...

1.4oz package fat-free, sugar-free chocolate flavored pudding mix  
1 cup nonfat milk  
3/4 cup nonfat cottage cheese  
1/2 cup nonfat plain yogurt  
4 fresh strawberries, sliced  
1 packet Sweet 'n Low

Whisk together the chocolate pudding mix and nonfat milk until smooth. In another bowl, whisk together the cottage cheese, yogurt and sugar substitute.

Layer pudding, cottage cheese mixture and sliced strawberries to create 3 layers in 2 glasses.

Nutritional Analysis: One serving equals: 156 calories, 0g fat, 18g carbohydrate, and 23g protein.

## Fresh Mango Pie



What better way to usher in summer than with this delicious no-bake mango pie? You won't find any processed sugars or refined carbs in this dessert – just sweet and nutritious whole food ingredients. That being said, remember to use portion control even with nutritious desserts.

**Servings: 12**

**Here's what you need...**

- 2 cups raw pecans
  - 1/2 teaspoon ground vanilla beans, divided
  - 1 teaspoon sea salt
  - 1 1/2 cup pitted dates, divided
  - 2/3 cup water
  - 3 ripe mangoes, peeled, seeded and sliced
1. Combine the pecans, 1/4 teaspoon of the vanilla bean, sea salt and 3/4 cup of the dates in a food processor. Press half of the mixture into the bottom of a pie pan, set aside.
  2. Combine the remaining 3/4 cup dates, 1/4 teaspoon vanilla bean and water in a food processor or blender. Mix until a thick syrup forms.
  3. Place the mangoes in a large mixing bowl. Toss with the syrup until fully combined.
  4. Arranged the mangoes over the crust, then sprinkle with the remaining crust.
  5. Keep in the fridge and eat within 2 days.

**Nutritional Analysis:** One serving equals: 220 calories, 12g fat, 27g carbohydrate, 5g fiber, and 3g protein.

## **Dan's Power Packed Black Bean Brownies**

15 Ounces Black Beans (drained and rinsed)

2 Whole Bananas

1/3 Cup Agave Nectar

¼ Cup unsweetened Cocoa Powder

1 Scoop Chocolate Whey Protein

1 Tbsp Cinnamon

1 Tsp Pure Vanilla Extract

¼ Cup Turbinado Sugar (Raw Sugar)

¼ Cup Instant Oats

½ Mini Chocolate Chips (Optional)

Preheat oven to 350 F. Grease an 8×8 pan with cooking spray and set aside. Combine all ingredients except the oats and the chocolate chips, in a blender and mix until smooth, scrapping sides as needed. Stir in the oats and the chocolate chips. Pour batter in pan. Bake approximately 30 minutes or until a toothpick inserted in the center comes out clean. Allow brownies to cool before slicing.

Note: If brownies are too soft, add instant oats in ¼ Cup increments