



# APPETITE

*100+ delicious fat-burning recipes*



# APPETITE

A BOOK BY FITERA, LLC.

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TO EAT IS A NECESSITY. TO EAT INTELLIGENTLY IS AN ART.

- LA ROCHEFOUCAULD

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Welcome to our top 100+ Delicious Fat-Burning Recipes; I'm excited for you to try them! Most people think you have just two options: either deprive yourself of the foods you love and lose weight ... or enjoy your favorite meals and gain weight.

Fortunately, there's a third, much better option: using our top 100+ recipes to enjoy healthier versions of the meals you love. Popular favorites like pizza, burgers, fries, cakes, and cookies! After all, the key to losing fat (and keeping it off) is striking a balance between healthy, so you get good results ... and delicious, so it's easy to stick with the plan.

These recipes are low in calories, sugar, and processed ingredients - and they're packed with beneficial nutrients. So, they're not only designed to satisfy your cravings, but also burn fat and improve your health as well. Plus, they're easy to make and don't require any hard-to-find or expensive ingredients.

As you'll see below, we have these 100+ recipes grouped into 11 main categories - each including the ingredients, directions, and nutritional information. Plus, you'll find suggestions for making each recipe a complete meal so it follows the Fast Track to Fat Loss program perfectly.

I truly hope you enjoy these recipes and I sincerely appreciate you putting your trust in me and the FITera team as your partner in good health.



Chad Tackett, BS, CPT

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To lose fat, you must create a “caloric deficit”, which is basically consuming less calories than you expend. But equally important is providing your body the nutrients it needs to metabolize fat and stay energized throughout the day. So, the key to healthy, long-term fat loss is getting the most amount of nutrients in the fewest amount of calories.

### WHICH FOODS ARE BEST

There are three main types of foods that contain calories (and provide nutrients): carbs, proteins, and fats. It’s very important that you include at least one type of each to make a snack or meal “complete” - allowing them to play their role in nutrition and work together to burn fat.

Our recipes are made up of the best kinds carbs, proteins, and fats so you get the most amount of nutrients in the fewest amount of calories. Here’s a quick summary of each:

Ideal carbs are those that are “natural”, not processed. “Natural” basically means anything picked from the ground or a tree, such as fruits, vegetables, beans, potatoes, yams, lentils, quinoa, and oats - just to name a few.

Ideal proteins are those that contain all the necessary amino acids to support protein’s important role in nutrition. Ideal proteins include lean meat, fish, cottage cheese, and Greek yogurt.

Ideal fats are those that are natural, such as olives, avocados, nuts, seeds, eggs, coconut and olive oil, rather than artificial trans fats that have been chemically altered (shortening, margarine, deep-fried foods).

Most cookies, for example, are made up of processed carbs, artificial trans fats, and have very little protein. Our cookie recipes, on the other hand, include ideal carbs (oats), ideal fats (coconut oil), and ideal protein (protein powder). And they’re as delicious as they are healthy, so it’s easy to stick with the program!

A complete meal is made up of a protein, a healthy fat, and (depending on the time of day) one of the following types of carbs:

**STARCHY CARBS** are foods like potatoes, brown rice, beans, oatmeal, yams & quinoa.

**SIMPLE CARBS** are primarily fruit.

**FIBROUS CARBS** are vegetables.





### WHEN SHOULD YOU EAT THEM

It's best to choose starchy and simple carbs early in the day because they offer the most energy (to fuel your body throughout the day). Fibrous carbs don't offer a lot of energy because they are so low in calories (but packed with nutrients), which is perfect for later in the day before sleeping.

For example: our Beef, Beet, & Arugula Salad recipe is perfect later in the day because it's made up of fibrous carbs, protein, and healthy fat. If you decide to have this recipe earlier in the day, however, we suggest simply substituting the fibrous carb (arugula) for a simple or starchy carb, such as brown rice or quinoa. You'll find notes like these with each recipe to guide you along.

### HOW MUCH YOU SHOULD EAT AT EACH MEAL

Each of these recipes include a standard serving size for an average size person. Much like the "fist/palm/thumb rule" taught in the Fast Track to Fat Loss program, it's a general portion estimate that should then be adjusted accordingly.

Here's how: dish up one serving size of a recipe and then pay close attention to your internal signs of hunger and fullness to know when to stop eating.

For example, if you begin feeling comfortably full and satisfied 3/4 of the way into your meal, put your fork down and push away from the table. However, if you finish one serving and discover that you're still hungry, dish up a little more until you're comfortably full. It takes about 20 minutes for your brain to send out signals of fullness. So eat slowly to allow time to trigger the signal from your brain that you are full.

If you truly listen to your body as your guide for how much to eat, and you're eating the right kinds of carbs, proteins, and fats together (i.e. these recipes), you'll be very pleased with the results.

### SUMMARY:

Most of our recipes include an "ideal" carb, protein, and healthy fat - making them a "complete" meal. If a recipe is low in one of the three main nutrients, however, you'll find notes on what type of food to combine with it to make it complete.

Choose starchy and simple carbs earlier in the day, and then transition to fibrous carbs later in the day. Some recipes are ideal earlier in the day and some later, but you'll find notes on how to revise them for any time of the day.

Dish up one serving size of a recipe to start and then pay close attention to your internal signs of hunger and fullness to know when to stop (or continue) eating.





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## 100 / SUCCESS STORIES





# BREAKFAST







# BREAKFAST BURRITOS



SERVES  
6



PREP TIME  
5 MINS



COOK TIME  
5 MINS

To make this a complete meal: add a little more protein, such as cottage cheese as a side dish.

## INGREDIENTS

- Natural non-stick cooking spray
- 3 eggs
- 5 egg whites
- 1 15-ounce can pinto or black beans  
*rinsed and drained*
- 1/4 cup diced onion
- 1 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1 1/2 cup cooked brown rice  
*measured after cooking*
- 1 cup salsa
- 3 large whole grain tortillas

Spray skillet with natural non-stick cooking spray.

Add eggs and egg whites and cook over medium-high heat, scrambling lightly with a fork.

Meanwhile, in a small bowl, mash together the beans, onion, chili powder, and garlic powder until well mixed.

Stir the seasoned beans, brown rice and salsa into the scrambled eggs and cook, turning with a large spoon or spatula, until heated throughout.

Mound one third of the filling mixture onto the center of each tortilla, then wrap the tortilla around the filling, forming burritos. Cut each burrito in half crosswise.

Serve immediately, or refrigerate in an airtight container.

SERVING SIZE: 1/2 BURRITO  
PER SERVING

210 calories, 6 g fat, 11 g protein, 34 g carbohydrates , 6 g dietary fiber, 3 g sugars,  
0 mg cholesterol, 743 mg sodium



# SWEET POTATO & APPLE PANCAKES



**SERVES**  
6



**PREP TIME**  
5-10 MINS



**COOK TIME**  
15-17 MINS

To make this a complete meal: add more protein, such as a side of eggs, cottage cheese, or Greek yogurt!

## INGREDIENTS

**1 1/2 cups sweet potato,**  
*grated*

**1 1/2 cups apple,**  
*grated*

**1/2 cup coconut or almond**  
**flour**

**1/2 cup “natural”**  
**(unsweetened) applesauce**

**1/4 cup onion**  
*minced*

**2 eggs**

**Natural non-stick cooking**  
**spray**

Preheat oven to 475 degrees Fahrenheit.

In medium bowl, stir together the grated apple and sweet potato, flour, applesauce, onion, and eggs.

Spray a large baking sheet generously with natural non-stick cooking spray.

Drop pancake mixture by rounded full tablespoons onto prepared sheet. Using a fork or fingertips, press mounds to pancakes about 1/2-inch thick and 2-inches in diameter.

Bake pancakes for 10 minutes, or until first sides are nicely browned.

Briefly remove the pan from the oven, use a small spatula to flip the pancakes, then return pan to the oven and bake pancakes for 5-7 more minutes, or until the second sides are browned.

Serve hot. Refrigerate leftovers in an airtight container.

**SERVING SIZE: 3 MEDIUM PANCAKES**  
**PER SERVING**

**98 calories, 2 g fat, 4 g protein, 19 g carbohydrates , 3 g dietary fiber, 4 g sugars,**  
**0 mg cholesterol, 328 mg sodium**



INGREDIENTS

1/2 cup fresh blueberries

1/2 cup fresh strawberries or raspberries *sliced or diced*

1 ripe banana or 1/2 cup peaches, *sliced*


3/4 cup Greek yogurt

1/2 teaspoon vanilla extract


1/2 cup of our healthy granola recipe *(see below)*

This is a complete meal (a healthy balance of protein, carbs, and fat).


# BREAKFAST PARFAIT



SERVES2



PREP TIME<10 MINS



COOK TIMENONE

Combine the fruits in a small bowl. In a second small bowl, stir together the yogurt and vanilla.

Measure the granola into a third small bowl.

To make the parfaits, layer the following in each of the dishes: 1/3 cup fresh fruit; 2 tablespoons granola; half the yogurt; 2 tablespoons of granola; then the rest of the fruit, yogurt and granola.

SERVING SIZE: 12 OUNCES PER SERVING

250 calories, 6 g fat, 23 g protein, 35 g carbohydrates , 11 g dietary fiber, 19 g sugars, 24 mg cholesterol, 289 mg sodium

INGREDIENTS

4 cups regular dry rolled oats

1/2 cup pumpkin (or sunflower) seeds *shelled*

1/2 cup flaxseed

2 tablespoons sugar-free maple syrup


1/2 cup unsweetened apple juice

1 tablespoon coconut oil


1 teaspoon vanilla extract

To make this a complete meal: add a protein, such as Greek yogurt healthy fat, such as crushed almonds.


# HEALTHY GRANOLA



SERVES10



PREP TIME5 MINS



COOK TIME3 MIN

Preheat oven to 350 degrees F

Combine oats, flaxseed, nuts and pumpkin seeds in a large bowl.

Heat coconut oil in microwave for 30 seconds. Whisk together oil, maple syrup, apple juice, and vanilla in a small bowl and toss with dry ingredients.

Spread on a large wax-paper-lined baking sheet and bake until golden brown, stirring occasionally, 20-25 minutes.

SERVING SIZE: 1/2 CUP PER SERVING

170 calories, 5 g fat, 15 g protein, 20 g carbohydrates , 4 g dietary fiber, 2 g sugars, 40 mg cholesterol, 50 mg sodium

10



# APPLE PANCAKES WITH MAPLE-YOGURT TOPPING



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
VARIES

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

### Pancakes:

Natural non-stick cooking  
spray

3/4 cup whole wheat,  
coconut, almond, or spelt  
flour

1/4 cup quick-cooking or  
instant oatmeal

1 tablespoon Stevia  
*optional*

2 teaspoons baking powder

1/2 teaspoon ground  
cinnamon

1/4 teaspoon ground salt

1 medium apple  
*peeled and grated*

1 cup almond milk

1/2 cup walnuts  
*chopped*

### Topping:

1/2 cup Greek yogurt

1/2 cup all-natural sugar-free  
maple syrup

1 pinch ground cinnamon

Spray an electric griddle or large skillet with natural non-stick cooking spray. Preheat to 300 degrees Fahrenheit, or medium heat.

In a mixing bowl, stir together the flour, oatmeal, Stevia, baking powder, cinnamon and salt until well mixed. Stir in the shredded apples and milk, just until the dry ingredients are moistened.

Pour batter by 1/3 cupfuls onto the preheated griddle or skillet. Sprinkle each pancake with about 2 tablespoons of chopped walnuts.

Cook pancakes on the first sides until the edges are dry and bubbles appear across the tops, then flip and cook until the second sides are lightly browned.

Meanwhile, to prepare the topping, in a small bowl, stir together the yogurt, syrup and cinnamon.

Serve hot pancakes with yogurt-maple topping, allowing about 1/4 cup per pancake.

SERVING SIZE: 1 LG PANCAKE WITH 1/4 CUP TOPPING  
PER SERVING

278 calories, 11 g fat, 14 g protein, 36 g carbohydrates , 5 g dietary fiber, 13 g  
sugars, 3 mg cholesterol, 485 mg sodium





# SPINACH, MUSHROOM, & QUINOA SCRAMBLE



SERVES

1



PREP TIME

5-10 MINS



COOK TIME

5 MINS

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

**1/2 tablespoon olive oil**

**1 teaspoon garlic**  
*minced*

**2 eggs**

**1 cup spinach**

**1/4 cup cooked quinoa**

**3 mushrooms**  
*sliced*

Heat oil in a non-stick skillet on medium-low heat.

Cook minced garlic and mushrooms in oil for about two minutes.

Meanwhile, whisk two eggs and set aside.

Add spinach to skillet. Cook for about 30 seconds.

Pour egg mixture into the skillet. Let it sit for about 10 seconds, then start beating the eggs quickly toward the center of the pan with a wooden spoon.

When the eggs look nearly cooked, add cooked quinoa to skillet.

Mix in well and enjoy!

SERVING SIZE: WHOLE RECIPE  
PER SERVING

245 calories, 9 g fat, 18 g protein, 27 g carbohydrates, 4 g dietary fiber,  
1 g sugars, 90 mg cholesterol, 80 mg sodium

INGREDIENTS

Natural non-stick cooking spray

5 cups water

2 cups steel cut oats

1/3 cup Stevia

1 large apple  
*cored and sliced or diced*

1 teaspoon ground cinnamon

To make this a complete meal: add a protein, such as Greek yogurt or a protein shake, and a healthy fat, such grass fed butter, coconut oil, or crushed almonds.

CROCKPOT OATMEAL WITH APPLES & CINNAMON



SERVES  
8



PREP TIME  
5-10 MINS



COOK TIME  
6 HRS

If your slow cooker does not have a non-stick interior, spray the lining with natural non-stick cooking spray before beginning.

Combine ingredients in a slow cooker. Set crockpot on low and cook for about 6 hours.

Eat immediately, or cover and refrigerate.

SERVING SIZE: 1 CUP  
PER SERVING

160 calories, 3 g fat, 4 g protein, 30 g carbohydrates , 4 g dietary fiber, 2 g sugars, 0 mg cholesterol, 150 mg sodium



INGREDIENTS

1 cup unsweetened almond milk

1/2 cup Greek yogurt

1/2 a mashed banana

2 tablespoon baking Stevia


1 cup dry rolled oats

1/4 cup chocolate protein powder


1/4 cup crushed walnuts or almonds

This is a complete meal (a healthy balance of protein, carbs, and fat).


CHOCOLATE BROWNIE OATMEAL



SERVES  
2



PREP TIME  
5 MINS



COOK TIME  
30-60 SECS

In a medium or large bowl, mix all of the ingredients together.

Divide between 2 small bowls or mugs.

Cover and refrigerate overnight so the oats soften and absorb the almond milk.

Microwave for 30-60 seconds and enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

226 calories, 6 g fat, 16 g protein, 32 g carbohydrates , 5 g dietary fiber, 7 g sugars, 160 mg cholesterol, 210 mg sodium





# CARROT CAKE OATMEAL



SERVES  
2



PREP TIME  
5-10 MINS



COOK TIME  
10 MINS

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

- 1 large carrot  
*grated*
- 1 cup almond milk
- 2 tablespoons coconut oil
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup dry rolled oats
- 1 scoop vanilla protein powder
- 1 teaspoon pure vanilla extract
- 2 tablespoons chopped walnuts
- 2 tablespoons raisins
- 2 tablespoons reduced-sugar maple syrup
- 1 tablespoon shredded coconut

In a medium-sized pot over medium heat, whisk together almond milk, coconut oil, cinnamon, and nutmeg.

Stir in the grated carrots and oats. Cook for about 7-10 minutes, stirring frequently.

When the mixture has thickened up, remove from heat.

Stir in protein powder, vanilla, walnuts, raisins, and maple syrup.

Remove from heat and portion into 2 bowls.

Top oatmeal with shredded coconut.

SERVING SIZE: WHOLE RECIPE  
PER SERVING

170 calories, 5 g fat, 12 g protein, 26 g carbohydrates , 7 g dietary fiber, 6 g sugars, 45 mg cholesterol, 80 mg sodium



# PERFECT BREAKFAST CASSEROLE



SERVES  
6



PREP TIME  
5-10 MINS



COOK TIME  
45-55 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- 2 tablespoons coconut oil  
*melted*
- 1 large sweet potato or yam  
*diced*
- 1 1/2 pound lean chicken or turkey sausage
- 1/2 yellow or purple onion  
*diced*
- 1 tomato  
*diced*
- 3 mushrooms  
*sliced*
- 2 cups chopped spinach
- 10 eggs  
*whisked*
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

Preheat oven to 400 degrees Fahrenheit. Spray a 9x12-inch baking dish with natural non-stick cooking spray or olive oil spray.

Toss diced sweet potatoes in coconut oil and place on a baking sheet and bake for 20-25 minutes, until soft.

While sweet potatoes are cooking, place a large saute pan over medium heat. Add sausage, onion, and mushrooms. Cook until no pink remains in meat.

Place meat mixture in baking dish, add sweet potatoes, spinach and tomatoes, then add eggs along with salt and garlic powder and mix until well combined.

Place in oven and bake for 25-30 minutes, until eggs are set in the middle.

Enjoy!

SERVING SIZE: 3.5 OZ (ABOUT THE SIZE OF A DECK OF CARDS)  
PER SERVING

203 calories, 7 g fat, 15 g protein, 23 g carbohydrates , 3 g dietary fiber, 1 g sugars, 23 mg cholesterol, 67 mg sodium





# SHAKES & SMOOTHIES





INGREDIENTS

- 1 1/2 scoops vanilla protein powder
- 1 cup almond milk
- 1 frozen banana
- 1 tablespoon lime juice
- 1/2 teaspoon honey
- 1 cup ice cubes
- 1 tablespoon Greek yogurt
- 1 tablespoon crushed graham crackers

This is a complete meal (a healthy balance of protein, carbs, and fat).

KEY LIME PIE SHAKE



SERVES  
1



PREP TIME  
5 MINS



COOK TIME  
NONE

In a blender, mix protein powder, almond milk, frozen banana, key lime juice, honey, and ice until smooth.

Top with the tablespoon of yogurt and graham cracker crumbs.

SERVING SIZE: 12 OUNCES  
PER SERVING

275 calories, 5 g fat, 28 g protein, 36 g carbohydrates , 6 g dietary fiber, 18 g sugars, 32 mg cholesterol, 48 mg sodium



INGREDIENTS

- 1/3 cup cottage cheese
- 1 scoop protein powder
- 1/3 cup water
- 8 ice cubes
- 1/2 cup pineapple chunks
- 1/2 a banana
- 1 teaspoon coconut oil or cream
- 1/2 teaspoon coconut extract
- 1 teaspoon Stevia

This is a complete meal (a healthy balance of protein, carbs, and fat).

PIÑA COLADA SHAKE



SERVES  
1



PREP TIME  
5 MINS



COOK TIME  
30-60 SECS

Combine all ingredients in a blender and mix well.

SERVING SIZE: 12 OUNCES  
PER SERVING

215 calories, 5 g fat, 30 g protein, 15 g carbohydrates , 3 g dietary fiber, 8 g sugars, 40 mg cholesterol, 85 mg sodium



INGREDIENTS

- 1 scoop vanilla protein powder
- 1/2 cup sliced watermelon
- 1/2 cup crushed ice
- 1/4 cup water
- 4 large basil leaves

To make this a complete meal: add a protein, such as Greek yogurt or a small handful of pistachios or other nuts.

WATERMELON BASIL SHAKE



SERVES  
1



PREP TIME  
5 MINS



COOK TIME  
NONE

Combine all ingredients in a blender and mix for 30 seconds.

SERVING SIZE: 1 SHAKE  
PER SERVING

181 calories, 1 g fat, 22 g protein, 24 g carbohydrates , 3 g dietary fiber, 12 g sugars, 65 mg cholesterol, 95 mg sodium



INGREDIENTS

- 1/2 cup lowfat milk (or almond milk or water)
- 4 large ice cubes
- 1/2 cup chocolate protein powder
- 1 tablespoon unsweetened cocoa powder
- 1/3 cup pitted cherries
- 1/4 teaspoon almond extract
- Stevia or honey to taste

This is a complete meal (a healthy balance of protein, carbs, and fat).

CHOCOLATE-CHERRY SHAKE



SERVES  
1



PREP TIME  
5 MINS



COOK TIME  
30-60 SECS

Combine all ingredients in a blender and mix well.

SERVING SIZE: 12 OUNCES  
PER SERVING

250 calories, 6 g fat, 23 g protein, 35 g carbohydrates , 11 g dietary fiber, 19 g sugars, 24 mg cholesterol, 289 mg sodium

INGREDIENTS

1 1/2 cups lowfat milk (or almond milk or water)

6 large ice cubes

3/4 cup pumpkin puree


1/2 cup vanilla protein powder

1 teaspoon pumpkin pie spice

Stevia or honey to taste

This is a complete meal (a healthy balance of protein, carbs, and fat).

PUMPKIN SPICE SHAKE



SERVES2



PREP TIME5 MINS



COOK TIMENONE

Combine all ingredients in a blender and mix for 30 seconds.

SERVING SIZE: 12 OUNCES  
PER SERVING

197 calories, 5 g fat, 17 g protein, 26 g carbohydrates , 7 g dietary fiber, 18 g sugars, 15 mg cholesterol, 213 mg sodium



INGREDIENTS

3/4 cup nonfat milk (or almond milk or water)

4 large ice cubes

1/2 cup vanilla protein powder

1/2 frozen banana


7 walnut halves

1 teaspoon maple flavoring


Cinnamon to taste

This is a complete meal (a healthy balance of protein, carbs, and fat).


MAPLE-WALNUT BREAKFAST SHAKE



SERVES1



PREP TIME<5 MINS



COOK TIMENONE

Combine all ingredients in a blender and mix well.

SERVING SIZE: 12 OUNCES  
PER SERVING

290 calories, 10 g fat, 21 g protein, 35 g carbohydrates , 6 g dietary fiber, 23 g sugars, 6 mg cholesterol, 130 mg sodium



INGREDIENTS

- 1 scoop chocolate protein powder
- 1 shot of espresso
- 1/4 cup of Greek yogurt
- pinch of Stevia
- pinch of cinnamon
- 5 ice cubes

To make this a complete meal: add simple and/or starchy carbs if earlier in the day, such as an apple. If later in the day, add fibrous carbs, such as raw veggies. Also include a healthy fat, such as a small handful of pistachios. These proteins and fats should be “on the side”, not blended in.

FRAPPUCCINO SMOOTHIE



SERVES  
1



PREP TIME  
5 MINS



COOK TIME  
NONE

Combine all ingredients in a blender and mix for 30 seconds.

SERVING SIZE: 8 OUNCES  
PER SERVING

125 calories, 1 g fat, 28 g protein, 3 g carbohydrates , 2 g dietary fiber, 2 g sugars, 43 mg cholesterol, 65 mg sodium



INGREDIENTS

- 1/2 cup water
- 6 large ice cubes
- 2 medium peaches  
*washed and pitted*
- 1 cup strawberries
- 3/4 cup Greek yogurt
- 1/2 cup vanilla protein powder

This is a complete meal (a healthy balance of protein, carbs, and fat).

PEACH-STRAWBERRY SMOOTHIE



SERVES  
3



PREP TIME  
5-7 MINS



COOK TIME  
NONE

Combine all ingredients in a blender and mix well.

SERVING SIZE: 12 OUNCES  
PER SERVING

173 calories, 5 g fat, 15 g protein, 22 g carbohydrates , 5 g dietary fiber, 15 g sugars, 7 mg cholesterol, 100 mg sodium

INGREDIENTS

1 cup milk (or almond milk or water)

1 cup unsweetened grapefruit juice

2 cups whole baby spinach leaves

2 fresh kale leaves

1/2 banana

1/2 cup of your favorite fruit

1/4 ripe avocado

1/2 cup vanilla protein powder

1 tablespoon ground flaxseed or chia seeds

This is a complete meal (a healthy balance of protein, carbs, and fat).

# GREEN BREAKFAST SMOOTHIE



SERVES3



PREP TIME10 MINS



COOK TIMENONE

Combine all ingredients in a blender and mix well.

SERVING SIZE: 10 OUNCES  
PER SERVING

201 calories, 6 g fat, 11 g protein, 30 g carbohydrates , 7 g dietary fiber, 18 g sugars, 8 mg cholesterol, 133 mg sodium

INGREDIENTS

1 cup milk (or almond milk or water)

1/2 cup chocolate protein powder

1/2 banana

1 tablespoon unsweetened cocoa powder

2 tablespoons natural peanut butter

8 large ice cubes

This is a complete meal (a healthy balance of protein, carbs, and fat).


# CHOCOLATE, PEANUT BUTTER & BANANA SHAKE



SERVES2



PREP TIME5 MINS



COOK TIMENONE

Combine all ingredients in a blender and mix well.

SERVING SIZE: 10 OUNCES  
PER SERVING

233 calories, 9 g fat, 19 g protein, 26 g carbohydrates , 7 g dietary fiber, 5 g sugars, 14 mg cholesterol, 259 mg sodium

21





VEGETARIAN







# SPINACH & TOMATO QUICHE WITH QUINOA



SERVES  
6



PREP TIME  
15-20 MINS



COOK TIME  
30 MINS

To make this a complete meal: add simple and/or starchy carbs, such as fruit, yams, beans, or brown rice or if later in the day, add more fibrous carbs, such as your favorite veggies.

## INGREDIENTS

- 1/2 cup uncooked quinoa, thoroughly rinsed  
*see Notes*
- 1 cup vegetable broth
- 1 teaspoon olive oil
- 1 large onion  
*diced*
- 2 cups diced fresh tomatoes
- 2 cup fresh baby spinach leaves
- 5 egg whites
- 5 whole eggs
- 1/4 cup milk (or coconut milk)
- Salt and pepper to taste
- 1 cup salsa

Spray a 9-inch pie non-aluminum plate with natural non-stick cooking spray; set aside.

In a small saucepan, combine the rinsed quinoa and broth. Bring to a boil over high heat; cover the saucepan, then reduce the heat to medium-low and cook gently for 15 minutes, or until the liquid is absorbed, the centers of the seeds are transparent and the curly germs have separated from the seeds.

Remove the saucepan from the stove; allow to sit, covered, for 5 minutes.

Remove the lid, then fluff the seeds with a fork. Cool slightly.

Meanwhile, brush the olive oil over the bottom of a large, heavy skillet, then preheat to medium-high.

Sauté the onion in the preheated skillet for 5 minutes, stirring occasionally. Add the tomatoes; continue sautéing, stirring occasionally, for 5 more minutes. Finally, add the spinach; continue sautéing, stirring occasionally, until the spinach is wilted and any excess liquid has evaporated. Remove the skillet from the heat and allow the mixture to cool slightly.

While the vegetables are sautéing, in a mixing bowl, whisk together the egg whites, eggs, milk, salt, and pepper.

Fold the slightly cooled quinoa and sautéed vegetables into the egg mixture.

Pour the mixture into the prepared pan. Bake for 15-20 minutes, or until the eggs are lightly browned and set. Cool slightly before cutting.

To serve, cut the quiche into six wedges. Top individual servings with salsa.

SERVING SIZE: 8 OUNCES  
PER SERVING

116 calories, 4 g fat, 11 g protein, 10 g carbohydrates, 2 g dietary fiber, 4 g sugars,  
106 mg cholesterol, 336 mg sodium





# EGGPLANT PARMEASAN



SERVES  
6



PREP TIME  
15-20 MINS



COOK TIME  
30-35 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat)..

## INGREDIENTS

**2 1/2 pounds eggplant**  
*well-washed, ends trimmed, then cut crosswise into 3/4-inch slices*

### Coating:

**3/4 cup dry whole grain bread, spelt bread, or panko crumbs**

**1/3 cup parmesan cheese**  
*grated*

**1 1/2 teaspoon dried oregano**

**1 teaspoon garlic powder**

**1/4 teaspoon salt**

### Sauce:

**2 medium fresh tomatoes**

**1 tablespoon no-salt-added tomato paste**

**2 cloves garlic peeled**  
*coarsely chopped*

**8 fresh basil leaves**  
*rinsed, then pat dry*

**4 ounces part-skim Mozzarella cheese shredded (1 cup)**

Preheat the oven to 425 degrees Fahrenheit. Prepare eggplant slices stacked on a cutting board or plate. Stir crumb-coating mixture together well.

Working with one slice at a time, dip both sides of an eggplant slice in egg whites, then in the crumb mixture, until well-coated; arrange on oiled baking sheets.

Place the baking sheets in the preheated oven, then bake for about 25 minutes, or until the eggplant slices are fork-tender and lightly browned and crispy.

Meanwhile, in a blender or food processor, combine the sauce ingredients, then pulse on and off several times, creating a chunky sauce.

Transfer the sauce to a small saucepan; bring to a boil over medium-high heat, then reduce the heat to medium-low and cook gently for 8-10 minutes, or until the sauce reaches the desired consistency.

Remove the eggplant slices from the oven. Turn the oven to Broil.

Spread the prepared sauce over the eggplant slices, then sprinkle with shredded Mozzarella cheese.

Return one of the pans to the oven and broil the eggplant for about 3 minutes, or until the cheese is melted and beginning to brown. Repeat with the second pan and then serve immediately.

SERVING SIZE: 10 OUNCES  
PER SERVING

198 calories, 7 g fat, 13 g protein, 24 g carbohydrates , 8 g dietary fiber, 7 g sugars, 17 mg cholesterol, 334 mg sodium



# PORTOBELLO MUSHROOM PIZZA



SERVES  
6



PREP TIME  
5 MINS



COOK TIME  
15-22 SECS

To make this a complete meal:  
add a little more protein, such as  
cottage cheese, tofu, or tempeh.

## INGREDIENTS

- 4 large portobello mushroom caps
- 2 tablespoons olive oil
- 1 clove of garlic  
*minced*
- Salt and pepper
- Pizza sauce
- Low Fat mozzarella cheese  
*grated*
- Parmesan cheese and red pepper flakes for garnish

Preheat oven to 375 degrees Fahrenheit.

Clean mushrooms with a damp paper towel or mushroom brush.

Using a spoon, gently scrape out the “gills” from the inside of the cap.

Mix olive oil, garlic, salt and pepper. Rub both sides of the mushrooms with the mixture and place on a foil lined baking sheet.

Bake cup side up for 10 minutes.

Take the mushrooms out of the oven and turn the temperature up to 450 degrees Fahrenheit.

Dry them off with paper towel as much as possible.

Spread inside with a little pizza sauce. Top with grated cheese and and return to the oven for 5-7 minutes.

Let cool 5-10 minutes and enjoy!

SERVING SIZE: 1 LARGE MUSHROOM  
PER SERVING

125 calories, 5 g fat, 5 g protein, 18 g carbohydrates , 3 g dietary fiber, 1 g sugars,  
95 mg cholesterol, 120 mg sodium





# ZUCCHINI, FETA, & SPINACH FRITTERS WITH GARLIC TZATZIKI SAUCE



SERVES  
12



PREP TIME  
15 MINS



COOK TIME  
6-7 MINS

To make this a complete meal:  
add a little more protein, such as  
cottage cheese, tofu, or tempeh.

## INGREDIENTS

### Zucchini feta, and spinach fritters:

- 2 medium zucchini  
*grated*
- 3 handfuls baby spinach  
*chopped*
- 1/2 cup feta cheese  
*crumbled*
- 1/4 cup minced fresh herbs  
(e.g., dill, mint, and oregano)
- 3 large eggs, lightly beaten
- 2 scallions  
*minced*
- 2 cloves garlic  
*minced*
- 1/3 cup almond or coconut  
flour
- 1/2 teaspoon baking powder
- Salt and pepper, to taste
- Olive oil

### Garlic Tzatziki Sauce:

- 1 1/2 cups Greek yogurt
- 4 garlic cloves
- 1 small cucumber  
*peeled and chopped*
- 2 teaspoons olive oil
- Juice of 1/2 lemon
- 2 tablespoons dill

In a blender or food processor, combine all of the tzatziki ingredients.

Blend until smooth and refrigerate until ready to use.

Place the grated zucchini in a fine mesh strainer over a bowl. Sprinkle with 1 teaspoon salt to draw out the liquid and let sit for 10-15 minutes. Then, wring all of the liquid out using your hands and set aside.

In a large bowl, combine the zucchini, spinach, feta, herbs, eggs, scallions, and garlic. Stir to mix well. Then, sprinkle in the flour and baking powder, a bit at a time, until it all is incorporated and holding together.

Heat about 1/4 cup olive oil in a skillet over medium heat. Once warmed, drop 3 scoops of batter into the skillet (about 3 tablespoons of batter, each). After about 30 seconds, flatten them out a by pressing them down gently with a spatula. Pan fry for about 3 minutes, and then flip to fry the other side for an additional 3 minutes, or until golden brown.

Place the fritters on a paper towel lined plate to absorb excess oil, and serve warm with the garlic tzatziki sauce!

SERVING SIZE: 1 FRITTER  
PER SERVING

177 calories, 5 g fat, 7 g protein, 30 g carbohydrates , 4 g dietary fiber, 0 g sugars,  
310 mg cholesterol, 223 mg sodium



# LOADED SWEET POTATO



SERVES

1



PREP TIME

10 MINS



COOK TIME

1 HOUR

This is a complete meal, though I suggest adding a little more protein, such as cottage cheese on top or as a side.

## INGREDIENTS

- 1 medium sweet potato
- 1/2 cup cooked black beans
- 1/2 red pepper  
*diced*
- 1/2 purple onion  
*diced*
- 1 garlic clove  
*minced*
- 1 tablespoon scallions  
*chopped*
- 2 large kale leaves  
*chopped*
- 1/8 cup pine nuts
- 1/2 tomato  
*diced*
- 1/4 cup salsa
- 1/2 teaspoon cumin
- 1/2 teaspoon chipotle powder
- 1/4 cup Greek yogurt

Preheat oven to 450 degrees Fahrenheit. Wash sweet potato and stab with a fork a few times.

When oven is hot, place sweet potato on rack to bake for about an hour, until soft in the middle.

While sweet potato is cooking, wash and chop other veggies well. Drain and rinse black beans.

Once potato is cooked, cut in half and let cool a bit. Mix beans, tomato, pepper, onion together in a bowl and add spices, stirring to coat veggies.

Top potato with beans and veggie mixture.

Garnish with scallions, Greek yogurt, and salsa. Top with pine nuts.

SERVING SIZE: 1/2 POTATO WITH REMAINING INGREDIENTS PER SERVING

248 calories, 8 g fat, 10 g protein, 38 g carbohydrates , 4 g dietary fiber, 1 g sugars, 65 mg cholesterol, 90 mg sodium



INGREDIENTS

1 medium sweet potato

*baked until soft*

2 eggs


4 egg whites

1/4 cup of oat or quinoa flour

1 tbsp of coconut flour


To make this a complete meal, add some healthy fat (e.g., mozzarella cheese) and fibrous carbs (e.g., spinach, arugula, or zucchini).

SWEET POTATO PIZZA CRUST




SERVES

4



PREP TIME

5 MINS



COOK TIME

15 MINS

Preheat oven to 340 degrees F (170 C)

Blend all ingredients.

Divide the mixture into two cake pans and coat with non-stick spray or olive oil.

Bake for about 15 minutes or until golden brown.

Add favorite pizza toppings, bake, and enjoy!

SERVING SIZE: 1/2 PIZZA  
PER SERVING

146 calories, 2 g fat, 10 g protein, 25 g carbohydrates , 3 g dietary fiber, 1 g sugars, 42 mg cholesterol, 85 mg sodium

INGREDIENTS

1 teaspoon olive oil

1 teaspoon balsamic vinegar

1 medium zucchini

*cut lengthwise into 1/4-inch-thick slices*

1 medium yellow squash

*cut lengthwise into 1/4-inch-thick slices*

2 plum tomatoes

*cut into 1/8-inch-thick slices*

1/4 cup parmesan cheese

2 tablespoons fresh basil


*thinly sliced*

1/2 teaspoon fresh oregano

*finely chopped*


This is a complete meal, though I suggest adding a little more protein, such as cottage cheese on top or as a side.

SUMMER SQUASH PIZZA




SERVES

2



PREP TIME

5 MINS



COOK TIME

15-20 MIN

Combine oil, vinegar, zucchini slices, and yellow squash slices in a large bowl, tossing gently to coat.

Place squash mixture in aluminum foil and place on a BBQ grill on high for 5-10 minutes.

Make our Sweet Potato Pizza Crust (recipe above)

Arrange veggies over crust, then sprinkle with parmesan cheese.

Place back in oven for 5 minutes; top with basil and oregano.

SERVING SIZE: 1/2 PIZZA  
PER SERVING

181 calories, 5 g fat, 7 g protein, 32 g carbohydrates , 5 g dietary fiber, 2 g sugars, 164 mg cholesterol, 290 mg sodium

28



# PORTOBELLO CAPRESE SANDWICH

  
SERVES  
1

  
PREP TIME  
5 MINS

  
COOK TIME  
20 MINS

This is a complete meal, though I suggest adding a little more protein, such as a side of Greek yogurt or cottage cheese, or a protein shake.

## INGREDIENTS

- 2 large portobello mushrooms
- 1 teaspoon garlic  
*minced*
- 1 thick slice of fresh mozzarella cheese
- 2 slices of tomato
- 4-6 large basil leaves or spinach
- 1/3 bell pepper  
*sliced*
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar

Turn heat on the BBQ grill to medium.

Clean out the inside of the mushrooms with a spoon and spread a 1/2 teaspoon of crushed garlic on each one.

Place a large slice of mozzarella on the garlic side of one mushroom and then a slice of tomato and basil.

On the other mushroom, place the roasted bell peppers and then drizzle with olive oil.

Carefully put the two sides together.

Spray the grill with olive oil cooking spray and place the mushroom sandwich on the grill for 20 minutes, flipping carefully halfway through.

SERVING SIZE: 1 SANDWICH  
PER SERVING

203 calories, 7 g fat, 6 g protein, 24 g carbohydrates , 4 g dietary fiber, 1 g sugars, 40 mg cholesterol, 110 mg sodium





# ZUCCHINI PAD THAI



SERVES

4



PREP TIME

15 MINS



COOK TIME

NONE

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

- 2 tablespoons natural peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons tomato paste or crushed tomatoes
- 2 teaspoon low-sodium soy sauce
- 2 zucchini  
*ends trimmed*
- 1/2 cup bell peppers  
*thinly sliced*
- 1/2 cup carrots  
*thinly sliced*
- 1 cup snap peas
- 1/2 cup bean sprouts
- 1 cup shelled edamame
- Chili flakes to taste
- 1/3 cup cilantro
- 2 lime wedges  
*for garnish*

In a small bowl, stir together peanut butter, rice vinegar, tomato paste, soy sauce, and chili flakes until smooth.

Peel zucchini into noodle “ribbons” with a vegetable peeler. In a large bowl, toss zucchini noodles in sauce and let soak for about 20 minutes.

Add remaining vegetables and toss to combine.

Serve topped with cilantro and lime wedges.

SERVING SIZE: 1 SANDWICH  
PER SERVING

200 calories, 9 g fat, 17 g protein, 30 g carbohydrates , 10 g dietary fiber, 1 g  
sugars, 142 mg cholesterol, 320 mg sodium



# VEGGIE BURGER



SERVES  
6



PREP TIME  
15 MINS



COOK TIME  
10 MINS

This is a complete meal, though I suggest adding a little more protein. Try mixing cottage cheese with hummus and salsa for a delicious, high-protein “special sauce”.

## INGREDIENTS

- 3 red beets
- 1/2 cup brown rice  
*cooked*
- 1/4 cup dry rolled oats
- 2 16-ounce cans of black beans
- 1/2 cup mushrooms  
*diced*
- 1 onion  
*diced*
- 3 garlic cloves  
*minced*
- 3/4 cup grated mozzarella cheese
- 1 large egg
- 2 egg whites
- 2 tablespoon vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chili powder

Heat the oven to 400 degrees Fahrenheit. Wrap the beets in aluminum foil and roast until easily pierced with a fork (about an hour). Set aside to cool.

Heat olive oil in a skillet over medium-high heat. Add the onions, mushrooms, and garlic, stirring every minute for about 12 minutes.

Pour in the vinegar and continue to simmer until it has evaporated. Remove from heat and set aside to cool.

Process the oats in a food processor (or blender) until a flour texture. Transfer to a small bowl and set aside.

Drain and rinse one of the cans of beans and transfer to the food processor. Pulse until the beans are roughly chopped. Transfer this mixture to a large mixing bowl.

Drain and rinse the second can of beans and add the whole beans to the mixing bowl as well.

Scrape the skins off the roasted beets and grate them with a cheese grater. Transfer the grated beets to a strainer set over the sink.

Transfer the beets, rice, and sauted veggies to the bowl with the beans. Sprinkle the olive oil and chili powder over the top of the mixture and mix until combined.

Add the oatmeal flour and egg/egg whites and mix until you no longer see any dry oatmeal or egg.

Shape the mixture into burgers, brush them with BBQ sauce and then grill on the BBQ. Enjoy!

SERVING SIZE: 1 PATTY  
PER SERVING

164 calories, 4 g fat, 8 g protein, 26 g carbohydrates , 3 g dietary fiber, 1 g sugars, 310 mg cholesterol, 190 mg sodium





# QUINOA STUFFED PEPPERS



SERVES

8



PREP TIME

15 MINS



COOK TIME

90 MINS

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

**4 large bell peppers**

*halved lengthwise*

**1 cup quinoa**

**1 15-ounce can black beans**

*rinsed and drained*

**1 onion, diced**

**4 mushrooms**

*finely chopped*

**1 cup spinach or arugula**

*chopped*

**2 tomatoes**

*diced*

**2 large carrots**

*grated*

**1 cup low fat feta cheese**

**2 tablespoon olive oil**

**1 tablespoon ground cumin**

**2 cloves garlic**

*minced*

**2 cups water**

Preheat oven to 350 degrees Fahrenheit.

Heat oil in saucepan over medium heat. Add onion and mushrooms and cook 5 minutes, or until soft. Add cumin and garlic, and saute for 1 minute or so. Stir in spinach and tomatoes. Cook 5 minutes, or until most of liquid has evaporated.

Stir in black beans, quinoa, carrots, and 2 cups water. Cover and bring to a boil. Reduce heat to medium-low and simmer 20 minutes, or until quinoa is tender. Stir in feta cheese.

Fill each bell pepper-half with 3/4-cup quinoa mixture and place in baking dish. Cover with foil, and bake for 60-75 minutes, until stuffed peppers are browned.

Let cool for 5 minutes and enjoy!

SERVING SIZE: 1 STUFFED PEPPER  
PER SERVING

200 calories, 6 g fat, 14 g protein, 30 g carbohydrates , 8 g dietary fiber, 3 g  
sugars, 15 mg cholesterol, 518 mg sodium





# CHICKEN & POULTRY







# CHILES RELLENOS WITH CHICKEN



SERVES

8



PREP TIME

10 MINS



COOK TIME

10 MINS

This is a complete meal  
(a healthy balance of  
protein, carbs, and fat).

## INGREDIENTS

**16 large poblano peppers**  
(or green chiles)

**2 cups shredded chicken**  
*cooked*

**2 cups corn**

**2 cups mozzarella cheese**  
*grated*

**1 bunch scallions**  
*chopped*

**1/2 cup Greek yogurt**

**2/3 cup spelt, coconut, or  
almond flour**

**2 large eggs**

**4 egg whites**

**4 tablespoons extra virgin  
olive oil**  
*divided*

Preheat broiler. Place peppers on a large baking sheet. Broil 4-6 inches from the heat source, turning once or twice, until the skins blacken and blister, about 10 minutes total. Transfer to a large bowl, cover with a kitchen towel and let stand until cool enough to handle.

Remove the blistered skin, leaving stems intact. Make a slit lengthwise in each pepper and carefully remove the seeds. Set aside.

Combine chicken, corn, cheese, scallions, and Greek yogurt in a medium bowl.

Fill each roasted pepper with about 1/4 cup of the mixture. Fold the pepper over to completely enclose the filling.

Put the flour in a shallow dish, and then eggs and egg whites in another shallow dish and beat until frothy. Dip each pepper in the flour mixture to coat on all sides, brush off any excess and then dip into the eggs.

Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Carefully set 4 peppers into the hot oil and cook until the cheese is melted and the peppers are golden brown, 2-3 minutes per side. Remove to a platter; tent with foil (or transfer to a 250 degree Fahrenheit oven) to keep warm.

Repeat in 3 more batches with the remaining oil and peppers, reducing the heat as necessary to prevent over browning. Serve warm.

SERVING SIZE: 2 HALF STUFFED PEPPERS  
PER SERVING

215 calories, 7 g fat, 18 g protein, 22 g carbohydrates, 2 g dietary fiber, 1 g  
sugars, 220 mg cholesterol, 190 mg sodium



# TURKEY MEATLOAF



SERVES  
8



PREP TIME  
5 MINS



COOK TIME  
60 MINS

To make this a complete meal: add a natural starchy carb, such as brown rice or a small sweet potato, if earlier in the day or if later in the day, include fibrous carbs, such as a salad or grilled asparagus.

## INGREDIENTS

Natural non-stick cooking spray

4 egg whites

1 1/2 pounds lean ground turkey

1 cup salsa

3/4 cups dry rolled oats

1 small onion  
*finely chopped*

2 cloves garlic, minced (or 1/2 teaspoon garlic powder)

Preheat the oven to 350 degrees Fahrenheit.

Spray a loaf pan with natural non-stick cooking spray.

In a bowl, lightly beat the egg whites with a fork. Stir in the remaining ingredients until well mixed. Press mixture evenly into the prepared loaf pan.

Bake for 60 minutes, or until center is no longer pink.

Cool loaf in pan for 5-10 minutes, then invert onto a serving platter to slice.

Serve immediately.

SERVING SIZE: 1 SLICE (1/8 OF LOAF)  
PER SERVING

176 calories, 8 g fat, 18 g protein, 8 g carbohydrates , 1 g dietary fiber, 2 g sugars, 67 mg cholesterol, 303 mg sodium





# ALMOND-CRUSTED CHICKEN



SERVES  
2



PREP TIME  
<10 MINS



COOK TIME  
6-8 MINS

To make this a complete meal: add a natural starchy carb, such as baked beans or quinoa, if earlier in the day or if later in the day, include fibrous carbs, such as mixed veggies grilled on the BBQ.

## INGREDIENTS

**2 (3-ounce) boneless, skinless chicken breast halves**

**1/3 cup natural almonds**  
*sliced*

**1 egg white**

**1 tablespoon water**

**Salt and ground black pepper to taste**

**Natural non-stick cooking spray**

Thinly pound the chicken breasts; set aside.

Chop the sliced almonds, then place in a saucer or shallow bowl large enough to dip the chicken breast halves.

In a small bowl, whisk together the egg white, water and salt and pepper to taste, then pour into a second small saucer or shallow bowl large enough to dip the chicken breast halves.

Generously spray a flat-bottomed skillet with natural non-stick cooking spray, then preheat to medium.

Dip each chicken breast half first in the egg white mixture, coating both sides, then in the chopped almonds, again coating both sides.

Arrange the coated chicken in a single layer in the preheated skillet; saute on the first side for 3-4 minutes, then turn and cook on the second side for another 3-4 minutes, or until the chicken is cooked through.

SERVING SIZE: 4 OUNCES  
PER SERVING

239 calories, 13 g fat, 27 g protein, 5 g carbohydrates , 3 g dietary fiber, 1 g sugars, 49 mg cholesterol, 229 mg sodium



# AUTUMN CHICKEN STEW

  
SERVES  
8

  
PREP TIME  
20 MINS

  
COOK TIME  
20-25 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

**1 pound boneless, skinless chicken breasts**  
*cut into strips*

**4 cups reduced-sodium chicken broth**

**4 medium carrots**  
*sliced*

**2 apples, peeled**  
*cored and chopped*

**2 medium parsnips**  
*peeled and cubed*

**1 large onion**  
*chopped*

**1 cup sliced black olives**

**1/2 teaspoon dried rosemary**

**1/4 teaspoon salt**

**1/4 teaspoon ground black pepper**

**2 teaspoons apple cider vinegar**

On a large plate, spread the chicken strips into a single layer.

Into a large saucepan, pour 1/4 cup of the chicken broth. Add the prepared carrots, apples, parsnips and onion; saute over medium-high heat for 3-5 minutes, or until the vegetables begin to soften, stirring occasionally.

When the vegetables are tender-crisp, stir in the remaining broth, rosemary, salt and pepper; bring the broth to a boil over high heat, then reduce the heat to medium-low and cook gently for 8-10 minutes, or until the vegetables are tender.

Slice the partially thawed chicken strips crosswise into bite-size pieces.

When the vegetables are tender, add the chicken, olives, and vinegar to the saucepan; return the soup to a boil over high heat.

Adjust seasonings to taste and enjoy!

SERVING SIZE: 12 OUNCES  
PER SERVING

191 calories, 6 g fat, 15 g protein, 23 g carbohydrates , 5 g dietary fiber, 10 g sugars, 28 mg cholesterol, 652 mg sodium





# CHICKEN CURRY WITH PINEAPPLE



SERVES  
4



PREP TIME  
15 MINS



COOK TIME  
5-7 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- Natural non-stick cooking spray
- 4 boneless, skinless chicken breast halves
- 1 large onion  
*sliced and quartered*
- 1 bell pepper  
*cut into long 1/4-inch strips, then halved crosswise*
- 6-8 baby carrots  
*halved lengthwise*
- 1 (8-ounce) can pineapple tidbits in juice  
*undrained*
- 2 low-sodium chicken bouillon cubes
- 2 teaspoons curry powder
- 1/2 teaspoon garlic powder
- Ground black pepper to taste

Spray inside of slow cooker with natural non-stick cooking spray.

Place chicken in the slow cooker, then top with onion, pepper, carrots and pineapple.

Dissolve bouillon cubes in a small amount of water and pour over pineapple.

Season to taste with curry powder, garlic powder, and pepper.

Put cover in place, then cook on low for 5-7 hours, or until the chicken and vegetables are tender.

If possible, stir once or twice during cooking time and serve warm.

SERVING SIZE: 8 OUNCES  
PER SERVING

234 calories, 5 g fat, 28 g protein, 19 g carbohydrates , 3 g dietary fiber, 13 g sugars, 73 mg cholesterol, 101 mg sodium



# CHICKEN & SWEET POTATO SAUTE WITH PEANUT SAUCE



SERVES  
6



PREP TIME  
15-20 MINS



COOK TIME  
30 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- 2 medium sweet potatoes**  
*peeled and cut into 1/2-inch cubes*
- 4 skinless, boneless chicken breasts**
- 2 cups vegetable or chicken broth**
- 2 bell peppers**  
*seeded and cut into 1/2-inch cubes*
- 1 onion**  
*halved lengthwise from root to stem end, then cut into 1/2-inch wedges*
- 2 large carrots**  
*grated*
- 1/4 cup natural peanut butter**
- 2 teaspoons curry powder**
- 1 teaspoon chili powder**
- 1/2 teaspoon ground cumin**
- 2 cups baby spinach leaves**  
*rinsed, then pat dry*

Place the prepped sweet potatoes in a medium saucepan; add just enough water to cover the potatoes.

Bring to a boil over high heat; cover saucepan, reduce the heat to medium-low and cook for 10-15 minutes, or until the potatoes are almost tender.

Meanwhile, place the chicken breasts in a second saucepan or skillet. Add the broth; bring to a boil over high heat, then reduce the heat to medium and cook gently for 8-10 minutes, or until the chicken is cooked through.

Transfer the chicken to a clean surface, leaving the broth in the pan. When the chicken is cool enough to handle, slice into thin strips.

Drain the sweet potatoes, discarding the water.

Add the potatoes, bell peppers, carrots, and onions to the broth in the skillet; bring to a boil over high heat, then reduce the heat to medium-low and cook gently until the vegetables are very soft.

Pour about 1/2 cup of the remaining broth into a small bowl. Whisk the peanut butter, curry powder, chili powder and cumin into the broth in the bowl until smooth, then gently stir the peanut butter mixture back into the vegetables and chicken until combined.

Increase the heat just until the broth returns to a boil.

Sprinkle the spinach leaves over the vegetables and chicken; cover skillet, reduce the heat to medium-low and cook gently for 4-5 minutes, or just until the spinach is wilted, but still bright green.

Carefully stir the spinach into the mixture and enjoy!

SERVING SIZE: 9-10 OUNCES  
PER SERVING

225 calories, 6 g fat, 18 g protein, 26 g carbohydrates, 4 g dietary fiber, 5 g sugars, 33 mg cholesterol, 82 mg sodium





# SUNDRIED TOMATO CHICKEN WITH SAUTEED VEGETABLES & FETA



SERVES

6



PREP TIME

15 MINS



COOK TIME

15 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

**6 ounces boneless skinless chicken breasts**  
*cut in bite-size pieces or narrow strips*

**1/4 cup sun-dried tomato vinaigrette**

**2 cups zucchini**  
*diced*

**1 cup mushrooms**  
*diced*

**1 cup onions**  
*chopped*

**2/3 cup bell peppers**  
*chopped*

**2 cloves garlic**  
*minced*

**1 cup diced tomatoes**

**3 tablespoons basil**  
*chopped*

**Salt and pepper to taste**

**1/3 cup crumbled feta cheese**

In a small mixing bowl, combine the diced chicken and 2 tablespoons of the dressing; stir until the chicken is evenly coated, then set aside.

Pour the remaining 2 tablespoons of dressing into a large skillet; preheat to medium-high.

Add the vegetables; saute over medium-high heat, stirring frequently, just until the vegetables are tender crisp.

Add the chicken; continue sauteing, stirring frequently, for 4-5 minutes, or until the chicken is lightly browned.

Stir in the tomatoes; continue sauteing until the mixture is boiling, then reduce the heat to medium-low and cook gently, stirring occasionally, for 5 minutes, or until the tomatoes are tender.

Toss in the basil, season with salt and pepper, and sprinkle with feta cheese. Enjoy!

SERVING SIZE: 6 OUNCES  
PER SERVING

149 calories, 5 g fat, 10 g protein, 17 g carbohydrates , 2 g dietary fiber, 5 g sugars, 16 mg cholesterol, 250 mg sodium



# LASAGNA STUFFED SPAGHETTI SQUASH



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
1 HR 10 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- 2 medium spaghetti squash
- 2 tablespoons extra virgin olive oil
- 1 onion  
*chopped*
- 4 mushrooms  
*chopped*
- 4 cloves garlic  
*minced*
- 20 oz extra lean ground turkey
- 1 (15-oz.) can crushed tomatoes
- 2 teaspoons dried (or fresh, chopped) basil
- 2 teaspoons dried (or fresh, chopped) oregano
- 1 cup lowfat cottage cheese
- 1 cup cup mozzarella cheese  
*grated*
- Salt and pepper

Preheat oven to 400 degrees Fahrenheit. Slice spaghetti squash lengthwise and scrape out the seeds. Rub 1/4 tbsp olive oil into each squash half and season with salt and pepper.

Place each spaghetti squash half face down in a large baking dish and bake for 40-60 min.

In a large pan, sauté onion, garlic, and mushrooms in 1 tablespoon olive oil over medium heat until fragrant. Add ground turkey.

Season again with a salt and pepper. Cook until browned. Add crushed tomato and 1 teaspoon each basil and oregano. When sauce starts to bubble, reduce heat to a simmer for 3-4 minutes.

Add cottage cheese in a medium bowl and season with 1 teaspoon each basil and oregano.

When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin side down. Evenly divide cottage cheese mixture between each squash half. Repeat with meat sauce. Top each half with 1/4 cup mozzarella cheese.

Turn oven to broil, and cook for another 2 minutes, until cheese is browned and bubbling. Enjoy!

SERVING SIZE: 1 SQUASH HALF  
PER SERVING

202 calories, 6 g fat, 12 g protein, 28 g carbohydrates , 3 g dietary fiber, 2 g sugars, 80 mg cholesterol, 650 mg sodium





# PORK



INGREDIENTS


1 (3 pound) lean pork loin roast  
*sliced in half*

1 (15-ounce) can crushed, unsweetened pineapple  
*undrained*


1/4 cup teriyaki sauce

To make this a complete meal: include it with starchy or simple carbs and healthy fat if earlier in the day, such as black beans and olives, or if later in the day fibrous carbs and a little healthy fat, such as grilled asparagus in olive oil.


PINEAPPLE-TERIYAKI ROAST



SERVES  
8



PREP TIME  
5 MINS



COOK TIME  
VARIES

Arrange halved pork loin roast in a 5-quart slow cooker.

Top with undrained pineapple and teriyaki sauce.

Cover and cook on low for 6-8 hours or on high for 2 hours, or until the roast is tender.

SERVING SIZE: 5 OUNCES  
PER SERVING

150 calories, 2 g fat, 24 g protein, 6 g carbohydrates , 0 g dietary fiber, 6 g sugars, 74 mg cholesterol, 405 mg sodium

INGREDIENTS

2 (3.5 ounces) lean pork chops  
*fat trimmed*

2 small sweet potatoes  
*thinly sliced*

2 apples  
*core and then thinly sliced*


1/3 cup walnuts

1 small onion  
*thinly sliced*


Ground cinnamon, salt, and pepper

This is a complete meal (a healthy balance of protein, carbs, and fat).


PORK CHOP WITH BAKED APPLE & SWEET POTATO



SERVES  
2



PREP TIME  
10 MINS



COOK TIME  
45 MINS

Preheat the oven to 350 degrees Fahrenheit.

Enclose the ingredients in a large sheet of foil, layer the pork chops, sliced sweet potatoes, apples, walnuts, and onions.

Season to taste with cinnamon, salt and pepper. Wrap and seal packet.

Bake for 45 minutes, or until tender.

SERVING SIZE: 13 OUNCES  
PER SERVING

293 calories, 7 g fat, 22 g protein, 38 g carbohydrates , 6 g dietary fiber, 20 g sugars, 56 mg cholesterol, 114 mg sodium

43





# TANDOORI-SPICED PORK TENDERLOIN



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
25 MINS

To make this a complete meal: include it with a starchy or simple carb and healthy fat if earlier in the day, such as brown rice or sliced apples with almonds, or if later in the day have it with fibrous carbs and a little healthy fat, such as broccoli or roasted brussels sprouts and chestnuts.

## INGREDIENTS

- 1 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon ground cayenne pepper
- 1 (12-ounce) lean pork tenderloin

Preheat oven to 450 degrees Fahrenheit.

Place the tenderloin on a baking pan, then set aside. In a small mixing bowl, whisk all of the marinade ingredients together.

Brush all sides of the tenderloin with the marinade, set the remaining marinade aside.

Roast the tenderloin in the preheated oven for 10 minutes.

Remove the tenderloin from the oven just long enough to brush with the remaining marinade, then continue roasting for another 8-10 minutes, or until the internal temperature reaches 145 degrees Fahrenheit.

Turn the oven to Broil, broil the tenderloin for 3-4 minutes, or until lightly browned, turning once.

Transfer the tenderloin to a cutting board. Immediately tent a piece of aluminum foil over the tenderloin and allow to stand for 5 minutes before slicing. Enjoy!

SERVING SIZE: 4 OUNCES  
PER SERVING

129 calories, 2 g fat, 23 g protein, 4 g carbohydrates , 0 g dietary fiber, 3 g sugars, 55 mg cholesterol, 209 mg sodium



# BBQ PULLED PORK



SERVES  
6



PREP TIME  
12-15 MINS



COOK TIME  
VARIES

To make this a complete meal: include it with starchy carbs if earlier in the day, such as a baked sweet potato, or if later in the day include with fibrous carbs, such as a healthy coleslaw recipe.

## INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1 sweet onion  
*chopped*
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 cup reduced-sugar ketchup
- 1/2 cup cider vinegar
- 1/3 cup grainy mustard
- 1 tablespoon tomato paste
- 1 1/2 pounds pork loin roast

In a medium saucepan, heat the oil over medium-high heat.

Saute the onion in the hot oil until very soft, stirring frequently.

Stir in the chili powder, cumin and red pepper; continue sauteing another minute.

Stir in all of the remaining ingredients, except the pork roast; reduce the heat to medium-low, then cook gently for 10 minutes, or until the sauce thickens slightly.

Meanwhile, trim any visible fat from the pork roast and place it in the slow cooker. Pour the sauce over the roast.

Cover and cook on Low for 8-10 hours, or on High for 4-5 hours. Remove the pork roast briefly from the slow cooker; using a fork, pull the roast into long shreds, then stir the shreds back into the sauce. Enjoy!

SERVING SIZE: 4-5 OUNCES  
PER SERVING

160 calories, 7 g fat, 19 g protein, 4 g carbohydrates , 1 g dietary fiber, 2 g sugars,  
50 mg cholesterol, 313 mg sodium





# PORK & COUSCOUS SCRAMBLE



SERVES  
1



PREP TIME  
8-10 MINS



COOK TIME  
10-12 MINS

To make this a complete meal: include with starchy carbs if earlier in the day, such as roasted yams, or if later in the day include with fibrous carbs, such as diced bell peppers.

## INGREDIENTS

- 1/3 cup cooked couscous
- 1/2 teaspoon extra virgin olive oil
- 2 ounces extra lean ground pork
- 3 large egg whites
- 2 tablespoons diced green onions
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- Ground black pepper to taste
- 1 cup shredded Romaine lettuce  
*rinsed*

Prepare couscous according to the directions on the package.

Preheat olive oil in a medium-size skillet to medium heat.

Brown the ground pork in a skillet, using the edge of a spatula to crumble it into pieces as it cooks.

Meanwhile, in a medium bowl, whisk together the egg whites, green onions, Worcestershire sauce, couscous, garlic and black pepper.

Pour the egg mixture over the browned pork, stirring to mix, then continue cooking, turning occasionally with a spatula, until the eggs are set.

Meanwhile, arrange a bed of shredded lettuce on a plate. Spoon the scrambled egg and pork mixture over the lettuce. Enjoy!

SERVING SIZE: 8 OUNCES  
PER SERVING

183 calories, 8 g fat, 24 g protein, 6 g carbohydrates , 2 g dietary fiber, 2 g sugars, 37 mg cholesterol, 498 mg sodium



# PORK FAJITAS



**SERVES**  
8



**PREP TIME**  
15-20 MINS



**COOK TIME**  
15-20 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

**1 tablespoon extra virgin olive oil**

**1 medium onion**  
*sliced*

**1 green and red bell pepper,**  
*halved, seeded, then cut lengthwise into 1/4-inch strips*

**2 cloves garlic**  
*minced*

**2 teaspoons chili powder**

**1 pound boneless, skinless pork**  
*cut into 1/4-inch strips*

**8 whole grain tortillas (or large romaine lettuce leaves)**

**1 cup salsa**

**1 tablespoon jalapenos**  
*minced*

**1 ripe avocado**  
*pitted, peeled, and half cut into 8 thin wedges*

**1/2 cup Greek yogurt**

**1/2 cup fresh cilantro sprigs**

Preheat the oven to 250 degrees Fahrenheit. In a large skillet, heat the oil over medium heat. Saute the onion and pepper strips for 2 to 3 minutes.

Add the garlic and chili powder, then continue sauteing for another minute or two.

Using a slotted spoon, transfer the sauteed vegetables to a separate bowl or platter. Add the pork strips to the skillet; cook over medium heat until no longer pink.

Meanwhile, warm the tortillas in the preheated oven.

Stir the sauteed vegetables and 1/2 cup of the salsa into the pork. Add the jalapeno pepper.

Continue cooking the mixture for two minutes.

Serve the fajita mixture with the warmed tortillas, and garnish each fajita with the following:

about 1 tablespoon of the remaining salsa  
2 avocado wedges  
1 tablespoon of Greek yogurt  
2 cilantro sprigs.

**SERVING SIZE: 1 FAJITA  
PER SERVING**

284 calories, 13 g fat, 22 g protein, 31 g carbohydrates , 12 g dietary fiber, 3 g sugars, 36 mg cholesterol, 504 mg sodium





# SOUP







# ROASTED BUTTERNUT SQUASH SOUP WITH ONION & APPLE



SERVES  
8



PREP TIME  
20 MINS



COOK TIME  
1 HOUR

To make this a complete meal: include a protein, such as grilled chicken, cottage cheese, Greek yogurt, or shrimp.

## INGREDIENTS

- 1 large butternut squash
- 1 large onion  
*peeled and quartered*
- 2 teaspoons extra virgin olive oil
- 1 large apple  
*halved, cored, and peeled*
- 4 cloves of garlic  
*peeled*
- 4 cups chicken or vegetable broth
- 2 teaspoons dried sage
- 1/2 cup almond milk

Preheat oven to 400 degrees Fahrenheit.

Pierce squash in a few places and place in a baking dish.

Gently toss onions in the olive oil.

Add onions to the baking sheet with squash and bake for 20 minutes.

Turn squash over and stir onions to break up the quarters. Toss apple halves and garlic cloves in the oiled bowl.

Add to the baking sheet with the onions. Roast until the apple, onions and garlic are soft.

When squash is soft, remove from the oven and let cool until it is cool enough to handle.

Halve the squash and scoop out the seeds. Scrape the flesh into a bowl. Put half of all ingredients except the almond milk into a blender and blend until smooth. Put into a soup pot to heat.

Repeat with the second half of the ingredients. If you have an immersion blender, you can put everything in the soup pot and blend it that way.

Heat soup over low heat, stirring frequently. Add more broth and almond milk, if needed.

SERVING SIZE: 1 CUP  
PER SERVING

172 calories, 4 g fat, 4 g protein, 30 g carbohydrates , 3 g dietary fiber, 1 g sugars,  
110 mg cholesterol, 200 mg sodium





# TORTILLA SOUP



**SERVES**  
12



**PREP TIME**  
15 MINS



**COOK TIME**  
3-4 HOURS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

**2 cups reduced-sodium chicken broth**

**2 cups water**

**2 teaspoons chili powder**

**1 teaspoon ground cumin**

**1 pound cooked boneless, skinless chicken breast**  
*shredded*

**1 (15-ounce) can diced tomatoes**  
*undrained*

**1 (4-ounce) can diced green chilies**

**2 cups corn**

**1 medium onion**  
*chopped*

**2 cloves garlic**  
*minced*

**1/2 cup chopped cilantro**

### Garnish:

**6 whole grain tortillas**

**Natural non-stick cooking spray**

**1 avocado, pitted**  
*peeled and sliced*

Pour the broth and water into a 5-6-quart capacity slow cooker.

Whisk in the chili powder and cumin until well mixed.

Add the chicken, green chilies, corn, onion, and garlic.

Cover and cook on High for 3-4 hours or on Low for 6-8 hours.

About 20-30 minutes before serving, preheat the oven to 400 degrees Fahrenheit.

Briefly spray both sides of each of the tortillas with natural non-stick cooking spray.

Cut the tortillas into 1/4-inch strips.

On a large baking sheet, spread the strips into a single layer.

Bake for 10-15 minutes, or until lightly browned and somewhat crispy. Stir once, halfway through the baking time.

Remove the strips from the oven and allow to cool.

About 5 minutes before serving the soup, stir in the fresh cilantro.

Ladle the soup into individual bowls. Top each serving with a handful of tortilla strips.

**SERVING SIZE: 1 CUP  
PER SERVING**

**177 calories, 6 g fat, 15 g protein, 17 g carbohydrates, 3 g dietary fiber, 3 g sugars, 32 mg cholesterol, 296 mg sodium**



# ROASTED TOMATO-BASIL SOUP



SERVES  
6



PREP TIME  
10-15 MINS



COOK TIME  
45 MINS

To make this a complete meal:  
include a protein, such as grilled  
chicken or tempeh.

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 sweet onion  
*chopped*
- 1 tablespoon minced garlic
- 2 (15-ounce) cans diced fire-roasted tomatoes
- 1 cup reduced-sodium chicken or vegetable broth
- 15 fresh basil  
*cut into thin ribbons*
- Salt and pepper to taste
- 1/2 cup Greek yogurt

In a medium saucepan, preheat the oil to medium-high.

Saute the onion in the hot oil for about 5 minutes, stirring occasionally.

Stir in the garlic and continue sauteing for 2 more minutes.

Stir in the tomatoes and broth; bring to a boil over high heat, then reduce the heat to medium-low and cook gently for 30 minutes, stirring occasionally.

Reserve a small handful of the basil for garnish, then stir the remaining basil into the soup and continue cooking for 5 more minutes.

Remove from the stove and cool slightly.

Transfer about half of the soup to a blender; cover and blend until smooth, then pour back into the soup in the saucepan.

Whisk the Greek yogurt into the soup. Season to taste with salt and pepper and garnish with fresh basil.

SERVING SIZE: 1 CUP  
PER SERVING

109 calories, 5 g fat, 3 g protein, 13 g carbohydrates , 3 g dietary fiber, 7 g sugars,  
0 mg cholesterol, 418 mg sodium





# SWEET POTATO SPICED SOUP



SERVES  
6



PREP TIME  
12-15 MINS



COOK TIME  
40 MINS

To make this a complete meal: include a little more protein, such as Greek yogurt, cottage cheese, shrimp, or tofu.

## INGREDIENTS

1 teaspoon extra virgin olive oil

1 sweet onion  
*chopped*

2 cloves garlic  
*minced*

1 tablespoon fresh ginger-  
*grated*

2 teaspoons pumpkin pie  
spice

6 cups low-sodium chicken or  
vegetable broth

3 cups sweet potatoes  
*chopped into 1/2-inch pieces*

1 cup coconut milk

Salt and pepper to taste

In a large saucepan, heat the olive oil over medium-high heat.

Add the onion, then saute until lightly brown. Add the garlic, ginger, and pumpkin pie spice; then saute another minute, stirring constantly.

Stir in the broth and add the potato; bring to a boil over high heat, then reduce the heat to medium-low, cover and cook gently for 30 minutes.

Stir in the coconut milk.

Transfer the soup to a blender and blend until smooth.

Season with salt and pepper and enjoy!

SERVING SIZE: 1.5 CUP  
PER SERVING

110 calories, 4 g fat, 5 g protein, 16 g carbohydrates , 2 g dietary fiber, 4 g sugars,  
0 mg cholesterol, 162 mg sodium



# MEDITERRANEAN CHICKEN, VEGETABLE & BEAN SOUP



SERVES  
12



PREP TIME  
15-20 MINS



COOK TIME  
20-25 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs.

## INGREDIENTS

- 2 teaspoons extra virgin olive oil
- 2 carrots  
*chopped*
- 2 ribs celery  
*chopped*
- 1 onion  
*chopped*
- 4 garlic cloves  
*minced*
- 6 cups chicken or vegetable broth
- 1 pound cooked boneless, skinless chicken breast  
*chopped*
- 2 cups thinly sliced zucchini
- 2 tomatoes  
*diced*
- 1 (15-ounce) can kidney beans
- 2 ounces small whole grain pasta  
*uncooked*
- 1/4 cup basil  
*chopped*
- 1 teaspoon dried oregano
- Salt and pepper to taste

In a large stockpot, heat the olive oil over medium-high heat; stir in the carrots, celery, onions and garlic.

Saute until the vegetables are just beginning to turn golden, stirring frequently.

Stir in the broth, chicken, zucchini, beans and tomatoes; increase the heat to high and bring the mixture to a boil.

Stir in the pasta, basil and oregano; reduce the heat to medium, then continue cooking the soup gently for 10-15 minutes, or until the pasta is done.

Adjust the seasonings to taste, adding salt and pepper, if desired. Enjoy!

SERVING SIZE: 1.25 CUP  
PER SERVING

259 calories, 5 g fat, 24 g protein, 31 g carbohydrates , 7 g dietary fiber, 3 g sugars, 32 mg cholesterol, 137 mg sodium





# CHICKEN, PUMPKIN & BLACK BEAN SOUP



SERVES  
12



PREP TIME  
15 MINS



COOK TIME  
30-35 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs.

## INGREDIENTS

1 tablespoon extra virgin olive oil

1 onion  
*chopped*

1 1/2 teaspoon minced garlic

2 tablespoons ground cumin

1 1/2 teaspoons ground coriander

1 teaspoon chipotle chili powder

6 cups chicken or vegetable broth

2 (15-ounce) cans black beans  
*rinsed and drained*

1 (15-ounce) can pure pumpkin puree

3 (4-ounce) cans chopped green chilies

4 cooked boneless, skinless chicken breasts  
*cut into bite-size pieces*

Salt and pepper to taste

Garnish:

Cilantro  
*chopped*

In a large stockpot, heat the olive oil to high.

Saute the onions and garlic in the hot oil for 5 minutes, stirring occasionally.

Stir in the cumin, coriander and chili powder and cook for 2 more minutes.

Stir in the broth and then the black beans, pumpkin, green chilies and chicken; bring to a boil, then reduce the heat to medium-low and cook for 20 minutes, stirring occasionally.

Season to taste with salt and pepper and garnished with cilantro.

SERVING SIZE: 1 CUP  
PER SERVING

168 calories, 5 g fat, 16 g protein, 18 g carbohydrates , 6 g dietary fiber, 2 g sugars, 24 mg cholesterol, 369 mg sodium



# GARDEN-FRESH SUMMER SOUP

  
SERVES  
6

  
PREP TIME  
10-12 MINS

  
COOK TIME  
NONE

This is a complete meal (a healthy balance of protein, carbs, and fat), but is very low in calories, so you'll want this as a side with a protein (e.g., grilled chicken) and either starchy carbs (e.g. baked potato) or simple carbs (e.g., slices of watermelon) if earlier in the day.

## INGREDIENTS

- 2 large tomatoes
- 1 large cucumber
- 1 bell pepper
- 3 green onions
- 2 cloves garlic
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon hot red pepper sauce
- 1 cup tomato juice cocktail
- Salt to taste

- Garnish:**
- Reserved cucumber, bell pepper and green onion
  - 6 fresh basil leaves
  - Freshly ground black pepper

Dice one of the tomatoes; place in a small bowl and set aside to be added to the soup after blending.

In a separate bowl, set aside about one quarter each of the cucumber and bell pepper and one of the green onions to be used later for the garnish; cover with plastic wrap and refrigerate until needed.

Cut the remaining tomatoes, cucumber, bell pepper and green onions into large pieces and place in a blender container.

Add the garlic, olive oil, red wine vinegar, and hot pepper sauce. Pour the vegetable juice over all; cover, then blend until smooth.

Finely slice the remaining two green onions. Stir the reserved diced tomato and sliced green onion into the blended mixture.

Season to taste with salt, if desired.

Cover, then refrigerate until chilled.

Shortly before serving, prepare the garnishes by dicing the reserved cucumber and bell pepper, thinly slicing the reserved green onion and finely shredding the basil leaves; toss together lightly in a small bowl.

To serve, ladle the soup into individual bowls. Top each serving with a small handful of the combine garnishes, then sprinkle lightly with ground black pepper.

SERVING SIZE: 1 CUP  
PER SERVING

66 calories, 3 g fat, 2 g protein, 10 g carbohydrates , 3 g dietary fiber, 6 g sugars,  
0 mg cholesterol, 88 mg sodium





# RED MEAT





# MEATBALLS



SERVES  
20



PREP TIME  
10 MINS



COOK TIME  
3 HRS

This is a complete snack or side-dish (a healthy balance of protein, carbs, and fat), but we recommend including fibrous carbs with it if eaten later in the day, such as a salad, coleslaw, or grilled asparagus.

## INGREDIENTS

- 1 28-ounce can of tomato sauce
- 2 cups water
- 1 tablespoon Worcestershire sauce
- 3 teaspoons hot sauce
- 3/4 cup brown rice
- 1/4 cup finely chopped onion
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 1/2 pounds extra lean ground beef

Preheat oven to 350 degrees Fahrenheit.

Whisk tomato sauce, water, Worcestershire sauce and hot sauce in an oven safe dish.

Combine rice, onion, garlic powder, salt and pepper in a large bowl.

Add beef and mix to combine. Using 1 tablespoon each, make about 40 small meatballs.

Add to the sauce, making sure all the meatballs are mostly submerged.

Cover and bake, gently stirring once or twice, until the rice is tender, approximately 2 hours.

SERVING SIZE: 2 MEATBALLS  
PER SERVING

128 calories, 4 g fat, 14 g protein, 10 g carbohydrates , 1 g dietary fiber, 1 g  
sugars, 310 mg cholesterol, 274 mg sodium





# VEGGIE-PACKED MEAT LOAF



**SERVES**  
6



**PREP TIME**  
15 MINS



**COOK TIME**  
30 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), but you might want to add more fibrous carbs (e.g., broccoli or green beans) if eaten later in the day.

## INGREDIENTS

4 cups spinach leaves

1 onion, diced

1 celery stalk  
diced

1 carrot  
diced

1 zucchini  
diced

1/2 cup sundried tomatoes

1 3/4 lbs extra lean ground  
beef

1/4 cup of your favorite spices,  
such as oregano, cumin,  
mustard seed, etc.

2 whole eggs

Extra virgin olive oil

Preheat oven to 375 degrees Fahrenheit. Brush 6 mini loaf pans with olive oil and set aside.

In a large non-stick pan, add the onion, celery and carrot, and cook over medium heat until the veggies are softened.

Add zucchini and spinach and continue cooking for about a minute.

Place the ground beef in a large mixing bowl and add all ingredients and mix until well combined.

Divide that mixture between the loaf pans and bake for about 30 minutes.

Remove meat loaves from oven and set on cooling rack for about 5 minutes and enjoy!

**SERVING SIZE: 1 SLICE  
PER SERVING**

250 calories, 6 g fat, 30 g protein, 24 g carbohydrates , 5 g dietary fiber, 0 g  
sugars, 80 mg cholesterol, 260 mg sodium



# BEEF & MUSHROOM STROGANOFF

  
SERVES  
4

  
PREP TIME  
10 MINS

  
COOK TIME  
15 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), but you might want to add more fibrous carbs (e.g., collard greens or green peas) if eaten later in the day.

## INGREDIENTS

- 3/4 pound lean beef sirloin, sliced into thin strips
- Salt and pepper to taste
- 1 teaspoon extra virgin olive oil
- 1 medium onion sliced
- 1 pound mushrooms sliced
- 2 cloves garlic minced
- 1 cup Greek yogurt
- 1/2 cup fresh tomato chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Tabasco
- 4 ounces uncooked egg noodles (or spaghetti squash as a healthier substitute)

In a large skillet, heat the olive oil over high heat.

Season the sirloin to taste with salt and pepper, then add to the skillet cook, turning as needed for until browned on all sides.

Transfer the browned sirloin to a plate and keep warm.

Fill a large saucepan with water, cover, and bring to a boil over high heat.

Meanwhile, reduce the heat under the skillet to medium and add the onions.

Season lightly with salt and pepper, then saute, stirring occasionally, for 5 minutes, or until the onions begin to soften.

Add the mushrooms to the skillet and cook for 7 minutes, or until the mushrooms are soft. While the mushrooms are cooking, when the water in the saucepan is boiling vigorously, add the noodles and cook according to the package directions.

Proceeding with the sauce, add the garlic to the onions and mushrooms and cook for 1 more minute.

Add the Greek yogurt, tomatoes, Worcestershire and hot sauces, then stir until the sauce is smooth.

Gently fold in the sirloin and any juices.

Taste and adjust the salt and pepper.

Heat thoroughly but do not allow the sauce to boil.

Drain the noodles and divide among 4 plates, forming a ring of noodles.

Spoon the stroganoff into the center of the rings.

Serve immediately.

SERVING SIZE: 1 3/4 CUP  
PER SERVING

340 calories, 8 g fat, 26 g protein, 39 g carbohydrates , 3 g dietary fiber, 9 g sugars, 69 mg cholesterol, 150 mg sodium





# SLOPPY JOE’S



SERVES  
4



PREP TIME  
15 MINS



COOK TIME  
10 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), but you might want to add more fibrous carbs (e.g., coleslaw or spinach salad) if eaten later in the day.

## INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1/4 cup celery  
*chopped*
- 1/4 cup onion  
*diced*
- 1 clove garlic  
*minced*
- 1 pound extra lean ground beef, bison or elk
- 1/2 cup chili sauce
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon white wine vinegar
- 1 teaspoon each of chili powder, ground cumin and dried oregano
- 1/4 cup cooked brown rice
- 2-3 tablespoons green onions, chopped
- Salt and pepper to taste
- 4 whole grain hamburger buns (split)

In a large skillet, heat the olive oil over medium heat, then saute the celery, onion and garlic for 5 minutes, stirring occasionally.

Add the ground meat and continue cooking and stirring occasionally for 5 more minutes, or until the meat is browned.

In a small bowl, stir together the chili sauce, tomato paste, Worcestershire sauce, vinegar and spices.

Drain any excess oil from the sauteed mixture, then stir in the prepared sauce, rice and onions. Season to taste with salt and pepper.

Split the hamburger buns, setting the top halves aside.

Divide the filling mixture evenly between the four bottom halves, then press the top halves gently into place atop the filling.

Cut each sandwich in half and enjoy!

SERVING SIZE: 1/2 SANDWICH  
PER SERVING

228 calories, 12 g fat, 14 g protein, 18 g carbohydrates , 1 g dietary fiber, 4 g sugars, 39 mg cholesterol, 168 mg sodium



# STEAK TACOS WITH AVOCADO CREAM SAUCE



SERVES  
6



PREP TIME  
20-25 MINS



COOK TIME  
5-8 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), but you might want to add more fibrous carbs (e.g., arugula or coleslaw) if eaten later in the day.

## INGREDIENTS

6 whole grain tortillas

2 ripe tomatoes  
*diced*

1 bell pepper  
*thinly sliced*

1 cup romaine lettuce  
*torn into bite-size pieces*

1/4 cup cilantro  
*minced*

### Filling:

3/4 pound extra lean round steak  
*thinly sliced into 1/4-inch strips*

1 teaspoon Mexican seasoning

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1 clove garlic  
*minced*

Salt and pepper to taste

Natural non-stick cooking spray

### Avocado Cream Sauce:

1 ripe avocado

6 ounces Greek yogurt

1 jalapeno pepper  
*sliced*

1/4 cup cilantro  
*minced*

1 clove garlic  
*chopped*

1/2 teaspoon Mexican seasoning

Prepare accompaniments:

Setting each aside separately. In a large ziplock-type bag, combine the Mexican seasoning, cumin, cinnamon, garlic, salt and pepper, then seal the bag and shake to mix.

Add the steak strips, then reseal the bag and shake until the strips are well-coated.

Preheat a large non-stick cast-iron skillet over high heat for 1 minute then reduce the heat to medium-high.

Saute the steak strips in the hot skillet for until done to your preference.

Prepare the Avocado Cream Sauce:

In a blender, combine all of the sauce ingredients, then cover and blend until smooth.

To serve:

Divide the sauteed steak strips evenly between the tortillas.

Top the strips with the prepared tomatoes, bell peppers, lettuce and cilantro.

Spoon about 2 tablespoons of the Avocado Cream Sauce over each taco and enjoy!

SERVING SIZE: 1 TACO  
PER SERVING

246 calories, 9 g fat, 21 g protein, 21 g carbohydrates , 5 g dietary fiber, 4 g sugars, 35 mg cholesterol, 67 mg sodium





# VEGETABLE & ROASTED BEEF STEW



SERVES  
8



PREP TIME  
40 MINS



COOK TIME  
1 HR

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- 1 (15-ounce) can crushed tomatoes
- 6 cups water
- 2-3 teaspoons beef bouillon granules or paste
- 1 tablespoon chili powder
- 1 tablespoon dried basil
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- To taste ground black pepper
- 3 medium carrots  
*diced*
- 2 turnip  
*peeled and cubed*
- 1 rutabaga  
*peeled and cubed*
- 1 large onion  
*chopped*
- 1/4 cup celery tops with leaves  
*minced*
- 12 ounces lean roast beef  
*chopped*
- 1 cup peas or green beans

In 5-quart or larger saucepan, combine the tomatoes and water; bring to a boil over high heat, then reduce heat to medium-low.

Stir in the beef bouillon until dissolved, then add the chili powder, basil, cumin, and black pepper.

Add the vegetables in the order listed, beginning with those that take the longest to cook.

Adjust heat, as necessary, to maintain a slow boil.

Place the beef in a microwave-bowl and heat just long enough to melt the fat.

Transfer the beef to a strainer and run under hot water to rinse away the fat, then add to the soup.

Continue cooking for about 20 minutes.

Add water if necessary so the ingredients remain submerged in broth throughout the cooking time.

Adjust seasonings to taste and serve hot!

SERVING SIZE: 2 CUPS  
PER SERVING

162 calories, 4 g fat, 15 g protein, 18 g carbohydrates , 6 g dietary fiber, 7 g sugars, 37 mg cholesterol, 320 mg sodium



# BEEF, BEET & ARUGULA SALAD



SERVES  
2



PREP TIME  
15-20 MINS



COOK TIME  
5 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

**2 tablespoons walnuts**

**4 cups arugula**  
*torn into bite-size pieces*

**3 ounces extra lean grilled steak**  
*thinly sliced*

**1/2 cup canned beets**  
*well-drained and sliced*

**1/4 cup red onion**  
*chopped*

**1 ounce lowfat feta cheese**  
*crumbled*

### Dressing:

**2 teaspoons balsamic vinegar**

**2 teaspoons Dijon mustard**

**1 teaspoon honey**

**Salt and pepper to taste**

Place the walnuts in a skillet; stir over medium-heat for 3-5 minutes, or until lightly toasted; set aside to cool.

In a large mixing bowl, combine the prepared arugula, beef, beets, and onion; set aside.

In a small bowl, whisk together the vinegar, mustard, honey and salt and pepper.

Drizzle the dressing over the salad ingredients; toss lightly until well-coated.

Divide the mixture between two salad plates or bowls.

Chop the cooled, toasted walnuts and sprinkle over salads with the feta cheese.

Enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

209 calories, 10 g fat, 18 g protein, 12 g carbohydrates, 2 g dietary fiber, 7 g sugars, 32 mg cholesterol, 215 mg sodium





# GRILLED VIETNAMESE STEAK



SERVES  
4



PREP TIME  
12-15 MINS



COOK TIME  
8-10 MINS

To make this a complete meal: include simple carbs (fruit) or starchy carbs (e.g., roasted potatoes, squash, or corn) if earlier in the day. Or if later in the day, include fibrous carbs (roasted zucchini or a kale salad).

## INGREDIENTS

12 ounces extra lean steak, fat trimmed

### Marinade:

1 stalk lemongrass  
*chopped*

2 cloves garlic  
*minced*

1 tablespoon honey

Ground black pepper to taste

2 tablespoons low-sodium soy sauce

1 tablespoon lime juice

1 tablespoon extra virgin olive oil

Natural non-stick cooking spray

### Garnish (optional):

Fresh cilantro  
*chopped*

Lime wedges

In a small food processor, combine the lemongrass, garlic, honey and pepper, then pulse the processor on and off several times until the lemongrass and garlic are minced.

Add the soy sauce, lime juice and oil, then process until a fairly smooth consistency is obtained. Set aside 1 tablespoon of the prepared marinade mixture for later use, then pour the remaining marinade into a resealable plastic bag large enough to accommodate the steak.

Place the steak into the bag, seal, then turn the steak until it is well-coated.

Refrigerate for at least 30 minutes, or up to overnight. Spray the grill grate with natural non-stick cooking spray.

Place the steak on the heated grill, cover, then cook to your preference.

Halfway through the cooking time, turn the steak, then brush the cooked surface with the reserved marinade.

Let the grilled steak stand for 5 minutes before slicing thinly.

Serve hot, garnished with fresh cilantro and lime wedges, if desired.

SERVING SIZE: 3.5 OUNCES  
PER SERVING

280 calories, 16 g fat, 26 g protein, 5 g carbohydrates , 0 g dietary fiber, 3 g sugars, 58 mg cholesterol, 362 mg sodium



# HAMBURGERS



SERVES  
12



PREP TIME  
10 MINS



COOK TIME  
10 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat).

## INGREDIENTS

- 1 pound extra lean ground beef
- 2 egg whites
- 1 cup oats
- 3 tablespoons hamburger seasoning
- 1 tablespoon steak sauce
- 1/4 cup salsa
- 12 cups Romaine lettuce leaves
- 2 tomatoes  
*sliced*

Preheat grill to medium, or if using oven, set to broil.

In a large bowl, combine all the ingredients, except the lettuce and tomatoes.

Form mixture into twelve portions, then shape into burgers. Arrange burgers on grill or baking pan.

Cook using desired method for about 10 minutes, or until no longer pink in the center, flipping halfway through the cooking time.

Serve burgers immediately on lettuce leaves, topped with a tomato slice, and enjoy!

SERVING SIZE: 1 BURGER  
PER SERVING

138 calories, 7 g fat, 10 g protein, 9 g carbohydrates , 2 g dietary fiber, 2 g sugars,  
26 mg cholesterol, 411 mg sodium





# ZESTY BEEF & BLACK BEAN TOSTADAS



SERVES

10



PREP TIME

15 MINS



COOK TIME

15-20 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though you might want to add a little more protein by topping with Greek yogurt..

## INGREDIENTS

10 whole grain tortillas

Natural non-stick cooking spray (or olive oil mister)

1/2 pound extra lean ground beef

1 15-ounce can black beans  
*drained*

1/2 cup water

1 (1.25-ounce) packet taco seasoning mix

2 1/2 cups shredded romaine lettuce

1 1/4 cups diced fresh tomatoes

1 1/4 cup shredded carrots

10 tablespoons finely chopped sweet onions

1 1/4 cups salsa

Preheat the oven to 400 degrees Fahrenheit.

On a large baking sheet, arrange the tortillas in a single layer, with as little overlap as possible. Spray briefly with natural non-stick cooking spray; or mist with olive oil, then turn and spray on the second side.

Position the pan in the center of the preheated oven.

Bake the tortillas for 12-15 minutes, or until crisp and golden.

Remove the tortillas from the oven and place on a wire rack to cool.

Meanwhile, in a medium skillet over medium-high heat, brown the ground beef.

Stir in the partially mashed beans, water and taco seasoning mix; bring back to a boil, then reduce the heat to medium-low and cook gently for 5 minutes, stirring occasionally.

Spread with about 1/4 cup of the seasoned beef-bean mixture on each tortilla.

Sprinkle about 1/4 cup of the shredded lettuce over the beef-bean mixture, with about 2 tablespoons each of the tomatoes, carrots and onions and salsa.

SERVING SIZE: 1 TOSTADA  
PER SERVING

189 calories, 5 g fat, 9 g protein, 26 g carbohydrates, 5 g dietary fiber, 4 g sugars,  
16 mg cholesterol, 444 mg sodium





# SEAFOOD







# SEA BASS WITH MUSHROOM SAUCE



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
10-15 MINS

To make this a complete meal: add a simple carb (fruit) or starchy carb (e.g., wild rice) if earlier in the day, such as at lunch or if at dinner, add more fibrous carbs (e.g., a salad or grilled asparagus).

## INGREDIENTS

### Bass Fillets:

- 4 (6 ounce) sea bass fillets  
*skinned*
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 teaspoons extra virgin olive oil

### Mushroom Sauce:

- 2 cups shiitake mushrooms  
*sliced*
- 1/2 cup green onions  
*chopped*
- 1/4 cup water
- 1/8 cup low-sodium soy sauce
- 2 teaspoons fresh ginger  
*grated*
- 1 teaspoon garlic  
*minced*
- 1 teaspoon sesame oil

Season fish fillets with salt and pepper.

In a large skillet, sauté seasoned fish in olive oil over medium-high heat for 2-3 minutes on each side, or until desired.

Remove fish to a separate platter, cover and keep warm.

Add remaining ingredients to skillet and sauté for five minutes.

Serve fish with mushroom sauce and enjoy!

SERVING SIZE: 1 FILLET  
PER SERVING

223 calories, 7 g fat, 33 g protein, 5 g carbohydrates , 2 g dietary fiber, 1 g sugars, 70 mg cholesterol, 450 mg sodium



# BROILED FISH WITH PINEAPPLE-BASIL GLAZE

  
SERVES  
6

  
PREP TIME  
10 MINS

  
COOK TIME  
10 MINS

To make this a complete meal: add a simple carb (fruit) or starchy carb (e.g., wild rice) if earlier in the day, such as at lunch or if at dinner, add fibrous carbs (e.g., steamed broccoli and cauliflower).

## INGREDIENTS

**Fish:**  
Natural non-stick cooking spray  
6 (3.5 ounce) fish fillets of choice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

**Glaze:**  
1/4 cup reduced-sugar pineapple preserves (peach or apricot as work well)  
2 tablespoons rice vinegar  
1 teaspoon dried basil (or 2 teaspoons fresh minced basil)  
1 clove garlic  
1/8 teaspoon crushed red pepper

Whitefish:  
  
Preheat the broiler and spray a broiler pan with natural non-stick cooking spray.  
  
Arrange fillets in a single layer in the prepared pan.  
  
Season both sides of the fillets with salt and pepper.  
  
Broil 5 minutes.

Glaze:  
  
In a small bowl, stir together all the glaze ingredients and the remaining salt.  
  
Brush glaze evenly over the fillets, then broil 5 more minutes, or until the fish flakes easily with a fork.  
  
Enjoy!

SERVING SIZE: 1 FILLET PER SERVING
166 calories, 3 g fat, 28 g protein, 11 g carbohydrates , 0 g dietary fiber, 5 g sugars, 61 mg cholesterol, 393 mg sodium





# COCONUT SHRIMP



SERVES  
8



PREP TIME  
10 MINS



COOK TIME  
17 MINS

To make this a complete meal: add fibrous carbs, such as a Greek salad or grilled veggies, especially if later in the day.

## INGREDIENTS

- 24 large raw shrimp  
*peeled and de-veined*
- 3/4 cup shredded coconut
- 1/2 cup panko crumbs
- 2 tablespoon coconut flour
- 1 large egg
- pinch salt
- Natural non-stick cooking spray
- 1/2 cup apricot preserves
- 1 teaspoon rice wine vinegar
- 1 teaspoon crushed red pepper flakes

Preheat oven to 425 degrees Fahrenheit.

Spray a non-stick baking sheet with natural non-stick cooking spray.

Combine coconut flakes, panko crumbs and salt in a bowl.

Place the coconut flour on a small dish. Whisk egg in another bowl.

Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.

Lay shrimp on the cookie sheet then spray the top of the shrimp with more natural non-stick cooking spray; bake in the middle rack for about 10 minutes.

Turn shrimp over then cook another 6-7 minutes or until cooked through.

Remove from oven and serve with dipping sauce, which is made by combining the last three ingredients in a small bowl. Enjoy!

SERVING SIZE: 3 SHRIMP / 1 TBSP OF SAUCE  
PER SERVING

160 calories, 3 g fat, 12 g protein, 20 g carbohydrates , 2 g dietary fiber, 12 g sugars, 160 mg cholesterol, 310 mg sodium



# PISTACHIO CRUSTED SALMON WITH SPINACH SALAD

  
SERVES  
4

  
PREP TIME  
15 MINS

  
COOK TIME  
15 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for dinner, as it includes lots of fibrous carbs. If eaten earlier in the day (e.g., lunch) include simple carbs, such as sliced apples or berries, or starchy carbs, such as quinoa.

INGREDIENTS

Salmon:

2 slices whole grain bread

1 cup pistachios  
*shelled*

1/2 teaspoon garlic powder

4 salmon fillets  
*skinless*

1/4 cup lowfat plain yogurt

Salad:

1 bell pepper  
*sliced*

1/2 red onion  
*sliced*

6 mushrooms  
*sliced*

1 pound raw baby spinach

Heat oven to 400 degrees Fahrenheit.

Pulse bread, nuts, and garlic powder in food processor until nuts are roughly chopped; pour onto waxed paper.

Coat salmon with yogurt; press into pistachio-bread crumbs.

Place breadcrumb-side up on baking sheet lined with aluminum foil.

Bake until fish is no longer translucent in center, about 15 minutes.

Add spinach to a bowl with bell peppers, red onions, and mushrooms.

Toss this in the Dijon Mustard Dressing recipe.

Divide salad among 4 plates and top with 1 fillet.

SERVING SIZE: 1 FILLET 11TH 1/4 OF SALAD PER SERVING
294 calories, 14 g fat, 30 g protein, 18 g carbohydrates , 6 g dietary fiber, 2 g sugars, 340 mg cholesterol, 280 mg sodium





# SHRIMP KEBAB WITH CILANTRO SAUCE



SERVES  
10



PREP TIME  
10 MINS



COOK TIME  
5 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though if eaten later in the day (e.g., dinner), include some fibrous carbs too, such as an arugula or spinach salad.

## INGREDIENTS

### Marinade and kebabs:

- 1/2 cup Greek yogurt
- 1/4 cup cilantro  
*chopped*
- 2 teaspoons lemon zest *freshly  
grated*
- 3 tablespoons lemon juice
- 2 serrano chiles (or jalapeños)  
*minced*
- 2 tablespoons paprika
- 1 tablespoon fresh ginger  
*minced*
- 1 tablespoon garlic  
*minced*
- 1 teaspoon ground cumin
- 20 peeled, raw jumbo shrimp
- 1/2 onion  
*sliced*
- 8 cups cubed watermelon

### Cilantro sauce:

- 2-inch piece peeled fresh ginger
- 1 clove garlic
- 1 cup packed fresh cilantro  
leaves
- 2 scallions  
*trimmed & cut into 2-inch pieces*
- 2 tablespoons chopped mint
- 1 tablespoon lemon juice
- 1/2 teaspoon ground cumin
- 3/4 cup Greek yogurt

To marinate shrimp:

Whisk 1/2 cup yogurt, chopped cilantro, lemon zest, 3 tablespoons lemon juice, chiles, paprika, minced ginger, garlic, and cumin in a medium bowl.

Stir in shrimp to completely coat.

Cover and refrigerate for 2 hours.

To prepare cilantro sauce:

Process ginger and garlic in a food processor (or blender) until finely chopped.

Add cilantro leaves, scallions, mint, 1 tablespoon lemon juice, and cumin; pulse until chopped. Add 3/4 cup yogurt and process until smooth.

Cover and refrigerate.

To prepare kebabs:

Preheat a grill to medium-high heat.

Thread the shrimp, purple onion, and watermelon alternately onto skewers.

Grill the kebabs, turning once, until the shrimp are cooked through, 6-8 minutes total. Dip the shrimp in the cilantro sauce and enjoy!

SERVING SIZE: 2 KEBABS  
PER SERVING

200 calories, 2 g fat, 24 g protein, 25 g carbohydrates , 3 g dietary fiber, 6 g  
sugars, 170 mg cholesterol, 540 mg sodium



# FISH TACO LETTUCE WRAPS



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
5 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though if eaten earlier in the day (e.g., lunch), include starchy carbs too, such as black beans and/or brown rice.

## INGREDIENTS

- 1 pound fish fillets
- 3 cups shredded cabbage
- 1/4 cup chopped cilantro
- 1 tablespoon lime juice
- 12 large lettuce leaves
- 1 1/2 cups salsa
- 1 ripe avocado  
*peeled and diced*
- 2 teaspoons extra virgin olive oil
- Black pepper to taste

In a flat-bottomed bowl or pan, soak the fillets in cold water while preparing the cabbage mixture, lettuce leaves, salsa, and avocado.

In a serving bowl, combine the prepared cabbage and cilantro, drizzle with lime juice, then toss lightly to mix well.

Place the lettuce leaves on a plate and the avocado and salsa in separate small bowls.

In a large non-stick skillet, heat the oil over high heat.

Arrange fillets in a single layer in the heated skillet and cook for approximately 1-2 minutes on each side, until the fish flakes easily with a fork.

Season the fillets with pepper, then slice thinly and place on a plate.

Fill lettuce leaf with cabbage mixture, fish, avocado and salsa.

Enjoy!

SERVING SIZE: 2 COMPLETE WRAPS  
PER SERVING

240 calories, 10 g fat, 26 g protein, 14 g carbohydrates , 6 g dietary fiber, 5 g  
sugars, 44 mg cholesterol, 708 mg sodium





# SPICY SEAFOOD JAMBALAYA WITH QUINOA



SERVES  
10



PREP TIME  
25 MINS



COOK TIME  
VARIES

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs.

## INGREDIENTS

- 3 ribs celery  
*sliced*
- 1 large onion  
*chopped*
- 2 tablespoons tomato paste
- 1 1/2 teaspoons chili powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne (red) pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 3 cups chicken or vegetable broth
- 1 1/2 cups quinoa  
*rinsed and drained*
- 3/4 pound small scallops
- 3/4 pound small shrimp
- 1 1/2 cups diced tomatoes
- 1 large green bell pepper  
*diced*
- 1 large red bell pepper  
*diced*
- 1 large yellow bell pepper  
*diced*

In a large slow cooker, stir together all but last 6 ingredients. Cover, then cook on low for 4-5 hours or on High for 2-3 hours. The last 20 minutes, stir in the remaining 6 ingredients; cover, then cook on high for 20 minutes, or until the shrimp is pink and the peppers are tender-crisp.


Enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

190 calories, 3 g fat, 17 g protein, 25 g carbohydrates , 4 g dietary fiber, 3 g sugars, 43 mg cholesterol, 295 mg sodium



# SHRIMP, BLACK BEAN & FETA TACOS WITH PINEAPPLE COLESLAW

  
SERVES  
8

  
PREP TIME  
15 MINS

  
COOK TIME  
5-10 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs.

## INGREDIENTS

8 whole grain tortillas

### Pineapple coleslaw:

2 cups red or green shredded cabbage

1 (8-ounce) can pineapple tidbits with juice

1/2 cup cilantro

1/4 cup diced bell pepper

1/4 cup chopped onion

2 tablespoons lime juice

Salt and pepper to taste

### Black bean and shrimp filling:

1 (15-ounce) can black beans rinsed and drained

1 cup salsa

1 teaspoon ground cumin

1/2 teaspoon garlic powder

1 pound pre-cooked, small shrimp

4 ounces feta cheese crumbled

In a medium bowl, toss together the cabbage, pineapple, cilantro, bell pepper, onion, and lime juice. Season to taste with salt and pepper; set aside.

In a medium skillet, stir together the beans, salsa, cumin and garlic powder; cook over medium heat, stirring frequently, until mixture comes to a boil, then reduce heat and simmer gently for a few minutes to allow flavors to meld.

Place pre-cooked shrimp in a colander; run under cold water until thawed, then drain thoroughly.

Gently stir the drained shrimp into filling mixture and cook briefly, just until heated.

Remove the skillet from the stove and stir in feta cheese.

Top each tortilla with about 1/3 cup of the slaw and 1/2 cup of the filling.

Enjoy!

SERVING SIZE: 1 TACO  
PER SERVING

232 calories, 6 g fat, 20 g protein, 25 g carbohydrates , 6 g dietary fiber, 4 g sugars, 104 mg cholesterol, 443 mg sodium








# SIDE DISHES








INGREDIENTS
<p>4 potatoes, yams, or sweet potatoes</p> <p>2 teaspoons extra virgin olive oil</p> <p>1/2 teaspoon salt</p>
<p>This is a good side-dish to a meal that includes protein, such as a lean burger or turkey sandwich. If you want it as a snack, consider dipping it in cottage cheese or Greek yogurt for added protein.</p>

BAKED POTATO CHIPS		
		
SERVES	PREP TIME	COOK TIME
8	5 MINS	4-6 MINS
<p>Cut potatoes into thin slices and toss the slices in a bowl with olive oil and salt to coat evenly.</p> <p>Coat a large plate with natural non-stick cooking spray. Arrange about 1/3 of the potato slices in a single layer on the plate.</p> <p>Microwave until slices start to brown (about 2 to 3 minutes).</p> <p>Turn the slices over and continue microwaving until they start to crisp and brown around the edges, about 2 to 3 more minutes.</p> <p>Allow chips to cool, as they'll become crispier. Enjoy!</p>		
<div><div>SERVING SIZE: 1/2 CUP PER SERVING</div><div>126 calories, 2 g fat, 3 g protein, 26 g carbohydrates , 2 g dietary fiber, 0 g sugars, 65 mg cholesterol, 200 mg sodium</div></div>		



INGREDIENTS
<p>4 medium yams</p> <p>1/2 cup Stevia (or other natural sweetener)</p> <p>2 tablespoons molasses</p> <p>2 tablespoons vanilla extract</p> <p>2 teaspoons cinnamon</p> <p>1/3 cup coconut oil</p> <p>1 cup orange juice</p>
<p>This is a delicious side-dish that goes great with turkey and all the trimmings. Actually, it goes great as a side dish with most meals - just be sure to include a protein source with it (chicken, fish, cottage cheese, etc).</p>

CANDIED YAMS		
		
SERVES	PREP TIME	COOK TIME
8	10 MINS	50 MINS
<p>Cut yams in half and boil until soft but firm (about 20 minutes).</p> <p>Let cool and then slice into 1/4-inch cubes and place in a medium-sized casserole dish.</p> <p>Pour coconut oil on the yams and toss to coat well.</p> <p>Combine molasses and vanilla, mix well, and pour over yams.</p> <p>Combine Stevia and cinnamon and sprinkle over yams.</p> <p>Bake at 350 degrees Fahrenheit for 30 minutes or until cooked through.</p>		
<div><div>SERVING SIZE: 1/2 CUP PER SERVING</div><div>157 calories, 5 g fat, 2 g protein, 28 g carbohydrates , 2 g dietary fiber, 5 g sugars, 200 mg cholesterol, 90 mg sodium</div></div>		





# COUSCOUS WITH ALMONDS, RAISINS & ONIONS

  
SERVES  
4

  
PREP TIME  
5 MINS

  
COOK TIME  
20 MINS

This is an excellent side-dish that's rich in natural starchy and simple carbs - perfect for earlier in the day. Just be sure to include a protein source with it. Grilled shrimp or chicken, or cottage cheese or grilled tofu, go very well with this recipe.

## INGREDIENTS

### For the couscous:

- 2 cups couscous
- 1 cup raisins
- 4 cups water
- 2 tablespoons extra virgin olive oil
- 1 medium onion, diced
- 2 tablespoons fresh ginger ground
- 1 cup orange juice
- 1 teaspoons ground cinnamon
- 1 1/2 teaspoon cumin
- 1 teaspoon salt
- 1 cup slivered or crushed almonds
- 1/3 cup cilantro diced

### For the citrus dressing:

- 1/2 cup extra virgin olive oil
- 4 tablespoons fresh lemon juice
- Salt and freshly ground black pepper

Put the raisins in a small bowl, cover with 3 cups hot water, and set aside.

In a saucepan, bring 1/8 cup water to a simmer over high heat and add the couscous.

Remove from the heat and steep for 15 minutes.

Heat the extra virgin olive oil in a medium saute pan and cook the onion over the medium heat until tender.

Place the couscous in a 9-inch baking pan.

Combine the remaining water (about 3/4 cup) and orange juice, spices, and salt in a saucepan and bring to a boil over high heat.

Pour over the couscous and cover the pan tightly with foil.

Combine the 3 ingredients for the citrus dressing and whisk well for next step.

Drain the raisins well. Toss the raisins, onion, almonds, and citrus dressing with the couscous. Adjust the seasoning and add salt to taste.

Garnish with cilantro and enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

130 calories, 3 g fat, 5 g protein, 25 g carbohydrates , 4 g dietary fiber, 1 g sugars,  
50 mg cholesterol, 380 mg sodium



# BROCCOLI SALAD



SERVES  
4



PREP TIME  
10 MINS



COOK TIME  
2 MINS

This side-dish offers excellent simple and fibrous carbs and healthy fats, so be sure to add it with a protein, such as extra lean ham or fish.

## INGREDIENTS

### Salad:

- 4 cups fresh or frozen broccoli florets
- 1/2 cup red bell pepper, chopped
- 1/2 cup red onion, chopped
- 1/4 cup sunflower seeds
- 1/4 cup dried, cranberries

### Dressing:

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon Stevia
- Salt and pepper to taste

Place the broccoli florets in a small saucepan, add 1/2-inch water; cover, over high heat, bring water to a boil; continue boiling for 2 minutes, or until the broccoli is tender-crisp and still bright green.

Immediately drain the hot water, leaving the broccoli in the saucepan, then fill the saucepan with ice cold water to halt cooking.

Meanwhile, in a medium salad or mixing bowl, combine the remaining salad ingredients; set aside.

Thoroughly drain the cooled broccoli; add to the salad.

In a separate, small bowl, whisk together the dressing ingredients; drizzle over the salad, then stir until the vegetables are coated.

Enjoy!

SERVING SIZE: 1/2 CUP  
PER SERVING

136 calories, 8 g fat, 4 g protein, 15 g carbohydrates , 2 g dietary fiber, 6 g sugars,  
0 mg cholesterol, 199 mg sodium



INGREDIENTS

8 cups red potato cubed

Natural non-stick cooking spray

1 cup lowfat milk (or almond milk)


1 cup Greek yogurt

1 tablespoon dill


Salt and pepper to taste

This is well-balanced side-dish, as it includes protein, carbs, and fat, but if eaten later in the day, be sure to include fibrous carbs too, such as roasted brussels sprouts or green beans.


MASHED POTATOES



SERVES10



PREP TIME15 MINS



COOK TIME40 MINS

Preheat oven to 425 degrees Fahrenheit.

Add potatoes to a baking dish coated with non-stick cooking spray.

Bake potatoes for 40 minutes, stirring once.

Remove potatoes from oven.

Place milk in a large microwave-safe bowl and heat for 2 minutes or so (until warm).

Add potatoes; beat at medium speed while stirring in salt, pepper, dill, and Greek yogurt until well mixed.

SERVING SIZE: 1 CUP  
PER SERVING

114 calories, 2 g fat, 6 g protein, 20 g carbohydrates , 2 g dietary fiber, 1 g sugars, 120 mg cholesterol, 80 mg sodium



INGREDIENTS

1/2 of a small green cabbage shredded (4 cups)

1/2 of a small red cabbage shredded (2 cups)

1 jicama, sliced

1 large carrot, thinly sliced

1 cup green onions, chopped

1/2 cup cilantro, chopped

1/2 jalapeño, finely chopped

4 tablespoon Greek yogurt


2 tablespoon vinegar

Juice of 1 lemon


1 teaspoon salt

This is a good side-dish that offers fibrous carbs to meals that includes protein and healthy fat, such as fish tacos or pulled pork sandwiches.


MEXICAN COLESLAW



SERVES8



PREP TIME10 MINS



COOK TIMENONE

In a large bowl, mix all ingredients together.

Chill for at least one hour before serving.

SERVING SIZE: 1 CUP  
PER SERVING

102 calories, 2 g fat, 6 g protein, 13 g carbohydrates , 3 g dietary fiber, 1 g sugars, 40 mg cholesterol, 260 mg sodium

INGREDIENTS

1 head of cauliflower, *grated*

1 onion, *diced*

1 garlic clove, *diced*

4 mushrooms, *sliced*

1 celery stalk, *diced*

1 cup frozen peas and carrots

3 ounces of extra lean ham, *cooked and diced*

1 tablespoon extra virgin olive oil


1 egg

1 tablespoon soy sauce

salt and pepper, to taste


This is a complete side-dish (a healthy balance of protein, carbs, and fat) so a great addition to any well-balanced meal or as a healthy snack.

# CAULIFLOWER FRIED RICE




SERVES

6



PREP TIME

10 MINS



COOK TIME

10 MINS

Grate cauliflower using a cheese grater, food processor, or blender.

Add olive oil to frying pan on medium heat.

Add all veggies until they are soft. Then add diced ham and add soy sauce.

Make a hole in the center of the fried “rice” and add in an egg. Stir egg in with everything well.

Add salt and pepper, to taste.

SERVING SIZE: 1 CUP  
PER SERVING

90 calories, 3 g fat, 7 g protein, 12 g carbohydrates , 6 g dietary fiber, 0 g sugars, 280 mg cholesterol, 300 mg sodium

INGREDIENTS

1 medium jicama

1/2 tablespoon extra virgin olive oil

1/4 teaspoon salt


1/4 teaspoon onion and/or garlic powder

1/4 teaspoon chipotle powder

1/2 lime


This side-dish is primarily fibrous carbs (jicama), and so goes great with a protein and healthy fat (e.g., crab and grass fed butter). If you want it as a snack, mix Greek yogurt with hot sauce as an excellent, high-protein dip for these fries.

# SPICY JICAMA FRIES




SERVES

2



PREP TIME

40 MINS



COOK TIME

30 MINS

Pre-heat oven to 400 degrees Fahrenheit.

Peel and slice jicama into 1/2-inch thick sticks.

Pour the oil, salt, onion/garlic powder and chipotle powder into a medium-sized bowl and stir to combine.

Add the jicama sticks to the bowl and toss to coat well.

Place the jicama sticks on a baking sheet lined with waxed paper.

Bake for approximately 30 minutes, tossing about 15 minutes into it.

Remove from oven and squeeze lime on the “fries”. Enjoy!

SERVING SIZE: 1/2 THE BATCH  
PER SERVING

58 calories, 2 g fat, 0 g protein, 12 g carbohydrates , 2 g dietary fiber, 1 g sugars, 0 mg cholesterol, 120 mg sodium

81





# BRUSSEL SPROUTS WITH ROASTED CHESTNUTS

  
SERVES  
4

  
PREP TIME  
10 MINS

  
COOK TIME  
2 MINS

This side-dish offers excellent fibrous carbs and healthy fats, so be sure to add it with a protein, such as lean steak or shrimp.

## INGREDIENTS

- 3/4 pound chestnuts
- 1 1/2 pounds brussels sprouts
- 2 tablespoons chicken or vegetable broth
- 1 tablespoon extra virgin olive oil
- Black pepper to taste

Preheat oven to 425 degrees Fahrenheit and set out a baking sheet.

Cut an X into the bottom of each chestnut, piercing the shell. Roast the scored chestnuts in the preheated oven for about 30 minutes, or until tender.

While the chestnuts are still warm, remove and discard the shells and skin.

Trim any tough stems remaining on the sprouts, then cut a shallow X in the base.

In a medium-saucepan, over high heat, bring about 1-inch of water to a boil.

Add the prepared Brussels sprouts; return the water to a boil, then reduce the heat to medium and cook for about 8 minutes, or just until tender.

Drain any water remaining on the cooked sprouts, leaving the sprouts in the saucepan.

Add the broth, olive oil and the peeled chestnuts; cook for 1 minute, stirring to coat the sprouts and chestnuts. Serve hot and enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

180 calories, 3 g fat, 5 g protein, 35 g carbohydrates , 4 g dietary fiber, 3 g sugars, 0 mg cholesterol, 41 mg sodium



# CARROT & EDAMAME SALAD



SERVES

6



PREP TIME

10-12 MINS



COOK TIME

5 MINS

This side-dish offers great fibrous carbs and healthy fats, so be sure to add it with a protein, such as tofu, cottage cheese, or venison.

## INGREDIENTS

- Salad:**
- 1 (16-ounce) bag frozen, shelled edamame (soybeans)
  - 1 pound carrots *well-scrubbed*
  - 1/4 cup chopped cilantro (or parsley)

- Dressing:**
- 2 tablespoons reduced-sodium soy sauce
  - 1 tablespoon vinegar
  - 1 tablespoon tahini (sesame seed butter; or peanut butter)
  - 1 tablespoon minced fresh ginger root
  - 1 clove minced garlic
  - Crushed red pepper flakes to taste

In a medium saucepan, bring 1-2 inches of water to a rolling boil over high heat.

Add the edamame beans; boil for 4 minutes.

Transfer the beans to a colander; hold under cold running water until the beans are completely cooled, then allow to drain well.

Meanwhile, into a mixing bowl or serving bowl, coarsely grate the prepared carrots.

Add the cilantro and drain the edamame beans; set aside. In a small bowl, whisk all of the dressing ingredients together until blended.

Pour the dressing over the vegetables and stir to combine.

Season to taste with crushed red pepper flakes, if desired.

SERVING SIZE: 1/2 CUP  
PER SERVING

126 calories, 5 g fat, 9 g protein, 14 g carbohydrates , 5 g dietary fiber, 3 g sugars,  
0 mg cholesterol, 211 mg sodium





# SALADS







# KALE & GARBANZO BEAN SALAD



SERVES  
4



PREP TIME  
5-10 MINS



COOK TIME  
35 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs.

## INGREDIENTS

- 1 cup chopped carrot
- 1/2 cup chopped celery
- 4 cups chopped kale
- 1 cup sauerkraut
- 1/2 cup chopped onion
- 2 garlic cloves  
*minced*
- 2 (15-ounce) cans garbanzo beans  
*rinsed and drained*
- 1 teaspoon paprika
- 1/2 teaspoon crushed red pepper
- 2 1/2 cups chicken or vegetable broth
- 1 cup water
- 1/2 cup Greek yogurt
- 2 tablespoons olive oil

Pour olive oil in a pan on medium heat and then add the carrot, celery, and chopped onion for about 5 minutes, stirring occasionally.

Add garlic, and cook for 1 minute; continue stirring.

Add paprika, 1/4 teaspoon salt, cumin, and red pepper; cook for about a minute, stirring constantly.

Stir in chicken broth, water, and beans; bring to a boil. Reduce heat, and simmer for 20 minutes, stirring occasionally.

Add kale and sauerkraut to bean mixture.

Cover and simmer for 10 minutes or until kale is tender, stirring occasionally.

Ladle about 1 1/2 cups of kale and bean salad mixture into each of 4 bowls, and top each serving with 2 tablespoons Greek yogurt.

Enjoy!

SERVING SIZE: 1 1/2 CUP  
PER SERVING

213 calories, 5 g fat, 15 g protein, 33 g carbohydrates , 6 g dietary fiber, 2 g sugars, 15 mg cholesterol, 65 mg sodium



INGREDIENTS

4 cups arugula

2 cups baby spinach

1/3 cup thinly vertically sliced red onion

1 pear  
*thinly sliced*

1/2 cup dried cranberries

1/2 cup crumbled feta cheese

1/2 cup shelled pistachios

This salad offers really good simple and fibrous carbs and healthy fats, so be sure to add it with a protein, such as grilled chicken or shrimp.

ARUGULA SALAD WITH PEARS, CRANBERRIES, FETA CHEESE & PISTACHIOS



SERVES6



PREP TIME10 MINS



COOK TIME  
NONE

Combine all ingredients above together and toss until well mixed.

Serve with our “cranberry vinaigrette” recipe (page 116) and enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

102 calories, 4 g fat, 2 g protein, 18 g carbohydrates , 3 g dietary fiber, 1 g sugars, 190 mg cholesterol, 95 mg sodium

INGREDIENTS

8 ounces baby spinach leaves (about 6 cups)

3 oranges

3 apples  
*cored and cut into thin wedges*

1 cup crumbled feta cheese

1/2 cup slivered almonds

This salad offers simple and fibrous carbs and healthy fats, so be sure to add it with a protein, such as grilled chicken or string cheese.

SPINACH, APPLE & ORANGE SALAD



SERVES4



PREP TIME15 MINS



COOK TIME  
NONE

Arrange the spinach in a large bowl.

Juice one of the oranges and set aside.

Peel the remaining two oranges and break into segments, then place into a small bowl.

Add the apple wedges, drizzle the fruit with reserved juice, then toss gently to coat apples.

Arrange the fruit pieces attractively atop the spinach, then drizzle with any remaining juice. Sprinkle the salad with feta cheese and almonds and enjoy!

SERVING SIZE: 1 1/2 CUPS  
PER SERVING

256 calories, 11 g fat, 13 g protein, 32 g carbohydrates , 8 g dietary fiber, 21 g sugars, 0 mg cholesterol, 46 mg sodium

86



# THAI BEEF SALAD



SERVES  
4



PREP TIME  
15-20 MINS



COOK TIME  
<5 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though if you're eating it earlier in the day (e.g., lunch), you should add either simple carbs (fruit) or a starchy carb (e.g., yams).

## INGREDIENTS

**1 pound extra lean steak (e.g., top sirloin)**  
*fat trimmed*

### Marinade:

- 3 tablespoons reduced-sodium soy sauce**
- 2 tablespoons lime juice**
- 1 1/2 tablespoons grated fresh ginger**
- 1 teaspoon sesame seed oil**

### Dressing:

- 2 tablespoons lime juice**
- 2 tablespoons fish sauce**
- 1 teaspoon sugar or Stevia**
- 1/2 teaspoon ground Thai chile powder**

### Salad:

- 1/2 pound mixed salad greens**
- 1/2 cup chopped fresh cilantro**
- 3 whole green onions**  
*chopped*
- 2 tablespoons basil leaves**  
*chopped*
- 1/4 cup cashews**

Pan fry, grill or broil the steak to your preference.

Meanwhile, in a bowl large enough to marinate the beef, whisk the marinade ingredients together until well-blended.

Thinly slice the steak, then add to the marinade, stirring gently until the beef is well-coated.

Cover and refrigerate for at least one hour, or overnight.

Shortly before serving, in a small bowl, whisk together the salad dressing ingredients until well blended; set aside.

In a larger bowl, combine the salad ingredients.

Drizzle with the prepared dressing, then toss gently until the greens are well coated.

Drain the marinated beef, then stir gently into the salad.

Divide the mixture evenly between four individual salad plates or bowls.

SERVING SIZE: 1 CUP  
PER SERVING

238 calories, 12 g fat, 25 g protein, 8 g carbohydrates, 2 g dietary fiber, 3 g sugars, 57 mg cholesterol, 753 mg sodium





# QUINOA, CORN & BLACK BEAN SALAD



SERVES  
6



PREP TIME  
15 MINS



COOK TIME  
15 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though you might want to add a little more protein (e.g., cottage cheese or Greek yogurt) and healthy fat (sliced avocados).

## INGREDIENTS

### Salad:

- 1 cup uncooked quinoa
- 1 1/2 cups chicken or vegetable broth
- 1 (15-ounce) can black beans  
*rinsed and drained*
- 3/4 cup whole kernel corn
- 1 red bell pepper  
*diced*
- 1/2 cup chopped cilantro

### Dressing:

- 1/3 cup buttermilk
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- Salt to taste

Place the quinoa in a strainer and hold under running water for a minute or two while rubbing the seeds between your fingers to remove the naturally occurring bitter coating, then transfer the quinoa to a small saucepan.

Add the broth and bring to a boil over high heat; cover, then reduce the heat to medium-low and cook for 15 minutes, or until all of the liquid is absorbed and the curly germ begins to separate from the seed.

Set the saucepan off of the stove and let sit, covered, for 5-10 minutes, then remove the cover and fluff the kernels with a fork.

Meanwhile, in a bowl, combine all of the remaining salad ingredients, then set aside briefly.

Combine all of the dressing ingredients in a jar with a tight-fitting lid, then shake vigorously until well mixed.

Add the quinoa and dressing to the other salad ingredients in the bowl, then stir gently until well mixed. Enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

241 calories, 5 g fat, 12 g protein, 39 g carbohydrates, 8 g dietary fiber, 3 g sugars, 0 mg cholesterol, 222 mg sodium

INGREDIENTS

24 ounces cooked boneless skinless chicken breast  
*cubed*

3/4 cup celery  
*diced*

1/2 cup cashews  
*chopped*

1/2 cup chopped sweet onion

1/4 cup lowfat mayonnaise

1/4 cup Greek yogurt

2 tablespoons dill pickle relish

1/2 teaspoon seasoned salt

10 romaine lettuce leaves

This is a complete meal (a healthy balance of protein, carbs, and fat), though if you're eating it earlier in the day (e.g., lunch), you should add either simple carbs (fruit) or a starchy carb (e.g., brown, wild, or basmati rice).

CASHEW CHICKEN SALAD  
IN LETTUCE CUPS



SERVES

5



PREP TIME

10 MINS



COOK TIME

NONE

In a bowl, stir all of the ingredients, except the lettuce leaves, together until well mixed, then cover and refrigerate until chilled.

Shortly before serving, rinse the lettuce leaves, then pat dry.

Arrange two leaves per serving on individual salad plates, forming a cupped shape.

Spoon the chicken salad into the lettuce cups.

SERVING SIZE: 3/4 CUP  
PER SERVING

187 calories, 8 g fat, 16 g protein, 14 g carbohydrates , 2 g dietary fiber, 3 g sugars, 36 mg cholesterol, 475 mg sodium

INGREDIENTS

5 cups fresh broccoli florets

2 cups sliced cucumber

1/4 cup diced green onion

1/2 cup diced purple onion

1/3 cup sesame seeds

8 sliced strawberries

Avocado Cream Dressing

This salad offers simple and fibrous carbs and healthy fats, so be sure to add it with a protein, such as roasted turkey.

CUCUMBER, BROCCOLI  
& STRAWBERRY SALAD



SERVES

4



PREP TIME

15 MINS



COOK TIME

NONE

Combine all ingredients in a bowl and gently mix until they're all equally coated in our Avocado Cream Dressing (page 121)

SERVING SIZE: 1 CUP  
PER SERVING

104 calories, 4 g fat, 3 g protein, 18 g carbohydrates , 4 g dietary fiber, 3 g sugars, 65 mg cholesterol, 120 mg sodium

89





# POTATO-AVOCADO-EDAMAME SALAD



SERVES  
6



PREP TIME  
15 MINS



COOK TIME  
15-20 MINS

This is a complete meal (a healthy balance of protein, carbs, and fat), though you might want to add a little more protein, such as hardboiled egg whites or baby shrimp.

## INGREDIENTS

### Salad:

- 1 1/2 pounds small unpeeled red potatoes *scrubbed*
- 1 cup shelled edamame beans
- 1/2 cup finely chopped sweet onion
- 1/4 cup chopped cilantro
- 1-2 tablespoons minced jalapeno

### Dressing:

- 3/4 cup unsweetened nonfat Greek yogurt
- 2 tablespoons lime juice
- 3 cloves garlic *minced*
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

### Added last:

- 2 large ripe avocados *seeded, peeled and cubed*
- Freshly ground black pepper

Place the potatoes in a small saucepan and cover with water; bring to a boil over high heat, then reduce the heat to medium and boil gently for 10-15 minutes, or until the potatoes are nearly tender.

Add the frozen edamame beans; return the water to a boil over high heat, then reduce the heat to medium and cook for about 5 more minutes, or until the potatoes are just tender when pierced with a fork, but not overcooked.

Transfer the cooked potatoes and edamame beans to a colander; hold under icy cold running water to halt the cooking, then set aside to drain.

Meanwhile, in a large mixing bowl, combine the remaining salad ingredients; set aside.

Also, in a separate small bowl, whisk together the the dressing ingredients; set aside.

When the drained potatoes are cool enough to handle, cut in quarters, then add the potatoes and edamame beans to the other salad ingredients.

Stir in the dressing until well mixed.

Fold in the avocado, then sprinkle lightly with black pepper and enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

257 calories, 10 g fat, 12 g protein, 32 g carbohydrates , 7 g dietary fiber, 3 g sugars, 0 mg cholesterol, 226 mg sodium



# ASIAN CABBAGE SALAD



SERVES  
4



PREP TIME  
15-20 MINS



COOK TIME  
NONE

To make this a complete meal: add your favorite protein, such as lean steak, chicken, or tofu.

## INGREDIENTS

**Dressing:**

- 2 tablespoons olive oil
- 2 teaspoons apple cider vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder

**Salad:**

- 3 cups finely shredded green cabbage
- 1 cup sugar snap peas  
*quartered diagonally*
- 1 carrot  
*grated*
- 1/2 cucumber  
*thinly sliced*
- 1/2 red bell pepper  
*diced*
- 3 whole green onions  
*thinly sliced*
- 1/4 cup chopped fresh cilantro (coriander)
- 1/2 cup almonds

In a small bowl, whisk all of the dressing ingredients together, then set aside.

In a large bowl, combine all of the salad ingredients.

Drizzle the dressing over the salad, then stir lightly until well mixed. Enjoy!

SERVING SIZE: 1 CUP  
PER SERVING

140 calories, 8 g fat, 4 g protein, 16 g carbohydrates , 16 g dietary fiber, 4 g sugars, 0 mg cholesterol, 213 mg sodium





# THREE BEAN SALAD



SERVES  
6



PREP TIME  
20 MINS



COOK TIME  
10 MINS

This is a complete meal, snack or side-dish (a healthy balance of protein, carbs, and fat) and perfect for lunch, as it has both starchy and fibrous carbs. Try adding a chopped hard-boiled egg for a little more protein, healthy fat, and flavor!

## INGREDIENTS

### Dressing:

- 3 tablespoons apple cider vinegar
- 3 tablespoons rice vinegar
- 1 tablespoon sugar or Stevia
- 1 tablespoon olive oil
- 1 tablespoon dijon mustard
- 1/2 teaspoon salt
- Black pepper to taste

### Salad:

- 10 ounces shelled edamame (green soybeans)
- 1 (15-ounce) can green beans
- 1 (15-ounce) can chickpeas *rinsed and drained*
- 1/3 cup red onion *thinly sliced*
- 2 tablespoons parsley *minced*

Bring a large saucepan of water to a boil.

Fill a mixing bowl half full of ice cold water and set it next to the stove.

Meanwhile, in large salad (or mixing) bowl, whisk together all of the dressing ingredients; set aside.

When the water is boiling vigorously, add the edamame; bring the water back to a boil, then cook the beans for 5 minutes, or until tender.

Using a slotted spoon, quickly transfer the cooked edamame beans from the boiling water to the ice water to halt the cooking process. (Do not discard the boiling water).

Add the green beans to the reserved boiling water; bring the water back to a boil, then cook the beans for 3-6 minutes, or just until tender.

Meanwhile, add the drained garbanzo beans, onion and parsley to the dressing in the salad bowl.

Also, drain the cooled edamame beans thoroughly, then add them to the salad.

Run a fresh bowl of ice water. When the green beans are tender, drain thoroughly, discarding the boiling water, then immediately plunge the beans into the ice water to halt the cooking process.

When cooled, drain the beans thoroughly, then stir into the salad, mixing well.

SERVING SIZE: 1 CUP  
PER SERVING

99 calories, 3 g fat, 6 g protein, 15 g carbohydrates , 4 g dietary fiber, 3 g sugars, 0 mg cholesterol, 250 mg sodium



# DRESSINGS, VINAIGRETTES & MARINADES





INGREDIENTS

1 cup Greek yogurt

1/4 cup honey

1/4 cup dijon mustard

1 garlic clove  
*minced*

1 teaspoon white wine  
vinegar

1 tablespoon water

Salt to taste

HONEY MUSTARD DRESSING



SERVES  
10



PREP TIME  
5 MINS



COOK TIME  
NONE

Whisk all ingredients together and store in fridge for up to 5 days.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

78 calories, 2 g fat, 4 g protein, 12 g carbohydrates , 1 g dietary fiber, 7 g sugars,  
90 mg cholesterol, 110 mg sodium

INGREDIENTS

1 cup reduced-sugar  
cranberry juice

1/2 cup cranberries  
*chopped*

1 tablespoon olive oil

1 tablespoon red wine  
vinegar

1 tablespoon Dijon mustard

1 tablespoon Stevia

CRANBERRY VINAIGRETTE



SERVES  
8



PREP TIME  
5 MINS



COOK TIME  
NONE

Place juice and cranberries in a small saucepan; bring to a boil.

Cook until reduced to 1/4 cup (about 5 minutes).

Combine remaining ingredients in a small bowl; stir well with a whisk.

Refrigerate and serve cold with salad

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

84 calories, 2 g fat, 0 g protein, 16 g carbohydrates , 0 g dietary fiber, 10 g  
sugars, 80 mg cholesterol, 120 mg sodium

94

INGREDIENTS

1 1/2 cups balsamic vinegar

1/3 cup Dijon mustard

2 tablespoons fresh lemon juice

2 tablespoons olive oil

1/4 cup basil  
*chopped*

1/4 cup shallots  
*chopped*

Black pepper to taste

BALSAMIC VINAIGRETTE



SERVES  
16



PREP TIME  
<10 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

43 calories, 2 g fat, 0 g protein, 5 g carbohydrates , 0 g dietary fiber, 4 g sugars, 0 mg cholesterol, 76 mg sodium



INGREDIENTS


1/4 cup vinegar

3 tablespoons lime juice


2 tablespoons olive oil

2 tablespoons minced cilantro


CILANTRO LIME VINAIGRETTE/  
MARINADE



SERVES  
4



PREP TIME  
5 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

63 calories, 7 g fat, <1 g protein, 1 g carbohydrates , <1 g dietary fiber, <1 g sugars, 0 mg cholesterol, 2 mg sodium



INGREDIENTS

1/4 cup white wine vinegar

3 tablespoons water

2 tablespoons olive oil

1 teaspoon Dijon mustard

DIJON VINAIGRETTE

SERVES

4

PREP TIME

5 MINS

COOK TIME

NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS PER SERVING

63 calories, 7 g fat, 0 g protein, 1 g carbohydrates , 0 g dietary fiber, 0 g sugars, 0 mg cholesterol, 16 mg sodium

A glass jar filled with a yellow-orange dressing, likely the Dijon Vinaigrette, sits on a white surface. In the background, a plate of salad with green leaves and orange segments is visible. To the right, a large pile of mixed green and purple olives with olive leaves is shown.

INGREDIENTS

1/4 cup red wine vinegar

3 tablespoons water

2 tablespoons olive oil

1/4 cup reduced fat feta cheese

1 tablespoon minced basil

GREEK VINAIGRETTE

SERVES

4

PREP TIME

5 MINS

COOK TIME

NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS PER SERVING

88 calories, 9 g fat, 1 g protein, <1 g carbohydrates , <1 g dietary fiber, <1 g sugars, 8 mg cholesterol, 106 mg sodium

96

INGREDIENTS

1/4 cup water

3 tablespoons lemon juice

2 tablespoons olive oil

1 tablespoon minced dill weed

LEMON DILL VINAIGRETTE/  
MARINADE



SERVES  
4



PREP TIME  
5 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

63 calories, 7 g fat, 0 g protein, 1 g carbohydrates , 0 g dietary fiber, <1 g sugars,  
0 mg cholesterol, <1 mg sodium

INGREDIENTS

1/4 cup cider vinegar

3 tablespoons water

2 tablespoons olive oil

1 tablespoon reduced sodium soy sauce

1 tablespoon brown sugar substitute

1 tablespoon ketchup

TERIYAKI VINAIGRETTE/MARINADE



SERVES  
4



PREP TIME  
5 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

76 calories, 7 g fat, <1 g protein, 5 g carbohydrates , 0 g dietary fiber, 4 g sugars,  
0 mg cholesterol, 193 mg sodium

97



INGREDIENTS

- 2 cups lowfat cottage cheese
- 1 cup Greek yogurt
- 2 teaspoons dried dill weed
- 1 teaspoon dried parsley flakes
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 dash ground black pepper
- Buttermilk to thin dressing to desired consistency

RANCH DRESSING/DIP



SERVES  
12



PREP TIME  
5 MINS



COOK TIME  
2 HRS (CHILL)

Process the cottage cheese in a food processor until completely smooth.

Add the remaining ingredients, then pulse on and off until the ingredients are well mixed.

Add a few tablespoons of buttermilk to thin mixture to desired consistency.

SERVING SIZE: 1/4 CUP  
PER SERVING

48 calories, 0 g fat, 8 g protein, 2 g carbohydrates , 0 g dietary fiber, 2 g sugars,  
2 mg cholesterol, 165 mg sodium



INGREDIENTS

- 1/2 cup cider vinegar
- 1 tablespoon olive oil
- 1 tablespoon Stevia
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 2 teaspoons poppy seeds
- 2 teaspoons sesame seeds

TANGY VINAIGRETTE DRESSING



SERVES  
4



PREP TIME  
5 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously until the dressing is well blended.

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

65 calories, 5 g fat, <1 g protein, 1 g carbohydrates , <1 g dietary fiber, 4 g sugars,  
0 mg cholesterol, 583 mg sodium

INGREDIENTS

1/2 cup Greek yogurt  
2 teaspoons chopped onion  
1/2 teaspoon hot sauce  
1/2 teaspoon lemon juice  
1 avocado

AVOCADO DRESSING/DIP



SERVES  
4



PREP TIME  
5 MINS



COOK TIME  
NONE

In a small bowl, combine Greek yogurt, onion, hot sauce, lemon juice, and an avocado that's been peeled, pitted and mashed.

Mix well to blend the ingredients evenly and enjoy!

SERVING SIZE: 1/4 CUP  
PER SERVING

85 calories, 5 g fat, 5 g protein, 7 g carbohydrates , 2 g dietary fiber, 1 g sugars,  
3 mg cholesterol, 50 mg sodium



INGREDIENTS

1/2 cup crumbled blue cheese  
3/4 cup nonfat buttermilk  
3/4 cup nonfat plain greek yogurt  
1 tablespoon white vinegar  
2 teaspoons garlic powder  
Salt and pepper, to taste

GREEK YOGURT BLUE CHEESE DRESSING



SERVES  
10



PREP TIME  
5 MINS



COOK TIME  
NONE

Place all ingredients in a container with an airtight lid (e.g., mason jar) and shake vigorously.

Allow to chill in the refrigerator and enjoy!

SERVING SIZE: 2 TABLESPOONS  
PER SERVING

75 calories, 3 g fat, 5 g protein, 5 g carbohydrates , <1 g dietary fiber, 3 g sugars,  
0 mg cholesterol, 453 mg sodium





## Janet L, Massachusetts

I love to eat, but lots of the foods I love weren't very good for me. Learning how to substitute healthier versions, along with proper exercise, helped me get down to a weight and size I hadn't seen since high school! I didn't know that was possible for someone over 50 years of age. With new confidence, I took on a new challenge - running a marathon. I trained and completed the Paris Marathon the following Spring. This has truly been life-changing for me. The arthritis in my foot has practically disappeared! I want to live a long, healthy life, and I believe that good food choices will help me to achieve this goal.

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## Pam R, Oregon

I love these healthy recipes because they allow me to eat all my favorite meals, snacks, and desserts, yet also continually make progress towards my health and fitness goals. I've struggled with my weight all my life, while depriving myself of the foods I love on ridiculous fad diets that never worked. But now I'm eating the foods I love and I've lost more than 50 lbs and have the body I never dreamt was possible! And not only are these recipes quick and easy to make, my family loves them too!

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## Gayle L, Montana

I find variety of foods being a key to successful weight loss. I need my meals to be quick and easy as I am always on the go. I'm a seafood lover so the coconut shrimp recipe I enjoyed as it's rather economical as well as it is something my sons will eat with me and it really tastes awesome! I always have the ingredients on hand to make this so can make it in a pinch and It's filling and can be paired with most anything. I love finding a recipe that is healthier version of foods and ingredients I ate typically before starting with FITera.

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# Ginger L, Montana

I LOVE food, and 'dieting' stinks. Embracing a new, healthy lifestyle required me to learn a new way to cook to feed both myself & my family. I discovered eating healthy doesn't mean you have to give up flavor, social events, or family feasts! I have lost over 30 lbs of fat and continue to drop my excess weight, all while enjoying scrumptious food that fuels my good health & satisfies my pallet. Using these recipes, I have more energy and I do not feel deprived. Finally, FITera has helped me develop a lifestyle plan that works for someone like me who simply loves food, and respectfully, I'm not referring to the celery.



# Robert B, Canada

Fast Track to Fat Loss has been the one program that has worked for me. In 12 weeks I was able to drop over 25 pounds and I not only have I been able to keep it off, I have continued to lose, working on those last stubborn few pounds. What made this possible was finally learning about what to eat, how much to eat, and when to eat. Trust me, I still LOVE to eat. Protein shakes, like the Maple Walnut Breakfast Smoothie, are delicious and nutritious and keep me from wanting to grab those less nutritious foods I used to eat. I can't wait to try some of the other fantastic recipes in this cookbook!

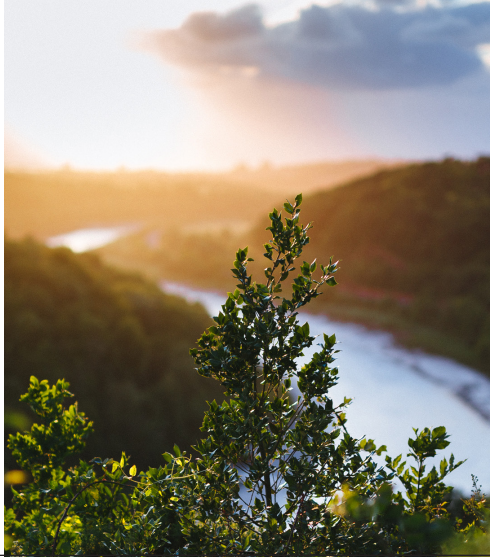


# Jann G, Oregon

Twenty-two years ago I lost my thyroid, 2 parathyroids and 8 additional malignant tumors to cancer. Thus I have suffered with obesity most of my adult life. The past five years, I have been on a search for healthier eating and exercise I could do at my extreme weight of almost 300 lbs. I found FITera and my journey began. I have been working towards my goals for about a year and I am down 130 lbs. My body is healing itself as it is supposed to because I am eliminating my toxic inner body environment one bite at a time. I have 30 lbs. to go and expect to reach my goal by the end of this year.







I really hope you enjoy this recipe book & discover how delicious healthy eating can be, and how good it feels to be healthy. Be sure to take advantage of our community site, as it is jam-packed with valuable content, tools, resources, and friendly people that are eager to offer you all the support and encouragement you need.

Please keep us updated on your progress and share any feedback or suggestions you have – we'd love to hear from you and hope to see you in the community site soon!

[community.fitera.com](https://community.fitera.com)



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# MANY THANKS

ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.  
- HELEN KELLER

Alon Hirsch / Melbourne, Australia  
Angi Farrugia / Florida, USA  
Carolyn Taylor-Smith / Alberta, Canada  
Deb Wagner / Ohio, USA  
Denise Garner / Colorado, USA  
Diana Decker / Texas, USA  
Dr. Dave Wayne / Georgia, USA  
Elaine Wynne / County Cavan, Ireland  
Faye Lund / Wyoming, USA  
Ginger Lynch / Montana, USA  
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