



# Dinner Recipes

- Print onto 8.5" x 11" heavy-weight paper. We recommend card stock, but feel free to play around with different card stocks & paper types. Prints 2 cards per page.
- Cut in between the two recipes (see below), separating them.
- Trim along the cut lines (see below) using a guillotine, sharp scissors or scalpel.
- ENJOY!!!



# Balsamic Marinated Chicken



¾ c balsamic vinegar  
 ½ tsp dried minced garlic  
 ¼ tsp paprika  
 ¼ tsp dried parsley flakes  
 ½ tsp red pepper flakes  
 ½ cup low/no-sodium, fat-free broth (up to 30 calories) \*\*  
 4 (6 oz) skinless, boneless chicken breast halves  
 1½ cup total mixed greens

- Whisk together the vinegar, broth (or water), onion, red pepper flakes, garlic, pepper, paprika, rosemary, parsley, chili powder and oregano in a bowl.
- Pour the liquid into a resealable plastic bag and add the chicken breasts, coating the chicken breasts with the marinade
- Squeeze out the excess air & seal the bag. Marinate in refrigerator for 30 minutes or overnight.
- Preheat the oven to 400°.
- Line a baking sheet with non-stick aluminum foil or lightly grease a broiler pan.
- Remove the chicken breasts from the marinade and shake off the excess.
- Discard the remaining marinade and place the breasts onto the baking sheet or broil pan.
- Bake in the preheated oven until the breasts are golden brown & no longer pink in the center, about 40 mins.
- Serve 1 chicken breast along side the salad & Guiltless Potato Wedges sprinkled with any combination of the above herbs & spices.

**\*\* Tip:** Some brands that fit within the guidelines are: *Kitchen Basics Unsalted Chicken Stock* & *Imagine Organic Low Sodium Free Range Chicken Broth*. These are only options, not the only ones you can use.

*Dinner*

4 ½ oz. protein, 1 veggie, & 1 carb per serving - Servings: 4

# Barley Tomato Slices



¼ cup sliced fresh mushrooms (any variety)  
 1 cup low/no-sodium, fat-free broth \*  
 1 cup water  
 1 cup quick-cooking barley  
 ½ cup bias-sliced small green beans  
 ¼ large tomato, seeded and chopped  
 3 tsp chopped fresh basil or ½ tsp dried basil, crushed  
 2 tsp chopped fresh rosemary or ½ tsp dried rosemary, crushed  
 ¼ tsp crushed red pepper  
 1 large tomato, sliced  
 9 oz grilled or baked chicken

- In medium saucepan, combine mushrooms, broth, water, and barley.
- Bring to boiling; reduce heat. Cover and simmer for 5 minutes.
- Add green beans; cover and simmer for 5 to 7 minutes more or until barley is tender and vegetables are crisp-tender. If necessary, drain.
- Stir the chopped tomato, basil, rosemary, and red pepper into barley mixture. Heat through.
- Split the barley mixture in half and serve with the tomato slices from half the tomato and 4½ oz chicken. The rest of the barley mixture, chicken, and tomato slices can be refrigerated for later.

**\* Product Recommendation:** Fat-Free Broth: *Kitchen Basics Unsalted Chicken Stock* and *Imagine Organic Low Sodium Free Range Chicken Broth*. For any brand, make sure it only has 30 calories or less.

*Dinner*

4 ½ oz. protein & 1 carb per serving

Servings: 2

# Broiled Steak and Blue Cheese



5 oz. raw Maverick Ranch® fillet mignon\*  
 Fat free blue cheese dressing (Under 30 calories/serving)  
 ¼ cup onion, chopped (Spanish onion or scallion works well)  
 ¼ cup tomato, chopped  
 2 ½ oz fat free cheese, shredded  
 salt-free taco seasoning mix (to taste)  
 seasoned pepper (to taste)

- Spread both sides of steak with dressing and sprinkle with seasoned pepper.
- Grill or broil to desired doneness\*
- Serve with "No-Cheat" Steak Fries and broccoli with lemon juice.

\* **Be careful!** Extra-lean meats require less cooking time...don't overcook.

Dinner

4 ½ oz. protein & 1 carb per serving

# Burrito



½ cup cooked black beans  
 ¾ cup cooked brown or whole grain rice (Boil-in-Bag is ready in 10 mins!)  
 1 tortilla (0-1 gram fat & not over 95 cal/serving)  
 1 ½ cups total shredded lettuce\* and tomato  
 ¼ cup salsa  
 1 Tbl. fat free sour cream

- Place cooked rice and beans one one side of the tortilla.
- Roll up hot rice and beans in tortilla.
- Top it with salsa and a dollop of free sour cream.
- Serve on a bed of lettuce and tomato.
- ENJOY!!!

\* Look for pre-shredded lettuce in produce department.

Dinner

4 ½ oz. protein 1 carb & 1 veggie per serving

# Cabbage Roll



2 large cabbage leaves  
 1 large cabbage leaf, shredded or chopped  
 ¼ tsp onion powder or to taste  
 ¼ tsp garlic powder or to taste  
 ¼ tsp Chinese Five Spice (sodium-free) or to taste  
 4½ oz cooked chicken **or** shrimp, chopped  
 ½ cup cooked brown rice

- Steam cabbage leaves over boiling water for 10 minutes.

When done they should be soft and pliable but not falling apart, so you may need to adjust the time accordingly.

- While the cabbage is steaming, put the chicken/shrimp, raw cabbage and spices into a mixing bowl.
- Mix together thoroughly.
- Once finished steaming, remove the cabbage leaves from the steamer and place on a kitchen towel. Pat dry.
- Place one leaf on a cutting board and place ½ of the rice and ½ of the chicken/shrimp mixture in the middle.
- Fold both of the sides in, fold the side closest to you over and roll as you would a burrito.
- Do this for both leaves.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Caribbean Grilled Turkey



4½ oz turkey breast tenderloin\*  
 4 garlic cloves  
 ¼ tsp black pepper  
 1 tsp shredded lime peel ♦  
 ½ Tbl peach preserves (0 g fat & no more than 30 calories)  
 1½ cup salad mix  
 4 green onions  
 1 tsp hot sauce (your spice level)  
 2 Tbl lime juice  
 ½ cup cooked wild rice

[For the Grill]

- In food processor or blender, purée preserves, green onions, garlic, hot sauce, black pepper, lime juice & peel. You may need to add a

little water if the mixture isn't a paste.

- Spread tenderloin with the purée & place on rack over medium hot grill.
- Turn frequently for even cooking & browning.
- Cook tenderloin for about 20 minutes or until meat is no longer pink.
- Serve the rice and salad along side.

[To Broil]

- Spread tenderloin with purée. Place on a broiler pan sprayed *lightly* with nonstick cooking spray.
- Broil for 6 minutes.
- Turn over; brush with purée and return to broiler for about 5 more minutes.
- Brush again w/purée & broil for another 4-5 mins until tenderloin reaches 170° on meat thermometer.

♦ Hint: When zesting the lime, make sure you only get the green outside. The white pith, the membrane located between the peel & flesh, is bitter.

\* Tip: This same recipe may be done with chicken breast!

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Chicken Parmesan



2 ½ oz. cooked, skinless chicken breast  
 2 ½ oz. fat free mozzarella, shredded  
 ½ cup cooked whole-wheat pasta  
 ¼ cup low fat pasta sauce \*

- Preheat oven to 350°.
- Place chicken in a small non-stick baking dish.
- Cover chicken with pasta sauce, then sprinkle on mozzarella.
- Bake until cheese is melted and slightly browned (about 15-20

minutes).

- Combine pasta with garlic and parmesan, then add a little fat free margarine (no more than 1 Tbl.) if desired.
- ENJOY!!!

\* **Product Recommendation:** Some brands that fit within the guidelines are: *Hunt's No Added Sugar* and *Ragu Light Tomato & Basil*. If you choose another brand, make sure it is under 30 calories and 0 - 1 fat grams for ¼ cup. These are only options, not the only ones you can use.

° **Tip:** To make this a complete dinner, serve with a salad and fat free dressing.

° **Remember:** You need to add another 2 oz. of protein for the day.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Cinnamon Curry Chicken Soup



1 cup water	3 cloves minced garlic
½ tsp curry powder	¼ tsp cinnamon
¼ tsp pumpkin pie spice	pepper (to taste)
4½ oz. or ¾ cup cooked chicken, cubed	
1 medium potato (2½ - 3"), cubed	
1 cup low/no-sodium, fat-free broth (up to 30 calories) ***	
1½ cup <u>total</u> celery, onions, mushrooms and squash. *	

- In a saucepan, combine all of the ingredients.
- Bring to a boil.
- Reduce heat, cover and simmer for 45 minutes.
- ENJOY!!!

\* **Tip:** You may omit the celery, onions, mushrooms and squash from the soup and have a 1½ cup side salad.

\*\* **Tip:** Some brands that fit within the guidelines are: *Kitchen Basics Unsalted Chicken Stock* & *Imagine Organic Low Sodium Free Range Chicken Broth*. These are only options, not the only ones you can use.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Citrus and Leek Tilapia



5 ½ - 6 oz. fresh or frozen tilapia\*  
 1½ c leeks, sliced length-wise  
 juice of ½ lemon  
 lemon & orange slices  
 2½" long sweet potato, baked

pepper (to taste)  
 lemon & orange zest  
 parsley &/or dill (to taste)

- Prepare BBQ/grill or preheat oven to 350 °.
- In a small bowl, combine lemon juice and zest.
- Baste fish with the mixture and top with pepper, herbs, and citrus slices.
- Slice the leeks length-wise. Using the dark green leaves as a handle, rinse cut white and light green section of leek under cool running water, fanning them apart to remove all dirt & grit.
- Wrap ingredients in aluminum foil and place on the BBQ/grill or in preheated oven.
- Cook fish for 5-10 minutes or until it is thoroughly cooked.
- Remove the fish, citrus slices and leeks from the foil and place on plate.
- Serve a 2½" baked sweet potato along side.
- ENJOY!!!

\* **Note:** You can use any whitefish if you don't care for Tilapia.

∞ **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Cucumber, Dill, and Tuna Quinoa



¼ cup quinoa \*  
 1 tbsp fresh dill, chopped  
 1 lemon, quartered  
 ¼ cup scallion or green onion, sliced  
 ½ cup cucumber, diced  
 ¾ cup spinach or fresh salad greens  
 4½ oz tuna **in water**

- Cook the quinoa as indicated on the package. Cool.
- Zest and juice one quarter of lemon.
- Combine the quinoa, dill, lemon zest, lemon juice, cucumber, and scallions in a bowl.
- Place the spinach/salad greens on a plate.
- Top the greens with quinoa mixture.
- Flake the tuna over top of the salad.

\* **Remember:** There can be 0-1 fat grams and no more than 125 calories per serving for the **cooked** quinoa.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Garlic Baked Chicken



4 (6 oz) skinless, boneless chicken breast halves  
 5 large onions, sliced into ½" rings or half-moons  
 3 - 5 cloves garlic, unpeeled and whole  
 juice of half lemon  
 ground black pepper (to taste)

- Preheat oven to 350°.
- Heat non-stick saucepan over medium heat.
- Add the onion. Stir constantly until tender, approximately 5 - 10 minutes.
- Transfer onions to a glass baking dish.
- Place chicken atop onions.
- Squeeze lemon juice onto the breasts and sprinkle with pepper.
- Place garlic around and on top of chicken.
- Cover tightly either with a lid or aluminum foil.
- Bake in the preheated oven until the breasts are no longer pink in the center, 30 - 45 minutes.
- Serve 1 chicken breast on top of 1 cup cooked onions and serve along side Guiltless Potato Wedges (found in the "Sides" recipe section) sprinkled with any herbs &/or spices.
- ENJOY!!!

∞ **Tip:** You can portion out the chicken breast and onions into individual containers. This way you can use them throughout the week. If there are any leftover chicken breasts, they can be frozen for a later day.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 4**

# Ginger Mahi Mahi



5 ½ - 6 oz. fresh or frozen mahi mahi \*  
 1 tsp garlic  
 1 tsp ginger, ground (fresh or dried)  
 juice and zest of ½ lemon  
 black pepper (to taste)  
 1 medium tomato, sliced  
 ½ cup **cooked** brown rice

- Preheat oven to 350°.
- Place fish on top of a sheet of aluminum foil. Cover with garlic, ginger, and black pepper.
- Place tomatoes on top of seasoned fish.
- Top with half of the lemon juice.
- Close up aluminum foil into a pouch and seal both ends.
- Bake fish for 10-20 minutes or until it is thoroughly cooked (flakes easily).
- Open pouch and pour on the reserved lemon juice.
- Stir lemon zest into the brown rice. Place the fish and tomatoes on top of or next to the rice and spoon some of the packet juice over top.

\* **Tip:** You can use any whitefish that you like.

∞ **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Hot Wings



5 ½ oz. raw, skinless, boneless chicken breast, cut into tender-sized strips  
 ½ cup finely crushed fat free croutons or corn flakes  
 fat free hot wing sauce  
 fat free ranch dressing (under 30 cal/serving)  
 1 egg\*, beaten or ½ container Egg Beaters

- Preheat oven to 350°.
- Dip chicken tenders in egg, then coat in bread crumbs.
- Spray baking sheet with non-stick spray, then place chicken on sheet and bake for 15 mins, or until juices run clear when pierced with a fork.
- Pour hot wing sauce on chicken to coat thoroughly, drain off excess.
- Then simply dip tenders in dressing and watch the ball game.

\* Limit of two eggs each week.

∞ **Note:** To make this a complete dinner, serve with a veggie or salad and fat free dressing.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Kickin' Ceviche (sə-vē'chā)



1 lb sea bass or flounder fillets, cut into ½" pieces  
 1 cup fresh lime juice  
 3 medium tomatoes, chopped & seeded  
 1 habañero pepper, seeded & finely minced  
 2 cups red onion, finely diced  
 2 english muffins \*

- In a large glass bowl, combine all of the ingredients, except for the onions.
- Toss well and put the onion on top.
- Cover with plastic wrap and allow to sit in the refrigerator for 1½ hours.
- After the 1½ hours, stir to incorporate the onion.
- Let sit in refrigerator for at least another hour or up to 3 hours.
- To serve: Using a slotted spoon, portion out the ceviche into 4 servings. Put it on top of or serve along side the english muffin half.
- ENJOY!!!

\* Each serving should contain 0-1 fat grams & not over 100 calories. Help yourself weight wise as well as health wise...eat whole grains.

∞ **Note:** During the marinating process the fish will change from translucent to white in color and become opaque. This will mean that the fish is no longer raw.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 4**



# Lemon Pepper Fish



5 ½ - 6 oz. fresh or frozen tilapia  
 juice of ½ lemon \* 1-3 garlic cloves, minced  
 ½ tsp. pepper ¼ tsp. sodium-free seasoning  
 ¼ tsp. cumin powder 1/8 tsp. turmeric  
 1 cup cooked vegetables \*\*  
 ½ cup cooked brown or wild rice

- Place fish in a small bowl.
- Add garlic, black pepper, Mrs. Dash, cumin and turmeric. Ensuring to coat both sides of the fish.

- Cover and marinate at least 1 hour in refrigerator.
- Preheat the oven to 400°.
- Place fish in a non-stick baking dish and cover with the marinade.
- Bake 10-12 minutes depending on thickness or until fish flakes easily.
- Squeeze the lemon juice over the fish. Serve with rice & vegetables.
- ENJOY!!!

\* **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

\*\* You can use any vegetable you would like, but we recommend broccoli or green beans.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Poached Chicken



2 boneless, skinless chicken breast\* (5 1/2 - 6 oz. each)  
 Herbs - 2 sprigs (sugg: cilantro, basil, parsley, dill, tarragon)  
 2 garlic cloves, crushed w/skin on 1/3 cup fennel, shaved  
 1/2 cup green beans, chopped 1/3 cup zucchini, shaved  
 1/2 cup carrot, shaved Freshly ground black pepper  
 4 cherry tomatoes, halved Lemon wedges, to serve  
 1 cup **cooked** brown rice

- Arrange the chicken (single layer) in the bottom of a pot. Cover by an inch or so with cool water, add herbs and garlic.
- Over MED-HIGH heat, bring water to a boil. Then turn off heat and immediately cover pan. Allow the chicken to sit in the hot poaching liquor for 20 minutes, until cooked through.
- Bring a medium saucepan of water to a boil and blanch the green beans for 1½ - 2 minutes, then cool under cold running water. Transfer to a large mixing bowl.
- Preheat the broiler.
- Shave the fennel bulb with a mandolin or peeler into thin slices, doing the same with the carrot and zucchini. Add to the beans.
- Put the tomatoes on a non-stick baking sheet and under a preheated broiler for 2 to 3 minutes until softened. Add to the bowl.
- Remove the chicken breasts from the poaching liquor. Thinly slice and add to bowl of vegetables.
- Toss together and season to taste with pepper.
- Arrange the chicken, vegetables, and rice between plates (or storage containers) and serve with a drizzle of fat-free herb dressing and the lemon wedges.

\* **Note:** Weight of protein is after cooking. 6 oz of raw chicken = 4 1/2 oz cooked.

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 2**

*Dinner*

# Pork Shish-Ka-Bob



5 ½ oz. pork tenderloin, cut into 1" cubes  
 1 green bell pepper, cut in chunks  
 1 medium spanish or red onion, cut in chunks  
 6 medium sized mushrooms  
 3 small organic new potatoes  
 fat free marinade (lemon pepper, BBQ, etc)  
 skewers (soaked\*)

- Place pork chunks in a shallow bowl and pour on ½ cup marinade.
- Preheat outdoor grill until coals are hot (or an indoor grill or broiler if it's raining.)
- Skewer marinated pork chunks, alternating with veggies & potatoes.
- Cook on grill, basting occasionally with more marinade, until pork is done and veggies are nicely singed.
- DIG IN!!!
- \* Bamboo/Wood Skewers are soaked in water to prevent them from burning when placed on the fire. Place them in a wide, shallow dish and cover with water and soak for at least an hour.
- ∞ **Note:** Pork can be substituted with chicken breast, lean lamb, or extra-lean (4% fat) beef.
- ∞ **Hint:** If you prefer, omit the small potatoes and serve on a bed of whole-grain or wild rice (½ cup).

Dinner

4 ½ oz. protein 1 carb & 1 veggie per serving

# Quick Vegetarian Dinner



½ c black or pinto beans  
 ¾ c cooked brown rice  
 1 baked potato - 3" long  
 1 ½ c **total** cucumber, onion & tomatoes

- Cut up the cucumbers, onions & tomatoes and place in a bowl with balsamic vinegar. You only need enough to cover.
- Put potato (sweet or regular) into a preheated oven or microwave until cooked through.
- Stir together the cooked brown rice and beans.
- Put the rice and beans on a plate along side the potato and marinated veggies.
- ENJOY!!!
- \* Eating the rice and beans together counts as your 4.5 oz of protein. If you eat them separately, then they count as complex carbohydrates.
- ∞ **Hint:** You may top your baked potato with butter-buds, pepper, sodium free seasoning mix (Mrs. Dash or Italian Seasoning), or fresh herbs.

Dinner

4 ½ oz. protein 1 carb & 1 veggie per serving

# Rosemary Garlic Steak



4.5 oz. round steak (or any steak 10% or less fat)  
 1 Tbl rice vinegar  
 2 Tbl rosemary, roughly chopped  
 1 tsp garlic paste (35 cloves, minced finely)  
 ½ tsp crushed red pepper flakes  
 new or fingerling potatoes \* (equivalent to 3-4")

- Pour vinegar into a small dish. Add steak and coat
- In a small bowl, combine garlic, red pepper flakes & half the rosemary. Rub on both sides of steak.
- Place steak in a small dish, cover & refrigerate for at least 4 hours or overnight.
- Grill to preference.
- Serve with "Lemon-Kissed Asparagus" (found in the "Sides" recipe section) & roasted new potatoes\*.
- ENJOY!!!

\* *Roasted New Potatoes:* Preheat oven to 350°. Place new or fingerling potatoes on a lined baking sheet. If you have a large red potato, chop into ¾" chunks first. Very Lightly spray with cooking spray and top with reserved rosemary. Place in the oven and roast for 30 minutes or until it has a crispy brown skin. Remove from the oven and serve.

∞ **Note:** Round steak is something you may have once or twice weekly.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Seared Salmon with Tomato Sauce



4½ oz salmon fillet, skin removed  
 1½ cup cherry tomatoes  
 2 or 3 basil leaves  
 Freshly ground black pepper  
 2 garlic cloves  
 1 bay leaf  
 Onion powder  
 ½ c **cooked** couscous

- Preheat a non-stick skillet over medium heat.
- Add one finely chopped garlic clove to pan sprayed very lightly with cooking spray and sauté for 1 minute.
- Add tomatoes, reserving 3 for couscous, and the bay leaf. Cook, stirring occasionally, until the tomatoes begin to become saucy, about 15 minutes.
- When the sauce is finished, cover and keep warm.
- Season salmon on both sides by rubbing into the flesh the onion powder and black pepper.
- Heat a non-stick pan over medium heat.
- When pan is heated, smash the 2nd garlic clove & rub it into the bottom of the pan. You're trying to rub a film of garlic onto the bottom for flavor & to help the salmon not stick. Discard unused garlic.
- Add the salmon fillet and cook for 3 minutes.
- While the fish is cooking, chiffonade (roll the leaves tightly & cut across them with a sharp knife, producing fine ribbons) the basil leaves.
- Turn & cook until the fish flakes easily with the tines of a fork, 4 to 5 minutes more. Two minutes before the fish is finished cooking, top with the basil, reserving some for the couscous.
- Transfer to a plate and top with the tomato sauce. Make sure you remove the bay leaf.
- Stir together the cooked couscous, 3 halved cherry tomatoes & basil. Serve on the side.

° **Remember:** This protein is allowed once or twice a week only!

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Shrimp with Fried Cabbage



5 oz medium or large peeled, raw shrimp  
 2 c cabbage, shredded  
 ½ tsp onion powder  
 4 squirts butter spray \*  
 red pepper flakes (to taste)  
 4 tbsp water  
 2 tsp garlic, minced  
 black pepper (to taste)  
 ½ cup roasted corn\*\*

- Preheat non-stick pan on MED-HI heat.
- Using a food processor or sharp knife, shred the cabbage.
- Add cabbage and butter spray into preheated pan. Stir-fry for 2-3 minutes until slightly tender.
- Remove cabbage and place on serving dish. Sprinkle with black pepper
- Turn the heat down to MED
- Add shrimp, 2 tbsp water, onion powder, and garlic (add water as needed so shrimp doesn't stick)
- Cook until shrimp begins to curl and turn pink
- Sprinkle with red pepper flakes
- Serve the shrimp over the cabbage along side the roasted corn

\* **Remember:** The butter spray that you use should contain 0 grams of fat and less than 30 calories.

\*\* **Roasted Corn:** Preheat your oven to 400°. Place a bag of frozen corn in one layer on a parchment lined baking sheet. Roast on the top rack of your oven for 13-15 minutes. Once it is done cooking, remove it from the oven and let it reach room temperature. Place the corn in a storage container and refrigerate it until you are ready to eat it. You may also portion this out into zip-top baggies so you can grab them on the go.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Shrimp and Asparagus Stir-Fry



5 oz medium or large peeled, raw shrimp  
 1 ½ cup asparagus, in 1" pieces  
 1 tbsp garlic, minced  
 1 tbsp ginger root, minced  
 juice and zest of ½ lemon \*  
 ½ cup brown rice, **cooked**

- Preheat pan on MED heat.
- Add shrimp, garlic, and ginger into preheated pan.
- Stir-fry for 3-4 minutes (Add small amount of water if necessary).
- Snap off the woody ends of asparagus and discard. Cut remaining asparagus into 1" pieces.
- Remove shrimp and add asparagus and sprinkle with the lemon juice.
- Stir-fry for 2-3 minutes.
- Put the shrimp back into the pan and heat for 1 minute or until all ingredients are the same temp.
- Serve over rice and sprinkle with the zest of the ½ lemon.

\* **Hint:** If your lemon is not very juicy, microwave it for 10 seconds to help it release its juices.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 4**

# Shrimp Stir Fry



5 oz medium or large peeled, raw shrimp  
 1 ½ cups **total** stir fry veggies  
 ¼ cup fat free/low sodium chicken broth \*  
 ½ Tbl. minced garlic (jarred is fine)  
 hot sauce (to taste)

- Preheat a non-stick fry pan or wok on medium-high heat.
- Add broth and garlic to pan, then add shrimp and sauté for 1 minute (or until shrimp turns pink).
- Toss in stir-fried veggies (can include, but not limited to, red and green bell pepper sliced thin, snapped pea pods, sliced scallion or onion) and hot sauce and continue to cook for 2 - 3 minutes or until veggies are crispy-tender.
- ENJOY!!!

\* **Product Recommendation:** Some brands that fit within the guidelines are: *Kitchen Basics Unsalted Chicken Stock* and *Imagine Organic Low Sodium Free Range Chicken Broth*. These are options, not the only ones you can use.

Dinner

4 ½ oz. protein 1 carb & 1 veggie per serving

# Shrimp Stuffed Tomato



4½ oz. cooked shrimp	1 medium tomato
juice of ½ lemon	1 Tbl parsley
Additional herbs (to taste)	pepper (to taste)
Mrs. Dash or any other sodium-free seasoning (to taste)	
½ cup cooked Brown Rice	¼ tsp. rice wine vinegar

- Place cooked shrimp in food processor. Pulse a few times to chop up shrimp, or simply chop with a sharp knife.
- In a small bowl, combine chopped shrimp, parsley, additional herbs, lemon juice, Mrs. Dash, & Pepper.
- Cover and refrigerate for 30 minutes to 1 hour.
- When ready to serve, cut off top of tomato and scoop out the insides.
- Chop and combine inside of tomato with shrimp mix. (You may discard the seeds if you prefer)
- Fill tomato with shrimp mix.
- Top with a couple dashes of hot sauce (optional).
- Combine cooked brown rice and rice wine vinegar. Serve along side the tomato.
- ENJOY!!!

∞ **Tip:** You may also use baked fish instead of the shrimp.

Dinner

4 ½ oz. protein 1 carb & 1 veggie per serving

# Sloppy No-Joes



1 medium onion, finely chopped  
1 can no salt added tomato sauce \*  
1 cup dry TVP (Texturized Veggie Protein) granules\*  
1 tsp Whey Low® Gold or Splenda® Brown Sugar blend  
Cayenne Pepper, to taste  
½ bell pepper, diced  
2 garlic cloves, minced  
Water, for sautéing

- Sauté onion and bell pepper in about 1 or 2 Tbl water until almost clear.
- Add garlic and sauté for a couple more minutes.
- Add tomato sauce, TVP, Whey Low/Splenda brown sugar, and cayenne to taste.
- Turn down and simmer 5 minutes until TVP is soft. Refrigerated TVP will already be soft, so you are just simmering to marry the flavors & thicken the sauce.
- Serve on ½ whole wheat bun.
- ENJOY!!!

\* **Tip:** One **tomato sauce brand** that fits within the guideline is: *Hunt's Tomato Sauce No Salt Added*. One **TVP brand** that fit within the guidelines is: *Bob's Red Mill Brand TVP*. If there's a brand that you like better, please choose one that's lower in sodium. These are only options, not the only ones you can use.

∞ This recipe isn't for every day & be sure to drink plenty of water to counteract the sodium content.

∞ **Tip:** If you wanted to make this non-vegetarian, you could use 4.5 oz cooked, ground turkey breast.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 4**

# Snapper with Fennel and Leeks



5 ½ - 6 oz. fresh or frozen red snapper \*  
½ cup fennel, sliced  
½ cup leeks, sliced  
½ tsp garlic powder  
juice and zest of ½ lemon  
black pepper (to taste)

½ cup mashed potatoes, plain

- Place fish in a shallow dish.
- Squeeze lemon and add garlic powder and black pepper.
- Pour mixture over fish and marinate for 2 hours.
- Remove fish from marinade and place in a baking dish.
- Preheat oven to 350°.
- Slice the leeks length-wise. Using the dark green leaves as a handle, rinse cut white and light green. section of leek under cool running water, fanning them apart to remove all dirt and grit.
- Place the leeks, along with the sliced or chopped fennel on top of fish.
- Cover dish with aluminum foil; bake for 20-30 minutes or until it is thoroughly cooked (flakes easily).
- Place the fish, leeks, and fennel on top of or next to the plain mashed potatoes and spoon some of the baking juice over top.

\* **Tip:** You can use any whitefish that you like.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Spicy Cajun Scallops



4 ½ oz. fresh or defrosted scallops  
 ¼ tsp pepper  
 juice of one lemon \*  
 1 tsp pepper flakes (adjust to your spice level)  
 1 ½ c fresh or defrosted asparagus  
 ½ tsp **dry** mustard  
 2 garlic cloves, minced  
 ½ cup water  
 3" long potato, sliced

- Mix together lemon juice, dry mustard, pepper flakes, garlic, pepper & scallops.
- Fill a non-stick frying pan with ½ cup water and place in scallops.
- Cover with lid and cook on MED for 10 minutes, turning them once.
- While scallops cook, slice a 3" long potato into ¼ - ½" slices and cook on a grill or lightly sprayed grill-pan until tender.
- Take the asparagus and steam it for 5-10 minutes, depending on thickness, or until tender.
- When scallops are done, remove from the pan and place on a plate with the grilled potatoes & asparagus. Spoon any remaining pan juices over the asparagus and scallops.
- ENJOY!!!

\* **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

∞ **Note:** Shrimp can be substituted for the scallops in this recipe.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Spicy Cilantro Fish



5 ½ - 6 oz. fresh or frozen whitefish\*  
 ½ cup cilantro (packed without stems)  
 1 tsp garlic, minced  
 juice of ½ lemon  
 red pepper flakes (to taste)  
 1 tbsp water  
 2½" long sweet potato, baked

- Preheat oven to 400°.
- Combine cilantro, garlic, and pepper flakes in a food processor.
- Pulse processor and add water to reach desired consistency.
- Place fish in a baking dish.
- Squeeze lemon juice over fish and top with mixture from the processor.
- Bake 10-20 minutes or until it is thoroughly cooked (flakes easily).
- Serve a 2½" baked sweet potato along side.

\* **Tip:** Some of the options are: Cod, Haddock, Sea Bass or Pollack.

∞ **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving



# Spicy Crab Cucumber Salad



*4½ oz. cooked crab*  
*1½ cup cucumber, sliced*  
*½ Tbl rice wine vinegar*  
*½ - 1 Tbl spicy mustard*  
*½ - 1 tsp wasabi powder*  
*½ whole wheat pita (0-1 g fat & under 100 calories)*

- Combine rice wine vinegar, spicy mustard & wasabi powder. Stir.
- Peel, seed & thinly slice cucumber.
- Add crab and cucumber. Toss ingredients together.
- Spoon into whole wheat pita.
- ENJOY!!!

*Dinner*

*4 ½ oz. protein 1 carb & 1 veggie per serving*

# Steak Pizzaiola



5 oz. raw beef, round (fat trimmed) **OR** 4 ½ oz raw chicken\*  
 1 medium tomato, diced  
 1 tsp oregano  
 ¼ tsp chili powder  
 3" baked potato  
 1 clove garlic, minced  
 1 tsp basil  
 black pepper (to taste)

- Preheat oven to 350°.
- Place ½ of the diced tomato in a casserole dish.
- Add meat on top of tomatoes and top with minced garlic.
- In a small bowl, toss the rest of the tomato with oregano, basil, chili powder & black pepper. Place on top of steak.
- Cover tightly with aluminum foil or lid.
- Bake for 45 - 60 minutes.
- Serve a 3" long baked potato on the side.
- ENJOY!!!

\* If using chicken, sear each side for a minute or two in a frying pan **sprayed lightly** with a nonstick cook spray. Then follow the same steps as listed above.

∞ Help yourself achieve your best health...eat organic.

*Dinner*

*4 ½ oz. protein 1 carb & 1 veggie per serving*



# Stuffed Chicken Roll



5 ½ - 6 oz. boneless, skinless chicken breast\*  
 ½ lb raw spinach **or** ½ cup frozen spinach, thawed  
 ¼ cup onions, diced ¼ cup mushrooms, sliced  
 ½ garlic clove, minced juice of ½ lemon  
 1 melba toast round 1/3 cup **cooked** brown rice  
 ½ cup low/no-sodium, fat-free broth (up to 30 calories)

- Preheat oven to 350°.

- Place the chicken between two sheets of heavy plastic

(resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about ¼". A rolling pin or heavy can also works.

- In a non-stick skillet on MED heat, saute the mushrooms and onions with the lemon juice and garlic. When they are soft and brown, start adding the spinach in batches. Let it wilt slightly before adding in the next batch. For frozen spinach, you would add it with the rest of the vegetables until the onions and mushrooms are browned and the spinach is warmed through.

- Place the pounded chicken on a flat surface with the widest part of the chicken closest to you.

Mound the veggie mixture in the middle of the chicken closest to you. Roll.

- Place in a baking dish with the seam side down. Top with the crumbled melba toast and any herbs or salt-free seasoning you desire.

- Pour the broth into the bottom of the pan. Bake for 30 minutes or until the chicken juices run clear.

- Remove from the oven and let rest for 5 minutes.

- Serve on a plate over the cooked brown rice.

\* **Note:** Weight of protein is after cooking. 6 oz of raw chicken = 4½ oz cooked

4 ½ oz. protein 1 carb & 1 veggie per serving

*Dinner*

# Tofu Veggie Patties



1 c carrot, grated  
 1 c green onions/scallions, sliced  
 1 c red bell pepper, thinly sliced or diced  
 2 garlic cloves, minced  
 1 ¼ inch piece ginger, grated  
 14 oz firm tofu\*, drained and crumbled  
 1 whole egg  
 1 egg white

- Combine all the ingredients in a large bowl. You may add sodium-free seasoning mix and pepper if desired.

- **Lightly spray** a medium metal pastry ring or cookie cutter with cooking spray and place in a nonstick pan.

- When the pan is hot, pour 5 tbsp of the batter into the ring and turn the heat down to Medium. (You may omit the ring if you want your patty more rustic.)

- Cook 4-5 minutes until golden, then take off the ring (be careful, as it will be hot), flip the patty and cook the other side. Do this in batches, keeping finished patty warm in a low oven.

- Serve this on or along side 1 cup of salad greens.

\* **Product Recommendations:** Firm Tofu brand: House Foods Tofu, Mori-Nu Organic Non-GMO Silken, Nasoya Organic Extra Firm. No matter the brand, make sure it is 80 calories or less. These are only options, not the only ones you can use.

∞ **Note:** This recipe makes **8 Patties**, so we recommend you refrigerate the other 7 before sitting down to your meal so you aren't tempted to eat more than 1 patty/serving.

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 8**

*Dinner*

# Tomato Basil Chicken



4½ oz. cooked crab  
 1½ cup cucumber, sliced  
 ½ Tbl rice wine vinegar  
 ½ - 1 Tbl spicy mustard  
 ½ - 1 tsp wasabi powder  
 ½ whole wheat pita (0-1 g fat & under 100 calories)

- Combine rice wine vinegar, spicy mustard & wasabi powder. Stir.
- Peel, seed & thinly slice cucumber.
- Add crab and cucumber. Toss ingredients together.
- Spoon into whole wheat pita.
- ENJOY!!!

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Transformations Gyro



5 oz. Pork tenderloin, in ½" cubes  
 2 Tbl Green bell pepper, diced  
 2 Tbl Tomato, diced  
 1 Tbl Fat free feta cheese, crumbled  
 Cucumber-Yogurt Dressing \*  
 1 whole wheat fat free tortilla (0-1 gram fat & not over 95 calories)  
 2 Tbl Onion, diced  
 ½ c shredded lettuce  
 oregano (to taste)  
 minced garlic (to taste)

- Preheat a nonstick sauté pan on MED-HI & spray lightly with non-stick cooking spray.

- Sauté pork, green pepper, onion, minced garlic, and oregano until pork is done (no longer pink).
- Meanwhile, mix up the dressing and set aside.
- Place cooked pork mixture on middle of tortilla, then add lettuce, tomato & feta.
- Top with yogurt mixture & roll up like a burrito.
- DIG IN!

## \* Cucumber-Yogurt Dressing:

Ingredients: ¼ cup (2 oz) plain fat free yogurt  
 ¼ cucumber, shredded  
 garlic powder (to taste)

- Blend yogurt, cucumber, and garlic powder in a small bowl & pour over the gyro.

∞ **Hint:** The cucumber-yogurt dressing tastes great with chicken wraps, and makes a great fat free salad.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving

# Turkey Chorizo



1 lb ground turkey breast	1 tsp black pepper
2 tbsp chili powder	4 cloves garlic, minced
1 tsp oregano	1 tsp ground coriander
1 tbsp ground cumin	2 tbsp apple cider vinegar
1 - 2 tsp red pepper flakes (to your heat level)	
1½ cup <b>total</b> onions & peppers, sliced	
½ cup cooked brown rice	1 tsp cumin (for rice)
1 pinch saffron (for rice)	

- Mix turkey and spices together in a medium bowl. Mix in vinegar.
- Cover chorizo and refrigerate overnight.
- When ready to serve, divide the chorizo into 4 portions.
- Cut the onion and pepper length wise and then slice thinly from end to end.
- Heat a non-stick pan over Med-High heat and crumble up the chorizo (spiced turkey from step #1) into the pan.
- Toss the veggies in with chorizo and sauté until everything is cooked through.
- While the veggies and chorizo are sautéing, start the water for the rice.
- After you have added the rice to the boiling water, add a pinch of saffron to the water.
- Once the rice is cooked, stir in 1 tsp cumin.
- Serve the chorizo and veggies over or along side ½ cup cooked brown rice.

° **Note:** If you want chorizo patties, make 4 individual servings and cook. Freeze left-over servings for later.

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving - **Servings: 4**

# Turkey Stuffed Onion



4 large Vidalia/sweet onions	½ cup hot water
1½ lb ground white turkey breast	½ tsp cumin
pinch cayenne pepper	1 cup bread crumbs*
½ cup vegetable stock	
½ tsp marjoram, thyme or oregano (your choice)	

- Preheat oven to 375°.
- Peel onion & cut about ½" of the onion tops and trim just enough from the bottom so they can stand upright. With an ice cream scoop or spoon, scoop out the layers of the onion leaving ½" shell. Reserve the scooped out onion.
- Place shells in a baking dish, cover and microwave on high for 5 minutes. (To steam - six minutes)
- Measure ½ cup of the reserve onions and finely chop. Place in a small skillet. Heat 2 tbsp water and sauté the chopped onions until soft.
- Brown the ground turkey and measure out 18 oz. to be used as the filling.
- Combine the turkey, water and seasonings. Mix in ½ cup bread crumbs and the softened onions.
- Place hollowed out shells in a microwave-safe pan and evenly distribute the filling.
- Place remaining onion centers, coarsely cut, around stuffed onions. Pour stock into the pan.
- Cover tightly and microwave on high for 6 minutes. Remove from the microwave, take off cover and spoon the other ½ cup of bread crumbs over the top.
- Place in oven for 10 minutes or until the bread crumbs are golden brown. Remove; let sit for 5 min.
- Put one stuffed onion on a plate along with ¼ of the onion scraps from the bottom of the dish.

\* **Product Recommendation:** 365 Everyday Value Whole Wheat Bread Crumbs and Progresso Panko Plain Bread Crumbs. (0-1 fat & not over 100 {125 - whole grain} calories)

*Dinner*

4 ½ oz. protein 1 carb & 1 veggie per serving