





Weight Loss Resources & Tips

Secrets to Success	8-11
The Placebo Effect of Food Labels	12
4 Important Factors in Weight Loss	13
Choose Organic & Avoid Chemicals	14
Super Foods for Weight Loss	15
Weight Loss with Cinnamon?	16
Glycemic Index & Weight Loss	17
Grandma's Favorite Low Glycemic Foods	18
Cooking with Olive Oil?	20
Common Cooking Oils & Uses	21
Basic Weight Loss Nutrition	22
Side Dish (Grains) Nutrition Info	23
Beans, Nuts & Seeds Nutrition Info	24
Fruit & Vegetable Nutrition Info	25
Fruit & Vegetable Nutrition Info	26
Movement Guide (Calories Burned)	27
1 Day Sample Meal Plan	28
Personal Meal Planner	29



Breakfasts & Smoothies

Old Fashioned Oatmeal	31
Homemade Granola	32
Broccoli Omelet	33
Healthiest Scrambled Eggs	34
Breakfast Frittata	35
Creamy Banana Coconut Smoothie	36
Green Goodness Smoothie	36
Classic Peanut Butter Banana Smoothie	37
Sweet Avocado Smoothie	37
Blueberry Smoothie	38
Raspberry Smoothie	38
Orange Creamsicle Smoothie	39
Chocolate Banana Smoothie	39
Watermelon Smoothie	40
Summer Fruit Smoothie	40



Salads & Vegetable Dishes

For the Love of Salads	42
Salad Dressings for Weight Loss	43
4 Healthy Salad Dressing Recipes	44
Baked Chicken Caesar Salad	45
Crunchy Apple Walnut Salad	46
Greek Style Chicken & Rice Salad	47
Shrimp & Avocado Salad	48
Waldorf Salad	49
Chicken & Egg Salad	50
Easy Tuna Salad	51
Fiesta Quinoa Salad	52
Chickpea & Roasted Yam Salad	53
Mediterranean Quinoa Salad	54
Summer Salad	55
Spinach Strawberry Salad	56
Watermelon Feta Salad	57
Quinoa & Feta Salad	58
Quinoa Vegetable Salad	59
Chicken & Vegetable Spring Rolls	60
Thai Vegetarian Curry	61
Garlic Mushrooms & Zucchini	62
Oven Baked Cauliflower	63
Garlic Roasted Vegetables	64
Herb Baked Squash	65
Yam Stuffed Bell Pepper	66
Homemade Fries	67
Stir Fry Rice & Vegetables	68



Dips & Soups

Creamy Delicious Hummus	70
Homemade Guacamole	71
White Bean Soup	72
Tomato Basil Soup	73
Vegetable Beef Barley Soup	74
Curry Lentil Soup	75
Quinoa Corn Potato Chowder	76



Poultry, Fish & Meat and Alternatives

Oregano Wine Baked Chicken	78
Louisiana Chicken Drumsticks	79
Garlic Thyme Roasted Chicken	80
Easy Chicken Lettuce Wraps	81
Easy Chicken Chow Mein	82
Baked Tandoori Chicken Skewers	83
Chicken Caesar Wrap	84
Healthy Chicken Nuggets	85
Honey Mustard Grilled Turkey	86
Easy Turkey Patties	87
Baked Salmon Fillets	88
Baked Cajun Salmon	89
Shrimp Broccoli Stir Fry	90
Baked Cod Fillets	91
Cast Iron Baked Tilapia	92
Steamed White Fish	93
Baja Fish Tacos	94
Homemade Veggie Burgers	95
Baked Falafel	96
Stir Fry Beef	97
Beef & Broccoli Stirfry	98
Oven Roast Beef	99
Garlic Beef Stuffed Red Peppers	100
Chili Beef Stew	101
Pork and Beef Meatballs	102
Beef & Rice Cabbage Rolls	103



Desserts

Easy Peanut Butter Balls	105
Raw Chocolate Truffles	106
Sneaky Dark Chocolate Cake	107
Quinoa Brownies	108
Apple Crisp with a Nutty Crust	109
Strawberry Popsicles	110
Acai Berry Bowl	111
Fruit Salad	112
Grapefruit Salad	113

Secrets to Success



1. What you eat in the morning is a huge determiner of how your body will handle the food you eat throughout the rest of the day. In fact, studies have shown that there are certain factors at breakfast that can make or break your ability to lose weight.
2. For breakfast, eat slow release carbohydrates such as oatmeal, kamut flakes, or high fiber bran cereals. Why? Slow release carbohydrates do not spike your blood sugar as much as a piece of white bread and jam, or an unhealthy sugary cereal. Lower levels of insulin are related to the ability to burn fat as fuel.
3. Eat a high protein breakfast, like farm fresh eggs, nuts and seeds or if you are in a rush a good quality protein shake. Protein makes you feel full by stimulating the secretion of a gut hormone (called Peptide YY) that triggers long-lasting feelings of fullness. Protein takes a longer time to digest and causes a lower spike in insulin levels. In the morning, you need to wake up your body and your brain. Without a proper high-protein breakfast, you will have slow brain function and lower energy by mid-morning.
4. Spend some time planning your meals before the start of a week. If things are ready, this will help you from snacking on random unhealthy food when you are really hungry.
5. Include oatmeal in your day to help lower bad cholesterol levels in your blood.
6. Enjoy foods that are made of healthy fats, such as nuts, avocados, olives and fatty fish. They will make you feel more satisfied throughout the day.
7. Don't skip meals. If your body feels like you are starving it, it will be even harder to burn calories.
8. Rather than deep frying food, try easy cooking methods like roasting, and steaming.
9. Be sure you enter all grocery stores with a list, and do your best to stick to it.
10. Drink water. When you're dehydrated, your metabolic system (the system that is charge of burning calories) does not function well.

Secrets to Success



11. Practice meditation and yoga to help deal with stress rather than simply falling into the stress-easing habit of snacking.
12. If you are going out for the day to run errands, be sure to bring along a bag of nuts and seeds, an apple and a bottle of water. This will help you get through the stress of errands without giving in to a sugary treat.
13. Try eating with your left hand (or opposite hand). This will help you to become more present while you eat and will also force you to eat more slowly.
14. Take a brisk walk before lunch or dinner. Not only will you get in some exercise, you're less likely to choose something unhealthy after a little movement.
15. Invest in smaller plates. There is a very real visual trick that if our plate is full we feel as though we are eating more, regardless of whether we actually are!
16. If you have a bag of chips, rather than eating straight from the bag, pour a small portion into a bowl and hide the rest.
17. Indulge in green tea daily, or even better, 3 times a day. Green tea will help to boost your metabolism so you burn more calories.
18. Get a good night's sleep. Poor sleeping habits can truly disrupt your hormone functions and make you much more likely to over eat or snack on the wrong things.
19. Build some muscle! Since muscles burns more calories than fat, the stronger you get, the better your body will be at burning the calories that you eat.
20. Try drinking smoothies, which can help you to feel full, but do not have to be high in calories.

Secrets to Success



21. Invest in a pedometer for yourself AND and loved one. Challenge yourself and your loved one daily. It is amazing what a little 'tracking' and 'competition' can do.
22. Eat a teaspoon of cinnamon mixed with honey a day to help to regulate your blood sugar.
23. Distracted dining will get you in trouble. Avoid eating in front of a television or in a movie theater, as you're bound to consume more calories.
24. Beware of "fat-free" or "zero trans fats" food labels. These items may even be higher in calories (and chemicals) because they add more sugar to make it taste good.
25. Make small and manageable goals. For example: "This week I will eat a carrot every day". The path to a healthy life is a marathon, not a sprint.
26. Try to include protein at each meal, which helps you to feel satisfied.
27. Throw away 'junk' from your cupboards and don't buy it again. If it is not there, you will be more likely to make healthy choices.
28. Make sure you check food labels and avoid anything with high-fructose corn syrup.
29. The omega-3 fatty acids in food (salmon, hemp seeds, walnuts) may increase your body's ability to burn fat, especially if you add some exercise.
30. Replace your regular pasta noodles with whole grain pasta for a more filling meal, and higher fiber content.
31. Eat colorful fruits and vegetables often to ensure you are getting the micro-nutrients you need for your body to feel satisfied. Often we crave food simply because we are malnourished of the small vitamins and minerals.
32. Make a snack box for your office and fill it with small individually packaged portions of mixed almonds, walnuts, dark chocolate (70% or higher) and dried fruit.

Secrets to Success



- 33. Use a meat pounder to flatten your meat to make it appear bigger. How we see our food can actually affect how satisfied we feel after eating it.
- 34. Don't eat late in the evening. You're more likely to make unhealthy choices and less likely to sleep as well after a late meal.
- 35. Fresh herbs taste delicious, are nutritious and bring excellent flavor to your meals, so you don't only have to rely on cheesy sauces to enhance flavors.
- 36. Everything in moderation. Enjoy the good stuff in life, and yes even the baking, but do so in moderation. Don't add guilt to the pile, as guilt is a form of stress and stress often shows up in our bodies as extra weight.
- 37. Find a friend who also wants to get healthy, and make it a goal to send each other healthy recipes each week. This will really help you both to stay motivated.
- 38. Make it a point to use the stairs or park further from your destination whenever possible.
- 39. Keep good posture to strengthen your core and add a small extra-calorie burn exercise when you are sitting for long periods.
- 40. Cravings can sneak up on you when you're tired. Try taking a nap if you feel yourself wanting some junk food.
- 41. Yoga may be relaxing but you can also get a good workout. An hour, yoga can burn up to 350 calories.
- 42. Take a 30-second break in the middle of your meal to just breathe. Evaluate just how hungry you still are before getting back to your food.
- 43. Add a squeeze of lemon to your water each and every morning. Lemon will help to stimulate your digestive system. To make it even easier, buy the pre-juiced lemon juice in a glass container at your local health food store.

The Placebo Effect of Food Labels



In an interesting experiment, a researcher made a delicious batch of milkshakes.

- The first was labeled fat free, guilt free, and only 140 calorie shake.
- The other was labeled high calorie, indulgence, decadence, and 620 calories.

Keep in mind: they were exactly the SAME shake, but labeled different. As people drank the milkshakes, they monitored 'Grehlin' levels. Grehlin is the hunger hormone. When you have not eaten anything, Grehlin levels rise and tell you it is time to seek out food. After the rise of grehlin, after you eat, these levels will drop a lot and tell you that you have had enough.

Now back to the milkshake study:

The people who drank the 'high fat, indulgence shake', and remember it was the EXACT same as the other shake - responded as if their bodies had eaten 3 times more! Since they THOUGHT it was fattening, they actually felt in their bodies that it affected their hunger levels, and therefore their digestion was affected, and their grehlin levels actually dropped, making them think it was time to stop eating and that they were full.

What does this mean?

One way to look at these results is that your MIND may be able to change your metabolism in your BODY. So how can you use this information to your benefit? The next time you are eating healthy food, try to eat with a feeling of 'indulgence', which will in turn actually help you to feel more full and satisfied.

4 Important Factors in Weight Loss



In regards to weight loss, it is easy to oversimplify with the “energy in/energy out” equation and only take into account the calories we eat versus the calories we burn. According to new evidence from lifestyle research, these are some crucial factors to evaluate in your own life.

Sleep

Studies show that people who slept less than 7-8 hours in a night were more likely to weigh more. In fact, the chance of having weight difficulties is 3-4 times higher for those of us who do not sleep well. What can you do: Turn OFF the TV and computer at least an hour before bed, and do something that is less stimulating, like playing an instrument, writing in a journal, or stretching.

Digestion

Probiotics are healthy bacteria that we WANT to have live in our guts. It turns out that people who have less of these crucial helpers are more likely to also weigh more. What you can do: Include organic plain probiotic yogurt daily in your diet. Also eat plenty of blueberries and apples which are good food for these little friendly bacteria.

Chemicals

There is evidence coming to light that there are certain chemicals in processed food that can lead to weight gain. Those people who eat more of these types of foods are more likely to have a weight problem. What can you do: Avoid pesticides, avoid plastic wrapped food and water bottles and choose glass or stainless steel. Also choose natural home care products like cleaning with vinegar rather than toxic cleaners.

Stress

This one is not so new, but nevertheless an important reminder for us to learn how to deal with stress. The more stress in our lives, the greater the weight that many of us will gain for various reason. What you can do: Find a coping mechanism. Invest some time into meditation, yoga, laughing, walking, singing, dancing or other activities that are known to be great stress relievers.

Choose Organic & Avoid Chemicals



An important aspect of healthy weight loss is eating food that is highly nutritious. Since the farming practices of organic foods avoid pesticides, herbicides, growth hormones, antibiotics and chemicals, the end results are more nutritious.

The same pesticides that poison the environment also pollute our bodies. Commonly used pesticides are stored in our fat cells then released into our bloodstreams when we burn fat, disrupting the function of our mitochondria (our cells' energy-making furnaces). In a 2004 study published in the International Journal of Obesity, researchers at Canada's Laval University reported that dieters with the highest levels of pesticides had a greater metabolic slowdown as they lost weight than their peers with lower levels of the pollutant, likely because the toxins hinder the energy-burning process. Other studies have indicated that pesticides may actually contribute to weight gain.

Processed food is another thing to watch out for. The chemicals found in some of the easy to grab, low nutrient 'junk' food are quite addictive and make you want to eat (and hence buy) more. Added chemicals can increase food cravings, cause water retention, and can actually cause weight gain. These same additives are often allergenic, and can cause insulin to spike, playing havoc with those people who are pre-diabetic, or diabetic.



Super Foods for Weight Loss



Some foods help with weight loss for a variety of reasons. Some are high in fiber which improves digestion. Some are high in protein which is satiating and helps you to fight sugar cravings, and others have their own unique properties which make them helpful if your goal is to lose weight.

1. **Berries.** Berries are high in fiber, have a low glycemic index, are low in calories, and also have the added benefit of being high in antioxidants which can help against cancer, heart disease, and the unwanted signs of aging.
2. **Beans.** Beans are also a winner due to their high fiber content, low glycemic index and super high protein content. Get creative with beans by adding them to salads, omelets and making them into dips.
3. **Grass fed organic meat.** The reason this makes the list is because it is high protein which helps to keep you full, has a low glycemic index and also when it is grass fed, it is high in a compound called 'conjugated linoleic acid' which is also helpful for weight loss.
4. **Wild salmon.** High in protein, high in good fats, and low glycemic index. An added benefit of wild salmon is it is rich in Omega 3 fatty acids, which are also used as supplements to fight depression and mood disorders, which as we all know can lead to weight gain.
5. **Farm fresh eggs.** High in protein, vitamins and minerals. This food has a low glycemic index and is super satisfying. Start your day with 1 or 2 eggs to keep from craving a sugary sweet in the mid morning.
6. **Greens.** Almost all greens are wonderful superfoods for several reasons. First they are very high in fiber, second, they are low in sugar and also have a low glycemic index. The other reason they are so super is their abundance of antioxidants, vitamins and minerals. One reason why we over eat is because we are actually craving nutrients that we are not getting in processed food, so we can keep eating in search of nutrients, when in fact all we needed was a big salad.
7. **Apples.** We all know the rhyme. Apples are low on the glycemic index scale, high in fiber, and high in vitamins. The key is to find organic apples, so they are not covered in sprays. Always wash before eating.
8. **Green Tea.** This is an excellent beverage to drink daily, or as studies show, three cups a day for weight loss. It is high in antioxidants, great for the digestive organs and also a mild thermogenic aid that increases your metabolism.
9. **Yogurt.** If you choose plain, organic yogurt with active probiotics you will benefit from strong immunity, better digestion and a helpful food for weight loss. Beware fruit/sweetened yogurt that are filled with chemicals and sugars. Instead sweeten yogurt with a drizzle of honey or maple syrup.

Weight Loss with Cinnamon?



Cinnamon and Weight Loss

Studies conducted with cinnamon are related to diabetes. However, based on the proven beneficial effects that cinnamon has on blood sugar control, there seems to also be some benefits for weight loss.

(1) In a 2012 review looking at the benefits of cinnamon for diabetes, in their conclusions found the beneficial effects of cinnamon include:

- * Increase of diabetic associated weight loss,
- * Reduction of fasting blood glucose,
- * Improvement of blood lipids markers,
- * Improvement of insulin resistance,
- * Beneficial effects against diabetic neuropathy,
- * No significant toxic effects on the liver, or kidneys. However, they do recommend more studies for long term effects and safety.

(2) A 2010 study, looked at animals being fed a high fat/high sugar diet, and wanted to see what would happen if they added cinnamon to that diet. They found that the group that also had cinnamon added to their diet, had less detrimental effects to their pancreas and to their body composition of fat cells, than the ones that were not.

Recommendation

Consume 2 1/2 teaspoons of cinnamon / day for the benefits of helping to manage blood sugar. (5)

NOTE: If you are diabetic, and taking medications, talk to a specialist to find your perfect dosage.

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Glycemic Index & Weight Loss



First of all, you might be curious about what 'glycemic index' means. Well, the explanation can be very complicated and wordy, but it can also be simple.

Glycemic index refers to the how food affects blood sugar.

Science has discovered that all carbohydrates that you eat, will have affect your blood sugar.

The glycemic index goes one step further, and measures how much each food will raise the blood sugar on a scale of 1-100. Foods are considered low glycemic if they fall below 55 on the scale.

In the past couple of years, researchers have been reviewing studies to see if an eating plan that is made up of 'low-glycemic index' foods will be better for weight loss, than a 'higher glycemic' diet.

In one review, researchers found 6 studies that met their requirements and were looking to find out if low glycemic index diets helped with weight loss. In these studies, the people on the diets did not have to restrict how much they ate in calories, they just had to make sure that the diets were low - glycemic. Time frames ranged from 5 weeks - 6 months in the studies.

Conclusions of their review was that people who ate a low glycemic diet had:

1. More weight loss, and
2. Improved cholesterol (total and LDL)
3. No adverse effects experienced being on the low-glycemic diet.

One thing to keep in mind is that not all high glycemic foods are unhealthy, and not all low glycemic foods are healthy.

The next page is a list of low and very low glycemic foods to keep well stocked in your kitchen.



Grandma's Favorite Low Glycemic Foods

Glycemic index is important for diabetics, but it is also important if you are trying to lose weight. Although there are thousands of possible foods on this list, this is Grandmother's Kitchen favorite list of low and very low glycemic foods. Keep your kitchen well stocked with these items shown here and eat them often.

For a complete and up to date list of the glycemic index of foods, refer to a wonderful resource from Sydney University: www.glycemicindex.com



Beef, grass fed Cashew Nuts Chicken, pasture raised Chickpeas Coconut milk Cod Flaxseeds Hummus Lamb, grass fed Lentils, red Organic tofu Salmon Sardines Sesame Seeds Shrimp Soybeans Tuna Turkey, pasture raised Walnuts Whole milk	Apples Asparagus Avocados Beet Greens, collard greens, spinach, lettuce, kale, mustard greens Bok choy Broccoli Brussels sprouts Cabbage Carrots, raw Cauliflower Celery Coconut Cucumbers Fennel Grapefruit Grapes Green beans Olive oil Olives Onions Oranges Peaches Plums Prunes Red peppers Strawberries Tomatoes Cherries Yam	Egg Fettucini Muesli Pearl barley Sourdough rye Whole wheat bread Wholegrain pumpernickel bread
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What are MUFAs and PUFAs?



MUFAs and PUFAs are a short way to talk about 2 kinds of healthy fats found in some foods.

MUFAs: mono-unsaturated fatty acids

These fats, which protect your health and your heart, are an essential part of a balanced diet.

MUFAs have one double-bonded, or unsaturated, carbon atom. These fats are usually liquid at room temperature, but when you chill them, they turn solid. Eating mono-unsaturated fats instead of saturated fats and trans fats can lower your cholesterol levels and reduce your risk of heart disease and stroke.

MUFAs are also high in vitamin E, a vitamin and antioxidant that keeps your body healthy by protecting your cells from damage. Most foods contain a combination of fats, but avocados, peanut butter, nuts, seeds, olive oil, peanut oil, canola oil, sesame oil and sunflower oil are particularly high in mono-unsaturated fats.

PUFAs: polyunsaturated fatty acids.

PUFAs have more than one double-bonded, or unsaturated, carbon atom. Like mono-unsaturated fats, polyunsaturated fats are liquid at room temperature, but they also stay liquid when they are chilled. When eaten in moderation, polyunsaturated fats can lower your cholesterol levels and reduce your risk of heart disease. Sources of polyunsaturated fats include soybean oil, corn oil, safflower oil, salmon, trout, mackerel, herring, walnuts and sunflower seeds.

Polyunsaturated fats can be divided into two categories: omega-6 fatty acids and omega-3 fatty acids. Omega-3 fatty acids play a role in normal growth and development and proper brain function. They also reduce widespread inflammation and decrease your risk of chronic diseases, such as heart disease, arthritis and cancer. Like omega-3 fatty acids, omega-6 fatty acids play a role in growth, development and brain function, but they also regulate metabolism, stimulate hair growth and keep the reproductive system healthy. Unlike omega-3s, some omega-6 fatty acids can promote inflammation. The key to staying healthy is to consume a balance of both types of fatty acids. The University of Maryland Medical Center notes that the ratio of omega-6 fatty acids to omega-3 fatty acids should be between 2 to 1 and 4 to 1.

The primary dietary sources of omega-3 fatty acids include salmon, mackerel, halibut, tuna, herring, flaxseeds, flaxseed oil, soybean oil, canola oil, walnuts, walnut oil and pumpkin seeds. The primary sources of omega-6 fatty acids include soybean oil, corn oil and safflower oil.

Cooking with Olive Oil?



There is a constant and ongoing debate about whether it is safe to cook with olive oil. Some of the confusion likely lies in the fact that not all olive oil is created equal. There are high and low quality oils, and they each react very differently to cooking. Certain studies found on PUBMED (a database of peer reviewed journals) have exposed high quality olive oil to high heat for long periods of time. Even under such extreme conditions, the olive oil does not form significant amounts of harmful compounds.

When it comes to cooking with any kind of oil, there are two main things to understand.

1. Smoke point: The temperature that a fat breaks down and turns into smoke.
2. Oxidative stability: How resistant fats are to reacting with oxygen.

Olive Oil Smoke Point

- Olive oil contains mostly mono-unsaturated fatty acids, which are pretty resistant to heating. Damage-prone polyunsaturated fats make up only about 11% of olive oil.
- The average smoke point of High Quality Extra Virgin Olive Oil is between 375-420°F (190-215°C).
- Olive oil that has been refined (chemically treated) has a higher smoke point of around 468°F (242°C), but this does not make it a healthier oil.

Olive Oil Oxidative Stability

- Olive oil contains Vitamin E and many powerful antioxidants. These compounds protect the oil from too much harmful damage during heating.

Conclusions

- If you are cooking with olive oil always choose High Quality Extra Virgin Olive Oil.
- Look for an olive oil that has a low 'fatty acid' content, of 0.3% - 0.8%.
- Drizzle liberally on salads or after a meal is cooked for major health benefits.
- Whatever kind of cooking you are doing, always avoid breathing in burnt smoke which is harmful to your health.

Common Cooking Oils & Uses

Maintaining a healthy body is not only about our weight, but also related to how we use the foods that are available to us. An important concept to understand is about “smoke points”, which refers the temperature at which an oil will begin to break down and become bad for you. This little guide will help you to understand better which oils to use for what purposes.



Oil Type	Uses	Smoke Point
Butter	Pan-frying, sautéing, baking	320°F
Canola	Deep-frying, pan-frying, sautéing, baking	468°F
Coconut oil	Pan-frying, sautéing, baking	350°F
Corn	Deep-frying, pan-frying	453°F
Grape-seed oil	Deep-frying, pan-frying, sautéing	420°F
Olive	Sautéing, stir-frying, baking	Unrefined: 320°F Extra virgin: 331°F Virgin: 428°F
Peanut (refined)	Deep-frying, stir-frying, wok cooking, sautéing, grilling	471°F
Safflower, high-oleic	Deep-frying, pan-frying, sautéing, baking	468°F
Sesame, unrefined	Pan-frying, sautéing, baking	350°F
Sunflower, high-oleic	Deep-frying, pan-frying, sautéing	478°F
Vegetable oil	Deep-frying, pan-frying, sautéing, baking	453°F

Basic Weight Loss Nutrition



In the next few pages, you will find several lists of foods and recipes that include detailed macro-nutrient information. The reason why you will see macro-nutrient information, but not micro-nutrient information, is because it is the macro-nutrients that contribute to calories.

Macro-nutrients: Carbohydrates, Protein and Fat. Fiber is a type of carbohydrate, and is included in all of the nutrition information provided, since eating fiber is an important part of weight management.

Fiber needs (Women): 25 grams each day

Fiber needs (Men): 38 grams each day

Micro-nutrients: Vitamins and Minerals. The list of foods provided in the following pages and recipes does not include exact details about micro-nutrients. However, the recipes in this book are designed to provide rich sources of micro-nutrients into your daily menu.

Calories: are a word to measure the energy that is provided in the food we eat and then made into energy for our bodies to use for daily activities and body functions.

- Each 1 gram of carbohydrates will provide you with 4 calories of energy.
- Each 1 gram of protein will provide you with 4 calories of energy.
- Each 1 gram of fat will provide you with 9 calories of energy.

All food is made up of a combination of carbohydrates, protein and fat. This combination will determine how many calories (energy) that food provides.

Weight loss is in part of an equation of ENERGY IN vs. ENERGY OUT. Energy in means the food that we eat and the beverages that we drink. Energy out means the activities that we do in a day AND the basic energy required for the body to breathe, think, pump blood and live.

Side Dish (Grains) Nutrition Info



This handy guide will allow you to mix and match the recipes found in this book with these classic side dishes and help you keep track of energy intake (ie. calories you are eating).

		Calories	Protein	Carbs (Fiber)	Fat, Total
Barley, pearl	1/2 cup cooked	97 cals	2g	22g (3g Fiber)	0g
Bread, pumpernickel	1 slice	65 cals	2g	12g (2g Fiber)	1g
Bread, rye	1 slice	73 cals	2g	14g (2g Fiber)	1g
Bread, sourdough	1 slice	88 cals	3g	17g (1g Fiber)	1g
Bread, spelt	1 slice	53 cals	1g	9g (.5g Fiber)	1g
Bread, white	1 slice	50 cals	2g	9g (0g Fiber)	1g
Bread, whole wheat	1 slice	69 cals	3g	13g (2g Fiber)	1g
Couscous	1/2 cup cooked	88 cals	3g	18g (1g Fiber)	0g
Oatmeal	1/2 cup cooked	75 cals	3g	7g (2g Fiber)	2g
Pasta, white	1/2 cup cooked	155 cals	6g	32g (1g Fiber)	0g
Pasta, whole wheat	1/2 cup cooked	207 cals	8g	41g (5g Fiber)	1g
Pita, white	1 x 6 inch pita	165 cals	5g	33g (1g Fiber)	1g
Pita, whole wheat	1 x 6 inch pita	170 cals	6g	35g (6g Fiber)	2g
Potato, baked	1 (2 x 4 inches)	145 cals	3g	34g (2g Fiber)	0g
Potato (sweet), baked	1 (2 x 5 inches)	103 cals	2g	24g (4g Fiber)	0g
Quinoa	1/2 cup cooked	112 cals	4g	20g (3g Fiber)	2g
Rice, brown	1/2 cup cooked	108 cals	3g	22g (3g Fiber)	1g
Rice, white	1/2 cup cooked	121 cals	2g	27g (0g Fiber)	0g

Beans, Nuts & Seeds Nutrition Info



This handy guide will allow you to mix and match the recipes found in this book with these classic side dishes and yummy snacks and help you keep track of energy intake (ie. calories you are eating).

		Calories	Protein	Total Carbs (Fiber)	Total Fat
Almonds, raw	1/3 cup	248 cals	9g	8g (5g Fiber)	22g
Beans, black	1/2 cup, canned	90 cals	6g	16g (9g Fiber)	0g
Beans, red kidney	1/2 cup, canned	105 cals	7g	19g (6g Fiber)	1g
Beans, white	1/2 cup, canned	153 cals	10g	29g (6g Fiber)	0g
Brazil nuts, raw	3 nuts	83 cals	2g	2g (1g Fiber)	8g
Cashews, raw	1/3 cup	192 cals	6g	10g (1g Fiber)	14g
Chickpeas, cooked	1/2 cup, canned	170 cals	10g	29g (8g Fiber)	2g
Flax seeds (ground)	1 Tablespoon	37 cals	1g	2g (2g Fiber)	3g
Flax seeds (whole)	1 Tablespoon	60 cals	2g	3g (3g Fiber)	4g
Hazelnuts, raw	1/3 cup	217 cals	5g	6g (3g Fiber)	21g
Hemp hearts	1 Tablespoon	57 cals	3g	1g (1g Fiber)	4g
Lentils	1/2 cup, cooked	115 cals	9g	20g (8g Fiber)	0g
Peanuts, raw	1/3 cup	248 cals	11g	7g (4g Fiber)	22g
Pecans, raw	1/3 cup	226 cals	3g	5g (3g Fiber)	24g
Pistachios, raw	1/3 cup	206 cals	8g	10g (4g Fiber)	16g
Pumpkin seeds, raw	1/3 cup	228 cals	12g	1g (1g Fiber)	19g
Sesame seeds	1/3 cup	248 cals	8g	10g (5g Fiber)	21g
Sunflower seeds, raw	1/3 cup	175 cals	6g	6g (3g Fiber)	15g
Walnuts, raw	1/3 cup	190 cals	4g	4g (2g Fiber)	18g

Fruit & Vegetable Nutrition Info



Not all fruit and vegetables are created equal. This handy guide will help you understand the macro-nutrient building blocks of what you are eating and help you track energy intake.

		Calories	Protein	Total Carbs (Fiber)	Total Fat
Acorn squash, baked	1 squash (4oz)	298 cals	4g	51g(5g Fiber)	12g
Alfalfa Sprouts	1 cup	10 cals	1g	1g (1g Fiber)	0g
Apple, raw	1 medium (2 3/4 inch)	72 cals	0g	19g (3g Fiber)	0g
Apricot, raw	1 regular	17 cals	0g	4g (1g Fiber)	0g
Arugula, raw	1 cup	5 cals	1g	1g (0g Fiber)	0g
Asparagus, steamed	1 cup	27 cals	3g	5g (3g Fiber)	0g
Avocado, raw	1 medium	332 cals	4g	17g (13g Fiber)	29g
Banana, raw	1 medium (7 inches)	105 cals	1g	27g (3g Fiber)	0g
Beets, roasted	1 cup	124 cals	3g	19g (4g Fiber)	5g
Blackberries, raw	1 cup	62 cals	2g	14g (8g Fiber)	1g
Blueberries, raw	1 cup	83 cals	1g	21g (3 g Fiber)	0g
Bok Choy, steamed	1 cup	20 cals	3g	3g (1g Fiber)	0g
Broccoli, raw	1 cup	30 cals	2g	6g (2 g Fiber)	0g
Cabbage, raw	1 cup	21 cals	1g	5g (2 g Fiber)	0g
Cantaloupe, raw	1 cup	60 cals	2g	14g (2g Fiber)	0g
Carrots	1 medium (7 inches)	25 cals	1g	6g (2g Fiber)	0g
Cauliflower, raw	1 cup	25 cals	2g	5g (2g Fiber)	0g
Celery	1 medium (7 inches)	6 cals	0g	1g (1g Fiber)	0g
Cherries, raw	1 cup (with pits)	74 cals	1g	19g (2g Fiber)	0g
Cranberries, dried	1 Tablespoon	96 cals	0g	23g (0g Fiber)	0g
Cucumber, raw with peel	1 (8 inches)	45 cals	2g	11g (2g Fiber)	0g
Date, dried	1	23 cals	0g	7g (0g Fiber)	0g
Eggplant, cooked	1 cup	20 cals	1g	5g (3 g Fiber)	0g

Fruit & Vegetable Nutrition Info



Not all fruit and vegetables are created equal. This handy guide will help you understand the macro-nutrient building blocks of what you are eating and help you track energy intake.

		Calories	Protein	Total Carbs (Fiber)	Total Fat
Grapefruit, raw	1 grapefruit (3 3/4 inches)	38 cal	1g	10g (0g Fiber)	0g
Grapes, raw	1 cup	62 cal	1g	16g (1g Fiber)	0g
Kiwi	1 fruit (60g)	40 cal	1g	10g (2g Fiber)	0g
Lettuce	1 cup	5 cal	0g	1g (0g Fiber)	0g
Mango	1 cup	107 cal	1g	28g (3g Fiber)	0g
Mushrooms, raw	1 cup	15 cal	2g	2g (1g Fiber)	0g
Nectarine	1 fruit (2 1/2 inches)	60 cal	1g	14g (2g Fiber)	0g
Olives, Kalamata	8 olives	25 cal	0g	2g (0g Fiber)	3g
Orange, navel	1 fruit (3 inches)	69 cal	1g	18g (3g Fiber)	0g
Peach	1 cup (sliced)	66 cal	2g	16g (3g Fiber)	0g
Pear	1 cup (sliced)	96 cal	1g	26g (5g Fiber)	0g
Peppers (bell)	1 cup (sliced)	62 cal	2g	12g (4g Fiber)	0g
Pineapple	1 cup (sliced)	74 cal	1g	20g (2g Fiber)	0g
Plum	1 cup (sliced)	76 cal	1g	19g (2g Fiber)	0g
Potato, white, boiled	1 medium (148g)	163 cal	4g	37g (5 g Fiber)	0g
Pumpkin, boiled	1 cup, mashed	49 cal	2g	12g (3g Fiber)	0g
Raspberries, raw	1 cup	64 cal	1g	15g (8g Fiber)	1g
Spinach, raw	1 cup	7 cal	1g	1g (1g Fiber)	0g
Strawberries, raw	1 cup	49 cal	1g	12g (3g Fiber)	0g
Sweet potato, roasted	1 cup, cubed	173 cal	2g	29g (4g Fiber)	6g
Tomatoes, raw	1 large fruit (3 inches)	16 cal	1g	4g (1g Fiber)	0g
Watermelon	1 cup	46 cal	1g	12g (1g Fiber)	0g
Yam, baked	1 cup	177 cal	2g	42g (6 g Fiber)	0g
Zucchini	1 cup (sliced)	20 cal	2g	4g (1g Fiber)	0g

Movement Guide (Calories Burned)



For more activities visit: www.nutritiondata.com/tools/calories-burned

Activity Goal: 500kcal/day	Activity Goal: 500kcal/day
	Average Calories expended in 1 hour (140 lb person)
Activity	
Aerobics, low intensity	330
Aerobics, high intensity	450
Backpacking	450
Basketball	500
Biking, moderate	250
Biking, vigorous	590
Cleaning, general	230
Cross-country skiing	520
Dance	400
Downhill skiing	400
Golf	250
Riding cart	200
Carrying clubs	320
Health club, general	350
Hiking, cross country	380
Hockey	500
Ice skating	450
In-line skating	300
Jogging	450
8-minute mile	720
12-minute mile	480
Playing with kids	260
Rock-climbing	600
Softball	300
Swimming	500
Swing dancing	250
Tai Chi	240
Tae kwon do	300
Tennis (singles)	453
Walking	200
Weight lifting	190
Yoga	240

1 Day Sample Meal Plan

	Protein (g)	Carbohydrates (g)	Fiber (g)	Fat (g)	Calories (Total)
BREAKFAST					
Broccoli Omelet (1 serving) pg.33	17	5	0	17	241
SNACK					
Apple (1 medium)	0	19	3	0	72
LUNCH					
Chickpea & Roasted Yam Salad (1 serving) pg.53	25	50	4	33	592
SNACK					
Almonds (1/3 cup)	9	8	5	22	248
DINNER					
Homemade Veggie Burger (1 serving) pg.95	11	102	9	11	517
DESSERT					
Fruit Salad	3	54	11	1	214
TOTALS	65	238	32	84	1884

- Fiber = Each day, women should eat at least 25g of fiber, and men should eat 38g of fiber.
- Protein = To calculate your protein needs, multiply your body weight (in kilograms) by 0.8
(Example: 60kg x 0.8 = 48g of protein/ per day)
- Calories = To determine the optimal amount of calories to consume in a day, contact a nutritionist who will help you to determine more precise goals.

Personal Meal Planner

Print out this page as you need it to track your nutrient intake each day.

	Protein (g)	Carbohydrates (g)	Fiber (g)	Fat (g)	Calories
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
DESSERT					
TOTALS					

- Fiber = Each day, women should eat at least 25g of fiber, and men should eat 38g of fiber.
- Protein = To calculate your protein needs, multiply your body weight (in kilograms) by 0.8
(Example: 60kg x 0.8 = 48g of protein/ per day)
- Calories = To determine the optimal amount of calories to consume in a day, contact a nutritionist who will help you to determine more precise goals.



Breakfasts & Smoothies

Old Fashioned Oatmeal	31
Homemade Granola	32
Broccoli Omelet	33
Healthiest Scrambled Eggs	34
Breakfast Frittata	35
Creamy Banana Coconut Smoothie	36
Green Goodness Smoothie	36
Classic Peanut Butter Banana Smoothie	37
Sweet Avocado Smoothie	37
Blueberry Smoothie	38
Raspberry Smoothie	38
Orange Creamsicle Smoothie	39
Chocolate Banana Smoothie	39
Watermelon Smoothie	40
Summer Fruit Smoothie	40

Old Fashioned Oatmeal



Oatmeal is one of those magical foods that helps to lower your cholesterol levels. Try to eat an oatmeal breakfast 3 times a week for the most heart healthy benefits. Switch up the topping ideas to keep things interesting.

Nutrition Highlights:

- Per serving: 9g Protein, 31g Carbohydrate (3g Fiber), 7g Fat (2g MUFA, 1g PUFA), 224 calories

Place the rolled oats and milk into a saucepan.

*** Note when making oatmeal, the ratio is always 2:1 (liquid : oats).**

Add the salt and bring to a boil over medium heat.

Reduce the heat to low, and stir constantly until oatmeal reaches desired consistency (probably 5 minutes or so.)

Turn off the heat, stir in a drop of vanilla extract for added flavor.

Serve immediately with extra milk on the side for drizzling, and banana slices on top.



Serves 2

1/2 cup old fashioned rolled oats

1 cup whole milk (3.25%)

*** Note you can use other kinds of milk too**

1/2 teaspoon sea salt

1/2 teaspoon pure vanilla extract

1/2 cup whole milk (3.25%) to serve

1 banana (sliced)

Topping Ideas: Banana, berries, honey, maple syrup, chopped nuts

Homemade Granola



By making your own granola, you get to be the judge of what gets added in terms of health and flavor. Serve this healthy granola on top of plain probiotic yogurt for optimal health benefits.

Nutrition Highlights:

- Per serving: 6g Protein, 29g Carbohydrate (4g Fiber), 12g Fat (5g MUFA, 3g PUFA), 247 calories

Preheat the oven to 300° F.

Combine all ingredients in a mixing bowl and use clean hands to mix well and toss to coat.

The coconut oil might be liquid or solid depending on the temperature of the room you are in.

If the coconut oil is hard you can either melt it over low heat in a small saucepan first, or work it in with clean hands, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left.

Spread the mixture in a thin layer on a baking sheet and bake for 10 minutes, until very lightly toasted.

Cool before serving or storing.

This granola can be kept in an airtight container in a cool, dry place for up to 3 weeks.



Serves 6

2 cups raw, whole rolled oats
1/2 cup pecans, chopped
1/4 cup raw pumpkin seeds
1/2 cup unsweetened mixed dried fruit (raisins, cranberries)
2 Tablespoons maple syrup
2 Tablespoons coconut oil
1/2 teaspoon pure vanilla extract
1 teaspoon cinnamon
1 large pinch fine sea salt

Broccoli Omelet



A high protein breakfast is the ideal way to start your day if your goal is health, and specifically weight loss. Protein will keep you satisfied longer and help you to avoid craving high sugar snacks early in the day.

Nutrition Highlights:

- Per serving: 17g Protein, 5 Carbohydrate (0g Fiber), 17g Fat (5g MUFA, 1g PUFA), 241 calories

Preheat the oven to 350°F.

Prepare a 9 inch glass pie plate by greasing with butter.

In a mixing bowl beat the eggs, milk, sour cream, salt and pepper.

Cut the broccoli into small florets.

Slice the tomato into thin slices.

Pour the egg mixture into the pie plate.

Arrange the broccoli florets, tomato slices and green onions onto the egg mixture.

Evenly sprinkle the grated cheese on top.

Place into the preheated oven and bake for 20-25 minutes, until the eggs are firm and the cheese melted.



Serves 2

- 2-3 eggs, lightly beaten**
- 4 Tablespoons whole milk**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 1 medium sized tomato, sliced thin**
- 1/4 cup broccoli, cut into small florets**
- 1 green onion, chopped**
- 2 ounces grated cheese**

Healthiest Scrambled Eggs



Cooking your eggs in coconut oil rather than butter will give you a healthier alternative, and a light fluffy egg. The flavor is absolutely divine also!

Nutrition Highlights:

- Per serving: 10g Protein, 3 Carbohydrate (1g Fiber), 15g Fat (3g MUFA, 1g PUFA), 185 calories

Crack eggs into a bowl and whisk for 2-3 minutes. This will help incorporate air so they are nice and fluffy.

In large skillet over medium heat, warm the coconut oil.

Add diced tomatoes and cook for 2 minutes, just long enough to soften the tomatoes, season with salt & pepper to taste.

Add eggs all at once, reduce heat to medium and cook without stirring, for 1 minute.

Using spatula, stir the eggs from the edges of the pan toward center.

Continue to cook and stir gently until eggs are almost cooked, but are still moist, about 3 minutes.

Divide and serve on warmed plates.

Season with salt, pepper and green onions.



Serves 2

3 large eggs

1 Tablespoon coconut oil

5 cherry tomatoes, sliced into quarters

Salt

Black pepper, freshly ground

1-2 chopped green onions

Breakfast Frittata



This fantastic frittata recipe is perfect for brunch or dinner. Made with colorful healthy ingredients, it is food wise and nutrient dense.

Nutrition Highlights:

- Per serving: 13g Protein, 6 Carbohydrate (1g Fiber), 17g Fat (9g MUFA, 2g PUFA), 231 calories

Preheat oven to 500°F. and place the rack in the lower middle oven position.

In a large cast iron skillet heat the olive oil on the stove-top.

Add onion slices and the yellow pepper chunks, season with salt and pepper and cook over medium heat for about 5 minutes, stirring frequently, until the onions and peppers are tender but not browned.

In a large bowl, lightly beat the eggs and season with salt and pepper. Stir in the raw spinach and tomato halves.

Add the egg and vegetable mixture to the skillet with the onions and peppers and spread it out to cover the bottom of the skillet.

Cover and cook on the stove-top over low heat until set on the bottom and edges.

Transfer the skillet with the frittata into the oven and broil just until the top is set, about 1 minute longer. Watch carefully so you do not burn it.

Remove and let stand for 5 minutes.

Cut into wedges and serve warm or at room temperature.



Serves 4

2 Tablespoons extra virgin olive oil
1 onion, halved and sliced very thin
1/2 fresh yellow bell pepper, chopped into chunks
coarse salt & freshly ground black pepper, to taste
8 large eggs
Handful of fresh chopped spinach
6 baby tomatoes, cut in half

Creamy Banana Coconut Smoothie



Serves 2

2 cups coconut water
1 frozen banana
3/4 cup unsweetened frozen sliced peaches
2 cups frozen unsweetened strawberries
1/2 cup plain % probiotic yogurt

Put the coconut water into the blender first. Add the frozen banana and peaches and blend to combine. Add the frozen strawberries and yogurt and blend.

Tip: When making smoothies with bananas, the smoothie will come out colder if you use frozen bananas. To freeze bananas, just peel, cut into one inch chunks and place into a ziploc freezer bag or a freezer container with a lid. The bananas will be ready to use when you want to make your smoothie.

Per serving: 5g Protein, 49g Carbohydrate (5g Fiber), 2g Fat, 221 calories

Green Goodness Smoothie



Serves 2

1 cup coconut water
1 cup brewed green tea
2 cups fresh spinach
2 kiwis (fresh or frozen)
1 cup pineapple chunks (fresh)
2 bananas (chunked and frozen)

Put the coconut water, green tea and the spinach leaves into the blender.

Turn on and blend until the spinach leaves are well blended.

Add the kiwi, pineapple and banana and blend until smooth.

If the smoothie is too thick, you can add extra coconut water or tea.

Per serving: 4g Protein, 58g Carbohydrate (11g Fiber), 1g Fat, 232 calories

Classic Peanut Butter Banana Smoothie



Serves 2

2 frozen banana, cut into chunks
2 Tablespoons peanut butter
4 ice cubes
2 teaspoon honey
1 1/2 cups 3.5% whole milk

Puree the frozen banana in a blender, processing for about 30 seconds. Add the peanut butter, ice cubes, milk and honey and process until smooth. Pour into a glass to enjoy.

Per serving: 8g Protein, 43g Carbohydrate (3g Fiber), 16g Fat (4g MUFA, 1g PUFA), 327 calories

Sweet Avocado Smoothie



Serves 2

2 ripe avocados
2 teaspoon lime juice
2-3 Tablespoons honey
1 1/2 cups almond milk (original, unsweetened)

Cut the avocado in half and remove the pit. Put all the ingredients into a blender and blend until nice and smooth. Do a taste test and if you want it sweeter you can add more honey.

Drink the avocado smoothie right away as it will turn brown when it sits.

Per serving: 5g Protein, 40g Carbohydrate (14g Fiber), 31g Fat (20g MUFA, 4g PUFA), 426 calories

Blueberry Smoothie



Serves 2

1 1/2 cups frozen organic blueberries
2 cups orange juice
1 cup plain 3.5% probiotic yogurt
1 teaspoon honey

Place blueberries in blender. Top with yogurt, honey and then juice. blend on high until smooth. Pour into a glass and garnish with mint and more blueberries if desired.

Per serving: 7g Protein, 47g Carbohydrate (4g Fiber), 4g Fat (1g MUFA), 260 calories

Raspberry Smoothie



Serves 2

2 cups whole milk (3.5%)
1/2 cup frozen raspberries
1/2 cup frozen black cherries, pitted
1 banana, chopped
1 teaspoon honey
ice cubes

Place all ingredients in blender. Blend on high until smooth. Pour over ice cubes into glasses. Garnish with extra berries if desired.

Per serving: 10g Protein, 38g Carbohydrate (4g Fiber), 5g Fat (1g MUFA), 227 calories

Orange Creamsicle Smoothie



Serves 2

1 cup whole milk
1 1/2 cup plain 3.5% probiotic yogurt
2 medium oranges
1/4 teaspoon pure vanilla extract
1 teaspoon honey (more or less to taste)
5 ice cubes

To make this tasty smoothie, combine the milk, yogurt, oranges, and vanilla extract in blender. Add honey to taste. Blend in quick pulses to combine ingredients. Add the ice cubes and blend just long enough to crush ice. Serve immediately.

Per serving: 11g Protein, 34g Carbohydrate (3g Fiber), 9g Fat (2g MUFA), 250 calories

Chocolate Banana Smoothie



Serves 2

1/3 cup high quality dark chocolate, grated
1 teaspoon grapeseed oil
1 teaspoon honey
2 bananas, sliced
1 1/2 cups unsweetened almond milk

In the top of a double boiler, melt the grated chocolate, oil honey, over low heat, stirring together. Let the mixture cool slightly but not harden. Combine the bananas and almond milk in a blender until creamy. Pour banana mixture into two glasses. Top with melted chocolate mixture. Stir and enjoy!

Per serving: 3g Protein, 38g Carbohydrate (4g Fiber), 13g Fat (2g MUFA, 2g PUFA), 267 calories

Watermelon Smoothie



Serves 2

2 cups seedless watermelon, flesh only
1 1/2 cups coconut water
1 teaspoon lime juice
2 ice cubes

Cut your watermelon into chunks. Squeeze the lime juice. Combine all ingredients in a blender and pulse until smooth.

Per serving: 1g Protein, 23g Carbohydrate (1g Fiber), 0g Fat, 91 calories

Summer Fruit Smoothie



Serves 2

1 1/2 cups orange juice
1 orange, chopped
2 ripe nectarines, washed and cut into pieces
1/2 cup fresh or frozen raspberries
1 banana
1 Tablespoon honey

Put all the ingredients into a blender, mix until smooth & creamy. Pour into glasses that have been chilled in the freezer and enjoy!

Per serving: 4g Protein, 57g Carbohydrate (9g Fiber), 1g Fat, 228 calories



Salads & Vegetable Dishes

For the Love of Salads	42
Salad Dressings for Weight Loss	43
4 Healthy Salad Dressing Recipes	44
Baked Chicken Caesar Salad	45
Crunchy Apple Walnut Salad	46
Greek Style Chicken & Rice Salad	47
Shrimp & Avocado Salad	48
Waldorf Salad	49
Chicken & Egg Salad	50
Easy Tuna Salad	51
Fiesta Quinoa Salad	52
Chickpea & Roasted Yam Salad	53
Mediterranean Quinoa Salad	54
Summer Salad	55
Spinach Strawberry Salad	56
Watermelon Feta Salad	57
Quinoa & Feta Salad	58
Quinoa Vegetable Salad	59
Chicken & Vegetable Spring Rolls	60
Thai Vegetarian Curry	61
Garlic Mushrooms & Zucchini	62
Oven Baked Cauliflower	63
Garlic Roasted Vegetables	64
Herb Baked Squash	65
Yam Stuffed Bell Pepper	66
Homemade Fries	67
Stir Fry Rice & Vegetables	68



For the Love of Salads



Who said salad is boring? One of our favorite meals in Grandmother's Kitchen is salad. To make delicious salads we use a variety of fresh vegetables, nuts, cheeses, eggs, fruit and always homemade salad dressing. There is not a right or wrong way to make a salad.

There are 3 key things to make a delicious salad.

1. Use fresh produce. If you have a little space in your garden or windowsill, you can grow a small (or sprawling) selection of fresh herbs. A few easy varieties are: oregano, thyme and parsley. These few herbs will go an enormous way in adding flavors to your salads and make you come back for more. If you do have the space for a garden, this will also give you another reason to get out and move your body.
2. Contrast the soft textures often found in salads by adding crunchy nuts and seeds to most salads. Keep a selection of nuts and seeds so you can rotate between sunflower seeds, pumpkin seeds, sesame seeds, walnuts, almonds, hemp seeds and more. By rotating your favorite nuts and seeds you will be adding more nutrients to your diet. Also, nuts and seeds are high in protein and good fats, both key ingredients to weight loss.
3. Always make a tasty homemade dressing. Try the salad dressings in this book and adjust ingredients as desired to make your very own perfect flavor combination. You may find, like us, that you begin to crave that daily salad because it tastes so darn good!

Grandmother's Time Saving Tip

A great way to save time and eat healthy is to pre-wash and prepare your vegetables as soon as you get them home from the grocery store. Line a large airtight container with a clean tea towel. Wash produce in a clean sink full of cold water with an added Tablespoon of white vinegar. Let the produce soak for a minute or two and then remove from water, shake off and let it air dry or dry fully with a clean towel. Store in an airtight container in the refrigerator. Now you will have salad at your fingertips. Eat daily!



[Watch the Video](#)

Salad Dressings for Weight Loss



To lose belly fat you need to avoid low-fat or fat-free salad dressings. Yes, it sounds like the opposite, but low fat and fat free salad dressings from the store are filled with more chemicals than they are worth, and are generally high in sugar or non-sugar (non food) sweeteners.

Health Note: Always invest in high quality oils to use in your dressings and cooking. This one tip will do more for your overall health than any out there.

Oil Shopping Tips

1. Buy oil in dark glass bottles.
2. Make salad dressings out of extra virgin & cold pressed olive oil. Olive oil is high in mono-unsaturated fat (one of the good healthy fats!), Good fats, like mono-unsaturated fatty acids (MUFAs) in olive oil, can actually help to reduce belly fat. A 2002 study on high protein, high mono-unsaturated fat diet, found that women on this diet lost significantly more total and abdominal fat compared with those who were on the lower protein, lower mono-unsaturated fat diets.
3. Use organic hemp oil, & borage oil (but never cook with these oils). Hemp and borage oil have a type of compound called gamma linolenic acid (GLA) which has been shown to help with preventing weight gain in several studies.

Other Ingredients

1. Choose sea salt from either ancient seabeds (like the Himalayan sea salt, or the Utah 'Real' sea salt), which are more nutritious than regular table salt. If you suffer from a thyroid disorder where you are a low in iodide, just keep in mind that these healthier sea salts are lower in iodide, and so you should think about add some kelp to your flavoring, or a small amount of table salt for iodide as well.
2. Lemon juice - will help to stimulate your liver and digestive organs, which is a vital aspect of proper weight maintenance.
3. Plain organic yogurt - this is a great salad dressing thickener, and is filled with helpful probiotics which are showing more and more to be a helpful part of weight loss.

4 Healthy Salad Dressing Recipes

All of these recipes are meant to be blended together with a blender or a food processor. In a pinch just chop all your ingredients very small and mix vigorously by hand. Taste as you go, adding more or less of each ingredient to your liking. Each recipe makes 12 servings. Make this large batch and keep it in a glass jar on the counter so you are ready for a week of delicious salads.

MAPLE BALSAMIC	GINGER PEANUT
1 cup olive oil 1 cup balsamic vinegar 4 Tablespoon maple syrup 2 teaspoon mustard 4 teaspoon dried thyme 1 teaspoon salt 1 teaspoon pepper 2 teaspoons plain yogurt *keep in fridge if you add yogurt <i>Makes 12 servings / 192 calories per serving</i>	6 inches ginger, diced 2 garlic clove 1/2 cup cilantro, chopped 1 cup water 3 teaspoons soy sauce 4 1/2 Tablespoons of peanut butter 1 cup sweet chili sauce 3 Tablespoons olive oil <i>Makes 12 servings / 104 calories per serving</i>
ROSEMARY OREGANO	CAESAR INSPIRED
1 1/2 cups olive oil 1 cup apple cider vinegar * or more to taste 3 Tablespoons dried oregano 1 long sprig fresh rosemary leaves 4 Tablespoons grated Parmesan cheese 4 Tablespoons honey <i>Makes 12 servings / 68 calories per serving</i>	1 1/2 cups olive oil 3 Tablespoons Parmesan 3 Tablespoons honey 3 teaspoons mustard powder 1/2 cup white vinegar 2 Tablespoons lemon juice 2 garlic cloves, minced 2 teaspoons salt 2 teaspoons pepper <i>Makes 12 servings / 66 calories per serving</i>



Baked Chicken Caesar Salad



A key part of a Caesar salad is the crunch factor of the croutons. This recipe uses toasted sunflower seeds which make a delicious and highly nutritious replacement.

Nutrition Highlights:

- Per serving (without dressing): 10g Protein, 5g Carbohydrate (1g Fiber), 15g Fat (3g MUFA, 10g PUFA), 202 calories

Prepare the salad dressing and set aside.
(see below)

Preheat your oven to 350°F.

Line a 9 x13 inch baking dish with parchment paper and set aside.

Rinse chicken breasts and pat dry with a paper towel.

Place breasts onto prepared tray and sprinkle with salt, pepper and garlic powder.

Bake for 20-30 minutes or until cooked through. Internal temperature should be 165°F.

Remove from oven and using a cutting board, cut chicken into diagonal slices.

In the meanwhile, over low-medium heat, place sunflower seeds into a dry frying pan and stir for 1-2 minutes until slightly browned. Remove and set aside.

Place torn lettuce into a large bowl and top with chicken, grated cheese and sunflower seeds.

Top with salad dressing and enjoy!



Serves 4

4 boneless skinless chicken breasts
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon garlic powder
4 - 6 cups romaine lettuce, washed, patted dry and torn into bite sized pieces
4 Tablespoons fresh grated Parmesan cheese
1 cup toasted sunflower seeds

Dressing:

[Click for Caesar Inspired Salad Dressing \(page 44\)](#)

Crunchy Apple Walnut Salad



By adding walnuts to your diet, although they are high calorie, they are also a super food thought to help decrease risks of cancer, diabetes and stress.

Nutrition Highlights:

- Per serving (includes dressing): 6g Protein, 47g Carbohydrate (6g Fiber), 30g Fat (10g MUFA, 15g PUFA), 461 calories

Dressing

Put all the dressing ingredients into a blender and mix together.

Salad

Wash and thinly slice the apples and put them into a plastic or glass salad serving bowl.

Sprinkle on 2 tablespoons of apple cider and toss on. This will stop the apples from turning brown. Do not do the apples until you are ready to prepare and serve the salad.

Add clean mixed greens of your choice and spoon on half of the salad dressing.

Gently stir the salad with tongs to mix together.

Serve with fresh walnuts and the additional salad dressing along side.



Serves 2

Dressing

4 Tablespoons apple cider vinegar
4 Tablespoons maple syrup
4 teaspoons Dijon mustard
4 1/2 teaspoons olive oil
1/4 teaspoon salt
1/4 teaspoon cayenne

4 cups mixed greens, rinsed
1 green apple, thinly sliced
2 Tablespoons apple cider vinegar
1/2 cup walnuts halves

Greek Style Chicken & Rice Salad



Make it a habit to choose high fiber grains like whole grain brown rice or quinoa rather than white rice. Fiber will help you to stay full and will improve digestion, both important factors in weight loss or weight management.

Nutrition Highlights:

- Per serving (without dressing): 7g Protein, 18g Carbohydrate (3g Fiber), 12g Fat (4g MUFA, 1g PUFA), 210 calories

Prepare your salad dressing and set aside.
(see below)

Rinse the brown rice and pour it into a medium saucepan.

Cover with 2 cups of water and bring to a boil with the lid off.

When the water is boiling, turn heat down to a low simmer, cover with lid and cook for 45 minutes until tender.

In the meanwhile, put the frozen peas in a saucepan, just cover with water. Bring to a boil, cook for 2 minutes. Shut off heat, drain water and set the peas aside.

Heat a large frying pan over medium to high heat and drizzle in the olive oil.

Add chicken breast cubes, oregano and salt. Cook the chicken cubes until no longer pink. Shut off and set aside.

In a large mixing bowl combine the rice, peas and chicken.

Gently stir all together.

Add the feta and stir in. Add red pepper slices, chopped green onions and black olives.

Drizzle with salad dressing.



Serves 4

- 1 cup uncooked brown rice**
- 2 cups water**
- 2 Tablespoons olive oil**
- 2 boneless, skinless chicken breasts, cut into cubes**
- 2 teaspoons dried oregano**
- 2/3 cup frozen peas, thawed**
- 1/2 cup crumbled feta**
- 1 red bell pepper, cut into slices**
- 1/3 cup spring green onions, chopped**
- 20 black pitted olives (or Kalamata olives)**

[Click for Rosemary Salad Dressing \(page 44\)](#)

Shrimp & Avocado Salad



Avocados are high in mono-unsaturated fatty acids (MUFAS). Mono-unsaturated fats promote healthy cholesterol levels, supply certain nutrients like vitamin E and help your body absorb fat-soluble vitamins. Since this is a higher calorie (but also high-nutrient) meal, it makes the perfect satisfying lunch that will not make you sleepy.

Nutrition Highlights:

- Per serving (*includes dressing): 35g Protein, 118g Carbohydrate (33g Fiber), 24g Fat (12g MUFA, 2g PUFA), 786 calories

Prepare the salad dressing by mixing together oil, lime juice, crushed garlic, honey, salt and pepper with a fork and set aside.

Stir in the chopped parsley or cilantro. Set aside.

Arrange the chopped lettuce onto each individual plates.

Add the chopped tomatoes, avocado chunks, and salad dressing.

Rinse the shrimp in cold water, put in a strainer.

Heat a medium saucepan and add coconut oil.

When the oil is hot, add the shrimp and let cook for 2-3 minutes on each side until the meat is no longer translucent.

Remove from heat and place onto prepared salads.

4-6 cups romaine lettuce, washed, dried and chopped

2 avocados, peeled, and cut into cubes

20 cherry tomatoes



Serves 4

Dressing:

2 Tablespoons olive oil or grapeseed oil

4 teaspoons lime juice

1 small to medium garlic clove, crushed

2 teaspoons honey

salt and pepper to taste

sprig or parsley or cilantro chopped fine

4-6 cups romaine lettuce, washed, dried and chopped

2 avocados, peeled, and cut into cubes

20 cherry tomatoes

1 Tablespoon coconut oil

20 medium-large shelled, deveined shrimp, tails removed

Waldorf Salad



Do not fear raw nuts! Their nutritional benefits far outweigh their caloric number. The key to eating nuts and losing weight is to use them as a garnish for things like salad. This way you can control the proportion and not miss out on their health benefits.

Nutrition Highlights:

- Per serving (without dressing): 5g Protein, 30g Carbohydrate (5g Fiber), 15g Fat (2g MUFA, 10g PUFA), 249 calories

Prepare the salad dressing and set aside.(see below)

Wash the lettuce and dry with a salad spinner.

Tear the lettuce into bite size pieces and arrange onto your plates.

Wash, dry, core and slice the apples into thin wedges. Thinly slice the celery. Arrange over lettuce.

Sprinkle with raisins and walnuts.

Drizzle with dressing.

Serve right away.



Serves 4

**1 head butter lettuce
2 apples, sliced thin
2 stalks celery, sliced thin
1/2 cup raisins
3/4 cup walnuts**

[Click for Maple Balsamic Dressing \(page 44\)](#)

Chicken & Egg Salad



Officially speaking, food labels who claim to be 'high protein' must contain at least 20% of the daily recommended intake for the average person. To keep things in perspective as well about how much protein you need in a day, the average amount for the average person is about 0.8gram protein per kilogram of body weight.

Nutrition Highlights:

- Per serving (without dressing): 47g Protein, 2g Carbohydrate (1g Fiber), 12g Fat (5g MUFA, 2g PUFA)

Place the eggs into a small pot and cover with cold water by at least 1-inch.

Turn the heat on to high. Once the water comes to a boil, turn heat off cover and leave the eggs in the water for 15 minutes.

After 15 minutes, remove from hot water and run cold water into the pot over the eggs to cool them. Once cooled, peel off the shell. Slice each egg in half.

Heat a frying pan to medium-high heat, coat chicken breasts with oil and sprinkle with oregano and place into the heated pan.

Fry for 10 minutes per side or until chicken is cooked through and no pink shows. Cut chicken into bite sized pieces.

Place spinach in a serving bowl and top with chicken pieces, fresh basil and a drizzle of dressing.

Arrange halved eggs around the salad.

Serve right away.



Serves 4

4 large eggs
3 chicken breasts, deboned and no skin
2 teaspoons olive oil
1/2 teaspoon dried oregano
4 cups young spinach
fresh basil leaves

Dressing:

[Click for Caesar Inspired Salad Dressing \(page 44\)](#)

Easy Tuna Salad



Tuna is a high source of protein. To keep things in perspective as well about how much protein you need in a day, the average amount for the average person is about 0.8gram protein per kilogram of body weight.

Nutrition Highlights:

- Per serving (includes dressing): 17g Protein, 10g Carbohydrate (1g Fiber), 21g Fat (10g MUFA, 1g PUFA), 602 calories

To make the dressing, combine the lemon juice, apple cider vinegar, garlic, olive oil honey, salt and pepper together in a blender and mix until smooth.

Open the can of tuna and drain the liquid out.

Place the tuna into a bowl and break apart with a fork.

In a salad bowl, toss together the chopped tomato, sliced red onions, chopped basil and black olives. Divide into two serving dishes and put half the tuna onto each salad.

Garnish with the reserved whole basil leaves.

Drizzle on the salad oil and serve right away.



Serves 2

1 Tablespoon lemon juice from a freshly squeezed lemon
2 Tablespoon apple cider vinegar
1 garlic clove, crushed
2 Tablespoons olive oil
1/2 teaspoon honey
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

1 can solid white albacore tuna
1 fresh tomato, chopped
1/4 sweet purple onion, sliced
1/4 cup fresh basil, chopped, reserve a few leaves for garnish & 12 black olives

Fiesta Quinoa Salad



If low-fat was a buzz word that is going obsolete as we learn the benefits of good fats in our bodies, then high fiber is a buzz phrase that is here to stay, since fiber is so crucial for our health.

Nutrition Highlights:

- Per serving (includes dressing): 22g Protein, 94g Carbohydrate (20g Fiber), 16g Fat (9g MUFA, 3g PUFA), 578 calories

Rinse quinoa in a sieve.

In a medium sauce pot, combine water and quinoa.

On high heat, bring water to a boil with lid off.

Adjust the heat to low, cover and simmer 15 to 20 minutes, until the liquid is absorbed and quinoa is tender.

Remove from the heat and chill until cool.

Place the cooled quinoa with the corn, tomatoes, beans, avocado and cilantro into a serving bowl.

Stir gently to combine.

In a small bowl, stir together dressing ingredients.

Serve dressing on the side or drizzle over top when ready to serve.



Serves 4

2 cups water
1 cup quinoa
1 cup frozen or fresh cooked corn
8 cherry tomatoes, halved
1 avocado, peeled and cut
1 cup black beans
1/4 cup fresh cilantro, chopped

Dressing
2 Tablespoons olive oil
1 lime, juice of

Chickpea & Roasted Yam Salad



The star of this meal is the high protein found in chickpeas. This superstar ingredient will help to keep you full longer so there is less of a need to snack between meals.

Nutrition Highlights:

- Per serving (includes dressing): 25g Protein, 50g Carbohydrate (4g Fiber), 33g Fat (10g MUFA, 1g PUFA), 592 calories

Preheat oven to 375°F.

Line a large baking sheet with parchment paper and spread out yam chunks evenly.

Bake for 25 minutes until browned, and soft on the inside. Remove from oven and place onto a cooling rack.

Meanwhile, in small saucepan, boil beets in 3 cups water for 15-20 minutes.

In a small frying pan, heat the olive oil. Add the diced red onion and cook for a few minutes until translucent. Remove and set aside.

Remove beets from the boiling water and let them cool down.

In large salad bowl, toss together all salad ingredients, including room temperature yams and beets.

In a small bowl or blender, whisk together dressing ingredients.

Drizzle onto the salad and mix in lightly.



Serves 4

2 small yams (or one large), cut into 1/2 inch chunks

3 small beets, peeled and chopped

1 Tablespoon olive oil

1/2 red onion diced

1 (28 oz.) can chick peas, drained

1 cup cherry tomatoes, cut in half

3 cups arugula

Dressing

4 Tablespoons olive oil

2 Tablespoons red wine vinegar

2 teaspoons grainy mustard

2 Tablespoons fresh lemon juice

2 cloves garlic, minced

2 teaspoons brown sugar

Mediterranean Quinoa Salad



Quinoa should become a staple in your home. High in protein and nutrients, this grain is delicious in salads, stir fries and soup.

Nutrition Highlights:

- Per serving (without dressing): 9g Protein, 33g Carbohydrate (3g Fiber), 7g Fat (2g MUFA, 1g PUFA), 224 calories

Prepare the salad dressing and set aside. (see below)

Rinse quinoa.

Place rinsed quinoa and water in a pot, bring to a boil.

Once boiling, reduce heat, cover with a lid and simmer for 15 minutes. Set aside to cool.

To assemble the salad, place a scoop of cooked quinoa.

Top with chopped vegetables, feta and basil.

Drizzle with dressing and enjoy.



Serves 4

1 cup quinoa
2 cups water
1/2 cup cubed feta
1 red bell pepper, chopped
1 lb. cherry tomatoes, cut in halves
1/2 cup finely chopped fresh basil leaf

[Click for Maple Balsamic Salad Dressing \(page 44\)](#)

Summer Salad



This light and fresh salad is made into a meal with crunchy almonds and good fats from avocados. Despite the name, it is actually the perfect winter salad to get high doses of vitamin C to increase immunity.

Nutrition Highlights:

- Per serving (includes dressing): 3g Protein, 12g Carbohydrate (4g Fiber), 12g Fat (8g MUFA, 2g PUFA), 157 calories

In a large salad bowl, tear the lettuce into large pieces.

Arrange oranges, avocados and almonds over top, then sprinkle with poppy seeds.

To make vinaigrette dressing, combine all ingredients and whisk well.

Add the vinaigrette to the salad when ready to serve.



Serves 4

1 head green leaf lettuce
1/4 cup almonds
2 oranges, peeled and sliced
1 avocado, peeled and sliced
1 teaspoon poppy seeds

Vinaigrette Dressing
3 Tablespoons orange juice
3 teaspoons olive oil
2 teaspoons honey
1 teaspoon red wine vinegar
1/4 teaspoon salt
1/8 teaspoon black pepper

Spinach Strawberry Salad



Foods high in fiber have the power to help fill you up without filling you out. Here's why: One of the most effective ways to lose those extra pounds is to control hunger. Hunger is affected by many things, including when you eat, and the composition of your meals -- the amount of fats, carbohydrates, protein, fiber, and water content.

Nutrition Highlights:

- Per serving (includes dressing): 7g Protein, 16g Carbohydrate (4g Fiber), 23g Fat (11g MUFA, 6g PUFA), 280 calories

Place spinach in a large bowl, add ice and cover with water; set aside to chill.

Dressing

In a small bowl, whisk together balsamic vinegar, honey, and chives.

Now whisk in Dijon mustard until well blended.

Drizzle in olive oil and whisk until blended.

Whisk in salt and pepper to taste. Set aside.

To assemble the salad, remove spinach leaves from water, pat dry on paper towels and tear into pieces in a large mixing bowl.

Add sliced strawberries and toss lightly to mix.

Add dressing and toss gently until spinach and berries are lightly coated.

Add nuts and feta cheese and toss lightly to serve.



Serves 4

8 cups fresh baby spinach
2 cups sliced fresh strawberries
1/4 cup chopped walnuts
1/4 cup cashews (optional)
1/2 cup feta cheese, crumbled

Dressing

5 teaspoons balsamic vinegar
2 teaspoons liquid honey
3 teaspoons finely chopped fresh chives
3 Tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon black pepper

Watermelon Feta Salad



This delicious salad combines the fresh bursts of juicy sweet watermelon with salty smooth feta in a simple lime vinaigrette. This is a light and delicious salad that pairs well with Mediterranean roasted chicken.

Nutrition Highlights:

- Per serving (includes dressing): 6g Protein, 14g Carbohydrate (1g Fiber), 22g Fat (12g MUFA, 2g PUFA), 267calories

Cut rind from the watermelon, then chop the fruit into 1 inch chunks.

Place chunks into a salad bowl as you chop and set aside.

In a small bowl, whisk together olive oil, fresh lime juice, and salt to create a dressing.

Drizzle the dressing and chopped mint over the watermelon and toss gently to coat.

Add feta into the salad bowl and stir gently to integrate the cheese into the salad.

Serve right away.



Serves 2

2 cups seeded watermelon, cut & cubed
2 Tablespoons extra virgin olive oil
1 Tablespoon lime juice
1/2 teaspoon sea salt
1/2 cup cubed feta cheese
1 Tablespoon fresh mint leaves, chopped

Quinoa & Feta Salad



Nuts and seeds will make a simple salad highly satisfying. They provide both protein and good healthy fats that will help to keep the hunger away in the coming hours.

Nutrition Highlights:

- Per serving (includes dressing): 24g Protein, 63g Carbohydrate (14g Fiber), 29g Fat (11g MUFA, 6g PUFA), 602 calories

To cook the quinoa, first rinse well and drain.

Put 2 cups water and 1 cup quinoa into a saucepan.

Bring to a boil and cover the pot with a lid.

Turn down to medium low and cook for 10 to 15 minutes or until all the liquid has absorbed into the quinoa.

The texture will be slightly crunchy and the quinoa will be translucent.

Transfer the quinoa to a large bowl and let cool to warm.

In a small bowl, stir together the oil, vinegar, garlic, salt and pepper. Stir into the warm quinoa.

Once the quinoa is room temperature, you can stir in the salad ingredients.

This salad should be served at room temperature.



Serves 4

1 cup uncooked quinoa
2 Tablespoons olive oil
2 Tablespoons red wine vinegar
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
7 ounces feta cheese, crumbled
5 radishes, sliced
2 cups broccoli florets
1 cup broccoli sprouts
1/2 cup raw pumpkin seeds

Quinoa Vegetable Salad



When making choices for a healthy weight, be sure to always think about the fiber content in a meal and choose for high fiber options, like this yummy salad.

Nutrition Highlights:

- Per serving (includes dressing): 21g Protein, 65g Carbohydrate (13g Fiber), 47g Fat (19g MUFA, 4g PUFA), 734 calories

Measure the water into a medium sized saucepan and bring to a boil. Add the mint teabag and the quinoa.

Cover the pot and reduce the heat to low. Cook for 15 minutes. Throw away the tea bag and drain off any extra water that may be remaining. Put the cooked quinoa into a large bowl and set aside to cool down.

While the quinoa is cooking, wash the asparagus and pepper and cut into pieces.

Heat the olive oil in a large frying pan over medium heat.

Add the sunflower seeds, asparagus pieces and the pepper pieces and stir fry the vegetables about 5-7 minutes, just enough to soften.

Remove from the heat and set aside to cool.

Stir the dressing ingredients together in a small bowl.

Pour the dressing over the cooled quinoa and stir gently. Stir in the steamed vegetables and sunflower seeds.

Do a taste test and adjust the seasonings to suit your taste.

Transfer to a nice serving bowl that is an appropriate size. Cover with plastic wrap and place in the refrigerator for an hour to allow the flavors to blend before serving.



Serves 4

3 cups water
1 tea bag mint tea
1 1/2 cups quinoa, rinsed
1 Tablespoon olive oil
2 cups fresh asparagus pieces chopped in long pieces
2 cups fresh red bell peppers, diced
1 cup sunflower seeds
1 Tablespoon olive oil
2 cups asparagus pieces
2 cups fresh red bell peppers, diced

Dressing
1/3 cup lemon juice
1/3 cup olive oil
1 Tablespoon dried Italian seasoning
1/4 teaspoon fresh ground black pepper
1 teaspoon sea salt

Chicken & Vegetable Spring Rolls



Wherever possible choose bright and colorful vegetables and add them to any meal. Not only do they provide fiber, which is a vital component for weight loss, but they also are rich in nutrients that the body needs to feel satisfied and with less cravings for junk food.

Nutrition Highlights:

- Per roll (without sauce): 8g Protein, 24g Carbohydrate (4g Fiber), 48g Fat (8g MUFA, 4g PUFA), 123 calories

Place the chicken breasts between two sheets of plastic wrap and pound to 1/2-inch thick. Slice chicken into narrow strips and sprinkle with salt and pepper.

Heat the olive oil in a medium size skillet over medium-high heat.

Add chicken strips and cook for 2-3 minutes on each side, until cooked through.

When chicken is cooked, set aside to cool.

To assemble rolls: have all the vegetable ingredients washed, cut and ready to use.

Fill a shallow bowl with lukewarm water.

Lay a clean damp kitchen towel out on your work surface. Working one at time, dip 1 sheet of rice paper into lukewarm water to wet and then lay out flat on the damp towel.

Along the middle of the rice paper, lay out a few cucumbers, carrots, daikon and red pepper slices. Add 1 jalapeño strip, if using. Top with two strips of chicken and a few mint, cilantro and basil leaves.

Carefully pull the bottom of the rice paper lengthwise up and over the filling. Fold the sides inward and press to seal. Tightly roll upwards along the other side of the rice paper until you have a little contained bundle. Press tight to seal. Work carefully to not tear the paper.

Set the spring roll aside on a serving dish, seam side down, and cover with a damp towel.

Repeat this process with the remaining wrappers and filling.

Set the rolls aside in the refrigerator, covered with a damp towel, while making the dipping sauce.



Makes 8 rolls

- 2 chicken breasts**
- 1/2 teaspoon each of salt and pepper**
- 1 Tablespoon olive oil**
- 1 cucumber, julienned**
- 1 carrot, julienned**
- 1 daikon radish, julienned**
- 1 red pepper, seeds removed and cut thin**
- 1 jalapeño, seeds removed and thinly cut lengthwise**
- 1 bunch mint leaves**
- 1 bunch cilantro**
- 1 bunch basil leaves**
- 8 sheets of round of rice paper (20g each)**

[Click for Ginger Peanut Dressing \(page 44\)](#)

Thai Vegetarian Curry



This delicious spicy meal, can be served over jasmine or brown rice. Although at first glance, high in calories, coconut milk includes MCTs or what we call medium-chain triglycerides which enhance the process of metabolizing fats. In addition, the MCT in it has fewer calories than long-chain triglycerides by 10 percent.

Nutrition Highlights:

- Per serving: 8g Protein, 24g Carbohydrate (4g Fiber), 48g Fat (8g MUFA, 4g PUFA), 571 calories

In large soup pot, heat oil over medium heat.

Add the onion to the oil for a couple minutes until soft and translucent.

Stir in the curry paste and fry, stirring, for 1 minute.

Add coconut milk, vegetable broth, soy sauce, and brown sugar, stirring well.

Add bamboo shoots, spinach and mushrooms.

Cover and simmer for 10 minutes.

Add lime juice, basil and chili flakes just before serving.



Serves 2

- 2 Tablespoons olive oil**
- 1 onion, diced**
- 3 teaspoons Thai green curry paste**
- 2 cups canned coconut milk**
- 1 cup vegetable broth**
- 2 Tablespoons soy sauce**
- 2 teaspoons brown sugar**
- 1/2 cup drained canned bamboo shoots, cut into thin strips**
- 2 cups baby spinach**
- 2 cups mushrooms, finely sliced**
- 2 teaspoons lime juice**
- 1/2 cup basil leaves, sliced**
- 1/2 teaspoon red chili flakes**

Garlic Mushrooms & Zucchini



A key part of a Caesar salad is the crunch factor of the croutons. This recipe uses toasted sunflower seeds which make a delicious and highly nutritious replacement.

Nutrition Highlights:

- Per serving: 15g Protein, 24g Carbohydrate (7g Fiber), 8g Fat (5g MUFA, 1g PUFA), 196 calories

In a large skillet, heat oil to medium high.

Saute the garlic for 2 minutes or until softened and golden, but not burnt.

Add sliced mushrooms and cook 1-2 minutes on each side until browned slightly.

Transfer to a small bowl and set aside while you cook the zucchini.

Without washing the pan, add sliced zucchini evenly to the pan and cook for 2-3 minutes on each side until slightly golden.

Lower the heat to medium then add in the soy sauce, balsamic vinegar, ginger to the skillet and stir to coat.

Add mushrooms back to pan and stir together to warm them back up.

Remove from heat and stir in green onions to serve.



Serves 2

- 1 Tablespoon olive oil**
- 2 garlic cloves, minced**
- 10 large mushrooms, sliced**
- 1 large zucchini, sliced very thin**
- 3 Tablespoon soy sauce**
- 2 Tablespoon balsamic vinegar**
- 1 teaspoon ground ginger**
- 1/4 cup green onions, chopped**

Oven Baked Cauliflower



There are numerous ways to incorporate cauliflower into your regular meal plans, all it takes is a little imagination. The more nutrient dense foods you incorporate into your eating habits the easier it is to lose weight and to keep it off without having to feel deprived or miserable throughout the day.

Nutrition Highlights:

- Per serving: 13g Protein, 44g Carbohydrate (7g Fiber), 13g Fat (3g MUFA, 1g PUFA), 356 calories

Bring a pot of water to boil over high heat and once boiling, reduce to a simmer.

Put cauliflower into a steam basket and put steam basket over the boiling water. Cover.

Set the basket of cauliflower over the simmering water and steam for 3 minutes, until just tender.

Once tender, remove from heat and allow cauliflower to cool slightly, until you can handle the florets.

Meanwhile, in a shallow pie plate, beat together eggs, salt and pepper. Set aside.

In another shallow pie plate, combine the breadcrumbs and minced garlic.

Preheat your oven to 400°F. Line a baking sheet with parchment paper and grease with olive oil.

Pour the flour into a bag and add florets, in batches if necessary. Shake to well coat the florets

Once coated, remove the florets and shake off excess flour.

Next, dip the cauliflower pieces into egg mixture, then into crumb mixture. Turn them to well coat.

Place the cauliflower on the prepared baking sheet. Drizzle them with melted butter.

Transfer the baking sheet to the prepared oven and bake for 20 minutes or until golden and crispy. Serve immediately.



Serves 4

- 1 cauliflower, washed and cut into medium sized florets**
- 2 eggs**
- 1/2 teaspoon salt**
- 1/4 teaspoon fresh ground pepper**
- 1 cup dry breadcrumbs**
- 1 clove garlic, finely minced**
- 1/2 cup all purpose flour**
- 3 Tablespoons butter, melted**

Garlic Roasted Vegetables



Roast a large pan of vegetables so that any leftovers can be added into salads for added deliciousness, fiber and nutrients.

Nutrition Highlights:

- Per serving: 6g Protein, 48g Carbohydrate (14g Fiber), 7g Fat (5g MUFA, 1g PUFA), 283 calories

Preheat oven to 425°F.

Combine all Brussels sprouts, squash carrots and red onion.

Drizzle with olive oil.

Sprinkle with garlic, salt and pepper and toss well to coat.

Place mixture into a casserole dish.

Pour wine over vegetables and mix to coat.

Cover with aluminum foil.

Bake for 30-35 minutes or until vegetables are fork tender.

10 minutes before the vegetables are done, add in the cherry tomatoes and continue to bake.



2 cups Brussels sprouts, halved
1 acorn squash, peeled and cubed
***makes about 4 cups**
2 carrots, cut to 1-inch
1 cup red onion, sliced very thin
2 Tablespoons olive oil
2 cloves garlic, peeled and minced
3/4 teaspoon salt, divided
1/2 teaspoon black pepper, divided
2/3 cup white wine
2 cups cherry tomatoes, halved

Herb Baked Squash



Eating vegetables high in dietary fiber helps satisfy your appetite but it directly aids in weight loss by slowing down the rate that your body absorbs sugar and glucose. This keeps your blood sugar levels stable and discourages your body from releasing unwanted insulin that will store fat.

Nutrition Highlights:

- Per serving: 2g Protein, 44g Carbohydrate (4g Fiber), 20g Fat (10g MUFA, 1g PUFA), 336 calories

Preheat oven to 375°F.

Line a baking sheet with parchment paper. Set aside.

In a large mixing bowl, combine the squash cubes and olive oil. Toss to coat.

Drizzle over the honey and sprinkle over the basil, parsley and red pepper flakes. Toss again to coat potatoes.

Transfer the squash in an even layer on the prepared baking sheet.

Sprinkle over the cinnamon, salt and fresh ground pepper.

Transfer baking sheet to the prepared oven and roast squash until tender, about 25 to 30 minutes.

Remove the squash from the oven and transfer to a serving platter.

Drizzle on a bit more olive oil.

Serve immediately.



Serves 4

2 acorn squash, peeled and cut into 1-inch cubes
1/4 cup olive oil, plus more for drizzling
1/4 cup honey
2 teaspoons basil, chopped
1 teaspoon parsley, chopped
1 pinch red pepper flakes
2 teaspoons ground cinnamon
Salt and freshly ground black pepper

Yam Stuffed Bell Pepper



Red bell peppers are rich in vitamins and can supplement your diet with essential minerals. To get the most nutritious, best-tasting product choose brightly colored red bell peppers with firm, tight skin, and avoid those with dull, shriveled skin.

Nutrition Highlights:

- Per serving: 5g Protein, 35g Carbohydrate (7g Fiber), 14g Fat (10g MUFA, 2g PUFA), 276 calories

Preheat oven to 400°F.

Lightly coat both a large baking sheet and an 8-inch square baking dish with olive oil.

Spread sweet potato chunks across baking sheet and bake for 20 minutes.

Meanwhile, in a large skillet over high heat, heat the olive oil.

Saute onion and garlic until softened, approximately 5 minutes.

Remove from heat and add parsley, bread crumbs, salt, and pepper; mix well.

Remove sweet potatoes from oven and add to bread crumb mixture.

Fill each pepper with mixture and place into the 8 inch baking dish.

Pour the water in bottom of the baking dish.

Bake 20 minutes, or until golden and tender.



Serves 4

2 medium sweet potatoes, peeled & cut into 1/2 inch chunks

1/4 cup olive oil

1 onion, chopped

4 garlic cloves, minced

1/4 cup chopped fresh parsley

3/4 cup bread crumbs

1/4 teaspoon salt

1/4 teaspoon black pepper

4 red bell peppers, cut along the top, cleaned and seeded

1/2 cup water

Homemade Fries



Although you will want to eat potatoes in moderation, the nutrients in potatoes like vitamin C, vitamin B and potassium are good source to relieve inflammation, both internal and external such as inflammation of intestines and the digestive system.

Nutrition Highlights:

- Per serving: 5g Protein, 40g Carbohydrate (5g Fiber), 7g Fat (13g MUFA, 2g PUFA), 341 calories

Preheat oven to 375°F.

Line a baking tray with parchment paper and drizzle with half your oil.

Wash and peel potatoes. Pat dry with paper towels.

* You can also leave the skins on if you wash well.

Begin by cutting each potato in half lengthwise to keep your potatoes as long as possible.

Slice potatoes again in lengthwise direction to make thinner pieces.

Chop each section into thin rectangles (or wedges will work too).

Line potatoes on the prepared baking sheet and drizzle with remaining oil, salt, pepper and paprika.

Bake for 20 minutes, and then check and flip your potato fries to cook each side evenly.

Bake for another 20 minutes, and then 5 minutes before it is time to serve, increase oven heat to broil (about 500°F), to make potato fries nice and crispy.



Serves 6

8 russet potatoes

1/2 cup olive oil

1/2 teaspoon each of salt and pepper

Optional: paprika

Stir Fry Rice & Vegetables

This simple meal can easily be paired with a protein for a complete meal.



Nutrition Highlights:

- Per serving: 9g Protein, 92g Carbohydrate (6g Fiber), 3g Fat (2g MUFA, 1g PUFA), 438 calories

Add rice and water to a medium cooking pot and bring to a boil with the lid off.

Once the mixture boils, reduce the heat to simmer and cover with lid.

Cook for 15 minutes until tender and all the water has absorbed.

While the rice is cooking prepare and cook the vegetables.

Heat the oil in a large skillet over medium-high heat.

Start with the onions and celery, cook for 2 minutes.

Add red pepper, and grated ginger root and cook for 2 minutes.

Add carrots and broccoli florets and cook for 2 minutes.

Add the vegetable broth, and salt and pepper to taste.

Stir fry veggies until just tender and crisp.

Stir in the cooked rice and mix until veggies are evenly distributed.

Serve hot.



Serves 4

2 cups white rice
3 cups water
2 teaspoons olive oil
3/4 cup onion, thinly sliced
3/4 cup celery, thinly sliced
1 medium sized red bell pepper sliced
1 1/2 teaspoons fresh ginger root, grated
1 1/2 cups carrots, thinly sliced
1 1/2 cups broccoli florets
1/2 cup vegetable broth
salt and pepper, to taste
cayenne pepper, to taste (optional)



Dips & Soups

Creamy Delicious Hummus	70
Homemade Guacamole	71
White Bean Soup	72
Tomato Basil Soup	73
Vegetable Beef Barley Soup	74
Curry Lentil Soup	75
Quinoa Corn Potato Chowder	76

Creamy Delicious Hummus



Chickpeas are high in protein, fiber and healthy fats which make them an ideal food for weight loss. Choose carrots and celery for dipping rather than taco chips and this will become a snack that easily integrates into your weight loss meal planning.

Nutrition Highlights:

- Per serving: 5g Protein, 17g Carbohydrate (5g Fiber), 15g Fat (10g MUFA, 2g PUFA), 220 calories

Drain and rinse your chickpeas if they are from a can.

Put all your ingredients into a food processor.

Add more water if needed for desired consistency, and flavor with salt and pepper to taste.

Garnish with parsley or as desired.

Note: If you don't have a food processor use a fork to mash up the chickpeas. This is a tedious process but gets the job done if in a pinch.



Serves 6

1 can (500ml) chickpeas (or about 2 cups of dried chickpeas that you have soaked overnight, then boiled for 1.5 hours or until done)

1 clove garlic

1/3 cup olive oil

1/2 a fresh lemon, juice of

1/4 cup water

1 Tablespoon peanut butter

sea salt and pepper to taste

Homemade Guacamole



Avocados are very high in MUFAs (mono-unsaturated fatty acids). A study published by the American Diabetes Association found that diets with mono-unsaturated fat could improve the loss of belly fat better than high carbohydrate diets.

Nutrition Highlights:

- Per serving: 4g Protein, 22g Carbohydrate (11g Fiber), 21g Fat (14g MUFA, 3g PUFA), 269 calories

Cut the avocados in half, remove the pit and scoop out the avocado into a bowl.

Squeeze lime juice over the avocado and using a fork mash the avocado into the desired consistency.

Stir in the minced garlic, olive oil, fresh diced tomatoes, red onions, sea salt, and cilantro.

** If you are serving with tortilla chips, check the bag for nutrition/calorie information.*

** Plain, unsalted tortilla chips will have about 10 calories per each whole chip.*



Serves 2

2 avocados
1 small lime, juice of
1 garlic clove, minced
1/2 teaspoon olive oil
1/2 cup fresh diced tomatoes
1/4 cup finely chopped sweet red onion
1/2 teaspoon sea salt
1/4 cup chopped cilantro

White Bean Soup



White kidney beans can be beneficial for weight loss, as they are rich in fiber, protein and other helpful nutrients.

Nutrition Highlights:

- Per serving: 10g Protein, 48g Carbohydrate (10g Fiber), 3g Fat (1g MUFA, 1g PUFA), 235calories

In a large soup pot heat the stock and water.

Add chopped carrots, celery, potatoes and cabbage - cook over medium heat.

While this is cooking , melt the butter in a frying pan. Add the onions to the butter and cook until golden brown being careful not to burn. Add to soup pot with vegetables.

Open the can of white kidney beans, drain then rinse the beans and add to soup pot. Add salt and pepper.

Continue cooking, check to see if vegetables are done - should take about 10 - 15 minutes and they should be tender when poked with a fork.

Pour the diced tomatoes and tomato paste into a food processor or blender, puree the diced tomatoes and tomato paste. Add to the soup.

Bring to a boil.

Reduce to simmer and cook 30-40 minutes longer. Do a taste test and add more seasoning if necessary.

Serve piping hot, add a little chopped parsley for color and flavour if desired.



Serves 4

- 1 1/2 cups vegetable or chicken stock**
- 1 1/2 cups water**
- 2 carrots, peeled and cut into 1/4 inch pieces**
- 2 celery sticks, cut into 1/4 inch pieces**
- 2 medium potatoes - peeled, diced and rinsed**
- green cabbage - about 3 cups chopped fine**
- 2 teaspoons butter**
- 1 medium size yellow onion, finely chopped**
- 1 (14 oz.) can white kidney beans**
- 1 teaspoon salt and 1/2 teaspoon pepper**
- 1 (14 oz.) can diced tomatoes**
- 1/2 can of tomato paste**
- 2 Tablespoons chopped fresh parsley (optional)**

Tomato Basil Soup



Tomatoes have been found to reduce inflammation and water retention in the body, as well as reversing leptin resistance. Leptin is a type of protein which helps to regulate metabolic rate and appetite, so our bodies rely on it to shed those extra pounds.

Nutrition Highlights:

- Per serving: 7g Protein, 29g Carbohydrate (5g Fiber), 10g Fat (3g MUFA, 1g PUFA), 230 calories

In a blender, combine 2 cups tomato juice with crushed tomatoes and milk. Pulse to a smooth texture then set aside.

In a dutch oven or soup pot, melt the butter over medium-high heat.

Add in onion and saute until softened (about 3 minutes).

Add in garlic and red pepper flakes and cook stirring for 2 minutes.

Add and stir in the flour, cooking for one minute longer.

Slowly add in the tomato/milk mixture whisking constantly to remove any lumps; bring to a boil stirring frequently until bubbly and thickened, then season with salt and pepper.

The mixture will be quite thick.

Reduce heat to low, add in the remaining 1 cup of tomato juice and simmer uncovered for 45 minutes to 1 hour. Do a taste test and adjust salt and pepper to your taste.

If the soup is still too thick for your liking you can add in more tomato juice.

A few minute before serving, add the fresh chopped basil.



Serves 4

3 cups tomato juice, divided
1 (28 ounce) can crushed tomatoes
1 cup milk
3 Tablespoons butter
1 small onion, very finely chopped
2 garlic cloves, minced (or finely chopped)
1 pinch crushed red pepper flakes (or adjust to taste)
2 Tablespoons all purpose flour
1 1/2 teaspoons fresh basil, chopped fine
1/2 teaspoon salt
1/2 teaspoon pepper

Vegetable Beef Barley Soup



One reason that grass-fed truly shines in the micro-nutrient profile is that grass-fed cows get more nutritious food. Grass-fed beef is higher in B-vitamins, beta-carotene, vitamin E (alpha-tocopherol), vitamin K, and minerals like magnesium, calcium, and selenium

Nutrition Highlights:

- Per serving: 26g Protein, 16g Carbohydrate (3g Fiber), 16g Fat (8g MUFA, 2g PUFA), 311 calories

Season beef stew chunks with salt and pepper.

Heat 2 tablespoons oil in a large soup pot. Add the beef chunks and saute for 5 minutes on high heat. Brown the meat on all sides.

Remove meat from the pot and set aside.

Add 2 more tablespoons of oil to pot and add onions and celery and saute for 5 minutes, stirring often.

Add garlic and thyme to pot and saute for 3 more minutes.

Add the beef broth and crushed tomatoes to pot.

Add diced potatoes and barley.

Stir all together and bring to a boil.

Add frozen peas last.

Cover pot, reduce heat to low and simmer for 1 1/2 hours.

Do a taste test and adjust seasonings to your taste.



Serves 8

4 Tablespoons olive oil, divided
2 lbs. lean beef stewing meat, diced into small pieces
1/2 teaspoon each of salt and pepper
1 cup chopped onion
1 cup diced celery
1/2 teaspoon minced garlic
1/4 teaspoon dried thyme
6 cups beef broth
1 cup crushed tomatoes
4 small red potatoes, diced
1 cup diced carrots |
1/2 cup pearl barley
1/2 cup frozen peas

Curry Lentil Soup



High fiber foods slow down the digestion of other foods, which keeps your blood sugar levels more stable. Although fiber cannot be digested, it gives you a full, satisfying feeling, which helps you eat less calories throughout the day.

Nutrition Highlights:

- Per serving: 22g Protein, 74g Carbohydrate (21g Fiber), 10g Fat (5g MUFA, 3g PUFA), 461 calories

In large soup pot, heat the oil over medium heat.
Add the onions and fry for 3 minutes until tender.

Add garlic, celery and carrots and cook for 5 minutes.

Add garam masala, cumin, coriander, cinnamon and rosemary and cook 2 minutes.

Add potatoes, lentils, chicken stock, Dijon mustard and water.

Cover and simmer for about 30 minutes.

Do a taste test and add more spices to taste if necessary.



Serves 4

2 Tablespoons olive oil
1 onion, diced
3 garlic cloves, minced
3 large celery ribs, diced
3 large carrots, diced
1 Tablespoon garam masala
1 Tablespoon cumin
1 teaspoon coriander
1 teaspoon cinnamon
3 Tablespoons fresh rosemary
3 potatoes, peeled and cut into 1/2 inch cubes
1 cup green lentils
2 cups chicken stock
1 Tablespoon Dijon mustard
2 cups water

Quinoa Corn Potato Chowder



Quinoa is low on the glycemic index. The glycemic index indicates how carbohydrates affect your blood glucose. Because quinoa has a low glycemic index, it means that quinoa is safe for diabetics and it won't spike your blood sugar.

Nutrition Highlights:

- Per serving: 8g Protein, 25g Carbohydrate (3g Fiber), 11g Fat (5g MUFA, 1g PUFA), 229 calories

Simmer the quinoa in 7 cups boiling water for 10 minutes.

While the quinoa is cooking, if using fresh cobs of corn, slice off the top half of the corn kernels into a bowl, then reverse your knife and press out the milk with the dull edge running down the length of the cobs. Do this into a bowl and set aside. This will help thicken the soup. Set aside.

Drain quinoa, but reserve liquid.

Heat the oil in a large pot with garlic and chili, cook for about 30 seconds over medium heat, then add the cumin, 1/2 teaspoon salt, and the potatoes.

Measure 6 cups of the quinoa-cooking water and add it to the pot. Bring to a boil and simmer, partially covered, until the potatoes are tender, about 15 minutes. Add the corn quinoa, corn and if using fresh cobs, the scrapings.

Turn off the heat.

Add the cheese, then stir in the spinach and the green onions.

As soon as the spinach is wilted, after 2-3 minutes, serve the soup, garnished with the cilantro.



Serves 6

3/4 cup quinoa, rinsed thoroughly under running water
7 cups water
2 ears corn, shucked or 2 cups frozen corn
2 Tablespoons olive oil
1 garlic clove, finely chopped
1 jalapeño chili, seeded and finely diced
1/2 teaspoon ground cumin
sea salt, to taste
2 potatoes, peeled and diced into 1/4-inch pieces
1 cup feta cheese, cut into small cubes
3 cups spinach, stems removed and leaves washed
3 green onions, including greens thinly sliced
1/3 cup cilantro leaves, chopped



Poultry, Fish & Meat

Oregano Wine Baked Chicken	78
Louisiana Chicken Drumsticks	79
Garlic Thyme Roasted Chicken	80
Easy Chicken Lettuce Wraps	81
Easy Chicken Chow Mein	82
Baked Tandoori Chicken Skewers	83
Chicken Caesar Wrap	84
Healthy Chicken Nuggets	85
Honey Mustard Grilled Turkey	86
Easy Turkey Patties	87
Baked Salmon Fillets	88
Baked Cajun Salmon	89
Shrimp Broccoli Stir Fry	90
Baked Cod Fillets	91
Cast Iron Baked Tilapia	92
Steamed White Fish	93
Baja Fish Tacos	94
Homemade Veggie Burgers	95
Baked Falafels	96
Stir Fry Beef	97
Beef & Broccoli Stirfry	98
Oven Roast Beef	99
Garlic Beef Stuffed Red Peppers	100
Chili Beef Stew	101
Pork and Beef Meatballs	102
Beef & Rice Cabbage Rolls	103

Oregano Wine Baked Chicken



To obtain the highest nutrients, which is vital for weight loss, be sure to choose farm raised, hormone free and antibiotic free chicken. It may cost a bit more, but the health benefits and delicious taste are worth the extra dollars.

Nutrition Highlights:

- Per serving: 54g Protein, 2g Carbohydrate (1g Fiber), 12g Fat (2g MUFA, 1g PUFA), 361 calories

Preheat oven to 400°F.

Line a 9x13 inch baking dish with aluminum foil and grease with olive oil. Set aside.

Sprinkle chicken with poultry seasoning, paprika, salt and fresh ground pepper.

Place chicken breasts in the prepared baking dish.

Using a basting brush, coat chicken with melted butter.

Pour 1/4 cup chicken broth and 1/4 cup white wine into the bottom of the dish.

Add sprigs of oregano.

Cover dish with aluminum foil and transfer to the preheated oven.

Bake for about 40 minutes, until cooked through.

Allow chicken to sit for 5 minutes before serving. Remove the thyme sprigs and spoon any juice that is in the bottom of the pan over the breasts.



Serves 2

2 (6 oz/170g) chicken breasts, boneless, skinless
1 1/2 teaspoons poultry seasoning
1/2 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon fresh ground pepper
1-2 Tablespoons butter, melted
1/4 cup white wine
1/4 cups chicken broth
2-3 sprigs of oregano

Louisiana Chicken Drumsticks



When preparing chicken, avoid extra fat by removing the skin from the meat before you cook.

Nutrition Highlights:

- Per serving: 46g Protein, 1g Carbohydrate (0g Fiber), 13g Fat (1g MUFA), 306 calories

In a shallow dish, mix together chicken broth, hot sauce, vinegar, garlic, oil and salt.

Mix the marinade ingredients and transfer chicken drumsticks into the bowl.

Let sit in refrigerator for an hour, flipping once or twice, or overnight if possible.

Preheat oven to 375°F.

Line a tray with aluminum foil and place a cooking wire rack on top.

Grease wire rack with oil and place chicken on, leaving space between the pieces.

Bake for 30-40 minutes until browned, flip halfway through the cooking time to brown both sides and cook evenly.

Cooked temperature at the thickest part of the meat should be 165°F.



Serves 4

- 16 chicken drumsticks, skinless**
- 1 1/2 cups chicken broth**
- 1/4 cup Louisiana hot sauce**
- 1/4 cup apple cider vinegar**
- 2 cloves garlic, finely chopped**
- 1 teaspoon olive oil**
- 1 teaspoon salt**

Garlic Thyme Roasted Chicken



Baking chicken will not only preserve more of the flavors, but there is less of a need to add extra oils for flavoring, making it the perfect high protein, low glycemic meal.

Nutrition Highlights:

- Per serving: 53g Protein, 1g Carbohydrate, 17g Fat (8g MUFA, 2g PUFA), 380 calories

Preheat your oven to 450°F.

Line a baking dish with parchment paper.

Heat a dry pan on the stove over medium heat.

Loosen the skin on the chicken breasts to create a small pockets.

Place the butter bits under the skin.

With the olive oil, rub the chicken then season with thyme, garlic powder, salt and pepper.

Once the pan is hot, place the breast skin side down. Leave the breast for about three minutes, or until the skin has a nice golden brown crust. Remember not to move it in the pan.

Place the breasts onto the prepared pan and put into the the preheated oven for 15 minutes.

Check (after 15 minutes) with a meat thermometer (165F).

Once cooked through, take it out, let it sit for 5 minutes so the juices won't run out when you cut it.



Serves 2

2 (6oz/170g) chicken breasts, skin on
1 teaspoon butter, divided into bits
2 Tablespoon olive oil
1 teaspoon thyme, chopped fine
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper

Easy Chicken Lettuce Wraps



Using lettuce leaves can be an excellent alternative to all sorts of delicious meals involving tortillas! Get creative with your fillings and you will find this becomes a meal time favorite.

Nutrition Highlights:

- Per serving: 56g Protein, 9g Carbohydrate (2g Fiber), 13g Fat (5g MUFA, 4g PUFA), 418 calories

Slice the chicken into small bite sized pieces and set aside.

In a mixing bowl, whisk together soy sauce and cornstarch. Add lime juice, ginger and brown sugar. Set aside

In large frying pan, cook chicken in sesame oil over medium heat about 8-10 minutes, stirring frequently.

Add garlic and cook an additional 2-3 minutes.

Add the sauce mixture and stir in to coat the chicken.

To serve, carefully peel the leaves from the head of washed lettuce and set into a bowl for dishing out.

Each person can build their lettuce wrap by adding a spoonful of chicken, shredded carrots, and green onions.



Serves 4

- 4 (6oz/170g) chicken breasts, boneless and skinless**
- 1/3 cup soy sauce**
- 1 Tablespoon cornstarch**
- 1 Tablespoon fresh lime juice**
- 1 Tablespoon fresh ginger, peeled and minced**
- 1 Tablespoon brown sugar**
- 2 Tablespoons sesame oil**
- 3 cloves garlic, minced**
- 2 cups shredded carrot**
- 1/4 cup chopped green onions**
- 1 head iceberg lettuce leaves, separated**

Easy Chicken Chow Mein



This high protein, high fiber meal is satisfying and delicious and makes a delicious lunch time meal. Eat your higher calorie meals mid-day so you have time to use the calories and metabolize the food.

Nutrition Highlights:

- Per serving: 47g Protein, 29g Carbohydrate (6g Fiber), 33g Fat (8g MUFA, 3g PUFA), 604 calories

Put a large pot of water on to boil, then add the noodles.

Boil for 4 minutes or until just tender. Strain and set aside.

Heat both of the oils in a large frying pan or wok, add the garlic and stir-fry for about 30 seconds.

Add the chicken and stir fry until cooked and no pink is showing.

Remove chicken from the pan with a draining spoon and set aside.

Add the peppers and stir fry for 4 minutes, then add the bean sprouts and stir fry for 1 minute.

Add the spring onions and stir fry for 1 minute.

Return the chicken and noodles to the pan.

Add the soy sauce and heat through, tossing to mix for 2 minutes.



Serves 4

- 4 cups chow mein noodles**
- 3 (6oz/170g) chicken breasts, cut into one inch cubes**
- 2 Tablespoons olive oil**
- 1 Tablespoon sesame oil**
- 2 garlic cloves, peeled and finely chopped**
- 1 medium red pepper, sliced into thin bite sized pieces**
- 1 medium green pepper, sliced into thin bite sized pieces**
- 8 spring onions, chopped**
- 1 cup bean sprouts**
- 2 Tablespoon soy sauce**

Baked Tandoori Chicken Skewers



The amount of quality protein in your diet influences your metabolic rate, favorably influencing weight loss. Quality protein also helps you sustain muscle during weight loss, enhance immunity, and antioxidant function, build HDL cholesterol, and enhance insulin and leptin function.

Nutrition Highlights:

- Per serving: 57g Protein, 6g Carbohydrate (0g Fiber), 9g Fat (3g MUFA, 1g PUFA), 351 calories

Place the chicken breasts between two sheets of plastic wrap and use a meat pounder to pound the meat to 1/2-inch in thickness.

Slice each chicken breast into 6 narrow strips.

In a shallow dish mix together yogurt, ginger, garlic, cumin coriander, garam masala, red chili powder, salt and pepper. Mix well.

Transfer chicken to the sauce and mix to coat.

Marinate chicken in all the ingredients for at least 2 hours or overnight in the refrigerator.

Soak 12 wooden skewers in water for 1 hour.

Preheat oven to 350°F.

Poke marinated chicken onto skewers.

Line a baking sheet with aluminum foil and a wire rack. Oil the wire rack lightly to help prevent sticking.

Place chicken skewers onto the wire rack.

Bake for 30-35 minutes, flipping half way and broiling for the last 5 minutes.



Serves 2

2 (6oz/170g) chicken breasts
3/4 cup plain whole yogurt
1 Tablespoon ginger, minced
2 cloves garlic, minced
1/2 teaspoon cumin powder
1 teaspoon coriander powder
1/2 teaspoon garam masala
1/8 teaspoon of red chili powder (optional)
salt and pepper to taste

Chicken Caesar Wrap



A simple lifestyle habit change of not watching TV while eating can go a long way to help maintain a healthy weight, since you will be more likely to hear your bodies cues when it is full.

Nutrition Highlights:

- Per serving: 37g Protein, 37g Carbohydrate (15g Fiber), 16g Fat (2g MUFA, 2g PUFA), 450 calories

Cut the chicken into bite sized pieces.

In a small bowl, mix together mustard powder, white vinegar and honey and set aside.

Heat the olive oil in a large skillet over medium heat.

Add the garlic and saute for 2-3 minutes until softened.

Add the chicken pieces and cook about 8-10 minutes until no pink is showing.

Add the mustard/vinegar mixture and cook on low for another 5 minutes, stirring well.

Turn off and transfer the cooked chicken to a plate to let cool for a few minutes before adding to the wraps.

Lay out the 4 tortillas.

Divide the lettuce into the 4 wraps along with the onion slices and red pepper.
Season with salt and pepper to taste.

Top with grated cheese.

Divide the cooled chicken between the wraps and roll up each wrap into a log.

Serve each one on lettuce leaves with a handful of bite size tomatoes.



Serves 4

2 (6oz/170g) chicken breasts, skinless, boneless
1 Tablespoon mustard powder
2 Tablespoons white vinegar
1 teaspoon honey
1 Tablespoon olive oil
2 garlic cloves, minced
4 flour tortillas (8 inch)
3 cups green leaf lettuce, chopped
1-2 green onions, sliced thin
1/2 sweet red bell pepper, sliced thin
salt and pepper to taste
1/4 cup mozzarella cheese, shredded
1 pint bite sized tomatoes

Healthy Chicken Nuggets



This recipe for healthy chicken nuggets is so incredibly addictive and tasty that you will never need the deep fried version again.

Nutrition Highlights:

- Per serving: 31g Protein, 7g Carbohydrate (1g Fiber), 14g Fat (1g MUFA, 1g PUFA), 291 calories

Place chicken breasts onto a cutting board and use a meat pounder to flatten them out. Cut each breast into 2x2 inch pieces.

Preheat oven to 350°F. Line a baking sheet with aluminum foil and lay a wire rack over top. Lightly grease the wire rack with olive oil and set aside.

Use a food processor to pulse 1/2 cup oats, coconut, garlic salt, pepper, ginger, paprika, and parsley.

Add the remaining 1/2 cup oats and pulse for just 1-2 seconds so that some of the oats keep their shape.

In another bowl, lightly beat the egg whites.

With clean hands, dip the chicken pieces in the egg whites, then dredge in the oat/coconut mixture.

Lay the breaded chicken pieces on the lightly greased wire rack over the baking sheet.

Using a spoon, drizzle a small amount of melted coconut oil over each piece of chicken. Flip chicken over and drizzle a small amount over the other side of the chicken.

Transfer the baking sheet to the preheated oven and bake for 20-25 minutes, until chicken is just cooked through.

For the last 2 minutes of cooking, set the oven to broil to crisp the nuggets. Watch closely so they do not burn.

Transfer to a serving platter and serve immediately.



Serves 4

4 (4oz/110g) boneless, skinless chicken breasts.

1 cup oats, divided

3/4 cup unsweetened coconut flake

1/8 teaspoon garlic salt

1/8 teaspoon fresh ground black pepper

1/4 teaspoon ground ginger

1/4 teaspoon smoked paprika

1 teaspoon dried parsley

2 egg whites

3 Tablespoons coconut oil, melted

Honey Mustard Grilled Turkey



Including sources of lean protein in your diet (like turkey) is important when you're trying to lose weight, since protein helps to preserve muscle mass and keeps you feeling full.

Nutrition Highlights:

- Per serving: 35g Protein, 7g Carbohydrate, 28g Fat (20g MUFA, 3g PUFA), 424 calories

To make the marinade, use a medium sized bowl and stir together the vinegar, garlic, mustard, honey, brown sugar and pepper.

Whisk in the olive oil and combine thoroughly.

Use a shallow dish, that will hold the 4 turkey breasts.

Place the breasts into the dish and pour the marinade over.

Cover with plastic wrap and place into the refrigerator for several hours or overnight for the best flavor.

Preheat the grill to medium-high and place the marinated breasts directly on it.

Turn the breasts frequently to prevent burning and cook for about 20-25 minutes or until the turkey is fully cooked through.



Serves 4

1/4 cup apple cider vinegar
1 garlic clove, minced
1 Tablespoon mustard
1 Tablespoon honey
1/2 Tablespoon brown sugar
1/2 teaspoon black pepper
1/2 cup olive oil
4 (4oz/110g) turkey breasts

Easy Turkey Patties



High-protein foods like poultry require more energy to digest and metabolize, so your body actually burns calories just by moving them through your system.

Nutrition Highlights:

- Per serving: 24g Protein, 7g Carbohydrate (2g Fiber), 27g Fat, 372 calories

In a large bowl, add the ground turkey, bread crumbs, egg, garlic, dill, thyme, cayenne, cloves, nutmeg and allspice.

Use a large wooden spoon or clean hands to mix the ingredients together so they are well incorporated.

Form into patties.

Heat a little oil in a large frying pan over medium heat and fry patties until browned on each side and cooked through the center.

Cook in batches, adding more oil as needed.



Serves 4

17oz/500g ground turkey
4 Tablespoons bread crumbs
1 large egg
2 cloves garlic, minced
2 Tablespoons fresh dill
2 Tablespoons fresh thyme
1/2 teaspoon cayenne
1/2 teaspoon ground cloves
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1-2 Tablespoons olive oil

Baked Salmon Fillets



Fish is rich in high quality proteins, various essential nutrients and Omega-3 fatty acids, which are excellent for the brain, the heart and various other parts of the body. Omega-3's are very beneficial for depression, which means that eating fish 1-2 times per week may literally make you feel better.

Nutrition Highlights:

- Per serving: 37g Protein, 4g Carbohydrate (1g Fiber), 58g Fat (30g MUFA, 4g PUFA), 674 calories

To prepare marinade: whisk together, oil, basil, salt, pepper, garlic, and lemon juice into a small bowl.

To marinate: in a large dish, place salmon fillets and pour the marinade over top.

Place salmon and marinade in the refrigerator for 1 hour, turning fillets one or two times to evenly coat.

Preheat oven to 375°F.

Line a baking dish with aluminum foil.

Place marinated fillets into foil lined dish.

Bake 35-45 minutes, until fish flakes easily.

Garnish with fresh chopped thyme for a burst of flavor.



Serves 2

6 Tablespoons olive oil
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 garlic cloves, minced
1 Tablespoon lemon juice
2 (6oz/170g) salmon fillets
1 Tablespoon fresh chopped thyme, to garnish

Baked Cajun Salmon



Salmon is rich in Omega 3's. Omega-3 fatty acids may contribute to improved body composition by increasing metabolism and fat burning potential. They also seem to suppress appetite, which leads to the consumption of fewer calories.

Nutrition Highlights:

- Per serving: 25g Protein, 5g Carbohydrate (2g Fiber), 26g Fat (16g MUFA, 5g PUFA), 324 calories

Line an 8 inch casserole dish with parchment paper and set aside.

Mix together lemon juice, garlic, olive oil, pepper, cajun seasoning and fresh chopped parsley.

Place salmon into the prepared dish and pour the sauce over top.

Marinate for 1 hour in the refrigerator.

Preheat oven to 375°F.

Place the salmon into the prepared pan and place into the preheated oven.

Bake for 15-20 minutes or until salmon is no longer translucent when cut into.



Serves 2

2 (8oz/225g salmon) steaks

2 Tablespoons lemon juice

2 garlic cloves, minced

3 Tablespoons olive oil

1 teaspoon pepper

3 teaspoons cajun seasoning

a few sprigs of fresh chopped parsley

1/2 teaspoon salt

Shrimp Broccoli Stir Fry



Make broccoli a staple in your diet. You simply can't get a bigger dose of more nutrients from any other vegetable, especially for so few calories. That's key for those who are trying to lose weight. You want to meet nutrient needs while eating within your plan.

Nutrition Highlights:

- Per serving: 51g Protein, 34g Carbohydrate (4g Fiber), 15g Fat (7g MUFA, 5g PUFA), 479 calories

In a small bowl, combine the cornstarch, brown sugar, ginger, orange juice and soy sauce until smooth. Set sauce aside.

In a skillet, stir-fry broccoli and peppers in oil until tender. Remove from pan and set aside.

Without washing the pan, add shrimp to the pan; stir-fry for 3 to 5 minutes or until shrimp turn pink and are opaque inside.

Add veggies back and pour the sauce onto the mixture.

Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve hot.



Serves 2

- 1 Tablespoon cornstarch**
- 2 teaspoons brown sugar**
- 1 teaspoon ground ginger**
- 1 cup orange juice**
- 1/4 cup soy sauce**
- 1 1/2 cups broccoli florets**
- 1 small sweet red pepper, julienned**
- 1 to 2 Tablespoons olive oil**
- 1 lb./454g uncooked shrimp, peeled and deveined**

Baked Cod Fillets



Using high-fat dairy, such as butter, is associated with lower risk of weight gain and a reduction in cardiovascular disease risk in some observational studies. Low fat dairy products are usually very high in sugar. Be sure to choose grass fed products if you are trying to lose weight.

Nutrition Highlights:

- Per serving: 43g Protein, 7g Carbohydrate (1g Fiber), 14g Fat (3g MUFA, 1g PUFA), 326 calories

Preheat oven to 350°F .

Line a baking dish with aluminum foil or parchment paper.

Place the sliced lemon onto the bottom of the pan.

Place the fish fillets on top of the lemon.

Melt the butter and pour over the fish.

Sprinkle on the tarragon, basil, salt, pepper and paprika

Sprinkle on the finely crushed cracker crumbs.

Place into the preheated oven and bake for 20-30 minutes or until the fish is cooked through.

Remove from the oven.

Serve and season to taste with salt and pepper.



Serves 4

- 1 lemon, sliced into rounds**
- 4 (8oz/225g) cod fillets**
- 1/4 cup butter, melted**
- 1 Tablespoon fresh tarragon, finely chopped**
- 1 teaspoon fresh basil, finely chopped**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 teaspoon paprika**
- 4 Tablespoons cracker crumbs, finely crushed**

Cast Iron Baked Tilapia



Sometimes we overeat when we are missing vital nutrients in our bodies. Cooking in a cast iron pan is a great way to increase iron in your diet. Plus it is quick, easy and delicious for a beautiful low calories meal like this one.

Nutrition Highlights:

- Per serving: 35g Protein, 2g Carbohydrate, 13g Fat (2g MUFA), 256 calories

Preheat oven to 375°F.

Coat a large cast iron pan with butter.

Rinse fish and pat dry; place on the prepared baking sheet.

Season each fillet with sea salt, cracked pepper, and lime juice and zest.

Add fish to the pan.

Top with sliced lime circles.

Place a pat of butter on each fillet and cook in the oven for 8 to 12 minutes until opaque inside.



Serves 4

1 Tablespoon butter (to grease pan)
4 (6oz/170g) tilapia fillets
1 teaspoon sea salt
Black pepper, freshly ground
1 lime, finely grated zest and juice
2 Tablespoons butter
1 lime, thinly sliced

Steamed White Fish



Steaming fish is an excellent way to add lots of flavor and maintain nutrients that are so important for a healthy diet. Fish is a great source of high quality protein and is great topped on a simple salad or a plate of grains like brown rice or quinoa.

Nutrition Highlights:

- Per serving: 25g Protein, 6g Carbohydrate (2g Fiber), 24g Fat (3g MUFA), 321 calories

In a small bowl, whisk the oil, vinegar, sesame oil and soy sauce together. Set aside.

Prepare 4 pieces of aluminum foil, cutting each one 12 x 6 inches in size.

Place a piece of fish on each piece of foil.

Sprinkle each piece of fish with a little salt.

Divide the oil, vinegar soy mixture evenly in all four of the aluminum pouches.

Divide and sprinkle the minced ginger and onions onto each piece of fish.

Turn the edges of the foil up to create a dip rim around the fish, so that each piece of foil forms a tray that will not open.

Form it so that it does not allow any of the liquids to get out, but that the top remains open.

Using a steamer, either bamboo or metal, place 2 of the fish packages inside and cover.

Bring the water to a boil and steam the fish for 6-8 minutes or until white and cooked through.

Time will depend with the size of the fish. Remove the first two packages and gently close the aluminum foil around the fish to keep the heat in while you cook the second two fish packages.

Reserve the juices, drizzling over the fish when you serve. Top with crushed pistachios.



Serves 4

2 Tablespoons olive oil
6 teaspoons rice vinegar
4 teaspoons sesame oil
4 teaspoons soy sauce
4 thin (6oz/170g) white fish fillets, such as cod or sole
1 teaspoon salt
4 Tablespoons minced fresh ginger
3 large green onions, thinly sliced
1/2 cup chopped pistachio nuts
A few sprigs of fresh sage for garnish

Baja Fish Tacos



Wild salmon, tilapia caught in the United States and farm-raised trout are among your most sustainable options, according to the Environmental Defense Fund.

Nutrition Highlights:

- Per taco: 25g Protein, 32g Carbohydrate (6g Fiber), 11g Fat (5g MUFA, 2 PUFA), 310 calories

Preheat oven to 375°F.

Line a baking tray with parchment paper.

In a shallow bowl, combine oil, chili powder, oregano, salt and pepper.

Add the fish fillets and turn to coat.

Place onto the baking sheet.

Bake for 10-12 minutes until fish flakes easily when tested, about 5 minutes.

Meanwhile, in small bowl, combine carrot, red onion and lime juice.

In separate small bowl, combine yogurt, avocado, coriander and green onion.

Break fish into chunks; divide among tortillas.

Top with yogurt mixture, carrot mixture and chopped tomatoes.



Makes 8 tacos

**1 Tablespoon olive oil
1 teaspoon chili powder
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
(16oz/454 g) tilapia or bass fillets**

**1/2 cup shredded carrots
1/4 cup thinly sliced red onions
1 teaspoon lime juice
1/4 cup plain whole yogurt
1/2 avocado, peeled diced + 1 Tablespoon minced fresh coriander
1 green onion, minced
8 six inch corn tortillas
1 tomato, diced**

Homemade Veggie Burgers



This is a very simple veggie burger that is high in fiber and nutrients. A low calories option for any burger is to wrap it up in a fresh lettuce leaf and eat it more like a taco.

Nutrition Highlights:

- Per serving: 11g Protein, 102g Carbohydrate (9g Fiber), 11g Fat (5g MUFA, 1g PUFA), 517 calories

To cook brown rice, place rice and water into a medium pot and bring to a boil without a lid. After it comes to a boil, turn heat down to simmer and cover with lid. Cook for 40-50 minutes until tender and the liquid has been soaked into the grains.

Once cooked, remove from heat and let cool.

While the rice is cooking, dice the onions and mushrooms and place in a large bowl.

Grate the carrot and zucchini to make chopping easier. Then chop these into small pieces. Add all the veggies pieces to a large bowl.

Fold the cooked and cooled rice into the veggies.

Toast 2 pieces of bread and then food process until they resemble bread crumbs. Fold the bread crumbs into the vegetable and brown rice mixture.

Time to use your hands! With clean hands, blend all the ingredients together so they are evenly distributed and hold together easily when packed.

Make 3/4-inch thick patties about 3 inches round.

Heat oil over medium heat in a large frying pan and cook the patties for about 2 minutes per side until nice and brown.



Serves 4

- 1 1/4 cups dry brown rice (*or 2 1/2 cups cooked)**
- 2 1/2 cups water (*not needed if your rice is cooked already)**
- 1 1/2 cups of mixed vegetables (carrot, zucchini, red onion, and mushrooms)**
- salt and pepper to taste**
- 2 pieces of wholegrain bread**
- 2 Tablespoon of olive oil for cooking**

Baked Falafel



The dietary fiber in chickpeas supports weight loss by making you feel full. Their soluble fiber absorbs water, fills the stomach and sends signals to the brain that you're full.

Nutrition Highlights:

- Per serving: 13g Protein, 64g Carbohydrate (11g Fiber), 5g Fat (2g MUFA, 1g PUFA), 352 calories

Preheat oven to 375°F.

Line a 9x13 inch baking pan with parchment paper and drizzle with oil.

Drain and rinse the garbanzo beans.

Put in a medium sized bowl and smash with a fork, or blend in a food processor.

If using a food processor, remove the blended chickpeas and add the rest of the ingredients and mix well with a fork.

Form into small balls, about 1 1/2 inches diameter and slightly flatten with the back of a spoon.

Place onto an oiled baking pan.

Bake for 15 minutes on each side, until nicely browned (since it's baked, only the part actually touching the pan will be browned and crispy).



Serves 2

- 1 teaspoon olive oil
- 1 (15 oz.) can garbanzo beans
- 1 small onion, finely chopped
- 2-3 garlic cloves, finely chopped
- 3 Tablespoons fresh parsley, chopped
- 1 Tablespoon fresh cilantro, chopped
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon dried red pepper flakes
- 2 Tablespoons all purpose flour
- 1 teaspoon baking powder
- salt and pepper to taste

Stir Fry Beef



Make sure you are choosing grass fed, organic meat products which is high in a compound called conjugated linoleic acid (CLA). CLA is sold in supplements because of its ability to help to manage weight loss. Some studies have shown that CLA reduces body fat while maintaining muscle tissues, and also increasing your metabolic rate. So when it comes to meat, just be sure to choose the right kind.

Nutrition Highlights:

- Per serving: 64g Protein, 13g Carbohydrate (3g Fiber), 39g Fat (23g MUFA, 2g PUFA), 651 calories

Cut beef into thin 1 inch pieces.

Put basil into a plastic bag and mash with a rolling pin to release flavor.

Add olive oil, soy sauce, brown sugar, pepper and beef slices into bag, marinating over night or if in a pinch for time, at least an hour.

Warm a non-stick skillet over medium heat; add 1/2 tablespoon oil when hot.

Add garlic and green onion and cook for two or three minutes, being careful not to brown them.

Add marinated beef; sauté for 3-4 minutes until cooked as desired, watching closely.

Remove beef to bowl, leaving the flavors in the pan.

Add zucchini and the remaining olive oil and saute on each side for 3 minute.

Add peppers and cook for another 3 minutes.

Add beef back into vegetables and mix to combine.

Garnish with fresh basil.



Serves 4

5 stalks fresh basil leaves
3 Tablespoons olive oil
2 Tablespoons soy sauce
1 Tablespoon brown sugar
1/2 teaspoon fresh ground black pepper
2 lbs/900g beef sirloin
1 Tablespoon olive oil, divided
2 Tablespoons fresh garlic, minced
2 Tablespoons fresh green onions, finely chopped
1 zucchini, washed and cut into rounds
1 red pepper, chopped
1 yellow pepper, chopped

Extra fresh basil for garnish

Beef & Broccoli Stirfry



Grassfed beef not only is lower in overall fat and in saturated fat, but it has the added advantage of providing more omega-3 fats. These crucial healthy fats are most plentiful in flaxseeds and fish, and are also found in walnuts, soybeans and in meat from animals that have grazed on omega-3 rich grass.

Nutrition Highlights:

- Per serving: 29g Protein, 17g Carbohydrate (2g Fiber), 16g Fat (8g MUFA, 2g PUFA), 339 calories

For the sauce, combine the flour, beef broth, soy sauce, oyster sauce, red pepper flakes & brown sugar in a small bowl.

Whisk until well-mixed. Set aside.

Heat olive oil over medium heat in a large pan. Add the garlic once the oil is hot, and let cook until softened.

Add the beef and stir-fry for about 3-4 minutes, or until the beef is halfway cooked.

Add the broccoli and stir-fry for about 3-4 minutes.

Add the sauce and bring to a boil. Reduce heat and allow it to simmer for about 5 minutes, or until the sauce has slightly thickened.

Season with salt and pepper to your taste.



Serves 4

1/4 cup all purpose flour
2 cups beef broth
4 Tablespoons soy sauce
1 Tablespoon oyster sauce
2 teaspoons red pepper flakes
1 Tablespoon brown sugar
2 Tablespoons olive oil
4 garlic cloves, chopped
1 lb./454g boneless round steak, sliced thinly into 2-inch inch long strips
3 cups fresh broccoli florets
salt and pepper to taste

Oven Roast Beef



Red meats such as beef and pork also contain B vitamins, zinc and iron. The key is to go for the leanest cuts available. In addition to being higher in healthy omega-3s, meat from pastured cattle is also up to four times higher in vitamin E than meat from feedlot cattle, and much higher in conjugated linoleic acid (CLA), a nutrient associated with lower cancer risk.

Nutrition Highlights:

- Per serving: 22g Protein, 7g Carbohydrate (0g Fiber), 13g Fat (1g MUFA), 244 calories

Preheat oven to 450°F.

In a mixing bowl, mash the garlic with the salt until pasty, then mix in 1 Tablespoon of oil, 1/2 teaspoon of the pepper and thyme.

Spread the garlic mixture onto the roast.

Place a tablespoon of oil into the roasting pan. Add roast to the pan.

Cook the roast, uncovered in a roasting pan, for 25 minutes.

Without opening the oven, reduce the heat to 325°F. F and continue roasting for 80 minutes.

Thermometer should read 140°F. for medium-rare or 155°F. for medium.

Move the roast to a cutting board and loosely cover with foil. Let stand 10 to 15 minutes before carving. Reserve juices.

While the roast is standing, put roasting pan over medium-high heat and add wine, scraping the browned particles from the bottom.

Add the broth, the reserved juices from the roast and the remaining pepper.

Bring to simmer, stirring.

While simmering, whisk the flour with 1/4 cup water and blend into the gravy mixture.

Reduce heat and simmer for 3 minutes or until thickened. Serve with the roast beef.



Serves 10

5 garlic cloves, minced

1 teaspoon salt

2 Tablespoon olive oil, divided

3/4 teaspoon pepper

1/4 teaspoon dried thyme

3 lbs./1360g of lean top sirloin premium oven roast

1/4 cup red wine or sherry (optional)

2 cups beef broth

2 Tablespoons all-purpose flour + 1/4 cup water

Garlic Beef Stuffed Red Peppers



Including meat in a well-balanced diet is a way to get a sufficient amount of high-quality protein. You don't need to give up meat just because you're trying to lose weight. The key is to stick with lean meats because they contain less total fat, as well as lower amounts of saturated fats.

Nutrition Highlights:

- Per serving: 19g Protein, 28g Carbohydrate (3g Fiber), 15g Fat (10g MUFA, 1g PUFA), 329 calories

Preheat oven to 350°F.

Wash the peppers and slice the tops off. Scoop out the insides.

Heat 4 Tablespoons of the oil in a large skillet over medium heat.

Add onions and cook, stirring often, until soft and translucent, about 5 minutes.

Add the garlic and cook a minute more.

Add ground beef and cook for 5 minutes stirring occasionally until browned.

Combine ketchup, Worcestershire sauce, Tabasco sauce, and 1/4 cup of water in a small bowl.

Remove skillet from heat add rice, tomatoes, and oregano, salt and pepper. Stir in ketchup mixture until well combined.

Arrange peppers up in a baking dish, drizzle remaining 1 tablespoon of olive oil evenly inside the peppers, then stuff the peppers with filling.

Add 1/4 cup of water to the bottom of a baking dish.

Place into preheated oven and bake for 40-50 minutes. Serve hot.



Serves 6

6 red bell peppers
5 Tablespoons olive oil, divided
1 medium yellow onion, peeled and chopped
2 cloves of garlic, peeled and chopped
1 lbs./454g of lean ground beef
1/2 cup ketchup
1/2 teaspoon Worcestershire Sauce
1/4 teaspoon Tabasco sauce
2 cups cooked rice
1 cup tomatoes, diced
1 teaspoon oregano
1/2 teaspoon each of salt and pepper

Chili Beef Stew



Be sure to choose grass-fed meat if you are trying to lose weight. The actual composition of grassfed meat is very different from that of conventional meat. Conventional meat has been fed large amounts of grain and other substances which are not the natural food of grassfed animals.

Nutrition Highlights:

- Per serving: 34g Protein, 34g Carbohydrate (12g Fiber), 13g Fat (1g MUFA, 2g PUFA), 400 calories

In a bowl, stir the flour, salt and pepper together.

Dredge the meat chunks in the flour.

Melt the butter oven low in a Dutch oven. Add the dredged meat and turn up to medium.

Cook until the meat is lightly browned on all sides. Remove the meat from the pot.

Add the onions to the pot and cook until they are soft.

Add the meat back to the pan and stir in the garlic, cumin and chili powder. Stir together.

Add the canned tomatoes, chilies, beans and chopped orange pepper. Stir together and cook for 20 to 30 minutes.

Serve hot with chili sauce if desired.



Serves 6

1/4 cup all purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 lbs./680g boneless beef chuck, cut into cubes
1 1/2 Tablespoons butter
1 onion, finely chopped
1 garlic clove, minced
1 teaspoon ground cumin
1/2 teaspoon chili powder
1 (14 1/2 ounce) cans tomatoes, chopped
1 (4 ounce) cans green chilies, chopped
28 ounce can red kidney beans, rinsed and drained
1 orange bell pepper, chopped

Pork and Beef Meatballs



Choose ground pork based on percentage of fat content and look for bright pink color to indicate freshness. If you want to grind your own pork then select pork with decent marbling if you want high quality ground pork.

Nutrition Highlights:

- Per serving: 28g Protein, 17g Carbohydrate (1g Fiber), 22g Fat (11g MUFA, 2g PUFA), 382 calories

In a skillet, saute onions in 1 tablespoon of oil until golden and softened. Set aside and cool.

In a mixing bowl, combine the milk and breadcrumbs and let sit for 10 minutes.

In a large mixing bowl, combine the breadcrumb mixture, cooked onion, egg, ground meats and seasonings and mix well.

Use a tablespoon to spoon out the meat and form into balls.

Fry the meatballs in a skillet on medium heat in remaining oil until golden brown. Serve hot.



Serves 4

2 Tablespoons olive oil, divided
1 small onion, finely chopped
1 cup milk
1/2 cup breadcrumbs
1 egg, lightly beaten
2/3 lb./300g lean ground beef
1/3 lb./150g ground lean pork
1 teaspoon salt
1 teaspoon black pepper
1/4 teaspoon ground allspice

Beef & Rice Cabbage Rolls



Cabbage is a stomach's best friend. Like its trendier cousins brussel sprouts, broccoli, and kale, cabbage is an amazing source of fiber. Raw cabbage has also been shown to help cure stomach ulcers. Look to this superfood for a natural and effective cholesterol reducer.

Nutrition Highlights:

- Per serving (4 cabbage rolls): 27g Protein, 70g Carbohydrate (4g Fiber), 19g Fat (6g MUFA, 1g PUFA), 566 calories

The night before place a head of cabbage into the freezer.
Cooking Day: Preheat oven to 350°F.

Cook the rice by adding 2 cups rice and 4 cups water to a medium pot. Bring to a boil, uncovered. Once it boils, reduce to a simmer and cover for 15-20 minutes until cooked.

Saute the diced onions in butter over medium high heat until they are golden brown. Once they are brown, set them aside to cool. Without washing your pan, saute the ground meat until it is cooked through. Use a wooden spoon to break it up into small pieces. In a large bowl, combine the rice, meat, onions and some salt and pepper to taste. In a small saucepan, combine the water and tomato soup. Turn off and set aside. Remove the frozen cabbage from the freezer and place it into a large bowl of hot water. Use a knife to slice the hard base of the cabbage leaves. Remove the leaves one at a time and place on a paper towel to dry. Carefully cut away any hard part of the cabbage stem. When you get to a point in the cabbage where the leaves are too small to use, you can save that portion of the cabbage to freeze and use for homemade soup or lazy cabbage rolls. If the water cools off and the cabbage is not coming apart easily, add more hot water. Line the bottom of the roaster pan with a couple of the reserved outer cabbage leaves so that the cabbage rolls do not stick to the bottom. Use your ladle and put a scant layer of tomato sauce.

One at a time, fill each cabbage leaf with about 3 tablespoons of filling. Roll at the center of the leaf first, fold in the sides and then continue to roll.

Place the prepared cabbage roll into your casserole dish. Continue until all the leaves are filled, packing the cabbages tight together. When one row is done, spoon on tomato sauce and do the next row. Top with remaining tomato sauce. Cover with a lid or tinfoil and bake for 45 minutes. Serve hot.



Serves 5

- 1 large head of savoy cabbage (frozen overnight)**
- 5 cups pre-cooked rice (about 2 cups uncooked)**
- 2 Tablespoons butter**
- 1 medium onion, finely chopped (about 1/2 cup)**
- 1 lb./454g lean ground beef**
- 1/2 teaspoon sea salt**
- 1 can tomato soup**
- 1/4 cup butter**
- 1/2 cup water**

[Click to watch Grandmother's video on YouTube.](#)



Desserts

Easy Peanut Butter Balls	105
Raw Chocolate Truffles	106
Sneaky Dark Chocolate Cake	107
Quinoa Brownies	108
Apple Crisp with a Nutty Crust	109
Strawberry Popsicles	110
Acai Berry Bowl	111
Fruit Salad	112
Grapefruit Salad	113

Easy Peanut Butter Balls



When buying your peanut butter, keep in mind that the healthiest peanut butter will only have 1 ingredient in it: peanuts. When you get home to make it more spreadable, before you open the jar, leave it flipped upside down overnight so that the oils can spread evenly into the jar.

Nutrition Highlights:

- Per 1 ball: 5g Protein, 9g Carbohydrate (1g Fiber), 7g Fat (4g MUFA, 2g PUFA), 115 calories

Line a baking sheet with parchment paper.

Use either a small food processor or an electric mixer.

Place all the ingredients in and turn on to combine.

Do a little taste test.

If you want it sweeter, add a little more honey.

The well combined peanut butter texture should be slightly crumbly.

You can use either a teaspoon or a melon scoop.

Take a spoonful and use your hands to roll mixture into nice tight packed balls.

Have ready the toppings of choice in shallow bowls.

Roll each ball into a coating, pressing slightly to make the toppings stick.

Place the balls onto the prepared sheet.

Place the finished balls into the refrigerator for one hour.

Transfer to an airtight container.
Keep refrigerated.



Makes 12

2/3 cup crunchy peanut butter

1 cup dry milk powder

2 Tablespoons honey

Healthy Coating Suggestions:

- *Ground pumpkin seeds*
- *Ground nuts*
- *Sesame seeds*
- *Natural dark cacao powder*

Raw Chocolate Truffles



Raw chocolate is highly nutritious and filled with antioxidants. It is also very high in magnesium and other nutrients helpful for fighting depression, which is strongly linked to weight gain and the inability to lose weight. Just remember, everything in moderation, even moderation.

Nutrition Highlights:

- Per serving: 6g Protein, 38g Carbohydrate (9g Fiber), 15g Fat (1g MUFA), 279 calories

Use a high speed blender.

In a high-speed blender, blend the coconut oil, agave nectar, vanilla, salt, 2 cups of the cocoa powder until well combined.

Transfer to a bowl and add in the shredded coconut, 1/2 cup at a time, stirring until well combined.

Place the bowl in the refrigerator for about 10 minutes or more to set slightly.

Place the remaining 1/4 cup cocoa powder onto a small plate.

Place the remaining 1/4 cup of shredded coconut onto a small plate.

Spoon out one tablespoon of the chocolate mixture at a time and roll into balls.

Roll these in the cocoa powder or the coconut flakes. **Serves 10**

Store the finished truffles in the refrigerator in a sealed container.



1/2 cup coconut oil, room temperature
3/4 cup agave nectar
2 teaspoons pure vanilla extract
1/4 teaspoon sea salt
2 1/4 cups raw cocoa powder, divided
1 1/4 cups dried shredded unsweetened coconut

Sneaky Dark Chocolate Cake



Black beans replace the flour in this delicious, moist and surprisingly sneaky dark chocolate cake. If you don't tell them, they won't even know! Beans a very fun way to create healthy and delicious treats.

Nutrition Highlights:

- Per serving: 9g Protein, 34g Carbohydrate (5g Fiber), 13g Fat (4g MUFA, 1g PUFA), 274 calories

Preheat oven to 350°F.

Grease a 9 inch cake pan with oil or butter and dust with cocoa.

Open the can of beans, rinse and put into a strainer.

Place the beans, 3 eggs, vanilla, sugar and salt into blender or food processor.

Process or blend on high until beans are completely liquefied.

In a small bowl, mix together cocoa powder, baking soda, and baking powder.

In a larger bowl, beat butter until light and fluffy. Add the remaining two eggs, beating well after each one.

Pour bean batter into egg mixture and blend well.

Finally, stir in cocoa powder mixture and beat the batter on high for one minute until smooth.

Pour into the prepared pan.

Bake for 40-45 minutes.

Cake is done when the top is rounded and firm to touch or until a toothpick inserted in the center of the cake comes out clean.



Serves 8

500 ml can of black beans
5 large eggs, divided
1 Tablespoon pure vanilla extract
3/4 cup brown sugar
1/2 teaspoon salt
6 Tablespoons cocoa powder
1 teaspoon baking powder
1/2 teaspoon baking soda
6 Tablespoons butter

Quinoa Brownies



Using healthy grains in baking rather than always using flour, is an excellent way to get more nutrients and satisfy your sweet-tooth.

Nutrition Highlights:

- Per serving: 4g Protein, 31g Carbohydrate (4g Fiber), 5g Fat, 181 calories

If using uncooked quinoa, place quinoa into a medium saucepan and cover with double the water. (Water: Quinoa = 2:1 ratio).

Bring to a boil, turn down heat, and cover with lid on simmer for 12-15 minutes until light and fluffy.

Let cool before using in recipe.

Preheat your oven to 350°F.

Grease an 8x8 inch baking dish with butter.

In a food processor, blend all the ingredients until smooth.

Pour this sticky mixture into baking pan.

Bake for 20 minutes.

Let cool before cutting and serving.

To store: line between brownies with parchment paper to keep from sticking and keep in an airtight container in the fridge.



Serves 8

**1/4 cup uncooked quinoa + 1/2 cup water
(or 1 cup cooked quinoa)**

1 cup pitted dates

1/4 cup raw cacao powder

2 Tablespoons coconut oil (melted)

1 teaspoon pure vanilla extract

sea salt

Apple Crisp with a Nutty Crust



Enjoying desserts from time to time is an important part of weight loss so that you do not feel so restricted. The key is everything in moderation, and learning to choose the desserts that also have a high nutritional value like this yummy apple crisp.

Nutrition Highlights:

- Per serving: 3g Protein, 20g Carbohydrate (4g Fiber), 15g Fat (4g MUFA, 8g PUFA), 206 calories

Preheat oven to 350°F.

Cut the apples in quarters, peel, remove the core and chop into very small pieces for this filling. Put the chopped apples into a small mixing bowl. Squeeze the juice from the lemon and pour it onto the chopped apples.

In a small container, stir together the brown sugar, cinnamon and flour; then stir this into the chopped apples.

Spoon the filling into a 9 inch pie plate.

Hand chop the walnuts and pecans. It is nice to have some texture to them and not chop them too fine.

Put them into a mixing bowl.

Add the spices and brown sugar to the nuts and stir together.

Add the butter cubes and stir together, then using your fingertips rub the butter into the nut mixture and make a pea type consistency.

Cover the apple pie filling evenly with the nut crust topping.

Bake for 30-35 minutes until nice and brown and the apples are cooked through.



Serves 8

5-6 apples
juice from 1/2 lemon
1 Tablespoon brown sugar
1 teaspoon cinnamon
1 Tablespoon all purpose flour

1 cup walnuts
1/2 pecans
1/8 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 Tablespoon brown sugar
1/4 cup butter cut into small cubes

Strawberry Popsicles



This quick and simple dessert is sweet, satisfying and full of vitamins and minerals. If you are going to indulge in treats, look for treats that also have a high nutritional value so that your body feels more satisfied.

Nutrition Highlights:

- Per serving: 0g Protein, 20g Carbohydrate (1g Fiber), 0g Fat, 80 calories

Place all the ingredients into a blender and puree.

Put the puree into the Popsicle holders.

If your holders do not have plastic handles, just cover the Popsicle containers with plastic wrap and poke a wooden Popsicle stick into the center.

The wrap will hold the stick in place while the Popsicle freezes.

Freeze until solid.



Serves 4

3/4 cup fresh or frozen strawberries, washed and hulled
1/4 cup coconut palm sugar
1/2 cup coconut water

Acai Berry Bowl



This delicious bowl is high in antioxidants and fiber. Due to the sweetness of the fruit and the crunch of the granola, it makes for a delicious and much more nutritious alternative to ice cream on a hot day.

Nutrition Highlights:

- Per serving: 4g Protein, 41g Carbohydrate (6g Fiber), 6g Fat (1g MUFA, 2 g PUFA), 210 calories

Break the frozen acai up into large chunks while still in the packaging.

Remove from packaging, and place frozen acai chunks, 3/4 cup of strawberries and 1/2 banana in a food processor.

Transfer blended mixture to serving bowls.

Sprinkle with granola, sliced strawberries, blueberries and sliced banana.



Serves 2

7 ounces frozen acai puree
1 cup strawberries, divided
1 banana
1/4 cup granola
1/4 cup fresh blueberries

Fruit Salad



Due to the high fiber content of fruit, it will surprise you how filling it feels once you eat a few spoonfuls. A fruit salad like this should be eaten daily for optimal health benefits. It is a low calorie snack that you can feel good about.

Nutrition Highlights:

- Per serving: 3g Protein, 54g Carbohydrate (11g Fiber), 1g Fat, 214 calories

Wash all fruit and cut into bite sized pieces.

Place all cut fruit into a large bowl, stir gently to combine.

Portion out into individual serving glasses or leave in a large bowl.

Chill until ready to serve.



Serves 4

3 kiwis, peeled and sliced
2 cups strawberries, quartered
1 large orange, in segments
1 banana, peeled and cut
1-2 apples, cubed
2 cups grapes
2 cups pineapple

Grapefruit Salad



Eating half a grapefruit a day can help to decrease blood pressure, improve cholesterol levels, and increase weight loss.

***Warning:** Grapefruit is powerful enough to interact with certain drugs, so if you are taking any pharmaceutical medications, it is very important to talk to your doctor or naturopath if you plan to eat grapefruit on a daily basis.*

Nutrition Highlights:

- Per serving: 9g Protein, 33g Carbohydrate (6g Fiber), 15g Fat, 293 calories

Always wash your fruit, even if you are cutting off the peel.

Peel the grapefruits and orange.

Use a very sharp knife to thinly slice the fruit and arrange in layers onto your serving plates.

Sprinkle on the pomegranate if you are using and the almond slivers.

Garnish with small fresh mint leaves.



Serves 2

1 small ruby red grapefruit

1 small navel orange

1 small white grapefruit

***Optional**

2 Tablespoons slivered almonds

1/4 cup fresh pomegranate seeds

Fresh mint leaves