



# COOKBOOK

*Healthy Meals For All Four Phases*

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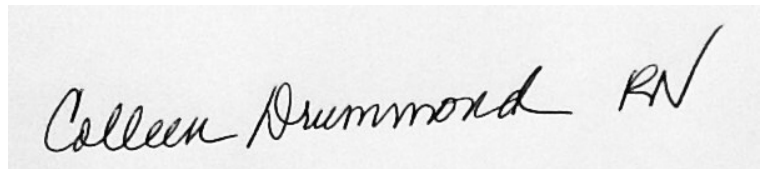


# About the Recipes

The foods you choose to eat play a vital role in your weight loss success.

We have selected these recipes especially for your weight loss journey. Each section is categorized by type of recipes and each recipe contains nutritional information as well as what Phase it is for. We have over 75 recipes here that will guide you through how to make delicious, nutritious meals that are quick, inexpensive, and easy, including breakfasts, fresh salads, dressings, satisfying dinners, appetizers for entertaining, and much more.

The recipes in our cookbook were created by members of our staff and also include recipes given to us by our clients. Our staff consists of nutritionists, health coaches and a nurse who have all been inspired by healthy cooking.

A handwritten signature in black ink on a light gray background. The signature reads "Colleen Drummond RN" in a cursive script.


Colleen Drummond, RN  
Owner  
Ideal Weight Loss Center



# How to Use This Cookbook

Each of our recipes was carefully created to go along with each Phase of our eating plan. The Phase is indicated under the name of the recipe. Also, you will notice that some recipes have modifications for our Alternate Plan as well for Maintenance. The nutritional information included is per serving.



Recipes that are marked with a  are quick and easy time-saving recipes that take less than 30 minutes to prepare. Perfect for busy families!

A serving size is typically 1-2 cups and most recipes include the vegetables that are part of our eating plan and will count towards your 4 cups per day allowance.

## Vegetables for Phases 1-3

**Select:** Asparagus, Bell Peppers (all colors), Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choi), Celery, Celeriac, Collards, Cucumbers, Dill Pickles, Endive, Fennel, Green Onions, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Rutabaga, Sauerkraut, Spinach, Swiss Chard, Turnip, Zucchini, Summer Squash

**Occasional:** Brussels Sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Snow Peas, Tomato, Spaghetti Squash

**Not Permitted:** Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Edamame, Olives, Parsnips, Peas, Potatoes, Pumpkin, Sweet Potato, Acorn or Butternut Squash, Yams

# *Salad Variations ~Going Beyond “Iceberg”*



Salads don't have to be boring! Use the steps below to create a mix of flavorful ingredients. Pair flavors that sound good to you, making sure to include a variety of textures and colors to give your salad some pizzazz.

## *Salad Variations*

### **STEP 1 (Serves 4)**

Choose Leafy Greens



Romaine



Arugula



Baby Spinach



Boston/Bibb Lettuce



Mixed Field Greens



Radicchio

## STEP 2

Choose and Prep Your Add-Ins  
Choose up to four (8 cups total)



**Asparagus**

Steamed or grilled until tender, cut into 1" pieces



**Broccoli**

Steamed until crisp tender, cut into 1" florets



**Celery**

Cut on the diagonal into 1/4-inch thick slices



**Cucumber**

Peeled, seeded, and cut into medium dice



**Fennel**

Trimmed and cut into 1/2" pieces



**Brussels Sprouts**

Quartered, steamed until crisp-tender



**Green Beans**

Cut into 1" pieces, steamed until crisp-tender



**Red Onion**

Cut into small dice



**Cherry Tomatoes**

Halved



**Red, Green, Yellow  
Bell Peppers**

Cut into medium dice



**Radishes**

Halved and thinly sliced



**Summer Squash &  
Zucchini**

Cut into medium dice or 1/4-inch thick half rounds



**Scallions**

Thinly sliced diagonally



**Cauliflower**

Cut into 1" pieces, steamed until crisp-tender

## Fresh Herbs



**Chives**  
Thinly sliced



**Dill**  
Chopped



**Flat Leaf Parsley**  
Chopped



**Basil**  
Chopped



**Mint**  
Chopped



**Cilantro**  
Leaves and stems chopped

## Optional Add-Ins for Alternate and Maintenance Only (Choose one)



**Low-Fat Cheese**  
Crumbled feta, goat cheese, grated parmigiano, diced swiss, provolone, part-skim mozzarella - up to 1 c. total



**Cooked Grains**  
Pearled barley, wheat berries, faro, brown rice, quinoa, and bulger. Follow cooking instructions on package, up to 1 c.



**Cooked Beans**  
Chickpeas, cannellini beans, lentils, kidney beans, black beans, etc., up to 1 c.



**Fruit**  
Grapefruit, apples, pears, berries, grapes and mangoes, cut into pieces if large, up to 1 c.



**Starchy Vegetables**  
Carrots, sugar snap peas, peas, corn and beets, up to 1 c.

## STEP 3

Choose a dressing from our list of recipes starting on page #19.

## STEP 4

Assemble and Serve.

Put all the leafy greens, vegetables, and herbs together, along with optional add-ins if using, in a large bowl. Then toss with the dressing and serve!

## Healthy Bowls

To mix things up try one of our Healthy Bowls. These are very satisfying, and are simple to make. There are many combinations you can create using food items from your sheet. All you need to do is add some seasoning from either using herbs or spices, or one of our delicious dressings or marinades. And, if you are following our Alternate Plan you may add your Group 1 choice to the bowl.

Go ahead - get creative!



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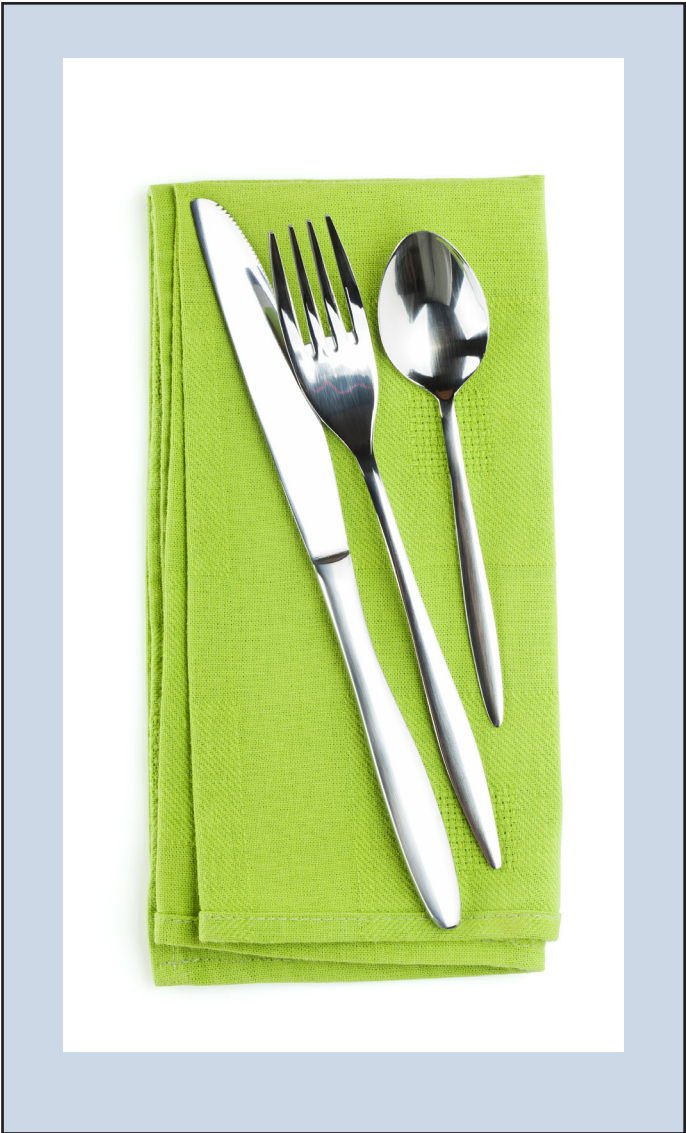
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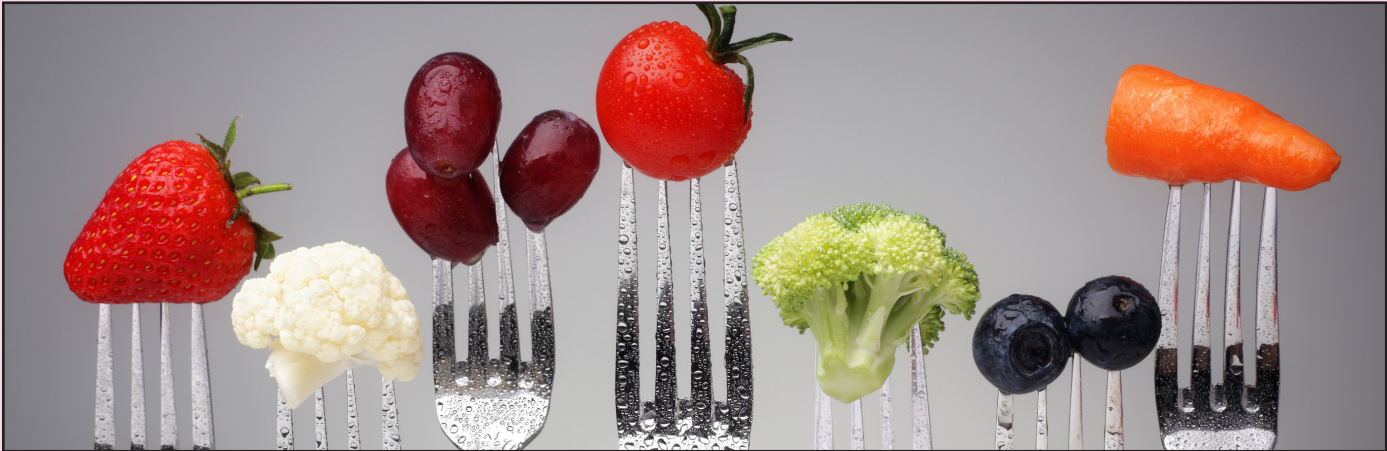
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***Ideal “Tip” - Did you know?***

Rather than eating because it’s mealtime, wait until you actually feel hungry to eat. Also, stop eating as soon as you stop feeling hungry, not when you feel full.



# Appetizers

aintenance) – Reset your metabolism, lose fat, preserve  
Quality, great tasting protein foods to enhance your  
, you will come to the center for a weekly appointment and  
motely via telephone, email, or Skype and check in with



**Ingredients:**

24 Asparagus Spears  
1 T. Olive Oil  
¼ to ½ tsp. Sea Salt  
¼ to ½ tsp. of Pepper  
12 slices (1oz each) of Prosciutto cut in half length wise

**Directions:**

Clean and dry asparagus spears and cut off the bottom of stems,  
(peel lower stems with vegetable peeler for larger asparagus stalks)

Toss asparagus with the olive oil, sea salt and pepper and place on  
a large baking sheet in a 400 degree oven for 10 minutes

Wrap 2 asparagus spears with prosciutto and place wrapped spears  
on a platter, serve warm or room-temperature.

**\*Alternate & Maintenance Plan:** Sprinkle wrapped spears with 1 T.  
of grated parmesan cheese

Calories 159.2 | Fat 8.8 grams | Carbohydrates 3.0 grams

## ***Asparagus Guacamole***

### **All Phases (Serves 4)**

**Ingredients:**

12 spears cooked asparagus chopped  
1 can (4 oz.) chopped green chilies  
½ can (2 oz.) jalapenos  
½ cup onion (sweet)  
Dash nutmeg  
1-2 cloves garlic  
2 tsp. olive oil  
½ lemon squeezed  
Salt & pepper to taste

**Directions:**

Blend or puree to desired consistency.

Calories 49.10 | Fat 0 grams | Carbohydrates 6.5 grams

# Buffalo Wings

All Phases (Serves 4)

## Ingredients:

5 oz. boneless, skinless chicken breast cut into slices  
Frank's Red Hot sauce

## Directions:

Marinate the chicken in Frank's Red Hot for 1 hour. Bake chicken slices at 350 degrees until done. Or you can take whole chicken breasts, put in your crock pot, pour the Red Hot over and cook on low for 6 hours. Great tip if you are busy. Serve with celery and Walden Farms Bleu Cheese or Ranch dressing.

Calories 42.7 | Fat 0.6 grams | Carbohydrates 0.2 grams

# Deviled Eggs

All Phases (Serves 12)

## Ingredients:

12 eggs hard-boiled, cooled, sliced in half with yolks removed  
¼ cup of Ideal Weight Loss Center's Garlic Dijon Vinaigrette or Smoked Paprika Vinaigrette dressing (see recipe in Dressings, Rubs and Marinades section pages )

## Directions:

Place cooked egg yolks in a mixing bowl and add ¼ cup dressing and mix to smooth fluffy consistency (add dressing in increments of 1 T. to desired consistency).

Spoon (or pipe with a pastry bag) the egg mixture into the egg white halves, sprinkle with fresh chopped parsley and paprika if desired for garnish.



Calories 73.6 - 77.6 | Fat 0.75 - 1.16 grams | Carbohydrates 1 gram

# Holiday Stuffed Mushrooms

All Phases (Serves 4)



## Ingredients:

1 T. olive oil  
4 scallions chopped  
1 medium or 2 small shallots chopped  
1 garlic clove chopped  
½ tsp. sea salt  
¾ tsp. pepper  
½ to 1 tsp. each of basil, oregano, thyme (to your preference)  
½ red bell pepper diced  
½ c. beef or chicken stock (your preference) (¼ cup for deglazing of pan and ¼ cup for the baking dish)  
8 oz. lean ground turkey (or ground chicken)  
1 egg beaten with 2 T. water  
2 8 oz. packages of button or baby Portobello mushrooms cleaned with stems removed  
(Chop the mushroom stems to add to the stuffing mixture)

## Directions:

Heat a medium skillet on medium heat and sauté the shallots and scallions until softened and lightly browned. Add garlic, season with salt, pepper, and spices, add bell pepper, chopped mushroom stems and saute for approximately 3 more minutes. Add in ground turkey and saute until cooked through (about 5 minutes). Stir in ¼ cup beef or chicken stock to deglaze the pan, remove from heat and stir in beaten egg mixture and spoon mixture into mushroom caps. Place stuffed mushrooms into a 13x9" baking dish, pour ¼ cup beef or chicken stock into baking dish, bake at 350 degrees for 15 minutes.

**\*Alternate & Maintenance Plans:** You may add 1/3 cup grated/shredded Monterey Jack/Provolone/ Low Fat Swiss/Parmesan cheese to the cooked stuffing mixture before filling the mushroom caps.

Calories 172 | Fat 8.9 grams | Carbohydrates 8.1 grams

\* add Calories 75.4 | Fat 2.2 grams | Carbohydrates 1.5 grams

# Roasted Eggplant Dip

All Phases (Serves 8)

## Ingredients:

1 medium eggplant, (about 1 pound)  
2 T. lemon juice  
¼ cup extra-virgin olive oil  
½ cup finely chopped red onion  
1 small red bell pepper, finely chopped  
1 small chili pepper, such as jalapeño, seeded and minced (optional)  
2 T. chopped fresh basil  
1 T. finely chopped flat-leaf parsley  
¼ tsp. cayenne pepper, or to taste  
¼ tsp. salt  
1 cucumber, sliced  
1 red pepper, sliced  
1 pt. cherry tomatoes, sliced

## Directions:

Position oven rack about 6 inches from the heat source; preheat broiler.

Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in onion, bell pepper, chili pepper (if using), basil, parsley, cayenne and salt. Serve with sliced cucumbers, tomatoes, and peppers.

## *\*Alternate & Maintenance Plan:*

Add ½ cup crumbled feta cheese (preferably Greek) into the dip or serve with \*\*whole grain pita chips - 1 oz. serving per person

Calories 97.7 | Fat - 7.1 grams | Carbohydrate - 8.5 grams  
\*Calories - 122.4 | Fat - 9.1 grams | Carbohydrate - 8.9 grams  
\*\*Add Calories - 217.0 | Fat - 11.1 grams | Carbohydrate - 26.5 grams

## *Ideal “Tip” - Did you know?*

Pay close attention to the way your food tastes, smells, and feels in your mouth. If you're eating food that you didn't prepare yourself, try and guess what flavors or spices you taste. You'll find that this may help you enjoy your food more so that you need less of it to feel satisfied.



# Dressings, Rubs & Marinades

# ***Making Salad Dressings***



Healthy salad dressings can be hard to find. With that in mind, try making some of your own. This way you can create a delicious dressing while controlling the ingredients.

## **How to Use**

Drizzle over your salad, and stick to the serving listed next to each recipe.

## **How to Store**

A jar with a tight-fitting lid is good for mixing and storing. Store in your refrigerator for up to one week. Make sure to label and date the containers.

# Herb & Spice Rubs



## Making Rubs

Almost any herbs and spices that are frequently combined, such as those in Italian seasonings or Curry mixtures can be made into a rub. Just add some salt to heighten the flavor.

### How to Use

Rubs should coat foods lightly. Use your fingers to rub the mixture on the meat, using about one teaspoon for every three quarters of a pound. Unlike most marinades, which often require soaking overnight, rubs can be applied just before cooking or up to several hours ahead.

### How to Store

A jar with a tight-fitting lid is good for mixing and storing. Dry rubs will keep for up to six months in a cool, dark place, so you can double or triple the recipes if you like. Wet rubs, such as Lemon-Herb Rub, should be refrigerated and will keep up to a week. Make sure to label and date the containers.

## Making Marinades & Sauces

If you are looking to add some pizzazz to your food why not try making your own marinade or sauce? They have a variety of uses such as being used as a marinade for protein, or as a tasty sauce for your vegetables.

### How to Use

Marinades and sauces should coat foods lightly. Spoon over meat and vegetables keeping in mind that one teaspoon is a serving. To impart the best flavor for a marinade use one teaspoon for every three quarters of a pound and store in a sealed plastic bag or container in your refrigerator overnight.

### How to Store

A jar with a tight-fitting lid is good for mixing and storing. Store in your refrigerator for up to one week. Make sure to label and date the containers.

Please note: nutritional information for Rubs is negligible.

## Chile Rub

### Ingredients:

1 T. plus  
1 tsp. chili powder  
2 tsp. ground cumin  
1 tsp. dried oregano  
1 tsp. coarse salt

### Directions:

In a small bowl, mix all ingredients. Try it on whole chicken or turkey, pork, and most cuts of beef. Makes 10 teaspoons.

## Chimichurri Sauce

### All Phases

### Ingredients:

1 c. Cilantro  
1 c. Parsley  
3 Garlic cloves  
2-3 Limes (zest and juice)  
1 Serrano pepper  
Sea Salt  
1 tsp. Olive oil

### Directions:

Place cilantro and parsley in a blender or food processor and whirl. Next, add the garlic, serrano pepper, lime juice and lime zest, and 1 tsp. olive oil. Blend until the consistency of chunky tomato paste. Add sea salt to taste.

Calories 8.2 | Fat 0.3 grams | Carbohydrates 1.3 grams

Suggestion: Serve with flank steak, grilled fish, grilled chicken, or roasted asparagus and red peppers. This can also be used as a dip with raw vegetables.

## Curry Rub

### Ingredients:

4 tsp. curry powder  
1 ½ tsp. ground coriander  
1 ½ tsp. coarse salt  
1 tsp. ground ginger  
1 tsp. ground cumin  
½ tsp. ground pepper

In a small bowl, mix all ingredients. Try it on chicken, shrimp, and lamb. Makes 10 teaspoons.

# Five-Spice Marinade

## Ingredients:

¼ c. reduced-sodium soy sauce  
1 tsp. five-spice powder  
1 clove garlic, grated

## Preparation:

Stir in five-spice powder into the soy sauce and garlic. Marinate: 1 to 2 hours. Discard marinade before grilling.

Calories 40 | Fat 0 grams | Carbohydrates 4 grams

# Fresh Mint & Chili Sauce

## Ingredients:

½ tsp. salt  
1 T. chopped fresh ginger  
1 small serrano chile, or jalapeño pepper, seeded and chopped  
1 clove garlic, peeled  
2 c. packed fresh mint leaves  
2 T. rice-wine vinegar, or to taste

## Preparation:

Place salt in a blender or mini food processor. With the motor running, drop ginger, chile and garlic through the feed tube and process until minced.  
Add mint and vinegar and pulse until finely chopped, stopping to scrape down sides of work bowl as needed. Transfer to a small serving bowl. Serve within 30 minutes.

Calories 15 | Fat 0 grams | Carbohydrates 3 grams

# Garden Tomato Sauce

(Note: This will count as a tomato serving)

## Ingredients:

5 lbs. cored whole tomatoes, fresh or frozen  
3 T. extra-virgin olive oil  
2 medium shallots, chopped  
4 cloves garlic, minced  
¾ tsp. dried basil or 1 T. chopped fresh  
¾ tsp. dried thyme or 1 T. chopped fresh  
¾ tsp. dried oregano or 1 T. chopped fresh  
1 ¾ tsp. salt  
½ tsp. freshly ground pepper

**Preparation:**

If using fresh tomatoes, bring a large pot of water to a boil. Make a small “X” in the bottom of each tomato and plunge into the boiling water until the skins are slightly loosened, 30 seconds to 2 minutes. Transfer to a bowl of ice water for 1 minute. Peel with a paring knife, starting at the “X”. If using frozen tomatoes, run each under warm water and peel or rub the skin off. Thaw in the refrigerator or defrost in the microwave until mostly thawed. Chop the tomatoes, reserving any juice.

Heat oil in a Dutch oven over medium heat. Add shallots and cook, stirring, until beginning to brown, about 4 to 6 minutes. Add garlic and cook, stirring, for 1 minute. Add the tomatoes (and any juice), basil, thyme, oregano, salt, pepper. Bring to a boil. Reduce heat to maintain a simmer and cook until thickened to desired consistency, stirring occasionally, 1 to 1½ hours. Taste and season with additional salt, pepper and/or sugar.

Nutrition Per 1/2-cup serving:

Calories 72 | Fat 4 grams | Carbohydrates 9 grams

## ***Garlic Dijon Vinaigrette***

**Ingredients:**

½ c. extra-virgin olive oil  
½ c. lemon juice  
½ c. white wine vinegar  
¼ c. Dijon mustard  
4 small garlic cloves, minced  
½ tsp. sea salt  
½ tsp. freshly ground pepper

**Preparation:**

Blend ingredients together in a blender and serve.

Per tablespoon

Calories 38 | Fat 4 grams | Carbohydrates 1 grams

# ***Indian Spice Marinade***

## **Ingredients:**

½ c. grated or minced onion (about 1 medium)  
¼ c. lemon or lime juice  
2 T. extra-virgin olive oil  
2 T. garam masala  
1 tsp. salt

## **Preparation:**

Whisk onion, lemon (or lime) juice, oil, garam masala and salt in a bowl until well combined.

Calories 15 | Fat 1 gram | Carbohydrates 1 gram

# ***Lemon Basil Vinaigrette***

## **Ingredients:**

¼ c. lemon juice  
2 T. extra-virgin olive oil  
¼ tsp. sea salt  
¼ tsp. freshly ground pepper  
2 T. fresh basil leaves, chopped

## **Preparation:**

Whisk ingredients and serve

Per 2-tablespoon serving:

Calories 67 | Fat 7 grams | Carbohydrates 1.41 grams

# ***Lemon Caper Sauce***

## **Ingredients:**

2 tsp. extra-virgin olive oil  
2 small shallots, finely chopped  
½ tsp. minced fresh thyme  
1 T. water  
1 c. reduced-sodium chicken broth  
1 T. capers, rinsed and roughly chopped  
1 T. lemon juice  
1 T. finely chopped fresh parsley

**Preparation:**

Add oil, shallots, thyme and water to the pan. Cook, stirring often, until the shallots are slightly softened, about 3 minutes.

Add broth and bring to a simmer, stirring constantly. Cook until the shallot is softened, about 3 minutes.

Add capers, lemon juice and parsley to the sauce.

Calories 46 | Fat 2.6 grams | Carbohydrates 4.2 grams

## ***Lemon-Herb Rub***

**Ingredients:**

1 T. dried tarragon

1 T. grated lemon zest

4 dried bay leaves, crumbled

3 garlic cloves, minced

1 ½ tsp. ground pepper

3 tsp. olive oil

**Preparation:**

In a small bowl, mix all ingredients. This zesty rub is ideal for leaner foods such as turkey or chicken breasts and flaky white fish (such as halibut, cod, or snapper). Makes 12 teaspoons.

## ***Lemon Mint Vinaigrette***

**Ingredients:**

1/3 c. lemon juice

1 T. Dijon mustard

1 clove garlic, minced

1/3 c. extra-virgin olive oil

1/3 c. chopped fresh mint

⅛ tsp. sea salt

Freshly ground pepper, to taste

**Preparation:**

Blend ingredients together in a blender and serve

Per tablespoon serving:

Calories 56 | Fat 5 grams | Carbohydrates 0 grams

# ***Lemon Pepper Marinade***

## **Ingredients:**

½ c. lemon juice  
¼ c. Dijon mustard  
1 T. extra-virgin olive oil  
1 T. sugar  
1 T. crushed black pepper  
1 tsp. salt

## **Preparation:**

Combine lemon juice, mustard, oil, sugar, pepper and salt in a small bowl. Use ½ cup to marinate shrimp, tuna, chicken or vegetables. Reserve remaining marinade for basting.

Nutrition Per teaspoon:

Calories 5 | Fat 0 grams | Carbohydrates 3 grams

# ***Roasted Tomato Vinaigrette***

## **Ingredients:**

12 oz. plum tomatoes, halved lengthwise and cored  
1 T. chopped garlic  
1 T. extra-virgin olive oil  
1 tsp. Italian herb mix  
1 tsp. sea salt  
Freshly ground pepper, to taste  
2 T. white-wine vinegar

## **Preparation:**

Blend ingredients together in a blender and serve

Per 2-tablespoon serving:

Calories 19 | Fat 1 gram | Carbohydrates 1 gram

## ***Ideal “Tip” - Did you know?***

Drinking water before a meal will help you feel full sooner and avoid overeating. Drinking water after a meal may keep you from going back for seconds.

# Smoked Paprika Vinaigrette

## Ingredients:

½ c. extra-virgin olive oil  
3 T. sherry vinegar  
1 large shallot, minced  
1 tsp. Dijon mustard  
¾ tsp. smoked paprika  
¼ tsp. sea salt  
¼ tsp. freshly ground pepper

## Preparation:

Whisk ingredients and serve

Per tablespoon serving:

Calories 86 | Fat 9 grams | Carbohydrates 0 grams

# Spicy Paprika Rub

## Ingredients:

2 tsp. paprika  
4 tsp. coarse salt  
1 tsp. ground ginger  
1 tsp. ground cinnamon  
½ tsp. cayenne pepper  
½ tsp. ground allspice

## Preparation:

In a small bowl, mix all ingredients. Because of paprika's strong taste, this rub is best with food like salmon, beef, pork, and whole chicken. Makes 9 teaspoons.



# Soups, Stews & Salads

# Asian Chicken Salad

All Phases (Serves 4)

## Ingredients:

1 8 oz. boneless chicken breast  
½ lb. of button mushrooms, thinly sliced  
1 lb. napa cabbage, cored and shredded  
6 radishes, trimmed and thinly sliced  
1 red pepper, sliced  
1 celery stalk, thinly sliced  
¼ c. fresh mint  
3 scallions, chopped  
3 T. reduced sodium soy sauce  
2 T. fresh lemon juice  
2 T. sesame oil  
Sea salt

## Directions:

Add chicken to a saucepan and cover with water. Bring to a boil, and season with sea salt, then reduce to a simmer. Cover and cook the chicken for 5 minutes, then remove pan from heat and let chicken stand for 12-14 minutes - keep it covered. Next, remove chicken from water, and shred into bite-size pieces.

Combine soy sauce, lemon juice, and sesame oil in a small sauce pan. Bring to a boil, and then cool to room temperature. Transfer the soy mixture to a large bowl and stir in mushrooms. Let stand for 3 to 5 minutes, stirring occasionally. Next, add chicken, cabbage, radishes, red pepper, celery, scallions and mint and toss.

Calories 177 | Fat 1.3 grams | Carbohydrates 10.1 grams

# Asparagus, Red Pepper, and Spinach Salad

All Phases (Serves 4)

## Ingredients:

3 T. olive oil  
2 red peppers, stemmed, seeded, and cut into 1 by ¼ - inch strips  
1 lb. asparagus, tough ends snapped off and cut on the bias into 1-inch pieces  
Sea salt and ground black pepper  
1 medium shallot, sliced thin (about ¼ cup)  
1 T., plus 1 tsp. white wine vinegar  
1 medium clove garlic, minced  
1 (6-oz.) bag baby spinach

## Directions:

Heat 1 T. of the oil in a 12-inch nonstick skillet over high heat until almost smoking. Add the red pepper and cook until lightly browned, about 2 minutes, stirring only once after 1 minute. Add the asparagus, ¼ tsp. sea salt, and ⅛ tsp. pepper and cook until the asparagus is browned and almost tender, about 2 minutes, stirring only once after 1 minute. Stir in the shallot and cook until



it is softened and the asparagus is tender-crisp, about 1 minute, stirring occasionally. Transfer the vegetables to a large plate and cool for 5 minutes.

Meanwhile, whisk the remaining 2 T. of oil, vinegar, garlic, ¼ tsp. sea salt, and ⅛ tsp. pepper in a medium bowl until combined. In a large bowl, toss the spinach with 1 T. of dressing and divide among 4 plates. Toss the asparagus mixture with the remaining dressing and place a portion over the spinach.

**\*Alternate and Maintenance Plan:**

Add in 4 oz. of goat cheese, and cut into small chunks. Sprinkle 1 oz. of the cheese over each plate.

Calories 143.9 | Fat 10.6 grams | Carbohydrates 10.2 grams

\*Calories 218.8 | Fat 16.6 grams | Carbohydrates 10.2 grams

## Beef Stew

All Phases (Serves 4)

**Ingredients:**

1 lb. sirloin or strip steak, trimmed and cut into 1-inch cubes

½ tsp. sea salt

½ tsp. freshly ground black pepper

2 T. olive oil

1 pound rutabaga, cut into ½ -inch cubes

2 shallots

2 T. tomato paste

½ tsp. cinnamon

½ tsp. turmeric

½ tsp. coriander

Pinch of cayenne pepper

3 c. low-sodium beef broth



**Directions:**

Sprinkle the steak with ¼ tsp. sea salt and pepper. Heat 1 T. olive oil in a large saucepan over medium heat. Add the steak, and cook, stirring frequently, until no longer pink - about 4 minutes. Transfer to a plate.

Add 1 T. olive oil to the same pan over medium heat. Add the rutabaga, shallots, tomato paste, cinnamon, turmeric, coriander, cayenne, and ¼ tsp. sea salt. Cook, stirring occasionally, until the shallots soften. Next, add the broth and bring to a boil over medium-high heat, scraping up browned bits. Cook until the rutabaga is fork tender, about 10 to 14 minutes. Then return the steak to the stew, along with any accumulated juice from the plate. Reduce the heat to medium and cook until the steak is cooked through, about another 2 minutes.

**\*Alternate and Maintenance Plan:**

You may serve this over 1 cup cooked whole grain noodles or couscous.

Calories 283.8 | Fat 12.5 grams | Carbohydrates 20.7 grams

\*Calories 312.4 | Fat 12.7 grams | Carbohydrates 20.7 grams

# Chicken Fajita Salad with Salsa

All Phases (Serves 4)

## Ingredients:

1 lb. boneless chicken breasts  
4 green peppers sliced  
1 carton of mushrooms sliced  
1 can of adobo peppers (these can be found in the ethnic isle)  
1 clove of garlic minced  
2 tsp. of cumin  
1 tsp. coriander  
Sea salt  
Pepper  
Olive Oil  
Romaine lettuce  
2 tomatoes chopped  
4 scallions chopped  
¼ c. cilantro chopped

## Directions:

Heat a grill (outdoor or stovetop) to medium-high heat. Take 1 adobo pepper and mince it. Combine the adobo pepper, garlic, 1 T. olive oil, sea salt and pepper in a large bowl and mix together. Add the chicken and coat with the mixture. Let the chicken marinate for 15 minutes. In another bowl combine the sliced mushrooms and green peppers with 2 tsp. of olive oil, sea salt, cumin, and coriander.

To make the salsa, add the chopped tomatoes, scallions, and cilantro to a bowl and combine with sea salt.

Next, place the chicken on one section of the grill and the peppers and mushrooms on another side. Cook the chicken on each side for 3 to 5 minutes depending on the thickness. Grill the vegetables for about 10 minutes. When the chicken is cool, slice it into strips. Then place the vegetables and chicken on top of the romaine lettuce. Top the salad with salsa.

## \*Alternate and Maintenance Plan:

You may add some low-fat shredded cheese to the salad, or you could have a whole wheat or corn tortilla.

\* With low-fat shredded Colby cheese (4 oz. total - 1 oz. serving each)

\*\*With Whole Wheat flour tortilla (1 each per serving)

Calories 211.2 | Fat 2.7 grams | Carbohydrates 16.1 grams

\*Calories 260.2 | Fat 4.7 grams | Carbohydrates 16.6 grams

\*\*Calories 292.2 | Fat 3.8 grams | Carbohydrates 29.5 grams

# Chili

All Phases (Serves 6)

## Ingredients:

2 T. olive oil  
1.5 lbs. of ground lean chicken, turkey, or beef  
1 T. cumin  
2 tsp. chili spice  
2 tsp. coriander  
2 cloves of garlic minced  
Sea salt  
Pepper  
4 green (or red) peppers chopped  
2 packages of button mushrooms sliced  
2 shallots sliced  
1 28 oz. can of chopped tomatoes (unseasoned)  
1 adobo pepper (from a can) chopped (optional, if you like it spicy)  
2 c. of low-salt chicken or beef broth (You may add more depending upon how thick you would like the chili)



## Directions:

Heat a large sauce pan to medium heat with 1 T. olive oil. Add the ground meat, 2 tsp. cumin, 1 tsp. coriander, 1 tsp. chili spice, half of the minced garlic, sea salt, and pepper and cook until the meat is browned - about 5 minutes. When the meat has browned, remove it from the pan and place it in a bowl. Next, add the last 1 T. olive oil to the pan along with the green peppers, mushrooms, and shallots and cook until the vegetables have softened. Then add 1 tsp. cumin, 1 tsp. coriander, 1 tsp. chili spice, the rest of the minced garlic, sea salt, and chopped adobo pepper and combine with the vegetables and cook until the spices are fragrant - about 1 minute. Add the can of chopped tomatoes and scrape any brown bits from the bottom of the pan. Then add 2 cups of broth and simmer for 15 minutes. Finally, return the meat to the pan and cook for 5 minutes.

## Alternate and Maintenance Plan:

You may top the chili with some low-fat cheese for a dairy serving, or you could add in some beans for a starch serving.

\*Add in 6 ounces of low-fat cheese, sprinkle 1 oz. of cheese over each bowl.

\*\*Add in two 15 oz. cans of black beans to the recipe above.

Chicken ~ Calories 322.8 | Fat 17.4 grams | Carbohydrates 20.5 grams

Beef ~ Calories 441.8 | Fat 22.8 grams | Carbohydrates 20.5 grams

\*with cheese add: Calories 79.2 | Fat 5.2 grams | Carbohydrates 0.6 grams

\*\*with black beans add: Calories 129.0 | Fat 0.4 grams | Carbohydrates 23.5

# Citrus Salad

Alternate and Maintenance (Serves 4)



## Ingredients:

2 oranges (peel and slice one orange, squeeze the juice from the other)  
2 T. red wine vinegar  
1 T. Dijon mustard  
1 T. olive oil  
1 lb. endive, sliced crosswise in ½ slices  
1 lb. arugula  
Sea salt  
Freshly ground black pepper

## Directions:

In a small bowl whisk the orange juice, vinegar, mustard, and olive oil until combined. Next, in a large bowl combine the sliced oranges, arugula and toss with the dressing, and season with salt and pepper.

Calories 129.5 | Fat 4.6 grams | Carbohydrates 21 grams

# Creamy Roasted Garlic Soup with Cauliflower

All Phases (Serves 4)

## Ingredients:

2 T. olive oil  
½ c. scallions, chopped  
1 leek (white and light green parts only), chopped and well rinsed  
1 rutabaga, peeled and chopped  
1 tsp. dried thyme  
4 c. low-salt chicken broth  
4 heads garlic, roasted  
Sea salt  
Ground pepper  
1 head cauliflower, cut into small florets

## Directions:

Preheat oven to 350 degrees. Cut off top of each head of garlic. Drizzle a small amount of olive oil on top of each head of garlic and then wrap each head of garlic in foil. Roast in the oven for 45 minutes to 1 hour - until garlic is very soft. Remove from the oven and foil. When cool enough to handle gently squeeze each clove from its paper casing.

In a soup pot over low heat, sauté the scallions and leek in 1 T. of olive oil until very soft but not brown, about 10 minutes. Add the rutabaga and thyme and cook another 1 minute. Turn the heat to medium high and let it reduce to just a few teaspoons, about 4 minutes. Add the broth; bring to a boil. Reduce the heat and simmer for 10 minutes. Add the garlic pulp and simmer until the rutabaga is very soft, another 15 to 20 minutes. In a blender puree the soup in batches. Season to taste with salt and pepper.

Sauté the cauliflower in 1 T. of olive oil over medium heat. Add the cauliflower florets and sauté. Once they begin to soften, after about 5 minutes, season with salt and pepper. Continue to sauté until the cauliflower is deep golden brown and tender but still firm, another 7 to 10 minutes. Ladle the soup into individual bowls and garnish with cauliflower.

Calories 205.2 | Fat 9 grams | Carbohydrates 25.9 grams

## ***Gazpacho***

All Phases (Serves 4)



### **Ingredients:**

1 small clove garlic, minced  
2 T. apple cider vinegar  
½ English cucumber, peeled and cut into 1-inch pieces, plus 8 very thin rounds for garnish  
1 ½ c. coarsely chopped (about 1 ½ peppers) jarred roasted red bell peppers  
2 lbs. beefsteak tomatoes, cut into quarters  
2 T. extra-virgin olive oil  
1 ½ tsp. coarse salt  
Freshly ground pepper

### **Directions:**

Process cucumbers, roasted peppers, garlic, vinegar, and ¾ c. of cold water in a blender until smooth. Transfer to a large bowl. Puree half of the tomatoes in the blender, and transfer to the bowl with cucumber mixture. Puree remaining tomatoes, slowly adding oil while blender is running. Transfer to the bowl; whisk to combine. Stir in salt; season with pepper. Refrigerate, covered, until chilled, about 30 minutes. Divide gazpacho among 4 bowls. Garnish each with 2 cucumber rounds.

Calories 55.2 | Fat 0.6 grams | Carbohydrates 11.4 grams

## ***Grilled Chicken and Summer Squash Salad***

All Phases (Serves 4)

### **Ingredients:**

1 large clove garlic, mashed to a paste with ½ tsp. sea salt  
¼ c. olive oil  
¼ c. fresh lime juice and 2 tsp. finely grated zest (from 1 lime)  
¼ c. chopped fresh cilantro leaves  
1 ½ T. finely grated peeled fresh ginger  
1 T. finely chopped jalapeño (seeded if you like; about ½ jalapeño)  
Sea salt  
1 ½ to 1 ¾ lb. mixed summer squash, such as zucchini or yellow summer squash (about 3 medium), sliced ¾ inch thick on an extreme angle  
1 ½ lb. boneless, skinless chicken breast halves, pounded to an even thickness  
5 oz. baby arugula  
Freshly ground black pepper

**Directions:**

Prepare a medium-high outdoor or stovetop grill. Put the garlic paste, oil, lime juice, and zest, cilantro, ginger, jalapeño, and 1 tsp. sea salt in a small jar with a lid. Shake to emulsify. Put the squash and chicken on a rimmed baking sheet, drizzle with ½ c. of the vinaigrette, and toss to coat. Grill on both sides until the squash is barely tender and the chicken is just cooked through, 4 to 6 minutes total. Transfer to a cutting board and let cool briefly.

Meanwhile, toss the arugula in a large bowl with ¼ c. of the vinaigrette and season with a pinch of sea salt and pepper. Portion among 4 plates.

Cut the squash and chicken into bite-size pieces. Put them in the bowl and toss with the remaining vinaigrette and sea salt and pepper to taste. Use a slotted spoon to portion the mixture among the plates.

Calories 362.8 | Fat 17 grams | Carbohydrates 8.6 grams

## ***Grilled Smokey Eggplant Salad***

All Phases (Serves 4)

**Ingredients:**

2 small eggplants (about 1 pound total)  
¾ tsp. coarse sea salt, divided  
¼ c. extra-virgin olive oil  
1 T. white wine vinegar  
1 small plum tomato, diced  
1 small clove garlic, chopped  
1 ½ tsp. smoked paprika  
3 c. mixed baby salad greens

**Directions:**

Preheat outdoor or stovetop grill to medium. Cut stripes in each eggplant's peel by running a vegetable peeler down the length of it and repeating at about 1-inch intervals. Slice the eggplants into rounds 1/3 to ½ inch thick. Lay them on a baking sheet and sprinkle lightly with ½ tsp. sea salt. Let stand for 5 minutes. (cont.)

Blot the eggplant slices with paper towels and lightly coat both sides with olive oil. Grill the eggplant, flipping halfway through, until soft and caramelized on both sides, 9 to 11 minutes total. Puree oil, vinegar, tomato, garlic, paprika, and the remaining ¼ tsp. salt in a blender until well combined. Toss salad greens with half the vinaigrette in a medium bowl. Arrange the eggplant slices on 6 salad plates. Drizzle with the remaining vinaigrette. Place the salad greens over and between the eggplant slices. Serve warm or at room temperature.

**\*Alternate and Maintenance Plan:**

Add 2 oz. of Manchego cheese, cut into thin curls with a vegetable peeler. Scatter the cheese curls on top of each salad - 0.5 oz serving.

Calories 162.0 | Fat 14 grams | Carbohydrates 9.2 grams

\*Calories 45 | Fat 3.5 grams | Carbohydrates 0 grams

## ***Hearty Kale Salad***

All Phases (Serves 4)



**Ingredients:**

6 c. very thinly sliced kale (about ½ large bunch), tough stems removed  
2 hard-boiled eggs coarsely chopped  
2 slices pancetta  
2 T. extra-virgin olive oil  
½ c. chopped green onion  
1 ½ cups sliced button mushrooms  
2 T. white-wine vinegar  
2 tsp. whole-grain mustard  
¼ tsp. freshly ground pepper  
⅛ tsp. sea salt

**Directions:**

Place kale and eggs in a large bowl.

Cook pancetta in a large skillet over medium heat until crisp. Transfer the pancetta to a plate. Chop when cool enough to handle.

Add oil and green onion to the same pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, mustard, pepper and sea salt. Pour the mushroom mixture over the kale and eggs. Add the pancetta and toss to combine.

Calories 173.9 | Fat 10.7 grams | Carbohydrates 12.4 grams

# Manhattan Clam Chowder

All Phases (Serves 8)

## Ingredients:

3 T. olive oil  
1 Shallot, chopped  
4 large stalks, diced celery  
1 Large green pepper, chopped  
4 c. bottled clam juice  
1 32 oz. can of whole tomatoes  
4 cans of chopped clams  
Sea salt  
Black pepper  
1 Bay leaf  
¼ c. fresh parsley



## Directions:

Sauté shallot, celery, green pepper in olive oil in a large soup pot for 20 minutes until tender. Add all other ingredients except for clams and parsley bring to a boil, then simmer for about 45 minutes until vegetables are cooked through. Add the clams and parsley for the last 5 minutes of cooking.

**\*Alternate Plan** - Add ¾ lb. of peeled diced potatoes to the pot with the clam juice and tomatoes.

Calories 52.2 | Fat 2.0 grams | Carbohydrates 8.1 grams

\*Calories 88.8 | Fat 2.0 grams | Carbohydrates 16.6 grams

# Mediterranean Salad

All Phases (Serves 4)

## Ingredients:

¼ tsp. Coarse Sea Salt  
1 pound green beans, trimmed  
1 fennel bulb, sliced  
½ red onion, thinly sliced  
¼ cup olive oil  
¼ cup white wine vinegar  
Freshly ground pepper



## Directions:

Prepare an ice-water bath; set aside. Bring a medium saucepan of water to a boil over medium-high heat; add salt. Add beans; simmer until just tender, 5 to 6 minutes. Plunge beans into ice-water bath to stop the cooking; let cool completely in water. Drain.

Toss together green beans, fennel, onion, oil, vinegar, and ¼ tsp. sea salt in a medium bowl; season with pepper. Let stand at room temperature for 15 minutes. Serve.

**\*Alternate and Maintenance Plan:** Add 4 oz. of feta cheese, crumbled to the salad.

Calories 184.2 | Fat 14 grams | Carbohydrates 14 grams

\*Calories 74.8 | Fat 6 grams | Carbohydrates 1.2 grams

# Roasted Cauliflower Bisque

All Phases (Serves 4)

## Ingredients:

1 T. plus 2 tsp. olive oil  
Sea salt  
Pepper  
1 tsp. dried thyme  
1 medium shallot, diced  
1 Garlic bulb, roasted  
1 large head of Cauliflower  
6 c. low-fat, no sodium, no MSG Chicken Stock

## Directions:

Break cauliflower into florets and slice. Place in a large bowl and season with sea salt and pepper. Drizzle 2 tsp. olive oil over sliced cauliflower, toss to coat evenly. Place in an even layer on a sheet pan, or shallow roasting pan. Roast in oven at 400 degrees for 30 to 45 minutes, turning about half way through cooking time. Cauliflower will begin to brown nicely and smaller pieces will crisp creating a nutty flavor.

Sauté diced shallots in 1 T. olive oil on low to medium heat until lightly caramelized, add roasted cauliflower, roasted garlic cloves and toss in pot to coat the mixture with the shallots. Add 6 c. chicken stock, thyme, salt and pepper and bring to a medium simmer for about 10 to 15 minutes. Remove from heat and blend with an immersion blender, or blend in a regular blender until smooth and creamy. For a thinner consistency add chicken stock to desired consistency.

Calories 248 | Fat 10.6 grams | Carbohydrates 26.8 grams

# Thai Chicken Salad

All Phases (Serves 4)



## Salad

2 lbs. of cooked chicken breast - sliced thin  
3 c. of shredded Napa cabbage (or regular cabbage)  
1 small red pepper, cut into strips  
1 small green pepper, cut into strips  
4 scallions, white and light green parts - sliced thin  
1/3 c. chopped fresh mint  
1/2 c. chopped fresh cilantro, including stems

## Dressing

4 T. white vinegar  
2 1/2 T. lime juice  
2 tsp. fish sauce  
1/2 tsp. fresh grated ginger  
1/2 tsp. Asian chili sauce or other hot sauce

Mix together all of the salad ingredients. In a separate bowl, mix the dressing ingredients. Toss to combine.

Calories 391.6 | Fat 4.9 grams | Carbohydrates 6.4 grams

## ***Vegetable Soup***

All Phases (Serves 10)



### **Ingredients:**

2-3 T. olive oil  
scallions, 1 bunch, chopped  
1 garlic clove chopped  
1 medium shallot  
diced celery  
diced turnip (white turnip or purple top turnip)  
Sea salt  
Pepper  
basil, oregano, thyme, marjoram  
1 bag fresh or frozen green beans  
1 bag frozen cauliflower/broccoli  
1 bag baby spinach  
1 can recipe diced tomatoes  
2 boxes vegetable broth\*  
½ box chicken broth\*  
½ box beef broth \*  
\*fat free & no MSG



### **Directions:**

Sauté scallions, shallots and garlic in olive oil in large soup pot, add turnip and celery cook until tender, add all other ingredients simmer until vegetables are cooked through.

Calories 126.7 | Fat 5.6 grams | Carbohydrates 15.1 grams

# Meals

# All-American Turkey Burgers

All Phases (Serves 3)



## Ingredients:

15 oz. of ground turkey  
3 scallions (finely chopped)  
1 stalk of celery, finely chopped  
1 tsp. of dried thyme  
1 T. of Walden Farms Thick & Spicy BBQ sauce  
1 T. of Tabasco (or less if you don't like it spicy)  
1 tsp. soy sauce

## Directions:

Preheat your grill. Combine all of the ingredients and form into 3 burgers. Grill until done. Use two ice berg lettuce pieces as your "bun".



Calories 283.2 | Fat 12.4 grams | Carbohydrates 1 grams

# Asian Tofu and Vegetables

All Phases (Serves 4)



## Ingredients:

2 tsp. vegetable oil  
12 oz. extra firm tofu, cut into 1-inch squares  
2 c. shredded cabbage  
2 c. mushrooms, sliced  
1 ½ c. sweet red peppers, sliced  
1 c. uncooked scallions, sliced  
1 T. minced garlic  
1 T. minced ginger root  
2 T low-sodium soy sauce  
3 T. hoisin sauce  
1 head Bibb lettuce for wrap\*

## Directions:

Heat 1 tsp. oil in a large nonstick skillet. Add tofu and cook over high heat for 5 minutes, turning occasionally until golden. Remove to a plate.

Heat remaining teaspoon oil in skillet. Add shredded cabbage, mushrooms and peppers and stir-fry over high heat, 5 minutes, until tender-crisp. Add scallions, garlic and ginger and stir-fry 1 minute until fragrant. Remove skillet from heat and stir in soy sauce, hoisin and cooked tofu.

To serve, add ½ c. mixture to Bibb lettuce leaf and roll up.

**\*Alternate & Maintenance Plan:** Use ¾ c. of brown rice\* or Joseph's low carb flax tortilla\*\* instead of the Bibb leaves.

Calories 129.6 | Fat 5.6 grams | Carbohydrates 14.7 grams

\*Calories 164 | Fat 1.2 grams | Carbohydrates 34.4 grams

\*\*Calories 70 | Fat 1.5 grams | Carbohydrates 5 grams

# Beef and Vegetable Kebabs

All Phases (Serves 4)

## Ingredients:

1 lb. beef sirloin, cut into 1-inch pieces  
2 T. extra-virgin olive oil  
2 garlic cloves, minced  
1 T. chopped fresh rosemary leaves  
3 red or orange bell peppers, cut into 1-inch pieces  
2 zucchini or yellow squash, cut into 3/4-inch rounds  
1 pt. grape or cherry tomatoes  
Coarse sea salt and ground pepper

## Directions:

In a medium bowl, combine beef, garlic, and rosemary; toss to coat. Cover and refrigerate 4 hours (or up to overnight). Let beef sit at room temperature, 30 minutes.

Heat a grill or grill pan over high. In a medium bowl, combine bell peppers, zucchini, tomatoes, and 2 T. olive oil; toss to coat and season with salt and pepper.

Season the beef with salt and pepper. Alternately thread beef, bell peppers, zucchini, and tomatoes onto eight 8-inch skewers. Grill kebabs, turning occasionally, until beef is medium-rare and vegetables are tender, about 12 minutes.

Calories 278.7 | Fat 12.9 grams | Carbohydrates 12.4 grams

# Beef-Stuffed Zucchini

All Phases (Serves 4)

## Ingredients:

4 medium zucchini, cut in half lengthwise  
1 large egg, beaten  
½ tsp. sea salt, divided  
½ tsp. red pepper flakes, divided  
1 T. grated Parmesan cheese, divided  
1 T. fresh Italian flat leaf parsley, minced  
1 lb. lean ground beef  
3 tsp. olive oil  
2 cloves of garlic, minced  
2 shallots, sliced  
1 28-oz. can of chopped tomatoes  
2 tsp. dried oregano

## Directions:

Preheat oven to 350 degrees. Cover a large baking pan with aluminum foil.

Scoop out seeds from zucchini; chop and reserve flesh. Arrange zucchini halves cut side-up, in prepared pan.

In a large mixing bowl, combine egg, ¼ tsp. sea salt, ¼ tsp. red pepper flakes, 1 T. Parmesan cheese, parsley, beef, and chopped zucchini flesh; mix well.

Fill each zucchini half with the beef mixture; spread into an even layer. Place on foil. Next, place a large skillet over medium heat. Add 2 tsp. olive oil to the pan. When hot, add ¼ red pepper flakes and heat for 30 seconds. Next, add garlic and heat for 30 seconds. Then add the shallots and sauté until softened. Pour the chopped tomatoes into the skillet and stir in the oregano. Add sea salt and pepper to taste. Spoon the tomato sauce over each zucchini. Place the baking pan in the oven and bake until the beef is cooked through and zucchini is tender-crisp; about 30 minutes. Remove to a serving platter.

Note: Since you are allowed 1 oz. of milk daily, we simply replaced your milk intake with the Parmesan cheese, so this does not deviate from the plan.

Calories 464.10 | Fat 23.5 grams | Carbohydrates 24.3 grams

## ***Braised Asian Chicken Thighs***

All Phases (Serves 4)



### **Ingredients:**

4 boneless, skinless chicken thighs (fat trimmed off), about 1 lb.  
6 oz. low-fat chicken stock  
3 T. soy sauce  
1 clove garlic, minced  
1 tsp. ginger, grated  
2 Star Anise (optional)

### **Directions:**

Place all ingredients in a 12 inch skillet, and cook over medium low heat for 25 minutes, turning the chicken every 5 minutes.

Suggestion: Serve with cooked broccoli and other green vegetables.

Calories 181.4 | Fat 7.1 grams | Carbohydrates 1.8 grams

## ***Chicken in Wine Sauce***

Maintenance (Serves 4)

### **Ingredients:**

4 boneless, skinless chicken thighs (fat trimmed off)  
2 chicken breast halves boneless, skinless  
½ tsp. sea salt divided  
½ tsp. fresh ground black pepper divided  
2 tsp. canola oil  
1 c. chopped onion  
½ c. thinly sliced carrot (one large carrot)  
½ c. thinly sliced celery (one large stalk)  
1 T. fresh minced garlic

2 c. unsalted low-fat chicken stock  
1 c. white wine (any dry white wine like chardonnay, sauvignon blanc)  
2 T. flour  
3 T. chopped fresh tarragon  
3 T. chopped fresh parsley  
1 T. whole grain Dijon mustard  
1 bay leaf  
1 T. unsalted butter  
2 c. cherry tomatoes  
Cooking spray

**Directions:**

Preheat oven to 325 degrees. Sprinkle chicken with ¼ tsp. salt and pepper on both sides. Heat a Dutch oven pan on medium heat and add canola oil swirling pan to coat the bottom. Lightly brown chicken on both sides (about 3 minutes per side). Remove chicken from pan.

Add onion, carrot, celery, and garlic to pan, cook for 6 minutes, stirring occasionally. Add wine and 1 c. of chicken stock to pan and stir to loosen brown bits on the bottom of pan. Combine remaining 1 c. of chicken stock and flour whisking until well mixed, stir in to pan. Stir in tarragon, 2 T. of parsley, mustard and bay leaf. Return chicken to pan and bring to a boil. Cover and bake in the oven at 325 degrees for 45 minutes.

Remove Dutch oven and place on stove top. Remove chicken and cover chicken with ¼ c. sauce and cover to keep warm. Heat pan over medium high heat and bring sauce to a boil reducing to 3 c. (approximately 5 minutes). Whisk in butter, remaining salt and pepper, discard bay leaf. Place tomatoes on a jelly roll pan, lightly coat with cooking spray, and broil in oven for 6 minutes. Return chicken to Dutch oven pan, sprinkle with broiled tomatoes and remaining parsley.

Calories 377.2 | Fat 12.4 grams | Carbohydrates 14.7 grams

## ***Chicken/Turkey Meatballs***

**All Phases (Serves 4)**

**Ingredients:**

2 lb. ground turkey/chicken  
1 large egg  
1 T. low sodium soy sauce  
½ tsp. cumin  
½ tsp. dried thyme  
2 tsp. black pepper  
1 tsp. Sea salt  
3 garlic cloves, minced  
3-4 scallions, chopped  
2 celery stalks, chopped  
3 T. Italian Seasoning

**Directions:**

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Combine all ingredients in a large bowl. Form mixture into 1 ½ inch meatballs and place on baking sheet. Bake for 40-50 minutes.

Suggestion: Serve as an appetizer, or top it with tomato sauce and place over roasted spaghetti squash.

Calories 180.6 | Fat 2.2 grams | Carbohydrates 8.1 grams

## ***Chicken Stir-Fry Wraps***

All Phases (Serves 4)

**Ingredients:**

1 ½ lbs. boneless, skinless chicken breast halves, halved horizontally and thinly sliced  
Coarse sea salt  
Fresh ground pepper  
2 T. olive oil  
4 scallions, thinly sliced  
2 red bell peppers, ribs and seeds removed, thinly sliced  
1 package of button mushrooms, sliced  
3 garlic cloves, minced  
1 ½ tsp. grated peeled fresh ginger  
1 ½ tsp. red pepper flakes  
3 T. soy sauce  
3 T. rice vinegar  
1 ½ tsp. corn starch mixed with 1 tablespoon water  
2 heads Boston lettuce

**Directions:**

Season the chicken with sea salt and pepper. In a large skillet, heat 1 T. of the olive oil over high heat. Add half the chicken; cook, stirring constantly, until opaque, 2 to 4 minutes. Transfer the chicken to a plate. Continue the same steps with the remaining chicken.

Add 1 T. olive oil to the skillet, along with the scallions, pepper, and mushrooms. Cook, stirring constantly, until the vegetables are tender, about 4 to 6 minutes.

Reduce the heat to medium; add the garlic, ginger, and red pepper flakes to the pan; cook, stirring, until fragrant, 30 to 60 seconds.

Stir in the soy sauce, vinegar, and cornstarch mixture; remove from the heat. Add the chicken and any accumulated juices; toss to coat. Serve in lettuce cups.

Calories 322.1 | Fat 10.1 grams | Carbohydrates 11.5 grams

# ***Chicken with Kale and Lentils***

**Alternate and Maintenance Plan (Serves 4)**

## **Ingredients:**

1 (8 oz.) boneless, skinless chicken breast half  
Sea salt  
Ground pepper  
2 T. olive oil  
2 shallots, finely chopped  
1 tsp. fresh thyme leaves  
2 bunches kale, tough stems removed, leaves torn into bite-sized pieces  
1 can (15.5 ounces) lentils, rinsed and drained  
Lemon, cut into wedges

## **Directions:**

Place chicken in a medium saucepan and cover with water. Bring to a boil, season with salt, and reduce to a bare simmer. Cover and cook for 5 minutes. Remove pan from heat and let chicken stand, covered, until cooked through, 12 to 14 minutes more. Remove chicken from liquid. When cool enough to handle, shred into bite-size pieces.

In a large skillet, heat 1 T. oil over medium heat. Add shallots and thyme; season with salt and pepper. Cook, stirring occasionally, until shallots are softened, about 5 minutes. Add kale and cook, stirring occasionally, until wilted and tender, 4 to 6 minutes. Transfer to a medium bowl. Add remaining 1 T. oil and the lentils to skillet; season with salt and pepper. Cook, stirring, until warmed through, about 20 seconds. Transfer to bowl with kale and add chicken; toss to combine. Divide evenly among four bowls, squeeze lemon wedges over each bowl and serve.

Calories 265 | Fat 9 grams | Carbohydrates 20 grams

# ***Chipotle Lime Grilled Chicken***

**All Phases (Serves 6)**

## **Ingredients:**

¼ c. fresh lime juice  
6 tsp. of olive oil  
2 ½ T. Chipotle Tabasco  
¾ tsp. Sea salt  
6 boneless, skinless chicken breasts  
1 tsp. Splenda

## **Directions:**

Prepare the grill for cooking over direct heat with medium hot charcoal (moderate heat for gas). Stir together the lime juice, olive oil, Tabasco, and salt in a liquid measuring cup. Put the chicken breasts in a sealable bag and add 1/3 c. of the marinade (reserve remainder in a cup). Seal the bag and force out the excess air. Marinate the chicken at room temperature for about 15 minutes. Stir the Splenda into remaining marinade until dissolved to make a sauce. Grill the chicken (discarding the marinade that was in the bag) on lightly oiled grill rack, covered

only if using a gas grill, turning chicken over occasionally and moving it to avoid flare-ups if necessary, until cooked through, about 8-12 minutes total. Brush both sides of the chicken with some of the reserved sauce, continue to grill, turning over once, until lightly browned, about 1 minute more. Serve chicken drizzled with remaining sauce.

Calories 227.1 | Fat 7 grams | Carbohydrates 1 gram

## ***Frittata with Mushrooms and Scallions***

All Phases (Serves 4)



### **Ingredients:**

1 T. olive oil  
12 scallions, trimmed and cut into 1½ inch pieces  
½ lb. of mushrooms, sliced  
Sea salt  
Ground black pepper  
8 large eggs

### **Directions:**

Preheat oven to 350 degrees. Heat oil in a large ovenproof skillet over medium. Add scallions, mushrooms, and ½ tsp. sea salt. Cover; cook, stirring occasionally, until mushrooms are very soft, about 15 minutes. Uncover, until the liquid has evaporated.

Whisk together eggs and ¼ tsp. of sea salt and pepper. Pour the mixture into the skillet. Cook using a spatula to pull eggs from the edges to center of the pan, so the runny parts run underneath until eggs are set around the edges, but still a little runny - 4 to 5 minutes total.

Bake until set in center and browned on top - 8 to 10 minutes.

### **\*Alternate and Maintenance Plan:**

Sprinkle ½ c. Parmesan cheese on top of the eggs just before baking in the oven.

Calories 210 | Fat 14.2 grams | Carbohydrates 6.3 grams

\*Calories 54 | Fat 3.6 grams | Carbohydrates .5 grams



# ***Grilled Chicken with Rosemary and Lemon with Grilled Zucchini and Summer Squash***

All Phases (Serves 4)

## **Ingredients:**

2 T. chopped fresh rosemary or 1 T. dried  
¼ c. olive oil  
2 garlic cloves  
Coarse sea salt  
Fresh ground pepper  
4 boneless chicken breasts  
¼ c. fresh lemon juice (1 to 2 lemons)  
2 zucchini  
2 yellow squash  
2 yellow peppers  
¼ c. thinly sliced basil

## **Directions:**

Heat an outdoor or stovetop grill to medium. In a small saucepan, bring 1/3 cup water and the rosemary to a boil; remove from the heat, cover, and let steep for 5 minutes. Transfer to a blender. Add 2 T. olive oil and garlic; season with sea salt and pepper. Puree until smooth; let cool. Combine the chicken and the rosemary oil in a shallow dish or re-sealable plastic bag, and turn to coat. Cover, and let marinate for at least 15 minutes at room temperature or overnight in the refrigerator, turning the chicken occasionally.

Remove the chicken from the marinade; place on the grill. Discard the marinade. Cook, basting frequently with the lemon juice and turning as needed to prevent burning, until cooked throughout, 20 to 30 minutes.

Slice the zucchini and squash to ½ inch thick slices on the diagonal. Quarter the peppers; remove the seeds and ribs. In a large bowl, toss the vegetables with 2 T. olive oil; season with sea salt and pepper. Grill the vegetables until tender, 6 to 8 minutes per side. Return the vegetables to the bowl; toss with the basil.

Calories 389.9 | Fat 17.2 grams | Carbohydrates 17.7 grams

# ***Healthy Chicken, Broccoli, and Ziti***

Maintenance Plan (Serves 4)

## **Ingredients:**

½ lb. high fiber pasta  
1 lb. chicken breast, cut into small pieces  
2 tsp. olive oil  
2 garlic cloves  
1 bunch of broccoli florets cut into pieces  
½ c. 2% milk

2 ½ c. chicken reduced sodium broth  
½ c. parmesan cheese, grated  
½ tsp. red pepper flakes  
Salt and pepper to taste

**Directions:**

Preheat oven to 350 degrees and lightly grease an 11x7-inch baking dish.  
Season chicken with salt and pepper. Heat olive oil in a large sauté pan, and cook chicken until lightly browned. Set aside on a separate plate.

In the same pan add the red pepper flakes and garlic and cook until fragrant - 30 seconds to a minute. Add the pasta plus 2 c. of chicken broth. Bring to a boil, and simmer until the water is almost completely absorbed and the pasta is close to cooked - about 8 minutes. Add in broccoli and additional ½ c. of chicken broth. Cover and let simmer for 4 minutes. Add in the chicken, milk, and cheese. Stir and simmer for another 5 minutes until the sauce begins to thicken. Turn off heat and let the pasta sit for 2-3 minutes longer. Slowly pour in milk and cook, stirring constantly, until smooth and thickened, 3 to 4 minutes. Season sauce with salt and pepper.

Calories 365.1 | Fat 20.4 grams | Carbohydrates 9.3 grams

## ***Layered Breakfast Bake***

All Phases (Serves 4)

**Ingredients:**

1 medium zucchini, coarsely grated  
¼ tsp. salt  
1 tsp. olive oil  
1 ½ c. sliced scallions  
1 clove garlic, minced  
½ tsp. black pepper  
¼ c. chopped tomatoes  
4 large eggs  
1 tsp. Italian seasoning  
1 jar (12 oz.) roasted red peppers, drained, rinsed, and cut into strips

**Directions:**

Preheat the oven to 400 degrees. Place the zucchini in a small bowl and sprinkle with the salt. Coat a 2 ½ quart baking dish with cooking spray.  
Heat the oil in a large nonstick skillet or a skillet coated with cooking spray over medium heat. Add the scallions and garlic. Cook for 2 to 3 minutes, or until tender. Transfer to a large bowl and stir ¼ teaspoon black pepper.  
Heat the skillet coated with the cooking spray over medium heat. Squeeze extra moisture out of the zucchini, add the zucchini to the skillet, and cook for 2 minutes, stirring occasionally. Season with the remaining ¼ tsp. black pepper and spread on the bottom of the baking dish. Top the zucchini with the tomatoes. Whisk the eggs and Italian seasoning in a small bowl. Pour on top of the tomatoes. Top with the roasted red peppers.  
Bake for 40 minutes. (cont.)

**\*Alternate and Maintenance Plan:**

Add ½ c. of crumbled feta and sprinkle on top of the scallion and garlic layer. Then add 1 1/3 c. part-skim ricotta and add to the top of the tomatoes. Sprinkle ½ c. of part-skim mozzarella and 1 T. of Parmesan cheese on top of the peppers.

Calories 129.4 | Fat 6 grams | Carbohydrates 11.9 grams

\*Calories 296 | Fat 16.8 grams | Carbohydrates 13.8 grams

## ***Mediterranean Cauliflower Cake***

**Alternate and Maintenance Plan (Serves 8)**

**Ingredients:**

1 head of cauliflower, trimmed and broken into small florets  
1 T. olive oil  
1 medium onion, thinly sliced  
½ tsp. ground coriander  
½ tsp. crushed red pepper flakes  
¾ tsp. sea salt  
¾ c. almond flour  
½ tsp. baking powder  
6 large eggs  
1 jarred roasted red pepper, chopped  
¾ c. feta cheese, crumbled  
3 T. fresh dill, chopped



**Directions:**

Preheat oven to 350 degrees. Line the bottom of a 9-inch springform pan with parchment paper.

Bring 1 inch of water to a boil in a large pot with a steamer basket. Add cauliflower and steam for 8 to 10 minutes.

Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring until tender, about 8 minutes. Add the coriander, crushed red pepper and ½ tsp. sea salt, and stir until fragrant, about 1 minute. Next, gently stir in the cooked cauliflower to coat, and cook for 2 to 3 minutes.

In a bowl whisk the almond flour, baking powder, and ¼ tsp. sea salt. Whisk eggs in a large bowl. Next, sprinkle the dry ingredients over the eggs and whisk to combine. Stir in roasted red pepper, feta, and dill. Add the cauliflower mixture and stir to combine. Spread the mixture evenly into the springform pan.

Bake until golden, 35-45 minutes. Let the cake cool before removing from pan. Serve warm or at room temperature.

Calories 99 | Fat 5.8 grams | Carbohydrates 7 grams

# ***Pan-Seared Salmon with Garlic, Tomatoes, and Basil***

All Phases (Serves 4)

## **Ingredients:**

4 Salmon fillets (4 oz. each)

½ tsp. salt

¼ tsp. freshly ground black pepper

1 medium shallot, chopped

2 cloves of garlic, minced

3 c. grape tomatoes, halved

3 T. chopped fresh basil

## **Directions:**

Coat a nonstick skillet with cooking spray and heat over medium-high heat. Sprinkle the salmon with ¼ tsp. of the salt and ⅛ tsp. of the pepper. Add the fillets to the skillet and cook, turning once, until the fish is browned and flakes easily with a fork, 9 to 10 minutes. Transfer to a plate and keep warm. Add the shallot and garlic to the skillet. Cook, stirring occasionally, until slightly softened, 4 to 5 minutes. Stir in the tomatoes and cook until wilted, about 3 to 4 minutes. Remove from the heat. Stir in the basil and the remaining ¼ tsp. salt and ⅛ tsp. pepper.

## **\*Alternate and Maintenance Plan:**

Add whole wheat couscous to serve alongside the salmon and vegetables. 1 c. serving.

Calories 247.7 | Fat 13.2 grams | Carbohydrates 7.2 grams

\*Calories 176 | Fat .2 grams | Carbohydrates 36 grams

## ***Ideal “Tip” - Did you know?***

Not all fats are created equal! “Fat” doesn’t automatically mean “bad.” There are good fats and there are bad fats. Try to stay away from trans-fats, and eat very little saturated fats, which are found in animal products. Focus on monounsaturated fats like olive oil, which are already part of your plan. When you reach maintenance adding raw nuts will provide another source of healthy fats. There are also some essential fats that you will need to consume from foods like salmon, which provide a rich source of Omega 3 fatty acids.

# ***Pizza with Cauliflower Crust - Version One***

**Alternate & Maintenance Plans (Serves 4)**

## **Ingredients:**

### **Crust:**

½ large head of cauliflower (or 2 c. shredded cauliflower)  
1 large egg  
1 c. finely shredded part-skim mozzarella cheese  
1 tsp. dried oregano  
½ tsp. dried minced garlic (or fresh garlic)  
½ tsp. onion salt  
2 tsp. olive oil

### **Toppings:**

½ c. tomato-basil marinara sauce (or pizza sauce)  
½ c. finely shredded mozzarella cheese

### **Directions:**

Shred the cauliflower into small crumbles using a cheese grater or a food processor. (Note: When using a food processor be careful not to puree the cauliflower). Place the cauliflower crumbles in a large bowl and microwave them (dry) for 8 minutes (See Tips below if you do not have a microwave). Allow the cauliflower to cool.

Prepare the crust: Preheat the oven to 450 degrees. Place parchment paper on a cookie sheet or pizza pan. In a medium bowl, mix the cauliflower crumbles with the egg, ½ c. shredded part-skim mozzarella cheese, dried oregano, garlic, and onion salt. Pat the “crust” into a 9x12-inch round on the prepared pan. Brush the crust with olive oil and bake for 15 minutes (or until golden). Remove the crust from the oven and turn the heat up to broil.

Prepare the pizza: Spread the sauce on top of the baked crust, leaving a ½-inch border around the edge. Sprinkle ½ c. cheese on top. Broil the pizza 3 to 4 minutes, or until the cheese is melted and bubbly. Cut into 6 slices and serve immediately.

### **Tips:**

If you do not have a microwave you can steam the cauliflower florets just until they are tender (not mushy) on the stove and then let them cool before grating them or putting them in a food processor.

### **\*Other topping ideas:**

Marinara or pizza sauce with your favorite vegetable toppings  
Thin sliced tomato, basil, and fresh mozzarella  
Ground lean meat (chicken, turkey, or lean beef), mushrooms, provolone, and asiago cheese  
Shredded chicken, green onions, peppers, and smoked mozzarella

Calories 194.4 | Fat 12.0 grams | Carbohydrates 6.7 grams

# ***Pizza with Cauliflower Crust - Version Two***

**Alternate & Maintenance Plan (Serves 2)**

## **Ingredients:**

2 c. grated cauliflower (about ½ a head)

½ c. yogurt

1 egg

1 tsp. Italian seasoning

Dash of sea salt

¾ c. of your favorite store-bought or homemade marinara sauce with no added sugar

½ c. of grated low-fat mozzarella

Choice of cooked vegetable (optional)

## **Directions:**

Preheat oven to 400 degrees.

In a food processor, prepare the cauliflower by pulsing florets until they take on a grainy or grated texture. Place 2 c. of the grated cauliflower onto a clean, thin dishtowel. Wrap it up in the middle and twist closed, squeezing out all the moisture.

Place the dry cauliflower into a bowl and add the yogurt, eggs, and spices. (Note: Italian seasoning includes dried marjoram, thyme, rosemary, sage, oregano, and basil. If it is more convenient, replace the Italian seasoning with dried oregano, basil, or thyme alone.) Fold the mixture until everything is evenly combined.

Place the cauliflower “dough” onto a baking sheet lined with parchment paper and spread the mixture with your hands until it is about ¾ inch thick. This is your crust! Bake the crust for 30 minutes or until lightly browned and firm enough to hold its shape.

Remove the crust from the oven and top with marinara sauce, shredded mozzarella, and your choice of vegetables. Put the pizza back into the oven for another 5 minutes or until the cheese is melted.

Calories 224.0 | Fat 5.6 grams | Carbohydrates 26 grams

# ***Pork Diane***

**All Phases (Serves 4)**

## **Ingredients:**

4 boneless pork chops, (1lb.)

1 tsp. lemon pepper

1 T. olive oil

1 T. Worcestershire sauce

1 T. Water

1 tsp. lemon juice

1 tsp. Dijon mustard

1 T. fresh chopped chives



**Directions:**

Sprinkle the pork chops with the lemon pepper. Cook in a skillet in the olive oil for 10 minutes. Remove from heat. Add the water, Worcestershire sauce, lemon juice, and Dijon mustard to the skillet and cook for 1-2 minutes. Pour over chops. Sprinkle with the chopped chives.

Calories 217 | Fat 11.9 grams | Carbohydrates .8 grams

## ***Roasted Salmon with Brussels Sprouts***

All Phases (Serves 4)

**Ingredients:**

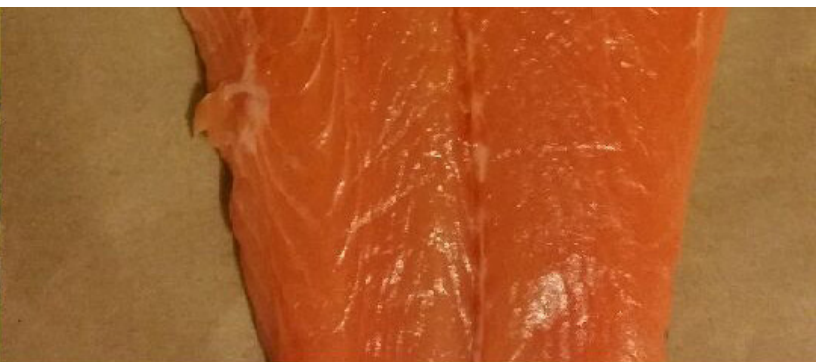
1 lb. Brussels sprouts, trimmed and cut in half lengthwise  
1 T. olive oil  
Sea salt  
Ground black pepper  
4 skinless salmon fillets (6 oz. each)

**Directions:**

Preheat oven to 450 degrees. On a rimmed baking sheet, toss Brussels sprouts with oil, and season with salt and pepper. Spread on a baking sheet and roast for 10-15 minutes, turning occasionally.

Season the salmon with salt and pepper. Place the fillets in the center the baking sheet pushing the Brussels sprouts to the sides. Roast the salmon until opaque, about 10 minutes.

Calories 429.3 | Fat 24.7 grams | Carbohydrates 10.1 grams



# Roasted Vegetable American Chop Suey

All Phases (Serves 8)



## Ingredients:

- 4 medium shallots, sliced
- 2 whole garlic cloves, peeled and slightly smashed (to release flavor)
- 1 red bell pepper, cut into 1 inch pieces
- 1 yellow bell pepper, cut into 1 inch pieces
- 1 yellow summer squash, cut into 1 inch pieces
- 1 zucchini squash, cut into 1 inch pieces
- 2 8 oz. packages sliced Portobello mushrooms
- 1 lb. all white meat ground turkey
- 1 can (28 oz.) crushed tomatoes
- 1 can (14 oz.) diced tomatoes
- 1 medium spaghetti squash, roasted in oven or microwave - See Tip below

## Directions:

Roast vegetables, shallots, and garlic cloves in oven at 400 degrees for about 30-45 minutes. Sauté mushrooms with one sliced shallot in 2 tsp. olive oil in a non-stick sauté pan until desired doneness. For meat sauce sauté turkey in a non-stick pan with Italian seasonings until cooked through. Then add tomatoes and simmer.

Serve roasted vegetables, mushrooms, and meat sauce over roasted squash.

## Tip:

For oven roasting: 400 degrees for about 45-60 minutes.

For microwave: pierce squash and cook on high in 5 minute increments until it pierces easily with a fork.

Calories 187.9 | Fat 4.6 grams | Carbohydrates 24.3 grams

# Salmon Packets

All Phases (Serves 4)



## Ingredients:

3 tomatoes, chopped  
2 shallots  
2 T. plus 2 tsp. olive oil  
2 T. lemon juice  
1 tsp. chopped fresh oregano or ½ tsp. dried  
1 tsp. chopped fresh thyme or ½ tsp. dried  
1 tsp. sea salt  
Freshly ground black pepper  
4 salmon fillets (about 6 oz. each)

## Directions:

Preheat the oven to 400 degrees. In a medium bowl, stir the tomatoes, shallots, 2 T. of olive oil, lemon juice, oregano, thyme, ½ tsp. sea salt, and ¼ tsp. pepper. Spoon ½ tsp. olive oil in the center of each of the four large sheets of aluminum foil. Place 1 salmon fillet on each sheet of foil and turn to coat with the olive oil. Sprinkle the salmon fillets with the remaining ½ tsp. each of salt and pepper. Next, spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and cover in completely. Then seal the packets closed. Place the packets on a large baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Transfer the packets to plates and serve.

Note: You may also use chicken or other fish for your protein instead of salmon.  
Serve this alongside your favorite roasted vegetables, or a side salad.

Calories 443.5 | Fat 28 grams | Carbohydrates 7.6 grams

# Salmon with Cucumber Pineapple Salsa

Alternate and Maintenance Plans (Serves 4)

## Ingredients:

2 T. fresh lime juice  
2 T. olive oil  
2 English cucumbers, finely diced  
1 c. pineapple, finely diced  
2 scallions, trimmed and thinly sliced  
1 jalapeño pepper (ribs and seed removed for less heat), minced  
¼ c. fresh basil, finely chopped  
Sea salt  
Pepper  
4 skin-on salmon fillets (6 to 8 oz.)

## Directions:

In a medium bowl, whisk together lime juice and 1 T. olive oil; add cucumbers, pineapple, scallions, jalapeño, and basil. Season with salt and pepper; toss gently to combine.

Pat dry salmon; generously season with salt and pepper. In a large skillet, heat remaining 1 T. oil over medium-high heat; add salmon, skin side down. Cook until skin is crisp and salmon is opaque about three-quarters of the way through, 4 to 6 minutes. Turn salmon, and continue to cook just until opaque throughout, 2 to 4 minutes. Serve salmon topped with salsa.

Calories 385 | Fat 19.7 grams | Carbohydrates 11.3 grams

## ***Salmon and Zucchini en Papillote***

All Phases (Serves 4)

### **Ingredients:**

4 small zucchini, halved lengthwise and thinly sliced  
4 shallots, thinly sliced  
1 T. olive oil  
1 tsp. dill  
4 lemons slices, halved, plus 8 tsp. fresh lemon juice  
coarse sea salt and ground pepper  
4 skinless salmon fillet (6 to 8 oz.)

### **Directions:**

Preheat oven to 350 degrees. Fold four large pieces of parchment paper (about 15x16 inches) in half to crease it; open, and lay it flat.

On one side of crease, mound zucchini; top with shallot, 1 tsp. of olive oil, dill, and lemon slice. Season with salt and pepper. Place salmon on top; drizzle with lemon juice, and season with salt and pepper. Repeat 3 times.

To close, fold parchment over salmon; make small overlapping pleats to seal the open sides and create a half-moon-shaped packet. Place on a rimmed baking sheet; bake until salmon is opaque throughout, 15 to 17 minutes. Serve.

Calories 548.7 | Fat 31.8 grams | Carbohydrates 11.3 grams

## **Shrimp and Pepper Skewers**

All Phases (Serves 4)

### **Ingredients:**

2 ½ T. Grapeseed Oil  
3 tsp. fresh lime juice  
1 ½ tsp. Adobo Seasoning Blend  
¼ tsp. crushed red pepper  
20 oz. jumbo shrimp, peeled & deveined  
1 large red bell pepper cut into 1" pieces  
1 large green bell pepper cut into 1" pieces  
6-10 skewers soaked in water for 10 minutes

**Directions:**

Preheat grill to medium-high. In a bowl combine oil, lime juice, adobo and pepper flakes. Set aside. Alternately skewer shrimp and pepper pieces and brush with mixture. Grill shrimp until opaque, about 1-2 minutes per side.

Calories 237.6 | Fat 10.2 grams | Carbohydrates 4.7 grams

## ***Shrimp & Spinach Stuffed Portabella Mushrooms***

All Phases (Serves 2)

**Ingredients:**

2 portabella mushrooms  
1/8 c. chopped green onions  
1 clove garlic  
1 1/2 c. spinach  
5 large shrimp  
2 tsp. olive oil  
1 T. chopped fresh basil  
1 Roma tomato

\*This would be a recipe you could have once or twice a week since the tomato is on the list of occasional vegetables.

**Directions:** Broil or grill the portabella mushroom caps after removing the gills and stem. Chop up the stem and sauté with the garlic, green onions and spinach in your 2 tsp. of olive oil. Chop up the shrimp in to small pieces and add the sautéed vegetable mix when soft and use a spoon to combine. Stuff the portabella mushroom caps with this mixture. Bake at 350 degrees for about 15 minutes. Chop up your tomato and basil and sprinkle over the top before serving.

Calories 90.1 | Fat 5.3 grams | Carbohydrates 9 grams



# Spiced Chicken Stuffed Peppers

All Phases (Serves 4)

## Ingredients:

1 lb. ground chicken breast  
4 large green peppers, cut off the top and remove seeds  
2 tsp. olive oil  
2 garlic cloves, minced  
1 jalapeño, chopped (remove seeds and stem if you like it less spicy)  
¼ tsp. red pepper flakes  
1 tsp. cinnamon  
2 tsp. cumin  
1 tsp. coriander  
¼ tsp. sea salt  
¼ tsp. black pepper



## Directions:

Preheat oven to 350 degrees.

Boil a large pot of water. When water is boiling add the green peppers and cook for 2 minutes. Remove peppers from the pot and place on a dish.

Heat a large skillet over medium-high heat. Add olive oil to the pan. Add red pepper flakes and garlic and cook for 30 seconds. Next, add the ground chicken. Then add jalapeño peppers and the cinnamon, cumin, coriander, sea salt, and pepper. Cook until the chicken is browned.

Place peppers in a baking dish. Next, add the chicken mixture into the peppers. Place in the oven for 20 minutes. Serve hot.

## \*Alternate and Maintenance Plan:

Add 2 T. part-skim mozzarella to the top of each pepper before placing in the oven.

Or

\*\*Add 1-15 oz. can of plain pumpkin to the ground chicken mixture before the peppers are stuffed.

Calories 229.8		Fat 14.0 grams		Carbohydrates 8.3 grams
*Calories 271.7		Fat 16.6 grams		Carbohydrates 8.8 grams
**Calories 265.8		Fat 14.3 grams		Carbohydrates 13.8 grams

# Spicy Asian Stir-Fry

All Phases (Serves 4)



## Ingredients:

1 T. peanut oil  
1 ½ lbs. boneless, skinless chicken breast halves, thinly sliced  
4 garlic cloves, thinly sliced  
1 jalapeño pepper, thinly sliced (ribs and seeds removed for less heat)  
8 oz. of snow peas  
1 red pepper, sliced  
¼ c. lime juice  
¾ c. fresh basil, sliced  
Sea salt  
Fresh ground black pepper

## Directions:

In a large skillet or wok, heat peanut oil over high heat. Add the chicken and brown on one side, about 3 minutes. Next, turn the chicken and add the garlic, jalapeño, snow peas, and red pepper and cook for 3 more minutes. Season with salt and pepper; stir in lime juice and basil.

## \*Maintenance:

Add ¼ c. roasted peanuts before serving

Calories 271.7 | Fat 6.3 grams | Carbohydrates 8.8 grams  
\*Calories 323.5 | Fat 10.8 grams | Carbohydrates 10.3 grams

# Spicy Beef Wraps

All Phases (Serves 4)

## Ingredients:

1 lb. flank steak  
1 tsp. ground cumin  
¼ tsp. crushed red pepper flakes  
4 T. lime juice  
4 garlic cloves, minced  
2 tsp. olive oil  
2 medium red bell peppers, cut into strips  
1 medium green bell pepper, cut into strips  
¾ tsp. salt  
2 plum tomatoes  
1 T. chopped fresh cilantro  
Bibb lettuce, separate leaves

## Directions:

Combine the beef, cumin, red-pepper flakes, 3 T. lime juice, and 2 of the cloves of garlic in a medium bowl. Turn to coat. Refrigerate for 1 hour, turning occasionally.

Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the red and green bell peppers. Cook, stirring occasionally, until starting to brown, 5 to 6 minutes. Add the remaining 2 cloves of garlic and ¼ tsp. of the salt. Cook for 2 minutes longer. Remove from the heat. Combine the tomatoes, cilantro, and remaining 1 T. lime juice in a small bowl.

Heat a ridged grill pan coated with cooking spray over medium-high heat. Remove the flank steak from the marinade. Sprinkle with the remaining ½ tsp. salt. Grill for 7 to 8 minutes per side for medium. Transfer the steak to a cutting board. Let stand for 5 minutes. Thinly slice the steak against the grain. Serve by adding the vegetables and meat to a Bibb lettuce leaf.

**\*Alternate and Maintenance Plan:**

Use a Joseph's whole grain flax tortilla instead of the Bibb lettuce as your wrap.

Calories 414 | Fat 27.1 grams | Carbohydrates 9.9 grams

\*Calories 70 | Fat 1.5 grams | Carbohydrates 5.0 grams

## ***Stir-Fried Peppers and Shrimp with Cauliflower***

All Phases (Serves 4)

**Ingredients:**

1 T. fish sauce  
2 tsp. fresh lime juice  
½ tsp. Asian chili garlic sauce  
¼ tsp. cornstarch  
2 T. fresh lemongrass, minced from the tender, white inner part or 1 T. fresh ginger, minced  
1 T. garlic, minced  
1 tsp. Serrano chili, finely chopped, including seeds  
2 T. plus 1 tsp. vegetable oil  
2 red peppers, sliced  
1 small head of cauliflower, cut into small pieces  
1 lb. extra-jumbo shrimp, peeled, deveined, and halved lengthwise  
1 bunch scallions, trimmed and cut into 1-inch pieces  
Sea Salt  
2 T. fresh cilantro, chopped

**Directions:**

Combine fish sauce, lime juice, chili garlic sauce, cornstarch, and 1 T. water in a small bowl; set aside. In another small bowl, combine the lemongrass or ginger, garlic, and chili; set aside.

In a 12-inch skillet or wok, heat 1 T. plus 1 tsp. oil over high heat. When the oil is shimmering hot, add the peppers. Cook, stirring frequently and making sure to spread them evenly across the pan, until they are browned in spots and are pliable but still firm. Transfer the peppers to a plate and remove the pan from the heat. Let the pan cool for a minute.

Steam the cauliflower in a separate pot. Set aside when cooked.

Heat the remaining 1 T. oil in the pan over medium-high heat. When the oil is hot, add the shrimp, scallions, and ½ tsp. salt. Cook, stirring frequently, until the shrimp are curled up and just

cooked through, about 2 minutes. Add the peppers and the lemongrass mixture and stir until very fragrant, about 30 seconds. Add the fish sauce mixture and stir constantly until the sauce thickens slightly, 10 to 20 seconds. Remove the pan from the heat. Stir in the cilantro and serve alongside the steamed cauliflower.

Calories 218 | Fat 6.3 grams | Carbohydrates 13.6 grams

## ***Tandoori Chicken Legs***

Alternate and Maintenance Plans (Serves 6)

### **Ingredients:**

#### **For the Chicken**

2 T. fresh lemon juice

Sea salt

6 Whole chicken legs (2 to 3 lbs.)

Vegetable oil for the grill

#### **For the Marinade**

1 T. grated fresh ginger

1 large clove garlic, minced

Sea salt

1/3 c. plain low-fat yogurt

3 T. vegetable oil

1 ½ fresh lemon juice

1 tsp. paprika

¾ tsp. hot dry mustard

½ tsp. ground cumin

½ tsp. ground coriander

¼ tsp. ground nutmeg

¼ tsp. ground cardamom

¼ tsp. ground turmeric

¼ tsp. cayenne

¼ tsp. ground black pepper



#### **For Finishing**

½ cup cilantro

### **Directions:**

Prepare the chicken by combining the lemon juice and 1 tsp. salt in a large zip-top plastic bag and massage the bag until the salt crystals dissolve. Pull the skin off the chicken legs. Using a sharp knife, make 2 or 3 deep slashes in each leg, almost to the bone. Toss the chicken legs in the lemon juice, seal the bag, and refrigerate for 15 minutes.

Marinate the chicken by mashing the ginger, garlic, and 1 tsp. salt to a paste with the side of a large knife and transfer the paste to a small mixing bowl. Whisk in the remaining marinade ingredients. Add the marinade to the chicken legs and massage the bag to thoroughly coat the legs. Seal the bag and refrigerate the chicken for at least 1 hour.

Prepare a grill to medium-high heat (400 degrees). Grill, flipping once, until an instant-read thermometer into the thickest part of the meat reads 170 degrees, 25 to 30 minutes.

Transfer the chicken to a platter and garnish with cilantro.

Calories 276.5 | Fat 15.4 grams | Carbohydrates 2.0 grams

## ***Turkey Muffins***

All Phases (Serves 4)



### **Ingredients:**

1 lb. lean ground turkey  
1 red bell pepper, seeded and diced  
1 c. mushrooms, diced  
1 c. zucchini, sliced and quartered  
2 cloves garlic, minced  
1/3 c. fresh parsley, chopped  
½ tsp. thyme  
½ tsp. cumin  
1 egg white  
½ tsp. Salt  
¼ tsp. Black pepper



### **Directions:**

Preheat oven to 350 degrees. Spray a 12 cup muffin pan with nonstick spray, or use liners.

Mix all ingredients thoroughly and make 12 meatballs. Add one meatball to each cup. Bake at 350 degrees for 40 minutes, until browned and cooked through.

Serve alongside a salad.

Calories 175.9 | Fat 7.0 grams | Carbohydrates 4.0 grams

## ***Unstuffed Cabbage Rolls***

All Phases (Serves 6)

### **Ingredients:**

1 ½ lbs. lean ground turkey  
1 T. oil  
1 shallot  
1 clove garlic, minced  
1 small cabbage, chopped  
2 cans (14.5 oz. each) diced tomatoes  
1 can (8 oz.) tomato sauce

½ c. water  
1 tsp. ground black pepper  
1 tsp. sea salt

**Directions:**

In a large skillet, heat olive oil over medium heat. Add the ground beef and shallot and cook, stirring, until ground beef is no longer pink and shallot is tender. Add the garlic and continue cooking for 1 minute. Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Calories 232.7 | Fat 9.3 grams | Carbohydrates 14.3 grams

## ***Zucchini Lasagna***

**Alternate & Maintenance Plans (Serves 4)**

**Ingredients:**

2 ½ c. zucchini (about 2), sliced lengthwise ¼ inch thick, divided  
½ lb. lean ground turkey  
¼ c. shallot, chopped  
2 small tomatoes, chopped  
1 (6 oz.) can tomato paste  
1 garlic clove, minced  
½ tsp. dried oregano  
½ tsp. dried basil  
¼ tsp. dried thyme  
¼ c. water  
⅛ tsp. pepper  
1 large egg  
¾ c. low-fat ricotta cheese  
½ c. low-fat mozzarella cheese, shredded and divided  
1 tsp. flour

**Directions:**

Preheat oven to 375 degrees. Cook zucchini until tender, drain and set aside. Sauté meat and onions until meat is brown and shallots are tender; drain fat. Add next 8 ingredients and bring to a boil. Reduce heat; simmer, uncovered 10 minutes or until reduced to 2 cups.

In small bowl, beat egg. Add ricotta cheese, half of shredded cheese, and flour.

In 1 1/2-qt. baking-roasting pan arrange half of the meat mixture. Top with half of the zucchini and all the ricotta cheese mixture. Top with remaining meat and zucchini. Bake uncovered for 30 minutes. Sprinkle with remaining cheese. Bake 10 minutes longer. Let stand 10 minutes before serving.

Calories 266.3 | Fat 11.5 grams | Carbohydrates 17.8 grams

# Vegetable Side Dishes

# ***Asparagus, Peas, and Radishes with Herbs***

Alternate and Maintenance Plans (Serves 8)

## **Ingredients:**

3 lbs. asparagus, ends trimmed, cut into 2-inch pieces  
Sea salt  
Ground pepper  
3 T. olive oil  
1 10 oz. package frozen peas, thawed  
1 lb. radishes, halved and thinly sliced  
1/3 c. fresh tarragon, chopped

## **Directions:**

Prepare a large ice-water bath, and line a baking sheet with paper towels.

Cook asparagus in a pot of boiling salted water for 3 to 4 minutes. With a slotted spoon transfer the asparagus to the ice bath. Let cool completely, and then transfer to lined baking sheet and pat dry.

Heat olive oil in same pot over medium heat. Add asparagus and peas. Cover and cook, stirring occasionally, until heated through, 6 to 8 minutes. Remove from heat; stir in radishes and tarragon. Season with salt and pepper; serve.

Calories 93 | Fat 4.6 grams | Carbohydrates 4.1 grams

# ***Barley & Wild Rice Stuffing***

Alternate and Maintenance Plans (Serves 8)

## **Ingredients:**

2 tsp. olive oil or canola oil  
1 ½ c. chopped onion (1 large)  
1 c. chopped celery (3 stalks)  
½ c. pearl barley  
½ c. wild rice, rinsed  
1 tsp. dried Thyme leaves  
3 c. reduced-sodium chicken broth or vegetable broth  
1 bay leaf  
½ c. slivered almonds (2 oz.)  
½ c. dried cranberries  
2 T. chopped fresh parsley  
Freshly ground pepper to taste

## **Directions:**

Heat oil in a Dutch oven or 4-quart pan over medium heat. Add onion and celery; cook, stirring often, until softened, 3-5 minutes. Add barley, wild rice and thyme, cook, stirring 30 seconds. Add broth and bay leaf; bring to a simmer. Reduce heat to low, cover and simmer 45 minutes.

Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 3-5 minutes. (Alternatively, toast almonds in a small baking pan in a 350-degree oven or toaster oven for about 10 minutes.) Transfer to a plate to cool.

After stuffing has cooked 45 minutes, stir in dried cranberries. Simmer, covered, until barley and wild rice are tender and most of the liquid has been absorbed, 5-10 minutes. Discard bay leaf. Add parsley and pepper; fluff with a fork. Sprinkle each serving with toasted almonds.

Calories 190 | Fat 6 grams | Carbohydrates 29 grams

## ***Cauliflower “Bread Sticks”***

All Phases (Serves 4)

### **Ingredients:**

1 head of cauliflower, cut into small pieces  
1 T. dried oregano  
½ T. basil  
1 T. onion powder  
½ tsp. red pepper flakes  
2 eggs  
Sea salt and pepper to taste  
Parchment paper

### **Directions:**

Preheat oven to 425 degrees.

Add cauliflower to food processor and pulse until you get a rice consistency. Then, put in a microwave safe dish and microwave for 10 minutes. Let the cauliflower cool slightly.

Next, mix the rest of the ingredients in a large bowl. Add the cooled cauliflower and mix together. Place parchment paper on a cookie sheet. Put the cauliflower mixture on the cookie sheet and use your hands to pat down the cauliflower until it is about ½ inch thick. Place in the oven for 25 minutes, or until slightly brown.

Remove from the oven and turn oven to broil at 500 degrees. Cut the cauliflower into the desired size “sticks” you want and flip over. Place back in the oven until both sides are brown and desired crispness.

Calories 43 | Fat 0.4 grams | Carbohydrates 7.3 grams

# ***Roasted Cauliflower***

All Phases (Serves 4)

## **Ingredients:**

1 whole cauliflower  
Sea salt to taste  
Pepper to taste  
1 T. olive oil

## **Directions:**

Break cauliflower up into florets and place in large bowl or in a ziploc bag. Add olive oil, sea salt and pepper and toss well to coat. Roast in oven at 400 degrees on a sheet pan or shallow baking dish for approximately 15 minutes, stirring occasionally until done to your liking.

Calories 82.6 | Fat 4 grams | Carbohydrates 10.4 grams

# ***Mashed Cauliflower***

All Phases (Serves 4)

## **Ingredients:**

1 whole cauliflower  
Sea salt to taste  
Pepper to taste

## **Directions:**

Steam cauliflower until just fork tender. Place cauliflower in large bowl and mash with a stick blender or by hand with a masher. Add sea salt and pepper to taste.

\*You may add any dried or fresh herbs or spices to this recipe that you like, for example garlic powder, roasted garlic, chopped scallions, shallots, etc.



Calories 52.5 | Fat 0 grams | Carbohydrates 10.4 grams

# Hearty Spinach, Mushroom, and Tomato Sauce

All Phases (Serves 4)

## Ingredients:

3 T. olive oil  
1 bunch scallions, chopped  
1 medium or 2 small shallots, chopped  
1 large garlic clove, chopped  
Sea salt  
Pepper  
Italian seasoning  
12 oz. package of baby portabella mushrooms (more if desired)  
10 oz. package frozen spinach, thawed  
1 c. beef stock (vegetable or chicken stock if preferred)  
1 can Hunts Fire Roasted diced tomatoes

## Directions:

Sauté scallions and shallots in 1 ½ T. of olive oil for a few minutes. Then add chopped garlic sautéing for another minute or two. Add sea salt and pepper to taste. Add remaining olive oil and sliced mushrooms, sautéing until desired doneness. Add Italian seasoning, tomatoes, and broth and let it come to a simmer. Add in spinach to heat through, and serve.

This can be a vegetable side dish or used over spaghetti squash. You can also add sautéed lean ground beef, lean turkey, boneless skinless chicken cutlets, or veal cutlets to the recipe as well.

Calories 178.5 | Fat 11.3 grams | Carbohydrates 16.4 grams

# Jicama Fries

All Phases (Serves 4)

## Ingredients:

1 small Jicama, peeled  
1 T. Olive oil  
¼ tsp. Sea salt  
¼ tsp. Paprika

## Directions:

Slice jicama into match stick pieces. Combine sliced jicama with olive oil, sea salt, and paprika. Toss well to combine. Evenly spread the fries on a cookie sheet and bake at 350 degrees for 25-30 minutes.



Calories 64.75 | Fat 3.4 grams | Carbohydrates 3.5 grams

# Lemon-Thyme Green Beans

All Phases (Serves 4)

## Ingredients:

Coarse sea salt  
Fresh ground pepper  
1 ½ lbs. green beans, ends trimmed  
3 T. fresh lemon juice (from about 1 lemon)  
2 T. olive oil  
1 tsp. dried thyme leaves

## Directions:

In a large skillet with a tight-fitting lid, bring ½ inch water to a boil; salt generously. Add the green beans; reduce to a simmer, and cover the skillet. Steam the beans, tossing occasionally, until crisp tender, 6 to 10 minutes. Pull the lid back slightly, and tilt the skillet to drain the water from the green beans; add the lemon juice, olive oil, and thyme. Season the beans with sea salt and pepper, and toss.

Calories 117.5 | Fat 7.2 grams | Carbohydrates 13.2 grams

# Ratatouille

All Phases (Serves 8)

## Ingredients:

2 T. olive oil  
2 shallots, chopped  
4 cloves garlic, minced  
2 large eggplants (2 lbs.), peeled in strips and cut into ¾-inch cubes  
4 to 5 medium zucchini, (2 lbs.), cut into 1-inch cubes  
Coarse sea salt and ground pepper  
3 yellow or red bell peppers, ribs and seeds removed, cut into ¾-inch cubes  
1 can (28 oz.) diced tomatoes  
½ c. chopped fresh basil



## Directions:

In a Dutch oven (or other heavy 5-quart pot with a tight-fitting lid), heat oil over medium heat. Cook shallots, stirring occasionally, until soft, about 2-3 minutes. Add garlic; cook until fragrant, about 1 minute. Stir in eggplant and zucchini; season generously with salt and pepper. Add ¾ c. water; cover, and simmer until vegetables are beginning to soften, stirring once, about 5 minutes. Stir in bell peppers; simmer, covered, until softened, 5 minutes. Stir in tomatoes; bring to a boil. Reduce heat to medium-low. Partially cover; simmer, stirring often, until vegetables are tender, 15 to 20 minutes. Remove from heat. If serving immediately, stir in basil.

Calories 112.1 | Fat 4.3 grams | Carbohydrates 17.6 grams

# Roasted Vegetables

All Phases (Serves 8)

You can take any of the vegetables on the Phase 1 Sheet (except onions) or refer to page \*\*X\*\* and roast them with olive oil, sea salt and pepper and any other dried or fresh herbs or seasonings from the Phase 1 sheet that you like.

## Ingredients:

- 2 zucchini sliced in half length wise and cut into 1 inch slices
- 2 yellow summer squash sliced in half length wise and cut into 1 inch slices
- 1 bunch asparagus ends trimmed and cut into 1 inch pieces
- 1 yellow pepper cut into 1 inch pieces
- 8 oz. snow peas
- ½ head of whole fresh cauliflower broken up into florets
- 1 head fresh broccoli broken into florets
- 1 bunch scallions chopped
- 1 medium shallot sliced
- sea salt, pepper
- 2 T. olive oil

## Directions:

Toss vegetables in large roasting pan with olive oil, sea salt, and pepper. Roast in oven at 400 degrees to desired doneness (about 15 minutes for “al dente” consistency)

Calories 107.9 | Fat 4.2 grams | Carbohydrates 15.3 grams



# Sautéed Escarole

All Phases (Serves 4)

## Ingredients:

1 T. olive oil  
3 garlic cloves, crushed  
1 lb. escarole (2 small heads), stems trimmed, leaves torn and washed well  
sea salt  
lemon wedges

## Directions:

In a large skillet, heat oil over medium. Add garlic, cook, stirring, until fragrant and lightly golden, about 3 minutes. Add escarole, and season with salt. Cook tossing frequently, until tender, about 10 minutes. Serve with lemon wedges.

Calories 60 | Fat 4 grams | Carbohydrates 5 grams

# Zucchini, Bell Pepper, and Curry Paste

All Phases (Serving 4)

## Ingredients:

1 T. olive oil  
1 large zucchini sliced to 1/3 inch on the bias  
1 red bell pepper sliced to 1/2 inch strips  
2 tsp. Indian curry paste  
1/2 tsp. sea salt

## Directions:

Heat 1 T. olive oil in a large nonstick skillet over high heat. Sauté sliced zucchini and red pepper until tender, 5 to 6 minutes. Stir in Indian curry paste and sea salt. Serve warm, cold, or at room temperature.

You can serve this alongside your favorite lean protein for a complete meal.

Calories 72.1 | Fat 5.2 grams | Carbohydrates 4.6 grams

# ***Zucchini Noodles***

All Phases (Serves 4)

## **Ingredients:**

4 medium zucchini, sliced on a mandolin or sliced into ribbons with a vegetable peeler  
1 clove garlic, chopped  
1 T. olive oil  
1 tsp. chopped fresh parsley  
Sea salt  
Black pepper  
lemon juice

## **Directions:**

Add olive oil and garlic in a cold sauté pan and turn the heat to medium high. When garlic starts to sizzle and turn light brown, add the zucchini and other ingredients. Turn heat to high and sauté for 2 minutes. Serve.

Note: This works well as a side dish, or toss with a tomato sauce, as well as one of our marinades/dressings with fresh or roasted vegetables.

Calories 64.5 | Fat 4.0 grams | Carbohydrates 6.3 grams

## ***Ideal “Tip” - Did you know?***

Avoid carbohydrates that spike your insulin, and choose carbohydrates that do not stimulate a large insulin response. In the long term you want to consume between 120 to 150 grams of carbohydrates per day when you reach maintenance. We recommend that you choose more natural types of carbohydrates, such as vegetables, legumes, beans, and fresh fruits, and avoid processed foods like chips, cookies, and ice cream.

# Snacks

# Flavorful Greek Yogurt

Maintenance (Serves 1)

## Ingredients:

6 oz. Plain Fat-free Greek yogurt (example: Fage)

Add any combination of the following items for a delicious snack:

¼ tsp. Cinnamon

¼ tsp. Vanilla extract

1 tsp. Cocoa powdered (unsweetened)

1 c. blueberries, raspberries, or strawberries

For added sweetness, sprinkle in some Stevia (a natural sweetener with no calories or carbohydrates) with any of the above items.

\*Add in cocoa to yogurt

\*\*Add in 1 c. strawberries, blueberries or raspberries to yogurt.

Calories 100 | Fat 0 grams | Carbohydrates 7 grams

\*Calories 104 | Fat 0.2 grams | Carbohydrates 8 grams

\*\*Calories 150.2-182.7 | Fat 0.5-0.8 grams | Carbohydrates 11.7-21 grams

# Game Day Chips and Salsa

Alternate and Maintenance (Serving Size - 8 chips and 2 T. salsa)

## Ingredients:

1 container Nature's Promise Organic Salsa

1 package of Joseph's Flax, Oat Bran & Whole Wheat Flour Tortillas

2 tsp. Sea salt

½ tsp. pepper

1 tsp. Chili Powder

1 tsp. cumin

⅛ tsp. Cayenne Pepper

## Directions:

Mix spices in a bowl until well combined.

Preheat oven to 400 degrees. Slice tortillas into 8 wedges and place on a baking sheet in a single layer (you will need two baking sheets since you will have 48 tortilla wedges). Spray tortilla chip wedges with canola cooking spray. Sprinkle Chips with the spice mixture and bake 10 minutes until they are slightly crispy.

Serve with Nature's Promise Organic Salsa.

## \*Alternate and Maintenance Plan:

Add 2 T. (per serving of salsa and chips) of low-fat shredded Mozzarella or Monterey Jack cheese to chips and salsa.

**\*\*Add 2 ounces of shredded chicken, lean ground turkey, or lean ground beef to the chips and salsa for a healthy version of loaded nachos.**

Calories 75 | Fat 1.5 grams | Carbohydrates 6 grams  
\*Calories 103.5 | Fat 2.7 grams | Carbohydrate 6.3 grams  
\*\*Calories 165-221.3 | Fat 2.7-9.9 grams | Carbohydrates 6 grams

## ***Pumpkin Muffins***

**Maintenance (Serves 12)**

### **Ingredients:**

2 c. almond flour  
2 T. ground flaxseed  
1 T. ground cinnamon  
2 tsp. baking powder  
½ tsp. fine sea salt  
2 large eggs  
1 c. unsweetened applesauce  
¼ c. walnut, extra light olive oil, or melted coconut oil  
¼ c. fat free sour cream  
¼ c. water  
1 ½ c. canned plain pumpkin puree



### **Directions:**

Preheat oven to 325 degrees. Line a muffin tin with 12 liners.

Combine the almond flour, ground flaxseed, cinnamon, baking powder, and salt in a bowl and stir until mixed.

Combine the eggs, applesauce, oil, sour cream, water, and pumpkin in a small bowl. Pour the mixture into the dry ingredients and stir until incorporated. If the mixture is very stiff, add 1 to 2 T. of coconut milk, or regular milk. Spoon the mixture into each muffin liner. Bake for 45 minutes, or until a toothpick comes out dry. Allow to cool for 20 minutes.

Calories 117.2 | Fat 8.1 grams | Carbohydrates 6.8 grams

# ***Shamrock Shake***

All Phases (Serves 1)

## **Ingredients:**

Ideal Weight Loss vanilla pre-made or vanilla shake

$\frac{3}{4}$  cup ice cubes

Peppermint stevia drops to taste

A few drops of green food coloring - optional

## **Directions:**

Blend all ingredients and serve with fresh mint as a garnish.

Calories 90-100 | Fat 1.4 grams | Carbohydrates 3.7 grams

# ***Strawberry Spinach Smoothie***

All Phases (Serves 1)

## **Ingredients:**

One packet of Ideal Weight Loss Strawberry Shake mix

8 oz. water

1 cup of spinach

2-3 ice cubes

## **Directions:**

Place all ingredients in a blender and blend until smooth.

Calories 97 | Fat 8.1 grams | Carbohydrates 1.5 grams

## ***Ideal “Tip” - Did you know?***

Watching TV or using the computer while you eat takes your attention off your eating and encourages mindless eating. However, engaging in conversation with a friend or family member can slow down your eating and put you back in control. You may want to try eating with chopsticks or with your non-dominant hand to force yourself to slow down and think about your eating!

# ***Vegetables with White Bean Dip***

**Maintenance (Serves 6)**

## **Ingredients:**

1/3 c. olive oil  
1/2 tsp. sea salt  
1/4 tsp. freshly ground black pepper  
1 15 oz. can cannellini beans, drained and rinsed  
1/4 c. fresh flat-leaf parsley  
2 T. fresh lemon juice  
1 garlic clove  
1 red pepper, sliced  
1 cucumber, sliced  
1 pint cherry tomatoes

## **Directions:**

Combine the beans, parsley, lemon juice, garlic, sea salt, and pepper in the bowl of a food processor. Pulse until the mixture is coarsely chopped. While the machine is running, slowly add in the olive oil until the mixture is smooth. Season the mixture with more sea salt and pepper if needed. Transfer the bean dip to a bowl and serve with the red pepper, cucumber, and cherry tomatoes.

Calories 211.4 | Fat 12.4 grams | Carbohydrates 20.5 grams



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