



GET YOU IN SHAPE .COM

Get You in Shape Recipe Book

Research has shown that a weight loss and/or nutrition plan will only work if you can stay with it. Unfortunately, many people go on a diet to lose weight and go off the plan once they meet their goal, and the weight returns and brings a few more pounds with it. This cycle of weight loss and regain (often called yo-yo dieting) is detrimental to both your physical health and your mental health.

An important part of the Get You in Shape program is a return to eating healthy, balanced meals. But what does “healthy” and “balanced” mean? The quick definition of healthy is that the plan is plant based (including a variety of fruits and vegetables), includes whole grains versus refined grains, limits added sugars, includes lean protein, and also includes plant oils. The short definition of eating balanced means that our meals contain a mixture of carbohydrates, protein, and fat (and vitamins and minerals). We need carbohydrate for energy, protein to build muscle and heal our bodies from daily wear and tear, and good fats to help us feel full and to help our hormones work.

Have you ever cut way back on carbohydrates and felt irritable or that you didn’t have the energy to exercise? You probably did not have the right balance of carbohydrates for you. Have you ever eaten a meal without giving thought to protein and found yourself very hungry or sleepy in between meals? You probably didn’t have the right balance of protein at your meals. Have you ever tried to cut way back on fat and found yourself hungrier or disappointed in how your food tasted? You probably didn’t have the right balance of unsaturated fats.

During the orientation to Get You in Shape Boot Camp you would have been given a basic meal plan that reminds you that a meal contains lean protein, healthy carbs, and a vegetable; the basic snacks are a protein and a healthy carb. However, despite the allowance for one “splurge” meal a week, many people feel they are doomed to a life of plain baked chicken, plain brown rice, and plain steamed broccoli every meal the rest of their lives. The following recipes will help get you started on planning meals that not only include the right components, but are also tasty and full of variety. This way you can not only stay with the plan, but you can actually enjoy what you are eating.

Also included in this packet by special request are lunch and dinner ideas for vegetarians. Most of the breakfast and snack ideas are also suitable for ovo-lacto vegetarians even if they are not labeled as such. If you are already an established vegetarian, hopefully these recipes will give you more ideas to help you balance your meals. If you are thinking about going vegetarian a few times a week but not sure what to do, hopefully you will find inspiration and the knowledge that eating vegetarian can be exciting!

Thanks to Registered Dietitian Melanie Clemmer, who is also a Boot Camp Participant, who helped with some of this recipe book

Best wishes for your new eating lifestyle,
Brad Linder

Breakfast Ideas

[Advocare “Trim” meal replacement](#) – We have had such great results with this awesome product we have included many different shake options for you have fun with. They are a no-brainer when it comes to breakfast because they are complete nutrition in a low calorie shake.

[Advocare “Trim” meal replacement](#) -

1 Chocolate, Vanilla, or Berry Advocare Meal Replacement Shake

5-8 ice cubes

6-10 ounces of water depending on how thick you want it

Blend in strong blender

Calories: 220

Protein: 24

Total Carb: 24 gm

Fiber: 5 /6 gm

Fat: 3 gm

Sat Fat: 1 gm

Chocolate AdvocareSmoothie

Chocolate smoothie1 envelope [Advocare chocolate “Trim” meal replacement](#)

1 banana, frozen (peel banana, cut it into chunks, and freeze in foil)

5-7 ice cubes

6-10 ounces of water depending on how thick you want it

Blend in strong blender

Calories: 33

Protein: 24

Total Carb: 50 gm

Fiber: 9 gm

Fat: 3 gm

Sat Fat: 1 gm

Berry Delicious Smoothie

1 AdvoCare [Meal Replacement Shake](#) (Vanilla or Berry)

1 cup of Unsweetened frozen blueberries

6-8 ounces of water

Blend in strong blender

Calories: 300

Protein: 25

Total Carb: 43 gm

Fiber: 9 gm

Fat: 4 gm

Sat Fat: 1.1 gm

Pina Colada

1 AdvoCare [Meal Replacement Shake](#) (Vanilla)

9-10 ounces water

1/2 cup fresh pineapple chunks

splash of fresh orange juice

shredded coconut

½ cup ice

Blend in strong blender for 1 min.

Calories: 280

Protein: 25 gm

Total Carb: 37 gm

Fiber: 7.2 gm

Fat: 3.2 gm

Sat Fat: 1 gm

Peanut Butter Cup

1 AdvoCare [Meal Replacement Shake](#) (Vanilla or Chocolate)

9 -10ounces water

1 tbs. of all-natural peanut butter

Blend in strong blender for 1 min.

Calories: 320

Protein: 33 gm

Total Carb: 31 gm

Fiber: 8 gm

Fat: 19 gm

Sat Fat: 3 gm

Mint Cookies N Cream

1 AdvoCare [Meal Replacement Shake](#) (Chocolate)

9-10 ounces water

1 drop peppermint extract

Blend in strong blender for 1 min.

Calories: 220

Protein: 24

Total Carb: 24 gm

Fiber: 5 /6 gm

Fat: 3 gm

Sat Fat: 1 gm

Double Chocolate Shake (serves 2-3)

1 AdvoCare [Meal Replacement Shake](#) (Chocolate)

1 AdvoCare [Post-Workout Recovery Sports drink](#) – (Chocolate)

1 and 1/4 cups water

1 cup ice

1 banana

Blend all ingredients in strong blender and enjoy.

Advocare Healthy Smoothie -

This healthy recipe was given by - Elizabeth Cawthon, Boot Camp since Jan. 2008

I have one of these after workouts. They taste like the chocolate frosties at a fast food place we all know.

Chocolate smoothie1 envelope [Advocare chocolate "Trim" meal replacement](#)

5 ice cubes

1 banana, frozen (peel banana, cut it into chunks, and freeze in foil)

1/4 c water (if you want a thicker shake, less water)

2 Tablespoons nonfat plain yogurt

Blend together in a strong blender for 1 minute until very smooth.

High Protein Pancake (Serves 1)

½ cup old-fashioned oatmeal

¼ cup low-fat cottage cheese (or tofu)

4 egg whites

1 tsp vanilla extract

¼ tsp cinnamon

¼ teaspoon nutmeg

Process the oatmeal, cottage cheese, egg whites, vanilla extract, cinnamon, and nutmeg in a blender until smooth. Spray a nonstick skillet with cooking spray. Add the batter and cook over medium heat until both sides are lightly browned. Top with Melanie's Fruit Topping if desired (recipe follows).

Calories: 288

Protein: 28 g

Total Carb: 32 gm

Fiber: 5 gm

Fat: 4 gm

Sat Fat: 1 gm

Melanie's Fruit Topping (Serves 1)

1 cup berries of your choice (fresh or frozen)

1 tsp vanilla extract

1 packet Splenda or sugar substitute of choice

Combine all ingredients in microwave safe bowl. Microwave on high for 2-3 minutes or until warm and syrupy. Serve as a topping for healthy pancakes or on top of cottage cheese for a light meal or snack.

Calories: 50-80 depending on type of berries used

Protein: 0 gm

Fiber: 3 gm

Fat: 0 gm

Sat Fat: 0 gm

Healthy Yogurt Parfait (Serves 2)

1 cup sliced strawberries or other berries of your choice

1 cup non-fat, sugar-free vanilla yogurt

½ cup Uncle Sam Cereal or Kashi Go Lean Cereal

Layer the strawberries, yogurt, and cereal in 2 stemmed dessert glasses.

Calories: 185
Protein: 8 gm (may vary depending on yogurt used)
Total Carb: 37 gm (may vary depending on yogurt used)
Fiber: 6 gm
Fat: 1 gm
Sat Fat: 0 gm

Complete it: Serve with a slice of whole grain toast

Tomato and Herb Frittata (Serves 2)

½ cup chopped plum tomatoes
¼ cup chopped scallions
3 basil leaves, chopped
Butter flavored cooking spray
1 cup liquid egg substitute

Coat an ovenproof 10" skillet with cooking spray and place over medium heat until hot. Sauté the tomatoes, scallions, and basil in the butter until tender. Reduce the heat to low. Pour the egg substitute evenly into the skillet over the mixture. Cover and cook for 5-7 minutes or until cooked on the bottom and almost set on top. Transfer the skillet to a broiler and broil until the top is set, 2-3 minutes. Slide onto a serving platter and cut into wedges to serve. Can be made a day ahead and reheated in microwave—this recipe can also be doubled for a few days worth of breakfast's.

Calories: 169
Protein: 16 gm
Total Carb: 5 gm
Fiber: 1 gm
Fat: 9 gm
Sat Fat: 2 gm

Cottage Cheese Breakfast (Serves 1)

¼ cup low fat cottage cheese
1 slice whole grain bread
Dash cinnamon

Spread the cottage cheese onto the slice of bread. Sprinkle with the cinnamon and broil until bubbly, 2-3 minutes.

Alternate: Mix the cottage cheese with 1 packet Splenda, ¼ tsp cinnamon. Spread on toasted bread.

Calories: 87
Protein: 9 gm
Total Carb: 12 gm
Fiber: 3 gm
Fat: 1 gm
Sat Fat: 0 gm

Vegetable Quiche Cups (Serves 6)

1 package (10 ounces) frozen chopped spinach
¾ cup liquid egg substitute
¾ cup shredded reduced-fat cheese
¼ cup diced green bell peppers
¼ cup diced onions
3 drops hot-pepper sauce (optional)

Microwave the spinach for 2 ½ minutes on high. Drain the excess liquid. Line a 12- cup muffin pan with foil baking cups. Spray the cups with cooking spray. Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well Divide evenly among the muffin cups. Bake at 350 degrees F for 20 minutes, until a knife inserted in the center comes out clean.

Since this recipe may seem labor intensive for a morning, these can be made ahead, frozen, and reheated in the microwave.

Calories: 77
Protein: 9 gm
Fat: 3 gm
Sat Fat: 2 gm
Total Carb: 3 gm
Fiber: 2 gm

Complete it: add whole grain toast or English muffins.

Healthy Smoothie (Serves 1)

1 cup of frozen berries (blueberries, blackberries, raspberries and/or strawberries)
1 scoop of whey or soy powder
1 Tbs. ground flaxseed *
2 tsp. lemon juice
1 tsp. unsweetened cranberry juice
1 pack of Stevia
8 ice cubes
1 cup water

Blend until smooth, and if needed you can add a few ice cubes to thicken it up.

Calories: 200**
Protein: 24 gm
Fat: 2.5 gm
Sat Fat: 0 gm
Total Carb: 14 gm
Fiber: 3 gm

*I like to purchase Bob's Red Mill Ground Flaxseed Meal, available at Whole Foods, Central Market, Kroger Signature, and online. This also goes great on salads, yogurt, and oatmeal.

**Use of 1 cup skim milk instead of water adds an additional 90 calories, 12-16 gm carb, and 8 gm protein. Use of 1 cup plain or vanilla soy milk instead of water adds another 100 calories, 8-9 gm protein, 8-10 gm carb, 5 gm fat, and 2 gm fiber.

Melanie's High Protein Oatmeal (Serves 1)

½ cup old fashioned oats

½ scoop whey or soy powder

1 ¼ to 1 ½ cups water (depending on how thick you like your oatmeal)

¼-1/2 tsp cinnamon

1 packet Splenda or favorites sugar substitute

2 Tbsp Flax Meal

Blend water and protein powder together. Stir all ingredients together in saucepan or microwave safe dish. Oatmeal can be made on the stove top or microwave by following directions on the box. Since the addition of protein powder can make the oatmeal more "gluey," stovetop method is preferred. If using the microwave, make sure you stir halfway through cooking. Top with Melanie's Fruit Topping.

Calories: 275

Protein: 17 gm

Fat: 5 gm

Sat Fat: 0 gm

Total Carb: 32 gm

Fiber: 8 gm

Lunch ideas

Apple-Walnut Chicken Salad (Serves 2)

5 ounces cooked chicken breast, cut into ½"-¾" chunks
½ cup chopped celery
¾ cup chopped apple
2 ounces chopped walnuts
1 tablespoon raisins
1/3 cup prepared low-sugar Italian dressing
Bibb lettuce (optional)

In a medium bowl, gently stir together the chicken, celery, apple, walnuts, and raisins. Pour the dressing over the mixture and toss gently to coat. Serve on a bed of Bibb lettuce if desired.

Calories: 444
Protein: 27 gm
Total Carb: 33 gm
Fiber: 8 gm
Total Fat: 35 gm
Saturated Fat: 3 gm

Complete it: Serve with whole grain crackers such as Triscuit or Ak-mak crackers.

Mediterranean Chicken Salad (Serves 6)

Dressing

½ cup low-sugar prepared Italian dressing
1 tablespoon cayenne pepper sauce
½ tablespoon dried mint leaves
¼ tablespoon mustard powder

Salad

1 pound boneless, skinless chicken breast
2 tablespoons extra-virgin olive oil
2 cups prepared bulgur wheat
1 ½ cups diced tomato
1 cup minced green onion
½ cup chopped parsley
Romaine lettuce leaves

Dressing: Whisk together the Italian dressing, pepper sauce, mint, and mustard powder in a small bowl. Cover and chill until ready to use.

To make the salad: In a medium skillet, cook the chicken in the oil over medium heat for 8-10 minutes or until the chicken is tender and no longer pink. Turn often to brown evenly. Remove the chicken from the skillet. Cut into thin, bite-size cubes. Allow the chicken to cool, then refrigerate until fully chilled.

Combine the chicken with the bulgur, cucumbers, tomatoes, onion, and parsley in a bowl. Serve over the lettuce and drizzle with the dressing.

Total Calories: 220
Protein: 20 gm
Total Carb: 18 gm
Fiber: 4 gm
Total Fat: 8 gm
Sat Fat: 1 gm

Complete it: Serve stuffed into whole wheat pitas or with whole wheat pita chips or crackers.

Healthy Tomato Soup (Serves 2)

1 small onion, chopped
¼ cup sliced mushrooms
3 ounces diced ham
¼ teaspoon extra-virgin olive oil
1 clove garlic, minced
1/8 teaspoon sweet paprika
Dash allspice
1 can (14.5 ounces) fat-free chicken broth
1 can (15 ounces) chickpeas
3 whole tomatoes, peeled

Mix the onion, mushrooms, ham, oil, garlic, paprika, and allspice in a large pot. Cook for 1 minute. Add the chicken broth, chickpeas, and tomatoes. Cover and simmer for 15 minutes. Serve hot. If you want a smoother soup, puree in a blender or use an immersion blender.

Calories: 404 calories
Protein: 29 gm
Total Carb: 58 gm
Fiber: 12 gm
Fat: 7 gm
Sat Fat: 2 gm

Complete it: This soup is so hearty it's a meal by itself. If you must eat your soup with crackers, limit to a few whole grain crackers. This soup can easily be doubled to make more lunches ahead of time.

Tomato-Basil Couscous Salad (Serves 7)

¾ cup cooked couscous
1 tomato, chopped
1/3 cup canned chickpeas, drained and rinsed
2 scallions, chopped
1 teaspoon extra-virgin olive oil
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh basil
Lettuce

Combine the couscous, tomato, chickpeas, scallions, oil, lemon juice, and basil in a bowl. Toss, and serve on a bed of lettuce.

Calories: 43
Protein: 2 gm
Total Carb: 7 gm
Fiber: 1 gm
Fat: 1gm
Sat Fat: 0 gm

Complete it: Toss with cooked/chopped chicken breast or water-packed tuna to make a complete meal.

Endive and Pecan Salad (Serves 6)

3 cups loosely packed Boston lettuce
1 onion, sliced
3 cups loosely packed curly endive
1/4t teaspoon freshly ground black pepper
3/4 cup coarsely chopped pecans, toasted
1/4 cup red wine vinegar
1/4 teaspoon salt

Combine the lettuce, onion, endive, and pepper in a large bowl. Set aside.
Add the pecans, vinegar, and salt to a skillet and cook over low heat until thoroughly heated. Pour over the lettuce and toss gently.

Calories: 118 calories
Protein: 2 gm
Total Carb: 7 gm
Fiber: 3 gm
Fat: 10 gm
Saturated Fat: 1 gm

Complete it: Toss with cooked/chicken breast, water packed tuna, or shrimp to make a complete meal.

Tuna, Cucumber, and Red Pepper Salad with Lemony Dill Dressing (serves 4)

Lemony Dill Dressing
1/4 cup extra virgin olive oil
3 tablespoons fresh lemon juice
1-2 tablespoons chopped fresh dill
1/2 teaspoon salt
1/2 teaspoon coarsely ground black pepper
Salad
2 medium cucumbers, chopped
1 red bell pepper, chopped
2 can (6.5 ounces each) solid white tuna, drained and flaked
Romaine lettuce
1 small lemon, peeled, seeded, and sliced

Dressing: Whisk the olive oil, lemon juice, dill, salt, and black pepper together in a small bowl.

Salad: Combine the cucumbers, bell pepper, and tuna in a large bowl. Set aside. Arrange the lettuce on 4 plates. Spoon the tuna mixture into the center of each plate. Arrange the lemon around the plates. Drizzle with the dressing.

Calories: 282
Protein: 24 gm
Total Carb: 9 gm
Fiber: 2 gm
Fat: 17 gm
Sat Fat: 3 gm

Complete it: Serve stuff into a whole wheat pita or wrap in a whole wheat tortilla.

Roast Beef Wrap (Serves 4)

¼ cup reduced-fat cream cheese
4 9"-10" flour tortilla
½ red onion, sliced
4 spinach leaves, washed
8 ounces sliced roast beef

For each wrap, spread a small amount of the cream cheese over the surface of a tortilla. Layer the onion, spinach, and roast beef on top. Fold opposite sides of the tortilla toward the center about 1 ½ and roll up from the bottom.

Calories: 300
Protein: 13 gm
Total Carb: 42
Fiber: 3 gm
Fat: 9 gm
Sat Fat: 3 gm

Dinner/Supper Ideas

Baked Fish with Mustard Marinade (serves 4 to 6)

1 ½ pounds cod, scrod, haddock, or other firm white fish fillets
½ cup smooth or coarse Dijon mustard
1/3 cup fresh lemon juice
½ teaspoon dried thyme
1 to 2 teaspoons prepared horseradish
2 teaspoons grated lemon peel
¼ teaspoon ground black pepper

Rinse and dry the fish fillets and place them, skin side down, in a lightly oiled baking pan. Whisk the marinade ingredients together in a mixing bowl or whirl them in a blender or small food processor. Pour the marinade over the fish, turning the fillets to coat both sides. Set aside in the refrigerator for 20 to 60 minutes.

Preheat the oven to 400 degrees

Place the baking dish, uncovered, in the oven and bake for 10 to 15 minutes, or until the fish is tender and flakes easily with a fork.

Calories: 126

Protein: 24 gm

Total Carb: 3 gm

Fiber: 0 gm

Fat: 2 gm

Sat Fat: 0 gm

Complete it: Serve over brown rice (plain or flavored) and add seared green beans or another vegetable to complete the meal.

Fish with Herbs and Lime (Serves 4)

4 five or six-ounce firm fish fillets, such as cod, red snapper, or turbot
¼ cup fresh lime juice
4 garlic cloves, pressed or minced
½ cup chopped fresh parsley
½ cup chopped scallions
1 teaspoon chopped fresh rosemary (1/2 teaspoon dried)
1 teaspoon fresh thyme leaves (1/2 teaspoon dried)
1 teaspoon sweet paprika
1 cup diced fresh tomatoes

Preheat the oven to 375 degrees.

Rinse the fish fillets, pat dry, and set aside. In a medium bowl, mix together the lime juice, garlic, parsley, scallions, rosemary, thyme, paprika, and tomatoes. Place the fillets in an unoiled, non-reactive baking dish and spread the topping evenly over the fish. Cover tightly with foil and bake for about 25 minutes, until the fish flakes easily with a fork.

Calories: 160

Protein: 30 gm

Total Carb: 6 gm

Fiber: 1.4 gm

Fat: 1.5 gm
Sat Fat: 0 gm

Complete it: Serve with mashed or baked sweet potatoes and a garden salad to complete the meal.

Balsamic Chicken (Serves 6)

6 boneless, skinless chicken breast halves
1 ½ teaspoons fresh rosemary leaves, minced or ½ teaspoon dried
2 cloves garlic, minced
½ teaspoon freshly ground black pepper
½ teaspoon salt
2 tablespoons extra virgin olive oil
4-6 tablespoons white wine (optional)
¼ cup balsamic vinegar

Rinse the chicken and pat dry. Combine the rosemary, garlic, pepper, and salt in a small bowl and mix well. Place the chicken in a large bowl. Drizzle with the oil, and rub with the spice mixture. Cover and refrigerate overnight.

Preheat the oven to 450 degrees. Spray a heavy roasting pan or iron skillet with cooking spray. Place the chicken in the pan and bake for 10 minutes. Turn the chicken over. If the drippings stick to the pan, stir in 3-4 tablespoons water or white wine (if using).

Bake about 10 minutes or until a thermometer inserted in the thickest portion registers 160 degrees F and the juices run clear. If the pan is dry, stir in another 1-2 tablespoons of water or white wine to loosen the drippings. Drizzle the vinegar over the chicken in the pan.

Transfer the chicken to plates. Stir the liquid in the pan and drizzle over the chicken.

Calories: 183
Protein: 26 gm
Total Carb: 4 gm
Fat: 6 gm
Saturated Fat: 1 gm

Menu ideas: Serve with whole wheat couscous and steamed spinach to complete the meal.

Cracked Pepper Steak (Serves 2)

1 tablespoon cracked black pepper
½ teaspoon dried rosemary
2 beef tenderloins, 1" thick (4-6 ounces each)
1 tablespoon Smart Balance Spread
1 tablespoon extra-virgin olive oil
¼ cup brandy or dry red wine

Combine the pepper and the rosemary in a large bowl. Coat both sides of the steak with the mixture. Heat the Smart Beat and oil in a skillet until hot. Add the steaks and cook over medium to medium-high heat for 5-7 minutes or until a thermometer inserted in the center registers 160 degrees F (for medium).

Remove the steaks from the skillet and cover to keep them warm.

Add the brandy to the skillet and bring to a boil over high heat, scraping particles from the bottom of the skillet. Boil for about 1 minutes or until the liquid is reduced by half. Spoon the sauce over the steaks.

Calories: 322
Protein: 24 gm
Total Carb: 3 gm
Fiber: 1 gm
Fat 21 gm
Saturated Fat: 6 gm

Complete it: serve with new potatoes (or herb roasted potatoes) and seared green beans or asparagus for a complete meal.

Easy Chicken in Wine Sauce (serves 4)

4 tablespoons extra-virgin olive oil
1 clove garlic, crushed
3 boneless, skinless chicken breast halves, cut into strips
1/8 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 cup dry white wine
3 medium tomatoes sliced

In a medium skillet, heat the oil and garlic over medium heat. Sprinkle the chicken with the salt and pepper, then add to the skillet and cook for 7-10 minutes. Add the white wine and cook for an additional 2 minutes.

Remove the chicken to a platter. Sauté the tomatoes in the skillet until tender. Place the tomatoes over the chicken and cover with the pan drippings.

Calories: 190
Protein: 6 gm
Total Carb: 5 gm
Fiber: 1 gm
Fat: 15 gm
Sat Fat: 2 gm

Menu ideas: Serve with brown or whole wheat couscous and sautéed zucchini and garlic for a complete meal.

Lean Meat Loaf

1 can (6 ounces) no-salt added tomato paste
1/2 cup dry red wine
1/2 cup water
1 clove garlic, minced
1/2 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon salt
16 ounces ground turkey breast
1 cup oatmeal (old fashioned or rolled)
1/4 cup liquid egg substitute
1/2 cup shredded zucchini

Preheat the oven to 350 degrees F. Combine the tomato paste, wine, eater, garlic, bail, oregano, and salt in a small saucepan. Bring to a boil, and then reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside.

Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into loafs and place into an ungreased 8" x 4" loaf pan. Bake for 45 minutes. Discard any drippings. Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for an additional 15 minutes.

Place on a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

Calories: 188
Protein: 12 gm
Total Carb; 12 gm
Fiber: 2 gm
Fat: 10 gm
Sat Fat: 3 gm

Menu ideas: Combine with herb roasted potatoes and green beans for a complete meal

Sesame Pork Tenderloin (Serves 6)

Two ¾ pound pork tenderloins
1/3 cup lemon juice
2 teaspoons dark sesame oil
½ teaspoon garlic powder
½ teaspoon ground ginger
Sesame seeds

Combine lemon juice, sesame oil, garlic powder, and ginger in a zip-top bag. Add pork tenderloin and marinate 20 minutes. Broil pork 25 minutes or until a meat thermometer inserted into pork registers 160 degrees, basting occasionally with marinade, turn tenderloin once. Sprinkle with sesame seeds.

Calories: 149
Protein: 24 gm
Total Carb: 4 gm
Fiber: 0 gm
Fat: 5 gm
Sat Fat: 1.5 gm

Menu ideas Combine with stir-fry veggies and brown rice for a complete meal.

Vegetable dishes/sides

Herbed Roasted Potatoes (Serves 4)

1 ½ pounds small red potatoes
2 tablespoons extra-virgin olive oil
¾ teaspoon dried rosemary, crumbled
¾ teaspoon mustard powder
½ teaspoon dried sage
½ teaspoon dried thyme
¼ teaspoon pepper

Preheat the oven to 450 degrees F or prepare the grill for direct heat. With a vegetable peeler, remove thin strip of skin from around the center of each potato. In a large bowl, combine the oil, rosemary, mustard, sage, thyme, and pepper. Add the potatoes, and toss to combine. Cut 4 (12"-long) pieces of foil. Divide the potato mixture evenly among the foil pieces. Tightly wrap the potatoes in the foil. Place the packets in the oven or on the grill. Cook, turning packets once, for 30-35 minutes in the oven or for 25-30 minutes on the grill, until the potatoes are tender.

Calories 183
Protein 5 gm
Total Carb; 30 gm
Fiber: 4 gm
Fat: 7 gm
Sat Fat 1 gm

Creamed Spinach (Serves 6)

2 packages (10 ounces each) frozen spinach, thawed
2 small shallots, minced
1 clove garlic, minced
1/3 cup fat-free sour cream
½ teaspoon salt
¼ teaspoon coarsely ground black pepper

In a skillet, heat the spinach over medium-high heat for about 5 minutes or until the liquid evaporates. Add the shallots and garlic. Cook until tender. Reduce the heat to low. Add the sour cream, salt, and pepper, stirring until the sour cream melts. Do not simmer.

Calories: 35
Protein: 3 gm
Total Carb: 6 gm
Fiber: 3 gm
Fat: 0 gm
Sat Fat 0 gm

Zucchini Ribbons with Dill (Serves 4)

4 medium zucchini (about 1 ½ pounds) sliced lengthwise into ribbons
2 tablespoons grated Parmesan cheese
2 tablespoons fresh dill, chopped
1 tablespoon extra-virgin olive oil
1 teaspoon red-pepper flakes

Bring a pot of water to a boil. Add the zucchini to the boiling water and cook for 30-60 second, or until tender-crisp. Drain.

Transfer the zucchini to a serving bowl. Add the Parmesan cheese, dill, oil, and red pepper flakes. Gently toss until the zucchini is coated.

Caloires: 68
Protein 3 gm
Total Carb 5 gm
Fiber: 2 gm
Total Fat 5 gm
Sat Fat 1 gm

Seared Green Beans (serves 4)

2 tablespoons canola or peanut oil
1 lb. green beans, trimmed
3 cloves garlic, minced (1 Tbs.)
¼ tsp. to ½ tsp. red pepper flakes, optional

Heat large, deep skillet or wok 2 minutes over medium heat. Add oil, and swirl to coat pan. Increase heat to high, wait 30 seconds, then add green beans and big pinch of salt. Cook 3 minutes, shaking pan or using tongs to turn and move beans so they cook quickly and evenly. Stir in garlic and red pepper flakes, if desired, and cook 1 minute more, stirring constantly, or until beans are crisp-tender.

Calories: 96
Protein: 2g
Total Carb: 8g
Fiber: 3g
Total fat: 7g
Saturated fat: 0.5g,
Sodium: 152 mg

Garlicky Mashed Sweet Potatoes (serves 8)

One large head garlic
1 Tbs. finely chopped fresh rosemary
1 Tbs. olive oil
4 large sweet potatoes, peeled and diced (8 cups)
2 large apples, peeled and diced (2 cups)
2 tsp. salt
1 tsp. balsamic vinegar

Preheat oven to 375°F. Cut top off garlic head, exposing cloves. Place on piece of foil, and top with chopped rosemary. Drizzle with olive oil. Wrap loosely with foil, and bake 50 to 60 minutes, or until soft and golden.

Place sweet potatoes and apples in pot with enough water to cover. Add salt, cover pot, and bring to a boil. Reduce heat to medium, and simmer 10 minutes, or until sweet potatoes are soft.

Drain, and reserve 1 cup cooking water. Transfer to serving bowl.

Squeeze roasted garlic cloves into sweet potatoes and apples. Add balsamic vinegar, and mash, adding cooking water as necessary to adjust texture for creaminess. Season with pepper and serve hot.

Calories: 158,
Protein: 2g
Total Carb: 34g
Fiber: 5g
Total fat: 2g
Saturated fat: 0.5g
Sodium: 220 mg

Sweet Potato Fries (Serves 4)

2 medium sweet potatoes, scrubbed, with or without peels
2 teaspoons olive oil
Salt and freshly ground black pepper, to taste

Preheat the oven to 425 degrees F. With sharp knife, cut potatoes lengthwise into ¼ inch thick slices, and then cut slices into French fry-shaped pieces.
Pour oil into medium bowl. Add potato sticks, and toss to coat. Spread on baking sheet. Bake 20 minutes, then turn potatoes and bake until crisp, about 30 minutes. While still warm, season with salt and pepper to taste, and serve.

Calories: 128
Protein: 2 gm
Total Carb: 26 gm
Fiber: 2 gm
Total Fat: 2 gm
Saturated Fat: 1 gm
Sodium: 29 mg

Vegetable Medley (Serves 4)

1 medium zucchini, cut into bite-sized pieces
1 medium summer squash, cut into bite-sized pieces
1 medium red bell pepper, cut into bit size pieces
1 medium yellow bell pepper, cut into bite-size pieces
1 pound fresh asparagus, cut into bite-size pieces
1 red onion, cut into bite-size pieces
3 tablespoons olive oil
1 teaspoon salt
½ teaspoon fresh ground black pepper

Heat the oven to 450 degrees F. In a large roasting pan, combine the zucchini, squash, red and yellow peppers, asparagus, and onion. Add the olive oil, salt, and black pepper. Toss to mix and coat. Spread in a single layer.
Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

Calories: 169
Protein: 5 gm
Total Carb: 15 gm
Fiber: 5 gm
Fat: 11 gm
Sat Fat: 2 gm

Roasted Asparagus

1 pound asparagus, cleaned, tough stem ends removed
2 teaspoons olive oil
1 teaspoon balsamic vinegar
1/8 to 1/4 teaspoon salt
1 garlic clove, minced or pressed
2 teaspoons minced fresh tarragon

Preheat the oven to 400 degrees F.

Toss together the asparagus and dressing in a bowl until the asparagus are well coated. Arrange the asparagus in a single layer on an unoled baking tray. Bake for 20 to 25 minutes, until the asparagus spears are tender, stirring occasionally.

Calories: 52
Protein: 3 gm
Total Carb: 5 gm
Fiber: 0 gm
Fat: 3 gm
Sat Fat: 0 gm
Sodium 79 mg

Roasted Cauliflower and Sprouts (Serves 4)

1 medium cauliflower cut into 1-inch florets
2 cups Brussels sprouts (halved lengthwise)
2 tablespoons olive oil
3 large cloves garlic (sliced as thin as possible)
1 1/2 teaspoons fresh rosemary, chopped (or 1/2 teaspoon dried)
1/2 teaspoon pepper

Mix all ingredients together in a large bowl. Cover and refrigerate overnight. The next day spread vegetables in a single layer on greased jellyroll pans. Sprinkle with 3/4 teaspoon coarse salt. Roast in preheated oven at 450 degrees F until vegetables are crisp-tender and beginning to brown at edges, 15-20 minutes. Stir occasionally. Serve hot or at room temperature.

Calories: 153
Protein: 4 gm
Total Carb: 11.5
Fiber: 5 gm
Fat: 7 gm
Sat Fat: 1 gm

Cucumbers Vinaigrette (Serves 4)

2 medium cucumbers, peeled
1/4 cup cider vinegar
2 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon ground dried mustard
Ground black pepper to taste

Slice the cucumbers crosswise into 1/8 to 1/4 inch rounds.

Combine the vinegar, sugar, salt, and mustard in a serving bowl. Toss with the sliced cucumbers and add pepper to taste. Serve immediately or refrigerate until ready to use.

Calories: 36

Protein: .5 gm

Total Carb: 9 gm

Fiber: .5 gm

Fat: 0 gm

Sat Fat: 0 gm

Sodium: 300 mg

Snacks

Hummus (Serves 5)

1 can (15 ounces) chickpeas
2 tablespoons fresh lemon juice
½ cup tahini (sesame paste)
¼ cup chopped yellow onion
3 cloves garlic, chopped
2 teaspoons extra-virgin olive oil
2 teaspoons ground cumin
1/8 teaspoon ground red pepper
½ teaspoon salt

Drain the chickpeas, reserving ¼- ½ cup of the liquid.

Combine the chickpeas, lemon juice, tahini, onion, garlic, oil, cumin, pepper, and salt in a blender or food processor. Puree until smooth, adding the chickpea liquid if needed to thin the puree.

Refrigerate for 3-4 hours before serving to blend the flavors.

Calories: 251

Protein: 8 gm

Total Carb: 23 gm

Fiber: 5 gm

Fat: 16 gm

Saturated Fat: 2 gm

Sodium: 447 mg

Complete it: Serve w/raw cut up veggies. This recipe is also fun to play with to vary the flavor. You can substitute natural peanut butter for the tahini, or you could also add roasted red peppers or hatch chili peppers to add some interest.

Chocolate Protein Pudding (Serves 1)

½ cup part skim ricotta cheese
½ teaspoon unsweetened cocoa powder
¼ teaspoon vanilla extract
1 package sugar substitute of your choice

Mix together the ricotta, cocoa powder, vanilla extract, and sugar substitute in a dessert bowl.

This recipe is easily doubled, etc if you want to make a few days worth.

Calories: 180

Protein: 15 gm

Total Carb: 7 gm

Fat: 10 gm

Sat Fat: 6 gm

Complete it: add fresh berries or Melanie's Fruit Topping for some healthy carbohydrate.

Balsamic Strawberries (Serves 4)

2 pints strawberries, stemmed and halved
2 packets sugar substitute
3 tablespoons balsamic vinegar
Coarsely ground black pepper
Mint springs

In a medium bowl, toss the strawberries, sugar substitute, and balsamic vinegar. Let stand at room temperature until ready to serve.

To serve, spoon into 4 dessert bowls. Grind a little black pepper over the tops. Garnish with mint sprigs, if using.

Calories: 59

Protein: 1 gm

Total Carb: 14 gm

Fiber: 4 gm

Fat: 1 gm

Saturated Fat: 0 gm

Sodium: 5 mg

Complete it: Serve over low fat cottage cheese.

Breakfast Ideas (Vegetarian)

*Most of the breakfast ideas in the other section are Ovo-lacto vegetarian. Here are a few other ideas.

Vegan Spinach-Mushroom Frittata

2 tablespoons Olive Oil
½ cup finely chopped onion
1 cup sliced white mushrooms
1 cup cooked chopped fresh or frozen spinach, squeezed dry
1 pound firm tofu, squeezed and patted dry
1/8 teaspoon ground turmeric
½ teaspoon salt
1/8 teaspoon freshly ground black pepper
½ cup shredded soy mozzarella cheese

Preheat the oven to 375 degrees.

Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the onion, cover, and cook until softened, about 3 minutes. Add the mushrooms and cook, stirring occasionally, until the liquid is released from the mushrooms. Continue cooking until the liquid is absorbed. Stir in the spinach and cook a minute longer. Spoon the vegetable mixture into a lightly oiled shallow round baking dish and set aside.

In a food processor, combine the tofu, turmeric, salt, and pepper and process until smooth. Pour over the vegetables and add the mozzarella, mixing gently to combine. Bake until firm and golden brown on top, about 25 minutes. Let cool for a few minutes before cutting into wedges to serve.

Calories: 203

Protein: 16 gm

Total Carb: 10 gm

Fiber: 2 gm

Fat: 13 gm

Sodium: 591 mg

Complete it: Serve with whole grain toast or English muffins and fruit.

Higher Protein Muffins (Makes 4 muffins)

Non-stick spray
Oat flour to dust pans
1/3 cup oat flour
1 ounce (scoop) unflavored protein powder
¾ teaspoon baking powder
¼ teaspoon ground ginger
1 pinch ground nutmeg
1/8 teaspoon finely ground sea salt
¾ teaspoon Stevia
1/3 cup unsweetened apple juice
1 egg
2 2/3 teaspoons almond oil
1 teaspoon pure vanilla extract
½ cup fresh blueberries or 2/3 cup frozen blueberries

Preheat oven to 375 degrees

Coat 4 muffin tins with non-stick spray and dust tins with oat flour.

In a 1 ½ quart mixing bowl, sift oat flour and protein powder. Add baking powder, ginger, cinnamon, nutmeg, salt, and Stevia. Sift and set aside.

In a small bowl combine apple juice, egg, oil, vanilla. (If using soy protein powder, add ¼ cup water). Whisk with a fork. Add to dry ingredients and stir until evenly mixed and no lumps remain.

Use half the batter fill each prepared muffin tin about half-way. Evenly distribute blueberries among cups. Top with remaining batter.

Bake for 20 to 30 minutes or until firm to the touch can lightly golden around the edges. A toothpick inserted in the middle should come out clean. Allow to cool at least 10 minutes. Run a knife around the sides of muffins to release from the pan. Cool.

Calories: 128

Protein: 7 gm

Total Carb: 13 gm

Fiber: 1.5 gm

Fat: 5.5 gm

Saturated Fat: 1 gm

Sodium: 103 mg

Complete it: Serve along with scrambled egg whites or tofu scramble. These also make a great snack by themselves. Muffins should be refrigerated and eaten in one week or frozen. This recipe can also be doubled.

Lunch ideas (Vegetarian)

Chopped Vegetable Salad with Baked Tofu

1/3 cup olive oil
3 tablespoons cider vinegar
1 tablespoon Dijon Mustard
1 tablespoon finely chopped fresh flat-leaf parsley
1 teaspoon finely chopped garlic
1 tablespoon chopped scallion
Salt and freshly ground black pepper
½ small head Boston lettuce, torn into bite-sized pieces
½ small head red or green leaf lettuce, torn into bite-size pieces
1 English cucumber, peeled, halved lengthwise, and chopped
6 radishes, chopped
½ cup chopped red bell pepper
½ cup chopped celery
4 canned artichoke hearts, chopped
1 tomato, chopped
1 package (8 ounces) baked tofu, cut into 1/2 "cubes

In a blender or food processor, blend the oil, vinegar, mustard, parsley, garlic, scallion, and salt and pepper to taste. Set aside.

Place the Boston and leaf lettuce in a serving bowl. Add the cucumber, radishes, bell pepper, celery, artichoke hearts, tomato, and tofu. Drizzle on the reserved dressing and toss to combine.

Calories: 253

Protein: 7 gm

Total Carb: 13 gm

Fiber: 3 gm

Fat: 20 gm

Sodium: 362 mg

Complete it: Serve with whole grain crackers or pita chips and fruit

Soy "Egg" Salad (Serves 4)

1/3 cup soy mayonnaise
2 tablespoons tahini paste
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
1 tablespoon white wine vinegar
½ teaspoon salt
¼ teaspoon ground paprika
1/8 teaspoon ground turmeric
1/8 teaspoon ground red pepper
1 pound extra-firm tofu, well drained, squeezed, and patted dry
1/3 cup finely chopped celery
¼ cup finely chopped fresh flat-leaf parsley
2 tablespoons chopped scallion
1 teaspoon capers, rinsed, drained, and chopped (optional)

In a small bowl, combine the mayonnaise tahini, mustard, lemon juice, vinegar, salt, paprika, turmeric, and ground red pepper, blend well.

Place the tofu in a large bowl and crumble it with a fork. Add the celery, parsley, scallion, and capers. Stir in the mayonnaise mixture and blend well. Refrigerate for at least 30 minutes or overnight. When ready to serve, taste to adjust the seasoning.

Calories: 193

Protein: 9 gm

Total Carb: 7 gm

Fiber: 2 gm

Fat: 16 gm

Sodium: 566 mg

Complete it: Serve in whole pita or wrapped in whole wheat tortillas. Add sliced or diced tomatoes and fruit.

Egg Salad

6 eggs

1 celery stalk

½ red bell pepper, seeded

1 to 2 tablespoons dill relish

¼ cup minced red onion

2 tablespoons minced fresh dill

2 tablespoons reduced-fat mayonnaise

2 teaspoons prepared horseradish

1 teaspoon Dijon mustard

Place the eggs in a pot with cold water to cover. Bring to a boil, lower the heat, and simmer for about 10 minutes.

While the eggs cook, dice the celery and bell pepper and set aside in a large bowl. Add the dill pickle, red onion, and dill to the bowl.

When the eggs are cooked, drain them and immediately submerge them in very cold water to cool.

Peel the eggs. Chop 2 of the eggs and add them to the bowl. Remove and discard the yolks from the remaining 4 eggs, chop the whites, and add to the bowl. Stir in the mayonnaise, horseradish, and mustard and mix well. Serve chilled.

Calories: 166

Protein: 12 gm

Total Carb: 4 gm

Fiber: .5 gm

Fat: 11 gm

Sat Fat: 3 gm

Complete it: Serve in whole white pita or on whole grain bread. This is also good stuffed into a tomato or into a bell pepper half.

Edamame Salad (Serves 4)

1 bag (16 ounces) frozen shelled edamame (green soybeans)

¼ cup seasoned rice vinegar

1 tablespoon vegetable oil

¼ teaspoon salt
1/8 teaspoon freshly ground black pepper
1 bunch radishes (8 ounces), cut in half and thinly sliced
1 cup loosely packed chopped fresh cilantro leaves

Toss the edamame, vinegar, oil, salt, pepper, radishes, and cilantro together in a large bowl. Serve chilled or at room temperature

Calories: 224
Protein: 15 gm
Total Carb: 18 gm
Fiber: 6 gm
Fat: 12gm
Sat Fat: 1 gm
Sodium: 479 mg

Complete it: Serve with whole wheat crackers or pita chips and fruit.

Quinoa black bean Salad (Serves 4)

1/3 cup quinoa
1 cup water
1 teaspoon olive oil
4 teaspoons fresh lime juice, or more to taste
¼ teaspoon ground cumin
¼ ground coriander
1 tablespoon finely chopped fresh cilantro
2 tablespoons minced scallions
1 can (15 ounce) black beans, drained
2 cups diced tomatoes
1 cup diced bell peppers
2 teaspoons minced fresh green chilies
Salt and ground black pepper to taste

Rinse the quinoa well in a sieve under cool running water. IN a saucepan, bring the water to a boil; add the quinoa, cover, and simmer on low heat, until all of the water is absorbed and the quinoa is tender, about 10 to 15 minutes. Allow to cool for 15 minutes.

In a small bowl, combine the oil, lime juice, cumin, coriander, cilantro, and scallions. Stir in the beans, tomatoes, bell peppers, and chills. Add the cooled quinoa, and salt and pepper to taste, and combine thoroughly. Refrigerate until ready to serve. Garnish with lemon or lime wedges.

Calories: 197
Protein 8.9 gm
Total Carb 35 gm
Fiber: 3.4 gm
Fat: 3 gm
Sat Fat: 0 gm
Sodium: 389 mg

Complete it: Serve with baked sweet potato chips and fruit

Baked Sweet Potato Chips (Serves 4)

- 1 teaspoon fine grained sea salt
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground cayenne
- 1 lb. sweet potatoes, scrubbed, peeled if desired
- 1 tablespoon extra virgin olive oil

Preheat oven to 250 degrees.

Combine salt and spices in a mixing bowl.

Slice sweet potatoes paper-thin and toss lightly with oil. Toss potatoes with spice mixture until evenly coated. Arrange potatoes on wire grates sprayed with nonstick vegetable spray or on baking sheets fitted with parchment paper.

Bake for 2 hours, then turn off oven and let potatoes dry for 2 more hours or overnight. Alternately, dehydrate sweet potato slices in dehydrator according to manufacturer's directions.

Calories: 110

Protein: 1 gm

Total Carb: 18 gm

Fiber: 3 gm

Fat: 3 gm

Sat Fat: 0 gm

Sodium: 590 mg

Lentil Salad (serves 4)

- 1/ ½ cups lentils
- 1 cup chopped onions
- 2 garlic cloves, chopped
- 4 cups water
- 1 cup finely chopped red and/or green bell peppers
- 1 cup finely chopped celery
- 1 cup finely chopped red onions
- 1 cup plain nonfat or low-fat yogurt (may use plain soy yogurt)
- 3 tablespoons prepared mango chutney
- 1 ½ teaspoons curry powder
- 2 teaspoons finely minced red onions
- 1 tablespoon fresh lime juice

In a saucepan, combine the lentils, onions, garlic, and water.

Cover, bring to a boil, then reduce the heat and simmer for 30 to 40 minutes, until the lentils are tender but not mushy. Meanwhile, combine the bell peppers, celery, and red onions in a nonreactive bowl. When the lentils are cooked, drain and add them, while hot, to the bowl. Stir and set aside at room temperature for 15 minutes.

In a separate bowl, combine all of the yogurt dressing ingredients. Stir the dressing into the lentils and serve. If you'll be serving the lentil salad later, store it in the refrigerator, and then let it return to room temperature before serving.

Calories: 113

Protein: 7 gm
Total Carb: 21 gm
Fiber: 6 gm
Fat: .5 gm
Sat Fat: 0 gm
Sodium: 84 mg

Complete it: Serve with sweet potato chips and homemade coleslaw.

Mexican Seitan Pita (Serves 2)

Salsa

1 tomato, diced
1 tablespoon minced red onions
1 teaspoon fresh lime or lemon juice
¼ cup peeled, seeded, and diced cucumber
¼ teaspoon ground cumin
Splash of Tabasco, or to taste
Salt and ground black pepper to taste
1 tablespoon minced fresh cilantro

Sandwich

2 pitas, cut in half
Shredded lettuce
4 ounces seasoned Seitan, sliced or chopped
¼ to ½ cup grated fat-free/low-fat cheddar cheese or soy cheese

Combine all of the salsa ingredients and set aside for at least 15 minutes or up to 2 hours. Toast the pitas. Assemble the sandwiches by placing some lettuce, about an ounce of seitan, 1 or 2 tablespoons grated cheese, and about ¼ cup of salsa in each pita half. Serve immediately.

Calories: 256
Protein: 14 gm
Total Carb: 30 gm
Fiber: 5 gm
Fat: 2 gm
Sat Fat: 0 gm

Complete it: serve with fresh pineapple or unsweetened canned pineapple

Dinner/Supper Ideas (Vegetarian)

Basil and Feta Pizza (serves 4)

Dough

- 1 tablespoon baking yeast
- 1 teaspoon sugar
- 1 cup very warm water
- ½ cup rolled oats
- ½ cup whole wheat bread flour
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 ½ to 2 cups unbleached white bread flour

Basil Topping

- 2 ½ cups chopped tomatoes
- 1 large garlic clove, mince or pressed
- ¼ cup chopped fresh basil
- ¼ teaspoon salt

Combine the yeast with the sugar and warm water in a large mixing bowl and set aside until bubbles rise to the surface, about 5 minutes.

Whirl the oats in a blender or food processor until they are the consistency of coarse flour. When the yeast is thoroughly dissolved and frothy, about 7 to 10 minutes, add the oat flour, whole wheat flour, oil, salt, and enough of the white flour to make a stiff dough. Turn out onto a lightly floured surface and knead for 5 to 7 minutes, until smooth and elastic, adding the remaining flour as needed.

Lightly oil or spray a large bowl. Place the dough in it, turn it once to coat, cover it with a damp towel, and allow to rise in a warm spot for about 30 minutes, or until doubled in size. While the dough is rising, prepare one of the toppings and grate the feta.

For the topping, mix all of the ingredients in a bowl and set aside.

When the dough has doubled in size, preheat the oven to 450 degrees F and prepare a 12-inch pizza pan with cooking spray or oil.

Punch down dough, turn it out onto a lightly floured work surface, and knead for about 1 minute.

Using your hands or a rolling pin, stretch the dough into a large circle. Place the dough on the pizza pan and continue stretching it until it covers the pan. Using your fingers, make a slightly thicker edge of crust around the perimeter of the pan. Very lightly spray or oil the dough and allow it to rise in a warm place for 10 minutes. Evenly spread the topping on the dough, top with the grated feta, and bake for about 15 minutes, until the dough is golden brown and the cheese is melted.

Calories: 402

Protein:

15 gm

Total Carb: 69 gm

Fiber: 7 gm

Fat: 8 gm

Sat Fat: 4 gm

Sodium: 995 mg

Complete it: add a garden salad. Making your own pizza dough is a fun experience, but you can also make your own whole wheat dough in a bread maker or purchase a pre-made crust—just make sure the first ingredient is a whole grain flour.

Seitan Fajitas (Serves 3)

6 eight inch whole wheat tortillas or corn tortillas
1 fresh green chili, minced, seeds removed
1 garlic clove, minced
1 ½ cups sliced onions
1 ½ teaspoons ground cumin
1 teaspoon canola oil
2 ½ cups sliced red and green bell peppers
2 tablespoons prepared Mexican-style red salsa
1 ½ cups seasoned seitan, sliced into ¼ x 2 inch strips
Shredded lettuce
Chopped tomatoes

Preheat a conventional or toaster oven to 300 degrees.

Stack the tortillas together, then wrap and carefully seal them in aluminum foil and set aside.

In a nonreactive skillet, sauté the chills, garlic, onions, and cumin in the oil for 5 minutes. Add the bell peppers and salsa, cover, and cook on medium heat for 5 minutes. While the vegetables cook, bake the tortillas for about 10 minutes, until soft and pliable and heated through.

Meanwhile, add the Seitan to the skillet and cook, uncovered, until the vegetables are tender, about 3 to 4 minutes more.

Unwrap the foil package of tortillas carefully to avoid burning yourself. Place 1/6 of the filling on each warmed tortilla and roll it up. Serve immediately with lettuce and tomatoes and additional salsa, if desired.

Calories: 164

Protein: 5 gm

Total Carb; 30 gm

Fiber: 1.3 gm

Fat: 3.5 gm

Sat Fat: 0 gm

Complete it: Serve with a spinach salad and fresh fruit. Carb content and fiber will vary depending on the brand of tortilla used.

Stuffed Peppers (Serves 4)

2 teaspoons canola oil
2 large garlic cloves, minced or pressed
1 ½ cups diced onions
Pinch of cayenne
½ teaspoon ground cinnamon
1 2/3 cups peeled carrots
Dash of salt
1 cup diced tomatoes
1 ½ cups crumbled tofu (frozen and thawed)
3 tablespoons soy sauce
1 tablespoon chopped fresh dill (1 teaspoon dried)
2 teaspoons fresh lemon juice
½ cup couscous
¼ cup hot water
3 tablespoons currants or raisins

4 large bell peppers
2 cups tomato juice

Warm the oil in a medium saucepan, add the garlic, onions, cayenne, and cinnamon, and sauté for 3 minutes. Add the carrots, sprinkle with salt, cover, and cook for 3 minutes. Add the tomatoes and cook for 2 minutes, until the carrots are just tender. Stir in the tofu, soy sauce, dill, lemon juice, couscous, and water and cook on low to medium heat for 2 minutes, stirring often. Cover tightly, remove from the heat, and set aside. After about 5 minutes, add the currants or raisings and adjust the seasonings if necessary.

Preheat the oven to 375 degrees.

Cut the peppers in half lengthwise. Remove the seeds but leave the stem ends on so that the peppers will hold their shape during baking. Fill each pepper half with about ½ cup of filling and place it in a nonreactive baking dish. Pour the tomato juice into the bottom of the baking dish, cover tightly, and bake for 45 to 50 minutes, until the peppers are tender.

Calories: 301
Protein: 14 g
Total Carb: 50
Fiber: 7
Fat: 7 gm
Sat Fat: 1 gm
Sodium: 1182 mg

Complete it: Serve with cucumber salad. You may also use a low sodium tomato juice to reduce the overall sodium content of the recipe.

Sweet Potato and Black Bean Burrito (Serves 6)

5 cups cubed sweet potatoes
½ teaspoon salt
2 teaspoons canola oil
3 ½ cups diced onions
4 large garlic cloves, minced
1 tablespoon minced fresh green chili
4 teaspoons ground cumin
4 teaspoons ground coriander
4 ½ cups cooked black beans (three 15-ounce cans, drained)
2/3 cup lightly packed cilantro leaves
2 tablespoons fresh lemon juice
1 teaspoon salt
8 eight-inch whole wheat tortillas
Salsa or pico de gallo

Preheat the oven to 350 degrees.

Place the sweet potatoes in a medium saucepan with the salt and water to cover. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside.

While the sweet potatoes are cooking, warm the oil in a medium skillet or saucepan and add the onions, garlic, and chili. Cover and cook on medium-low heat, stirring occasionally, until the onions are tender, about 7 minutes. Add the cumin and coriander and cook 2 to 3 minutes longer, stirring frequently. Remove from the heat and set aside.

In a food processor, combine the black beans, cilantro, lemon juice, salt, and cooked sweet potatoes and puree until smooth. Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices.

Lightly oil a large baking dish. Spoon about 2/3 to 3/4 cup of the filling in the center of each tortilla, roll it up, and place it, seam side down, in the baking dish. Cover tightly with foil and bake for about 30 minutes, until piping hot. Serve topped with salsa or pico de gallo.

Calories: 381

Protein: 13 gm

Total Carb: 76

Fiber: 5 gm

Fat: 4 gm

Sat Fat: 0 gm

Complete it: serve with cherry tomatoes sliced and tossed with olive oil and balsamic vinegar.

Chili Burgers (serves 6)

1 cup chopped onions

4 garlic cloves, minced or pressed

2 teaspoons olive oil

1/2 cup peeled and grated carrots

1 1/2 teaspoons chili powder

1 teaspoon ground cumin

3 cups cooked pinto or kidney beans (two 15-ounce cans, drained)

2 tablespoons Dijon mustard

2 tablespoons soy sauce

2 tablespoons ketchup or 1 tablespoon tomato paste

1 1/2 cups rolled oats

Salt and ground black pepper to taste

Sauté the onions and garlic in the oil for about 5 minutes, until the onions begin to soften. Add the carrots, chili powder, and cumin and cook on low heat for 5 minutes. Set aside.

Mash the beans in a large bowl with a potato masher or the back of a spoon. Add the mustard, soy sauce, ketchup or tomato paste, and the sautéed vegetables. Mix in the oats. Add salt and pepper to taste.

Moisten your hands and form the burger mixture into six 3 to 4 inch patties. Lightly spray or oil a nonstick skillet and cook the burgers on medium-low heat for 5 to 8 minutes on each side.

Calories: 360

Protein 18 gm

Total Carb: 64 gm

Fiber: 16 gm

Fat: 5 gm

Sat Fat: 1 gm

Complete: Serve on a bed of mixed greens w/pico de gallo and a few baked tortilla chips.

Garlicky Black-Eyed Peas 'n Greens (Serves 4)

2 cups dried black-eyed peas
4 garlic cloves, peeled
 $\frac{3}{4}$ pound collard greens, kale, or mustard greens, rinsed and chopped (about 6 cups loosely packed)
1 tablespoon olive oil
2 to 4 tablespoons minced garlic
1 teaspoon dried thyme
Salt and ground black pepper to taste

Rinse the black-eyed peas. Place them in a soup pot with the garlic cloves and enough water to cover. Bring to a boil, then lower the heat, cover, and cook for 45 minutes, until tender, adding water occasionally as needed. The black-eyed peas should be moist but not soupy, so it is ideal when most of the water has been absorbed at the end of cooking. When the black-eyed peas are tender, if most of the water has not been absorbed, lightly drain them. Cover and set aside.

Rinse the greens and set aside

In a large skillet, heat the oil and sauté the garlic and thyme for 1 minutes, stirring constantly. Add the damp greens and continue to stir until they are wilted but still bright green. Stir the greens in to the black-eyed peas and mix. Add salt and pepper to taste.

Calories: 272

Protein: 16 gm

Total Carb: 47 gm

Fiber: 14 gm

Fat: 4 gm

Sat Fat: .5 gm

Sodium: 53 mg

Complete it: Serve over brown rice or mashed sweet potatoes and add a cucumber salad.

Black Bean Chili (Serves 4)

2 cups chopped onions
2 garlic cloves, minced or pressed
 $\frac{1}{2}$ cup water
1 tablespoon ground cumin
1 tablespoon ground coriander
1 cup prepared Mexican-style red salsa
2 red and/or green bell peppers, chopped
3 cups cooked black beans (two 15 ounce cans, drained and rinsed)
3 cups canned whole tomatoes, with juice (28 ounce can)
2 cups fresh or frozen corn kernels (11 ounce package)
Salt to taste
Tabasco or other hot pepper sauce to taste
 $\frac{1}{2}$ cup chopped fresh cilantro, or to taste

In a covered soup pot, cook the onions and garlic in the water on high heat, stirring frequently, for about 5 minutes. Add the cumin and coriander and stir on high heat for a minute. Stir in the salsa and bell peppers, lower the heat, cover, and simmer for about 5 minutes, stirring occasionally. Add the black beans and tomatoes, simmer for 10 minutes. Add the corn and continue to cook for 10 minutes. Add salt and Tabasco to taste. Stir in the cilantro.

Calories: 222
Protein: 11 gm
Total Carb: 46 gm
Fiber: 4 gm
Fat: 2 gm
Sat Fat: 0 gm

Complete it: serve with salad and oven-dried sweet potato chips or healthy corn muffins

Healthy Corn Muffins (aka “Toss the Jiffy Mix”) (Makes 12)

1 ½ cup whole wheat bread flour
½ cup stone ground yellow corn meal
¼ cup soy flour
¼ cup raw sugar
1 tablespoon baking powder
½ teaspoon salt
1 cup plain soy milk
2 eggs or 1 egg and 2 whites
¼ cup canola or soybean oil

Preheat oven to 400 degrees F.

Mix flour, cornmeal, soy flour, sugar, baking powder, and salt. Combine soymilk, eggs and oil; add to dry ingredients and mix only enough to moisten. Fill oiled muffin tins.

Baked for 15 minutes

Calories: 162
Protein: 4 gm
Total Carb: 23 gm
Fiber: 1.5 gm
Fat: 6 gm
Sat Fat: 1 gm
Sodium: 238 mg

Special Thanks to Melanie Clemmer, who put together most of this Document for your benefit.

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Recipes are culled from the following:

Carb Conscious Vegetarian. Written by Robin Robertson

Cooking Light Magazine. www.cookinglight.com

Moosewood Restaurant Low Fat Favorites. Written by the Moosewood Collective.

Simply in Season. Written by Mary Beth Lind and Cathleen Hockman-Wert

The South Beach Diet. Written by Arthur Agatson, MD

The Soy Zone. Written by Barry Sears, Ph.D

Vegetarian Times Magazine. www.vegetariantimes.com

The United Soybean Board. www.talksoy.com