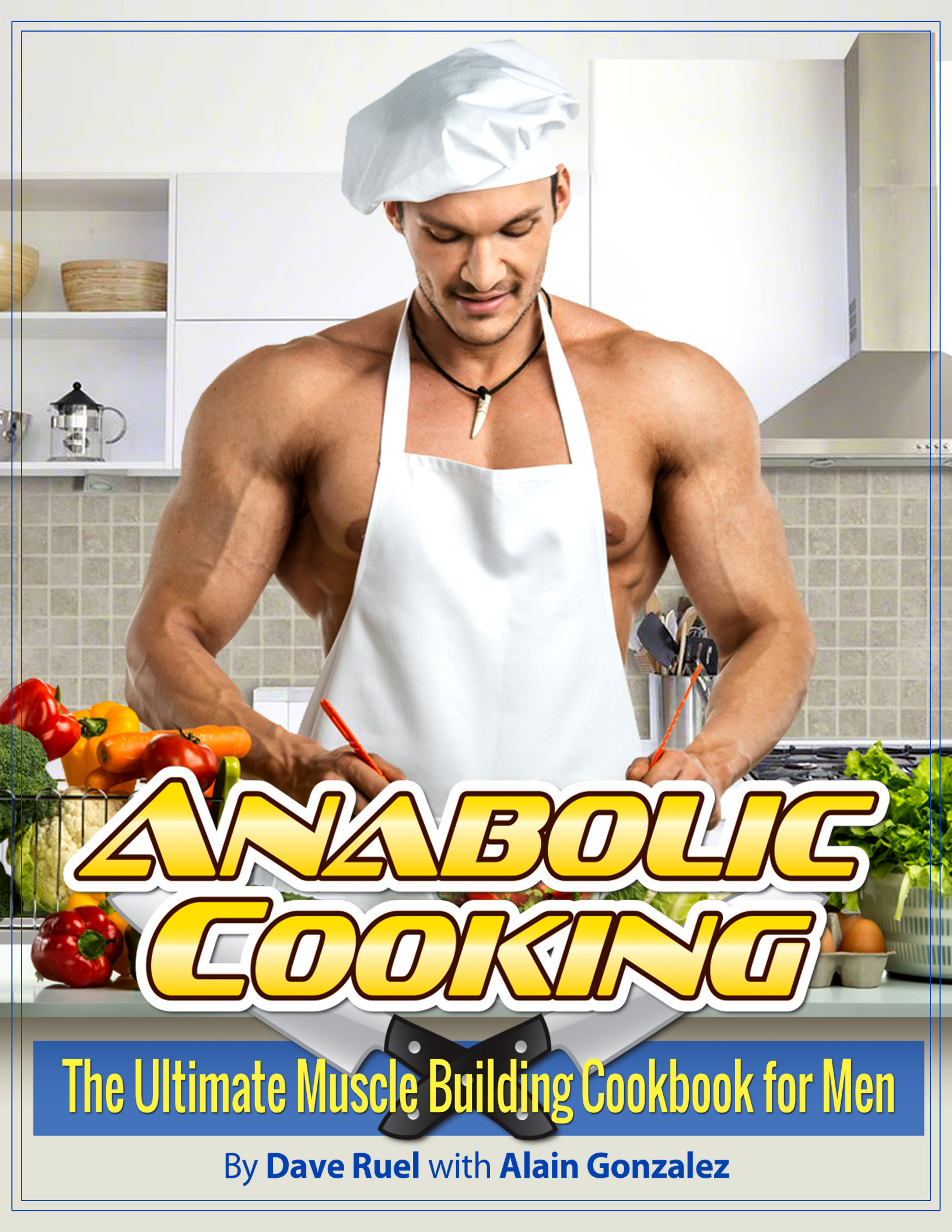


Anabolic Cooking

The Ultimate Muscle Building Cookbook for Men

By **Dave Ruel** with **Alain Gonzalez**

TABLE OF CONTENTS

BREAKFAST 8

DAVE'S ANABOLIC BLUEBERRY OATMEAL 9
VANILLA CREAM OATMEAL 10
REESE'S STYLE OATMEAL 11
NANNY'S APPLE PIE OATS 12
HIGH PROTEIN PANCAKES 13
HIGH PROTEIN PANCAKES 13
SWEET POTATO PANCAKES 14
HIGH PROTEIN BANANA BREAD 15
LOW CARB ZUCCHINI HASH BROWNS 16
PROTEIN WAFFLES 17
APPLE & CINNAMON MUFFINS 18
VANILLA-BLUEBERRY HP MUFFINS 19
BANANA & PEANUT BUTTER HP MUFFIN 20
LEMON-POPPYSEED HP MUFFIN 21
MAPLE-PECAN HIGH PROTEIN MUFFINS 22
LOW CARB SPINACH SCRAMBLE 23
MEXICAN BREAKFAST SCRAMBLE 24
RISING SUN SCRAMBLE 25
TURKEY BACON SCRAMBLE 26
ASPARAGUS & POTATO FRITTATA 27
BROCCOLI FRITTATA 28
SWEET POTATO & SPINACH FRITTATA 29
TURKEY SPINACH OMELETTE 30
CLASSIC DENVER OMELETTE 31
CHEF FABIO'S OMELETTE 32

CHICKEN & POULTRY 33

DAVE'S FAMOUS TURKEY MEAT LOAF 34
ROASTED CHICKEN BREAST WITH SPINACH 35
BAKED CRISPY CHICKEN NUGGETS 36
GRILLED TURKEY CLUB 37
ITALIAN CHICKEN PARMESAN 38
CHICKEN MASALA 39
CHICKEN CACCIATORE 40

HONEY GARLIC GLAZED CHICKEN 41
APPLE CIDER VINEGAR CHICKEN 42
GRILLED GREEK CHICKEN 43
GRILLED TEX MEX CHICKEN 44
PROVENCAL CHICKEN STRIPS 45
CRUSTED ORANGE CHICKEN 46
CHICKEN PIZZA 47
CARRIBEAN CHICKEN STIR FRY 48
SWEET PEPPER CHICKEN STIR FRY 49
CREOLE POACHED CHICKEN 50
CHICKEN QUESADILLAS 51
MEXICAN CHICKEN 52
CHICKEN FAJITAS 53
CHICKEN "EGG ROLLS" 54
CURRY CHICKEN AND ALMONDS 55
SOUTHERN FRIED CHICKEN 56
MUSTARD ROASTED CHICKEN 57
TANGY THAI CHICKEN 58
MINT CREAM MARINATED CHICKEN 59
CHICKEN STROGANOFF 60
15 EASY CHICKEN MARINADES 61

RED MEAT & PORK 62

THE MUSCLE COOK'S CHILI 63
BEEF AND BROCCOLI STIR FRY 64
BUFFALOAF - BUFFALO MEAT LOAF 65
BUFFALO (BISON) BURGERS 66
BAKED MEATBALLS 67
BEEF STROGANOFF 68
MEXICAN BEEF & POTATO CASSEROLE 69
ORIENTAL BEEF STIR FRY 70
SAIGON BEEF NOODLES 71
SOUTHWEST BEEF 72
BEEF TERIYAKE 73
BEEF CUBANO 74
GRILLED SIRLOIN TERIYAKI 75
BEEF BOMBS 76
LONDON BROIL 77
BEEF FAJITAS 78

BOEUF BOURGUIGNON 79
BEEF & SPINACH LASAGNE 80
SLOW COOKED ROAST 81
ROASTED PEPPERCORN TENDERLOIN 82
LEBANESE BEEF KEBABS 83
GRILLED MARINATED PORK 84
BBQ PULLED PORK 85
DIJON PORK CHOPS 86
JAMAICAN PORK 87
PUERTO RICO ROASTED PORK 88
HONEY-MUSTARD PORK CHOPS 89
BALSAMIC GLAZED PORK CHOPS 90

FISH & SEAFOOD 91

CLASSIC TUNA MELT PATTIES 92
ROSEMARY MARINATED SALMON 93
SALMON BURGERS 94
GRILLED BLUEBERRY SALMON STEAKS 95
SALMON FRITTATA 96
WALNUT CRUSTED SALMON 97
SUN DRIED TOMATO SALMON 98
BAKED OREGANO SALMON 99
SALMON À LA CRÈME 100
CREOLE TILAPIA 101
BAKED CITRUS TILAPIA 102
JERK TILAPIA WITH ASPARAGUS 103
MEDITERRANEAN TILAPIA 104
ALMOND CRUSTED TILAPIA 105
POACHED HALIBUT 106
PROVENCAL HALIBUT 107
HERB-CRUSTED HALIBUT 108
NEW ENGLAND CRAB CAKES 109
HELLAS SHRIMP (GREEK) 110
GRILLED SHRIMP & CILANTRO SALSA 111
CAJUN SHRIMP 112
TURKEY BACON WRAPPED SCALLOPS 113
LEMON MARINATED SCALLOPS 114
15 QUICK & EASY TUNA RECIPES 115

SOUPS, SALADS, SIDES & OTHERS 116

ALMOND CHICKEN SALAD 117
BLUEBERRY-BASIL CHICKEN SALAD 118
MEDITERRANEAN CHICKEN SALAD 119
ROASTED CURRY CHICKEN SQUASH SALAD 120
SPINACH & CHICKEN SALAD W/CURRY 121
STRAWBERRY-TURKEY SPINACH SALAD 122
APPLE MANDARIN TUNA SALAD 123
SHRIMP & AVOCADO SALAD 124
HOT SHRIMP BLUEBERRY SALAD 125
3 BEAN SALAD 126
WASABI MASHED POTATOES 127
ROASTED GARLIC MASHED POTATOES 128
LEMON & CINNAMON SWEET POTATOES 129
GINGER SWEET POTATOES 130
CRISPY BAKED SWEET POTATO FRIES 131
HERBED B.E.P. BROWN RICE 132
HERBED QUINOA 133
BULGAR PILAF 134
RISOTTO 135
CHICKEN BARLEY SOUP 136
SLOW COOKED TURKEY CHOWDER 137
AVGOLEMONO CHICKEN SOUP 138
ANABOLICIOU S GUMBO 139
TURKEY & SWEET POTATO CHOWDER 140
GUILT FREE SPINACH DIP 141
GUACAMOLE 142
EZEKIEL BREAD STUFFING 143
THE PERFECT SPAGHETTI SAUCE 144

SNACKS & BARS 145

HIGH PROTEIN FUDGE BARS 146
PEANUT BUTTER PROTEIN BARS 147
ALMOND COCONUT BARS 148
HIGH PROTEIN GRANOLA BARS 149

APPLE CINNAMON PROTEIN BARS 150
BANANA-MAPLE PROTEIN SNACK WRAP 151
HIGH PROTEIN BLUEBERRY COOKIES 152
REESE'S STYLE COTTAGE CHEESE 153
HIGH PROTEIN JELL-O 154
HIGH PROTEIN CHOCOLATE CREPES 155
HIGH PROTEIN RICE PUDDING 156
ZUCCHINI BREAD 157
HUMMUS & CARROTS 158
CINNAMON TOASTED ALMONDS 159
BUFFALO WINGS 160
EGG WHITES BITES 161
EGGSTERS 162

DESSERTS 163
STRAWBERRY MERINGUES 164
LEMON CHEESECAKE 165
BLUEBERRY CHEESECAKE 166
STRAWBERRY PROTEIN ICE CREAM 167
ORANGE PROTEIN CREAMSICLES 168
BROWNIE IN A CUP 169
HIGH PROTEIN CHOCOLATE MOUSSE 170
MANGO LIME MOUSSE 171
SWEET POTATO PIE 172
BANANA CREAM PIE 173
CARROT CAKE 174
PEANUT BUTTER PROTEIN ROLLS 175
THE BODYBUILDERS CHOCOLATE CAKE 176
CHOCOLATE HAZLENUT BISCOTTI 177
GUILT FREE CHOCOLATE SAUCE 178

BREAKFAST

DAVE'S ANABOLIC BLUEBERRY OATMEAL

Makes 1 serving

INGREDIENTS:

- ¾ cup oatmeal
- 8 egg whites
- ½ scoop chocolate protein powder
- 2 tsp pure cocoa powder
- ½ tsp stevia
- 1 tbsp flax oil
- 1 cup frozen blueberries
- ¼ cup water

DIRECTIONS:

1. In a big bowl, mix all the ingredients (except for the frozen blueberries).
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another) - stir the mix 2 minutes after cooking has started (so the mix doesn't stick or create chunks).
3. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

580
CALORIES
Protein 52g
Carbohydrates 57g
Fats 16g

PER SERVING

VANILLA CREAM OATMEAL

Makes 1 serving

INGREDIENTS:

- 1 cup oatmeal
- 1 cup skim milk
- 1 scoop vanilla protein powder
- ½ tsp stevia
- Pinch cinnamon

531 CALORIES

Protein 45g
Carbohydrates 73g
Fats 6g

PER SERVING

DIRECTIONS:

1. In a big bowl, mix all the ingredients (except for the protein powder).
2. Cook in a microwave for about 1 minute - stir the mix, then microwave for another 1 minute.
3. Let the oatmeal cool down for about 3 minutes.
4. Add the vanilla protein powder.

QUICK TIP:

You can add ½ cup of berries (your choice of berries) to add extra flavour.

REESE'S STYLE OATMEAL

Makes 1 serving

INGREDIENTS:

- 1 cup oatmeal
- 1 cup skim milk
- 1 scoop chocolate protein powder
- 1 tsp pure cocoa powder
- ½ tsp stevia
- 1 tbsp natural peanut butter

610 CALORIES

Protein 48g
Carbohydrates 73g
Fats 14g

PER SERVING

DIRECTIONS:

1. In a big bowl, mix the oatmeal, the milk, stevia and the cocoa powder.
2. Cook in a microwave for about 1 minute - stir the mix, then microwave for another 1 minute.
3. Let the oatmeal cool down for about 3 minutes.
4. Add the chocolate protein powder, stir.
5. Add the natural peanut butter.

NANNY'S APPLE PIE OATS

Makes 1 serving

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 apple (cored and diced)
- ½ cup unsweetened apple sauce
- ½ tsp cinnamon
- 1 scoop vanilla protein powder
- 1 cup water
- ¼ tsp vanilla extract
- ½ tsp stevia

476
CALORIES
Protein 40g
Carbohydrates 61g
Fats 8g
PER SERVING

DIRECTIONS:

1. In a big bowl, mix oatmeal, oat bran, protein powder, vanilla extract and water.
2. In a separate bowl, mix the apple, apple sauce, cinnamon and stevia (or Splenda).
3. Coat a small baking pan with cooking spray.
4. Pour the apple sauce mixture in the baking dish, then pour the oat mixture on top.
5. Bake for 35 minutes at 350°F.

QUICK TIP: Bake a big batch... so you will have multiple meals... Serve in a bowl and pour some skim milk on top... Trust me you won't regret it !

HIGH PROTEIN PANCAKES

Makes 1 serving (6 pancakes)

INGREDIENTS:

- ¼ cup oatmeal
- 6 egg whites
- 1 tbsp ground flax
- ¼ tsp baking soda
- ½ tsp cinnamon
- ½ tsp stevia

259 CALORIES

Protein 30g
Carbohydrates 26g
Fats 4g

PER SERVING

DIRECTIONS:

1. First heat a frying pan until hot and then reduce to medium temperature.
2. After mixing together all the ingredients in a blender, spray some Pam (or other cooking spray), drop by spoonful onto the pan, flipping when bubbles start to form.
3. Make about 6 pancakes.

SWEET POTATO PANCAKES

Makes 1 serving (6 pancakes)

INGREDIENTS:

- 6oz sweet potato
- ½ cup oatmeal
- 4 egg whites
- 1 egg (with yolk)
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ¼ cup fat free plain yoghurt

508 CALORIES

Protein 35g
Carbohydrates 74g
Fats 8g

PER SERVING

DIRECTIONS:

1. Pierce the sweet potato a few times with a fork. Wrap in a paper towel and cook in the microwave for 5 minutes at full power, or until tender. Cool slightly, and remove the skin with a small knife.
2. Meanwhile, process the oats in a blender or food processor until powdery. Transfer the oats to a large bowl. Break the sweet potato into chunks, and place in the food processor. Blend until smooth. Transfer to the bowl with the oats, and stir in the egg, egg whites, vanilla, cinnamon and yoghurt.
3. After mixing together all the ingredients in a blender, spray some Pam (or other cooking spray), drop by spoonful onto the pan, flipping when bubbles start to form.

HIGH PROTEIN BANANA BREAD

Makes 8 slices

INGREDIENTS:

- 2 eggs
- 2 tbsp fat free whipping cream
- 2 bananas
- 6 scoops vanilla protein powder
- ½ tsp vanilla extract
- 1 tsp banana extract
- ⅓ cup water
- 1 tsp baking soda

157 CALORIES

Protein 25g
Carbohydrates 12g
Fats 1g

PER SERVING

DIRECTIONS:

1. Mix everything in a blender. Blend until smooth.
2. Pour the mix in a loaf pan.
3. Bake for about 30 minutes at 325°F.

LOW CARB ZUCCHINI HASH BROWNS

Makes 1 serving

INGREDIENTS:

- 2 eggs
- 1 cup grated zucchini
- ¼ cup diced onion
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Pinch of salt and pepper

174
CALORIES
Protein 14g
Carbohydrates 7g
Fats 10g
PER SERVING

DIRECTIONS:

1. Heat a frying pan until hot and then reduce to medium temperature.
2. After mixing together all the ingredients in a bowl.
3. Spray some Pam (or other cooking spray), drop by spoonful onto the pan, when brown on one side, turn and cook the other side.

PROTEIN WAFFLES

Makes 1 serving

INGREDIENTS:

- 4 egg whites
- ½ cup fat free cottage cheese (drained from liquid)
- ½ cup oatmeal
- 1 tsp baking powder
- ½ tsp stevia

310 CALORIES

Protein 37g
Carbohydrates 36g
Fats 2g

PER SERVING

DIRECTIONS:

1. Mix everything together in a blender until smooth.
2. Bake in a waffle iron.

APPLE & CINNAMON MUFFINS

Makes 1 serving - 3 big muffins

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- ½ scoop vanilla protein powder
- ¼ tsp baking soda
- ½ tsp stevia
- 1 tbsp flax oil
- 1 diced apple
- 2 tbsp unsweetened apple sauce
- ½ tsp cinnamon
- ½ tsp vanilla extract

598
CALORIES
Protein 51g
Carbohydrates 65g
Fats 13g
PER SERVING

DIRECTIONS:

1. In a blender, mix all the ingredients (except for the diced apple). Blend until the mix gets thick.
2. Add the diced apple and stir (with a spoon or a spatula)
3. Pour the mix into a muffin cooking pan, and cook at 350°F. until cooked (about 30 minutes).

QUICK TIP:

You can cook a big batch and freeze the muffins. Then just microwave the muffins when needed...

VANILLA-BLUEBERRY HP MUFFINS

Makes 1 serving (3 big muffins)

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- ½ scoop vanilla protein powder
- ¼ tsp baking soda
- ½ tsp stevia
- 1 tbsp canola oil
- 1 cup frozen blueberries
- ½ tsp vanilla extracts

576
CALORIES
Protein 51g
Carbohydrates 57g
Fats 13g

PER SERVING

DIRECTIONS:

1. In a blender, mix all the ingredients (except for the blueberries). Blend until the mix gets thick.
2. Add the blueberries and stir (with a spoon or a spatula)
3. Pour the mix in a muffin cooking pan, and cook at 350°F. Until cooked (about 30 minutes).

Quick Tip: You can cook a big batch and freeze the muffins. Then just microwave the muffins when needed...

BANANA & PEANUT BUTTER HP MUFFIN

Makes 1 serving (3 big muffins)

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- ½ scoop vanilla protein powder
- ¼ tsp baking soda
- ½ tsp stevia
- 1 tbsp natural peanut butter
- 1 big banana
- ½ tsp vanilla extract
- ½ tsp banana extract

569
CALORIES
Protein 51g
Carbohydrates 53g
Fats 14g
PER SERVING

DIRECTIONS:

1. In a blender, mix all the ingredients (except for the banana). Blend until the mix gets thick.
2. Cut the banana in thin slices or cubes. Add the banana to the mix and stir (with a spoon or a spatula)
3. Pour the mix in a muffin cooking pan, and cook at 350°F. Until cooked (about 30 minutes).

QUICK TIP:

You can cook a big batch and freeze the muffins.
Then just microwave the muffins when needed...

LEMON-POPPYSEED HP MUFFIN

Makes 1 serving (3 big muffins)

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- ½ scoop vanilla protein powder
- ¼ tsp baking soda
- ½ tsp stevia
- 1 tbsp ground flax seeds
- 1 tbsp poppyseeds
- 1 tbsp lemon juice
- ½ tsp lemon zest

551 CALORIES

Protein 51g
Carbohydrates 53g
Fats 11g

PER SERVING

DIRECTIONS:

1. In a blender, mix all the ingredients. Blend until the mix gets thick.
2. Pour the mix in a muffin cooking pan, and cook at 350°F. Until cooked (about 30 minutes).

QUICK TIP:

You can cook a big batch and freeze the muffins.
Then just microwave the muffins when needed...

MAPLE-PECAN HIGH PROTEIN MUFFINS

Makes 1 serving (3 big muffins)

INGREDIENTS:

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- 125g cottage cheese
- ¼ tsp baking soda
- ½ tsp stevia
- ¼ cup crushed pecan
- 2 tbsp low-cal maple syrup
- 1 tsp maple extract
- 1 tsp vanilla extract

544
CALORIES
Protein 50g
Carbohydrates 59g
Fats 12g
PER SERVING

DIRECTIONS:

1. In a blender, mix all the ingredients (except for crushed pecan). Blend until the mix gets thick.
2. Add the crushed pecan to the mix and stir (with a spoon or a spatula)
3. Pour the mix in a muffin cooking pan, and cook at 350°F. Until cooked (about 30 minutes).

QUICK TIP:

You can cook a big batch and freeze the muffins.
Then just microwave the muffins when needed...

LOW CARB SPINACH SCRAMBLE

Makes 1 serving

INGREDIENTS:

- 6 egg whites
- 2 eggs (with yolks)
- 1 cup cooked and drained spinach (fresh or frozen)
- salt and pepper - to taste
- ¼ cup chopped onion
- ¼ cup chopped red pepper

257 CALORIES

Protein 39g
Carbohydrates 5g
Fats 9g

PER SERVING

DIRECTIONS:

1. Cook and drain the spinach. Season it with salt and pepper while still warm. Cover and set aside.
2. In medium skillet coated lightly with cooking spray - set to medium heat - cook the onion and red pepper until tender.
3. Add the eggs and scramble until completely set.
4. To serve, make a bed of spinach on a serving plate. Top with the scrambled eggs. Add additional seasoning if desired.

MEXICAN BREAKFAST SCRAMBLE

Makes 1 servings

INGREDIENTS:

- 6 egg whites
- 2 eggs (with yolk)
- ½ cup fat-free cottage cheese
- 2 slices turkey bacon
- ¼ cup chopped onion
- ¼ cup salsa

387 CALORIES

Protein 54g
Carbohydrates 9g
Fats 15g

PER SERVING

DIRECTIONS:

1. Cook and crumble the turkey bacon
2. Place the cottage cheese in a tea strainer and allow it to drain excess liquid.
3. Blend the eggs and egg whites, then add in the cottage cheese.
4. Scramble this in a sprayed pan until it starts to set. Add in the crumbled bacon and stir in the parsley. Add a spoonful of salsa and keep stirring.
5. Put on a serving plate and put the rest of the salsa on the top as a garnish. Sprinkle with more cilantro (or green onion) if you wish.

QUICK TIP:

You can cook a big batch and freeze the muffins.
Then just microwave the muffins when needed...

RISING SUN SCRAMBLE

Makes 1 serving

INGREDIENTS:

- 6 egg whites
- 2 eggs (with yolk)
- 1 cup chopped mushrooms
- ½ cup chopped red pepper
- 2 tbsp scallion (green onions)
- 12 snow peas (cut in small pieces)
- 1 tbsp canola oil
- 1 tsp ginger
- 1 tsp garlic
- 1 tbsp low-sodium soy sauce

308 CALORIES

Protein 40g
Carbohydrates 10g
Fats 12g

PER SERVING

DIRECTIONS:

1. In a skillet at medium-high heat, cook the garlic and ginger in olive oil until golden. Then add the mushroom, red pepper and scallion with the soy sauce, cook for about 2 minutes. Cover and set aside.
2. In a medium skillet coated lightly with cooking spray - set to medium heat - scramble the eggs and egg whites.
3. Just before the eggs are completely cooked, add the veggies and mix everything.

TURKEY BACON SCRAMBLE

Makes 1 serving

INGREDIENTS:

- 6 egg whites
- Salt and pepper
- 1 tsp dried parsley
- ½ tsp garlic powder
- ¼ cup chopped onion
- ¼ cup chopped yellow pepper
- ¼ cup quartered white mushrooms
- 1 scallion, minced
- 3 sliced portobello mushrooms
- 3 slices turkey bacon
- 1 tsp olive oil

307 CALORIES

Protein 47g
Carbohydrates 5g
Fats 11g

PER SERVING

DIRECTIONS:

1. In medium skillet coated lightly with cooking spray - set to medium-high heat - cook the onion, white mushrooms, scallion, portobello mushrooms and yellow pepper until tender.
2. In another skillet, cook turkey bacon.
3. Add the eggs to the veggies and scramble until completely set. Then add a teaspoon of olive oil.
4. Crumble bacon and add to the scramble.

ASPARAGUS & POTATO FRITTATA

Makes 1 serving

INGREDIENTS:

- 1 tbsp olive oil
- 1 red potato, diced
- ¼ cup chopped onion
- Pinch salt
- Pinch ground black pepper
- 6 asparagus, trimmed and cut into 2-inch pieces
- 1 egg
- 6 egg whites
- 1 tbsp fat free milk
- 2 oz shredded low fat mozzarella cheese
- 1 tsp chopped fresh basil

494
CALORIES
Protein 42g
Carbohydrates 41g
Fats 18g
PER SERVING

DIRECTIONS:

1. Preheat an oven to 350°F (175oC). Prepare baking dish.
2. Heat the olive oil in a large skillet over medium heat; cook and stir the diced potato and onion in the hot oil until the potatoes begin to brown, about 5 minutes.
3. Season with salt and pepper. Add the asparagus and continue cooking until the asparagus is tender, another 5 to 7 minutes; transfer to the prepared baking dish.
4. Whisk the eggs and milk together in a small bowl; pour evenly over the dish. Scatter the mozzarella over the top of the potato mixture.
5. Bake in the preheated oven until set in the middle, 20 to 25 minutes. Garnish with the basil to serve.

BROCCOLI FRITTATA

Makes 1 serving

INGREDIENTS:

- 1 tbsp olive oil
- ¼ cup chopped onion
- Pinch salt
- 3 cups broccoli florets
- 1 egg
- 6 egg whites
- ¼ cup shredded low fat parmesan cheese

409
CALORIES
Protein 42g
Carbohydrates 22g
Fats 17g
PER SERVING

DIRECTIONS:

1. Preheat an oven to 350°F (175°C). Prepare baking dish.
2. In a large covered skillet, over medium heat, steam broccoli for 4-5 minutes, until vibrant green. Set aside when ready.
3. In the same skillet, cook the onion in the olive oil until the onions are golden brown. Add steamed broccoli to the onion, toss.
4. Whisk the eggs and egg whites in a small bowl; then pour over broccoli and onion. Sprinkle parmesan cheese over the frittata. Cook for 3-5 minutes, or until eggs are set on the bottom.
5. Bake in the preheated oven until set in the middle, 20 to 25 minutes. Garnish with the basil to serve.

SWEET POTATO & SPINACH FRITTATA

Makes 1 serving

INGREDIENTS:

- 1 tbsp olive oil
- 1 medium sweet potato
- ¼ cup chopped onion
- Pinch salt
- 1 cup fresh spinach
- 1 egg
- 6 egg whites
- ¼ cup shredded low fat cheddar cheese
- ⅓ cup skim milk
- 1 tsp crushed garlic

455 CALORIES

Protein 42g
Carbohydrates 29g
Fats 19g

PER SERVING

DIRECTIONS:

1. Preheat an oven to 350°F (175°C). Prepare baking dish.
2. Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.
3. Whisk the egg, egg whites and milk in a small bowl; then pour over vegetables. Sprinkle cheddar cheese over the frittata. Cook for 3-5 minutes, or until eggs are set on the bottom.
4. Bake in the preheated oven until set in the middle, 20 to 25 minutes.

TURKEY SPINACH OMELETTE

Makes 1 serving

INGREDIENTS:

- 6 egg whites
- 1 egg (with yolk)
- 1 handful spinach
- ½ cup sliced mushrooms
- ½ cup chopped onions
- 3oz turkey deli slices (chopped)
- 1 slice fat-free cheese

303 CALORIES

Protein 52g
Carbohydrates 8g
Fats 7g

PER SERVING

DIRECTIONS:

1. In medium skillet coated lightly with cooking spray - set to medium heat - cook the onion, white mushrooms, and turkey for about 5 minutes, then add the spinach for 30 seconds. Remove from skillet and set aside.
2. Mix egg whites and the whole egg and pour the mixture in the skillet.
3. Wait a couple minutes until you see bubbles. Then lift a portion of the eggs with a spatula allowing the remaining liquid eggs to flow under the part you lifted. Do this in a few places around the perimeter of the omelette. Wait a couple more minutes and flip the omelette.
4. After flipping, add the slice of fat free cheese on top of the omelette.
5. Spread the turkey and veggies mixture on one half of the omelette and fold the omelette in half. Slide onto a plate and enjoy!

CLASSIC DENVER OMELETTE

Makes 1 serving

INGREDIENTS:

- 6 egg whites
- 1 egg (with yolk)
- 1/3 green pepper, chopped
- 1/3 red pepper, chopped
- ½ cup chopped onions
- 2oz turkey deli slices (chopped)
- 2oz cooked ham slices
- 1 slice fat-free cheese
- 2 tsp olive oil
- Salt and pepper

393
CALORIES
Protein 57g
Carbohydrates 9g
Fats 12g
PER SERVING

DIRECTIONS:

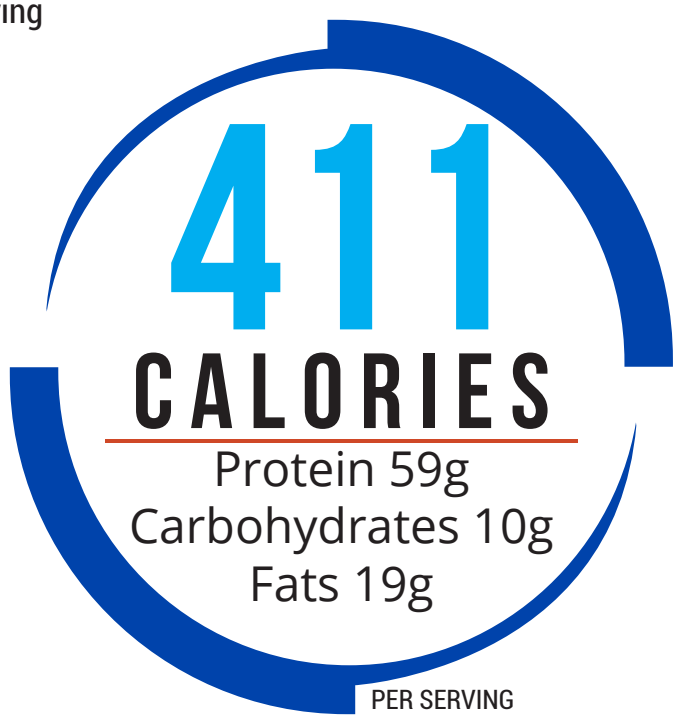
1. In medium skillet coated with 1 teaspoon of olive oil - set to medium-heat - cook the onion, peppers, ham and turkey for about 5 minutes. Remove from skillet and set aside.
2. Mix egg whites and the whole egg and pour the mixture in the skillet coated with the second teaspoon of olive oil.
3. Wait a couple minutes until you see bubbles. Then lift a portion of the eggs with a spatula allowing the remaining liquid eggs to flow under the part you lifted. Do this in a few places around the perimeter of the omelette. Wait a couple more minutes and flip the omelette .
4. After flipping, add the slice of fat free cheese on top of the omelette.
5. Spread the turkey and veggies mixture on one half of the omelette and fold the omelette in half. Slide onto a plate and enjoy!

CHEF FABIO'S OMELETTE

Makes 1 serving

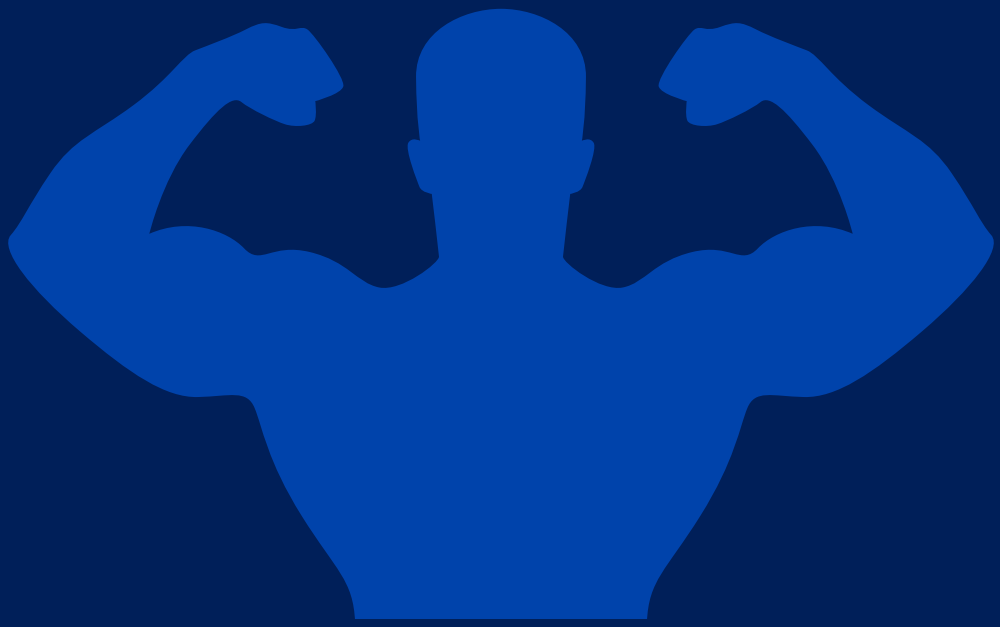
INGREDIENTS:

- 6 egg whites
- 1 egg
- 1/3 green pepper, chopped
- /3 red pepper, chopped
- ½ cup chopped onions
- 1 handful spinach
- 2 Lean turkey sausages
- 1/3 cup low fat mozzarella
- 1 tsp grated light parmesan
- 1 tsp olive oil
- Salt and pepper



DIRECTIONS:

1. Cook turkey sausages separately and cut in ½ inch pieces.
2. In medium skillet coated with 1 teaspoon of olive oil set to medium heat - cook the onion, peppers for about 5 minutes. Then add salt, pepper, spinach and turkey sausages pieces for another 30 seconds, and remove from skillet and set aside.
3. Mix egg whites and the whole egg and pour the mixture in the skillet.
4. Wait a couple minutes until you see bubbles. Then lift a portion of the eggs with a spatula allowing the remaining liquid eggs to flow under the part you lifted. Do this in a few places around the perimeter of the omelette. Wait a couple more minutes and flip the omelette.
5. After flipping, add the mozzarella and parmesan on top of the omelette.
6. Spread the turkey and veggies mixture on one half of the omelette and fold the omelette in half. Slide onto a plate and enjoy!



CHICKEN & POULTRY

DAVE'S FAMOUS TURKEY MEAT LOAF

Makes 6 servings

INGREDIENTS:

- 2 lbs ground turkey
- 1 tsp olive oil
- 1 diced onion
- 1 tsp garlic (optional)
- ⅓ cup dried tomatoes
- 1 cup whole wheat bread crumbs
- 1 whole egg
- ½ cup parsley
- ¼ cup low fat parmesan
- ¼ cup skim milk
- Salt and pepper
- 1 tsp oregano

393
CALORIES
Protein 46g
Carbohydrates 14g
Fats 17g
PER SERVING

DIRECTIONS:

1. Cook the onion with olive oil separately.
2. Mix everything together in a big bowl, add the cooked onions.
3. Put the mix in a big baking pan.
4. Bake at 375-400°F for about 30 minutes.

ROASTED CHICKEN BREAST WITH SPINACH

Makes 4 servings

INGREDIENTS:

- 4 large fresh chicken breasts, boneless and skinless (average 8oz per breast)
- 4 cups fresh spinach
- 2 tbsp garlic
- ¼ cup walnuts crushed
- Salt
- Fresh ground black pepper
- Olive oil (not extra virgin)

407 CALORIES

Protein 55g
Carbohydrates 4g
Fats 19g

PER SERVING

DIRECTIONS:

1. Pre-heat oven to 400°F. Butterfly chicken breasts (cut along side and lay out flat leaving attached at one end like a book) and lay out flat on cutting board. You can pound it slightly to flatten a bit if you want.
2. Rub both sides with olive oil and season well with salt and pepper
3. Lightly wilt spinach in non-stick pan, or if using frozen just thaw.
4. Spread garlic onto one half on inside of chicken breasts.
5. Sprinkle with crushed walnuts and spinach on top of walnuts.
6. Fold top over and place on a rack fitted inside a sheet pan or roasting pan.
7. Place chicken in oven and bake for 20 minutes at 400°F. Then reduce heat to 325°F and roast for an additional 30 minutes, or until inside stuffing reaches 145°F.
8. Let rest for 15 minutes before slicing.

BAKED CRISPY CHICKEN NUGGETS

Makes 6 servings

INGREDIENTS:

- 3 boneless, skinless chicken breasts weighing about 6oz. each
- ¼ cup/60ml oat bran
- ¼ cup/60ml wheat germ
- 1 tbsp/15ml coarsely ground flaxseed
- ¼ cup/60ml coarsely ground almonds
- ½ tsp/2½ml sea salt
- ½ tsp/2½ml white pepper
- Pinch garlic powder
- ½ cup/120ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

148 CALORIES

Protein 22g
Carbohydrates 6g
Fats 4g

PER SERVING

DIRECTIONS:

1. Preheat oven to 400°F. Prepare baking sheet by lining with parchment paper or coating lightly with best-quality olive oil.
2. Cut chicken breasts into nugget-sized pieces, about 1.5 inches square. Set aside.
3. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
4. Combine water and egg in a medium bowl. Dip each piece in the water/egg-white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated.
5. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10-15 minutes or until golden.

GRILLED TURKEY CLUB

Makes 1 serving

INGREDIENTS:

- 4 slices turkey bacon, cooked
- 3 slices whole-wheat bread
- 1 tbsp light mayonnaise
- 4oz sliced turkey breast
- 4 slices fresh tomato
- 2oz (½ cup) reduced-fat cheddar cheese, shredded

668
CALORIES
Protein 66g
Carbohydrates 58g
Fats 22g
PER SERVING

DIRECTIONS:

1. Cook Turkey Bacon.
2. Spread one side of a bread slice with light mayonnaise and top with the turkey bacon.
3. Top 2 slices of bread each with half of the turkey, tomato, and cheese.
4. In a non-stick pan, Grill sandwiches until golden, 3-4 minutes per side. Cut in half; serve.

ITALIAN CHICKEN PARMESAN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- 1 cup whole wheat bread crumbs
- ½ cup low-fat parmesan cheese
- 2 cups your favorite healthy Spaghetti sauce (recommended : the spaghetti sauce
- recipe in the "Salads, Soups & Sides" section)
- 3 egg whites

363 CALORIES

Protein 54g
Carbohydrates 21g
Fats 7g

PER SERVING

DIRECTIONS:

1. Beat 3 egg whites in a bowl and dip chicken in it.
2. On a separate plate, pour some bread crumbs and evenly coat the chicken and place in a cooking dish that has been sprayed with cooking spray.
3. Spoon spaghetti sauce over chicken and top with the parmesan cheese
4. Bake at 350°F for 30 minutes.

CHICKEN MASALA

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- 3 cups low-sodium chicken broth
- 8 sliced mushrooms
- 2 minced shallots
- ½ tsp red pepper flakes
- ½ tsp garlic
- 1 tsp rosemary
- 4 tsp fat free yogurt
- Salt and pepper

303 CALORIES

Protein 43g
Carbohydrates 17g
Fats 7g

PER SERVING

DIRECTIONS:

1. Sprinkle red pepper flakes, salt and pepper over chicken and set aside
2. Bring chicken broth to a low-boil in a saucepan over medium heat. Add mushrooms garlic and shallots, then simmer for about 15 minutes until sauce reduces.
3. Grill chicken for about 5-6 minutes each side or until cooked.
4. Return sauce to stove and whisk in the yoghurt.
5. Serve by topping chicken with sauce and rosemary.

CHICKEN CACCIATORE

Makes 4 serving

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- 2 chopped celery sticks
- 8 sliced mushrooms
- 1 minced onion
- ½ chopped green pepper
- 4 tbsp plain fat free yogurt
- ½ tsp cinnamon
- 2 cups Perfect Spaghetti sauce (see Salads, Soups and Sides section)
- or any healthy commercial spaghetti sauce
- Salt and pepper

283 CALORIES

Protein 45g
Carbohydrates 19g
Fats 3g

PER SERVING

DIRECTIONS:

1. Put the chicken breasts in a cooking pan.
2. Mix all the other ingredients together.
3. Pour mixture on the chicken breasts.
4. Bake uncovered at 350°F. for 90 minutes.

HONEY GARLIC GLAZED CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- 2 tbsp natural honey
- 2 tbsp balsamic vinegar
- 2 minced shallots
- 1 tsp garlic
- 1 tsp basil
- Salt and pepper

210 CALORIES

Protein 39g
Carbohydrates 9g
Fats 2g

PER SERVING

DIRECTIONS:

1. In a bowl, mix together the honey, balsamic vinegar, shallots, garlic, basil, salt and pepper
2. Place chicken in a baking pan.
3. Pour mixture onto the chicken and bake at 375°F. for 25 minutes.

APPLE CIDER VINEGAR CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- ½ tsp celery salt
- ½ tsp garlic powder
- 1 cup apple cider vinegar
- black pepper

174 CALORIES

Protein 39g
Carbohydrates 0g
Fats 2g

PER SERVING

DIRECTIONS:

1. In a bowl, mix together the celery salt, apple cider vinegar, garlic powder and black pepper.
2. Place chicken in a baking pan.
3. Pour mixture onto the chicken and bake at 375°F. for 25 minutes.

GRILLED GREEK CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- ½ cup black olives
- 4 diced tomatoes
- 1 cup crumbled low-fat Feta cheese
- ⅓ cup olive oil
- 1 tsp garlic
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp oregano
- 2 juiced lemons
- black pepper

390 CALORIES

Protein 47g
Carbohydrates 1g
Fats 22g

PER SERVING

DIRECTIONS:

1. In a bowl, mix the olive oil, garlic, rosemary, thyme, oregano, pepper and lemon juice.
2. Cut up chicken pieces into strips. Place the chicken pieces, olives and diced tomato in the mixture, cover and marinate in the refrigerator 8 hours or overnight
3. Place chicken mixture in aluminum foil, create pocket, add some of the marinade to keep moist and cook for approximately 30 minutes at 350°F.
4. Sprinkle with feta cheese before serving.

GRILLED TEX MEX CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each)
- 1 cup salsa
- 1/3 cup low-fat cheddar
- 1 tbsp olive oil
- 1 tsp garlic
- 1 tsp chili powder
- 1 tsp basil
- 1 tsp oregano
- 1 diced green bell pepper
- 1 diced red bell pepper
- 1 tsp lime juice
- Salt and pepper

266
CALORIES
Protein 44g
Carbohydrates 4g
Fats 10g
PER SERVING

DIRECTIONS:

1. In a bowl, mix the salsa, olive oil, garlic, chili powder, basil, oregano, lime juice.
2. Cut up chicken. Place the chicken and diced peppers in the mixture, cover and marinate in the refrigerator 8 hours or overnight.
3. Place chicken mixture in aluminum foil, create pocket, add some of the marinade to keep moist and cook for approximately 30 minutes at 350°F.
4. Sprinkle with cheddar cheese before serving.

PROVENCAL CHICKEN STRIPS

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each), cut in strips
- 2 tsp olive oil
- 2 chopped garlic cloves
- 6 diced tomatoes
- 1 minced shallot
- 1 tbsp chopped parsley
- 1 tbsp capers
- 1 tsp red wine vinegar
- 1 tsp rosemary

207 CALORIES

Protein 42g
Carbohydrates 3g
Fats 3g

PER SERVING

DIRECTIONS:

1. Cut up chicken in strips, and sauté for 4 minutes at medium-high heat in a large skillet coated with 1 teaspoon of olive oil.
2. Add shallot and garlic and cook for another 3 minutes. Stir frequently
3. Stir in tomatoes, capers, parsley, vinegar and rosemary.
4. Reduce heat and simmer for about 10 minutes or until the liquid evaporates.

CRUSTED ORANGE CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (boneless, 6oz each), cut in strips
- 2 tbsp orange juice
- 2 tbsp Dijon mustard
- 1 tbsp orange zest
- 1 shallot, finely chopped
- 1 cup whole wheat bread crumbs
- 1 minced shallot
- Salt and pepper

275 CALORIES

Protein 42g
Carbohydrates 20g
Fats 3g

PER SERVING

DIRECTIONS:

1. In a bowl, mix together orange juice, mustard, salt and pepper.
2. In another bowl, mix together orange zest, bread crumbs, and shallot. Put mix in a plate.
3. Dip the chicken in the orange juice and mustard mix then dredge in the bread crumbs mixture, coating completely.
4. Place chicken on a backing sheet lightly coated with cooking spray.
5. Bake for 30 minutes at 350°F. or until cooked through.

CHICKEN PIZZA

Makes 1 servings

INGREDIENTS:

- 6oz diced chicken breasts
- 2 tbsp Perfect Spaghetti Sauce (see Salads, Soups and Sides section)
- or any healthy commercial spaghetti sauce
- ⅓ cup low-fat mozzarella
- 1 whole wheat pita bread
- ¼ cup sliced mushrooms
- ¼ cup diced green pepper
- ¼ cup diced red pepper
- ¼ cup chopped onions
- Salt and pepper

410 CALORIES

Protein 44g
Carbohydrates 36g
Fats 10g

PER SERVING

DIRECTIONS:

1. Cook chicken separately. Cut in slices.
2. Spread Spaghetti Sauce on one side of the Pita Bread.
3. Top with chicken and veggies.
4. Sprinkle with mozzarella cheese, salt and pepper.
5. Bake in the oven at 375°F. for 15 minutes or until pita bread is crusty.

CARRIBEAN CHICKEN STIR FRY

Makes 4 servings

INGREDIENTS:

- 4 cooked, cubed chicken breast (6oz each)
- 1 green onion (scallion), minced
- 1 red pepper, cut in wedges
- 1 tbsp soy sauce
- 1 tsp ginger
- 1 tsp garlic
- ½ tsp paprika
- ½ tsp turmeric
- ¼ tsp cayenne pepper
- ⅓ cup orange juice
- 1 cup black beans (drained)
- Salt and pepper

246 CALORIES

Protein 47g
Carbohydrates 10g
Fats 2g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. Mix orange juice, soy sauce, ginger, paprika, turmeric, cayenne pepper, salt and pepper in a small bowl; set aside.
3. Heat wok or large skillet over high heat. Coat with cooking spray.
4. Add red pepper, garlic and scallion and stir-fry for 1 minute.
5. Add chicken, black beans and rice and stir fry for approximately 1 minute. Add orange juice mixture to the wok and stir until thickened.

QUICK TIP:

Serve with Brown Rice (long grain)

SWEET PEPPER CHICKEN STIR FRY

Makes 4 servings

INGREDIENTS:

- 4 chicken breast (6oz each), cut in cubes
- 1 lemon, sliced
- 1 tomato, chopped
- 1 tsp garlic
- ½ cup onion, chopped
- ¼ cup fresh parsley, chopped
- 1 tbsp fresh (or dried) oregano
- ¼ cup low-sodium chicken broth
- 1 sweet green pepper, cut in wedges
- 1 sweet red pepper, cut in wedges
- 1 sweet orange pepper, cut in wedges
- Salt and pepper

214
CALORIES
Protein 41g
Carbohydrates 8g
Fats 2g
PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. Heat wok or large skillet over high heat. Coat with cooking spray.
3. Add red, green and orange pepper, garlic, tomato, lemon and onion, stir-fry for 1 minute.
4. Add chicken, parsley and oregano, stir fry for another minute
5. Add chicken broth. Stir until sauce thickens.

CREOLE POACHED CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breast (6oz each), cut in cubes
- 1 tbsp olive oil
- 1 can (14oz) crushed tomatoes
- ½ cup low sodium chicken broth
- 2 onions, chopped
- 1 green pepper, chopped
- 1 celery stalk, chopped
- ½ carrot, chopped
- 2 tbsp parsley
- 1 tsp thyme
- Pinch cayenne pepper
- Salt and pepper

243
CALORIES
Protein 42g
Carbohydrates 12g
Fats 3g
PER SERVING

DIRECTIONS:

1. Heat the oil In a large skillet over medium heat. Sauté the onions, green pepper, celery and carrot for 4-5 minutes.
2. Stir in tomatoes, broth, parsley, thyme, salt, pepper and cayenne
3. Add the diced chicken breasts and bring to a boil
4. Reduce the heat and poach until chicken is cooked (10-15 minutes)
5. With a slotted spoon, transfer the chicken to a platter.
6. Simmer the sauce, uncovered, until reduced by half. Spoon the sauce over chicken.

CHICKEN QUESADILLAS

Makes 2 servings

INGREDIENTS:

- 8oz chicken breast, cooked, cut in cubes
- 1 cup shredded lettuce
- 1/3 cup salsa
- 1 tbsp fat free sour cream
- 2 big whole wheat tortillas
- 1/3 cup low fat cheddar, shredded

311 CALORIES

Protein 29g
Carbohydrates 33g
Fats 7g

PER SERVING

DIRECTIONS:

1. In a bowl, combined the chicken (cooked), salsa and lettuce
2. Spread the sour cream on one tortilla, then top with the chicken mixture
3. Sprinkle with cheddar and top with the remaining tortilla
4. In a large skillet coated with cooking spray, over low heat, cook the quesadilla until light brown. 3 minutes each side. Turn carefully with a wide spatula.

MEXICAN CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 cooked, cubed chicken breast (6oz each)
- 2 jalapeno peppers, seeded, chopped
- 1 stalk celery, chopped
- 1 carrot, peeled, chopped
- 1 red onion, chopped
- 4 garlic cloves, chopped
- 2 cups low sodium chicken broth
- 1 tbsp chili powder
- 1 tsp saffron
- 3 tbsp olive oil
- Salt and pepper

277 CALORIES

Protein 44g
Carbohydrates 5g
Fats 9g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a pan, over medium heat, cook celery, garlic, carrot, jalapeno pepper, onion, season with salt and pepper, and sauté until softened.
3. Mix in chicken broth, chili powder, oil and saffron.
4. Add chicken, bring to a boil and simmer 15 minutes or until liquid evaporates

QUICK TIP:

Serve with Brown Rice

CHICKEN FAJITAS

Makes 4 servings (4 tortillas)

INGREDIENTS:

- 4 chicken breast (6oz each)
- 1 lettuce, finely chopped
- 1 onion, cut in wedges
- 1 green pepper, cut in wedges
- 1 red pepper, cut in wedges
- 4 tbsp fat free sour cream
- 4 tbsp salsa
- 1 tbsp olive oil
- 4 large whole wheat tortillas
- Salt and pepper

277 CALORIES

Protein 47g
Carbohydrates 39g
Fats 4g

PER SERVING

DIRECTIONS:

1. Slice chicken into thin strips and sauté in a non-stick pan until cooked.
2. In a pan with olive oil, over medium heat, cook onion and peppers, season with salt and pepper, and sauté for about 3 minutes.
3. Spread 1 tbsp of fat free sour cream and 1 tbsp of salsa on each tortilla
4. Distribute equally the lettuce, peppers and onion wedges in the tortillas
5. Add 6oz of chicken per tortilla, wrap and enjoy.

QUICK TIP:

You can also use Guacamole
(See Salads, Soups and Sides section for recipe)

CHICKEN "EGG ROLLS"

Makes 4 servings

INGREDIENTS:

- 4 cooked chicken breasts (6oz each)
- 1 cup chopped green onions
- 1 cup finely chopped white onion
- 2 tbsp low-sodium soy sauce
- 8 6-inch-square egg-roll wrappers
- 1 tbsp dark sesame oil
- black pepper

256 CALORIES

Protein 44g
Carbohydrates 11g
Fats 4g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a large bowl, combine chicken, green onion, white onion, soy sauce, pepper. Mix well; divide into 8 equal portions. Center each portion in a wrapper.
3. Moisten wrapper edges with water and pull up corners to meet in the center. Pinch together edges to seal.
4. Heat oil in a large non-stick skillet over medium heat.
5. Sauté stuffed wrappers flat-side down 2 minutes, until golden brown on the bottom.

CURRY CHICKEN AND ALMONDS

Makes 4 servings

INGREDIENTS:

- 4 cooked chicken breasts (6oz each)
- 4 tbsp sliced almonds
- 2 tsp olive oil
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 tbsp minced fresh ginger
- 2 tsp curry powder
- 1 cup low-sodium chicken broth
- ½ cup chopped green onions
- Salt and pepper

320 CALORIES

Protein 44g
Carbohydrates 9g
Fats 12g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. Toast almonds by heating in a dry skillet over medium-high heat until golden, about 2-3 minutes, shaking the pan frequently; set aside.
3. Heat oil in a large, high-sided skillet over medium heat.
4. Add onion, garlic and ginger; sauté 2 minutes. Add curry powder, salt and pepper and stir to coat.
5. Add chicken and broth. Bring to a boil, reduce heat and simmer 10-15 minutes.
6. Top chicken with green onions and toasted almonds.

SOUTHERN FRIED CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 cooked chicken breasts (6oz each)
- 2 egg whites
- ½ cup All Bran Cereal (crushed)
- ½ cup whole wheat bread crumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper

254
CALORIES
Protein 44g
Carbohydrates 15g
Fats 2g
PER SERVING

DIRECTIONS:

1. Mix together All Bran, bread crumbs, onion and garlic powder. Put mix in a plate.
2. Put egg whites in a bowl.
3. Dip the chicken in the egg whites then dredge in the All Bran mixture, coating completely.
4. Place chicken on a backing sheet lightly coated with cooking spray.
5. Bake for 30 minutes at 350°F. or until cooked through.

MUSTARD ROASTED CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 cooked chicken breasts (6oz each)
- ¼ cup Dijon mustard
- 1 tbsp fresh parsley, chopped
- ½ tsp paprika

204 CALORIES

Protein 42g
Carbohydrates 0g
Fats 4g

PER SERVING

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine mustard and parsley in a bowl.
3. Arrange chicken breasts, skin-side up, in a shallow baking pan.
4. Brush with mustard mixture. Sprinkle with paprika.
5. Bake 30 minutes, or until cooked.

TANGY THAI CHICKEN

Makes 8 servings

INGREDIENTS:

- 8 chicken breasts (6oz each)
- 1 cup fat free milk
- 1 cup lime juice
- ½ cup rice wine vinegar
- 2 tbsp Fish sauce
- 3 green onions, finely minced
- 2 garlic cloves, finely minced
- 2 tsp ginger,
- 1 tbsp hot sauce
- 1 tbsp cilantro
- Salt and pepper

244 CALORIES

Protein 46g
Carbohydrates 6g
Fats 4g

PER SERVING

DIRECTIONS:

1. Preheat oven to 375°F.
2. Combine milk, lime juice, rice wine vinegar, fish sauce, green onions, garlic, ginger, hot sauce, salt, pepper and cilantro in a small mixing bowl and mix well to combine.
3. Place chicken in a large zip top plastic bag and pour ½ of marinade over chicken. Seal bag and let marinate for 30 minutes.
4. Add remaining marinade to a medium saucepan over medium heat. Bring to a boil and reduce to glaze consistency. Place about ¼ cup of glaze in a separate bowl and reserve.
5. Place chicken on a baking sheet, brush with glaze bake for 25 minutes. Turn chicken over and generously brush with glaze during cooking time.

MINT CREAM MARINATED CHICKEN

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (6oz each)
- 1 tbsp fresh lemon juice
- 1 cup plain low-fat yogurt
- ½ cup chopped fresh mint
- 1 tbsp minced fresh ginger
- 3 garlic cloves, minced
- ½ tsp cumin
- ½ tsp chili powder
- Salt and pepper

240 CALORIES

Protein 48g
Carbohydrates 3g
Fats 4g

PER SERVING

DIRECTIONS:

1. Combine yogurt, lemon juice, mint, ginger, garlic, cumin, chili powder, salt and pepper in a small mixing bowl and mix well.
2. Place chicken breasts in a large zip top plastic bag and pour marinade over chicken. Seal bag and let marinate for 24 hours
3. Preheat oven to 375°F.
4. Place chicken on a baking sheet and bake for 30 minutes.

CHICKEN STROGANOFF

Makes 4 servings

INGREDIENTS:

- 4 chicken breasts (6oz each)
- 2 tsp olive oil
- 2 tbsp all purpose flour
- 1 red onion, chopped
- 4 cups mushrooms, quartered
- 1½ cups low-sodium chicken broth
- 2 tbsp Dijon mustard
- ½ cup fat free sour cream
- 3 tbsp fresh parsley, chopped
- Salt and pepper

277 CALORIES

Protein 47g
Carbohydrates 2g
Fats 9g

PER SERVING

DIRECTIONS:

1. Place flour in a plate; add chicken and turn to coat well.
2. In large non-stick pan, olive oil over high heat. Place chicken in pan and cook, turning about 5 minutes to brown well on both sides.
3. Stir in onions, mushrooms and any unused flour. Reduce heat to medium and cook, stirring, until onion is golden brown, about 5 minutes.
4. In small bowl, whisk together chicken broth, salt pepper, and mustard. Pour mixture into frying pan and stir.
5. Bring to boil, reduce heat to simmer and cook about 5 minutes.
6. Stir in sour cream and parsley and simmer for 2 additional minutes.

15 EASY CHICKEN MARINADES

These quick flavouring suggestions are suitable for everyday eating and will only require a few things already on hand in most kitchen cabinets.

The best way to marinate chicken, is too put it in a Ziploc Bag with the marinade and let marinate in the fridge for 12 hours or overnight.

Tobasco:	Tabasco Sauce, Garlic Powder, Onion Powder, and Black Pepper
Italian:	Rosemary, Basil, Tarragon, stewed Tomatoes
Lemon-Pepper:	Lemon Juice and Black Pepper
Lemon-Dill:	Lemon Juice, Dill and Black Pepper
Vinaigrette:	Balsamic vinegar and Dijon Mustard
Spicy Tex Mex:	Salsa and Chili Powder
Garlic & Pepper:	Garlic Powder, minced Garlic and Black Pepper
Lemon & Rosemary:	Lemon juice, Rosemary, Garlic Powder
Honey BBQ:	Low-Carb Ketchup, Honey, Worcestershire Sauce, Lemon Juice, Hot Sauce
Orange Ginger:	Orange Juice, Red Wine Vinegar, Ginger, Orange Zest, Salt, Pepper
Honey Mustard:	Dijon Mustard, White Wine Vinegar, Soy Sauce, Honey, Garlic
Korean:	Soy Sauce, Water, Stevia, Lemon Juice, Onion Powder, Ginger, Red Pepper Flakes, Garlic, Chili
Teriyaki:	Soy Sauce, Sherry, Stevia, Mustard Powder, Ginger, Garlic
Worcester-Lemon:	Lemon Juice, Olive Oil, Worcestershire Sauce, Salt, Thyme, Garlic, Paprika
Jalapeno-Lime:	Orange Juice, Lime Juice, Honey, Cumin, Salt, Garlic, Chopped Jalapeno Peppers

RED MEAT & PORK

THE MUSCLE COOK'S CHILI

Makes 9 cups

INGREDIENTS:

- 1.5 lbs ground buffalo (Bison) or extra Lean ground beef
- 1 diced onion
- 1 diced green pepper
- 3 garlic cloves, minced
- 1 tbsp chili powder
- 1 tsp Turmeric
- 1 tsp oregano
- 2 cans (15oz/can) black beans
- 2 cans (15oz/can) diced tomatoes (with juice)
- 1 can (14oz) low sodium Beef broth
- ¼ tsp salt/1 tsp pepper

260 CALORIES

Protein 30g
Carbohydrates 26g
Fats 4g

PER SERVING
1 CUP

DIRECTIONS:

1. In a pan, cook the Buffalo, green pepper, onion, garlic for 5-6 minutes, until it is almost cooked.
2. Transfer everything in a big casserole. Add chili powder, turmeric, oregano, beans, tomatoes, broth, salt and pepper.
3. Make it boil.
4. Reduce intensity and stir for 20 minutes until it reaches wanted thickness for 2 additional minutes.

BEEF AND BROCCOLI STIR FRY

Makes 1 serving

INGREDIENTS:

- 6oz. sirloin steak cut into strips
- 1 tsp olive oil
- 3 cups broccoli
- 2 thinly sliced carrots
- 1 onion, cut into wedges
- 3 tbsp low sodium chicken or beef broth
- 1 tbsp reduced sodium soy sauce
- 1 tsp whole wheat flour
- ½ tsp stevia

554
CALORIES
Protein 58g
Carbohydrates 38g
Fats 19g
PER SERVING

DIRECTIONS:

1. Heat olive oil in a large skillet and add the prepared vegetables.
2. Cook, stirring until veggies are crisp tender and onions are browned. Put aside.
3. Stir in the beef strips, cook until desired doneness.
4. In a small bowl, combine the remaining ingredients, stirring to dissolve the flour; add to the beef mixture and cook stirring constantly until sauce thickens.

BUFFALOAF - BUFFALO MEAT LOAF

Makes 6 servings

INGREDIENTS:

- 2 lbs ground buffalo (or extra lean ground beef)
- 1 tsp olive oil
- 1 diced onion
- 1 tsp garlic (optional)
- ⅓ cup dried tomatoes
- 1 whole egg
- 1 cup whole wheat bread crumbs
- ½ cup parsley
- ¼ cup low fat parmesan
- ¼ cup skim milk
- Salt and pepper
- 1 tsp oregano

411 CALORIES

Protein 46g
Carbohydrates 14g
Fats 19g

PER SERVING

DIRECTIONS:

1. Cook the onion with olive oil separately.
2. Mix everything together in a big bowl, add the cooked onions.
3. Put the mix in a big baking pan.
4. Bake at 375-400°F for about 30 minutes.

BUFFALO (BISON) BURGERS

Makes 6 servings

INGREDIENTS:

- 1 lbs ground buffalo
- 1 tbsp olive oil
- 1 chopped onion
- 2 egg whites
- ¼ cup oat bran
- ¼ cup cooked, mashed sweet potato
- 1 tsp oregano
- ½ tsp sea salt
- ½ tsp ground black pepper

143 CALORIES

Protein 22g
Carbohydrates 6g
Fats 2g

PER SERVING

DIRECTIONS:

1. Heat olive oil over medium heat in a skillet. Cook the onion until soft and golden. Set aside.
2. Meanwhile, in a large bowl, mix together egg whites, oat bran, sweet potato, oregano, sea salt and pepper.
3. Stir in onions and bison. Mix the ingredients together with clean hands until just combined. Take a handful of the meat and create 4 flat patties.
4. Grill the patties on each side until the burgers reach desired doneness.

BAKED MEATBALLS

Makes 20 Meatballs (4x5 meatballs servings)

INGREDIENTS:

- 1 lb extra lean ground beef or ground buffalo
- ½ cup minced onions
- 2 egg whites
- 1 egg
- ½ cup oat bran
- 1 tsp oregano
- ½ tsp garlic powder
- 1 tsp dried parsley
- 2 tbsp skim milk
- Salt and pepper

314 CALORIES

Protein 48g
Carbohydrates 8g
Fats 10g

PER SERVING
5 MEATBALLS

DIRECTIONS:

1. In a large bowl, mix all the ingredients together.
2. TShape balls.
3. Bake for 25 minutes at 375°F.

BEEF STROGANOFF

Makes 5 servings

INGREDIENTS:

- 1 lb lean beef cubes
- 2 tbsp olive oil
- 1 tbsp finely chopped onion
- 1 lb sliced mushrooms
- ¼ tsp nutmeg
- ½ tsp dried basil
- ¼ cup white cooking wine
- 1 cup low sodium beef broth
- 1 cup plain low fat yogurt
- Salt and pepper

307 CALORIES

Protein 42g
Carbohydrates 10g
Fats 11g

PER SERVING

DIRECTIONS:

1. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté mushrooms.
4. Add beef and onions to pan with nutmeg, basil, salt and pepper. Then add beef broth and yogurt; gently stir in.
5. Bring to boil, reduce heat to simmer and cook about 5 to 7 minutes.

MEXICAN BEEF & POTATO CASSEROLE

Makes 3 servings

INGREDIENTS:

- 1 lb lean ground beef
- 1 tsp olive oil
- 2 green peppers, chopped
- 8 scallions, sliced
- 2 tomatoes, chopped
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tbsp garlic powder
- Salt and pepper
- 2 large red potatoes, sliced thin
- ¾ cup low fat cheddar cheese, grated

396 CALORIES

Protein 39g
Carbohydrates 33g
Fats 12g

PER SERVING

DIRECTIONS:

1. In a large non-stick pan, heat the oil, add the beef, green peppers and scallions. Cook for 7-8 minutes, stirring as needed, until the beef is browned and the vegetables are soft.
2. Add tomatoes, spices, salt and pepper, cook, stirring as needed until the flavours are blended, about five minutes.
3. In a baking dish, arrange alternate layers of the potatoes and beef mixture. Cover with foil and bake for 40 minutes.
4. Sprinkle the cheese on top and bake for 10 more minutes until the potatoes are cooked through and the cheese is melted.

ORIENTAL BEEF STIR FRY

Makes 3 servings

INGREDIENTS:

- 1 lb lean beef, cut in slices
- 2 tbsp low sodium soy sauce
- 2 tbsp water
- 1 tsp sesame oil
- 1 tsp minced fresh garlic
- 1 tsp Dijon mustard
- 1 tsp fresh ginger
- 2 red peppers, sliced thin
- 3 cups broccoli
- 4 scallions, chopped
- ½ cup parsley, chopped

308 CALORIES

Protein 49g
Carbohydrates 10g
Fats 8g

PER SERVING

DIRECTIONS:

1. In a large bowl, mix soy sauce, water, oil, garlic, ginger, mustard.
2. Add sliced meat and stir to coat. Set aside.
3. Heat wok or large skillet over high heat. Coat with cooking spray.
4. Cook Broccoli and Pepper, stirring until veggies are crisp tender.
5. Stir in the beef strips mix and cook until desired doneness. Then add scallions and parsley. Stir gently until ready.

QUICK TIP:

Serve over converted or basmati rice

SAIGON BEEF NOODLES

Makes 1 servings

INGREDIENTS:

- 6oz lean beef, cut in slices
- 1 cup cooked whole wheat noodles
- 1 tsp roasted peanut oil
- 2 garlic cloves, minced
- ⅓ cup water
- 2 cups shredded Romaine lettuce
- 1 tbsp dry-roasted peanuts, chopped
- Salt and pepper

449 CALORIES

Protein 48g
Carbohydrates 35g
Fats 13g

PER SERVING

DIRECTIONS:

1. Heat wok or large skillet over high heat. Coat with Peanut Oil.
2. Add garlic and stir-fry 1 minute. Add beef and stir-fry 3 minutes, until browned on all sides, stirring constantly.
3. Add ½ cup water and simmer 2 minutes. Remove from heat and season to taste with salt and pepper.
4. Place noodle in a plate. Top with lettuce and then beef mixture. Sprinkle peanuts over top and serve.

SOUTHWEST BEEF

Makes 3 servings

INGREDIENTS:

- 1 lb lean beef cubes
- 1 tbsp olive oil
- 1 cup black beans
- 1 cup corn
- 1 red pepper, diced
- 1 onion, diced
- 1 cup tomatoes, diced
- 1 tsp chili powder
- 1 tsp cumin
- ¼ tsp onion powder
- 1 tbsp red wine vinegar
- Salt and pepper

328 CALORIES

Protein 42g
Carbohydrates 22g
Fats 8g

PER SERVING

DIRECTIONS:

1. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion and red pepper for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly.
3. Add beans, corn, tomatoes, cumin, chili powder, onion powder and vinegar.
4. Season with salt and pepper.
5. Reduce heat and cook about 5 more minutes.

BEEF TERIYAKE

Makes 3 servings

INGREDIENTS:

- 1 lb lean beef, cut in slices
- 12oz diet ginger ale soda
- ½ cup light teriyaki sauce
- 1 tsp red pepper flakes
- 2 scallions, sliced
- 3 garlic cloves, minced
- 1 tsp sesame oil
- 1 tsp cornstarch
- Salt and pepper

393 CALORIES

Protein 44g
Carbohydrates 9g
Fats 9g

PER SERVING

DIRECTIONS:

1. Combine ginger ale, teriyaki sauce, red pepper flakes scallions, garlic, corn starch in a big bowl.
2. Place beef slices in a large zip top plastic bag and pour marinade over the beef. Seal bag and let marinate for 12 hours or overnight.
3. Heat sesame oil in a non-stick skillet. Cook beef strips for 5 minutes, turn to brown evenly.
4. Reduce heat and pour ½ cup of the marinade. Simmer for 2 minutes or until sauce thickens.

QUICK TIP:

Serve over Rice or Steamed Veggies

BEEF CUBANO

Makes 4 servings

INGREDIENTS:

- 1.5 lb extra lean ground beef
- 1 green pepper, chopped
- 4 scallions, finely chopped
- 10 green olives, chopped
- 1¼ cups tomato sauce
- ¼ cup raisins
- 2 tbsp capers
- 3 garlic cloves, minced
- 1 tsp cumin
- 1 tsp oregano
- 2 tbsp olive oil
- Salt and pepper

338
CALORIES
Protein 49g
Carbohydrates 13g
Fats 10g
PER SERVING

DIRECTIONS:

1. In a large bowl, combine the beef, green pepper, scallions, olives, tomato sauce, raisins,capers, garlic, cumin, and oregano. Cover, and set aside for 20 minutes.
2. Heat the oil in a large, deep skillet over medium heat.
3. Add the beef mixture and cook for about 5 minutes, breaking it up with a spoon, until the beef is brown.
4. Season with the salt and black pepper and cook for another 10 minutes , stirring occasionally.

QUICK TIP:

Serve over Brown Rice

GRILLED SIRLOIN TERIYAKI

Makes 4 servings

INGREDIENTS:

- 4 6oz sirloin steaks
- ⅓ cup low sodium soy sauce
- 3 tbsp brown splenda
- 1 garlic clove, minced
- 1 tbsp ginger
- ½ tsp crushed red pepper
- 2 tbsp rice wine vinegar
- Salt and pepper

238 CALORIES

Protein 43g
Carbohydrates 3g
Fats 6g

PER SERVING

DIRECTIONS:

1. In a small saucepan, over medium heat, combine the soy sauce, brown splenda, vinegar, ginger, garlic and red pepper.
2. Bring to a boil and cook 5 minutes.
3. Remove from the heat and cool completely, about 15 minutes. Then, transfer the sauce in a large bowl.
4. Add the steaks and let marinate for 30 minutes.
5. Grill steaks until desired doneness.

BEEF BOMBS

Makes 4 servings - 4 stuffed peppers

INGREDIENTS:

- 8oz extra lean ground beef
- 4 peppers (green, red or yellow, your choice)
- 1 cup cooked brown rice
- 1 onion, chopped
- ¼ cup green peas (frozen)
- ¼ cup grated parmesan
- 2 tbsp tomato paste
- ½ cup tomato sauce
- ½ tsp sage
- 1 tsp basil
- 1 tsp thyme
- ½ tsp crushed red pepper
- 2 tbsp rice wine vinegar

228 CALORIES

Protein 16g
Carbohydrates 29g
Fats 6g

PER SERVING

DIRECTIONS:

1. In a large bowl, combine beef, rice, onion, peas, cheese, tomato paste, garlic, thyme, basil, and sage.
2. Cut tops off peppers and seed them. Stuff peppers with the mixture and stand them in a baking dish.
3. Pour tomato sauce over the peppers, and add enough water so that the liquid comes about ¼ up the sides of the peppers.
4. Cover with foil and bake at 350°F. for 30 minutes.
5. Uncover and cook for another 20 minutes. Let cool before serving.

LONDON BROIL

Makes 4 servings

INGREDIENTS:

- 4 6oz sirloin steaks
- ½ cup dry red wine
- 1 garlic clove, minced
- 1 tbsp ginger
- 1 tbsp rosemary
- Salt and pepper

208 CALORIES

Protein 43g
Carbohydrates 0g
Fats 4g

PER SERVING

DIRECTIONS:

1. In a small bowl, combine the dry wine, garlic, ginger, rosemary, salt and pepper.
2. Place steaks in a big ziploc bag and pour the marinade in the bag.
3. Shake to coat and let marinate in the fridge for 12 hours or overnight.
4. Grill steaks until desired doneness.

BEEF FAJITAS

Makes 8 servings - 8 Fajitas

INGREDIENTS:

- 1lb beef tenderloin, cut in strips
- 1 tsp olive oil
- 1 large Spanish onion, cut into thin wedges
- 1 large green pepper, cut into thin strips
- 1 large sweet red pepper, cut into thin strips
- 1/3 cup low sodium chicken broth
- ¼ cup lime juice
- 2 tbsp low sodium Soy sauce
- 2 tsp honey
- 2 tsp cornstarch
- 1 tsp minced garlic
- ½ tsp ground cumin
- 8 small whole wheat tortillas
- 2 cups shredded leaf lettuce
- 1 cup guacamole (see recipe in the Salads, Soups & Sides section)
- 1 cup salsa

257 CALORIES

Protein 20g
Carbohydrates 24g
Fats 9g

PER SERVING
1 FAJITA

DIRECTIONS:

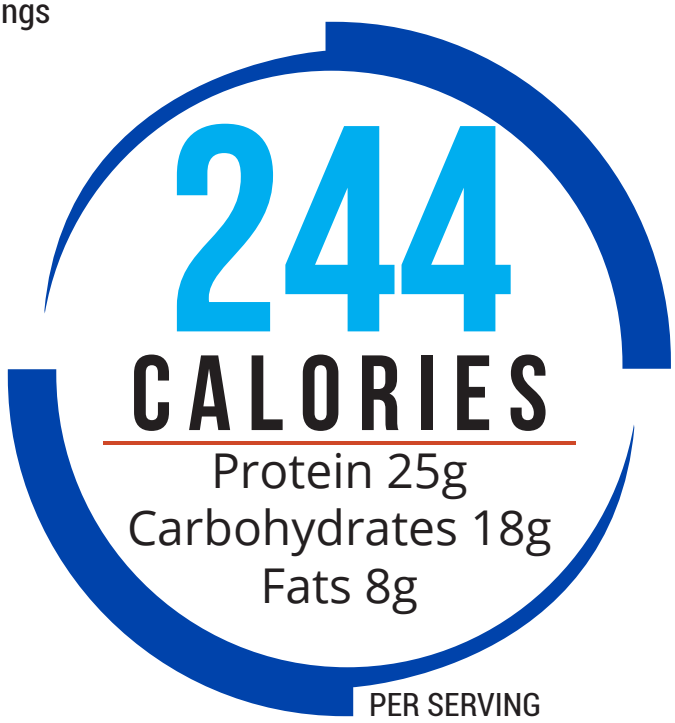
1. Cook the beef strips in a large non-stick skillet. Set aside.
2. In the same skillet over medium heat. Add the onions, green peppers, and red peppers. Cook, stirring occasionally, for 7-8 minutes,or until tender.
3. In a small bowl, combine the broth, lime juice, soy sauce, honey,cornstarch, garlic, and cumin; mix well to dissolve the cornstarch. Add to the skillet and stir constantly for 1 to 2 minutes, or until slightly thickened. Add the beef and stir to combine.
4. Microwave the tortillas for for 1 minute, or until warm.
5. Divide the beef mixture and lettuce among the tortillas. Top with the guacamole and salsa. Roll up the tortillas to enclose the filling.

BOEUF BOURGUIGNON

Makes 8 Servings

INGREDIENTS:

- 1.5 pounds beef stew meet, cubed
- 1/4 cup all purpose flour
- 2 tbsp olive oil
- 2 minced onions
- 1 mushrooms, quartered
- 3 cloves garlic, minced
- 3 cups red cooking wine
- 4 cups low-sodium beef both
- 1/4 cup tomato paste
- 1 teaspoon pure cocoa powder
- 2 bay leaves
- 1 cup baby carrots, halved
- 1/4 cup chopped fresh parsley
- Salt and pepper



DIRECTIONS:

1. In a Ziploc plastic bag, combine the flour, salt, and pepper. Add the beef, seal the bag, and toss to coat well.
2. Heat 1 tablespoon of the oil in a large saucepan over medium-high heat. Add the beef in batches to prevent overcrowding, and cook, stirring frequently, for 5 minutes, or until browned. Remove to a plate and repeat with remaining beef.
3. Add the remaining 1 tablespoon of oil to the pan. Add the onions, mushrooms, and garlic. Cook, stirring often, for 10 minutes, or until lightly browned.
4. Add the wine, broth, tomato paste, cocoa, bay leaves, and beef. Bring to a boil. Reduce the heat to low, cover, and simmer for 1 1/2 hours.
5. Add the carrots and simmer, covered, for 40 minutes, or until the beef and vegetables are tender. Discard the bay leaves. Sprinkle with the parsley.

BEEF & SPINACH LASAGNE

Makes 8 servings

INGREDIENTS:

- 1 lb extra lean ground beef
- 2 cup fat free ricotta cheese
- 2 big handfuls spinach
- ½ tsp ground nutmeg
- 1 box whole wheat lasagna noodles (cooked)
- 1 tsp crushed red pepper flakes
- 3 cups tomato sauce (your choice sauce)
- 1 tsp basil
- 1 1/3 cup low fat mozzarella
- Salt and pepper

290 CALORIES

Protein 27g
Carbohydrates 32g
Fats 6g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 375°F. Coat baking dish with non-stick spray.
2. Microwave spinach for about a minute until they soften.
3. In a medium bowl, combine the ricotta, spinach, black pepper, salt, basil and nutmeg. Mix well.
4. Place a large no-stick skillet over medium heat until hot. Crumble the beef into the skillet. Cook, for 5 minutes, or until the meat is no longer pink. Add the pepper flakes.
5. Layer the bottom of the prepared baking dish with 3 of the lasagne noodles (must be cooked). Top with 1 cup of the tomato sauce and 1/3 of the beef. Spread the ricotta mixture over the beef and sprinkle with 1/3 cup of the mozzarella.
6. Top with a layer of noodles. Repeat the operation 2 times. Cover the last layer of noodles with 1/3 of mozzarella.
7. Cover with foil and bake for 20 to 25 minutes, or until bubbling and heated through.

SLOW COOKED ROAST

Makes 8 servings

INGREDIENTS:

- 2 lbs beef roast (top round)
- 3 tbsp olive oil
- 2 onions, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- 1 can plum tomatoes (with juice)
- ½ cup dry red wine
- 1 tsp sage
- 1 tsp rosemary
- 1 cup low sodium beef broth
- Salt and pepper

190 CALORIES

Protein 20g
Carbohydrates 5g
Fats 9g

PER SERVING

DIRECTIONS:

1. Place the roast in a Slow-Cooker.
2. In a big bowl, mix all the other ingredients.
3. Pour the mixture in the slow cooker.
4. Cook the roast for 4 hours or until cooked. Turn the meat occasionally, test doneness with a fork.

ROASTED PEPPERCORN TENDERLOIN

Makes 6 servings

INGREDIENTS:

- 1.5 lb beef tenderloin
- 2 tbsp olive oil
- 2 garlic cloves, quartered
- 1 tbsp black peppercorns
- 1 tsp sage
- 1 tsp rosemary
- 1 tsp thyme
- salt

208 CALORIES

Protein 24g
Carbohydrates 1g
Fats 12g

PER SERVING

DIRECTIONS:

1. Preheat the oven at 425°F.
2. With a small knife, make small incisions in the tenderloin and insert a piece of garlic in each incision.
3. Rub the tenderloin with the olive oil.
4. In a bowl, mix together salt, peppercorn, sage, thyme and rosemary.
5. Pat the mixture on all side of the tenderloin.
6. Place the tenderloin in a roasting pan and roast for 10 minutes.
7. Reduce heat to 350°F. and roast for another 20-25 minutes.
8. Wait 15 minutes before slicing.

LEBANESE BEEF KEBABS

Makes 4 serving

INGREDIENTS:

- 1 lb beef tenderloin, cut into cubes
- 4 tbsp olive oil
- 2 garlic cloves, minced
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1 onion, chopped
- 1 tsp fresh mint
- ½ tsp paprika
- 1 tsp cumin
- 1 tsp thyme
- 1 bay leaf
- ½ tsp cayenne pepper
- fresh parsley, chopped

212 CALORIES

Protein 25g
Carbohydrates 11g
Fats 12g

PER SERVING

DIRECTIONS:

1. In a food processor or blender, puree onion, oil, garlic, lemon juice and zest, mint, paprrika, cumin, thyme, bay leaf and cayenne.
2. In a big Ziploc bag, combine beef cubes and mixture, coating the beef completely. Let marinate in the fridge overnight
3. Drain the marinade in a saucepan, and bring to a boil
4. Grill the beef until desired doneness, coating with marinade when turning the beef.
5. Serve with the remaining marinade in a bowl.

GRILLED MARINATED PORK

Makes 4 servings

INGREDIENTS:

- 4 6oz boneless pork tenderloins
- 1 tbsp olive oil
- 2 tbsp Paprika
- 1 tbsp garlic powder
- 1 tsp dill
- 3 tbsp Worcestershire sauce
- 2 tbsp red wine vinegar
- Salt and pepper

291 CALORIES

Protein 47g
Carbohydrates 1g
Fats 11g

PER SERVING

DIRECTIONS:

1. In a bowl, combine paprika, garlic, dill, Worcestershire sauce, vinegar, salt and pepper.
2. Place tenderloins in a big Ziploc bag and pour the marinade on top. Rub both sides of pork with mixture. Refrigerate for 20-30 minutes.
3. In a non-stick pan, coated with olive oil, grill pork for 5 minutes each side or until desired doneness, coating with marinade when turning.

QUICK TIP:

Serve with sautéed Onions

BBQ PULLED PORK

Makes 4 servings

INGREDIENTS:

- 4 6oz boneless pork tenderloins
- 1 tbsp olive oil
- 1 onion, chopped
- 2/3 cup low-carb ketchup (Heinz One-Carb)
- 1 tbsp cider vinegar
- 1 tbsp molasses
- 1 tsp stevia
- 2 tsp mustard powder
- 1 tsp garlic powder
- 1 tsp Worcestershire sauce
- 1.5 cups low sodium chicken broth
- pepper

315 CALORIES

Protein 47g
Carbohydrates 7g
Fats 11g

PER SERVING

DIRECTIONS:

1. Heat the oil in a large saucepan over medium-high heat. Add the pork loin and brown, turning occasionally, for 5 minutes.
2. Add the onion, ketchup, vinegar, molasses, stevia, mustard powder, garlic powder, Worcestershire sauce, black pepper, and broth.
3. Stir the mixture well to combine and bring to a boil over mediumhigh heat. Reduce the heat to low, cover, and simmer, stirring occasionally, for 90 minutes.
4. Uncover the saucepan and simmer for 10 more minutes, or until the sauce has thickened slightly and the pork is very tender. Remove from the heat.
5. Pull the pork into shreds with two forks and serve.

DIJON PORK CHOPS

Makes 4 servings

INGREDIENTS:

- 4 6oz pork chops
- 4 tsp Dijon mustard
- 2 cups red cabbage, chopped
- 2 apples, grated
- 2 tbsp canola oil
- 1 tbsp ginger
- ½ tsp cinnamon
- ¼ tsp ground cloves
- 1 tbsp pure maple syrup
- 2 tsp apple cider vinegar
- salt

350 CALORIES

Protein 45g
Carbohydrates 17g
Fats 12g

PER SERVING

DIRECTIONS:

1. Brush both sides of pork chops with mustard and set aside. Toss cabbage, grated apples, and salt in large bowl.
2. In large skillet with lid, warm 1 tbsp of the oil over medium-low heat. Add ginger, cinnamon, and cloves. Stir 10 to 15 seconds until fragrant. Add cabbage apple mixture and maple syrup. Stir, reduce heat to low, cover, and cook until ingredients are soft and cooked through.
3. Meanwhile, heat remaining oil in another skillet over medium high heat and cook pork.
4. Remove cover from cabbage, stir in vinegar, and raise heat to medium. Cook for about 5 minutes until liquid mostly evaporates. Serve each chop with a mound of cabbage.

JAMAICAN PORK

Makes 4 servings

INGREDIENTS:

- 4 6oz pork chops
- 1 cup orange juice
- 1 cup chopped onions
- 1 green pepper, diced
- 1 red pepper, diced
- 1 tsp cornstarch
- ¼ cup apple juice
- 1 tbsp garlic, minced
- ¼ tsp cumin
- 2 scallions, minced
- Salt and pepper

280 CALORIES

Protein 45g
Carbohydrates 16g
Fats 4g

PER SERVING

DIRECTIONS:

1. Coat a no-stick skillet with cooking spray and place over mediumhigh heat. Cook pork chops 3 minutes each side or until browned. Transfer the pork to a plate.
2. Add the orange juice to the skillet. Bring to a boil, scraping to loosen any browned bits from the bottom. Add the onions, red and green peppers. Cook, stirring, for 5 minutes, or until the vegetables soften.
3. Place the cornstarch in a small bowl. Add the apple juice, garlic, cumin, pepper and salt. Add to the skillet. Cook, stirring, for 3 minutes, or until the sauce thickens. Serve over the pork. Sprinkle with the scallions.

PUERTO RICO ROASTED PORK

Makes 4 servings

INGREDIENTS:

- 1.5 lbs pork tenderloin
- ½ cup orange juice
- 2 tbsp orange zest
- 4 tsp olive oil
- 1 jalapeno pepper
- 2 garlic cloves, minced
- 1 tsp cumin
- Salt and pepper

269 CALORIES

Protein 43g
Carbohydrates 4g
Fats 9g

PER SERVING

DIRECTIONS:

1. In a bowl, combine Orange juice, zest, oil, jalapino pepper, garlic, cumin, salt and pepper.
2. Place tenderloins in a big Ziploc bag and pour the marinade on top. Rub both sides of pork with mixture. Refrigerate for 12 hours or overnight.
3. Preheat oven at 425°F. Prepare a roasting pan, coated with cooking spray
4. Place tenderloin in the pan, cover with the remaining marinade and roast for 5 minutes.
5. Reduce heat to 350°F. and roast for another 20 minutes. Let stand 5 minutes before cutting.

HONEY-MUSTARD PORK CHOPS

Makes 4 serving

INGREDIENTS:

- 4 6oz boneless pork chops
- ¼ cup Dijon mustard
- 4 tsp honey
- 1 tsp red wine vinegar
- Salt and pepper

251 CALORIES

Protein 45g
Carbohydrates 2g
Fats 7g

PER SERVING

DIRECTIONS:

1. In a small saucepan over low heat, heat the honey until it liquefies, then stir in the mustard, vinegar, salt and pepper. Cool to room temperature.
2. Place the pork chops in a big Ziploc bag and pour the marinade on top. Rub both sides of pork with mixture. Refrigerate for 12 hours or overnight.
3. In a non-stick pan, grill pork for 5 minutes each side or until desired doneness, coating with marinade when turning.

BALSAMIC GLAZED PORK CHOPS

Makes 4 servings

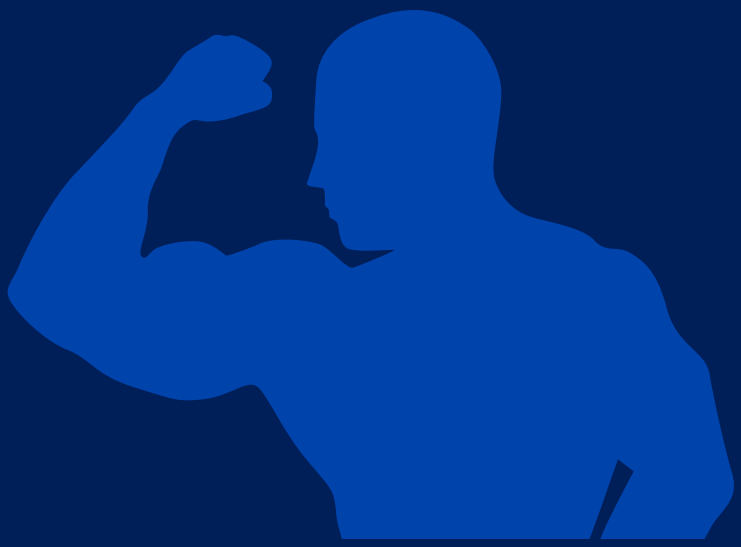
INGREDIENTS:

- 4 6oz boneless pork chops
- ¼ cup balsamic vinegar
- 2 tsp honey
- 1 tbsp Worcestershire sauce
- 3 tbsp lemon juice
- 2 tsp Dijon mustard
- 1 tbsp canola oil
- Salt and pepper

244
CALORIES
Protein 45g
Carbohydrates 7g
Fats 4g
PER SERVING

DIRECTIONS:

1. In a small bowl, combine vinegar, lemon juice, Worcestershire sauce, honey, mustard, salt and pepper.
2. Place the pork chops in a big Ziploc bag and pour the marinade on top. Rub both sides of pork with mixture. Refrigerate for 20-30 minutes.
3. In a non-stick pan, coated with canola oil, grill pork for 5 minutes each side or until desired doneness, coating with marinade when turning.



FISH & SEAFOOD

CLASSIC TUNA MELT PATTIES

Makes 2 servings

INGREDIENTS:

- 16oz. can tuna, drained
- 1 egg white, beaten
- 2 tbsp oatmeal
- 2 tbsp onion, diced (or ¼ tsp onion powder)
- ¼ tsp garlic powder
- Salt and pepper

144 CALORIES

Protein 25g
Carbohydrates 4g
Fats 2g

PER SERVING

DIRECTIONS:

1. Mix all ingredients together in a small bowl.
2. Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray.
3. Make two small patties and cook until both sides are brown.

QUICK TIP:

You can top the patties with fat free cheese

ROSEMARY MARINATED SALMON

Makes 4 servings

INGREDIENTS:

- 4 6oz salmon steaks
- 1 tbsp lemon juice
- ½ tsp rosemary, crumbled, or 2 tsp fresh, chopped
- 1 tbsp plus 1 tsp olive oil

226 CALORIES

Protein 34g
Carbohydrates 0g
Fats 10g

PER SERVING

DIRECTIONS:

1. Combine all ingredients, except salmon, and pepper to taste in a bowl.
2. Pour mix into the bottom of a small baking dish.
3. Add salmon steaks and turn to coat. Marinate 15 minutes.
4. Wrap each steak in aluminum foil.
5. Bake for about 20 minutes at 350°F.

SALMON BURGERS

Makes 2 servings

INGREDIENTS:

- 1 can canned salmon
- 1 egg
- ½ cup bread crumbs
- ¼ cup chopped onion
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tbsp lemon juice

348 CALORIES

Protein 39g
Carbohydrates 12g
Fats 16g

PER SERVING

DIRECTIONS:

1. Drain liquid from salmon
2. In a bowl, mix egg, onion, bread crumbs, mustard, lemon juice and salmon together.
3. Make into 2 patties.
4. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently.
5. Drain on paper towels and serve.

QUICK TIP:

Delicious with light cream cheese and 2 small whole wheat buns

GRILLED BLUEBERRY SALMON STEAKS

Makes 4 servings

INGREDIENTS:

- 4 salmon steaks (6oz each)
- 1 tbsp olive oil
- ¼ cup balsamic vinegar
- 2 tbsp orange zest
- 1 tsp honey
- 1 tbsp whole wheat flour
- ¾ cup low sodium chicken broth
- 1 cup fresh blueberries
- 2 tsp chopped chives

314 CALORIES

Protein 34g
Carbohydrates 4g
Fats 18g

PER SERVING

DIRECTIONS:

1. Pour ½ cup of chicken broth, vinegar, orange zest, and honey into a saucepan. Bring to a boil over high heat, and then reduce heat to medium.
2. Dissolve flour in ¼ cup of chicken broth, and stir into the simmering sauce. Cook and stir until the sauce thickens. Stir in the blueberries and chives, and keep warm over low heat.
3. Preheat grill to medium high heat.
4. In a large skillet, coated with olive oil, cook salmon for about 4 minutes per side. Serve with blueberry sauce.

SALMON FRITTATA

Makes 1 servings

INGREDIENTS:

- 4oz salmon, cooked
- 1 tbsp olive oil
- ¼ cup onions, chopped
- ¼ red pepper, chopped
- 6 egg whites
- 1 egg
- 2 tbsp fat free milk
- 1 tbsp fat free cream cheese
- Salt and pepper

347
CALORIES
Protein 50g
Carbohydrates 3g
Fats 15g
PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Heat olive oil in an oven-safe skillet over medium heat. Add onion, and season with a little salt and pepper. Cook, stirring until translucent. Add the salmon and red pepper; cook and stir briefly to release the flavours.
3. In a medium bowl, whisk together the eggs and milk. Pour over the salmon and onion, and stir gently. Scatter cream cheese over the top. Cook over medium heat without stirring, until the edges appear firm.
4. Place the skillet in the preheated oven, and bake for 20 minutes, or until nicely browned and puffed. Flip onto a serving plate, and enjoy.

WALNUT CRUSTED SALMON

Makes 4 servings

INGREDIENTS:

- 4 salmon fillets (6oz each)
- 1 tbsp olive oil
- ¼ cup walnuts, crushed
- 1 pinch cinnamon

319 CALORIES

Protein 34g
Carbohydrates 3g
Fats 19g

PER SERVING

DIRECTIONS:

1. In a bowl, mix walnuts and cinnamon
2. Coat salmon filets with walnut-cinnamon mixture.
3. In a non-stick pan, coated will olive oil, cook salmon on both sides for 5 minutes or until the fish begins to flake.

QUICK TIP:

Serve with Green Salad

SUN DRIED TOMATO SALMON

Makes 4 servings

INGREDIENTS:

- 4 salmon fillets (6oz each), cooked
- 1 tbsp olive oil
- ¼ cup sun dried tomatoes
- 1 tsp dried parsley
- 2 garlic cloves, minced
- Salt and pepper

301 CALORIES

Protein 34g
Carbohydrates 3g
Fats 17g

PER SERVING

DIRECTIONS:

1. Cook salmon separately (In the oven, wrapped in aluminum foil, at 350°F for 30 minutes)
2. In a food processor or blender, combine the sun-dried tomatoes, garlic, salt, and pepper. Pulse until a smooth paste forms.
3. Unwrap the salmon once cooked. Top with the sundried tomato mixture and serve.

BAKED OREGANO SALMON

Makes 4 servings

INGREDIENTS:

- 4 salmon fillets (6oz each), cooked
- 2 tsp olive oil
- 2 tbsp lemon juice
- 1 tsp oregano
- 1 tsp chopped parsley
- Salt and pepper

347 CALORIES

Protein 34g
Carbohydrates 1g
Fats 23g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F
2. Coat a baking dish with oil. Arrange the fish in the dish and turn to coat with the oil. Sprinkle with the lemon juice, oregano, salt, and pepper.
3. Bake for about 25 minutes. Serve topped with the pan juices and parsley.

SALMON À LA CRÈME

Makes 4 servings

INGREDIENTS:

- 4 salmon fillets (6oz each)
- ¾ low sodium chicken broth
- 1 tbsp water
- 1½ tsp white cooking wine
- 1 tbsp unbleached all-purpose flour
- 12 cherry tomatoes, halved
- 1 scallion, chopped

287
CALORIES
Protein 34g
Carbohydrates 4g
Fats 15g
PER SERVING

DIRECTIONS:

1. Heat ¾ cup chicken broth in a deep skillet over medium-high heat. Add the wine and bring to a boil. Place the salmon in the pan.
2. Reduce the heat to medium, cover, and cook for 10 minutes, or until the fish is opaque. Remove the salmon from the pan. Place the salmon on a serving platter.
3. Increase the heat to high and bring the broth mixture to a boil.
4. Meanwhile, in a small bowl, combine the flour and 1 tablespoon water. Gradually add to the broth mixture, being careful that lumps do not form. Add the tomatoes and cook for 2 minutes, or until thickened. Pour the sauce over the salmon and top with the scallion.

CREOLE TILAPIA

Makes 4 serving

INGREDIENTS:

- 4 tilapia fillets (6oz each)
- 1 onion, diced
- 2 celery sticks, sliced
- 2 large carrots, sliced
- 1 cup canned diced tomatoes
- Salt and pepper

191 CALORIES

Protein 37g
Carbohydrates 4g
Fats 3g

PER SERVING

DIRECTIONS:

1. Meanwhile, coat a large skillet with cooking spray. Over medium high heat, cook the onion, celery, and carrot for 5 minutes, or until tender.
2. Add the tilapia and cook for 3 minutes. Carefully turn the fish and add the tomatoes and herbs.
3. Season with salt and pepper to taste.
4. Simmer for 2 minutes, or until the fish flakes easily

QUICK TIP: Serve over Brown Rice

BAKED CITRUS TILAPIA

Makes 4 servings

INGREDIENTS:

- 1 lb fresh tilapia fillets
- 2 tbsp olive oil
- 1 tbsp lime zest
- ¼ cup lime juice
- ¼ cup orange juice
- ½ Thai red pepper (optional, only if you like it spicy)
- Salt and pepper

193 CALORIES

Protein 33g
Carbohydrates 0g
Fats 9g

PER SERVING

DIRECTIONS:

1. In a bowl, mix olive oil, lime zest, lime juice, orange juice, thai pepper, salt and pepper.
2. Place tilapia fillets in the dish, turning to coat well with marinade.
3. Bake 10 to 12 minutes at 400°F or until the fish flakes easily with a fork.

JERK TILAPIA WITH ASPARAGUS

Makes 4 servings

INGREDIENTS:

- 4 tilapia fillets (6oz each)
- 1 tsp thyme
- 1 tsp chili powder
- 2 garlic cloves, minced
- 1 tsp ginger
- ½ tsp nutmeg
- ½ tsp cinnamon
- 1 jalapeno pepper, sliced
- 1 tbsp lime juice
- 2 tbsp olive oil
- Salt and pepper

224
CALORIES
Protein 37g
Carbohydrates 1g
Fats 8g
PER SERVING

DIRECTIONS:

1. In a bowl, combine thyme, chili, garlic, ginger, nutmeg, cinnamon, jalapeno, salt and pepper.
2. Coat tilapia fillets with olive oil and Lime Juice.
3. Pat both sides with spices.
4. In a non-stick cooking pan, coated with cooking spray, cook each fillet until just cooked through, about 3 minutes on each side or until fish starts to flake.

QUICK TIP:

Serve with Steamed Asparagus

MEDITERRANEAN TILAPIA

Makes 2 servings

INGREDIENTS:

- 2 tilapia fillets (6oz each), cooked & crumbled
- 1 tbsp olive oil
- 1 tbsp vinegar
- 1 tbsp lime juice
- 1 cup broccoli florets, cut into small pieces
- ½ cup red pepper
- 2 tbsp crumbled Feta cheese
- Salt and pepper

297 CALORIES

Protein 43g
Carbohydrates 2g
Fats 13g

PER SERVING

DIRECTIONS:

1. In a non-stick cooking pan, coated with cooking spray, cook each fillet until just cooked through, about 3 minutes on each side or until fish starts to flake. Remove fish from pan and crumble the tilapia.
2. In the same pan, coated with olive oil, cook red pepper and broccoli for 5 minutes or until tender. Mix with tilapia.
3. In a bowl, mix together oil, vinegar, lime juice, salt, pepper and feta.
4. Pour mixture onto tilapia and veggies.

QUICK TIP:

Serve Over Basmati or Converted Rice

ALMOND CRUSTED TILAPIA

Makes 2 servings

INGREDIENTS:

- 2 tilapia fillets (6oz each), cooked & crumbled
- 2 tbsp unbleached or all-purpose flour
- 2 egg whites
- 1 tbsp lemon juice
- 20 unsalted roasted almonds, crushed
- ¼ cup whole wheat bread crumbs
- 1 tsp dried parsley
- Salt and pepper

452 CALORIES

Protein 53g
Carbohydrates 15g
Fats 20g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Put the flour in a shallow dish.
3. In another shallow dish, mix together the egg whites and lemon juice.
4. In a third shallow dish, mix together the almonds, breadcrumbs, parsley, and pepper.
5. Dredge the fish first in the flour, then in the egg mixture, and then in the crumb mixture.
6. Place the fish in a baking dish. Sprinkle with any remaining crumb mixture. Bake for 15-20 minutes. Watch carefully not to overcook.

QUICK TIP:

Delicious with a Green Salad

POACHED HALIBUT

Makes 4 servings

INGREDIENTS:

- 4 halibut fillets (6oz each)
- 1 baby eggplant, sliced
- 12 baby tomatoes
- 4 garlic cloves
- 1 small zucchini
- 2 cups low sodium chicken broth
- 2 mint tea Bags
- 1 tsp basil
- Salt and pepper

236 CALORIES

Protein 38g
Carbohydrates 12g
Fats 4g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. On a baking sheet, coated with cooking spray, bake eggplant and zucchini slices for 12 minutes, then turn, toss baby tomatoes on the sheet, and bake for an additional 8 minutes.
3. In a cooking pan with high borders, pour chicken broth and add tea bags, basil, salt and pepper. Bring to a boil and simmer for 8 minutes, then remove the tea bags.
4. Place fish in the pan, and poach for about 12 minutes or until cooked.
5. Serve halibut over veggies and pour remaining broth on top.

QUICK TIP:

Sprinkle with Pine Nuts and Basil Leaves for presentation.

PROVENCAL HALIBUT

Makes 4 servings

INGREDIENTS:

- 4 halibut fillets (6oz each)
- ½ cup dry white wine
- 3 cups tomatoes, diced
- Juice of 1 lemon
- 1 cup onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp basil
- 1 tbsp green olives, minced
- 1 tbsp olive oil
- ¼ cup bread crumbs
- 1 tbsp low fat parmesan
- Salt and pepper

302 CALORIES

Protein 44g
Carbohydrates 9g
Fats 10g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. In a baking dish, coated with olive oil put fish filets topped with the wine, tomatoes, olives, lemon juice, garlic, onion. Bake for 30 minutes.
3. In a bowl, mix basil, bread crumbs, parmesan, salt and pepper.
4. Sprinkle the parmesan mixture on top of the cooked fish for another 2-3 minutes or until bread crumbs are golden brown.

HERB-CRUSTED HALIBUT

Makes 4 servings

INGREDIENTS:

- 4 halibut fillets (6oz each)
- ¼ cup white cooking wine
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tsp oregano
- 1 tsp thyme
- 3 tbsp whole wheat bread crumbs
- 1 tsp dried parsley
- Salt and pepper

271
CALORIES
Protein 44g
Carbohydrates 8g
Fats 7g
PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. In a bowl, combine parsley, wine, bread crumbs, lemon juice and zest, oregano, thyme, oil, garlic, salt and pepper. It should form a paste like mixture.
3. In a baking dish, coated with cooking spray, place the fillets and spread each filet with the mixture.
4. In a third shallow dish, mix together the almonds, bread crumbs, parsley, and pepper.
5. Bake for about 15-20 minutes or until the fish is white in the center and the herb paste has formed a crust.

NEW ENGLAND CRAB CAKES

Makes 4 servings

INGREDIENTS:

- 1lb crab meat
- ¼ cup skim milk
- 1 shallots, minced
- 3 tbsp low fat mayonnaise
- 2 tbsp fresh parsley, chopped
- 3 tbsp all-purpose flour
- 1 tsp coconut oil
- ¾ cup whole wheat bread crumbs
- ground black pepper

305 CALORIES

Protein 32g
Carbohydrates 24g
Fats 9g

PER SERVING
2 CAKES

DIRECTIONS:

1. In a bowl, combine crab meat, bread crumbs, shallots, milk, mayonnaise, parsley, pepper. Form 8 small round cake.
2. Place flour on a sheet of wax paper and lightly coat each cake on both sides.
3. In a non-stick skillet, melt the coconut oil and cook the crab cakes until golden brown and crispy (about 5 minutes each side).

HELLAS SHRIMP (GREEK)

Makes 2 servings

INGREDIENTS:

- ½lb shrimps, cooked and peeled
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- ¾ cup cucumber, peeled, seeded, and diced
- ¾ cup cherry tomatoes, halved
- ⅓cup onion, diced
- ⅓ cup black olives, sliced
- ¼ cup red pepper, diced
- 3 tbsp fresh dill, chopped
- ¾ cup crumbled Feta cheese

277
CALORIES
Protein 24g
Carbohydrates 16g
Fats 13g
PER SERVING

DIRECTIONS:

1. In a bowl, combine oil, lemon juice, garlic, cucumbers, onion, red pepper and dill. Mix well.
2. Add the shrimps, tomatoes, olives, and feta, stir gently.

GRILLED SHRIMP & CILANTRO SALSA

Makes 4 servings

INGREDIENTS:

- 2 lbs shrimp, cooked and peeled
- 1 cup fresh cilantro, chopped
- 2 garlic cloves, minced
- 1 tbsp fresh ginger
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp olive oil
- 2 tbsp lime juice
- Salt and pepper

332
CALORIES
Protein 46g
Carbohydrates 1g
Fats 16g
PER SERVING

DIRECTIONS:

1. Make the salsa first: Combine the cilantro in a blender with the garlic, ginger, jalapeno pepper, and oil. Puree until smooth.
2. Remove to a bowl, add some salt and pepper, and thin with lime juice. Refrigerate for 2 hours
3. Grilled the cooked shrimps for 2-3 minutes each side, serve with the salsa

CAJUN SHRIMP

Makes 4 servings

INGREDIENTS:

- 1.5lbs shrimp, cooked and peeled
- 1 tbsp cajun spice seasoning
- 2 tsp canola oil,
- 2 green peppers, cut in strips
- 2 red peppers, cut in strips
- 2 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tsp hot sauce
- 4 cups cooked brown rice (long grain)

449
CALORIES
Protein 39g
Carbohydrates 62g
Fats 5g
PER SERVING

DIRECTIONS:

1. Toss shrimp with cajun spice seasoning and set aside.
2. Heat 1 tsp oil in a large skillet and sauté peppers for 5 minutes over medium heat.
3. Turn heat down and add minced garlic, stirring constantly so that garlic doesn't burn.
4. Remove peppers and garlic from pan
5. Return the pan to medium-high heat, add heat to remaining tsp of oil. Add shrimp and cook approximately 3 minutes, stirring frequently. Add lemon juice, peppers and garlic and cook for 2 to 3 minutes.
6. Season with hot sauce; serve each portion over 1 cup cooked brown rice.

TURKEY BACON WRAPPED SCALLOPS

Makes 2 servings

INGREDIENTS:

- 6 jumbo sea scallops
- 6 slices turkey bacon
- 1 tbsp olive oil
- 1 tsp parsley
- Salt and pepper

198 CALORIES

Protein 35g
Carbohydrates 1g
Fats 6g

PER SERVING

DIRECTIONS:

1. Preheat oven at 425°F. Wrap the scallops in bacon and secure with toothpicks. Drizzle with enough olive oil to lightly coat everything.
2. Season with salt and pepper, sprinkle parsley on top and place in the oven. Cook for 15 minutes, turning once, until the bacon is browned and crispy.

LEMON MARINATED SCALLOPS

Makes 4 servings

INGREDIENTS:

- 1.5 lbs fresh sea scallops
- 1 cup orange juice
- ½ cup water
- ¼ cup lime juice
- 2 tbsp olive oil
- 1 tsp stevia
- 1 tsp ginger
- 1 garlic clove, minced
- 1 tsp oregano
- Salt and pepper

236 CALORIES

Protein 29g
Carbohydrates 12g
Fats 8g

PER SERVING

DIRECTIONS:

1. In a re-sealable plastic bag, combine the orange juice, water, lime juice, oil, stevia, ginger, garlic, oregano, salt, and pepper.
2. Add the scallops, seal the bag, and marinate in the refrigerator for no more than 1 hour.
3. Preheat the oven to 400°F.
4. Place the scallops and marinade in a single layer in baking dish. Bake for 20 minutes, or until the scallops are opaque.

15 QUICK & EASY TUNA RECIPES

Straight out of the can

Lemon Pepper Tuna:	Lemon juice and fresh ground pepper or sprinkle with lemon pepper seasoning.
Mustard Dill Tuna:	Dill, 1 tbsp mustard, and chopped celery
Southwest Tuna:	1 tbsp non-fat mayo, I hot green pepper (chopped), black pepper to taste
Honey Mustard Tuna:	1-2 tbsp Honey Mustard
Tuna Fried Rice:	Sautéd cooked brown rice, chopped green or yellow onions, and egg whites in pan sprayed with butter flavor non-stick spray. Mix in tuna and serve.
Tuna Stuffed Tomato:	Mix 1 tbsp non-fat mayo, pepper and tuna and stuff inside a tomato.
Old El Paso Tuna:	1 heaping tbsp spoon Salsa or 1 tbsp chopped green chiles.
Italian Tuna:	1 tbsp Italian dressing or olive oil vinaigrette, fresh ground pepper
Balsamic Tuna:	1 tbsp Balsamic vinegar, a few dashes oregano, ground pepper to taste
Tuna Piccata:	1 tsp capers, lemon juice, parsley, fresh ground pepper
All American Tuna:	1 tbsp fat-free mayo, 1 chopped pickle, chopped celery stalk
Texas Tuna:	1 tbsp BBQ sauce
Tuna Melt:	1 tbsp fat-free mayo, 1 oz cheese melted on top
Tuna Parmesan:	Mix in1 tbsp Ketchup, tomato sauce, or spaghetti sauce. Sprinkle with breadcrumbs, top with 1 oz low-fat mozzarella cheese.
No-Time Tuna:	1 Fork, 1 glass of water

SOUPS
SALADS
SIDES &
OTHERS

ALMOND CHICKEN SALAD

Makes 1 servings

INGREDIENTS:

- 6oz chicken breast, cooked and diced
- 1oz unsalted toasted almonds, slivered
- ¼ cup green grapes, halved
- 1 celery stalk, chopped
- ½ scallion, sliced
- 1 hard boiled egg, chopped
- 1 tsp light mayonnaise
- 1 tsp fat free sour cream
- 1 tsp Dijon mustard
- 1 pinch paprika
- Salt and pepper
- 2 handfuls lettuce

478
CALORIES
Protein 54g
Carbohydrates 16g
Fats 22g
PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In large bowl combine chicken, grapes, celery, onions, egg.
3. In another bowl, combine mayonnaise, sour cream, mustard, paprika, salt and pepper; stir until smooth.
4. Pour over chicken mixture and toss gently.
5. Serve on a bed of lettuce and sprinkle with almonds.

BLUEBERRY-BASIL CHICKEN SALAD

Makes 1 servings

INGREDIENTS:

- 6oz chicken breast, cooked and diced
- 1/3 cup fresh blueberries
- 2 tbsp water
- 1 tbsp red wine vinegar
- 1 tbsp minced shallot
- 1 tbsp olive oil
- 1 tsp basil
- 2 handfuls lettuce
- Salt and pepper

323
CALORIES
Protein 39g
Carbohydrates 8g
Fats 15g
PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a blender, combine blueberries, water, vinegar, and salt and pepper. Blend for 1 minute or until the blueberries are pureed.
3. Add the shallot, oil and basil. Pulse until well combined.
4. Pour over chicken and serve on a bed of lettuce

MEDITERRANEAN CHICKEN SALAD

Makes 1 servings

INGREDIENTS:

- 6oz chicken breast, cooked and diced
- 1/3 cup black olives, sliced
- 1/3 cup red onion, diced
- 1/3 cup green pepper, diced
- 1 roma tomato, seeded and diced
- ¼ cup feta cheese, crumbled
- 2 handfuls lettuce
- 1/3 cup cucumber, peeled and sliced
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp water
- ½ tsp basil
- ½ tsp oregano
- Salt and pepper

422
CALORIES
Protein 47g
Carbohydrates 9g
Fats 22g
PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a medium bowl, combine chicken, olives, onion, green pepper, tomatoes, feta cheese and cucumber. Stir gently to combine ingredients.
3. In a separate small bowl, whisk together olive oil, balsamic vinegar, water, basil, salt, pepper and oregano. Pour over chicken mixture and stir gently.
4. Serve on a bed of lettuce.

ROASTED CURRY CHICKEN SQUASH SALAD

Makes 2 servings

INGREDIENTS:

- 12oz chicken breast, cooked and diced
- 1 acorn squash, about 2 lbs
- 1 red pepper, chopped
- 1 tbsp curry powder
- 1 tbsp olive oil
- Salt and pepper
- 1 onion, chopped
- 1 cup skim milk
- ¼ cup raisins
- 2 handfuls baby spinach
- ¼ cup fresh cilantro, chopped

539
CALORIES
Protein 42g
Carbohydrates 68g
Fats 11g
PER SERVING

DIRECTIONS:

1. Cook chicken separately. Preheat the oven to 450°F.
2. Cut the squash in half. Rub it with half the oil and the salt and pepper, and place on a baking sheet. Roast it in the oven until the flesh is soft and brown, about 25 minutes.
3. While the squash roasts, heat the remaining oil in a large non-stick pan over medium-high heat.
4. Sauté chicken, bell pepper, and onion for 3 minutes, then add the curry powder, milk, and raisins. Simmer over low heat for 10 minutes.
5. Carve the inside of the squash and put a bed of baby spinach in it.
6. Serve a scoop of the chicken curry mix inside the roasted squash. Garnish with the cilantro spinach in it.

SPINACH & CHICKEN SALAD W/CURRY

Makes 1 servings

INGREDIENTS:

- 6oz chicken breast, cooked and diced
- 1 small red onion, chopped
- 1oz walnuts, crushed
- 2 handfuls baby spinach
- 1 tbsp balsamic vinegar
- 1 tbsp rice vinegar
- 1 tbsp honey
- 1 tsp curry powder
- 2 handfuls baby spinach
- Salt and pepper

415 CALORIES

Protein 42g
Carbohydrates 19g
Fats 19g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a bowl, combine balsamic and rice vinegar, honey, curry powder, salt and pepper
3. Combine spinach, onion and chicken. Toss gently
4. Pour dressing on top and sprinkle with walnuts.

STRAWBERRY-TURKEY SPINACH SALAD

Makes 1 servings

INGREDIENTS:

- 6oz turkey breast, cooked and sliced
- 5 large strawberries, quartered
- 2 handfuls baby spinach
- ½ cup fat free plain yogurt
- ⅓ cup orange juice
- 2 tbsp poppy seeds
- ½ tsp stevia

290 CALORIES

Protein 44g
Carbohydrates 24g
Fats 2g

PER SERVING

DIRECTIONS:

1. Cook chicken separately.
2. In a bowl, combine yogurt, orange juice, poppy seeds, splenda.
3. Combine spinach, strawberries and chicken. Toss gently.
4. Pour dressing on top and serve.

APPLE MANDARIN TUNA SALAD

Makes 1 servings

INGREDIENTS:

- 6oz light tuna, drained
- 1 mandarin, peeled and quartered
- 1 small apple, sliced
- 1 tbsp lemon juice
- ½ cup chopped celery
- 1 tbsp walnuts, crushed
- 3 tbsp fat free mayonnaise
- 2 handfuls lettuce
- 1 tbsp fresh parsley
- Salt and pepper

485
CALORIES
Protein 42g
Carbohydrates 32g
Fats 21g
PER SERVING

DIRECTIONS:

1. In a bowl, combine tuna, mandarin slices, apple slices, lemon juice, celery, walnuts, mayonnaise, salt and pepper. Refrigerate for 30 minutes.
2. Pour dressing on a bed of lettuce and sprinkle with parsley.

SHRIMP & AVOCADO SALAD

Makes 1 servings

INGREDIENTS:

- 6oz shrimps, cooked and peeled
- 1 medium tomato, seeded and chopped
- 1 scallion, chopped
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tsp balsamic vinegar
- ½ avocado, cubed
- 1 tsp cilantro
- 1 tsp fresh mint
- pinch red pepper flakes
- 1 tsp olive oil
- 2 handfuls lettuce
- Salt and pepper

398
CALORIES
Protein 42g
Carbohydrates 8g
Fats 22g
PER SERVING

DIRECTIONS:

1. Make sure shrimp is completely unfrozen if you buy it already cooked. Pat it dry with paper towels.
2. In a bowl mix together all the ingredients except lettuce and lemon juice.
3. Serve the mixture on the lettuce and pour lime juice on top.

HOT SHRIMP BLUEBERRY SALAD

Makes 1 servings

INGREDIENTS:

- 6oz shrimps, cooked and peeled
- 1 onion, sliced
- ½ cup fresh blueberries
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tbsp water
- ½ tsp stevia
- 1 tsp olive oil
- 2 handfuls lettuce
- Salt and pepper

247 CALORIES

Protein 39g
Carbohydrates 7g
Fats 7g

PER SERVING

DIRECTIONS:

1. Make sure shrimp is completely unfrozen if you buy it already cooked. Pat it dry with paper towels.
2. In a bowl mix together blueberries, garlic, lemon juice, water, splenda, olive oil, salt and pepper.
3. In a non-stick pan, coated with cooking spray, grill shrimps for about 3 minutes
4. In a big bowl, mix together lettuce, hot shrimps, onions. Toss gently.
5. Pour dressing on the lettuce mixture and serve.

3 BEAN SALAD

Makes 5 servings - 2 cups per serving

INGREDIENTS:

- 2 cups black beans, rinsed and drained
- 2 cups kidney beans, rinsed and drained
- 2 cups chick peas, rinsed and drained
- 2 cups diced tomatoes, rinsed and drained
- 1 cup salsa
- 1 cup minced onion
- 1 tsp olive oil
- 2 tbsp lime juice
- 1 tbsp chili powder
- 1 tbsp curcuma
- 1 tbsp parsley
- ½ tsp stevia
- 1 tsp basil
- 1 tsp parsley
- 1 tsp garlic powder
- Salt and pepper

178
CALORIES
Protein 8g
Carbohydrates 32g
Fats 2g

PER SERVING
2 CUPS

DIRECTIONS:

1. In a non-stick pan, coated with olive oil.
2. Mix everything together in a big saucepan and simmer for about 20 minutes over medium heat.
3. Stir in onion, let cool down at room temperature and serve.

WASABI MASHED POTATOES

Makes 6 servings

INGREDIENTS:

- 2 lbs yellow potatoes
- ⅓ cup fat free sour cream
- ½ cup skim milk
- 1 tbsp wasabi paste
- Salt and pepper

178 CALORIES

Protein 5g
Carbohydrates 32g
Fats 2g

PER SERVING

DIRECTIONS:

1. In a pot, boil potatoes until fully cooked and tender
2. Add sour cream, milk, wasabi paste salt and pepper. Mash well.

ROASTED GARLIC MASHED POTATOES

Makes 6 servings

INGREDIENTS:

- 2 lbs yellow potatoes
- 1 head garlic, top sliced off to expose cloves
- 1/3 cup skim milk
- 1 bay leaf
- Salt and pepper

140 CALORIES

Protein 3g
Carbohydrates 32g
Fats 0g

PER SERVING

DIRECTIONS:

1. In a pot, boil potatoes with bay leaf until fully cooked and tender. Remove bay leaf after potatoes are ready.
2. In the meantime, wrap garlic head in aluminum foil and bake for 45 minutes or until cloves are soft.
3. Once everything is ready. Mash potatoes with all the garlic cloves (removed from head), milk, salt and pepper.

LEMON & CINNAMON SWEET POTATOES

Makes 6 servings

INGREDIENTS:

- 3 large sweet potatoes
- 1.5 cups apple juice
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp fresh lemon zest
- 3 tbsp olive oil
- 2 tbsp lemon juice
- Salt

199 CALORIES

Protein 1g
Carbohydrates 33g
Fats 7g

PER SERVING

DIRECTIONS:

1. Preheat oven to 375°F.
2. Place sweet potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat and let simmer until just tender. Don't overcook the sweet potatoes – you want them a bit firm. They will finish cooking in the oven.
3. Drain sweet potatoes and set aside to cool. Peel if desired. Cut into rounds ¼-inch thick and lay them in a baking dish coated with cooking spray. Don't overlap the pieces of potato.
4. In a saucepan place apple juice, nutmeg, cinnamon, lemon zest and salt. Simmer over low heat for 10 minutes.
5. Add olive oil and lemon juice. Stir well. Pour over the sweet potatoes.
6. Place the baking dish in the oven and bake the sweet potatoes for 20 minutes.

GINGER SWEET POTATOES

Makes 6 servings

INGREDIENTS:

- 3 large sweet potatoes, peeled and cubed
- 1 cup low-sodium chicken broth
- ½ onion, diced
- 1.5 tbsp ginger, minced
- 4 garlic cloves, chopped
- 1 tsp cinnamon
- 1 tsp honey
- Salt and pepper

144 CALORIES

Protein 3g
Carbohydrates 33g
Fats 0g

PER SERVING

DIRECTIONS:

1. Heat a large skillet on medium high heat, add 1 tbsp of broth and sauté onions until soft.
2. Add ginger and garlic and mix together with onions.
3. Add sweet potatoes, cinnamon, honey and remaining broth. Stir and let simmer until potatoes are tender (about 15 minutes).
4. Season with salt and pepper. Serve hot.

CRISPY BAKED SWEET POTATO FRIES

Makes 6 servings

INGREDIENTS:

- 3 large sweet potatoes, peeled and cubed
- 3 egg whites
- 2 tbsp all-purpose flour
- 1 tsp cinnamon
- 1 tsp paprika
- Salt and pepper

144 CALORIES

Protein 2g
Carbohydrates 34g
Fats 0g

PER SERVING

DIRECTIONS:

1. Preheat oven to 425°F.
2. Line a baking sheet with parchment paper
3. Peel the sweet potatoes (or leave peel on, if you prefer). Cut in very small "fries" and place in a large bowl
4. Pour egg whites in the bowl and stir gently to coat the fries. Add the flour, cinnamon, paprika, salt and pepper and stir again to coat the fries
5. Place potatoes carefully on the baking sheet, shaking off any excess coating. Leave as much space between potatoes as possible. Try not to overlap any or crowd the sheet.
6. Bake for about 20 to 30 minutes, until cooked.

HERBED B.E.P. BROWN RICE

Makes 6 servings

INGREDIENTS:

- 4 cups brown rice (long grain), cooked
- 3 cups black eyed peas
- 1 onion, chopped
- ¼ cup water
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 2 celery stalk
- 1 red pepper, chopped
- 1 tsp hot sauce
- ½ cup fresh parsley
- 1 tbsp oregano
- Salt and pepper

289 CALORIES

Protein 11g
Carbohydrates 59g
Fats 1g

PER SERVING

DIRECTIONS:

1. Cook rice separately.
2. In a cooking pan, coated with olive oil, over medium-high heat, sauté onion, garlic, celery and red pepper for about 4 minutes or until veggies are tender.
3. Add water, bring to a boil.
4. Add peas, rice, hot sauce, parsley, oregano, salt and pepper. Simmer for about 5 minutes. Bake for about 20 to 30 minutes, until cooked.

HERBED QUINOA

Makes 4 servings

INGREDIENTS:

- 1 cup quinoa (measured dry)
- 1 cup orange juice
- 2 tsp orange zest
- 3 scallions, finely chopped
- ¾ cup water
- 1 tbsp olive oil
- 1 tbsp cumin
- 1 garlic clove, minced
- ¼ tbsp fresh basil, chopped
- 3 tbsp fresh cilantro
- 1 cup frozen peas
- salt

245 CALORIES

Protein 8g
Carbohydrates 42g
Fats 5g

PER SERVING

DIRECTIONS:

1. In a saucepan, combine quinoa, orange juice, water, cumin and salt. Bring to a boil. Reduce heat and simmer, covered for 15 minutes or until liquid is absorbed and quinoa is cooked.
2. In a cooking pan, coated with olive oil, over medium-high heat, sauté garlic, scallions and peas for about 3 minutes.
3. Transfer quinoa in a big bowl and add pea mixture, cilantro, basil, and orange zest.

BULGAR PILAF

Makes 6 servings

INGREDIENTS:

- 1 cup bulgur (measured dry)
- 2 onions, finely chopped
- 2 cups mushrooms, sliced
- ½ dried apricots, chopped
- ½ cup fresh parsley, finely chopped
- ¼ cup raisins
- ¼ cup almonds, silvered

272 CALORIES

Protein 8g
Carbohydrates 42g
Fats 8g

PER SERVING

DIRECTIONS:

1. In a saucepan, combine bulgur, mushrooms, onions, apricots, parsley, raisins and water. Bring to a boil. Reduce heat and simmer, covered for 15 minutes or until liquid is absorbed and bulgur is cooked.
2. Transfer bulgur in a big bowl and stir in the almonds.

RISOTTO

Makes 6 servings

INGREDIENTS:

- 2 cup Arborio rice (measured dry)
- 1 onion, finely chopped
- 1 garlic clove, minced
- 2 cups zucchini, diced
- 1 cup mushrooms, sliced
- 3 tbsp olive oil
- ¼ cup lemon juice
- 3 cups low-sodium chicken broth
- ½ cup fresh parsley, finely chopped

462 CALORIES

Protein 16g
Carbohydrates 68g
Fats 14g

PER SERVING

DIRECTIONS:

1. In a cooking pan, coated with olive oil, sauté onion, garlic, zucchini, mushrooms, for 5 minutes.
2. Place the sautéd veggies in a blender and purée adding lemon juice and 1 tbsp olive oil.
3. In a saucepan, combine rice, broth, parsley . Bring to a boil. Reduce heat and simmer, covered for 15 minutes or until liquid is absorbed and rice is cooked.
4. Transfer rice in a big bowl and stir in the zucchini purée.

CHICKEN BARLEY SOUP

Makes 10 servings - 10 cups

INGREDIENTS:

- 1 lb chicken, cubed
- 2 tbsp olive oil
- 2 garlic clove, chopped finely
- 1 onion, chopped finely
- 1 large potato, peeled and cubed
- 1 large carrot, peeled and sliced
- 3 stalks celery, chopped
- 1 large tomato, chopped
- 1 tsp dried thyme
- ½ cup pearled barley
- 2 litres low-sodium chicken broth
- Salt and pepper

127
CALORIES
Protein 11g
Carbohydrates 14g
Fats 3g

PER SERVING
1 CUP

DIRECTIONS:

1. Place barley in bowl with just enough water to cover it. Heat olive oil on medium heat in an 8-quart stockpot.
2. Add the chopped onion and garlic to the olive oil, cooking for 5 minutes.
3. Add the chicken to stockpot, along with the salt and black pepper. Brown for 5 minutes.
4. Add the chicken stock, vegetables, and spices to the pot.
5. Drain the water from the barley. Add the barley to the soup.
6. Let the soup boil for 30 minutes on medium heat.

SLOW COOKED TURKEY CHOWDER

Makes 6 servings

INGREDIENTS:

- 1 lb turkey breasts, cubed
- 4 slices turkey bacon
- 1 onion, chopped
- 1 large potato, peeled and cubed
- 2 large carrots, peeled and sliced
- 1 stalks celery, chopped
- 1 tsp dried thyme
- 1 tsp sage
- 2 can low-fat, low-sodium cream mushroom soup
- Salt and pepper

229
CALORIES
Protein 23g
Carbohydrates 23g
Fats 5g
PER SERVING

DIRECTIONS:

1. In a non-stick skillet, cook turkey bacon until crisp. Transfer to a plate and chop.
2. In a slow cooker, place bacon, turkey, carrots, potato, onion, celery, thyme, sage, cream of mushroom, salt and pepper. Stir well to combine.
3. Cover and cook on low for 8-10 hours or until the soup is thick and the turkey and veggies are tender.

AVGOLEMONO CHICKEN SOUP

Makes 4 servings

INGREDIENTS:

- 8oz chicken breasts, cubed
- 2 cups brown rice, cooked
- 4 cups low-sodium chicken broth
- 2 eggs
- ¼ cup lemon juice
- 3 handfuls spinach
- Salt and pepper

263 CALORIES

Protein 22g
Carbohydrates 28g
Fats 7g

PER SERVING

DIRECTIONS:

1. In a large saucepan, bring broth and chicken to a boil, reduce the heat and simmer until the chicken is cooked through.
2. In a bowl, whisk the eggs and lemon juice until frothy. Then, whisk 1 cup of the hot broth.
3. Add the spinach to the broth in the saucepan, bring to a boil. Reduce heat to low and stir in the rice.
4. Slowly add the egg-lemon-broth mixture, whisking to avoid curdling and continue for 4 minutes until thickened.
5. Stir in the chicken, add salt and pepper, and heat to serving temperature.

ANABOLICIOU S GUMBO

Makes 4 servings

INGREDIENTS:

- 4oz chicken breasts, cubed
- 8oz shrimp, peeled
- ½ cups brown rice
- 1 pinch cayenne pepper
- 1 bay leaf
- 1 tsp thyme
- 2 cups low-sodium chicken broth
- 1 can (14oz) crushed tomatoes
- 1 cup okra, sliced
- 1 garlic clove, minced
- 4 scallions, sliced
- 1 celery stalk, chopped
- 1 green pepper, chopped
- 3 tbsp olive oil

300 CALORIES

Protein 22g
Carbohydrates 25g
Fats 8g

PER SERVING

DIRECTIONS:

1. In a large saucepan, over medium heat, heat the oil. Sauté the green pepper, celery, scallions and garlic for about 5 minutes.
2. Stir in the tomatoes, broth, okra, thyme, bay leaf, and cayenne. Bring to a boil.
3. Reduce the heat and simmer covered for 15 minutes.
4. Stir in the rice and simmer for another 15 minutes, still covered.
5. Add the chicken and shrimp and simmer covered until chicken is cooked, shrimp is pink, and rice tender.

TURKEY & SWEET POTATO CHOWDER

Makes 4 servings

INGREDIENTS:

- 12oz turkey breasts, cubed
- 1 large sweet potato, cubed
- 1 cup corn
- 1.5 cups skim milk
- 2 cups low-sodium chicken broth
- ¼ cup fresh parsley, chopped

269 CALORIES

Protein 29g
Carbohydrates 36g
Fats 1g

PER SERVING

DIRECTIONS:

1. In a saucepan, combine chopped potato, and broth. Bring to a boil. Then, reduce heat and simmer, uncovered, about 12 minutes or until potato is tender, stirring occasionally.
2. Remove from heat. Do not drain. Using a potato masher, mash potato until mixture is thickened and nearly smooth.
3. Stir in corn, turkey, milk, sweet potato, and pepper into potato mixture in saucepan. Bring to a boil and reduce heat. Cover and cook for another 15 minutes or until the turkey is cooked.
4. Sprinkle with parsley before serving.

GUILT FREE SPINACH DIP

Makes 4 servings

INGREDIENTS:

- 1 cup 1% cottage cheese
- 1 cup plain low-fat yogurt
- 1 package onion soup mix
- 1 can water chestnuts, chopped and drained
- ¼ cup grated carrots
- 3 big handfuls baby spinach

162 CALORIES

Protein 17g
Carbohydrates 19g
Fats 2g

PER SERVING

DIRECTIONS:

1. Microwave spinach 1 minute.
2. In a bowl, mix cottage cheese, yogurt and soup mix. Add water chestnuts, carrots and spinach and stir gently.
3. Refrigerate for about 2 hours before serving.

GUACAMOLE

Makes 4 servings

INGREDIENTS:

- 4 ripe avocados, chopped
- 1 large tomatoes, chopped
- 1 medium onion, chopped
- 1 bunch cilantro, finely chopped
- 4 tbsp lemon juice
- 1 pinch salt

373
CALORIES
Protein 5g
Carbohydrates 23g
Fats 29g
PER SERVING

DIRECTIONS:

1. Mix all the ingredients in a big bowl. Mash gently

EZEKIEL BREAD STUFFING

Makes 12 servings

INGREDIENTS:

- 1 loaf ezekiel bread, thawed and broken into bite-sized cubes
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp sage
- 1 tsp ground black pepper
- 1/3 cup light margarine
- 1 large onion, chopped
- 2 garlic cloves, minced
- 5 celery stalks, thinly sliced
- ½ cup dried apricots, chopped
- 10 small shallots, peeled and quartered
- ¾ cup fresh parsley, chopped
- 1 cup low-sodium chicken broth

176
CALORIES
Protein 7g
Carbohydrates 28g
Fats 4g

PER SERVING
1 CUP

DIRECTIONS:

1. Place bread cubes in a large bowl. Mix in the thyme, rosemary, sage and ground black pepper.
2. Melt margarine in a large frying pan on medium heat. Add onions, celery and garlic and sauté for 3 minutes.
3. 3. Stir the onion mixture into the bowl containing the bread. Add the apricots, baby onions and parsley. Stir in the chicken broth.
4. Preheat oven at 325°F. and place stuffing in a casserole dish and cover loosely with tin foil.
5. Bake stuffing for 30 minutes, then remove the foil and stir thoroughly. Bake for another 30 minutes uncovered.

THE PERFECT SPAGHETTI SAUCE

Makes 6 cups

INGREDIENTS:

- 1 tbsp olive oil
- 2 cups sliced mushrooms
- 1 cup red or green peppers, chopped
- 1 cup onions, minced
- 15oz can crushed tomatoes
- 3 tbsp pizza seasoning
- 10oz no-salt added tomato sauce
- 1 tsp dried parsley
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp stevia
- Salt and pepper

46
CALORIES
Protein 2g
Carbohydrates 12g
Fats 2g

PER SERVING
1CUP

DIRECTIONS:

1. In a non-stock pan, coated with olive oil, sauté mushrooms, bell peppers, and onions for 3-4 minutes.
2. In a big saucepan, add all the other ingredients, stir gently and bring to a boil.
3. Reduce heat, stir in mushrooms, onions and peppers and simmer for 15 minutes.

SNACKS & BARS

HIGH PROTEIN FUDGE BARS

Makes 10 bars

INGREDIENTS:

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- ⅓ cup natural peanut butter
- 3 tbsp honey
- ½ cup low fat milk
- 3 tbsp crushed peanuts

244 CALORIES

Protein 25g
Carbohydrates 18g
Fats 8g

PER SERVING

DIRECTIONS:

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 10 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 minutes.

PEANUT BUTTER PROTEIN BARS

Makes 10 bars

INGREDIENTS:

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- ½ cup natural peanut butter
- ¼ cup low fat milk
- 4 tbsp honey
- 3 tbsp pure cocoa powder
- 3 tbsp crushed almonds

253
CALORIES
Protein 25g
Carbohydrates 18g
Fats 9g
PER SERVING

DIRECTIONS:

1. Mix together the protein powder, oatmeal, peanut butter, honey, milk and cocoa powder.
2. Form into 10 bars and then roll in the crushed almonds to finish.
3. Place in the fridge for about 30 minutes.

ALMOND COCONUT BARS

Makes 5 bars

INGREDIENTS:

- 5 scoops chocolate protein powder
- ½ cup flax seeds
- 5 tbsp low-fat cream cheese
- ½ cup almonds, sliced
- 3 tbsp stevia
- ¼ cup water
- 1 tsp canola oil
- 1 tsp coconut extract
- 2 tsp almond extract

282 CALORIES

Protein 27g
Carbohydrates 12g
Fats 14g

PER SERVING

DIRECTIONS:

1. Microwave cream cheese until soft enough to mix.
2. Combine all dry ingredients in bowl (protein powder, flax seeds, almonds, splenda) , and then mix in the rest (cream cheese, water, canola oil, coconut extract and almond extract). Stir until mix is consistent.
3. Create 5 equal size bars and leave in the fridge for about 30 minutes.

HIGH PROTEIN GRANOLA BARS

Makes 6 bars

INGREDIENTS:

- 8 scoops chocolate protein powder
- 1 cups oat bran
- 1 cups rolled oats
- ½ cup whole wheat flour
- ½ cup egg whites
- ½ cup low fat milk
- 1 tsp stevia
- 2 tbsp honey
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tbsp canola oil
- 2 tbsp raisins
- 2 tbsp almonds, sliced

433
CALORIES
Protein 43g
Carbohydrates 45g
Fats 9g
PER SERVING

DIRECTIONS:

1. Mix everything together in a big bowl.
2. Pour mixture in a baking tray and bake at 350°F. for 25 minutes.
3. Let cool down at room temperature and cut into 6 bars.

APPLE CINNAMON PROTEIN BARS

Makes 6 bars

INGREDIENTS:

- 8 scoops vanilla protein powder
- ½ cups rolled oats
- 2 egg whites
- ½ cup unsweetened apple sauce
- ½ cup apple, cubed
- 1 cup almonds, ground in blender
- 1 cup cashew, ground in blender
- ½ tsp cinnamon

486 CALORIES

Protein 49g
Carbohydrates 23g
Fats 22g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Mix the egg whites with the apple sauce and beat for a minute.
3. Mix the protein, cinnamon, salt, oats and ground nuts. Slowly stir the egg white/applesauce mixture into the dry ingredients and then stir the apple pieces in.
4. Lightly coat a baking pan with cooking spray and transfer the mixture into the pan.
5. Bake for 10-15 minutes.
6. Cool, cut in 6 bars and store in the fridge.

BANANA-MAPLE PROTEIN SNACK WRAP

Makes 1 wrap

INGREDIENTS:

- 1 8" whole wheat wrap
- 1 medium banana
- 1 tbsp natural peanut butter (or almond butter)
- 1 tbsp slivered almonds
- 1 scoop vanilla protein powder
- 1 tbsp sugar free maple syrup

479 CALORIES

Protein 33g
Carbohydrates 52g
Fats 15g

PER SERVING

DIRECTIONS:

1. In a separate bowl, mash banana and protein powder together with a fork until combined.
2. Spread the peanut butter onto the tortilla. Top with the banana mixture.
3. Sprinkle with almonds, then drizzle with maple syrup.
4. Roll the wrap and enjoy!

HIGH PROTEIN BLUEBERRY COOKIES

Makes 10 cookies

INGREDIENTS:

- 4 egg whites
- ½ cup oatmeal
- 2 scoops vanilla protein powder
- 1 cup blueberries

57 CALORIES

Protein 7g
Carbohydrates 2g
Fats 5g

PER SERVING
1 COOKIE

DIRECTIONS:

1. Combine egg whites, oatmeal and protein powder, mix well.
2. Stir in blueberries
3. Drop spoonfuls of the mixture on a baking sheet coating with cooking spray
4. Bake at 425°F. for 10-15 minutes.

REESE'S STYLE COTTAGE CHEESE

Makes 1 serving

INGREDIENTS:

- 250g fat free cottage cheese
- ½ scoop chocolate protein powder
- 1 tsp natural peanut butter
- ½ tsp stevia

306
CALORIES
Protein 43g
Carbohydrates 20g
Fats 6g
PER SERVING

DIRECTIONS:

1. In a bowl, mix the cottage cheese with the protein powder and stevia.
2. Add the peanut butter and stir.
3. Enjoy this awesome treat.

HIGH PROTEIN JELL-O

Makes 1 serving

INGREDIENTS:

- 1 package sugar-free Jell-O
- 1 scoop protein powder (any flavour to match Jell-O)

117 CALORIES

Protein 25g
Carbohydrates 2g
Fats 1g

PER SERVING

DIRECTIONS:

1. Mix 1 cup boiling water with the Jell-O powder
2. Stir in one scoop of the protein powder until dissolved.
3. Once that's finished, mix in one cup of cold water and allow to set.

HIGH PROTEIN CHOCOLATE CREPES

Makes 2 servings (2 crepes)

INGREDIENTS:

- 8 egg whites
- 1 scoop chocolate protein powder
- 1 tbsp whole wheat flour
- ½ tsp baking soda

129 CALORIES

Protein 28g
Carbohydrates 2g
Fats 1g

PER SERVING
1 CREPE

DIRECTIONS:

1. Mix everything together in a blender
2. In a non-stick pan, over medium-high heat, coated with cooking spray, pour half the mixture (should be 1/3 inch high in the pan)
3. Cook for 3 minutes each side (wait until the crepe in solid before flipping)

QUICK TIP:

Pour 1 tbsp of sugar free Maple Syrup on top

HIGH PROTEIN RICE PUDDING

Makes 2 servings

INGREDIENTS:

- 1 cup basmati rice, cooked
- 2 cups skim milk
- 2 scoops vanilla protein powder
- 2 tbsp sugar-free instant Jell-O vanilla pudding

254
CALORIES
Protein 28g
Carbohydrates 31g
Fats 2g
PER SERVING

DIRECTIONS:

1. On medium-low heat, simmer the cooked rice in milk for 20 minutes, until rice bulks-up.
2. Cover and cool for a few minutes, then add the protein powder, cover again and put in fridge until it cools.
3. Add Jell-O mix to cooled mixture, whip, and serve.

ZUCCHINI BREAD

Makes 8 servings

INGREDIENTS:

- 2 egg whites
- 1 egg
- 1 cup olive oil
- 3 tsp vanilla extract
- 1 tsp stevia
- 2 cups zucchini, shredded
- 3 cups whole wheat flour
- 1 tsp salt
- 1 tsp baking powder
- ¼ tsp baking soda
- 1 tbsp ground cinnamon

DIRECTIONS:

1. In a large bowl, beat together eggs, oil, vanilla and stevia. Stir in the zucchini.
2. Stir in the flour, salt, baking powder, baking soda, and cinnamon
3. Transfer into a large loaf pan
4. Bake 50 minutes at 350°F.

420 CALORIES

Protein 9g
Carbohydrates 33g
Fats 28g

PER SERVING

HUMMUS & CARROTS

Makes 8 servings

INGREDIENTS:

- 15oz can chickpeas, rinsed and drained
- ½ cup plain fat free yogurt
- 2 tbsp lemon juice
- 3 garlic cloves, crushed
- 2 tsp olive oil
- 1 tbsp water
- ½ tsp cumin
- Salt and pepper

90 CALORIES

Protein 5g
Carbohydrates 13g
Fats 2g

PER SERVING

DIRECTIONS:

1. In a blender or food processor, puree all the ingredients together until completely blended.

QUICK TIP:

Serve each serving with 1 cup of raw baby carrots.

CINNAMON TOASTED ALMONDS

Makes 8 servings

INGREDIENTS:

- 2 egg whites
- 6 tsp vanilla extract
- 4 cups almonds
- ½ tsp stevia
- 1 tsp salt
- ½ tsp ground cinnamon

436 CALORIES

Protein 15g
Carbohydrates 13g
Fats 36g

PER SERVING
½ CUP

DIRECTIONS:

1. In a large bowl, beat egg whites until frothy; beat in vanilla. Add almonds; stir gently to coat.
2. In a separate bowl combine the stevia, salt and cinnamon; add to nut mixture and stir gently to coat
3. Spread evenly into a baking sheet, coated with cooking spray. Bake at 300°F. for 25-30 minutes or until almonds are crisp, stirring once.

BUFFALO WINGS

Makes 6 servings

INGREDIENTS:

- 3 lbs chicken wings, skinned
- 3 tbsp cider vinegar
- 2 tbsp low sodium chicken broth
- 2 tsp canola oil
- 2 tsp hot sauce

135 CALORIES

Protein 26g
Carbohydrates 1g
Fats 3g

PER SERVING
4 WINGS

DIRECTIONS:

1. In a large Ziploc bag, combine wings, vinegar, broth, oil, and hot sauce. Turn to coat and refrigerate for 30 minutes. Turn occasionally.
2. Remove wings from marinade.
3. Spread evenly into a baking sheet, coated with cooking spray.Bake at 375°F. for 10-15 minutes per side.

EGG WHITES BITES

Makes 6 servings

INGREDIENTS:

- 10 egg whites
- 1 egg
- 1 tomato, seeded and chopped finely
- 1 onion, finely chopped
- 1 tsp dried basil
- black pepper

45 CALORIES

Protein 3g
Carbohydrates 8g
Fats 1g

PER SERVING
1 BITE

DIRECTIONS:

1. In a bowl, whisk egg whites and the egg
2. Pour egg mixture equally in a big 6-muffin pan.
3. Top each portion with 1 teaspoon of tomatoes and 1 teaspoon onions. Sprinkle basil and pepper on top,
4. Bake in oven at 350°F. for 8 minutes or desired doneness.

EGGSTERS

Makes 1 servings

INGREDIENTS:

- 1 egg
- 1 tsp olive oil
- Pinches of dried basil, parsley, oregano and black pepper

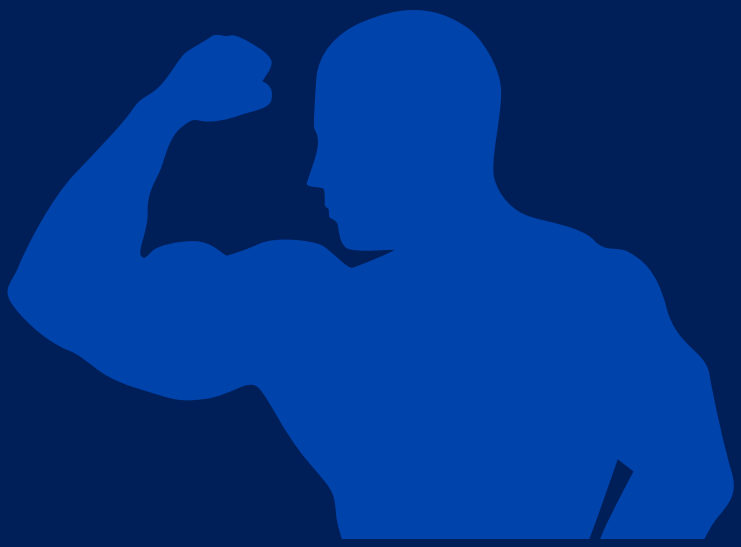
132 CALORIES

Protein 6g
Carbohydrates 0g
Fats 12g

PER SERVING
1 EGG

DIRECTIONS:

1. Boil egg for exactly 7 minutes
2. Remove from boiling water and cool under running cold water.
3. When shell is cold, remove shell. The white will be hard and the yolk will be creamy and hot inside
4. Put in a bowl, top with olive oil and sprinkle basil, parsley, oregano and pepper on top.



DESSERTS

STRAWBERRY MERINGUES

Makes 2 servings

INGREDIENTS:

- 6 egg whites
- ¼ tsp cream tartar
- 2 cups sliced strawberries
- 2 tbsp Splenda
- 4 scoops vanilla or strawberry protein powder

330 CALORIES

Protein 52g
Carbohydrates 20g
Fats 4g

PER SERVING

DIRECTIONS:

1. Preheat the oven to 250°F. In a large mixing bowl, beat 6 egg whites and ¼ tsp of cream of tartar with an electric mixer on medium-high speed, until the egg whites become fluffy and hold stiff peaks.
2. Scoop this mixture out into two large ball-like portions on a baking sheet lined with parchment paper
3. With the back of a large spoon, depress the middle of each portion to form a pocket (this is where the fruit will go).
4. Bake in the oven until the mixture turns light golden brown, between 5 and 10 minutes. Remove from oven and set aside to let cool.
5. Cut up 2 cups of strawberries and mix in a bowl with Splenda. Add the protein powder to this mixture, 1 scoop at a time, mixing well. Once these dry ingredients are mixed together, add water, 1 tbsp at a time, until the mixture becomes creamy.
6. Pour the strawberry mixture into the meringue pockets, letting it flow over the sides. Serve cool.

LEMON CHEESECAKE

Makes 2 servings

INGREDIENTS:

- 250g fat free cottage cheese
- 2 eggs
- ¾ cup splenda
- 2 lemons, juiced
- ½ tsp baking powder
- zest from half a lemon

324 CALORIES

Protein 57g
Carbohydrates 8g
Fats 7g

PER SERVING

DIRECTIONS:

1. Preheat oven to 375°F
2. In a blender, blend cottage cheese and eggs until smooth and creamy in texture. Remove mixture from blender and place into a mixing bowl. Mix in splenda and lemon juice. Finally, add baking powder and lemon zest and mix well.
3. Fill two 2.5" ramekins with the mixture.
4. Fill a large baking pan half-full with hot water. Place the ramekins inside the baking pan so that the water comes approximately half way up the sides of ramekins.
5. Place the baking pan containing the ramekins into the oven and allow to bake for 35 to 40 minutes.
6. When finished baking, remove the baking pan from the oven and the ramekins from the water. Allow ramekins to cool outside of the water pan. When cool to the touch, place into the fridge over night..

BLUEBERRY CHEESECAKE

Makes 6 servings

INGREDIENTS:

Crust:

- 1 cup Graham cracker crumbs
- ¼ cup ground flax seeds
- ¼ cup raw oat bran
- 1 oz fat free cream cheese, warmed in microwave
- ⅓ cup water

Cheesecake:

- 2 cups fat free cottage cheese
- ½ package powdered Jell-O instant pudding, cheesecake flavour
- 3 oz fat-free cream cheese
- 3 scoops strawberry whey protein powder
- 1 cup frozen blueberries
- 2 tsp stevia

265
CALORIES
Protein 25g
Carbohydrates 30g
Fats 5g
PER SERVING

DIRECTIONS:

1. To make the crust, mix crust ingredients in a large bowl. Stir this mixture until it is all the same consistency, then press into a 9-inch pie pan sprayed with Pam, stretching the crust up the sides of the pan.
2. For the rest of the cake, put the other ingredients in a blender. Blend on high until smooth and creamy. Resist the temptation to add water, as this makes the cake soupy (more Jell-O mix can be added for more desirable consistency).
3. Pour the blender mixture into the crusted pan, and refrigerate for 1 hour.

STRAWBERRY PROTEIN ICE CREAM

Makes 1 servings

INGREDIENTS:

- 1 cup egg whites
- 8 large frozen strawberries
- 1 cup vanilla protein powder
- ¼ cup water
- 1 tsp stevia

285
CALORIES
Protein 51g
Carbohydrates 18g
Fats 1g
PER SERVING

DIRECTIONS:

1. Beat egg whites into stiff peaks.
2. In a blender, blend frozen strawberries and water until slushy.
3. Mix together firm egg whites and strawberry mix. Stir gently adding gradually protein powder and stevia.
4. Put in the freezer for minimum 12 hours or overnight.

ORANGE PROTEIN CREAMSICLES

Makes 6 servings

INGREDIENTS:

- 1 cup sugar free vanilla pudding
- 1 cup skim milk
- 2 cups vanilla protein powder
- 2 cups orange juice
- 1 tsp stevia

97 CALORIES

Protein 10g
Carbohydrates 12g
Fats 1g

PER SERVING

DIRECTIONS:

1. Mix all the ingredients in a blender.
2. Pour mixture in a popsicle maker tray.
3. Put in the freezer for minimum 12 hours or overnight.

BROWNIE IN A CUP

Makes 1 servings

INGREDIENTS:

- 1 egg
- 1 scoop chocolate protein powder
- 1 tbsp natural peanut butter
- 1 tbsp water

261 CALORIES

Protein 33g
Carbohydrates 3g
Fats 13g

PER SERVING

DIRECTIONS:

1. In a coffee mug, mix all the ingredients. Mix well so the powder is completely mixed in
2. Cook in a microwave for 1 minutes.
3. Using a knife, remove brownie from the cup, place in a plate and enjoy!

HIGH PROTEIN CHOCOLATE MOUSSE

Makes 2 servings

INGREDIENTS:

- 1 cup egg whites
- 125g fat free cottage cheese
- 1 cup chocolate protein powder
- 1 tsp pure cocoa powder
- 1 tsp stevia

157 CALORIES

Protein 32g
Carbohydrates 5g
Fats 1g

PER SERVING

DIRECTIONS:

1. Beat egg whites into stiff peaks.
2. Mix together firm egg whites and cottage cheese. Stir gently adding gradually protein powder, cocoa powder and stevia.
3. Refrigerate minimum 2 hours before serving.

MANGO LIME MOUSSE

Makes 4 servings

INGREDIENTS:

- 2 mangos, diced
- ½ cup fat free ricotta cheese
- 1 cup skim milk
- 1 tsp lime zest
- 2 tbsp lime juice
- 1 envelope unflavoured gelatin
- ¼ cup water
- 1 tsp stevia

199
CALORIES
Protein 8g
Carbohydrates 35g
Fats 3g
PER SERVING

DIRECTIONS:

1. In a food processor or a blender, combine the mangoes, ricotta, sugar, lime zest, and lime juice.
2. Sprinkle gelatine over water and let stand until softened, then pour into the food processor.
3. In a saucepan, bring milk to a boil and pour into food processor with the mango mixture, puree.
4. Pour mousse into dishes and freeze for 2 hours before serving.

SWEET POTATO PIE

Makes 12 servings

INGREDIENTS:

Crust:

- ¾ cup all purpose flour
- ¼ cup whole wheat flour
- 1 tsp stevia
- ½ tsp salt
- ½ tsp cinnamon
- ¼ cup canola oil
- 3 tbsp water

Filling:

- 2 lbs sweet potatoes, cooked, peeled and mashed
- 1.5 cups low fat milk
- ½ cup egg whites
- 2 tbsp stevia
- 1 tsp vanilla extract

189
CALORIES
Protein 4g
Carbohydrates 32g
Fats 5g
PER SERVING

DIRECTIONS:

1. To make the crust, mix crust ingredients in a large bowl. Stir this mixture until it is all the same consistency, then press into a 9-inch pie pan sprayed with Pam, stretching the crust up the sides of the pan.
2. For the filling, combine all the filling ingredients in a big bowl.
3. Pour mixture in the crust. Bake 10 minutes then reduce oven temperature to 325°F. Bake for 90 minutes or until the filling is firm.

BANANA CREAM PIE

Makes 8 servings

INGREDIENTS:

- 12 low-fat honey Graham crackers, crumbled
- 1 tbsp light margarine
- ½ cup water
- 4 bananas, sliced
- 2 tbsp lime juice
- 1 envelope gelatin
- 1 tsp stevia
- 1.5 cups plain fat free yogurt
- 1 tsp vanilla extract

162 CALORIES

Protein 4g
Carbohydrates 32g
Fats 2g

PER SERVING

DIRECTIONS:

1. Preheat oven at 350°F.
2. To make the crust, mix crackers, margarine and 1 tbsp water in a large bowl. Stir this mixture until it is all the same consistency, then press into a 9-inch pie pan sprayed with Pam, stretching the crust up the sides of the pan. Bake for 5 minutes.
3. In another bowl, toss bananas with the lime juice, reserve 1 cup and arrange the remaining bananas over the crust.
4. In a small saucepan, sprinkle gelatine over cold water and let stand 2 minutes. Add stevia, and cook over medium heat, stirring constantly until the mixture boils and the gelatine and stevia dissolve.
5. Remove from heat, stir in yogurt and vanilla, and pour into the pie plate
6. Arrange the reserved banana on top and sprinkle with zest.
7. Refrigerate for 2 hours minimum before serving.

CARROT CAKE

Makes 8 servings

INGREDIENTS:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp ground cinnamon
- 2 large egg whites
- 1 egg
- ½ cup splenda
- 3 tbsp light margarine
- ½ cup honey
- 1 tsp vanilla extract
- 3 tbsp unsweetened applesauce
- 3 tbsp canola oil
- 2.5 cups carrots, finely shredded
- ⅓ cup walnuts

220 CALORIES

Protein 4g
Carbohydrates 33g
Fats 8g

PER SERVING

DIRECTIONS:

1. Preheat oven at 350°F.
2. In a medium bowl whisk together flour, baking powder, baking soda, salt, cinnamon, and allspice. Set aside. In small bowl whisk together egg whites and egg. Set aside.
3. In a large bowl beat Splenda, margarine, honey, vanilla, applesauce, and canola oil. Mix in egg mixture, stir until well mixed. Stir in flour mixture, then carrots and walnuts.
4. Pour into a loaf pan and bake for 40-45 minutes.
5. Remove from heat, stir in yogurt and vanilla, and pour into the pie plate

PEANUT BUTTER PROTEIN ROLLS

Makes 8 servings

INGREDIENTS:

- 2 cups crunchy peanut butter
- 2 scoops chocolate protein powder
- 2 ripe bananas, mashed
- 2 tbsp flax seeds
- 1 tsp stevia
- 1 tsp pure cocoa powder

87 CALORIES

Protein 8g
Carbohydrates 7g
Fats 3g

PER SERVING

DIRECTIONS:

1. In a large bowl, mix together peanut butter, cocoa powder, stevia, whey powder, bananas, and flax seed.
2. Shape the mixture into 8 walnut-size balls, and place them in a container lined with parchment to separate the layers. Freeze for 2 hours minimum before serving.

THE BODYBUILDERS CHOCOLATE CAKE

Makes 8 servings

INGREDIENTS:

- 1¼ cups all purpose flour
- ½ cup pure cocoa powder
- 1 scoop chocolate protein powder
- ¼ cup cornstarch
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1¼ cups splenda
- 1 cup water
- 3 egg whites
- ½ cup light corn syrup

144 CALORIES

Protein 7g
Carbohydrates 29g
Fats 0g

PER SERVING

DIRECTIONS:

1. In a large bowl, combine flour, cocoa, cornstarch, baking powder, soda, and salt.
2. In another bowl, stir splenda and water until the splenda is almost dissolved. Add corn syrup and egg whites, stirring until blended. Slowly add dry ingredients, and stir until smooth.
3. Pour into a 9 inch square baking pan with cooking spray.
4. Bake at 350°F. for 35 minutes.

CHOCOLATE HAZLENUT BISCOTTI

Makes 40 biscotti

INGREDIENTS:

- 1 cup all-purpose flour
- ½ cup hazelnuts, chopped
- ⅓ cup mini semisweet chocolate chips
- ¼ pure cocoa powder
- 1 tsp instant coffee powder
- 1 tsp baking soda
- ½ cup splenda
- 1 egg
- 2 egg whites
- 1 tbsp vanilla extract
- Pinch salt

79 CALORIES

Protein 3g
Carbohydrates 10g
Fats 3g

PER SERVING
2 BISCOTTI

DIRECTIONS:

1. Bake Hazelnuts on a baking sheet, at 350°F. for about 8 minutes or until brown. In a food processor, combine 2 tbsp hazelnuts, flour, 2 tbsp chocolate chips, cocoa, coffee,baking soda and salt. Pulse until everything is ground finely. Transfer in a bowl.
2. In the food processor again, combine splenda, eggs, egg whites and vanilla. Whirl until thickened. Combine egg mixture with cocoa mixture and stir gently. Stir in the remaining hazelnuts and chocolate chips.
3. On a baking sheet, spoon the batter to form 2 logs, about 12 inches long and 2 inches wide. Leave space in between logs. Bake at 350°F. for 15 minutes, then cut logs on the diagonal into ½ inch thick slices. Place slices upright on the baking sheet and bake for an additional 25 minutes.

QUICK TIP:

Perfect with coffee.
Biscotti can be stored in an airtight container.

GUILT FREE CHOCOLATE SAUCE

Makes 4 servings

INGREDIENTS:

- ¼ cup water
- ½ cup evaporated fat free milk
- 3 tbsp pure cocoa powder
- 4 tsp light corn syrup
- 1 tsp stevia
- 1 tsp vanilla extract

45 CALORIES

Protein 0g
Carbohydrates 9g
Fats 1g

PER SERVING
2 TBSP

DIRECTIONS:

1. In a saucepan, mix cocoa powder and water. Whisk until dissolved.
2. Whisk in milk, stevia, corn syrup and vanilla.
3. Set the saucepan to medium heat and bring to a boil. Reduce heat and simmer, stirring constantly, for 8 minutes or until thickened.

QUICK TIP:

If you want a thicker sauce, refrigerate for 1 hour.

BON APPÉTIT

ENJOY!