

Week 2

Always start your day with high quality water (try high alkaline water).

Exercise at least 30 minutes three to four times a week.

The key point here is to keep moving.

Home cooking is number one rule of keeping the weight off.

Essential Tips on **Shopping**

If you buy air chilled chicken, grass fed beef, or cage free eggs you will see the health benefits almost immediately. When purchasing leafy greens choose organic produce! If you are unable to then wash them thoroughly (you can use some lemon juice or vinegar to sanitize). Buying seasonal fruits is the best approach to getting the most out of their vitamins and nutrients.

When choosing condiments choose ground spices as this is best for cooking during this maintenance phase.

When cooking leafy greens try not to overcook them in order keep a higher vitamin and mineral content.

Any packaged items (example vegetable broth, butter, etc.) check the sodium amount and opt for low-sodium options.

Before you buy “food” check the ingredients list and always choose the least amount of ingredients (the more ingredients, the more chemicals).

When buying nuts choose “raw” alternatives which are much healthier.

Having good quality oils and fats are essential for our health. When you are cooking you can use olive oil and good quality butter (either/or). Zero calorie oil options can be also used for preparing meals. We will also mention in the next coming weeks what type of oils/fats are healthy options (please note when cooking with olive oil, don’t overheat because olive oil is heat intolerant).

The herbs in our shopping list should all be fresh.

When buying crackers, bread, spaghetti please choose whole wheat. If you get the regular items they are made of white flour which is highly processed and full of sugar.

We want to discuss in week two why we need to buy organic products and what do all the labels mean on our food.

Our food these days is not only deficient in nutrients, but also full of pollutants and farming chemicals. The modern process of denaturing foods via heavy refining and chemical treatment deeply affects the life force of our food supply, making it difficult to foster equilibrium and health.

Pesticides have been shown to create extra work for the immune system, causing cancer and disease in the liver, kidneys, and blood.

Pesticides accumulate in the organs, resulting in a weakened immune system, allowing carcinogens and pathogens to filter into the body.

Organic certification is the public's assurance that products have been grown and handled according to strict natural procedures.

TOP SIX REASONS TO BUY AND EAT ORGANIC PRODUCE:

1

FUTURE GENERATIONS. Children are four times more sensitive to cancer-causing pesticides in foods than adults.

2

WATER. Pesticides pollute over half of the United States' primary source of drinking water.

3

CHEMICALS. Pesticides are poison designed to kill living organisms. Many pesticides were approved long before extensive research linked them to cancer and other diseases. Organic agriculture is a way to prevent any more of these chemicals from getting into the air, water, and food supply.

4

SAVE ENERGY. More energy is now used to produce synthetic fertilizers than to till, cultivate, and harvest all the crops in the United States.

5

HELP SMALL FARMERS. Although more and more large-scale farms are making the conversion to organic practices, most organic farms are small and independently owned and operated. Organic agriculture can be a lifeline for small farms because it offers an alternative market where sellers can demand fair prices for crops.

6

ORGANIC FARMERS. Three billion tons of topsoil erodes from croplands in the U.S. each year, and much of it is due to conventional farming practices, which often ignore the health of the soil. Organic agriculture respects the balance necessary for a healthy ecosystem.

FOOD LABELS

ANTIBIOTIC-FREE

“Antibiotic-free” means that an animal was not given antibiotics during its lifetime. Other phrases to indicate the same approach include “no antibiotics administered” and “raised without antibiotics”.

CAGE-FREE

“Cage-free” means that the birds are raised without cages. What this doesn’t explain is whether the birds were raised outdoors on pasture or if they were raised indoors in overcrowded conditions. If you are looking to buy eggs, poultry, or meat that was raised outdoors, look for a label that says “pastured” or “pasture-raised”.

FAIR TRADE

The “fair trade” label means that farmers and workers, often in developing countries, have received a fair wage and worked in acceptable conditions while growing and packaging the product.

FREE-RANGE

The use of the terms “free-range” or “free-roaming” are only defined by the USDA for egg and poultry production. The label can be used as long as the producers allow the birds access to the outdoors so that they can engage in natural behaviors. It does not necessarily mean that the products are cruelty-free or antibiotic-free, or that the animals spent the majority of their time outdoors. Claims are defined by the USDA, but are not verified by third-party inspectors.

GMO-FREE, NON-GMO, OR NO GMOS

GMOs, or genetically modified organisms, are plants or animals that have been genetically engineered with DNA from bacteria, viruses, or other plants and animals. Products can be labeled “GMO-free” if they are produced without being genetically engineered through the use of GMOs.

GRAIN-FED

Animals raised on a grain diet are labeled “grain-fed.” Check the label for a “100% vegetarian diet” claim to ensure the animals were given feed containing no animal by-products.

GRASS-FED

This means the animals were fed grass, their natural diet, rather than grains. In addition to being more humane, grass-fed meat is more lean and lower in fat and calories than grain-fed meat.

Grass-fed animals are not fed grain, animal by-products, synthetic hormones, or antibiotics to promote growth or prevent disease although they may have been given antibiotics to treat disease.

A “grass-fed” label doesn’t mean the animal necessarily ate grass its entire life. Some grass-fed cattle are grain-finished, which means they ate grain from a feedlot prior to slaughter. Look for “grass-fed and grass-finished”.

HEALTHY

Foods labeled “healthy” must be low in saturated fat and contain limited amounts of cholesterol and sodium. Certain foods must also contain at least 10% of the following nutrients: vitamins A or C, iron, calcium, protein, or fiber.

HERITAGE

A “heritage” label describes a rare and endangered breed of livestock or crops. Heritage breeds are traditional livestock that were raised by farmers in the past, before industrial agriculture drastically reduced breed variety. These animals are prized for their rich taste, and they usually contain a higher fat content than commercial breeds. Production standards are not required by law, but true heritage farmers use sustainable production methods. This method of production saves animals from extinction and preserves genetic diversity.

HORMONE-FREE

The USDA has prohibited use of the term “hormone-free,” but animals that were raised without added growth hormones can be labeled “no hormones administered” or “no added hormones.”

By law, hogs and poultry cannot be given any hormones. If the meats you are buying are not clearly labeled, ask your farmer or butcher if they are free from hormones.

NATURAL

Currently, no standards exist for this label except when used on meat and poultry products. USDA guidelines state that “natural” meat and poultry products can only undergo minimal processing and cannot contain artificial colors, artificial flavors, preservatives, or other artificial ingredients. However, “natural” foods are not necessarily sustainable, organic, humanely raised, or free of hormones and antibiotics.

NON-IRRADIATED

This label means that the food has not been exposed to radiation.

Meat and vegetables are sometimes irradiated (exposed to radiation energy) to kill disease-causing bacteria and reduce the incidence of foodborne illness. No thorough testing has been done to know if irradiated food is safe for human consumption.

PASTURE-RAISED

“Pasture-raised” indicates that the animal was raised on a pasture where it was able to eat nutritious grasses and other plants, rather than being fattened on grain in a feedlot or barn. Pasturing livestock and poultry is a traditional farming technique that allows animals to be raised in a humane manner. Animals are able to move around freely and carry out their natural behaviors. This term is very similar to “grass-fed,” though the term “pasture-raised” indicates more clearly that the animal was raised outdoors on pasture.

ORGANIC

All organic agricultural farms and products must meet the following guidelines (verified by a USDA-approved independent agency):

- Abstain from the application of prohibited materials (including synthetic fertilizers, pesticides, and sewage sludge) for three years prior to certification and then continually throughout their organic license.
- Prohibit the use of genetically modified organisms and irradiation.
- Employ positive soil building, conservation, manure management, and crop rotation practices.
- Provide outdoor access and pasture for livestock.
- Refrain from antibiotic and hormone use in animals.
- Sustain animals on 100% organic feed.
- Avoid contamination during the processing of organic products.
- Keep records of all operations.

If a product contains the “USDA Organic” seal, it means that 95 to 100% of its ingredients are organic. Products with 70 to 95% organic ingredients can still advertise “organic ingredients” on the front of the package, and products with less than 70% organic ingredients can identify them on the side panel. Organic foods prohibit the use of hydrogenation and trans fats.

RBGH-FREE OR RBST-FREE

Recombinant bovine growth hormone (rBGH), or recombinant bovine somatotropin (rBST), is a genetically engineered growth hormone that is injected into dairy cows to artificially increase their milk production. The hormone has not been properly tested for safety, and its use is not permitted in the European Union, Canada, and some other countries. Milk labeled “rBGH-Free” is produced by dairy cows that never received injections of this hormone. Organic milk is rBGH free.

Week Two Shopping List

Protein

Salmon Fillet; Egg; Prawn; Chicken Breast; Beef Fillet; Halibut Steak; Loin Steak; Trout Fillets; Soft Tofu; Red Snapper; Cooked Prawn.

Vegetables

Garlic; Celery; Carrot; Onion; Tomato; Zucchini; Gem Lettuce; Cucumber; Portabella Mushrooms; Avocado; Chili; Baby Spinach; Green Beans; Asparagus; Red Onion; Cherry Tomato; Broccoli; Potato; Broccoli; Jalapeno Pepper; Fresh Ginger; Small Button Mushrooms; Red Bell Pepper; Romaine Hearts; Yellow Bell Pepper; Cucumber; Red Onion; Leek.

Herbs

Basil; Parsley; Dill; Bay Leaves; Cilantro; Chervil; Tarragon; Mint Leaves; Thyme.

Fruits

Frozen Banana; Lemon; Frozen Raspberry; Blackberry; Nectarine; Fuji Apple; Blueberry; Lime; Banana; Orange.

Dairy Products

Fat-free Greek Yogurt; Skim Milk; Low-fat Milk; Parmesan Cheese; Non-fat Plain Yogurt; Feta Cheese; Fat-free Vanilla Frozen Yogurt; Fat-free Milk; Part-skim Mozzarella; Low-fat Cottage Cheese.

Fats/Oils

Olive Oil; Sesame Oil; Zero Calorie Olive Oil Spray; Canola Oil; Butter; Extra-virgin Olive Oil.

Grains

Bulgur; Rice.

Condiments/Spices

Peanut Butter; Cumin; Sea Salt; Tomato Paste; Paprika; Dried Mint; Black Pepper; Green Olives; Garlic Powder; Onion Powder; Canned Sweet Corn; Mayonnaise; Ketchup; Tabasco Sauce; Worcestershire Sauce; Dijon Mustard; Corn Flour; Honey; Wheat Flour; Granola Bar; Tahini; Seeded Mustard; Taco Seasoning; Fresh Corn; Brown Sugar; Cinnamon; Nutmeg; Red Pepper Flakes; Curry Powder; Ground Cumin; Mango Chutney; Ground Pepper; Reduced-sodium Soy Sauce; Rice Wine Vinegar; Cracked Black Pepper; Oregano; Pitted Kalamata Olives; Extra-light Mayonnaise; Taco seasoning mix (low-sodium).

Crackers/Bread/Spaghetti

Whole Wheat Toast Bread; Fettucine (Dried); Dry Soba Noodles; Whole Wheat Pita.

Beverages

Almond Milk; Frozen Orange Juice Concentrate.

Legumes

Canned Garbanzo Beans; Red Kidney Beans.

Seeds

Red Lentil.

Broth

Reduced-sodium chicken Stock; Vegetable Stock.

Week Two **Menu** (Please See the Recipes below)

Day 1

Breakfast: Peanut Butter Smoothie

Snack: Hummus with Celery or Carrot Sticks

Lunch: Red Lentil Soup with Mint

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Grilled Salmon

Day 2

Breakfast: Raspberry Banana Smoothie

Snack: Baked Zucchini

Lunch: Prawn Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Chicken Stroganoff

Day 3

Breakfast: Blackberry Yogurt Parfait

Snack: Zucchini and Avocado Hummus

Lunch: Mexican Beef and Beans

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Baked Halibut

Day 4

Breakfast: Avocado Banana Smoothie

Snack: Healthy Apples

Lunch: Green Bean Asparagus Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Honey Mustard Chicken

Day 5

Breakfast: Breakfast Zucchini

Snack: Yogurt Berries

Lunch: Red Lentil Curry Soup

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Steak with Steamed Vegetables

Day 6

Breakfast: Orange Juice Smoothie

Snack: Baked Sweet Potato

Lunch: Summer Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Baked Trout

Day 7

Breakfast: Tofu Scramble

Snack: Cottage Cheese and Fruit

Lunch: Greek Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Roasted Red Snapper

Week Two Recipes

Peanut Butter Banana Smoothie

Blend 1 frozen banana, 2 tablespoons peanut butter, 1 cup almond milk, and a few ice cubes. For an afternoon boost, prep it the night before and freeze, remove in the morning, and it will be thawed and ready to enjoy after lunch. You can add a scoop of protein powder to increase protein.



Hummus with Celery or Carrot Sticks

Ingredients

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 drops sesame oil, or to taste (optional)
- Celery and carrot sticks

Directions

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved. Enjoy with celery or carrot sticks.

Red Lentil Soup with Mint



Ingredients

- 2 tablespoons olive oil
- 1/2 onion, diced
- 1 clove garlic, minced
- 1/4 cup diced tomatoes, drained

- 5 cups chicken stock
- 1/2 cup red lentils
- 1/4 cup fine bulgur
- 1/4 cup rice
- 2 tablespoons tomato paste
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper (optional)
- 1 tablespoon dried mint
- salt and ground black pepper to taste

Directions

1. Heat the olive oil in a large pot over high heat. Cook and stir the onion in the hot oil until it begins to soften, about 2 minutes. Stir the garlic into the onion and cook another 2 minutes. Add the diced tomatoes to the onion mixture; continue to cook and stir another 10 minutes.
2. Pour in the chicken stock, red lentils, bulgur, rice, tomato paste, paprika, cayenne pepper, and mint to the tomato mixture; season with salt and black pepper. Bring the soup to a boil, reduce heat to medium-low, and cook at a simmer until the lentils and rice are cooked through, about 30 minutes.
3. Pour the soup into a blender to no more than half full. Firmly hold the lid in place and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into your serving dish. Alternately, you can use a stick blender and puree the soup in cooking pot.

Grilled Salmon

Ingredients

- 4 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon minced garlic
- 2 tablespoons lemon juice
- 4 salmon fillets, each 5 ounces
- Cracked black pepper, to taste
- 4 green olives, chopped
- 4 thin slices lemon

Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray.
2. Position the cooking rack 4 to 6 inches from the heat source. In a small bowl, combine the basil, parsley, minced garlic and lemon juice.
3. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the basil-garlic mixture. Place the fish herb-side down on the grill. Grill over high heat. When the edges turn white, after about 3 to 4 minutes, turn the fish over and place on aluminum foil.
4. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145 F (about 4 minutes longer). Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices.

Raspberry-Banana Smoothie

Combine 1/2 banana, 1/2 cup frozen raspberries, 1/2 cup fat-free Greek yogurt, and 8 ounces skim milk in a blender.

Pulse until smooth. Eat with 1 slice whole wheat toast and 2 teaspoons peanut butter.

Baked Zucchini

Ingredients

- 1 medium zucchini, about 6 inches long
- 1 teaspoon olive oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 tablespoons grated Parmesan cheese

Directions

Preheat oven to 375 F. Trim the ends off the zucchini. At every half-inch along the zucchini, slice most of the way through the zucchini, but don't cut all the way down. It should look like the zucchini is sliced in rounds but all the slices are still connected underneath.

Gently pat the zucchini dry with a paper towel. Place the zucchini on a piece of aluminum foil large enough to wrap completely around it. Drizzle the top of the zucchini with olive oil. Sprinkle with garlic and onion powders. Wrap the zucchini in foil and pinch closed. Lay it on a baking sheet.

Bake for 30 to 35 minutes or until the zucchini is tender when you poke it with a fork. Remove from the oven and open the foil. Sprinkle the cheese over the zucchini. Leave the foil open. Put the zucchini back in the oven for 1 to 2 minutes, until the cheese melts and turns a little brown. Serve warm.

Prawn Salad



Ingredients

- 1 egg
- 1 Baby Gem lettuce, shredded
- 195g can sweetcorn
- 1 carrot, coarsely grated
- ½ small cucumber, deseeded and diced
- 100g cooked prawns
- 2 tbsp extra-light mayonnaise
- 1 tbsp tomato ketchup
- splash Tabasco sauce
- lemon wedge, to serve (optional)

Directions

1. Boil the egg in a small pan of boiling water for 8 mins, drain and run under cold water until cool. Shell, then slice.

2. Layer the salad in a bowl starting with the lettuce, then the sweetcorn, carrot, cucumber, egg and finish with the prawns. Mix the mayo and ketchup with a dash of Tabasco, then pour over the top. Serve with a lemon wedge, if you like.

Chicken Stroganoff

Ingredients

- 1 chicken breast, no skin, sliced
- 2 tsp. olive oil
- 80g fettuccine dried
- 3 Portobello or flat mushrooms, sliced
- ½ onion sliced
- 1 tbsp. Worcestershire sauce
- ½ large zucchini, diced
- 2 tsp. sweet paprika
- 2 cloves garlic, crushed
- 1 tsp. Dijon mustard
- 1 tbsp. tomato paste
- ¾ cup light evaporative milk
- 2 tsp. corn flour
- ¼ cup water
- Handful chopped parsley

Directions

1. Cook pasta as per instructions, drain and set aside.
2. In a non-stick fry pan heat 1 tsp. olive oil and sauté onion for 5 minutes.
3. Add zucchini and mushrooms cooking until softened.
4. Add 1 tsp. olive oil and cook chicken breast. Splash Worcestershire sauce, paprika, garlic, stirring for a minute.
5. Now add milk, water, Dijon mustard tomato paste and parsley, simmering for a couple of minutes. Add the pasta and mix until combined.
6. Mix corn flour with a little water in a cup and add to pan, mix until thickened.
7. Serve with a little sprinkle of extra chopped parsley for garnish.

Blackberry Yogurt Parfait

Ingredients

- 6 ounces nonfat plain yogurt
- 2 teaspoons honey
- 1/2 cup blackberries
- 1/4 cup chopped nectarine
- 1 granola bar, crumbled

Directions

Mix honey into plain yogurt. Layer yogurt, fruit and granola in bowl.

Zucchini and Avocado Hummus



Ingredients

- 1 zucchini , peeled and diced small
- 1/4 avocado
- 1 clove garlic
- 2 tsps lemon juice
- 1 tsp cumin
- 3 tsps tahini
- 1 tsp extra virgin olive oil

Directions

1. Stick all the ingredients into a blender and pulse until smooth.
2. Dust with paprika to serve and keep in the fridge for 4- 5 days.

Mexican Beef and Beans

Ingredients

- 200g beef fillet, sliced
- ½ cup cooked rice
- 2 cloves garlic
- Pinch chili
- ½ cup red kidney beans
- ¼ cup vegetable stock
- 2 tsp. taco seasoning mix, salt reduced
- ½ onion, diced
- ½ cup corn, frozen
- 1 small carrot, diced
- 1 tbsp. olive oil
- Handful baby spinach leaves
- 1 tomato, diced

Directions

1. Cook rice as per instructions, set aside.
2. In a non-stick fry pan heat olive oil and sauté onion until softened approx 5 mins. Add carrot and veg stock and cook a further 3 mins.
3. Turn up heat and add sliced beef, stir frying for 2 mins. Add garlic and kidney beans and cook a further minute.
4. Add your cooked rice, and season with a pinch of chili and taco seasoning mix. Stir for a further minute then add corn, spinach and tomato.

Serve immediately. Option to add home-made guacamole

Baked Halibut

Ingredients

- 1 teaspoon olive oil
- 1 cup diced zucchini
- 1/2 cup minced onion
- 1 clove garlic, peeled and minced
- 2 cups diced fresh tomatoes
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 (6 ounce) halibut steaks
- 1/3 cup crumbled feta cheese

Directions

1. Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow baking dish.
2. Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.
3. Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese.
4. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Avacado-Banana Smoothie

Ingredients

- 1 avocado, pitted
- 1 banana
- 1/3 cup spinach
- 1/4-1/2 cup water

Directions

Place all ingredients in the blender and blend. Serve chilled.

Healthy Apples

Core a crisp apple (such as Granny Smith or Fuji) and put the wedges in a microwave-safe bowl. Sprinkle with a teaspoon of brown sugar and a pinch of cinnamon and nutmeg, then toss to cover. Cover the bowl with a microwave-safe plate and cook for 3 to 4 minutes on high. You can also add raisins or a table spoon of nut butter after the apples cook.

Green Bean and Asparagus Salad

Ingredients

- 1 pound fresh green beans, trimmed and cut into bite-size pieces
- 1 tablespoon extra-virgin olive oil
- 1 pound fresh asparagus, trimmed and cut into bite-size pieces
- 1 tablespoon extra-virgin olive oil
- 1/2 red onion, chopped
- 2 cups cherry tomatoes, halved
- 1/4 cup chopped fresh parsley
- Sea salt to taste
- Ground black pepper to taste

Directions

1. Preheat an oven to 400 degrees F (200 degrees C).
2. Toss green bean pieces and 1 tablespoon olive oil in a bowl until the green beans are evenly coated; spread onto a baking sheet.
3. Roast green beans in preheated oven until tender, about 10 minutes.
4. Toss asparagus pieces and 1 tablespoon oil in a bowl until the asparagus is evenly coated; spread onto the baking sheet with the partially roasted green beans.
5. Continue roasting the green bean and asparagus mixture until tender, 10 to 12 minutes.
6. Toss the roasted green beans and asparagus with red onion, cherry tomatoes, and parsley in a large bowl; season with kosher salt and black pepper.

Honey Mustard Chicken

Ingredients

- 425g Low-fat Milk
- 1 Clove Garlic

- 50g Butter
- 3 tablespoons seeded Mustard
- 1 tablespoon Dijon Mustard
- 2 tablespoons Honey
- 1 tablespoon flour
- Salt & Pepper to taste
- 4 Chicken Breasts
- 1 broccoli head
- 2 large carrots
- 4 large potatoes

Directions

1. Cut your broccoli and carrot and place into a steamer, and steam whilst you are preparing the rest of the meal.
2. Pierce each potato several times with a skewer and place into microwave and cook, keep checking, should take around 6 minutes for each potato.
3. In a medium fry pan place butter and garlic on medium heat and gently fry the garlic. Move around with a whisk for 1 minute ensuring garlic does not burn. Add 1 tablespoon of plain flour and keep stirring so the flour is forming with the butter a roux, this should take around 1 minute.
4. Slowly add $\frac{1}{4}$ at a time low fat milk whisking consistently. Once all the milk is added turn down heat to low and add the mustards, honey and salt and pepper. This should slowly thicken. Once thickened turn off heat and proceed to cook your chicken and vegs.
5. Take each chicken breast and place between some cling and with a rolling pin beat the breast so that it is even. Spray breast with oil spray and place on grill or BBQ and grill each side for 6-8 minutes depending on size of the chicken. Take off and rest for 2-3 minutes whilst you reheat the sauce.
6. Plate up your potato and vegies and chicken and pour small amount of the sauce on the chicken and the rest in a jug.

Breakfast Zucchini

Ingredients

- 1 medium zucchini
- 1 whole egg mixed with one/two egg whites
- Half of a medium onion chopped, you can also use chopped fresh onions (two spears)
- 1 cup of dill
- Sea salt

- Spray zero calorie olive oil
- Red pepper flakes (optional) or black pepper



Directions

1. Preheat the oven 400 F
2. Render the zucchini then squeeze and remove the water, use a small glass oven tray spray the tray with olive oil, in another bowl mix the zucchini, dill and onion well, transport this mix to the glass tray. Add the eggs final, then bake in the oven 25 minutes, or check till the mix expands, you can broil last 5 minutes, if you like the top fried.

Yogurt Berries

Combine 1/2 cup of nonfat plain Greek yogurt with 1/4 cup of blueberries.

Red Lentil Curry Soup

Ingredients

- 1 tablespoon canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced

- 2 tablespoons minced fresh ginger
- 1 jalapeño pepper, seeded and minced
- 1 1/2 tablespoons curry powder
- 1 teaspoons cinnamon
- 1 teaspoon ground cumin
- 2 bay leaves
- 1 1/2 cups red lentils, rinsed and picked over
- 8 cups reduced-sodium chicken broth
- 3 tablespoons chopped fresh cilantro, or parsley
- 2 tablespoons lemon juice
- 2 tablespoons mango chutney
- Salt & freshly ground pepper, to taste
- 1/3 cup plain nonfat yogurt



Directions

1. Heat oil in a heavy stockpot over medium heat. Add onion and sauté until softened, 3 to 5 minutes. Add garlic, ginger, jalapeno, curry powder, cinnamon, cumin and bay leaves and cook, stirring, for about 5 minutes longer.
2. Stir in lentils and broth and bring to a boil. Reduce heat to low and simmer, partially covered, until the lentils are tender, about 45 minutes.
3. Discard bay leaves. Stir in cilantro (or parsley), lemon juice and chutney. Season with salt and pepper. Ladle the soup into bowls and garnish with yogurt.

Steak with Steamed Vegetables

Ingredients

- 8 ounces loin steak, cut into 1/2-inch strips
- 4 ounces dry soba noodles
- 2 cups chopped fresh asparagus, cut into 1-inch segments
- 2 cups broccoli florets

For the sauce:

- 1/2 cup reduced-sodium soy sauce
- 1/3 cup rice wine vinegar
- 1 tablespoon sesame oil
- 2 tablespoons freshly grated ginger root, peeled
- 1 teaspoon sugar
- Cracked black pepper, to taste

Directions

1. Lightly coat a large, nonstick frying pan with cooking spray. Over high heat, sauté the strips of steak until slightly pink, about 5 minutes. Set aside on a covered platter to keep warm.
2. Fill a large pot 3/4 full with water and simmer. Add the soba noodles and cook until almost tender, about 10 minutes, or according to package directions. Drain the pasta thoroughly. Rinse the noodles and drain again.
3. Meanwhile, in a large pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus and broccoli florets, cover and steam until tender, about 10 minutes. Add the vegetables to the noodles and toss gently to mix evenly.
4. To make the sauce, in a small saucepan over medium heat combine the soy sauce, rice wine vinegar, sesame oil, ginger, sugar and pepper. Heat until warmed.
5. Divide the noodle-vegetable mixture onto warmed plates. Add the strips of steak and drizzle with the sauce. Serve immediately.

Orange Juice Smoothie

Ingredients

- 1 cup fat-free vanilla frozen yogurt
- 3/4 cup fat-free milk
- 1/4 cup frozen orange juice concentrate

Directions

1. In a blender, combine the frozen yogurt, milk and orange juice concentrate. Blend until smooth.
2. Pour into tall frost-chilled glasses and serve immediately.

Baked Sweet Potato

Preheat the oven to 425 degrees Fahrenheit. Cut four sweet potatoes into 1-inch-wide wedges, place flesh-side down on a roasting pan, then brush with a mixture of 2 tablespoons olive oil, 1 1/2 teaspoons chili powder, and 1 teaspoon kosher salt. Cook, turning once, for 20-25 minutes. Remove pan from oven and sprinkle with ½ teaspoon sea salt.

Summer Salad



Ingredients

- 200g pack small button mushrooms, finely sliced
- juice 1 lemon
- 200g green beans, trimmed
- handful soft green herbs, such as basil, chervil, parsley and tarragon
- 100g cherry tomatoes, quartered
- 3 tbsp olive oil
- 75g parmesan (or vegetarian alternative), shaved into large curls

Directions

1. In a bowl, toss mushrooms with half the lemon juice and set aside – the lemon juice will soften the mushrooms. Blanch the beans in boiling salted water for 5-6 mins until they still have a crunch, but they are not squeaky, then drain and cool in iced water.
2. Toss the beans and mushrooms together in a bowl with the herbs and season with salt and pepper. Toss through the tomatoes, remaining lemon juice and the olive oil and scatter with Parmesan just before serving.

Baked Trout

Ingredients

- 2 pounds trout fillets or other fish, cut into six pieces
- 3 Tablespoons lime juice or about 2 limes
- 1 medium chopped tomato
- 1/2 medium chopped onion
- 3 Tablespoons chopped cilantro
- 1/2 teaspoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper (optional)

Directions

1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender

Tofu Scramble

Ingredients

- 1 tsp olive oil
- 4 oz soft tofu, crumbled
- 1/2 large red bell pepper, chopped
- 2/3 cup chopped baby Portobello mushrooms

- 1 cup chopped spinach
- 1 100% Whole Wheat toast bread
- 1 oz part-skim mozzarella
- 1/2 tsp oregano

Directions

Heat oil in a sauté pan, then add tofu and vegetables. Cook for 5 to 7 minutes, stirring often. Serve on sandwich thin, and top with cheese and oregano.

Cottage Cheese and Fruit

Eat snack-size cottage cheese with a banana. A number of brands sell single-serving 4- or 5-ounce cartons, which can help control portions. Low-fat choice is better, of course it doesn't have to be fat-free because a little fat helps keep you full.



Greek Salad

Ingredients

- 1/4 cup fresh lemon juice
- 1 small garlic clove, minced
- 1 tablespoon honey
- 1/4 teaspoon salt

- 1/8 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 1 1/2 heads hearts of Romaine, chopped (about 12 cups)
- 1 cup canned chickpeas (garbanzo beans), rinsed and drained
- 1 small yellow bell pepper, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 1 cup chopped cucumber
- 1/2 small red onion, chopped
- 1/4 cup pitted kalamata olives
- 1/3 cup crumbled feta cheese
- 1/4 cup fresh mint leaves
- 2 whole-wheat pitas, toasted and halved



Directions

Whisk together the first 5 ingredients (through black pepper) in a bowl. Slowly whisk in olive oil until well-combined. Place romaine in large serving bowl. Arrange chickpeas and next 6 ingredients (through feta) on top in sections. Sprinkle mint leaves over the salad. Drizzle the dressing over the salad just before serving, and toss. Serve with toasted pita halves.

Roasted Red Snapper

Ingredients

- 1/4 cup fresh orange juice
- 1/2 cup fresh lime juice
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon grated lime zest
- 3 shallots or 1/2 red onion, chopped (about 1/4 cup)
- 2 tablespoons olive oil or canola oil
- 1 small whole red snapper, about 1 1/2 pounds, cleaned and scaled, head and tail left on
- 2 garlic cloves, coarsely chopped
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1 small leek, including tender green top, halved lengthwise and cut crosswise into 1 1/2-inch pieces
- 2 large tomatoes, cut crosswise into slices 1/2-inch thick

Directions

1. In a shallow glass baking dish, make a marinade by combining the orange and lime juices, orange and lime zests, shallots, and 1 tablespoon of the oil. Score the skin of the fish in a diamond pattern.
2. Add the fish to the marinade and turn once to coat. Cover and refrigerate for 30 minutes, turning the fish occasionally.
3. Preheat the oven to 425 F. Lightly coat a shallow baking dish with cooking spray.
4. In a blender or small food processor, combine the garlic, basil, mint, thyme, the remaining 1 table spoon of oil, 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper. Pulse to puree. In a small bowl, combine half of the herb paste with the leek. Toss gently to mix.
5. Sprinkle the leek mixture evenly over the bottom of the prepared baking dish. Top with the tomato slices, arranging them in a single layer. Sprinkle the tomatoes with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Remove the fish from the marinade and pat dry. Discard the marinade. Rub the remaining herb paste over the fish, coating both sides. Place the fish on top of the tomatoes and cover the dish tightly with aluminum foil.
6. Roast the fish for 30 minutes, then uncover and roast until the fish is opaque throughout when tested with the tip of a knife, 10 to 12 minutes longer. Lift the fish from the baking dish and place on a large platter. Divide the vegetables among 4 warmed individual plates. Peel the skin from the top of the fish, remove the top fillet, and divide it between 2 of the plates. Lift out the center fish bone and discard. Lift the second fillet and divide it between the remaining 2 plates. Serve immediately.