

A white plastic spatula is centered against a solid orange background. The spatula's head is rounded and flat, and its handle is simple and cylindrical.

Recipe Guide



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How to use this guide

Welcome to the 4CS recipe guide! Inside you'll find a compilation of 110+ super tasty and flexible fat burning recipes. This ebook will be a major key to your success.

I recommend you use this frequently to substitute meals when following your meal plans. This will keep you from getting bored and also prevent you from making unhealthy choices when you're not supposed to as you move through the 4 proven cycles of fat loss.

It's very simple to use. Just use your *Macro-Patterning* Food Typing "Key" below and follow the 4 sections on each recipe page.

1. **Type:** Designates your macronutrients. This is very important because it lets you know when and where you can use each recipe within your 4 Cycle Solution Meal Plans.
2. **Servings:** This lets you know how many servings each recipe will make so you can adjust the quantity of your recipes to make more or less based on your personal schedule and needs.
3. **Ingredients:** All the ingredients you'll need for each recipe. Duh. ;-)
4. **Directions:** How to make each recipe: pay close attention here as well. If you're short on time, you can pick the recipes with less steps in the directions to get them prepared quickly: some of the recipes have a lot more steps in them and, therefore, will require more time to prepare.

Enjoy all the fat burning goodness!

Macro-Nutrient "Key"

P = Protein

S = Starch

V = Vegetables

O = Fat

A = Fruit

FF = Free Food

SA = Sweets and Alcohol

Portion Control Guidelines

(P) Protein = Size of your palm

- Women: 15 to 25 grams
- Men: 20 to 35 grams

(S) Starches = Size of your clenched fist

- Women: 25 to 35 grams
- Men: 35 to 45 grams

(V) Vegetables = Size of your clenched fist or more

- Women: 1 to 1.5 cups
- Men: 1 to 2 cups

(O) Fats = Size of the end of your thumb

- Women: 1 tablespoon
- Men: 1 to 2 tablespoons

(FF) Free Food

- No calorie counting or portion guidelines
- Don't binge or stuff

(SA) Sweets and Alcohol

- No calorie counting or portion guidelines
- Don't binge drink or stuff yourself with sweets

A.M. Apple Muffins

Type: P/S

Servings: 12

Ingredients:

- Nonstick butter spray
- 3 egg whites
- 1 cup of all natural sweetener (Stevia or Acai Sweetener)
- ½ cup organic brown cane sugar
- 1 cup unsweetened apple sauce
- 1 teaspoons vanilla
- 2 cups soy or wheat flour
- 1 cup vanilla protein powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 4 cups peeled, sliced organic apples (golden delicious work well)

Directions:

1. Preheat oven to 350 degrees.
2. Spray bundt cake pan or muffin pan with nonstick spray butter. Set aside.
3. In a large mixing bowl, beat egg whites with electric mixer until slightly foamy.
4. Add all natural sweetener and brown sugar. Beat well.
5. Add applesauce and vanilla.
6. Put together the dry ingredients in a large separate bowl. Mix well.
7. Add dry ingredients to wet ingredients. Mix well.
8. Place apples in the bottom of the pan.
9. Pour batter over apples.
10. Bake 30 to 40 minutes in oven or until toothpick comes out clean

Apple Tuna Salad

Type: P/A

Serves: 2

Ingredients:

- 1 can (6 oz) tuna, water packed, drained
- ½ small onion, diced
- 1 stalk celery, sliced
- 1 tablespoon dill relish
- 1 tsp. spicy brown mustard
- 2 tablespoons fat free mayonnaise
- 1 teaspoon apple cider vinegar
- 1 small apple, cored and diced
- 4 cups lettuce leaves
- 2 tomatoes, cut in wedges

Directions:

1. In a mixing bowl, combine tuna, onion, celery, relish, mustard, mayonnaise, vinegar and apple; mix well.
2. Divide lettuce and tomato wedges between two separate plates.
3. Top with a portion of tuna mixture.
4. Serve and enjoy!

Asparagus Scramble

Type: P/V

Serves: 1

Ingredients:

- 4-5 cooked asparagus spears, cut in $\frac{3}{4}$ inch bite size pieces
- 1 whole egg plus 3 egg whites (women), or 1 whole egg plus 5 egg whites (men)
- 1 light sprinkle of your favorite cheese, if desired

Directions:

1. Spray skillet with non-stick cooking spray.
 2. Chop asparagus, put in skillet until heated through.
- Add eggs and cheese, if desired and scramble until firm.

Baked Chicken Parmesan

Type: P/V

Servings: 2

Ingredients:

- 2 egg whites
- 1/3 cup Italian – seasoned breadcrumbs
- 4 Tbsp. reduced – fat Parmesan cheese, grated, divided
- 2 portions boneless chicken breast

Directions:

1. Preheat oven to 400 degrees.
2. In a shallow mixing bowl, beat egg whites until frothy.
3. Then mix bread crumbs, and 2 tablespoons of the parmesan cheese in another shallow bowl.
4. Dip chicken in egg whites and then dip in breadcrumb mixture, coating both sides evenly.
5. Lightly coat a baking sheet with cooking spray.
6. Place chicken breast on sheet and bake for 12 minutes on each side or until no longer pink in the center and coating is golden brown.
7. Place chicken on a serving plate and sprinkle with remaining cheese.
8. Serve with a vegetable of your choice and a small side salad.

Banana Cream Delight

Type: P/FF

Serves: 2

Ingredients:

- 1 cup cold skim milk
- 1 serving vanilla whey protein powder
- 2 Tbsp fat-free, sugar-free banana instant pudding mix
- ½ cup Cool Whip Free

Directions:

1. Pour skim milk in blender.
2. Then add protein powder and blend on medium for 15 seconds.
3. Add pudding mix and blend on high speed until thick and creamy, about 45 more seconds (stopping blender to scrape sides).
4. Spoon into 2 dessert glasses and chill in refrigerator for at least 20 minutes.
5. Serve with a dollop of Cool Whip and enjoy!

Note: Small amounts of pudding mix and cool whip free or light will add minimal carbs, please monitor portions carefully.

Banana Walnut Oatmeal

Type: P/O/A

Serves: 1

Ingredients:

- 1 cup fat-free organic skim milk or water
- ½ to ¾ cup old fashioned slow cook oats
- 1 serving vanilla whey protein powder
- 1/2 ripe banana, mashed
- 1/2 tablespoon chopped walnuts
- Sprinkle cinnamon on top or sweeten with Stevia,

Directions:

1. In a small bowl, combine milk, or water and oatmeal.
2. Microwave on high for 1 to 2 minutes until steaming hot but not boiling.
3. Stir until creamy.
4. Stir in protein powder until creamy.
5. Stir in mashed banana.
6. Garnish with walnuts and serve.

Banana-Strawberry Smoothie

Type: P/A

Servings: 1

Ingredients:

- 12 oz. cold water
- 1 – 2 scoops vanilla whey protein powder
- 1 small banana
- 6 frozen strawberries

Directions:

1. Pour water and protein powder in blender and mix for 20 seconds.
2. Add banana and frozen strawberries and blend on high for at least 30 seconds, until smooth.
3. Pour into a glass and enjoy!

BBQ Chicken Pita Pizza

Type: P/S/FF

Serves: 1

Ingredients:

- 1 whole wheat pita
- 2 Tbsp barbecue sauce
- 1 portion cooked chicken (about 5 oz), cubed
- 1 slices red onion, diced
- 2 tsp fresh rosemary, chopped (or ¼ tsp dried rosemary)
- ¼ cup reduced fat mozzarella cheese, shredded

Directions:

1. Preheat oven to 425 degrees F.
2. Place pita on a baking sheet and spoon barbecue sauce evenly over the pita.
3. Top with chicken, onions, rosemary and cheese.
4. Bake for 10 to 12 minutes or until the cheese is melted, the pizza is heated through and the pita crisp.
5. Slice, serve and enjoy!

Note: Use this on a carb-up day for a healthy option with your lite beer or glass of wine. 😊

Blueberry Blast Shake

Type: P/A

Servings: 1

Ingredients:

- 1 to 2 scoops of vanilla whey protein powder
- 8 ounces of water
- 4 to 6 ice cubes
- 20 blueberries

Directions:

1. Pour cold water in blender. Then add vanilla protein powder and blend for 20 seconds.
2. Add blueberries; blend for 30 more seconds. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
3. Pour into tall glass and enjoy!

Broccoli Scramble

Type: P/V

Serves: 1

Ingredients:

- 1 cup cooked broccoli florets
- 1 whole egg plus 3 egg whites (women), or 1 whole egg plus 5 egg whites (men)
- 1 light sprinkle of your favorite cheese, if desired

Directions:

1. Spray skillet with non-stick cooking spray.
2. Chop broccoli, put in skillet until heated through.
3. Add eggs and cheese, if desired and scramble until firm.

Buffalo Burger

Type: P/V

Serves: 1

Ingredients:

- 1 serving ground buffalo, 4-6 oz cooked (women), 6 -8 oz. (men), cooked.
- 1 cup broccoli
- small side salad

Directions:

1. Season the buffalo patty with dry ingredients of your choice.
2. Pan fry or barbecue burger to your preference.
3. Serve with broccoli and salad....enjoy!

Butterscotch Protein Pudding

Type: P/FF

Servings: 2

Ingredients:

- 1 cup skim milk
- 2 scoops vanilla whey protein powder
- 2 Tbsp fat-free, sugar-free butterscotch instant pudding mix
- 3 ice cubes
- 4 Tbsp Cool Whip Lite or Reddi Whip

Directions:

1. Pour skim milk in blender, add vanilla whey and blend on medium for 15 to 20 seconds.
2. Add pudding mix and blend on high speed until thick and creamy, usually around 45 seconds.
3. Stop blender, scrape sides and stir with spoon as needed to mix properly.
4. Fill 2 dessert cups with the pudding and chill in refrigerator for 20 minutes or longer.
5. Scoop or spray 2 Tbsp of Cool Whip Lite or Reddi Whip on top.
6. Serve and enjoy!

Cabbage Soup

Type: V/V

Serves: 6

Ingredients:

- 2 cans low-sodium chicken broth
- 1 medium head cabbage, chopped
- 5 whole black peppercorns
- 2 cloves garlic, left whole

Directions:

1. Combine all ingredients in a sauce pot.
2. Cook for 2 to 3 hours.

Note: This recipe was submitted by Denise Beaulieu. Use as side dish with a protein source

Cajun Chicken

Type: P/V

Servings: 2

Ingredients:

- 2 portions chicken breast
- 2 Tbsp. Cajun seasoning
- 1 bad (5 Oz) baby spinach leaves
- 8 oz. fresh mushrooms
- 1 Tbsp. Molly McButter
- 1 tomato chopped

Directions:

1. Lightly coat a large skillet with cooking spray and place over medium heat.
2. Coat chicken breast with Cajun seasoning.
3. Place chicken breasts in skillet; cook for approximately 6 minutes.
4. Turn and cook for 6 more minutes until no longer pink in the center.
5. Transfer the cooked chicken breasts to a plate; cover with foil to keep warm.
6. Using the same skillet, add mushrooms and cook 2 minutes.
7. Then add spinach and Molly McButter.
8. Mix well and cook until spinach is wilted.
9. Add diced tomato and cook just enough to heat thru.
10. Place spinach & mushroom mixture on a plate and place chicken on top.
11. Serve and enjoy!

Canadian Bacon Melt

Type: P/S

(You can always add a side of veggies or salad to make this Type: P/S/V)

Serves: 1

Ingredients:

- 2 slices Lean Canadian bacon
- 2 slices of Ezekiel bread, toasted
- 1 thick slice of tomato
- 1 slice reduced-fat cheese

Directions:

1. Preheat oven to 400 degrees.
2. Toast bread and set on small plate. In a small skillet, heat bacon on both sides until warm.
3. Place tomato slice on 1 piece of the toast and top with cheese slice.
4. Place Canadian bacon on top of cheese and place sandwich on a baking sheet.
5. Place in oven for 3 – 4 minutes until cheese melts.
6. Top with other slice of toast.
7. Cut sandwich in half, serve and enjoy!

Cantaloupe and Cottage Cheese

Type: P/A

Serves: 2

Ingredients:

- 1 cantaloupe
- 2 portions low-fat cottage cheese

Directions:

1. Slice cantaloupe in half and spoon out the seeds from the center.
2. Place each cantaloupe half on a small plate and fill the center of each with a portion of cottage cheese.
3. Enjoy!

Cantonese Vegetable Scramble

Type: P/V (you can also make this type: P/V/S if you choose to add brown or black rice or Ezekiel toast)

Servings: 2

Ingredients:

- 2 large whole eggs
- 8 egg whites (or $\frac{3}{4}$ cup egg substitute)
- 2 teaspoon canola oil
- 1 cup sugar snap peas, cut in half on the diagonal
- 1/4 cup chopped red bell pepper
- 1 teaspoon lower sodium soy sauce
- 2 green onions, thinly sliced (the white and part of the green)

Directions:

1. Beat eggs with egg whites or egg substitute with fork or mixer until thoroughly blended, but not frothy.
2. Place a nonstick frying pan over high heat until hot.
3. Add canola oil, swirling to coat the bottom.
4. Add sugar snap peas and red pepper and stir-fry for a minute to a minute and a half.
5. Add the egg mixture and let it cook, stirring, until the eggs are soft (about 1 minute).
6. Gently stir the egg and vegetable mixture, drizzle the soy sauce over the top, and continue cooking until eggs are done to your liking (about 2 minutes).
7. Sprinkle the green onions over the top and serve.

Note: This egg dish makes a quick meal with steamed black or brown rice or Ezekiel toast.

Cappuccino Shake

Type: P

Servings: 1

Ingredients:

- 12 oz cold water
- 1 serving vanilla protein powder (women 1 scoop, men 2 scoops)
- 2 tsp instant coffee
- ¼ tsp cinnamon, divided
- 6 ice cubes

Directions:

1. Pour water in blender.
2. Then add protein powder and blend for 15 seconds.
3. Add coffee and half the cinnamon; blend 30 more seconds.
4. Add ice cubes and blend on high until smooth, about 30 more seconds.
5. Pour into glass and sprinkle with remaining cinnamon.
6. Serve and enjoy 😊

Cherry Chocolate Shake

Type: P/A

Servings: 1

Ingredients:

- 1 serving chocolate whey protein powder
- 12 ounces of water
- 1/3 cup frozen cherries, unsweetened
- 6 ice cubes

Directions:

1. Pour cold water in blender.
2. Then add Chocolate protein powder and blend for 20 seconds.
3. Add cherries; blend for 30 more seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into tall glass and enjoy!

Chicken Burrito

Type: P/V/S

Serves: 1

Ingredients:

- 2 slices red onion
- ¼ red bell pepper, sliced
- ¼ green bell pepper sliced
- 2 Tbsp. fresh cilantro, chopped
- 1 portion cooked chicken breast (3-4 oz. women, 5-6 oz. men)
- 1 (8 inch) whole wheat tortilla or 1 Ezekiel wrap
- 2 Tbsp. salsa
- 1 Tbsp light sour cream

Directions:

1. Lightly coat a medium skillet with cooking spray and place over medium heat.
2. Add onion, bell peppers and cilantro; sauté until the vegetables soften, 5-6 minutes.
3. Slice chicken and add to skillet, sauté approximately 3 minutes until heated through.
4. Microwave tortilla for 20 seconds to soften.
5. Place chicken mixture on flat tortilla.
6. Wrap the tortilla around the filling and cut in half.
7. Use salsa and sour cream for dipping.
8. Enjoy!

Chicken Caesar Wrap

Type: P/O/S

Serves 1

Ingredients:

- Sliced chicken breast, 3-4 oz (women), 6-8 oz (men)
- 1 cup chopped romaine lettuce
- 1 Tablespoon low fat Caesar dressing
- 1 Tablespoon reduced fat parmesan cheese
- 1 eight to ten inch whole wheat tortilla

Directions:

1. Mix all ingredients together.
2. Heat tortilla in microwave for 10 to 15 seconds to soften.
3. Spoon chicken mixture into tortilla and serve.

Chicken Mushroom Stroganoff

Type: P/S

Servings: 3 - 4

Directions: Time: 20 to 25 minutes

Ingredients:

- 1 pound chicken breast
- 1 can low fat cream of mushroom soup
- ½ cup skim milk
- ½ cup light sour cream
- 12 oz. package whole wheat “egg” noodles
- Salt & pepper to taste

Directions:

1. Cut chicken breast in 1 inch strips and boil in a pan of water until done, approximately 10 minutes.
2. Drain water and set aside to cool a little bit.
3. Cook pasta noodles according to package directions while chicken cools.
4. In a separate small sauce pan mix, soup, milk, and sour cream and heat until warm.
5. Shred chicken, mix with sauce and noodles.
6. If desired, salt and pepper to taste.
7. Enjoy!

Chicken Pita

Type: P/V/S

Serves: 1

Ingredients:

- 1 portion cooked chicken breast
- ½ cucumber, peeled and diced
- 1 small tomato, diced
- 1 slice red onion, chopped
- Red pepper flakes
- 1 Tbsp fat-free plain yogurt
- Hot pepper sauce, to taste
- 1 whole wheat pita, cut in half

Directions:

1. Slice cooked chicken breast into bite-size pieces. In a medium mixing bowl, combine chicken, cucumber, tomato, onion, red pepper, yogurt, and hot sauce; mix well.
2. Spoon into the pita and enjoy!

Chicken Soup

Type: P

Servings: 1

Ingredients:

- 1 can reduced sodium or unsalted chicken broth
- 1 serving chicken breast
- ½ cup broccoli florets
- handful raw baby spinach
- salt and pepper to taste
- 1 bay leaf

Directions:

1. Cook chicken breast by baking, broiling, grilling or boiling.
2. Cube chicken into bit size pieces.
3. Pour chicken broth into a small sauce pan over medium heat.
4. Add chicken, broccoli, spinach and bay leaf.
5. Cook until broccoli is tender about 10 minutes.
6. Remove bay leaf, serve and enjoy!

Chicken Vegetable Soup

Type: P/V

Serves: 6

Ingredients:

- 2 Tbsp olive oil
- 1 onion, chopped
- 4 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 4 celery stalks, chopped
- 3 bay leaves
- ½ tsp ground black pepper
- 12 cups fat-free, reduced sodium or unsalted chicken broth
- 2 cups water
- 2 lbs chicken breast cut in bite size pieces
- ¼ cup fresh parsley, chopped
- 2 Tbsp fresh dill, chopped

Directions:

1. Heat oil in a large pot over medium heat.
2. Add chopped onion and sauté for about 4 minutes.
3. Add carrots, parsnips, celery, bay leaves, black pepper, chicken broth and water.
4. Bring to a boil.
5. Add uncooked chicken pieces to broth and bring back to a boil.
6. Remove bay leaves, and then stir in parsley and dill.
7. Ladle a portion (about 2 cups) of soup into each bowl.
8. Serve and enjoy!

Chocolate Banana Protein Shake

Type: P/O/A

Servings: 1

Ingredients:

- 8 ounces skim milk
- 1 scoop chocolate whey protein powder (women)
- 2 scoops chocolate whey protein powder (men)
- ½ banana, frozen
- 3 ice cubes
- 1 tablespoon natural organic peanut butter

Directions:

1. Pour all ingredients in a blender.
2. Blend until well combined. Enjoy!

Chocolate Cheesecake Pudding

Type: P/FF

Serves: 1

Ingredients:

- 1 cup cold skim milk
- 1 serving chocolate protein powder
- 1 Tbsp fat-free, sugar-free cheesecake instant pudding mix

Directions:

1. Pour skim milk into blender along with the protein powder.
2. Blend for 15 seconds.
3. Add pudding mix and blend on high until thick and creamy (stopping and scraping sides of blender if needed)
4. Spoon into dessert glass and chill in refrigerator for at least 20 minutes.
5. Serve and enjoy 😊

Chocolate Mocha Shake

Type: P/S

1 Serving

Ingredients:

- 20-25 grams (women) 30-40 grams (men) GL-12 Chocolate Protein Powder
- 8 – 10 oz. water
- 1 heaping teaspoon instant coffee
- 2 to 3 ice cubes

Directions:

1. Mix all ingredients together in blender.
2. Blend for 45 to 60 seconds.

Citrus Tilapia

Type: P/O/V

Serves: 4

Ingredients:

- 2 tablespoons olive oil
- ¼ cup fresh orange juice
- 1 tablespoon orange zest
- 1 teaspoon crushed red pepper flakes
- Salt to taste
- Freshly ground black pepper to taste
- 4 6-8 ounce tilapia fillets rinsed and patted dry.

Directions:

1. Preheat oven to 400 degrees.
2. Combine the olive oil, orange juice, orange zest, red pepper flakes, salt, and black pepper in a shallow baking dish.
3. Add the tilapia and coat both sides of fillets with the seasoning.
4. Bake 10 to 12 minutes until fish is done.
5. Serve with 1 cup broccoli or asparagus and a small side salad with 1 tablespoon olive oil and vinegar.

Cottage Cheese and Grapefruit

Type: P/A

Serves: 1

Ingredients:

- 1 portion low-fat cottage cheese
- Sugar substitute, to taste (all natural Bsweet made from Acai Berries Coming Soon)
- 1 grapefruit

Directions:

1. Place cottage cheese in a small bowl.
2. Sprinkle with cinnamon and sugar substitute (optional).
3. Peel grapefruit and place on a small plate.
4. Sprinkle with sugar substitute if desired.
5. Enjoy!

Cottage Cheese and Organic Berries

Type: P/A

Servings: 1

Ingredients:

- 1 portion low-fat cottage cheese ($\frac{1}{2}$ cup women - 1 cup men)
- $\frac{1}{2}$ cup fresh organic raspberries or blueberries

Directions:

1. Place low-fat cottage cheese and fresh berries on a small plate.
2. Serve and enjoy!

Creamy Salsa Dip

Type: P/S

Servings: 2

Ingredients:

- 1 cup low-fat cottage cheese
- ½ cup salsa
- ½ cup fat-free / sugar-free plain yogurt
- 1 jalapeno, seeded and chopped
- 2 cups fresh vegetables of your choice
- 2- 8 inch whole wheat tortillas or Ezekiel wraps

Directions:

1. Preheat oven to 400 degrees.
2. Blend cottage cheese, salsa, yogurt and jalapeno in a food processor or blender for 30 seconds.
3. Cut each tortilla into 12 wedges and place on a baking sheet.
4. Bake for about 7 minutes until lightly browned.
5. Divide dip into 2 equal portions and place in 2 small bowls.
6. Surround each with a portion of tortilla chips and half of the fresh vegetables before serving.

Death by Chocolate Shake

Type: P/FF

Servings: 1

Ingredients:

- 1 serving chocolate protein powder
- 8 ounces water
- 1 Snackwell Sugar-Free Chocolate Sandwich cookie
- 2 small squares of a sweet chocolate graham cracker
- ½ tsp. International Foods Suisse Mocha instant coffee
- 2 – 3 ice cubes

Directions:

1. Mix all ingredients in a blender for 45 seconds.
2. Serve and enjoy!

Delicious Shrimp Scampi

Type: P/O/S

Serves 2

Ingredients:

- 4 oz. uncooked whole wheat penne or linguine pasta.
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- ½ lb. raw, peeled & de-veined shrimp
- 3 tablespoons Butter Buds or Molly McButter, divided
- 3 tablespoons white wine or chicken broth
- ¼ tsp. ground black pepper
- 1 lemon halved
- 3 tablespoons reduced fat parmesan cheese
- 2 tablespoons fresh chopped parsley

Directions:

1. Prepare pasta according to package.
2. While pasta is cooking, heat garlic and olive oil in a large skillet over medium heat.
3. Add shrimp to skillet and cook about 2 minutes, until almost pink.
4. Add 1 tablespoon butter substitute and white wine or broth to shrimp and sauté 2 more minutes.
5. Place cooked pasta in a large serving bowl and combine with remainder of butter substitute and black pepper, mix gently.
6. Add cooked shrimp to pasta and gently mix it all together.
7. Divide into two portions and spoon onto plates.
8. Top with fresh lemon juice, parmesan cheese and chopped fresh parsley.
9. Enjoy!

Depletion Pudding

Type: P/O

Serves: 1

Ingredients:

½ cup Greek Yogurt (organic is always best)

½ scoop of vanilla, orange, or chocolate whey protein powder

1 tablespoon of almond butter or all natural peanut butter

Directions:

Place ½ cup Greek Yogurt, almond or peanut butter, and ½ scoop of protein powder into large bowl. Mix thoroughly and enjoy.

(You can also make the “type” P/S by using ½ cup of your favorite all natural granola in place of the almond/peanut butter)

Double Chocolate Protein Pudding

Type P/FF

2 Servings

Directions: Time: 20 to 25 minutes

Ingredients:

- 1 cup cold organic skim milk
- 3 scoops of GL-12 Chocolate Whey Protein Powder
- 2 Tablespoons of fat-free, sugar-free instant chocolate pudding mix

Directions:

1. Pour skim milk in blender. Add GL-12 Chocolate Whey (or chocolate whey of your choice) and blend on medium for 15 to 30 seconds.
2. Add the pudding mix and blend on high until you have desired consistency (about 30 to 45 seconds). You might have to stop the blender once to scrape the sides to blend properly.
3. Scoop desired amount into bowl or dessert cup and chill in refrigerator for at least 20 minutes.
4. Serve and enjoy!

Egg & Cheese-Canadian Bacon Casserole

Type: P/S/V

Servings: 4

Ingredients:

- 2 cups frozen diced potatoes
- 1 cup Canadian bacon diced
- ½ cup fresh mushrooms, sliced
- 2 green onions, chopped
- 2 cups egg substitute – (Regular or Southwest style)▪ ½ cup skim milk
- ½ cup reduced fat shredded cheddar cheese

Directions:

1. Preheat oven to 325 degrees
2. Coat 13 x 9 baking dish with non-stick cooking spray.
3. Layer potatoes, Canadian bacon, mushrooms & onions.
4. Mix egg substitute with milk and pour over all ingredients.
5. Top with cheese
6. Bake 40-45 minutes or until firm.

Egg Enchiladas

Type: P/O/S

Servings: 1

Ingredients:

- 1 whole egg
- 3 egg whites
- 2 Tbsp reduced fat Mexican or cheddar cheese, shredded
- 1 whole wheat tortilla
- ¼ avocado, sliced
- ¼ cup salsa, divided

Directions:

1. Lightly coat a small nonstick pan with cooking spray and place over medium heat.
2. Whisk eggs until blended; pour into pan and scramble for 2 minutes.
3. Add cheese and stir until eggs are set and cheese is melted, about 2 more minutes.
4. Lightly dampen two paper towels and place the tortilla between them.
5. Microwave on high for 30 seconds
6. Fill tortilla with eggs and cheese mixture, sliced avocado and a spoonful of salsa.
7. Roll up, top with remaining salsa.
8. Serve and enjoy 😊

Egg Salad Sandwich

Type: P/O/S

Serves 1

Ingredients:

- 4 hard boiled eggs, discard 3 yolks and chop
- 1 Tablespoon Light Miracle Whip or Mayo
- 1 Tablespoon mustard
- ½ stalk celery
- ¼ red bell pepper, diced
- 1 teaspoon sweet pickle relish
- 1 lettuce leaf
- 1 slice Ezekiel bread or 8 inch whole wheat tortilla

Directions:

1. Combine all ingredients except lettuce leaf.
2. Toast bread.
3. Layer lettuce first and then egg mixture on top.

Note: Can substitute Romaine lettuce leaves for bread. (Type: P/O)

Egg Sandwich

Type: P/S

Servings: 1

Ingredients:

- 1 whole egg
- 2 egg whites, for women
- 3 egg whites, for men
- 1 Tbsp skim milk
- 1/8 tsp ground black pepper
- 2 slices Ezekiel bread
- 2 slices Canadian bacon
- 1 slice reduced fat cheddar cheese

Directions:

1. Lightly coat a small nonstick skillet with cooking spray and place over medium heat.
2. In a small mixing bowl, whisk together egg, egg whites, skim milk and black pepper.
3. Pour egg mixture into skillet and stir until set.
4. While eggs are cooking, toast the bread.
5. When toast is done, lay the Canadian bacon, cheese and egg mixture on one piece of the toast and top with second piece.
6. Cut, serve, and enjoy!

Egg Vegetable Pita

Type: P/V/S

Servings: 2

Ingredients:

- 1 cup fresh mushrooms, sliced
- ½ onion, chopped
- ½ red bell pepper, sliced
- 2 whole eggs
- 6 egg whites
- ½ cup reduced-fat cheddar cheese, shredded
- 1 whole-wheat pita or high-fiber healthy wrap, cut in half
- Hot pepper sauce, to taste

Directions:

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.
2. Add mushrooms, onion and bell pepper; sauté until tender, approximately 5 minutes.
3. While the vegetables are cooking, in a medium mixing bowl, combine the eggs and egg whites; blend well.
4. Pour the egg mixture over the sautéed vegetables and cook, stirring occasionally, until set, approximately 5 minutes.
5. Then, add cheddar cheese and cook a couple more minutes, until cheese melts.
6. Divide the mixture into two portions and spoon into pita bread halves.
7. Top with hot pepper sauce.
8. Serve and enjoy!

Egg & Bean Scramble on High Fiber or Ezekiel Wrap

Type: P/S

Serves: 1

Ingredients:

- 1 whole egg
- 3 egg whites
- ¼ pinto or black beans, drained and rinsed
- 1 8 inch whole wheat tortilla
- 2 Tbsp salsa
- 2 Tbsp reduced-fat cheddar cheese, shredded
- 1 tsp chives, chopped
- 1 jalapeno, seeded and chopped (optional)

Directions:

1. Lightly coat a small nonstick skillet with cooking spray and place over medium heat. In a small mixing bowl, beat the eggs and pour into skillet. Stir until eggs are set but still moist.
2. Add the beans to the skillet and stir to blend with the eggs; reduce heat to low.
3. Microwave the tortilla for 20 seconds to soften.
4. Place the tortilla on a plate, top with egg and bean mixture. Then layer with salsa, cheese, chive and jalapeno.

Eggs & Oranges

Type: P/A

Servings: 1

Ingredients:

- 3 – 4 hard boiled eggs
- 1 medium to large-sized orange

Directions:

1. Peel shell off of hard boiled eggs and slice in half. Keep 1 whole egg with yolk and discard the other yolks saving the egg white part.
2. Place on a plate and serve with orange slices.
3. Enjoy!!

Filet Mignon

Type: P/V

Serves: 2

Ingredients:

- 2 portions filet mignon, 2 inches thick
- 1 tsp ground black pepper
- ½ lb broccoli florets
- small side salad

Directions:

1. Preheat broiler.
2. Lightly coat a broiler pan with cooking spray.
3. Sprinkle filets with pepper on both sides and place on the broiler pan.
4. Broil filets 3 inches from the heat source for 4 minutes.
5. Turn the filets and cook about 3 more minutes for rare, 5 more minutes for medium and about 7 more minutes for well done.
6. While the filets are cooking, steam broccoli until crisp-tender, about 7 minutes.
7. Serve filet and broccoli with a side salad of your choice.

Fish Sandwich

Type: P/S/V

Serves: 1

Ingredients:

- Women, 1 slice Ezekiel bread, Men, 2 slices, toasted.
- 1 serving cooked fish, seasoned lightly (tilapia or orange roughly)
- 1 slice low-fat cheese
- Lettuce, tomato, & onion if desired.
- 1 Tbsp. light mayo, or tartar sauce if desired.

Directions:

1. Toast bread, layer ingredients as desired.
2. Slice sandwich in half and enjoy!
3. Serve with small side salad or green vegetable of your choice.

Fitness French Toast

Type: P/S

Serves: 1

Ingredients:

- 3 Tbsp vanilla whey protein powder
- ½ egg substitute
- ¼ tsp cinnamon
- 2 slices whole-wheat bread or Ezekiel bread
- ¼ cup sugar-free syrup

Directions:

1. Lightly coat a large nonstick skillet with cooking spray and place over medium heat.
2. Place protein powder in a shallow bowl and slowly pour in egg substitute while stirring with a fork until smooth. The batter will be thick.
3. Sprinkle cinnamon on top of batter.
4. Dip on piece of bread in the batter and let it soak up the egg mixture for a few seconds.
5. Carefully turn the bread over to coat the other side.
6. Repeat with 2nd piece of bread.
7. Place bread in the skillet and spoon any remain batter on top.
8. Cook 2 to 3 minutes on each side or until golden brown.
9. Place French toast on a plate and serve with warm maple syrup.

Ginger Fish with Healthy Sauce

Type: P/O

Serves: 6

Ingredients:

Fish

- Six- 6-ounce portions sea bass, halibut, tilapia or any flaky white fish
- Six- 1/4-inch-thick slices peeled fresh ginger

Sauce

- 1/4 cup minced peeled fresh ginger
- 1/4 cup chopped garlic
- 1/4 cup sesame seeds
- 2 tablespoons canola oil
- 2 tablespoons toasted sesame oil
- 1/4 cup reduced-sodium soy sauce
- 2-3 scallions, thinly sliced, for garnish

Directions:

1. To prepare fish: Top each piece of fish with peeled ginger.
2. Bake @ 350, broil, or steam fish approximately 7 – 10 minutes, depending on thickness of fish, until firm. While fish is cooking, prepare sauce.
3. To prepare sauce, combine minced ginger, garlic and sesame seeds in a small bowl.
4. Heat canola oil in a medium skillet over medium-high heat.
5. Add the ginger mixture and cook, stirring, until fragrant, 1 minute.
6. Add sesame oil; allow the mixture to get hot.
7. Add soy sauce (be careful, it will splatter a bit) and cook for 1 minute more.
8. Transfer the fish to a deep platter.
9. Discard the ginger slices.
10. Pour the sauce over the fish and garnish with scallions.
11. Serve and enjoy!

Greek Omelet

Type: P/O/V

Servings: 4

Ingredients:

- 1 whole egg with 3 whites (women), 4-5 (men)
- 1 handful fresh spinach
- 1 oz fat free feta cheese crumbled
- 2 tablespoons diced tomato

Directions:

1. Spray pan with Nonstick cooking spray and sauté spinach until wilted.
2. Add eggs, tomatoes and cheese, cover and cook until set.
3. If desired fold omelet in half.

Greek Scramble

Type: P/V

Servings: 1

Ingredients:

- 1 whole egg with 3 whites (women), 4-5 (men)
- 1 handful fresh spinach
- 1 oz fat free feta cheese crumbled
- 2 tablespoons diced tomato

Directions:

1. Spray pan with Nonstick cooking spray and sauté spinach until wilted.
2. Add eggs, tomatoes and cheese.
3. Cook until eggs are firm.
4. Serve and enjoy!

Grilled Salmon

Type: P/O/V

Serves: 2

Ingredients:

- 2 portions salmon fillet (about 12 oz)
- 1 lemon, halved, divided
- 2 tsp olive oil
- 8 oz fresh mushrooms, sliced
- 1 bag (5 oz) baby spinach leaves

Directions:

1. Preheat grill to medium heat.
 2. Squeeze half the lemon over salmon fillets and brush with olive oil.
 3. Place salmon on grill and cook until opaque throughout, about 4 minutes on each side.
 4. While salmon is cooking, lightly coat a large skillet with non stick cooking spray and place over medium-high heat.
 5. Add mushrooms and sauté for 3 minutes.
 6. Add spinach and sauté until wilted.
 7. Place a portion of salmon on a bed of spinach.
 8. Squeeze remaining lemon over salmon and spinach.
 9. Serve with a side salad and enjoy!
- Tip: To prevent salmon from sticking to grill, place a small amount of olive oil on a paper towel and lightly coat the grill before preheating it.

Healthy Brownies

Type: P/S

Serves: 12

Ingredients:

- ½ cup soy flour
- ¼ cup whole wheat flour
- ½ cup granulated sugar substitute
- ¼ cup unsweetened cocoa powder
- ½ tsp baking powder
- ¼ tsp salt
- ¼ cup canola oil
- 2 tsp vanilla extract
- 6 egg whites, beaten
- ¼ cup unsweetened applesauce
- ¼ cup water
- 1/3 cup walnut pieces

Directions:

1. Preheat oven to 350 degrees. Lightly coat an 8 x 8 baking dish with non stick cooking spray.
2. In a large bowl, sift together, soy flour, whole wheat flour, sugar substitute, cocoa powder, baking powder and salt.
3. In a medium mixing bowl, combine canola oil, vanilla extract, egg whites, applesauce and water. Pour mixture into flour mixture and stir until well combined.
4. Pour batter into baking dish and sprinkle with walnuts.
5. Bake until edges spring back when you touch them gently (center will be soft), about 15 minutes.
6. Serve 1 brownie with a glass of your favorite protein powder mixed with water or skim milk.

Healthy Cereal & Eggs

Type: P/S

Servings: 1

Ingredients:

- Nonstick butter spray
- 1 whole & 3 egg whites (women), 1 whole & 5 egg whites (men)
- 1 serving Low-Sugar high fiber cereal like Kashi Go Lean (not crunch) cereal.
- ½ cup organic skim milk
- sugar substitute to taste

Directions:

1. Lightly coat a small nonstick skillet with cooking spray and place over medium heat.
2. Pour eggs into skillet and cook until set, about 4 minutes.
3. Place eggs on a small plate, put cereal in a bowl with milk and sprinkle with sugar substitute if desired.

Healthy Chicken Enchiladas

Type: P/V/S

Servings: 4

Ingredients:

- 4 portions chicken breast (1 – ½ lbs)
- 4 green onions, sliced
- 2 Tbsp fresh cilantro, chopped
- 1 jalapeno, seeded and minced
- 3 cans (10 oz each) red enchilada sauce
- 8 small whole wheat tortillas
- 1 cup reduced fat Mexican or cheddar cheese, shredded
- 2 cups lettuce shredded
- ½ cup light sour cream
- 1 tomato, diced
- 1 can (2 oz) black sliced olives

Directions:

1. Preheat oven to 350 degrees.
2. Lightly coat a 9 x 13" baking dish with cooking spray.
3. Place chicken breast in a pan of boiling water and cook until no longer pink, about 12 minutes.
4. Drain, set aside to cool slightly.
5. Shred chicken using 2 forks then set aside.
6. Sauté green onion, jalapeno, and cilantro in a lightly coated pan over medium-high heat, for 2 minutes.
7. Add chicken to pan and 1 can enchilada sauce.
8. Cook until heated through, about 4 minutes.
9. Pour the 2 remaining other cans of enchilada sauce in a medium sized bowl.
10. Dip each tortilla in sauce and fill with about 1/8 of chicken mixture.
11. Roll up and place seam-side down, in the baking dish.
12. Pour remaining sauce over enchiladas and sprinkle with cheese.
13. Bake until heated through and cheese melts, approximately 15 – 20 minutes.
14. Divide lettuce on four plates and place a portion of enchiladas on top.
15. Top with a dollop of sour cream, tomatoes and olives.
16. Serve and enjoy! 😊

Healthy Chicken Pita Pizza

Type: P/V/S

Serves: 1

Ingredients:

- 1 whole-wheat pita
- ¼ cup pizza sauce
- 1 portion cooked chicken breast, sliced
- ¼ red bell pepper, chopped
- ¼ yellow bell pepper, chopped
- ¼ small zucchini, sliced
- ¼ cup reduced fat mozzarella cheese, shredded

Directions:

1. Preheat oven to 425 degrees
2. Place pita on a baking sheet.
3. Spoon the pizza sauce evenly over the pita.
4. Top with the chicken, bell peppers, zucchini and mozzarella cheese.
5. Bake for about 10 to 12 minutes or until the cheese is melted and the pizza is heated through.
6. Slice, and enjoy!

Healthy Goulash

Type: P/S

Serves: 6

Ingredients:

- 2 lbs lean ground sirloin
- 2 small onions, chopped
- 3 cup water
- 1 (28 oz) can tomato sauce
- 2 (15 oz) cans petite diced tomatoes
- 3 cloves garlic, minced
- 2 Tbsp Italian seasoning
- 3 bay leaves
- 3 tbsp reduced sodium soy sauce
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 Tbsp seasoned salt
- 2 cups dried elbow macaroni (use whole wheat or brown rice pasta)

Directions:

1. In a Dutch oven, sauté the ground beef over medium-high heat until no pink remains.
2. Break up the meat while sautéing.
3. Then spoon off any grease.
4. Add the onions and garlic to the pot and sauté until they are tender, about 5 minutes.
5. Add 3 cups water, along with the tomato sauce, diced tomatoes, Italian seasoning, bay leaves, soy sauce, salt, pepper, garlic powder, and seasoned salt. Stir well.
6. Place a lid on the pot and allow this to cook for 15 to 20 minutes.
7. Add the elbow macaroni, stir well, return the lid to the pot, and simmer for about 30 minutes.
8. Turn off the heat, remove the bay leaves, and allow the mixture to sit about 30 minutes more before serving.

Healthy Home Fries

Type: S

Servings: 1

Ingredients:

- 1 portion size baking potato or sweet potato
- 1 Tbsp olive oil
- Fresh or dried herbs such as; rosemary, thyme, parsley, oregano (I like to use fresh)
- Salt & pepper

Directions:

1. Preheat oven to 425 degrees F.
2. Cut potato in wedges. In a small bowl or Ziploc bag, mix all ingredients together until well coated.
3. Place in a small shallow baking dish (skin side down) and bake approximately 30 minutes or until golden brown and crisp.

Note: This is a great starch to have on the side with your favorite omelet or protein source.

Healthy Linguine & Clam Sauce

Type: P/O/S

Serves 4 -6

Ingredients:

- ¼ cup extra virgin olive oil
- 1 Tbsp butter
- 3 garlic cloves, minced
- 4 cans (6 oz) chopped clams, do not drain
- 3 Tbsp fresh chopped parsley
- 1 tsp dried oregano
- 1 tsp salt
- 12 tsp ground black pepper
- 1 lb whole wheat linguine

Directions:

1. Prepare linguine according to package directions. In a small sauce pan heat oil and butter on medium-low heat.
2. Add minced garlic and cook an additional minute.
3. Add 4 cans of clams with their liquid.
4. Add fresh parsley, dried oregano and salt and pepper.
5. Heat the sauce only until warm.
6. When pasta is cooked, drain and put in a serving bowl.
7. Pour the sauce over pasta and toss until well mixed.
8. Place a serving on a plate and sprinkle with parmesan cheese.

Enjoy 😊

Healthy Nutrition Bars

Type: P/O/S

Servings: 8 Bars (cooked fully) or cookies (cooked partially; similar to „nobake“ cookies)

Ingredients:

- 2 ½ Cup Oats (slow cook)
- 1 ½ Cups GL-12 Chocolate Whey Protein Powder
- 1 Teaspoon cinnamon
- 2 Tablespoons organic peanut butter or Power Butter (protein enhanced P.B.)
- 3 egg whites
- 2 mashed bananas OR ½ cup organic apple sauce
- 1 Tablespoon honey
- 4 tablespoons organic skim milk

Directions:

1. Preheat oven to 350 degrees and coat an 8 x 8 pan or cookie sheet with non-stick spray or olive oil.
2. Mix the oats, protein powder and cinnamon.
3. Add Peanut Butter and stir until well combined.
4. Add egg whites, bananas, honey and milk.
5. Spoon the mixture into the prepared pan or roll into balls and place on the cookie sheet.
6. Place in the oven for 15 minutes or until set (*Do NOT overcook!).
7. Remove from oven and allow cooling slightly before cutting into bars or removing cookies.

Approximate Nutrition Analysis:

- One bar equals: 250 calories, 8 grams friendly fat, 25 grams of carbohydrates, 4 grams of fiber, and 20 grams of protein.
- One cookie equals: 125 calories, 4 grams of friendly fat, 12 grams of carbohydrates, 2 grams of fiber, and 10 grams of protein.

Healthy Spaghetti & Meatballs

Type: P/S

Serves: 6

Ingredients:

- 1 ½ lbs ground turkey, sirloin, or lean buffalo meat
- 2 egg whites
- 4-6 pieces of whole wheat bread, crust removed and crumbed in a blender or food processor
- 1/3 cup reduced fat parmesan cheese
- ¼ cup skim milk
- 2 cloves garlic, minced
- 2 Tablespoons fresh chopped parsley
- 2 teaspoons Italian seasoning
- 1 teaspoon black pepper
- Salt to taste
- 4 cups low-fat marinara pasta sauce
- 12 oz uncooked spaghetti

Directions:

1. Preheat oven broiler.
2. In a large mixing bowl, combine all ingredients up to the marinara sauce.
3. Mix thoroughly and shape into 1 ½ inch diameter meatballs.
4. Arrange meatballs on a baking sheet and place under broiler for 10 to 12 minutes, turning occasionally until they are browned on all sides.
5. In a large saucepan, combine pasta sauce and cooked meatballs.
6. Simmer over low heat until warmed thoroughly, about 20 minutes.
7. While the pasta sauce is simmering, prepare spaghetti according to its package directions.
8. Place a portion of spaghetti on each plate.
9. Cover with a portion of meatballs and pasta sauce, top with sprinkle of parmesan cheese.
10. Enjoy! ☺

Healthy Sundae

Type: P/A/FF

Ingredients:

- ½ cup organic skim milk
- 1 scoop of GL-12 vanilla whey protein powder
- 2 cups frozen banana slices (key ingredient*)
- 4 teaspoons of chocolate syrup (watch this amount closely)
- 4 tablespoons of Fat Free Reddi- whip (watch sugar amount)
- 2 teaspoons of chopped nuts (watch amount here also 😊)
- 2 maraschino cherries or a couple grapes

Directions:

1. Blend skim milk and protein powder on high speed for about 15 to 30 seconds.
2. Add frozen banana slices and blend on high speed for 45 seconds or until smooth (stop blender once or twice to scrape the sides and get everything to mix right)
3. Scoop into 2 dessert bowls or cups.
4. Top each sundae with 2 teaspoons of chocolate syrup, 2 tablespoons of Reddi- whip, a teaspoon of chopped nuts along with a cherry or a couple grapes on top.
5. Serve and enjoy.

Note: Portion control is the KEY on this recipe. Don't abuse the measurements listed above

Healthy Tuna Noodle

Type: P/V/S

Serves 4

Ingredients:

- 8 oz whole wheat wide egg noodles
- 2 cans albacore tuna, packed in water
- 1 can (10 oz) low-fat, reduced-sodium cream of mushroom soup, condensed
- ½ cup skim milk
- 1 cup frozen peas

Directions:

1. Preheat oven to 350 degrees.
2. Prepare noodles according to package directions.
3. Lightly coat an 8" x 8" baking dish with cooking spray.
4. Place cooked noodles in baking dish and add tuna soup, skim milk and peas; mix well
5. Bake uncovered for 20 minutes
6. Remove from oven and let sit for 5 minutes. Divide into 4 portions and enjoy!

Herbed Chicken

Type: P/O or with salad and veggies P/O/V

Serves: 2

Ingredients:

- 1 serving chicken breast
- 1 Tbsp. olive oil
- 1 tbsp. each of fresh rosemary, thyme, & parsley, chopped
- 1 tsp. fresh oregano, chopped

Directions:

1. After removing fresh herbs from their stems, chopped finely and place in a Ziploc bag.
2. Add chicken breast and the olive oil.
3. Making sure bag is closed all the way, with the baggie in your hands; mix seasoning all over the chicken.
4. Let marinade in refrigerator for at least 1 hour.
5. Cook chicken on barbecue or stovetop in a skillet.
6. Serve either with 1 cup green vegetable of your choice with a small side salad, or I love it over romaine lettuce, cucumbers, & green onions with 1 tbsp. each of olive oil and red wine or balsamic vinegar.

Hunters Skillet

Type: P/S

Servings: 1

Ingredients:

- 1 serving cubed or shredded organic hash browns
- 2-3 oz (women), 3-4 oz (men), ground venison or buffalo meat
- 1 whole egg, 1 white (women), 1 whole egg, 2 white (men)
- 1 – 2 oz shredded reduced-fat cheddar cheese

Directions:

1. In a small skillet cook potatoes according to package directions.
2. Set aside covered to keep warm.
3. In another small skillet cook meat until no longer pink in the middle (season, to your liking).
4. Then layer meat on top of the potatoes in the first pan.
5. Cover to keep warm. In the same skillet as the meat was cooked, cook your eggs either sunny side up or over easy.
6. Transfer potatoes and meat to a serving plate, layer eggs over top and sprinkle with cheddar cheese.
7. Serve and enjoy!

Note: We like our yolks to be runny...mixes well with the rest. We also add a little salsa or Franks Red Hot to flavor.

Indian Eggs

Type: P/S/V

Servings: 1

Ingredients:

- 1 slice onion, chopped
- ½ green bell pepper, cut into thin strips
- ½ tomato, seeded and chopped
- ¼ tsp. chili powder
- ¼ tsp. turmeric
- 1/8 tsp. ground black pepper
- 4 egg whites
- 1 slice Ezekiel bread toasted.
- 1 Tbsp. fresh cilantro, chopped

Directions:

1. Lightly coat a small nonstick skillet with non stick cooking spray and place over medium heat.
2. Sauté onions until golden, about 4 minutes.
3. Add bell pepper and sauté for about 2 more minutes.
4. Add tomatoes and sauté for another 2 minutes.
5. Stir in turmeric, chili powder and black pepper.
6. In a small mixing bowl, beat the egg whites, then pour them over vegetables in skillet and stir until set.
7. Toast Ezekiel bread. Place eggs on small plate and sprinkle with cilantro. Enjoy!

Italian Roasted Pepper Soup

Type: P/O/V

Serves: 6

Ingredients:

- 8 oz package fresh white mushrooms, sliced
- 2 Tbsp water
- 2 -7 oz jars roasted red peppers, including liquid
- 2 small cans ready-to-serve, low-fat / low-sodium chicken broth
- 1 tsp crushed Italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 8 oz fresh cheese tortellini

Directions:

1. In a large saucepan, cook the mushrooms and water, stirring occasionally, until the mushrooms are slightly softened, 3 to 4 minutes.
2. Meanwhile, place the red peppers and their liquid in a food processor and blend until smooth, about 30 seconds.
3. Add to the mushrooms along with the chicken broth, Italian seasoning, garlic powder, and onion powder; bring to a boil and cook, uncovered, about 10 minutes.
4. Add the tortellini and cook until tender, another 10 minutes.

Note: This recipe was submitted by Jackie Butler. This recipe is great for days when you can have pasta, and it can easily be halved. Add ½ cup of low-sodium Knudsen vegetable juice to kick the flavor up a notch without adding too many carbs and calories. Sprinkle croutons on top when you have company.

Key Lime Pudding

Type: P/FF

Servings: 1 - 2

Ingredients:

- 1 serving (2 scoops) vanilla whey protein powder
- 16 ounces water
- 2 tablespoons frozen, concentrated lime juice
- 3 reduced fat vanilla wafers
- 1 teaspoon Molly McButter or Butter Buds
- 3 tablespoons instant vanilla sugar-free pudding

Directions:

1. Mix one serving of vanilla protein powder with 16 oz. of water.
2. Then, add limejuice, vanilla wafers, Molly McButter, vanilla pudding and 3 ice cubes.
3. Blend at high speed for 45 seconds.
4. Let stand for 10 minutes.
5. Serve, and enjoy!

Lean Ham & Cheese Omelet

Type: P/O

Servings: 1

Ingredients:

- 4 eggs (1 whole, 3 whites for women)
- 6 eggs (1 whole, 5 whites for men)
- 2 -3 slices Canadian bacon (grass fed organic preferred)
- sprinkle cheddar cheese
- Non stick cooking spray

Directions:

1. Spray pan with cooking spray, mix eggs together and pour into pan skillet pan over medium heat.
2. Sprinkle Canadian bacon and cheese over egg mixture, use sea-salt and pepper to taste.
3. Cover pan and cook until firm.
4. Fold omelet in half, plate and serve!

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Light Broccoli and Turkey

Sausage Brunch Casserole

Type: P/V (Add potatoes for a starch containing meal: P/S/V)

Servings: 8

- 8 ounces light turkey sausage
- 5 cups frozen broccoli florets, thawed and drained (about 12-14 ounces); cut large florets in half
- 1/3 cup chopped green onions
- 1 1/2 cups shredded, reduced-fat sharp cheddar cheese (divided)
- 1 cup part-skim or low-fat ricotta cheese
- 4 large eggs, lightly beaten
- 1 cup egg substitute
- 1/4 cup fat-free half-and-half
- 1/2 teaspoon garlic and herb salt-free seasoning or garlic powder
- 1/2 teaspoon black pepper (add more to taste)
- 1/4 teaspoon salt (add more to taste -- optional)
- 2 large ripe tomatoes, thinly sliced

Directions:

1. Preheat oven to 350°F. Coat a 9x13-inch baking dish with canola cooking spray.
2. Brown sausage in large, nonstick skillet over medium-high heat, breaking it into small pieces as it cooks, using a potato masher or spatula.
3. Add browned sausage bits, broccoli florets, green onions, and 1/2 cup of cheddar cheese to a large bowl and toss to blend. Then spoon into the prepared pan.
4. Add 1/2 cup of the cheese, ricotta cheese, eggs and egg substitute, fatfree half-and-half, garlic seasoning, pepper, and salt to mixing bowl, and beat on medium until smooth.
5. Pour mixture over the sausage and broccoli in pan.
6. Sprinkle remaining cheese over the top of mixture in pan and arrange tomato slices on top.
7. Cover with aluminum foil and bake for 45 minutes in preheated oven.
8. Uncover and bake until cooked throughout (about 15 minutes more).
9. Let stand for 10 minutes before serving.
10. Serve and enjoy!

Limeade Shake

Type: P/FF

Serves: 1

Ingredients:

- 12 oz cold water
- 1 serving vanilla whey protein powder
- 3 Tbsp frozen limeade concentrate
- 6 ice cubes

Directions:

1. Pour cold water in blender.
2. Then add protein powder and blend on medium speed for 20 seconds.
3. Add frozen limeade concentrate; blend for 30 more seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into a tall glass, serve and enjoy!

Low Carb Turkey Spaghetti Squash

Type: P/V

Serves 4

Ingredients:

- 1 spaghetti squash
- 1 lb. lean ground turkey breast
- 4 cups low fat marinara sauce
- sprinkle parmesan cheese

Directions:

1. Preheat oven to 350 degrees.
2. Cut spaghetti squash in half and remove seeds. In a shallow baking dish place skin side up in 1 inch of water and bake uncovered for 45 minutes.
3. When cool enough to handle, hold squash with 1 hand and with a fork in the other hand, remove center into a bowl (it will come out looking like spaghetti).
4. Season to taste with salt and pepper. Set aside.
5. In a medium skillet, cook turkey until no longer pink and crumbled.
6. Season with salt and pepper.
7. In a small saucepan heat marinara until warm and add cooked turkey to sauce.
8. Place 1 serving of squash on a dinner plate and top with 1 serving turkey marinara sauce.
9. Sprinkle with parmesan cheese, and enjoy. 😊

Marinated Flank Steak

Type: P/O

(P/O/V if you add enough mushrooms or a side of green veggies)

Serves: 4

Ingredients:

- 1 cup dry white wine
- ¼ cup soy sauce
- 1 package low sodium meat marinade
- 1 Tbsp olive oil
- 2 cloves garlic chopped
- ½ teaspoon ginger
- 1 flank steak (about 1 ½ lbs.)
- 8 oz. fresh mushrooms, sliced

Directions:

1. In a large Ziploc bag, combine all ingredients up to the ginger.
2. Pierce flank steak with a fork on both sides.
3. Place meat in baggie, seal and refrigerate for at least 2 hours
4. Prepare flank steak by either grilling or broiling for approximately 6 minutes per side.
5. Let rest 5 minutes on a platter
6. Prepare mushrooms in a small skillet with 1 tablespoon olive oil and a sprinkle of Molly McButter or Butter Buds
7. Slice steak across the grain into 1/8 inch slices.
8. Place a portion on each plate and serve with a green vegetable of your choice and a small side salad with 1 tablespoon olive oil and vinegar.
9. Serve and enjoy 😊

Mexican Lasagna

Type: P/V/S

Servings: 4

Ingredients:

- 3 Tbsp extra-virgin olive oil
- 2 pounds ground lean turkey breast or ground sirloin
- 2 Tbsp chili powder
- 2 tsp ground cumin
- ½ red onion, chopped
- 1 (15 oz) can black beans, drained
- 1 cup medium heat taco sauce or 1 (14 oz) can stewed or fire roasted tomatoes
- 1 cup frozen corn kernels
- Sea Salt
- 8 (8 inch) whole wheat tortillas
- 2 ½ cups reduced-fat shredded Cheddar or pepper jack cheese
- 2 green onions, finely chopped

Directions:

1. Preheat oven to 425 degrees F.
2. Preheat a large skillet over medium heat.
3. Add 2 Tbsp olive oil (twice around the pan).
4. Add meat and season with chili powder, cumin and onion.
5. Brown the meat 5 minutes.
6. Add taco sauce, stewed or fire roasted tomatoes.
7. Add black beans and corn.
8. Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.
9. Coat a shallow baking dish with remaining olive oil, about 1 Tbsp.
10. Cut the tortillas in half or quarters to make them easy to layer with.
11. Build lasagna in layers of meat and beans, then tortillas, then cheese.
12. Repeat: meat, tortilla, cheese again.
13. Bake lasagna 12 to 15 minutes until cheese is brown and bubbly.
14. Top with the scallions and serve.

Mexican Omelet

Type: P

Servings: 1

Ingredients:

- 1 whole egg, 3 whites, for women
- 1 whole egg, 5 whites for men
- 1 Tbsp skim milk
- ¼ tsp chili powder
- 1/8 tsp ground cumin
- 1/8 tsp freshly ground black pepper
- 1 oz sprinkle reduced fat shredded cheddar cheese
- ¼ cup salsa

Directions:

1. In a small mixing bowl, whisk together egg, egg whites, and skim milk.
2. Add chili powder, cumin and black pepper; blend well.
3. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.
4. Add egg mixture to skillet.
5. Cover for approximately 3-4 until eggs set.
6. When eggs are set, add shredded cheese to one side of the omelet and top with salsa.
7. Fold omelet over filling. Cover and cook for one more minute until cheese melts.
8. Serve and enjoy!

Mexican Scramble

Type: P/S

Servings: 1

Ingredients:

- Women, 1 whole large egg, and 1 large egg white, beaten
- Men, 1 whole large egg and 2 egg whites, beaten
- 2 – 3 ounces ground sirloin
- ¼ tsp. reduced sodium taco seasoning
- ¼ cup black beans, rinsed
- Sprinkle of Mexican or Cheddar cheese
- Toppings: 1 Tbsp diced tomato, 3 black olives sliced, 1 green onion, sliced
- 1 slice Ezekiel or 1 small high fiber healthy wrap or whole wheat wrap

Directions:

1. In a small fry pan, cook sirloin until done.
2. Mix taco seasoning with meat until well mixed.
3. In the same pan, add egg mixture and cook until eggs are firm.
4. Add beans just to heat through.
5. Sprinkle cheese on top and mix together until melted.
6. Place beef mixture on top of warmed wrap, then top with tomatoes, olives, and green onions (if desired)
7. If using Ezekiel, serve along side scramble.

Mouth Watering Meatloaf

Type: P/S

Serves 6

Ingredients:

- 1 ½ lbs lean ground turkey, sirloin, or buffalo
- 1 small onion, chopped
- 4 egg whites
- 1 cup salsa
- ¾ cup old-fashioned oats, uncooked
- 1 pkg. Knorr Vegetable Soup mix
- ¼ tsp ground black pepper
- ½ cup ketchup

Directions:

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine meat, onion, egg whites, salsa, oats, soup mix and black pepper.
3. Form into a 9" x 5" loaf pan and spread ketchup over top.
4. Bake in oven for 60 minutes.
5. Serve with a side of fibrous vegetables if desired.

Oatmeal Meal Replacement Shake

Type: P/S/O

Servings: 1 - 2

Ingredients:

- 1 cup dry measure oatmeal, cooked in water and cooled
- 2 scoops vanilla whey protein powder
- 3 dashes cinnamon
- 1/8 c sugar free maple syrup or brown sugar substitute
- 1 tbsp chopped almonds (or flaxseed oil or natural peanut butter)
- 12 oz. water or organic low-fat milk

Directions:

1. Add all ingredients to blender.
2. Blend.
3. Serve and enjoy 😊

Orange Roughy

Type: P/S/V

Serves 1

Ingredients:

- 3-4 oz orange roughy (women), 6-8 oz (men)
- ½ baked sweet potato (women), whole (men)
- 7-8 asparagus spears

Directions:

1. Season orange roughy with “seafood seasoning” or seasoning of choice.
2. Bake @ 350 degrees or broil approximately 10 -12 minutes.
3. Season sweet potato with cinnamon and asparagus with butter buds (small amount),
4. Serve with rough and enjoy.

PB & J Protein Oatmeal

Type: P/O/S

Servings: 1

Ingredients:

- Slow cook oatmeal: ½ cup (women), 1 cup (men)
- 1 scoop (women) 1 ½ scoop (men) of GL-12 vanilla whey protein powder
- 1 tablespoon of organic peanut butter (power butter or smart balance peanut butter is great too!)
- 1 tablespoon of sugar-free jelly (flavor of your choice, I like grape and strawberry)
- ¼ cup organic skim milk

Directions:

1. Pour oatmeal in a microwave safe bowl, add skim milk and cook on high for 1 to 1 ½ minutes (times will vary).
2. Add whey protein powder, peanut butter and jelly and mix thoroughly.
3. If needed, add hot water to reach desired thickness.

Peaches & Cream Shake

Type: P/A/FF

Servings: 1

Ingredients:

- 1 serving vanilla whey protein powder
- 6 ounces of water
- ¼ cup frozen (or fresh) peaches
- ¼ cup vanilla flavored soy milk
- 2 vanilla wafers
- 2 – 3 ice cubes

Directions:

1. Place all ingredients in a blender
2. Mix for 45 seconds.
3. Serve and enjoy!

Peanut Brittle Shake

Type: P/O/FF

Servings: 1

Ingredients:

- 2 serving vanilla whey protein powder
- 1 tbsp sugar-free instant butterscotch pudding mix, dry
- 1 tbsp natural peanut butter, smooth or chunky
- 8 oz. cold water or organic low fat milk.
- 3-6 ice cubes

Directions:

1. Mix all ingredients in a blender.
2. Serve and enjoy!

Peppermint Patty

Type: P

Servings: 1

Ingredients:

- 10 oz. cold water
- 1 scoop chocolate whey protein powder (women)
- 2 scoops chocolate whey protein powder (men)
- 1/8 teaspoon peppermint extract
- 5 ice cubes

Directions:

1. Pour cold water in blender.
2. Then add protein powder and blend on medium speed for 15 seconds
3. Add peppermint extract; blend for 30 more seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into glass, and enjoy!

Pina-Colada Shake

Type: P/A

Servings: 1

Ingredients:

- 10 -12 oz cold water
- 1 scoop vanilla protein powder, for women
- 2 scoops vanilla protein powder, for men
- ½ cup unsweetened pineapple chunks
- ¼ tsp. coconut extract
- 5 – 6 ice cubes

Directions:

1. Pour cold water in blender.
2. Then add protein powder and blend on medium speed for 15 seconds.
3. Add pineapple chunks and coconut extract; blend for 30 more seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into a tall glass and enjoy!

Pineapple Tuna Sandwich

Type: P/O/S

Servings: 2

Ingredients:

- 1 can (6 oz) tuna, water packed, drained
- 2 Tbsp. Miracle Whip
- 1 Tbsp. crushed pineapple, drained
- 1 celery stalk, diced
- 2 Tbsp. sweet pickle relish
- 1 tsp yellow mustard
- 1/8 tsp ground cinnamon
- 4 slices Ezekiel bread

Directions:

1. In a medium bowl, combine tuna, Miracle Whip, pineapple, celery, relish, mustard and cinnamon; mix well.
2. Spread a portion of tuna mixture on 2 slices of bread.
3. Top with remaining slices of bread.
4. Lightly coat a large nonstick skillet with cooking spray.
5. Place sandwiches in the pan and cook over medium heat for 2 – 3 minutes on each side, until the sandwiches are warm and the bread is lightly browned.
6. Slice sandwiches in half, serve and enjoy!

Pistachio Pudding

Type: P/FF

Serves: 1

Ingredients:

- 1 cup cold skim milk
- 1 servings vanilla protein powder (women 1 scoop, men 1.5 scoops)
- 1 Tbsp fat-free, sugar-free pistachio instant pudding mix
- ½ Tbsp chopped pistachios

Directions:

1. Pour skim milk into blender along with the protein powder.
2. Blend for 15 seconds.
3. Add pudding mix and blend on high until thick and creamy (stopping and scraping sides of blender if needed)
4. Spoon into dessert glass and chill in refrigerator for at least 20 minutes.
5. Top with pistachios and serve.

Power Protein Pancakes

Type: P/S/A

Servings: 2

Ingredients:

- 1 cup Oats, uncooked (not instant)
- 6 egg whites
- 1 cup fat free cottage cheese
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- 2 packets sugar substitute
- Sugar free syrup or jelly
- Small amount of fruit for topping (optional)

Directions:

1. Mix in blender.
2. Cook over medium heat.
3. Serve with a small amount of your favorite organic berries, sugar free syrup or jelly on top and enjoy!

Note: You can also top with a small amount of organic peanut butter if you're on a maintenance plan.

Raspberry Chocolate Shake

Type: P/A

Servings: 1

Ingredients:

- 1 serving chocolate protein powder
- 12 ounces of water
- 1/3 cup frozen raspberries, unsweetened
- 6 ice cubes

Directions:

1. Pour cold water in blender.
2. Then add Chocolate protein powder and blend for 20 seconds.
3. Add raspberries; blend for 30 more seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into tall glass and enjoy!

Raspberry Smoothie

Type: P/A

Serves: 1

Ingredients:

- 8 oz light, fat-free, sugar-free vanilla yogurt
- 1 serving vanilla protein powder
- ½ cup fresh or frozen raspberries
- 1 squeeze of lime juice
- Sugar substitute, to taste
- 3 ice cubes

Directions:

1. Spoon yogurt into blender.
2. Add protein powder and blend at low speed until smooth, about 30 seconds.
3. Add raspberries, lime juice, and sugar substitute.
4. Blend on medium speed until well mixed, about 30 seconds.
5. Add ice and blend on high speed until smooth, about 45 more seconds.
6. Pour into a glass, and enjoy!

Note: Small amounts of pudding mix will add minimal carbs, please monitor portions carefully.

Salmon Roasted with Tomatoes & Olives

Type: P/O/V

Serves: 4

Ingredients:

- 2 pounds ripe plum tomatoes, stem ends trimmed, cut into thin wedges
- 1/2 medium onion, peeled and cut into thin wedges
- 2 strips orange zest, cut into thin slivers
- 2 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 1/3 cup pitted Kalamata olives, coarsely chopped
- 1 tablespoon chopped fresh rosemary
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 1/4 pounds salmon fillet, (about 1 1/2 inches thick), skin removed, cut in 4 pieces

Directions:

1. Preheat oven to 400°F.
2. Combine tomatoes, onion, orange zest and garlic in a large roasting pan or on a large baking sheet with sides.
3. Drizzle with oil and toss to coat.
4. Roast, uncovered, stirring occasionally, until the tomatoes and onion are tender and beginning to brown on the edges, about 45 minutes.
5. Remove pan from the oven. Increase oven temperature to 450°.
6. Add olives and rosemary to the pan; season with salt and pepper.
7. Clear four spaces in the pan and place a salmon piece in each.
8. Spoon some of the tomato mixture on top.
9. Roast until the salmon is opaque in the center, 10 to 15 minutes, depending on the thickness.
10. Serve with green vegetable of your choice and small side salad.

Sesame Beef Stir-Fry

Type: P/S/V

Serves: 2

Ingredients:

- 2 portions brown or black rice (about ½ cup uncooked)
- 2 portions lean ground sirloin (about ½ lb.)
- 1 Tbsp. toasted sesame oil
- 3 cloves garlic, minced
- 3 – 4 green onions, sliced
- 1 cup broccoli slaw (found in produce department)
- 1 cup Napa cabbage, shredded
- 1 Tbsp. lite soy sauce (low sodium)
- Crushed red pepper flakes, to taste

Directions:

1. Prepare brown or black rice according to its package.
2. While the rice is cooking, in a medium skillet or wok, brown the ground beef over medium heat until no longer pink.
3. Remove the beef from the skillet, drain and set aside.
4. Heat sesame oil in the skillet over medium-high heat.
5. Add garlic and green onions; stir-fry for 2 minutes.
6. Add the broccoli slaw and cabbage; stir-fry for 2 minutes.
7. Add rice and soy sauce; stir-fry for 2 more minutes.
8. Return the ground beef to the skillet with the rice and vegetables and season with red pepper flakes, to taste.
9. Stir until well mixed and heated through.
10. Divide into 2 portions and enjoy! ☺

Shredded Turkey & Pinto Bean

Burritos

Type: P/V/S

Serves: 6

Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1 15-ounce can diced tomatoes with green chilies
- 2 tablespoons lime juice
- 4 cups shredded cooked turkey or chicken breast (only)
- 1 15-ounce can pinto beans, rinsed
- 6 10-inch whole-wheat flour tortillas or wraps, warmed (see Tip) or romaine lettuce leaves
- 3/4 cup grated reduced-fat Monterey or pepper Jack cheese
- 2 cups shredded green cabbage

Directions:

1. Heat oil in a large saucepan over medium heat.
2. Add onion and cook, stirring, until softened, about 2 minutes.
3. Stir in garlic, cumin and chili powder and cook for 30 seconds.
4. Add tomatoes and lime juice; bring to a boil. Reduce heat to a simmer and cook until the onions are very soft, 16 to 20 minutes.
5. Stir in turkey (or chicken) and beans and continue cooking until the mixture is heated through, 3 to 5 minutes more.
6. Divide the turkey-bean mixture among tortillas (or wraps) or lettuce leaves.
7. Top each with cheese and cabbage, roll into burritos and serve.

Make Ahead Tip: Prepare the filling (Step 1), cover and refrigerate for up to 2 days.

Tip: To warm tortillas: Wrap in foil and bake at 300°F until steaming, or wrap in barely damp paper towels and microwave on High for 30 to 45 seconds.

Shrimp Caesar Salad

Type: P/O/S

Servings: 4

Ingredients:

- 3 tablespoons lemon juice, plus 4 lemon wedges for garnish
- 2 teaspoons Dijon mustard
- 3 anchovies, coarsely chopped, or 1 teaspoon anchovy paste, or to taste use 1 small clove garlic, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1/2 cup grated Parmesan cheese, divided
- 1/2 teaspoon freshly ground pepper
- 8 cups chopped hearts of romaine, (about 2 hearts)
- 1 pound peeled cooked shrimp, (21-25 per pound; thawed if frozen)
- 1 cup healthy croutons: use whole-grain or Ezekiel bread (see Tip)

Directions:

1. Place lemon juice, mustard, anchovies (or anchovy paste) and garlic in a food processor; process until smooth.
2. With the motor running, gradually add oil; process until creamy.
3. Add 1/4 cup Parmesan cheese and pepper; pulse until combined.
4. Combine romaine, shrimp and croutons in a large bowl.
5. Add the dressing and toss to coat.
6. Divide among 4 plates, top with the remaining 1/4 cup Parmesan cheese and garnish with a lemon wedge.
7. Serve and enjoy!

Make Ahead Tip: The dressing (Step 1) will keep, in a jar in the refrigerator, for up to 3 days. Shake vigorously just before tossing with the salad.

Tip: To make homemade croutons: Toss 1 cup whole-grain or Ezekiel bread cubes with 1 tablespoon extra-virgin olive oil, a pinch each of salt, pepper and garlic powder. Spread out on a baking sheet and toast at 350°F until crispy, turning occasionally, 15 to 20 minutes.

Spring Mix Chicken Salad

Type: P/O/V

Servings: 1

Ingredients:

- 4 oz (women) 6 oz (men) serving cooked organic or free range chicken breast, sliced very thin
- 2 cups organic Spring mix salad (or any other lettuce you desire)
- 1 small organic tomato
- Cucumber
- Red onion
- 2 fresh organic strawberries, sliced
- 1 Tbsp sliced almonds
- 1 ounce fat-free feta cheese, crumbled
- 1 Tbsp. extra virgin olive oil
- Red wine vinegar

Directions:

1. Assemble spring mix in a serving bowl.
2. Add olive oil and vinegar with the salad. Mix well.
3. Cut up tomato, cucumber, red onion, and strawberries.
4. Mix all ingredients together in salad bowl and top with thinly sliced chicken breast.
5. Serve and enjoy 😊

Swiss Chard Egg-White Omelet

Type: P/V

Serves: 2

Ingredients:

- 1 ½ teaspoons canola oil
- 4 cups chopped green or red Swiss chard, packed (include stems if desired)
- 1 ½ teaspoons minced garlic
- Salt and pepper to taste
- ½ teaspoon hot pepper sauce, optional
- 2 whole eggs, and 6 – 8 egg whites
- ½ cup shredded, reduced-fat sharp cheddar cheese
- 2 tablespoons chopped green onions or sweet onion

Directions:

1. Start heating an 11-inch nonstick skillet over medium-high heat.
 2. Add canola oil to skillet and add the Swiss chard and garlic. Sauté chard, stirring often, until tender (about three minutes).
 3. Season with salt, pepper, and pepper sauce, if desired.
 4. Remove mixture to plate.
 5. Add egg mixture, cheddar cheese, and onions to a 4-cup measure and stir to blend.
 6. Begin heating the 11-inch skillet over high heat, and coat the pan well with canola cooking spray.
 7. When hot, pour in half the egg substitute mixture and spread over bottom of pan.
 8. After a minute, tilt the pan to let any liquid in the middle flow to the edges of the pan.
 9. When underside is nicely browned, carefully flip omelet over to brown the other side.
 10. Spoon half the Swiss chard mixture over half of the top of the omelet.
 11. When underside is nicely brown (about two minutes), fold omelet and slide onto plate.
- Repeat step No. 3 with remaining egg and chard mixtures.

Taco Salad with Creamy Salsa Dip

Type: P/O/V

Serves: 2

Ingredients:

- 2 portions grass fed lean ground beef or buffalo
- 1 Tbsp water
- 2 tsp reduced sodium taco seasoning, divided
- 2 Tbsp light cream cheese, at room temperature
- 2 Tbsp fat-free sour cream
- 2 Tbsp salsa
- 2 cups shredded lettuce
- 1 tomato, diced
- ¼ cup reduced-fat cheddar cheese, shredded

Directions:

1. In a medium skillet, brown ground beef over medium heat until no longer pink; drain off any excess fat.
2. Add water and 1 tsp taco seasoning to the beef and simmer for 3 minutes.
3. Remove from heat and set aside to cool slightly.
4. While the beef is cooling, combine the remaining taco seasoning, cream cheese, sour cream and salsa in a small bowl; mix well.
5. On a small plate put 1 cup of the shredded lettuce on each plate and divide the dip between the 2 plates.
6. Spoon a portion of the beef over the dip and top each with tomato and cheddar cheese.
7. Serve and enjoy

Tasty Turkey Burger

Type: P/O/V

Serves 2-3

Ingredients:

- 1 Lb. Lean ground turkey breast, serving size is 4-6 oz. (women) 6-8 oz. (men)
- 1 package Low Sodium Onion soup mix (Lipton, Mrs. Grass)
- 1 egg white
- 1 cup broccoli
- Small house salad with 1 tablespoon each of vinegar and oil dressing.

Directions:

1. Mix ground turkey with soup mix and egg white.
2. Form patties and pan fry or barbecue.
3. Serve with side of broccoli or other veggie of choice and side salad

Thyme & Sesame Crusted

Halibut

Type: P/V (Use a side of a healthy starch to make P/S/V)

Servings: 4

Ingredients:

- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- Freshly ground pepper, to taste
- 1 1/4 pounds halibut, or mahi-mahi, cut into 4 portions
- 2 tablespoons sesame seeds
- 1 1/2-2 teaspoons dried thyme leaves
- 1/4 teaspoon coarse sea salt, or kosher salt
- Lemon wedges

Directions:

1. Preheat oven to 450°F. Line a baking sheet with foil.
2. Mix lemon juice, oil, garlic and pepper in a shallow glass dish.
3. Add fish and turn to coat. Cover and marinate in the refrigerator for 15 minutes.
4. Meanwhile, toast sesame seeds in a small dry skillet over medium-low heat, stirring constantly, until golden and fragrant, 2 to 3 minutes.
5. Transfer to a small bowl to cool. Mix in thyme.
6. Sprinkle the fish with salt and coat evenly with the sesame seed mixture, covering the sides as well as the top.
7. Transfer the fish to the prepared baking sheet and roast until just opaque in the center, 10 to 14 minutes.
8. Serve with lemon wedges.

Note: Serve with green vegetable of your choice and a small side salad with 1 Tbsp. of olive oil and vinegar.

Thyme Crusted Tuna and Arugula Salad

Type: P/O/V

Serves: 4

Ingredients:

Vinaigrette

- 2 tablespoon extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 large shallot, finely chopped
- 1 clove garlic, minced
- Salt & freshly ground pepper, to taste

Salad

- 1 teaspoon extra-virgin olive oil
- 1 pound tuna steaks, 1 inch thick, cut into 4 portions
- Salt & freshly ground pepper, to taste
- 3 tablespoons fresh thyme leaves
- 6 cups arugula, stems removed
- 2 ripe plum tomatoes, halved lengthwise, seeded and cut lengthwise (thin strips)
- 1/2 cup fresh basil leaves, slivered
- 1 tablespoon fresh mint leaves, slivered

Directions:

1. To make vinaigrette: Whisk oil, vinegar, shallot and garlic in a small bowl.
2. Season with salt and pepper. Set aside.
3. To make salad: Rub oil all over tuna. Sprinkle the tuna with salt and pepper. Press about 1 teaspoon thyme leaves into each side.
4. Heat a large heavy skillet (not nonstick) over high heat until very hot.
5. Add the tuna and sear until browned and crusted on the bottom, about 2 minutes.
6. Turn the tuna over and cook until browned, about 2" min. more for medium-rare.
7. Meanwhile, combine arugula, tomatoes, basil and mint in a large bowl.
8. Toss with reserved dressing. Taste and adjust seasoning.
9. Slice the tuna into 1/4-inch-thick slices.
10. Divide the salad among 4 plates, mounding it to one side.
11. Fan the tuna slices around the salad.
12. Serve immediately.

Traditional Salmon

Type: P/O/V

Serves 1

Ingredients:

- 4-6 oz salmon (women), 6-8 oz. (men)
- salmon seasoning (Chef Paul Prudommes"s)
- Small dinner salad with 1 tablespoon each of olive oil and vinegar dressing.
- 1 cup steamed broccoli, spinach, or asparagus

Directions:

1. Season salmon and bake @ 350 or broil for 10-12 min. until desired doneness.
2. If desired, season broccoli with Molly McButter or Butter Buds (small amounts only).

Tropical Smoothie

Type: P/A

Servings: 1 - 2

Ingredients:

- 1 serving (2 scoops) vanilla whey protein powder
- 16 ounces water
- ½ cup fresh or frozen strawberries
- 3 tablespoons instant orange sugar-free pudding

Directions:

1. Mix one serving of vanilla protein powder with 16 oz. of water.
2. Then, add strawberries and orange pudding and 3-5 ice cubes.
3. Blend at high speed for 45 seconds.
4. Serve, and enjoy!

Tuna Salad

Type: P/O or P/O/S if used with Ezekiel bread

Serves: 2

Ingredients:

- 6 oz can albacore tuna
- 1 whole, hard boiled egg, chopped (or egg whites only if preferred)
- 1 tablespoon mayonnaise
- 1 small onion, diced
- Diced celery to taste
- Dash of sage

Directions:

1. Combine all ingredients.
2. Serve and enjoy!

Note: This salad can be served rolled in lettuce leaves, scooped into celery stalks, or served on Ezekiel toasted bread.

Tuna Salad Wrap

Type: P/V/S

Serves: 1

Ingredients:

- 1 can tuna, water packed, drained
- 1 Tbsp fat-free ranch dressing
- 1 celery stalk, chopped
- ¼ tsp ground black pepper
- 1 tsp Mrs. Dash Table Blend seasoning
- 1- 8 inch whole wheat tortilla
- ¼ cucumber, thinly sliced
- ½ tomato, diced

Directions:

1. In a medium mixing bowl, combine tuna, ranch dressing, celery, pepper and Mrs. Dash seasoning; mix well.
2. Microwave the tortilla for 20 seconds to soften.
3. Place cucumber slices on the tortilla.
4. Top with the tuna mixture and tomato.
5. Roll up tortilla, serve and enjoy!

Tuna Steak

Type: P/V

Serves: 2

Ingredients:

- 1 lemon halved
- 2 Tbsp. white wine (optional)
- 2 portions tuna, 4-6 oz. (women), 6-8 oz (men)
- 1 tsp. blackened seasoning, or crushed black peppercorns.
- 1-cup broccoli or green vegetable of your choice.

Directions:

1. In a large Ziploc bag, combine lemon juice and wine.
2. Add tuna to the mixture and make sure it is coated.
3. Place in refrigerator to marinate at least 15 minutes.
4. Remove the tuna from the marinade and sprinkle both sides with blackened seasoning or peppercorns.
5. Lightly coat a skillet with cooking spray and place over high heat. When skillet is really hot, add the tuna steaks and sear for 2 minutes on each side.
6. Reduce the heat to low, cover with foil and cook another 5 minutes for rare or 7 minutes for medium.
7. If desired serve tuna on top of a leaf of lettuce and slice of tomato.
8. Serve with vegetable of your choice and enjoy!

Turkey Burger Recipe

Type: P/V

Serves: 4

Ingredients:

- 1 lb lean ground turkey breast
- ½ onion, finely chopped
- 1 tsp horseradish
- 1 tsp low sodium soy sauce
- ¼ tsp ground black pepper
- 1 clove garlic, minced 2 Tbsp fresh parsley, chopped parsley
- 1 egg white
- 4 lettuce leaves
- 4 slices tomato
- 4 portabella mushroom caps

Directions:

1. Preheat grill, skillet or “George Foreman Grill” to medium-high heat.
2. In a large mixing bowl, combine ground turkey, onion, horseradish, soy sauce, black pepper, garlic, parsley and egg white.
3. Form into 4 portion-sized patties.
4. Place patties on a hot grill and cook until no longer pink in the center, approximately 6 minutes per side.
5. Place burgers on top of mushroom caps with lettuce, tomato, and mustard.

Turkey Mishmash

Type: P/V or P/V/V (if you add a side salad)

Servings: 2

Ingredients:

- 1 clove garlic, peeled
- 1 tablespoon olive oil
- 5 or 6 whole mushrooms, sliced
- ½ yellow squash, diced
- ½ zucchini, diced
- 8 oz. Ground turkey
- Salt to taste
- Black pepper to taste
- 1/8 teaspoon onion powder
- ½ medium head green cabbage, shredded
- ½ cup low-sodium chicken broth

Directions:

1. In a large skillet, sauté garlic clove in olive oil; add the mushrooms, yellow squash, and zucchini; cook until soft.
2. Add the ground turkey, salt, pepper and onion powder, and brown until the meat is cooked thoroughly.
3. Remove from heat.
4. In a large skillet, sear the cabbage until it starts to brown.
5. Toss and add small amounts of chicken broth.
6. Sauté until the cabbage is very soft.
7. Put cabbage on plates with turkey mishmash on top.
8. Serve with a small house salad with 1 tablespoon extra virgin olive oil and vinegar.

Note: This recipe was submitted by Denise Beaulieu. It is delicious!

Turkey Reuben Sandwich

Type: P/S

Serves: 1

Ingredients:

- 2 slices Ezekiel bread
- 1 slice reduced-fat Swiss Cheese
- 1 portion sliced turkey breast (4 – 6 oz)
- ¼ cup sauerkraut, drained
- Small amount of spicy mustard or reduced fat Thousand Island dressing, to taste

Directions:

1. Lightly coat a small skillet with cooking spray and place over medium heat.
2. Spread spicy mustard or dressing over both slices of bread.
3. Layer cheese, turkey and sauerkraut on one of the bread slices.
4. Top with remaining bread slice.
5. Place the sandwich in the skillet and cook until the bottom is golden brown, about 4 minutes.
6. Turn and brown the other side.
7. Slice in half, serve and enjoy!

Turkey Sandwich

Type: P/S/V

Servings: 1

Ingredients:

- 1 Tbsp mustard or fat-free mayonnaise
- 2 slices Ezekiel bread
- 2 lettuce leaves
- 1 portion roasted turkey breast, sliced
- ½ tomato, sliced

Directions:

1. Spread mustard or mayo evenly on bread slices.
2. Top with turkey, lettuce, & tomato.
3. Cut sandwich in half and serve.

Tip: I like my bread toasted. 😊

Turkey Sausage Omelet

Type: P/V

Serves: 1

Ingredients:

- 1 whole egg, 3 whites (women), 1 whole, 5 whites (men)
- 2 – 3 oz lean turkey sausage, cooked and crumbled
- 1 -2 oz. reduced fat cheddar cheese
- Add peppers, onion or mushrooms if desired

Directions:

1. Cook turkey sausage in a small pan until no longer pink in the middle; set aside.
2. Mix eggs together in a small bowl until frothy.
3. Spray a 10-inch skillet with cooking spray and put over mediumlow to medium heat.
4. Pour eggs into pan and layer sausage and cheese (and any other ingredients) on one half of the egg mixture.
5. Cover and let set until firm, about 4 – 5 minutes.
6. When set, fold over the other half, serve and enjoy!

Tuscan Style Chicken

Type: P/V

Serves: 2

Ingredients:

- 2 portions chicken breast (men 6-8 oz, women, 4-6 oz)
- 1 Tbsp olive oil
- 2 tomatoes, diced
- 1 Tbsp caper, drained and rinsed
- ½ tsp Mrs. Dash Tomato-Basil-Garlic seasoning
- ¼ cup fresh basil, sliced, divided

Directions:

1. Preheat grill to high
2. Place chicken on hot grill and cook for about 6 minutes on each side, until no longer pink.
3. While the chicken is cooking, heat olive oil in a large skillet over medium-low heat.
4. Add tomatoes and capers; sauté until soft, about 10 minutes
5. Stir in Mrs. Dash seasoning and half of the sliced basil; sauté for 2 more minutes.
6. Place a portion of chicken on two separate plates and top each with half the tomato and caper mixture; sprinkle with the remaining basil.
7. Serve with asparagus or broccoli and a small dinner salad with 1 Tbsp each of vinegar and oil.
8. Enjoy!

Tuscan Tuna & White Bean Salad

Type: P/O/S

Serves: 6

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 cloves garlic, finely chopped
- 2 teaspoons dried rosemary, crushed
- One 15-ounce can white beans (cannellini or Great Northern), rinsed
- 3 plum tomatoes, chopped
- 1/3 cup chopped fresh parsley, preferably Italian flat-leaf
- One 12-ounce can (or two 6-ounce cans) chunk light tuna in water, drained and flaked

Directions:

1. Whisk together oil, lemon juice, garlic and rosemary in a bowl.
2. Add beans, tomatoes and parsley and toss together.
3. Gently stir in tuna.
4. Serve and enjoy!

Very Vanilla Shake

Type: P/FF

Serves: 1

Ingredients:

- 1 cup cold organic skim milk
- 1 serving vanilla whey protein powder
- 2 Tbsp malted milk powder
- 1 Tbsp fat-free, sugar-free vanilla instant pudding mix
- 6 ice cubes

Directions:

1. Place milk and protein powder in blender and blend on medium speed for 20 seconds.
2. Add malted milk and blend 20 more seconds.
3. Add pudding mix and blend for about 30 seconds.
4. Add ice cubes and blend on high speed until smooth, about 30 more seconds.
5. Pour into glass and enjoy!

Note: Small amounts of pudding mix will add minimal carbs, please monitor portions carefully

Western Omelet

Type: P/S

Serves: 1

Ingredients:

- 1 whole egg
- 3 – 5 egg whites (women, men)
- 1 Tbsp organic skim milk
- ¼ tsp ground black pepper
- ¼ green bell pepper, diced
- ¼ red bell pepper, diced
- 1 slice onion, chopped
- ¼ cup Canadian bacon, diced
- 2 Tbsp reduced-fat cheddar cheese, shredded
- 1 slice Ezekiel bread, toasted

Directions:

1. Lightly coat a small nonstick skillet with cooking spray.
2. Place over medium-low heat.
3. In a small mixing bowl, whisk together the egg, egg whites, milk and pepper.
4. Pour egg mixture into skillet, cover and cook about 4 minutes until eggs are set but still moist.
5. Spoon bell peppers, onion and Canadian bacon onto half of the omelet.
6. Fold omelet over filling and sprinkle with cheese.
7. Cover and cook until filling is heated through and cheese starts to melt, about 2 minutes.
8. Place omelet on a warmed plate with toast.
9. Enjoy!

