



SOZA

RECIPES

Always keep in mind the diet restrictions:

No regular sugar. Use Stevia, Truvia or Swerve

No regular table salt. Use sea salt or pink Himalayan salt only.

No pre-made fruit juices. Use fresh squeezed juices for recipes (lemon/lime)

No more than 2 tablespoons of olive oil a day. Use olive oil cooking spray when able.

When using uncooked egg whites, make sure they are pasteurized.

DRESSINGS, MARINADES, & CONDIMENTS

*****Refrigerate all dressings, marinades, and condiments when not in use*****

Cauliflower Cream Sauce

Makes 4 vegetable servings.

Ingredients:

2 heads cauliflower, cut into small florets
6 garlic cloves, unpeeled
1/3 cup Bragg's nutritional yeast
1 tsp Dijon mustard powder

3 small shallots, cut into wedges
2 tbsp olive oil
¼ cup almond milk
sea salt and pepper, to taste

Directions:

1. Preheat oven to 375F
2. Place cauliflower, shallots, garlic, and olive oil in a mixing bowl and toss together. Season with sea salt and pepper.
3. Spread mixture onto a baking sheet and roast for 30-40 minutes or until florets are tender, stirring occasionally.
4. Pick out garlic cloves, remove peels, and discard. Add roasted garlic back to mixture.
5. Pour mixture and remaining ingredients into a blender, season with sea salt and pepper, and puree until smooth, 2-3 minutes.
6. Pour puree into saucepan and simmer for 5 minutes. Adjust seasonings and toss together with spaghetti squash.

*****Add a serving of chicken or shrimp and one serving of spaghetti squash to make an entire meal.*****

Raspberry or Strawberry Vinaigrette

Makes 1 serving.

Blend 1 tbsp olive oil, 1/4 cup red wine vinegar, stevia to taste, and 2-3 raspberries or strawberries in a blender.

Creamy Ranch Dressing (similar to Outback)

Makes approximately 10 – 12 servings

Ingredients:

15 oz. silken tofu (squeeze out and discard excess liquid)

2/3 cup unsweetened almond milk, start with using less to make the consistency you desire.

2 cubes vegan bouillon

2 tbsps plus 1 tsp apple cider vinegar

1 tsp garlic powder

½ tsp onion powder

1 tsp truvia or stevia

½ tsp salt

¼ tsp fresh ground black pepper

½ tsp dried dill

Directions

Add everything but the pepper and the dill into a blender and blend away, scraping the sides and pushing it around as needed until creamy. Add the dill and pepper and pulse until mixed through.

Italian Salad Dressing or Marinade

Makes 8 servings

Ingredients:

12 tbsp olive oil	4 tbsp red wine vinegar
3 cloves garlic	¼ tsp oregano
¼ tsp rosemary	¼ tsp basil
½ tsp sea salt, or to taste	¼ tsp ground black pepper, or to taste

Directions:

Process all ingredients in a blender until smooth. Serve over lettuce.

To make a flavorful marinade, double the herbs, add another clove or two of garlic and process in blender.

Teriyaki Marinade

Ingredients:

½ cup Bragg's liquid aminos	½ cup water
¼ cup truvia, or to taste	2 tsp ginger root, grated or ginger powder
2 tbsp fresh minced garlic	

Directions:

Put ingredients in pan. Add chicken, shrimp, fish, or steak in marinade and let sit. Bake or grill with assorted veggies.

Salsa

Makes 4 servings

Ingredients:

3 medium tomatoes	¼ cup lime juice, freshly squeezed
1/2 large purple onion, diced	4 cloves garlic, minced
1 jalapeno pepper, diced	¼ tsp ground cumin
1 green pepper, finely diced	¼ tsp chipotle powder
1 tsp sea salt	¼ cup chopped fresh parsley

Directions:

1. Mix ingredients and serve.

Oriental Salad Dressing

Makes 10 servings

Ingredients:

1/3 cup vinegar
2 tbsp water
2/3 cup olive oil

¼ cup Bragg's Liquid Aminos
1 tsp sesame seed (optional)

Directions:

Combine ingredients in bowl and whisk. Chill until ready to serve.

Lemon-Garlic Salad Dressing

Makes 8 servings

Ingredients:

½ cup olive oil
1 tbsp lemon rind, grated
¼ tsp ground nutmeg

½ cup lemon juice
¼ tsp sea salt, or to taste
2 garlic cloves, crushed

Directions:

Blend oil and lemon juice. Add lemon rind, sea salt, nutmeg, and garlic. Refrigerate for 2 hours to allow flavor to develop before using.

Lemon Vinaigrette

Makes 16 servings.

Ingredients:

2-3 fresh lemons (½ cup fresh juice)
2 garlic cloves
1 tbsp Italian seasoning
pinch of sea salt, or to taste

2 tbsp red wine vinegar
1 tbsp mustard powder
1-2 tbsp stevia, or to taste
1 – 1 ½ cups olive oil

Directions:

Combine all ingredients except oil in a blender. Pulse a few times to chop garlic thoroughly and mix ingredients together. On low speed, slowly add olive oil to mixture in a steady stream. Add oil until mixture has emulsified to a vinaigrette.

Cilantro Lime Dressing

Makes 8 servings

Ingredients:

1 cup packed cilantro
½ cup freshly squeezed lime juice
½ tsp sea salt
pinch of minced garlic

¼ cup extra-virgin olive oil
¼ cup freshly squeezed orange juice
½ tsp freshly ground pepper

Directions:

Puree all ingredients in blender until smooth. Can also be used as a marinade.

Sweetened Strawberry Poppy Seed Dressing

Makes 12 servings

Ingredients:

1 cup strawberries	4 tbsp red wine vinegar
3 tbsp stevia	½ tsp. kosher salt
½ tsp. mustard powder	½ c. olive oil
1 tsp. poppy seeds	

Directions:

Put all ingredients in high-speed blender, except for poppy seeds and blend "sauce/dressing" mode, if using a Blend etc. Pour poppy seeds in and pulse a twice. Pour in container and serve. This dressing stays good for a few days, if it lasts that long.

BBQ Sauce

Makes 8 servings

Ingredients:

1 can organic tomato sauce (POMI)	3 tbsp yellow mustard powder
2 tbsp white wine vinegar	1 tsp Bragg's Liquid Aminos
2 tsp chopped parsley	¼ tsp sea salt
Ground black pepper, to taste	¼ tsp garlic powder

Directions:

Mix all ingredients together in a blender and store in refrigerator for up to one week.

Ketchup

Ingredients:

4 medium tomatoes, stems removed	2/3 cup apple cider vinegar
1/3 cup water	2 tbsp stevia
2 tbsp chopped onions	2 garlic cloves
1 tsp sea salt	1/8 tsp ground allspice
1/8 tsp ground cloves	1/8 tsp black pepper

Directions:

Combine ingredients in food processor and blend until the onion disappears. Spoon mixture into an airtight container and store in refrigerator.

Asian Stir Fry Sauce

Ingredients:

¼ cup Bragg's Liquid Aminos
1 tbsp white wine vinegar
1 to 2 tsp ginger, minced

2 garlic cloves, minced
1 tbsp homemade ketchup
1 tsp olive oil

Directions:

Mix all ingredients together. Leave for 10 minutes or more to allow the sauce to thicken. This sauce is great with any meat/vegetable and gives it a good Asian flavor.

Mayonnaise

****Limit 1 tbsp per day!! This replaces one tbsp of olive oil.****

Ingredients:

2 large egg yolks
½ tsp sea salt
¾ cup light flavor olive oil

1 tablespoon lemon juice
½ tsp mustard powder

Directions:

1. In a wide mouthed mason jar or comparably sized container, add the ingredients in the order listed above. Let it set for a moment to make sure the egg yolk is settled at the bottom.
2. Place an immersion blender fully at the bottom of the container and start slowly pulsing the mixture. Within a few seconds, you will see mayonnaise start to form at the bottom of the jar. Slowly move the blender up and down to finish forming the mayonnaise. The whole process should take no more than a minute.
3. Scrape the sides of the jar and cover with a lid. Place in the refrigerator and use within one week.

Greek Lemon Garlic Salad Dressing

Makes 8 servings

Ingredients:

¼ cup fresh lemon juice
black pepper and sea salt, to taste
1 tsp dry mustard powder

¾ cup olive oil
2 tsp Greek seasoning blend, or Greek oregano
2 garlic cloves, minced

Directions:

1. Combine all ingredients except olive oil in a bowl, mix
2. Add olive oil and whisk together well

Sweet and Sour Lime Dressing

Makes 1 serving

Ingredients:

1 tbsp fresh lime juice

1 tsp water

2 tbsp extra virgin olive oil

sea salt and pepper, to taste

stevia, to taste

Directions:

1. Put lime juice and water in bowl. Add sweetener until you like the taste
2. Add sea salt and pepper, and whisk together to dissolve the salt
3. Whisk in olive oil

Salads

Tofu Ceviche

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

½ container firm or extra firm tofu, pressed and diced	½ cup celery, diced
½ cup green bell pepper, diced	1 cup tomatoes, diced
¼ red onion, finely diced	2 tbsp fresh cilantro, chopped
juice of 2 limes	½ tsp sea salt-free

Directions:

1. In a medium or large bowl, gently combine all ingredients except sea salt.
2. Begin to add sea salt with ¼ tsp and keep adding to taste while gently tossing.
3. May eat immediately, however, this dish will taste much better if allowed to marinate for a few hours in the refrigerator. May also serve over a bed of lettuce for a more filling meal.

Thai Slaw with Grilled Chicken

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

2 grilled chicken breast halves, cut into cubes

For Slaw:

1 (16oz bag) shredded cabbage or 1 medium head	1 seedless cucumber, sliced thin
1 red bell pepper, seeded and thinly sliced	4 scallions, thinly sliced
20 leaves of fresh herbs (mint, cilantro, and basil)	

Dressing:

½ tsp crushed red pepper flakes	1 garlic clove, minced
¼ cup red wine vinegar	2 tsp truvia, or stevia
2 tbsp Braggs Liquid Amino (tastes like soy sauce)	2 tbsp olive oil
juice of 1 lime	

Directions:

1. Combine vegetables in a large bowl.
2. Combine all ingredients for dressing in a blender or food processor for about 30 seconds, or until smooth
3. Drizzle sauce over veggies and toss to coat evenly. Let stand for about 10 minutes and re-toss before serving.
4. Serve topped with cubed grilled chicken.

Creole Tomato Salad

Makes 4 vegetable servings *Add 2 servings of any protein to make 2 complete meals*****

Ingredients:

Salad

4 tomatoes, cut into ¼ inch thick slices (about 2lbs)
1 onion, thinly sliced and separated into rings
¼ tsp sea salt, or to taste
1 tbsp thinly sliced fresh mint
2 tsp chives, chopped

Vinaigrette:

4 tsp olive oil
4 tsp red wine vinegar
1 tsp mustard powder
½ tsp garlic, minced

Directions:

1. To prepare salad, alternate tomato and onion slices on a platter. Sprinkle with salt and top with mint and chives.
2. To prepare vinaigrette, combine all ingredients in a bowl, whisk and drizzle over salad and serve at room temperature.

Mediterranean Cucumber Salad with Shrimp

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

2 large cucumbers, sliced
1 large tomato, diced
1 tbsp olive oil
¼ tsp cumin
1/8 tsp oregano
¼ tsp nutmeg
½ lb boiled shrimp, peeled

1 small red onion, diced
juice of 2 lemons
¼ tsp basil
1/8 tsp coriander
¼ tsp cinnamon
sea salt and pepper, to taste

Directions:

1. In a large bowl mix together olive oil, lemon juice, basil, cumin, coriander, oregano, cinnamon, and nutmeg.
2. Add cucumbers, tomato onion, and boiled shrimp. Mix well. Salt and pepper, to taste.
3. May eat immediately, however, this dish tastes even better when allowed to marinate for a few hours in the refrigerator.

Steak and Spinach Salad

Makes 1 meal (1protein serving+2 vegetable servings)

Ingredients:

4oz filet, top sirloin or tenderloin
¼ cup red onion, thinly sliced
2 tbsp olive oil
sea salt and pepper, to taste

2 cups spinach
1 tomato, wedged
2 tbsp red wine vinegar
1 small shallot

Directions:

1. In a pan, add ½ tbsp olive oil and cook steak to desired degree of doneness. Season with sea salt and pepper, to taste and set aside.
2. Combine remaining 1 ½ tbsp olive oil, vinegar, shallot, sea salt, and pepper in a food processor or blender until mixture is almost smooth.
3. In a large bowl, mix together spinach, red onion and tomato. Toss with dressing.
4. Cut steak into thin slices and top salad. Season with sea salt and pepper, to taste.

Roasted Artichoke Asparagus and Shrimp Salad

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

2 fresh artichokes	6 asparagus spears, cut into bite sized pieces
1 cup cherry or grape tomatoes, sliced in half	1 small shallot or ½ small red onion, sliced
½ pound shrimp, peeled and deveined	juice of 3 lemons
3 tbsp olive oil, divided	2 tbsp rice vinegar
½ tsp garlic powder	sea salt, to taste

Directions:

To cook artichokes:

1. Cut top and base from artichoke. Use scissors to snip off prickly ends of leaves.
2. Fill large pot with sea salted water and bring to a boil. Add artichokes and return to a boil.
3. Reduce heat and allow to steam for 20 minutes. Remove from water.
4. Peel the artichoke by breaking off one leaf at a time.
5. Scrape off the inedible prickly “choke” to expose the heart. Cut the heart into quarters.

For salad:

1. Heat oven to 400 degrees.
2. Spread artichoke hearts and leaves on a baking sheet along with cut asparagus and shrimp. Drizzle 1 tbsp olive oil on vegetables and shrimp and season with sea salt. Roast in oven for 8-10 minutes. Set aside to cool.
3. Slice tomatoes and onion.
4. Mix lemon juice, remaining olive oil, vinegar, garlic powder, and sea salt for dressing.
5. Toss artichoke leaves in dressing and remove with slotted spoon and leave dressing for salad, leaving leaves separate to enjoy on the side.
4. To large salad bowl, combine shrimp and vegetables except artichoke leaves. Toss with dressing.

Chili Rubbed Chicken Salad

Makes 2 meals (each meal-1 protein servings+2 vegetable servings)

Ingredients:

2 boneless chicken breast halves, cubed	4 cups lettuce, chopped
---	-------------------------

1 red, yellow or orange pepper, sliced
2 medium tomatoes, cut into wedges
½ tbsp chili powder
½ tbsp rice vinegar
½ tsp sea salt

1 cucumber, sliced
2 tbsp POMI tomato paste
1 tbsp water
1 clove garlic, minced
olive oil cooking spray

Use Sweetened Strawberry Poppy Seed Dressing or Sweet and Sour Lime Dressing from dressings recipes

Directions:

1. Mash garlic with the sea salt in a small bowl. Stir in POMI tomato paste, chili powder, water and rice vinegar.
2. Coat chicken with mixture and let marinate, covered in the refrigerator while prepping the vegetables.
3. Prep the lettuce, tomatoes, pepper, and cucumber, and set aside.
4. In a large pan, cook chicken on medium-high heat until thoroughly done.
5. Assemble vegetables on separate plates and top with cubed chicken. Dress with either oil and vinegar or either one of the suggested dressings (Sweetened Strawberry Poppy Seed or Sweet and Sour Lime).

Iselsa's Tuna Salad

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

1 bell pepper
½ white onion, chopped
Bragg's Liquid Aminos

3.5oz tuna (if canned, only use white albacore in water)
1 tomato, chopped
sea salt and pepper to taste

Directions:

1. Cut the top off the bell pepper and gently remove seeds
2. If using canned tuna, drain water and combine with onions and tomatoes
3. Season mixture to taste with Bragg's liquid aminos, sea salt, and pepper
4. Stuff the tuna mixture into the bell pepper and serve.

Gazpacho Shrimp Salad with Red Pepper-Tomato Dressing

Makes 6 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

Salad:

1 ½ lb fresh or frozen large shrimp, thawed and deviened
2 green peppers, chopped
2 cucumbers, chopped
sea salt and black pepper

5 large tomatoes, chopped
1 red onion, chopped
fresh parsley, for garnish

Dressing:

½ cup red peppers, roasted
1/3 cup olive oil
1 clove garlic, minced
sea salt and black pepper, to taste

2 large tomatoes, quartered
2 tbsp vinegar
1 tsp smoked paprika

Directions:

Salad:

1. Fill large pot half full with lightly salted water and bring to a boil.
2. Add shrimp. Cook uncovered for 1 minute.
3. Remove pot from heat. Let shrimp sit in water for 1 to 2 minutes or until opaque.
4. Remove shrimp with a slotted spoon and set aside to cool.
5. Prepare dressing.

Dressing:

1. In blender, combine peppers, tomatoes, olive oil, vinegar, garlic, and smoked paprika.
2. Cover and blend until very smooth.
3. Season with sea salt and pepper.

In a large bowl, toss together salad vegetables. Season with sea salt and pepper.
Divide dressing among 6 bowls. Add vegetables and shrimp.
Top with parsley.

Egg-cellent Asparagus and Tomato Salad

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

3 hard boiled egg whites, quartered
1 cup cherry or grape tomatoes
2 tbsp olive oil
2 tbsp vinegar

6 asparagus spears, cut into 2 inch pieces
2 cups mixed lettuce greens
1 clove garlic, minced
sea salt and black pepper, to taste

Directions:

1. In pan, saute asparagus with 2 tablespoons olive oil and minced garlic.
2. Top 2 cups greens with asparagus, garlic and oil. Add egg whites.
3. Drizzle vinegar over salad and salt and pepper, to taste.

Sweet Pepper, Argula & Steak Salad

Makes 2 meals (each meal-1 protein servings+2 vegetable servings)

Ingredients:

For the Salad:

olive oil for brushing vegetables & for grill grate
2 large red bell peppers, cut into quarters
freshly ground black pepper
1 cup chopped watercress or arugula

1/2 large red onion, cut into 1/2-inch wide rings
1 cup halved grape or cherry tomatoes
1/2 pound lean steak, trimmed

For the Vinaigrette:

1/4 cup red wine vinegar
1/2 tsp freshly ground black pepper
1/4 cup finely chopped fresh chives

stevia (if desired)
2 Tbsp extra-virgin olive oil

Directions:

For the vinaigrette:

Whisk the vinegar, salt, and pepper (stevia to taste), in a small bowl, until the salt is dissolved.
While whisking constantly, pour in the olive oil. Stir in the chives, taste, and adjust seasoning as desired.
Set aside until ready to use.

For the Salad:

Heat the grill to medium (350* F) and rub the grate with a towel dipped in oil.
Brush the vegetables all over with oil and season well with salt and pepper to taste.
Grill the vegetables, turning rarely, over medium heat until soft and charred, about 15 minutes for the peppers.
Remove the vegetables from the grill to a cutting board and let cool slightly. Cut the onion rings into quarters and cut the peppers into 1-inch cubes. Reserve.
Season the steak generously with salt and freshly ground black pepper. Grill the steak until desired doneness, about 4 minutes on each side for medium-rare.
Transfer to a cutting board and let rest for 5 minutes.
Cut the steak against the grain into 1/2-inch slices and add to a medium bowl.
Pour 1/3 of the vinaigrette over the steak and toss to coat.
Combine the peppers, onion, watercress or arugula, and the remaining vinaigrette in a large serving bowl, and toss to combine.
Top with the steak, adjust seasoning, as desired, and serve.

Italian Tuna Salad

Makes 2 meals (each meal-1 protein servings+2 vegetable servings)

Ingredients:

Salad:

2 small cans/pouches Albacore tuna in water
1 tomato, wedged
1/4 red onion, chopped
1/2 head ice burg lettuce, roughly torn

1 cucumber, sliced
1 red bell pepper, sliced
2 celery stalks, thinly sliced

Dressing:

1/4 tsp onion powder

1/4 tsp dried basil

¼ tsp dried thyme
¼ tsp dried oregano
1 garlic clove, minced
1 packet stevia
4 tbsp red wine vinegar

¼ tsp dried parsley
½ tsp sea salt
¼ tsp black pepper
2 tbsp olive oil
1 tbsp water

Directions:

1. In a large bowl, toss together all of the *salad* ingredients.
2. In a small bowl, mix together all of the *dressing* ingredients.
3. Drizzle dressing over salad and toss once more.

Summer Salad

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

1 cup Romaine lettuce, chopped
½ cup green bell pepper, thinly sliced
¼ of a whole cucumber, sliced
½ cup zucchini, chopped
Rouse's Cajun seasoning, to taste

1 cup chopped Ice burg lettuce
½ cup wedged fresh tomatoes
2 grilled or baked chicken tenders
½ cup squash, chopped

Directions:

1. Assemble the "raw" vegetables on a plate.
2. Cook chicken tenders. In a separate pan cook zucchini & squash together. Season both with Rouse's Cajun seasoning & garlic powder. Lightly spray with olive oil cooking spray.
3. Add to the salad while still warm.
4. 1 tbsp olive oil & red wine vinegar on top.
5. Fresh cracked pepper and sea salt to taste.

BREAKFAST

Hash browns (Spaghetti Squash Style)

Makes 1 to 2 vegetable servings, depending on the amount of squash, 1 cup=1 serving

Ingredients:

3 Tbsp. chopped green onion
spaghetti squash (drained)

1-2 egg whites
sea salt & pepper to taste.

Directions:

Mix all ingredients together (use 1-2 egg whites depending on the amount of squash, you don't want the mixture to be soupy) create patties, and sauté' in light olive oil. The patties will be crunchy on the outside; take out and let drain. Use salt & pepper to taste.

Pancakes – Soza Style

Makes 1 protein serving

Ingredients:

½ cup liquid egg whites
cinnamon, to taste

1 scoop Soza protein powder – Vanilla
stevia, to taste

Directions:

1. Blend ingredients together
2. Pour on a hot non-skillet to size
3. Cook until bubbling, and flip over to cook the other side

Berry Glaze for pancakes

Makes 3 fruit servings

Ingredients:

1 cup raspberries
8-10 large strawberries
2/3 cup water

1 cup blueberries
1/3 cup stevia, or to taste

Directions:

In a medium saucepan, combine berries, stevia, and water. Bring to a boil. Reduce heat to low and cover. Simmer until thickened (about 5-8 minutes). Cool to room temp and serve over beef or chicken. Cool in fridge and use on the Soza pancakes or other fruit for a snack.

Tofu Breakfast Wraps

Makes 1 breakfast meal (1 protein serving+1 Vegetable serving)

Ingredients:

½ container firm tofu, pressed of excess liquid and crumbled	½ tbsp olive oil
¼ onion, finely sliced	½ cup any color bell pepper, finely sliced
½ cup broccoli, chopped	¼ tsp Bragg's Liquid Aminos
¼ cup fresh cilantro, chopped	sea salt and pepper, to taste
2-3 large lettuce leaves for wraps	

Directions:

1. In a large pan on medium-high heat, add olive oil, onions, peppers, and broccoli. Saute for 2 minutes, stirring frequently.
2. Cover with lid and reduce heat to medium-low allowing veggies to cook in their own for 2-3 minutes.
3. Add tofu, sea salt, pepper, and Bragg's Liquid Aminos. Saute for an additional 2 minutes until tofu has absorbed most of the liquid.
4. Serve tofu and vegetables in lettuce leaves and top with cilantro.

Egg White Muffins

Makes 12 muffins- 3 muffins = 1 protein serving

Ingredients:

12 servings liquid egg whites	¼ cup chopped tomatoes
½ cup chopped spinach	¼ cup chopped red and green peppers
pinch of Mrs. Dash Original seasoning	sea salt and black pepper to taste
onion powder, to taste	

Directions:

1. Blend all ingredients in a bowl. Spray muffin pan with Olive Oil spray and divide mixture into pan.
2. Bake at 350 degrees for 10-15 minutes, and then let cool for about 5-10 minutes.

Huevos Rancheros

Makes 2 breakfast meals (each meal =1 protein serving and 1 vegetable serving)

Ingredients:

6 egg whites	½ white onion, finely chopped
½ clove garlic, minced	½ red bell pepper, diced
1 large tomato, chopped	½ tbsp. fresh lime juice
½ tsp oregano	sea salt and black pepper to taste
optional – ½ Serrano pepper, chopped	olive oil spray as needed

Directions:

1. Preheat oven to 350. Heat skillet over medium heat and spray with olive oil spray.
2. Add garlic and onions and sauté for about 5 minutes, stirring frequently.
3. Add bell pepper and optional Serrano pepper until softened.
4. Next, add tomatoes, lime juice, and oregano and season to taste with salt and pepper. Bring to a boil, then reduce and let simmer for 10 minutes.
5. Transfer into a large, olive oil sprayed oven safe dish.
6. Bake for 12-15 minutes, or until eggs are set.

“Almost” Oatmeal Shake

Makes 1 breakfast meal (1 protein serving + 1 fruit serving)

Ingredients:

1 scoop Vanilla Soza protein powder	1 apple, cored, sliced
cinnamon and stevia, to taste	8oz almond milk, unsweetened

Directions:

1. Toss apple slices in cinnamon and stevia and bake on 350 until a golden brown.
2. Mix almond milk and vanilla Soza protein powder in a blender until all the powder is mixed.
3. Add the baked apples to the blender and blend until smooth. It tastes like Apple-Cinnamon Oatmeal!

Crustless Spinach and Broccoli Quiche

Makes 2 breakfast meals (each meal-1 protein serving+1 vegetable serving)

Ingredients:

6 egg whites	½ onion, minced
1 cup chopped broccoli, cooked	1 cup fresh spinach
1 cup unsweetened almond milk	1 tbsp mustard powder
¼ tsp sea salt	1/8 tsp black pepper
olive oil cooking spray	

Directions:

1. Preheat oven to 350 degrees.
2. Coat 9 inch pie pan with olive oil cooking spray.
3. Spread broccoli and spinach throughout pan.
4. In a separate bowl, whisk together egg whites, unsweetened almond milk, onion, mustard powder, sea salt and pepper.
5. Pour egg mixture into pan over broccoli and spinach.
6. Bake at 350 degrees for 30 minutes. Let cool for 5 minutes before serving.

Breakfast Sausage

Makes 8 patties- 2 patties =1 protein serving

Ingredients:

1 lb extra lean ground buffalo, beef or chicken breast	½ tsp cumin
½ tsp cayenne pepper	½ tsp garlic powder
1 tsp coriander	¼ tsp black pepper
1 tsp paprika	½ tsp oregano
½ tsp basil	½ cup no sodium, organic chicken broth
olive oil spray	

Directions:

1. Combine meat and dry spices in a large bowl and mix together thoroughly. Mix in chicken broth and let stand for 15 minutes.
2. Form 8 patties and cook in an olive oil sprayed skillet over medium heat for 7-8 minutes on each side or until cooked thoroughly.

Mini Crustless Tofu Quiches

Makes 2 breakfast meals (each meal-1 protein serving+1 vegetable serving)

Ingredients:

1 container silken tofu, pressed	olive oil cooking spray
½ cup tomato, diced	½ cup green bell pepper
1 cup fresh spinach, roughly chopped	½ cup green onion or regular yellow onion, minced
1 tsp garlic, minced	1 tsp fresh rosemary or ½ tsp dried rosemary
2 tbsp Bragg's Nutritional Yeast	black pepper, to taste
¼ cup unsweetened plain almond milk	sea salt, to taste
¼ tsp tumeric	

Directions:

1. Preheat oven to 375 degrees. Spray 12 regular-sized muffin tin with olive oil cooking spray.
2. In a pan sprayed with olive oil cooking spray, saute garlic, bell pepper, onion, tomato, sea salt, and pepper.
3. Place all remaining ingredients in a blender or food processor and mix until completely smooth.
4. In a large bowl, add the tofu mixture to the vegetables and stir to combine.
5. Spoon equally into the 12 muffin cups. It should fill each cup about halfway.
6. Reduce oven at this time to 350 degrees. Immediately put muffin tin into oven and bake until the tops are golden and a knife inserted into the middle of the quiche comes out clean-about 25-35 minutes. If using a metal pan, begin checking quiche doneness at 20 minutes.
7. Once done, remove from oven and allow to cool for about 8-10 minutes.
8. 6 mini quiches will equal 1 complete breakfast meal.

Picante Frittata

Makes 1 breakfast meal (1 protein serving + 1 vegetable serving)

Ingredients:

1 tsp extra virgin olive oil	¼ cup onion, chopped
½ red bell pepper, seeded, deveined, cut into thin ribbons	1 cup baby spinach leaves
3 egg whites	¼ tsp black pepper
¼ cup unsweetened almond milk	¼ tsp sea salt
pinch of cumin	

Directions:

1. Preheat oven to 350 degrees
2. In a medium ovenproof skillet, heat olive oil over medium heat. Add vegetables to skillet and cook until soft, about 5 minutes.
3. While vegetables are cooking, combine eggs, almond milk, salt, cumin, and pepper. Whisk well.
4. Pour egg mixture over cooking vegetables. Cook until edges are set and center is just beginning to set.
5. Transfer to heated oven and bake another 5 to 8 minutes or until center is firm.

Scrambled Tofu with Veggies (use for breakfast, lunch or dinner)

Makes 2 meals (each meal=1 protein + 2 vegetables)

Ingredients:

1 container firm tofu	2 tbsp olive oil, divided
3 shallots, peeled and chopped finely	1 clove garlic, minced
2 medium zucchini, chopped	4 roma or 2 small tomatoes, chopped
1 tsp cumin	2 cups spinach leaves, coarsely chopped
½ tsp sea salt	ground black pepper, to taste

Directions:

1. Press tofu to remove all excess liquid
2. Remove tofu from press and break it up with hands. The pieces should look like scrambled eggs
3. In a medium skillet, heat 1/2 tbsp olive oil, add shallots and cook until fragrant
4. Add garlic, zucchini, and tomatoes. Cook until just soft. Remove from heat
5. In another larger skillet, heat cumin gently over medium heat. Add remaining olive oil and allow it to heat a little.
6. Add crumbled tofu, and cook through for several minutes. Add cooked vegetable mixture and chopped spinach. Heat thoroughly, stirring frequently.
7. Adjust flavor with sea salt and pepper. Serve hot.

Tofu Oatmeal

Makes 1 breakfast meal (1 protein+1 fruit)

Ingredients:

½ container of Tofu, cubed very small	1 tsp cinnamon
---------------------------------------	----------------

2 tsp stevia
¼ cup homemade applesauce

ground cloves

Directions:

Brown tofu in a non-stick skillet, sprayed with Olive Oil Spray.

Add cinnamon and stevia

Sprinkle in cloves and stir in applesauce and heat

Chocolate Muffin

Makes 1 large muffin, 1 breakfast meal (1 muffin =1 protein + 1 vegetable)

Ingredients:

¼ cup organic mashed pumpkin

2 tbsp unsweetened cocoa powder

¼ tsp baking soda

dash of salt

1 scoop Soza protein powder

2 tsp stevia

1/8 tsp imitation vanilla extract

olive oil spray

Directions:

1. Mix all ingredients and place in olive oil sprayed muffin tin. Bake for 15 minutes at 350 degrees.

Breakfast Zucchini

Makes 1 breakfast meal (1 protein + 1 vegetable)

Ingredients:

1 medium zucchini

1/4 medium onion, chopped

sea salt, to taste

red pepper flakes, to taste

3 egg whites

1 tsp dill

olive oil Spray

Directions:

1. Preheat oven to 400F
2. Cut zucchini into pasta sized slices and squeeze out excess water.
3. Spray olive oil spray in a glass baking dish. In another bowl, mix zucchini, dill, and onion well and transport mixture into the glass dish.
4. Beat the eggs, then add to zucchini mixture. Bake for 25 minutes, or until the top is a little crispy.

SIDE DISHES

Spaghetti Squash

Poke holes in the squash; microwave it about 3 minutes. Cut squash in half and place halves face down in a microwave safe pan filled with a half inch of water; microwave an additional 12 minutes and let cool to a reasonable temperature. Scrape the inside out with a fork into a bowl and use in recipes below. Can also be cooked in the oven at 325 for 30 minutes.

Garlic & Herb Cauliflower Wraps

Makes 2 wraps (2 wraps=1 vegetable)

Ingredients:

½ head cauliflower cut into florets

1 clove garlic, minced

¼ tsp sea salt

2 egg whites

¾ tsp dried herbs (basil, oregano, thyme)

Directions:

1. Preheat the oven to 375F and line two baking sheets with parchment paper. In a food processor, pulse the cauliflower until the form a crumb like texture. Place the crumbles and ¼ cup water in a saucepan. Cook on medium-high heat for 8 minutes, or until tender.
2. Drain the cauliflower in a colander, and then transfer to a clean kitchen towel. Firmly squeeze any excess water from the cauliflower. In a bowl, stir together the cauliflower and remaining ingredients. Form two thin circles on the parchment lined baking sheets. With a spatula, press down the “dough” so it forms a thin layer. Keep the wraps compact, there should be no parchment paper showing through the mixture in any area of the wrap.
3. Bake for about 17 minutes until dry and pliable. Gently remove to a wire rack to cool so the bottom does not become soggy. Use with light fillings or tear into pieces and use to scoop up fillings.

Grilled Zucchini

Makes 1 vegetable serving

Ingredients:

1 medium zucchini

salt and Pepper to taste

1 tbsp olive oil

2 tbsp rice vinegar

Directions:

Slice zucchini and toss in the olive oil and vinegar ; place on a hot grill until grill marks show, usually 4 to 5 minutes. Salt and Pepper to taste and serve.

Dana's Stewed Okra and Tomatoes

Makes 3 vegetable servings

Ingredients:

6 cups fresh cut okra
1 large onion
1 tsp olive oil

6 tomatoes diced
1 tsp minced garlic

Directions:

1. Line baking pan with okra, bake at 350 for 45 minutes.
2. Sauté' tomatoes, onion and garlic with olive oil. Add baked okra to the mixture; cook approximately one hour, add water as need, salt & pepper to taste.

Baked Zucchini Chips

Ingredients:

1 zucchini
sea salt or other seasoning(s) of your choice

olive oil cooking spray

Directions:

1. Preheat oven to 225 degrees Fahrenheit. Line a baking sheet with parchment paper or nonstick foil, and spray with olive oil. Set aside.
2. Slice zucchini into thin medallions, about the thickness of a quarter. (You can either use a knife & a very steady hand, or a mandoline slicer.)
3. Lay out slices on prepared baking sheet, and spray tops lightly with additional cooking spray. Sprinkle with seasonings of your choice. (A note on seasoning, however - use LESS than what seems appropriate. These shrink considerably in the oven, and if you use too much it gets very concentrated. It's better to end up under seasoning and add more later.)
4. Place in preheated oven and bake 45 minutes. Rotate baking sheet, and bake an additional 30-50 minutes, until chips are browned and crisped to your liking. These are best eaten within a couple hours of removing from the oven, as they start to get chewy if left out. *** One zucchini makes one serving (1/4 C. - 1/3 C. of chips depending on the size of your squash).

Roasted Cabbage Wedges

Makes 2 vegetable servings

Ingredients:

2 tbsp extra-virgin olive oil
rounds
coarse salt and ground pepper

1 medium head green cabbage, cut into 1-inch-thick

Directions:

Preheat oven to 400 degrees. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil. Place 1 medium head green cabbage, cut into 1-inch-thick rounds, in a single layer on sheet and brush with 1 tablespoon oil. Season with coarse sea salt and ground pepper; roast until cabbage is tender and edges are golden, 40 to 45 minutes.

Pico-de Gallo

Makes 4 vegetable servings

3 medium tomatoes finely chopped
Jalapeno, diced, to taste
1 tablespoon lime juice
Sea salt and pepper to taste

1 large onion, diced
2 tablespoons cilantro chopped, or to taste
Sprinkle of cumin

Directions:

Mix ingredients together, let stand in refrigerator for 2 hours before serving. Serve with chicken or shrimp on a salad.

Greenbeans with Garlic

Makes 1 vegetable serving

Ingredients:

2 cups fresh green beans
Water
fresh lemon juice

1 tbsp minced garlic
1 tbsp fresh parsley, chopped

Directions:

Heat oil in wok, add green beans and cook 4-6 minutes. Stir in garlic and cook for another minute and then add a little water and cook to desired tenderness or until water is evaporated. Remove from heat and stir in lemon juice and parsley.

World's Best Braised Cabbage

Makes 3 vegetable servings

Ingredients:

1 medium head of green cabbage
¼ cup chicken stock (homemade or organic low sodium)
coarse sea salt and black pepper

1 large yellow onion
¼ cup extra virgin olive oil
1/8 tsp crushed red pepper flakes, or to taste

Directions:

1. Heat oven to 325 degrees and lightly oil a large baking dish (9x13)
2. Trimming the cabbage – peel off and discard any bruised or ragged outer leaves from the cabbage. The cabbage should weigh close to 2lbs. If the cabbage weighs more than 2lbs, it will not fit in the baking dish and won't braise as nicely. To remedy this, cut away a wedge of the cabbage to trim it down to size. Next, cut the cabbage

into 8 wedges. Arrange the wedges in the baking dish, they may overlap some but do your best to make a single layer.

3. The braise – scatter in the onion. Drizzle over the oil and stock. Season with salt, pepper, and the pepper flakes. Cover tightly with foil, and slide into the middle of the oven to braise until the veggies are completely tender, which is about 2 hours. Turn the cabbage wedges with tongs after an hour. Don't worry if the wedges want to fall apart as you turn them, just do your best to keep them intact. If the dish is drying out, add a few tablespoons of water
4. The finish – once the cabbage is completely tender, remove the foil, increase oven temp to 400 degrees and roast until the veggies begin to brown, another 15 minutes or so. Serve warm or at room temp, sprinkled with coarse sea salt and black pepper.

Fried Cabbage

Makes 3 vegetable servings

Ingredients:

olive oil spray	1 onion, sliced
sea salt and pepper to taste	2 cloves garlic, minced
1 medium head cabbage, shredded	

Directions:

Spray pan with olive oil spray. Add onion, garlic, and cabbage and sea salt and pepper to taste. Stir fry cabbage until lightly browned.

Spicy Green Tomato

Makes 2 vegetable servings

Ingredients:

1 green tomato, sliced	½ red onion, sliced
juice from 2 lemons	1 green bell pepper, sliced
2 cloves garlic, minced	½ cup fresh cilantro
2 jalapeno peppers, sliced	1 tsp chili flakes
sea salt and pepper to taste	

Directions:

Toss together and serve

Creamy Gazpacho

Makes 8 vegetable servings

Ingredients:

3lbs (6 medium) ripe tomatoes, cored	1 small cucumber, peeled, halved, seeded
--------------------------------------	--

1 medium green bell pepper
2 medium garlic cloves
sea salt and black pepper to taste
2 tbsp red wine vinegar

1 small red onion
1 small Serrano chili
1/3 cup extra virgin olive oil
2 tbsp parsley, finely minced

Directions:

1. Cut 1lbs tomatoes, half of cucumber, and half of bell pepper into ¼ inch dice; place veggies in medium bowl. Mince half onion and add to diced veggies. Toss with ½ tsp sea salt and transfer to fine mesh strainer set over medium bowl. Set aside for 1 hour.
2. The remaining veggies will be pureed, so a rough chop is all they need. Chop remaining 2lbs of tomatoes, half of cucumber, half of bell pepper, and half of onion and place in large bowl. Add garlic, chili, and 1 ½ tsp sea salt. Toss until well combined. Set aside.
3. Transfer drained ¼ inch veggies to medium bowl and set aside. Reserve liquid.
4. Transfer half of roughly chopped veggies into a blender and add reserved liquid from diced veggies and process for about 30 seconds.
5. With blender running, slowly drizzle half of the olive oil and continue to blend until completely smooth (about 2 minutes). Strain soup through fine mesh strainer into large bowl, using back of ladle or rubber spatula to press soup through strainer. Repeat with remaining vegetable blend mixture and remaining olive oil
6. Stir in vinegar, minced herb, and half of diced veggies into soup and season to taste with sea salt and black pepper. Cover and refrigerate overnight or for at least two hours to chill completely and develop flavors. Serve, passing remaining diced veggies, olive oil, red wine vinegar and peppers separately.

Spaghetti Squash Stir Fry

Makes 8 vegetable servings

Ingredients:

2 tbsp olive oil
2 yellow squash
1 cup bell peppers (all colors)
4 tbsp Bragg's Liquid Aminos

1 spaghetti squash
1 large onion
3 cups green beans
sea salt and black pepper to taste

Directions:

1. Add 2 tbsp olive oil to skillet, with heat on medium-high.
2. Add diced onions, and cook until translucent, then add bell peppers and squash. Cook until tender adding olive oil spray as needed to keep from sticking.
3. Add green beans, cooking until crisp. Add 2 tbsp Braggs liquid aminos.
4. Add spaghetti squash and the remaining amount of Bragg's liquid aminos.
5. Add sea salt and pepper to taste.

Sweet Mint Tomato, Cucumber, and Red Onion

Makes 5 vegetable servings

Ingredients:

2 cucumbers, halved, seeded, and chopped
3 packets stevia
3 large tomatoes, seeded and chopped
½ cup mint leaves, chopped (optional)

1/3 cup red wine vinegar
1 tsp sea salt, or to taste
2/3 cup red onion, roughly chopped
3 tbsp olive oil

Directions:

1. In a large bowl, toss together the cucumbers, vinegar, stevia, and sea salt. Let stand at room temperature for an hour, stirring occasionally.
2. Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with sea salt and black pepper.

Cole Slaw

Makes 4 vegetable servings

Ingredients:

1 medium head of cabbage, shredded (2 bags of shredded cabbage)
2 stalks of celery, chopped
¼ - ½ cup apple cider vinegar
sea salt and black pepper, to taste

1 large red onion, diced
¼ cup stevia
¼ cup olive oil
1 tbsp dry mustard powder

Directions:

1. In a large bowl, combine cabbage, onions, and celery. Sprinkle with stevia and mix well.
2. In small saucepan, combine vinegar, oil, sea salt, dry mustard, and pepper.
3. Bring to a boil.
4. Pour hot dressing over cabbage mixture, mix.

Sweet and Sour Cucumbers

Makes 2 vegetable servings

Ingredients:

2 cucumbers, sliced thinly
½ cup distilled vinegar
1 tbsp Stevia

1 tbsp sea salt
¼ cup chopped dill
½ tsp ground black pepper

Directions:

1. Place cucumber in colander, sprinkle with sea salt and let stand for 15 minutes, stirring occasionally
2. In separate bowl, mix vinegar, dill, stevia, and pepper
3. Drain cucumbers well, pat dry and add cucumbers to dressing and stir well
4. Refrigerate for at least an hour, serve cold.

Sichuan Green Beans

Makes 3 vegetable servings

Ingredients

1 lbs green beans, trimmed and cut into 2-inch pieces	1 tbsp olive oil, divided
¼ cup chopped shallots	1½ tbsp minced garlic
1 tbsp minced peeled fresh ginger	½ tsp crushed red pepper
1 tbsp rice vinegar	1 tbsp Bragg's Liquid Amino
½ tsp salt	

Directions

1. Cook beans in boiling water 2 minutes or until crisp-tender. Drain and rinse under cold running water; drain. Pat beans completely dry with paper towels.
2. Heat a 14-inch wok over high heat. Add 1 ½ teaspoons oil to wok, swirling to coat. Add green beans to wok; stir-fry 3 minutes or until browned. Spoon green beans into a bowl.
3. Add remaining 1 ½ teaspoons oil to wok, swirling to coat. Add shallots, garlic, ginger, and crushed red pepper; stir-fry 15 seconds or just until garlic begins to brown. Return green beans to wok. Add vinegar, Bragg's, and salt to wok; toss to combine.

Zucchini Strips

makes 2 vegetable servings

Ingredients:

2 medium zucchini	4 tablespoons olive oil
1 tsp garlic powder	½ tsp salt
½ tsp pepper	½ tsp cajun seasoning

Directions:

1. Slice the zucchini into ¼ inch fillets longways.
2. Mix the olive oil and all the seasonings in a one cup mixing container or small bowl.
3. Coat all of the zucchini pieces in the mixture and place on a plate to take out to the grill.
4. Make sure the grill is pre-heated and place the seasoned zucchini slices on the grilling surface.
5. Cook for 5-7 minutes on each side.

Note: The zucchini should be soft throughout when poked with a fork and have nice grill marks on each side when they are done. Some pieces may need to be rotated and cooked a little longer if they are on the edge of the grill or out of "the sweet spot". Now you have a great side dish, or something special to treat yourself when you attend a cook out.

Sauteed Spinach with garlic

Makes 4 vegetable servings

Ingredients

2 tablespoons extra-virgin olive oil	4 cloves garlic, thinly sliced
20 ounces fresh spinach,	1 tablespoon lemon juice
¼ teaspoon salt	¼ teaspoon crushed red pepper

Directions

1. Heat oil in a Dutch oven over medium heat.
2. Add garlic and cook until beginning to brown, 1 to 2 minutes.
3. Add spinach and toss to coat.
4. Cover and cook until wilted, 3 to 5 minutes.
5. Remove from the heat and add lemon juice, salt and crushed red pepper.
6. Toss to coat and serve immediately

Roasted Okra

Makes 2 vegetable servings

Ingredients:

18 fresh okra pods, sliced 1/3 inch thick
2 tsp sea salt

1 tbsp olive oil
2 tsp black pepper

Directions:

1. Preheat oven to 425 degrees
2. Arrange okra slices in one layer on a foil lined cookie sheet.
3. Drizzle with olive oil and sprinkle with sea salt and pepper.
4. Bake for 10-15 minutes

German Red Cabbage

Makes 5 vegetable servings

Ingredients:

2 tbsp olive oil
1 cup sliced green apples
3 tbsp water
2 ¼ tsp sea salt
¼ tsp ground cloves

5 cups shredded red cabbage
1/3 cup apple cider vinegar
¼ cup stevia
¼ tsp black pepper

Directions:

1. Place olive oil, apples, and stevia into a large pot.
2. Pour in vinegar and water, and season with sea salt, pepper, and cloves
3. Bring to a boil over medium-high heat, add cabbage, and reduce heat to low and let simmer until cabbage is tender.

Cauliflower “Rice”

Makes 2 vegetable servings

Ingredients:

1 head raw cauliflower
1/8 cup water

1 tsp olive oil
dash of garlic powder

Directions:

1. Remove the core and leaves of cauliflower so there is no green left, and then chop into manageable pieces for food processor.
2. Place cauliflower into food processor and process until about the size of cooked rice grains.
3. Sauté in olive oil and water mixture with the garlic powder until tender.

Mashed Cauliflower (Mock Mashed Potatoes)

Makes 1 vegetable serving

Ingredients:

½ head cauliflower
¼ cup nutritional yeast
sea salt and pepper, to taste

2 tbsp olive oil
1 tsp garlic powder

Directions:

Cut Cauliflower into florets. Boil cauliflower until soft, drain and place all florets in a blender with all other ingredients. Blend until smooth, and serve hot.

Pumpkin Souffle

Makes 2 vegetable servings

Ingredients:

2 cups cooked pumpkin
2 eggs, beaten until foamy
3 tbsp stevia

1 tbsp cinnamon
½ tsp cloves
½ tsp nutmeg

Directions:

1. Mash pumpkin.
2. Add eggs, cinnamon, cloves, nutmeg, and stevia. Beat thoroughly until blended.
3. Transfer into baking dish sprayed with organic olive oil spray. Bake for 40 minutes at 375.

Homemade Pickles

Makes 3 vegetable servings

Ingredients:

1.5 lbs small pickling cucumbers	1 cup white distilled vinegar
1 cup water	2 tsp sea salt
1 tsp stevia	4 cloves garlic, peeled and smashed
2 jalapeno peppers, seeded and cut in half	6-10 fronds of dill
2 tsp black peppercorn	2 spring onions (whites only), thinly sliced
2 large mason jars	

Directions:

1. Wash and dry cucumbers. Leaving the peel intact, cut off the ends of the pickles and slice them lengthwise (in halves or quarters depending on your preference.)
2. In a medium saucepan over medium heat, bring water, vinegar, salt and stevia to a simmer.
3. While you are waiting for the vinegar solution to heat, in each mason jar, place two garlic cloves, one jalapeno pepper, some dill, a teaspoon of peppercorns, and a sliced spring onion. When all the ingredients are in the jar, layer cucumbers on top, crowding them together so they fit tightly next to each other.
4. When the vinegar solution is simmering and the salt and stevia are completely dissolved, take off the stove. While hot, pour into each mason jar, dividing evenly between the two jars and enough to cover the tops of the cucumbers. Screw lid on tight, and leave on a counter top to cool completely before storing in the fridge.
5. Let the pickles sit in the fridge for at least three days before eating. Pickles will keep in the fridge for a month.

SOUPS AND CHILIS

Homemade Vegetable Broth

Makes 10 cups broth

Ingredients:

10 cups water	½ large onion, chopped
6-10 stalks celery	10 cloves garlic, chopped
2 bay leaves	1 tsp paprika
1 tsp garlic powder	1 tsp basil
1 tsp thyme	sea salt and pepper, to taste

Directions:

1. Bring water to a boil in a large soup pot. Add vegetables and spices.
2. Slow cook for 2-4 hours
3. Strain out vegetables and cool. Use as a base for soups

Chicken Soup

Makes 1 lunch or dinner meal (1 protein + 2 vegetable servings)

Ingredients:

1 chicken breast, shredded	half bag of green beans
1 green onion, chopped	1 large onion, chopped
2 cups water or homemade vegetable broth	Sea salt and pepper to taste.

Directions:

Add all ingredients together into a crock pot and cook all day on low.

Lou's Chili

Makes 8 servings (1 protein + 1 vegetable per serving)

Ingredients:

2½ lb. top sirloin (or chicken breast) - ground in food processor to desired grind or extra lean ground beef	
1-28-oz box Pomi chopped or crushed tomatoes (puree if chopped tomatoes are used)	
3 tsp. ground oregano	3 yellow onions finely chopped
2½ Tbsp. chili powder	1½ green bell peppers, finely chopped
1½ tsp. ground oregano	5 cloves garlic, chopped
1 tsp. cayenne (or chipotle powder)	1½ tsp. of ground cumin

½ tsp. smoked paprika

2 tsp. olive oil

1½ tsp. salt (to taste)

Directions:

Place the meat in a large 6-8 qtr. pot w/1 tsp. oil and cook over medium heat until browned. Remove meat and then sweat the onions and bell pepper in the same pot (using the 2nd tsp. of olive oil) until translucent then throw in the garlic cook for another 3 min. If you like chunks of peppers and onions omit the next step - Remove and puree. Return to pot & add the meat, the tomatoes, chili powder, cumin, oregano, salt, paprika & cayenne/chipotle. Stir together well, cover, and reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add ½ cup water at a time as needed.

Wendy's Chicken Cabbage Soup

Makes 8 servings (1 protein + 1 vegetable per serving)

Ingredients:

3 lbs chicken breast

6 cups water

4 stalks celery

1-2 cans low sodium organic chicken broth or
homemade broth

1 lbs fresh green beans, cleaned and trimmed

3 cloves garlic

1 yellow onion

1 small cabbage

2 tbs parsley, chopped

Directions:

Chop onion, garlic, celery, and parsley. Add all together with chicken and boil with water until cooked. Remove chicken, let cool and then chop. Add cabbage, green beans and liquid – cook until tender. Then return chicken to pot and add broth to desired ratio.

Celery Soup

Makes 1 vegetable serving

Ingredients:

1 ½ cups of celery, chopped

2 cups organic, no salt broth or homemade vegetable
broth

¼ tsp thyme

1 bay leaf

½ tsp dried basil

sea salt and pepper to taste

Directions:

Cook celery until very soft. Puree in food processor or blender with broth and spices. Simmer in sauce pan for 20-30 minutes

Chili

Makes 1 serving (1 protein serving + 1 vegetable serving)

Ingredients:

¼ lbs ground top sirloin or extra lean ground beef	1 ½ cups tomatoes, chopped
½ cup water	1 tbsp onion, minced
pinch of garlic powder	pinch of onion powder
¼ tsp chili powder	pinch of oregano
cayenne pepper to taste	sea salt and pepper to taste

Directions:

Brown ground beef in a small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks, the more tender and flavorful it will be. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and sea salt and pepper to taste.

Soza Gumbo

Makes 3 lunch or dinner meals (each meal- 1 protein serving + 2 vegetable servings)

Ingredients:

2 onions, diced	2 cloves garlic, chopped
1 bell pepper, diced	parsley, to taste
1 tbsp olive oil	3 tomatoes, chopped
10 pods okra, chopped	1 lb shrimp
½ lb crab meat	

Directions:

Cook the okra down until all slime is gone. Add onions, garlic, peppers, tomatoes, olive oil and parsley. Cook until everything is tender. Add the shrimp and crab meat.

Egg Drop Soup

Makes 1 protein serving

Ingredients:

2 cups organic, no sodium chicken broth or homemade vegetable broth	½ tsp stevia
3 egg whites, lightly beaten	1 green onion, chopped
Bragg's Liquid Aminos, to taste	

Directions:

In a large deep saucepan, heat the broth to a boil. Lower the heat to low and slowly add the egg white to the broth while stirring. Add the truvia and green onion and immediately remove from heat and stir lightly. Cover pan and allow it to stand for 2-3 minutes. Add Bragg's Liquid Aminos to taste

Southwest Garden Stew

Makes 2 meals (each meal-1 protein serving + 2 vegetable servings)

Ingredients:

6oz cubed beef stew meat, sirloin, tenderloin, or filet only	½ large onion, chopped
3 garlic cloves, minced	1 zucchini, chopped
1 yellow squash, chopped	2 tomatoes, chopped
1 tsp chili powder	1 tsp cumin
1 tsp dried oregano	1 tsp Italian seasoning
½ tsp red pepper flakes	1 cooked chicken breast, cubed
2 tbsp almond milk, unsweetened	3 cups organic, salt free chicken broth or homemade vegetable broth

Directions:

1. Cook beef in a large pot over medium heat until browned on all sides. Stir in onion, garlic, zucchini, squash, and tomatoes. Cook, stirring for 3-5 minutes.
2. Stir in chili powder, cumin, oregano, Italian seasoning, and red pepper flakes. Stir in chicken, chicken broth, and almond milk.
3. Cover, reduce heat to low, and simmer for about 2 hours. If stew becomes too thick, stir in a little water until you reach the right consistency.

Almost Homemade Tomato Soup

Makes 2 vegetable servings

Ingredients:

8 medium tomatoes, roughly chopped	1 stalk celery, roughly chopped
sea salt and freshly ground black pepper	2 tsp stevia
1 to 2 teaspoons fresh lemon juice	1/3 cup unsweetened almond milk
1 cup organic, no sodium vegetable broth or homemade vegetable broth	

Directions:

1. Put tomatoes, celery and broth in a blender, puree until smooth. Season with salt and pepper. Add lemon juice, stevia and almond milk.
2. Pour into a microwave safe bowl. Heat on HIGH until warmed through, about 3-4 minutes.

Chicken Vegetable Soup

Makes 2 lunch or dinner meals (each meal-1 protein serving + 2 vegetable servings)

Ingredients:

4 cups organic, no salt chicken broth or homemade vegetable broth	8oz chicken breast, cooked and chopped
3 stalks celery, chopped	1 onion, chopped
2 cups cabbage, chopped	2 medium sized tomatoes, chopped

Directions:

combine all ingredients except cabbage and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetable are tender adding cabbage for the last 10 minutes.

Roasted Cauliflower and Root Vegetable Soup

Makes 2 vegetable servings

Ingredients:

1 head cauliflower	2 tbsp olive oil
1 onion, cut into quarters	1 parsnip, chopped
1 turnip, sliced	sea salt and pepper, to taste
4 cups organic, no salt vegetable broth or homemade vegetable broth	1 cup water

Directions:

1. Preheat oven to 400F
2. Pull off the outer leaves of cauliflower and cut out core. Pull off florets, and cut into 2 inch thick rounds.
3. Cut remaining vegetables and place on a baking sheet. Sprinkle with olive oil, sea salt, and pepper. Roast for 15-20 minutes.
4. In a large soup pot, add the broth, water, and roasted vegetables. Bring to a boil.
5. Reduce and simmer for 15-20 minutes until flavors are blended. Strain broth into a bowl.
6. Add vegetables to a blender with 1 cup of broth and blend until smooth. Repeat until all the vegetables have been blended.
7. Return pureed soup to the pot and add enough broth to thin out soup. Return to a simmer and add sea salt and pepper to taste.

Seafood Chili

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1lb shrimp, peeled and deveined	6 oz cod filets, cut into bite sized pieces
2 tbsp olive oil	juice of 1 lime
1 onion, diced	2 green peppers, diced
2 red peppers, diced	2 cups tomatoes, diced
2 cups yellow squash, diced	2 medium jalapeno peppers, seeded and diced
3 cups NO salt chicken broth or seafood stock	¼ tsp chili powder
¼ tsp cumin	1 tbsp sea salt

Directions:

1. In large pot, saute onions and red and green peppers in olive oil.
2. Add broth or stock to pot.
3. Add squash, tomatoes, jalapenos, cumin, chili powder, sea salt, and lime juice.
4. Cook on medium heat for 15 minutes.
5. Add fish and cook 5 more minutes.
6. Add shrimp and cook for an additional 5-10 minutes until shrimp are pink and opaque.

Asparagus Soup

Makes 2 vegetable servings

Ingredients:

3 cups asparagus, roughly chopped (woody ends removed)	1 onion, chopped
2 stalks celery, chopped	1 garlic clove, minced
sea salt and black pepper, to taste	½ cup almond milk
4 cups organic, no salt vegetable broth or homemade vegetable broth	

Directions:

1. Cook chopped asparagus, onion, and celery with minced garlic, sea salt, and black pepper.
2. Add chicken broth, and let simmer for 20 minutes.
3. Puree in blender. Return to pan and add ½ cup almond milk and 1 tsp lemon juice.

Fresh Vegetable Soup

Makes 8 vegetable servings

Ingredients:

2 cloves garlic, minced	2 small zucchini, diced
2 cups cabbage, shredded	2 cups cauliflower
2 cups broccoli	1 medium onion, diced
1 medium red pepper, diced	1 rib of celery, diced
2 tsp fresh thyme, chopped	6 cups organic, no salt vegetable or homemade broth
2 tbsp fresh parsley, chopped	½ tsp sea salt
¼ tsp black pepper	2 tbsp fresh lemon juice

Directions:

1. Put garlic, vegetables, thyme and broth into large soup pot. Cover and bring to a boil over high heat; reduce heat to low and simmer, partially covered for about 10 minutes.
2. Stir in parsley or chives; season to taste with sea salt, pepper, and lemon juice.

Hot and Sour Chicken Soup

Makes 1 protein serving

Ingredients:

3.5 oz chicken breast, cooked and diced
 1 cup water
 4 tbsp Bragg's Liquid Aminos
 1 clove garlic, minced
 cayenne pepper, to taste
 sea salt and pepper, to taste

1 cup organic, no salt chicken broth or homemade broth
 4 tbsp apple cider vinegar
 ½ lemon, cut into quarters with rind
 2 tbsp onion, minced
 pinch of chili powder

Directions:

1. Boil lemon wedges with rind in 1 cup of water until pulp comes out the rind. Scrape out additional pulp and juice.
2. Add the diced chicken, spices, and chicken broth. Simmer until cooked.

Crab Bisque

Makes 1 protein serving + 1 vegetable serving

Ingredients:

4oz crab meat
 2 cups organic, no salt vegetable broth or homemade broth
 1 clove garlic, minced
 1 bay leaf
 cayenne pepper, to taste

1 cup tomatoes, chopped
 1 tbsp onion, minced
 1 tsp Old Bay seasoning
 1 tbsp unsweetened almond milk
 sea salt and pepper, to taste

Directions:

1. Puree tomatoes and broth in food processor or blender.
2. Heat up mixture in a small saucepan. Add crab and spices and simmer for about 20-30 minutes, stirring frequently.

Hot and Sour Thai Shrimp Soup

Makes 1 protein serving

Ingredients:

4 oz shrimp
 1 lemongrass stalk
 red pepper flakes or cayenne pepper, to taste

2 cups organic, no salt vegetable or homemade broth
 2-3 slices fresh ginger
 1 tbsp green onion, minced

1 tbsp fresh cilantro, chopped

sea salt and pepper, to taste

Directions:

1. Bring broth to a boil.
2. Add ginger, lemongrass, lemon juice, onion, and pepper.
3. Simmer for 10-15 minutes.
4. Add the shrimp and cilantro and cook another 8 minutes. Remove lemongrass before serving.

Sweet Strawberry Soup

Makes 1 fruit serving

Ingredients:

6-7 medium strawberries

2 tbsp fresh lemon juice

¼ cup water

vanilla liquid stevia, to taste

dash of cinnamon

8oz unsweetened almond milk

Directions:

1. Puree strawberries with spices, lemon juice, water, and almond milk.
2. Heat strawberry mixture in a small saucepan for 3-5 minutes. Serve hot or cold.

Abondigas Soup

Makes 1 protein serving

Ingredients:

Meatballs:

4 oz lean ground beef

dash onion powder

dash garlic powder

1/8 tsp oregano

1 tsp onion, minced

1 clove garlic, minced

pinch of cumin

cayenne pepper, to taste

sea salt and pepper to taste

Broth:

1 cup organic, no salt beef broth

1 cup water

fresh tomatoes or celery, to taste

1 tbsp onion, chopped

1 clove garlic, minced

1 tbsp fresh cilantro

¼ tsp dried oregano

sea salt and pepper, to taste

Directions:

1. Make meatballs by mixing ground beef, onion, garlic, spices, and chopped cilantro. Form into balls and drop into broth.
2. Add spices, onion, and garlic to broth and bring to a boil. Reduce to a simmer and cook for a minimum of 30 minutes. Add choice of celery or tomato to the broth in the last 10 minutes of cooking. Garnish with fresh cilantro and oregano.

Lemony Spinach and Chicken Soup

Makes 1 protein + 1 vegetable serving

Ingredients:

4 oz Chicken	2 cups organic, no salt chicken broth
½ lemon, with rind	2 cups loosely packed spinach
1 tbsp onion, chopped	1 clove garlic, minced
1 stalk lemongrass	¼ tsp thyme, or to taste
cayenne pepper, to taste	sea salt and pepper, to taste

Directions:

1. Lightly brown the chicken in small saucepan with a little lemon juice.
2. Add onion, garlic, spices, and chicken broth. Add lemon with rind, and let simmer for 20-30 minutes.
3. Add the spinach in the last 5 minutes of cooking.

Yellow Squash and Leek Soup

Makes 3 vegetable servings

Ingredients:

6 yellow squash, chopped	2 leeks, green tops cut off, chopped
½ yellow onion, chopped	3 cups unsweetened coconut milk
2 green onions, chopped	1 tbsp olive oil
sea salt, to taste	

Directions:

1. Saute yellow onion, leek, and squash in olive oil until cooked.
2. Once cooked, process in a blender with 1 cup coconut milk.
3. Mix in a pot with remaining cup of coconut milk, sea salt, and chopped green onions.
4. Bring to a boil, then let simmer for about 15 minutes.

Spicy Shrimp Soup

Makes 6 protein servings

Ingredients:

2 lbs jumbo shrimp, peeled and deveined (shells reserved)	8 cups organic, no salt seafood stock
2 tbsp extra virgin olive oil	1 small white onion, diced
2 celery stalks, diced	1 green bell pepper, diced
1 tomato, seeded and diced	4 dried chilies, roughly chopped
2 tbsp POMI tomato paste	lime wedges, for garnish (optional)

Directions:

1. Bring the reserved shrimp shells and seafood stock to a boil in a large pot. Reduce the heat to medium low and simmer, uncovered for 20 minutes, stirring and skimming the surface occasionally. Strain the broth into a large bowl, pressing on the solids with the back of a spoon to release as much liquid as possible. Return the broth to the pot and keep warm.

2. Meanwhile, heat the olive oil in a heavy skillet over medium-high heat. Add the onion and cook until translucent, about 5 minutes. Add the celery and bell pepper and cook until softened, about 7 minutes. Stir in the tomato and chilies and cook 5 more minutes. Stir in the tomato paste and cook another 3 minutes.
3. Add the cooked vegetables to the broth. Cook over medium-low heat, covered, for 1 hour and 30 minutes. Add the shrimp. Turn off the heat and let stand for 3 minutes, or until the shrimp are cooked through. Serve with lime wedges.

MAIN DISHES

Fajitas

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4 oz of beef or chicken, cut into strips	1 ½ cups of tomatoes
1 onion cut into thin strips	1 clove of garlic, chopped
3 tbsp Lemon juice	1/8 tsp of chili powder
pinch of cayenne pepper.	

Directions:

1. Marinate meat in lemon juice and spices
2. Cook strips in a frying pan with garlic and onions.
3. Add chopped tomatoes during the last five minutes of cooking
4. Enjoy with leaf lettuce as mock tortillas.

Chicken Tacos

makes 1 protein serving

Ingredients:

4 ounces chicken breast	¼ cup water
1tbsp onion, chopped	1 clove garlic crushed
1/8 tsp. oregano	chopped cilantro
lettuce leaves	

Directions:

In frying pan cook chicken and water, add onion, garlic, and spices. Deglaze pan with lemon juice. Serve taco style with lettuce leaves as shells. Can use homemade salsa as topping.

Coconut Curry Tofu

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 container firm tofu, pressed of excess water, cubed	2 cups unsweetened coconut milk
1 bunch green onions, finely chopped	½ cup bean sprouts
2 tomatoes, chopped	1 bell pepper, thinly sliced
1 cup bok choy, chopped	¼ cup Bragg's Liquid Aminos, divided
½ tsp stevia	1 ½ tsp curry powder
1 tsp fresh ginger, minced	2 tsp chile paste
¼ cup fresh basil, chopped	sea salt, to taste

Directions:

1. In a large heavy skillet over medium heat, mix unsweetened coconut milk, half of the divided Bragg's Liquid Aminos, curry powder, stevia, ginger, and chile paste. Bring to a boil.
2. Stir tofu, tomatoes, bell pepper, bean sprouts, bok choy, and green onions. Cover and cook an additional 5 minutes, stirring occasionally.
3. Mix in basil, season with sea salt and add remaining Bragg's Liquid Aminos.
4. Continue cooking for more minutes, or until vegetables are slightly tender.

Squash & Shrimp

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4 oz shrimp	2 medium squash, chopped
1 onion, chopped	2 gloves crushed garlic
fresh parsley, chopped	black pepper and sea salt to taste.

Directions:

Saute onion, garlic and parsley in 1tsp olive oil; add squash and sea salt and pepper to taste. Cover and smother until squash is tender. Drain any extra liquid, add shrimp, cook for 5 minutes.

Shrimp Stir Fry

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 medium onion, sliced	1 medium red bell pepper, sliced
1 medium tomato, cut into wedges	1 medium green bell pepper, sliced
olive oil spray	sea salt and black pepper, to taste

dash or red pepper flakes,
2tsp. garlic powder
1/2lb. cleaned, divined shrimp

2tsp. Mrs. Dash Chili Lime Seasoning
3 garlic cloves (crushed and minced)

Directions:

1. In a big skillet, sauté peppers , onions and tomatoes with olive oil spray
2. Add the garlic, sea salt, and pepper; let cook for about 15 minutes, or until the onions and peppers start to caramelize.
3. Add remaining seasonings and shrimp; let cook a remaining 5-10 minutes.

Fried Rice (shrimp, chicken, or top sirloin)

Makes 1 protein serving and 1 vegetable serving

Ingredients:

1 cup spaghetti squash – cut into small bits (like rice)
olive oil spray
3 tbsp thinly chopped onion,
4 oz shrimp, steak or chicken

1 tsp Bragg's Liquid Aminos
1 green onion thinly chopped
1 egg white
stevia, sea salt and pepper to taste.

Directions:

1. Spray the oil into the pan and sauté the onions until caramelized or slightly caramelized; place in a separate bowl.
2. Add the spaghetti squash, Bragg's Liquid Aminos, a little bit of stevia (I like mine slightly sweet), and egg white to the mixture with the onions. Stir and heat into a pan until eggs are cooked and it looks fried.
3. Add your meat choice towards the end.
4. Season with sea salt and pepper

***** You can add 1 cup of any vegetable you like to this to make a complete meal: zucchini, bell peppers, or broccoli*****

Spicy Chicken

Makes 4 protein servings

Ingredients:

2 ½ tbsp paprika
1 tbsp sea salt
1 tbsp dried thyme
1 tbsp ground black pepper

2 tbsp garlic powder
1 tbsp onion powder
1 tbsp ground cayenne pepper
4 skinless, boneless chicken breast halves

Directions:

1. In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. 2. Set aside about 3 tablespoons of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for seasoning fish, meats, or vegetables).

3. Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasoning onto both sides of the chicken breasts.
4. Lightly oil the grill grate. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear.

Spicy Lime Tilapia

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

1 tbsp olive oil	½ tsp red-pepper flakes
2 cups lightly packed baby spinach	12 asparagus tips
2 tilapia fillets (3 to 4 oz each)	2 scallions, sliced
2 lime quarters	sea salt and pepper to taste

Directions:

To make chili oil, combine the olive oil and the red-pepper flakes in a small bowl and microwave it on high for 30 seconds. Set it aside. For each serving, lay an 18-inch length of aluminum foil flat on a work surface and arrange half the spinach and six asparagus tips in the center. Place a fillet on top, and top the fillet with half the scallion pieces, half the chili oil, and the juice from a lime quarter. Season with a pinch of salt and pepper. Fold the foil up and over the food, crimping the edges closed and creasing the sides to form a tent. Bake in a 450°F oven for 10 to 12 minutes. Makes 2 servings

Baked Halibut *May use any other Soza approved white flaky fish *****

Makes 4 protein servings

Ingredients:

1/2 medium onion, chopped	½ red bell pepper, chopped
½ yellow bell pepper, chopped	2 tsp olive oil
additional olive oil for brushing parchment	6 tbsp organic, salt-free broth of choice
1 tbsp dried oregano	2 tbsp parsley, finely chopped
½ tsp salt	½ tsp black pepper
4 halibut steaks (6 oz each, about 2" thick)	

Directions:

Preheat the oven to 375°F; In a small nonstick skillet, sauté the onion and peppers in the oil over medium heat until they begin to soften. Add the broth, oregano, parsley, salt, and pepper, and simmer for 4 minutes, adding a little more broth to moisten (if necessary). Remove the skillet from the stove, and set aside. On a flat surface, measure four pieces of parchment or aluminum foil to wrap the steaks. Cut the paper 3 4" longer than the steak and 2 1/2 times the width. Brush 1 side of each paper with oil. Lay a steak slightly off center on each piece of paper, and spoon one quarter of the vegetable mixture on top. Fold the paper over the steak. Fold or crimp the ends together to make a sealed packet. Repeat with each of the remaining steaks. Place the packets on a baking sheet, and bake for about 20 minutes. (Thicker steaks will require additional cooking time.)

Beef Stir Fry

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

8oz top sirloin	1 leek, chopped
2 green onions, chopped	3 cloves fresh garlic
½ onion, sliced in wedges	1 bunch broccoli, chopped
2 tablespoons olive oil	2 tablespoons Bragg's Liquid Aminos

Directions:

1. Pan sear top sirloin in 1 tablespoon olive oil, remove from heat.
2. Sauté leeks, green onions, garlic and onions in 1 tablespoon olive oil and Bragg's liquid aminos until tender.
3. Add broccoli with a splash of water, and cook until broccoli is tender.
4. Add top sirloin and sea salt and pepper to taste, heat 5 minutes.

Shrimp Stir Fry

Makes 2 meals (each meal-1 protein+2 vegetable servings)

Ingredients:

½ lb shrimp	1 tablespoon garlic
2 tablespoons olive oil	½ onion, diced
1/8 teaspoon chili paste (sambal oelek)	2 bell peppers, color of your choice

Directions:

1. In a hot wok, sear sliced bell peppers, add onions, and cook until slightly caramelized and remove from wok.
2. Add garlic and chili paste to the empty wok, add shrimp.
3. Add peppers and onions when the shrimp is almost fully cooked, to warm.

Donell's Yummy Squash with Shrimp

Makes 4 servings of protein with 4 servings of vegetables. *Add each protein and vegetable serving to a bell pepper and make a full meal (1 protein serving+2 vegetable servings)

Ingredients:

1 spaghetti squash	1 lbs peeled shrimp
½ teaspoon cayenne pepper	6 cloves garlic, chopped
¼ cup green onions, finely chopped	1 onion, chopped
½ cup parsley, finely chopped	

Directions:

1. Spaghetti squash – preheat oven to 350 degrees. Cut squash in half, lengthwise and scoop out seeds. Arrange squash in a 13x9 glass dish, cut side down, pour ½ cup water in dish and bake until tender (usually about 45 minutes). Let squash cool, using a fork to rake out squash like spaghetti, set aside.

2. Shrimp – on stove top, sauté seasonings in olive oil, then add shrimp. Cook until shrimp are pink.
3. Add spaghetti squash to shrimp mixture and mix gently. Add salt and pepper to taste.

Italian Casserole

Makes 8 servings of protein and 8 servings of vegetables (add a serving of vegetables to make a full meal-1 protein+2 vegetables)

Ingredients:

1 spaghetti squash	2 lbs ground buffalo or extra lean ground beef
1 large onion, chopped	5 cloves garlic, chopped
1 large green bell pepper, chopped	4 large tomatoes, chopped
2 tbs Italian seasoning	

Directions:

Brown the ground buffalo or beef in a skillet. Drain. Add onions, garlic, bell pepper and Italian seasoning and continue to sauté until onions are caramelized. Add tomatoes and continue to cook until all vegetables are tender. Add meat mixture to a casserole dish with spaghetti squash and stir gently to combine. Place in 350 degree oven for 15 minutes and serve.

Ultimate Clean and Lean Lettuce Wraps

Makes 1 protein serving and 1 vegetable serving (add a serving of another vegetable for a full meal-1 protein+2 vegetables)

Ingredients:

6 leaves romaine lettuce or lettuce of choice	3 slices chicken breast
½ cucumber, sliced	sprinkle of paprika
sea salt and pepper to taste	

Directions:

Top a lettuce leaf with a slice of chicken, cucumber, sea salt, pepper, and paprika, then as if it were a sandwich, wrap it up with another piece of lettuce. Repeat with other ingredients. This can be done with a variety of ingredients such as tuna, chicken, beef, shrimp, tomatoes, peppers, herbs, garlic, lemon juice, turmeric, or oregano.

Mongolian Beef with Cabbage

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

¼ lbs sliced beef (extra lean steak)	3 cups cabbage
½ cup water	1 tbsp apple cider vinegar
2 tbsp lemon juice	2 tbsp Bragg's Liquid Aminos
2 cloves garlic	1 tbsp chopped green onions

¼ tsp chili powder, or to taste

sea salt, pepper, and stevia to taste

Directions:

Combine spices into liquid ingredients. In a frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage. Add additional water if necessary. Cook until beef is cooked and cabbage is tender.

Pepper Crushed Steak

Makes 1 protein serving

Ingredients:

¼ lbs top sirloin, tenderloin or filet

fresh ground black pepper

dash of Bragg's Liquid Amino (some like a dash of stevia)

sea salt to taste

Directions:

Manually tenderize the meat until flat. Rub the meat with sea salt and coat liberally with black pepper. Cook on high for about 3-5 minutes or throw on the grill. You can top with the Bragg's Liquid Aminos and caramelized onions as a garnish. You can also cut the steak into strips and eat over a salad.

Chicken Patties

Makes 1 protein serving

Ingredients:

4 oz ground chicken breast

1 tbsp minced onion

dash of onion and garlic

1 clove crushed garlic

cayenne pepper to taste

sea salt and pepper to taste

Directions

Mix all ingredients, form into patties, fry in a pan and add water occasionally to enhance flavor and keep chicken moist. Cook thoroughly until lightly browned.

Mahi Mahi with Lemon and Greens

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

¼ lbs Mahi Mahi fish

1 lemon, peel and cut in segments

1 tbsp Bragg's liquid aminos

1 tsp apple cider vinegar

1/8 tsp ginger

1 tbsp green onion, chopped

1 clove garlic, crushed and minced

pinch of red pepper flakes

2 cups spinach or other greens

stevia to taste

Directions:

Saute fish with water, vinegar, and Bragg's. Add garlic and spices and stevia. Add lemon segments. Cook for 5-10 minutes. Top with green onion. Serve on bed of steamed spinach or greens.

Beef Tenderloin and Asparagus

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4oz. beef Tenderloin	1 tsp Bragg's Liquid Aminos
red pepper flakes	sea salt and pepper to taste
garlic powder, to taste	2 tbsp extra virgin oil
2-3 cloves garlic, minced	asparagus, 12 spears

Directions:

Preheat oven to 350 degrees. Take the beef tenderloin and poke holes for absorption of seasonings with a fork on both sides of meat. Pour Bragg's liquid aminos to taste on one side. Season with the rest of the herbs and spices on both sides of the meat. Put in a shallow pan and put in the oven and bake for 20-25 minutes.

For the asparagus, chop up 2-3 garlic cloves. In a pan, on medium-high heat, warm 2-3 tsp of olive oil. Then put cleaned asparagus and cloves in pan. Sauté until the asparagus is a little brown and somewhat flimsy, unless you prefer crunchy asparagus.

Charlie's Paprika Chicken

Makes 4 protein servings

Ingredients:

1 tsp olive oil	1 lb boneless, skinless chicken breast, cubed
2 cloves garlic, chopped	2 tsp dried basil
3 tsp sweet paprika	

Directions:

Heat oil in a skillet, add chicken and garlic and cook stirring occasionally until chicken is cooked through. Add basil and paprika and stir to coat chicken, for about 2 minutes.

Fish Taco Lettuce Wraps

Makes 3 protein servings (add two cups of vegetables to make a full meal-1 protein serving+2 vegetable servings)

Ingredients:

12 oz tilapia, patted dry	1 tsp garlic, minced
1 tsp lime juice	2TBS extra virgin olive oil

1 tsp sea salt

romaine lettuce

Directions:

Whisk all of the spices, juice, and oil together. Coat fish and refrigerate for 30 minutes. Spray oil into a pan. Heat over medium-high. Sear fish, 4 minutes on each side or until cooked through. Cut into strips or chunks and serve in a lettuce wrap.

Basil and Garlic stuffed Chicken Breast

Makes 4 protein servings

Ingredients:

2 tbsp snipped fresh basil

2 tbsp olive oil

2 cloves garlic, minced

4 boneless, skinless chicken breast halves

½ tsp finely shredded lemon peel

2 tbsp lemon juice

Directions:

1. In a small bowl, combine basil, 1 tablespoon olive oil, and garlic. Set aside
2. Place each chicken breast half between 2 pieces of plastic wrap. Using the flat side of a meat mallet, pound lightly to about 1/8 inch thickness. Remove plastic wrap. Spread mixture over chicken. Fold in sides of each chicken breast; roll up, pressing edges to seal. Fasten with wood toothpicks.
3. For sauce, in a small bowl combine lemon peel, lemon juice, and 1 tablespoon olive oil; set aside.
4. You can either bake on 375 until chicken is cooked through or grill the chicken for about 25-30 minutes, or until the chicken is no longer pink. Once chicken is cooked, either by baking or by grilling, spread the sauce over the chicken and put it back in the oven or back on the grill for another 5-10 minutes.

Grilled Chicken Burger

Makes 1 protein serving

Ingredients:

4 oz ground chicken breast

¼ tsp dry basil

¼ tsp dry oregano

¼ tsp sea salt, or to taste

¼ tsp cumin

¼ tsp chili powder

¼ tsp granulated garlic powder

black pepper to taste

iceberg lettuce leaves

red onion (optional topping)

tomato slice (optional topping)

Directions:

For chicken burger, combine all ingredients and form into a burger patty. Grill until cooked through. Place chicken patty in between 2 leaves of iceberg lettuce leaves, and top with tomato slice and onions like you would top a burger.

Grilled Shrimp and Vegetable Brochette

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

8 jumbo shrimp	1 cup grape tomatoes
½ cup red onion chunks	1 tbsp olive oil, or olive oil spray
½ cup red, orange, or yellow bell peppers chunks (or all of them!)	
sea salt and pepper to taste	

Directions:

1. Using metal skewers, skewer shrimp, tomatoes, onion, and bell peppers. Drizzle with olive oil or coat with spray. Season with sea salt and black pepper.
2. Grill over high heat until shrimp is bright pink and cooked through.

Sri Lankan Chicken Curry

Makes 3 protein servings

Ingredients:

3 boneless, skinless chicken breasts	3 tbsp curry powder
1-2 tsp cayenne pepper, or to taste	1 tbsp apple cider vinegar
1 onion, chopped finely	4 cloves garlic, sliced thinly
2 inch piece of ginger, chopped finely	2 inch stalk of lemongrass, flattened but not chopped
3 cardamom pods	3 cloves
1 inch piece of cinnamon stick	1 cup unsweetened coconut milk
1 tbsp Pomi tomato paste	2 tbsp olive oil
sea salt to taste	

Directions:

1. Place chicken in large bowl with curry powder, cayenne, and vinegar. Add more vinegar if necessary, until ingredients form a paste. Set aside for at least 30 minutes.
2. In a pot, heat a small amount of oil over medium-high heat. When hot, add onion, garlic, ginger, lemongrass, cardamom, cloves and cinnamon stick. Stir frequently until onions are a golden brown.
3. Add the chicken and stir occasionally until it is nicely browned and cooked all the way through.
4. Add the remaining marinade to the pot, adding a little water if necessary to get it out of the bowl.
5. Lower the heat to medium and cover, then cook for 20 minutes
6. Add the coconut milk and a pinch of sea salt, bring to a boil, then lower the heat and simmer for 15 minutes
7. Stir in the tomato paste and simmer for another 2 minutes.

Sweet Japanese Chicken OR Tofu

Makes 2 meals (2 protein servings+4 vegetable servings)

Ingredients:

2 boneless, skinless chicken breasts, cubed or 1 container firm or extra firm tofu, pressed and cubed	
5 tbsp organic, salt free chicken broth	4 cups cabbage – shredded
dash of onion powder	sea salt, to taste
1 clove garlic, minced	black pepper, to taste
1 packet stevia	

Directions:

1. Sauté garlic in 1 tbsp of broth. Add 2 tbsp of broth and cabbage over medium heat. Remove while still crunchy.
2. Mix together remaining 2 tbsp broth, onion powder, and stevia.
3. Pour into pan with cubed chicken or tofu. Stir fry cooked thoroughly.
4. Mix cabbage back in for 1-2 minutes until heated.

Nyla's Crab Delight

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4oz crab meat	¼ cup onion, finely chopped
3 stalks celery, finely chopped	splash of lemon juice
sea salt and black pepper to taste	

Directions:

Mix all ingredients in a bowl, and serve.

Chicken and Spinach

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

1 boneless, skinless chicken breast	2 cups spinach
2 tsp onion powder	1 clove garlic, minced
½ cup organic, salt free chicken broth	sea salt, to taste
Black pepper, to taste	1 lemon, halved
1 tbsp curry powder	

Directions:

Mix chicken and all seasonings and ½ the lemon together. Cook chicken in a skillet until cooked thoroughly. Add the spinach in for 1 minute and serve in a bowl, and squeeze the other ½ of the lemon over the food.

Tarragon Chicken

Makes 4 protein servings

Ingredients:

4 (6oz) boneless, skinless chicken breasts	sea salt, to taste
2 tbsp olive oil	1 tsp grated lemon rind
2 tbsp fresh lemon juice	1 garlic clove, minced
2 tsp fresh tarragon, minced	

Directions:

1. Place each chicken breast between 2 sheets of heavy-duty plastic wrap; pound to $\frac{1}{4}$ thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with sea salt.
2. Combine olive oil and remaining 5 ingredients in a small bowl, stirring well with a whisk.
3. Heat a large nonstick skillet over medium-high heat. Add 2 tsp oil mixture to pan, spreading evenly over bottom of pan with a wide spatula.
4. Add chicken and cook for about 2 minutes and drizzle with 2 tsp oil mixture.
5. Turn chicken over, cook for another 2 minutes and drizzle remaining oil mixture over chicken.
6. Reduce heat to low and cook until chicken is cooked thoroughly.
7. Transfer to a serving plate and drizzle pan drippings over chicken.

Mexican Flavored Sirloin

Makes 4 protein servings and 4 vegetable servings

Ingredients:

1lb ground sirloin, or ground buffalo	$\frac{1}{2}$ cup onion, diced
2 cups Pomi tomato sauce	1 cup green chilis, chopped
2 cups tomatoes, diced	2 tsp chili powder
1 tsp cumin	1 tsp minced garlic
$\frac{1}{2}$ tsp oregano leaves	$\frac{1}{2}$ tsp crushed red pepper flakes

Directions:

Brown onions and ground sirloin/buffalo. Add chilis, tomato sauce, diced tomatoes, spices and let simmer.

Jamaican-Spiced Chicken Breast

Makes 4 protein servings

Ingredients:

$\frac{1}{4}$ cup red onion, minced	1 tbsp stevia, or to taste
-------------------------------------	----------------------------

1 tbsp jalapeno pepper, seeded and shredded finely
2 tsp Braggs Liquid Aminos
½ tsp ground allspice
½ black pepper, or to taste
4 boneless, skinless chicken breast

2 tsp apple cider vinegar
½ tsp sea salt, or to taste
½ tsp thyme (dried)
¼ tsp red pepper flakes
olive oil spray

Directions:

Combine first 10 ingredients in a large bowl. Add chicken, tossing to coat. Heat a skillet on medium-high heat, coating pan with cooking spray. Add chicken to pan and cook thoroughly, flipping chicken occasionally.

Warm Tofu Salsa

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 container firm or extra firm tofu, pressed and sliced
1 bell pepper, diced
3-4 slices fresh jalapeno pepper
2 tbsp fresh lime juice
2 tbsp olive oil
½ head iceberg lettuce, roughly chopped

1 onion, diced
2 large tomatoes, diced
3 tbsp Mrs. Dash Fiesta Lime seasoning
½ -¾ cup water
sea salt and black pepper, to taste

Directions:

Brown tofu in olive oil until cooked thoroughly. Add diced onions and cook until translucent. Add bell peppers, and cook until tender, stirring often. If skillet becomes dry, spray with olive oil cooking spray as needed. Add fiesta lime seasoning and some water. Let cook for 3-5 minutes. Add jalapeno or chili peppers, then add tomatoes and lime juice, stirring well. Reduce to low heat and simmer for 15-20 minutes. Serve over lettuce.

Cayenne Grilled Steak with Chimichurri Sauce

Makes 4 servings of protein

Ingredients:

For the Chimichurri Sauce:

½ cup lightly packed fresh parsley
4 garlic cloves, coarsely chopped
1 tablespoon fresh oregano
1 teaspoon fresh ground pepper
¼ cup lemon juice
1/2 cup olive oil

½ cup lightly packed fresh cilantro
1 shallot, coarsely chopped
1 teaspoon kosher salt
½ teaspoon crushed red pepper
2 tablespoons red wine vinegar

For the Cayenne Grilled Steaks:

2 tablespoons kosher salt

1/2 to 1 teaspoon cayenne pepper, depending on personal preference

4 6oz steaks

Directions:

1. To make the chimichurri: Place the parsley leaves, cilantro leaves, oregano leaves, garlic cloves, shallot, salt, pepper, crushed red pepper, lemon juice, and the red wine vinegar in a food processor. Turn the food processor on and blend while drizzling the olive oil in. Stop and pulse until well mixed. Set aside.
2. For the steaks: Mix together the salt and cayenne in a small bowl. Liberally season both sides of each steak.
3. Preheat your grill on high (450-500° F). Clean and oil your grill. Place the steaks on the hot grill, close the lid and wait for 3 minutes. Flip and cook another 3-4 minutes or until desired doneness is reached. Remove the steaks from the grill and wrap in foil for 5-10 minutes. Transfer to serving plates. Serve with chimichurri on the side or over the top.

Roasted Chicken Breasts with Zucchini

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

4 skinless chicken breasts, rinsed and patted dry

4 medium zucchini, cut into 1-inch chunks

2 garlic cloves, minced

¾ teaspoon sea salt

Finely grated zest of 1 lemon

2 tbsp extra virgin olive oil

2 teaspoons dried oregano

½ teaspoon freshly ground black pepper

Directions:

1. Preheat the oven to 425 degrees. In a baking pan, toss together all of the ingredients. Bake for 20 minutes.
2. Raise the temperature to 475 degrees. Continue to bake until the chicken is cooked through and lightly golden, about 10 minutes longer. Let stand for 5 minutes before serving.

Broiled Tilapia with Tomato Parsley Salsa

Makes 4 protein servings

Ingredients:

1 cup chopped tomato

1 tbsp white wine vinegar

1 ½ tablespoons extra virgin olive oil, divided

¼ teaspoon freshly ground black pepper, divided
olive oil cooking spray

¼ cup chopped fresh flat-leaf parsley

2 garlic cloves, minced

¼ teaspoon sea salt, divided

4 (6-ounce) tilapia fillets

Directions:

1. Preheat broiler.
2. Combine the first 4 ingredients in a medium bowl, and stir in 1 1/2 teaspoons oil, 1/8 teaspoon sea salt, and 1/8 teaspoon black pepper, to make salsa.
3. Brush fish with remaining 1 tablespoon oil, sprinkle with remaining 1/8 teaspoon sea salt and remaining 1/8 teaspoon pepper.
4. Arrange fish in a single layer on a jelly-roll pan coated with cooking spray. Broil 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with salsa.

Spicy Lime Tilapia

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

1 tbsp olive oil	½ tsp red pepper flakes
2 cups lightly packed baby spinach	6 asparagus spears
2 tilapia filets	2 scallions, sliced
½ lime	sea salt and black pepper to taste

Directions:

To make chili oil, combine the olive oil and red pepper flakes in a small bowl and microwave it on high for 30 seconds. Set aside. Lay an 18 inch length of aluminum foil flat on a work surface and arrange the spinach and asparagus tips in the center. Place fish filets on top and top the filet with the scallion pieces, the chili oil, and the juice from lime. Season with a pinch of salt and pepper. Fold the foil up and over the food, crimping the edges closed and creasing the sides to form a tent. Bake at 450 degrees for 10-12 minutes.

Cumin-Coriander Chicken Rub

Makes 4 protein servings

Ingredients (for rub):

6 tbsp ground cumin	4 tbsp hot chili powder
2 tbsp sea salt	2 tbsp ground coriander
1 tbsp paprika	1 ½ tsp ground allspice
1 ½ tsp ground black pepper	
4 boneless, skinless chicken breasts	

Directions:

Combine all ingredients together. Season both sides of chicken breasts with the rub and bake until cooked thoroughly on 375 degree

Chicken Lettuce Wraps with Cilantro Lime Dressing

Makes 2 protein servings with 2 vegetable servings

Ingredients:

Dressing:

1 cup packed cilantro	¼ cup extra-virgin olive oil
¼ cup lime juice	¼ cup freshly squeezed orange juice
½ tsp sea salt	½ tsp freshly ground pepper
pinch of minced garlic	

Wrap:

2 chicken breasts; cube cut & pre-cooked in pan with extra-virgin olive oil	
¾ cup diced red bell pepper	4 green onions, thinly sliced (about ½ cup)
¼ cup cilantro/lime dressing	6 large Bibb or iceberg lettuce leaves

Directions:

1. Puree cilantro, olive oil, lime juice, orange juice, sea salt, pepper and garlic in a blender or food processor until smooth.
2. Stir the chicken, red bell pepper, onions and cilantro/lime dressing in a medium bowl.
3. Divide the chicken mixture among the lettuce leaves.
4. Fold the lettuce leaves around the filling and serve immediately. You can puncture middle of wrap with toothpick to keep intact.

Brazilian Garlic Shrimp makes 4 protein servings

Ingredients:

1 lb peeled shrimp	1 tsp sea salt
1 Tbsp olive oil	4 garlic cloves, sliced thin, or to taste
1 dried hot red pepper, or to taste	

Directions:

Dry the shrimp. Cover shrimp with sea salt and let sit 10 to 15 minutes.

In lightly oiled frying pan, sauté garlic and pepper at high temp for about a minute or so.

Add the salted shrimp. At a very high heat, saute, stirring constantly for 2 to 5 minutes, depending upon the size of the shrimp.

Lemon Chicken with Asparagus

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4oz chicken breast	1 tbsp olive oil
1 clove garlic	¼ tsp red pepper flakes

12 asparagus spears

1 packet stevia

1 tsp Bragg's Liquid Aminos

juice from 1 lemon

Directions:

1. Cook chicken in olive oil with garlic and red pepper flakes (about 7 minutes or so)
2. Add asparagus and cook another 3 minutes
3. In small bowl, whisk together Bragg's, stevia, sesame seeds, and lemon juice
4. Add mixture to skillet and cook another 1-2 minutes.

Herbed Chicken and Squash

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

4 boneless, skinless chicken breasts

1 tsp sea salt

8 yellow squash, cubed

¾ lb onion, halved

1 packet stevia

2 tsp chopped ginger

2 tbsp chopped rosemary

½ tsp black pepper

2 tsp olive oil

3 tsp red wine vinegar

2 tsp Dijon mustard

1 clove garlic, chopped

Directions:

1. Preheat oven to 400 degrees
2. Season chicken with rosemary, salt, black pepper (use half of each)
3. Toss squash with olive oil
4. Toss onions with 2 tsp. vinegar and remaining olive oil
5. Place chicken in pan and spread squash and onions in a single layer around chicken
6. Sprinkle veggies with remaining rosemary, salt, and pepper
7. Roast for 15 in oven
8. In second bowl, combine mustard, ginger, garlic, and remaining vinegar. Flip chicken and brush the sauce on chicken.
9. Flip veggies and roast until chicken and veggies are thoroughly cooked.

Edamame Succotash with Shrimp

Makes 8 protein servings

Ingredients:

1 tbsp olive oil

1 ½ tsp fresh thyme, chopped

¼ tsp salt

1 bunch scallions

2 cups frozen, packed edamame, shelled, thawed

1 lbs raw shrimp, peeled and deveined

1 red bell pepper

½ cup NO sodium, organic chicken broth

¼ tsp Mrs. Dash Lemon-Pepper seasoning

2 cloves garlic, minced

1 tbsp cider vinegar

Directions:

1. Sauté scallions, bell pepper, garlic, and thyme in olive oil.

2. Stir in edamame, broth, vinegar and sea salt. Bring to a simmer and reduce heat to medium-low and cook for 5 minutes.
3. Sprinkle shrimp on both sides with Lemon-Pepper seasoning
4. Scatter shrimp on top the vegetables in pan. Cover and cook until shrimp are thoroughly cooked.

Grilled Herbed Shrimp

Makes 4 protein servings

Ingredients:

3 tbsp chopped fresh cilantro leaves	3 tbsp chopped fresh flat-leaf parsley leaves
1 tbsp minced jalapeno chili (from 1/2 jalapeno)	1 tbsp minced garlic (from about 3 cloves)
1 tbsp grated fresh lemon zest	1/3 cup extra-virgin olive oil
1 lbs jumbo shrimp, in shells (about 20)	

Directions:

Step 1

Combine all ingredients except shrimp in a large reseal able plastic bag. Snip through each shrimp shell down the back, leaving last segment and tail intact, and devein with a paring knife, leaving shell intact. Add shrimp to bag and massage with marinade. Refrigerate at least 8 hours or up to overnight.

Step 2

Soak 10 short wooden skewers in water 30 minutes. Meanwhile, preheat grill for indirect heat, with coals to 1 side (or medium heat on a gas grill). Thread 2 shrimp onto each skewer and place on indirect side of grill. Cook, turning once, until shrimp are curled, slightly charred, and cooked through, about 5 minutes.

Jalapeno Chicken Burger

Makes 8 protein servings

Ingredients:

2 pounds ground chicken	1 cup white onion, diced
½ cup fresh cilantro, chopped	4 cloves garlic, minced
1 jalapeño pepper, diced	2 teaspoon dried cumin
2 teaspoon dried paprika	2 teaspoon red pepper flakes

Directions:

Using clean hands, mix together ground chicken, onion, cilantro, garlic, jalapeno, ground cumin, paprika, and red pepper flakes in a large bowl. Divide mixture and form into 8 patties. Grill over medium-high heat until burger is cooked through. Flip when bottom side of burger no longer sticks to the grill grates.

Indian Buffalo with Spaghetti Squash

makes 4 protein servings and 4 vegetable servings (add 4 more vegetable servings as a side to make 4 complete meals)

Ingredients:

1 spaghetti squash, roasted	1 pound ground buffalo
1 onion, finely chopped	2 garlic cloves, minced
1 serrano pepper, minced	1 teaspoon ginger, grated
6 ounces unsweetened coconut milk	1 teaspoon cumin
1 teaspoon adobe chili powder	1 teaspoon ground coriander
¾ teaspoon turmeric	1 ½ teaspoons salt

Directions:

In a large skillet, cook the onions and beef until the meat is brown. Mix together all the spices and stir them into the meat. Stir in garlic, ginger and serrano. Cook 30 seconds. Add coconut milk and cook 1 minute. Stir in roasted spaghetti squash and cook until heated through. Serve with chopped green onions.

Buffalo Slaw

makes 4 protein servings

Ingredients:

1 pound ground buffalo	1 onion chopped
garlic to taste	¼ tsp sea salt
¼ tsp black pepper	1 medium/large head of cabbage
1 tea garlic minced	2 tb Bragg's Liquid Aminos
1 tsp apple cider vinegar	1 packet stevia
½ tsp red pepper flakes, crushed (optional)	

Directions:

*note: can use small amounts of extra virgin olive oil and or water as needed for cooking.

In pan, brown ground buffalo, with onion and garlic salt and pepper. Remove buffalo from pan .

Add garlic and cabbage to pan cook until cabbage begins to brown.

Add Bragg's Liquid Aminos, apple cider vinegar, stevia, and red pepper flakes. Return ground buffalo to pan and simmer for 2 min.

Pan-Seared Scallops with Lemon Vinaigrette

Makes 4 protein servings and 4 vegetable servings

Ingredients

12 ounces sea scallops, thawed if frozen	2 lemons
3 tablespoons olive oil	24 asparagus spears, cut into 2-inch pieces

1 medium red onion, cut into wedges
black pepper, to taste
2 tablespoons fresh basil leaves, cut into strips (optional)

sea Salt, to taste
2 to 3 fresh basil sprigs, including stems

Directions

1. Rinse the scallops and pat dry. Set aside.
2. With a sharp knife, score one lemon lengthwise in four sections and remove the peel from each section. Scrape the white portion from the peel; discard. Cut the peel into very thin strips and set aside. Squeeze 2 tablespoons of juice from the lemon; reserve.
3. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the asparagus and onion and cook for 2 to 3 minutes; season to taste with the salt and black pepper. Transfer to a serving platter and keep warm.
4. Combine the lemon peel, basil sprigs, and remaining 2 tablespoons of olive oil in the skillet. Cook for 1 minute or until heated through. Remove the lemon peel and basil sprigs with a slotted spoon, leaving the oil in the skillet; discard.
5. Cook the scallops in the hot oil for 3 to 5 minutes or until opaque, turning once. Stir in the reserved lemon juice. Season to taste with salt and black pepper.
6. Place the scallops over the asparagus mixture. Cut the remaining lemon into wedges. Garnish the scallops with the wedges and, if desired, the fresh basil.

Red Snapper with Vegetables

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

4, 4oz fresh red snapper filets
1 cup grape tomatoes
¼ cup red wine vinegar
1 tsp dried oregano
1 clove garlic, pressed
2 medium yellow squash

2 tbsp olive oil, divided
4 tsp basil, coarsely chopped
4 cups spinach, trimmed, stems removed
2 medium zucchini, trimmed and sliced lengthwise
sea salt and black pepper, to taste

Directions:

1. Preheat oven to 425 degrees
2. Slice tomatoes in half and place in skillet with 1tbsp olive oil and red wine vinegar. Cook until tomatoes break down. Add basil and oregano. Heat through.
3. Saute spinach in new skillet with remaining 1 tbsp olive oil and garlic until wilted.
4. Cook zucchini until soft, but not mushy. It should remain in tact.
5. Prepare baking dish by coating with a small amount of olive oil. Season fish with salt and pepper. Place fish skin side down in baking dish. Place in hot oven and bake until nicely done, about 10 minutes.
6. Place serving of steamed spinach on plates, and add the fish on top of the spinach. Divide remaining vegetables into proper portion.

Thai Coriander Garlic Shrimp Scampi

Makes 4 protein servings

Ingredients:

2 tbsp olive oil	6 scallions (green onions), sliced
1 tbsp ginger, finely chopped	2 garlic cloves, finely chopped
½ tsp ground coriander	1 lb large shrimp, peeled and deveined
½ tsp sea salt	1 tsp fresh lemon juice
½ tsp black pepper	lemon wedges, for serving

Directions:

1. Heat olive oil in a large skillet over medium heat. Add half of the scallions, ginger and garlic. Cook, stirring until fragrant, about 30 seconds. Add the coriander and cook some more.
2. Add the shrimp and salt, cooking and tossing occasionally until shrimp are opaque, about 2-3 minutes. Stir in the remaining scallions pieces and cook until wilted. Season with lemon juice and black pepper. Serve with lemon wedges.

Tomato Basil Chicken

Makes 4 protein servings

Ingredients:

4 boneless, skinless chicken breasts	2 tbsp olive oil
1 cup cherry tomatoes, sliced in half	4 large basil leaves, sliced
2 cloves garlic, minced	

Directions:

1. Heat olive oil over medium-high heat.
2. Add chicken breasts to pan.
3. Add tomatoes
4. Cook chicken for about 3 minutes on each side, depending on the thickness.
5. During the last minute of cooking, add the basil and garlic

Taco Stuffed Zucchini Boats

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

8 medium zucchini, cut in half, length wise	½ cup Soza Salsa
1 lb ground buffalo or ground chicken or lean beef	1 tsp garlic powder
1 tsp cumin	1 tsp sea salt, or to taste
1 tsp chili powder	1 tsp paprika
½ tsp oregano	½ small onion, minced
2 tbsp bell pepper, minced	4 oz Pomi tomato sauce
¼ cup water	¼ cup chopped scallions, for topping
Bragg's Nutritional Yeast, to taste	

Directions:

1. bring a large pot of salted water to a boil. preheat oven to 400 degrees and place 1/4 cup salsa in the bottom of a large baking dish.
2. using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4 inch thick shell on each half. chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 cup to add to the taco filling, discarding the rest or save to use in another recipe. drop zucchini halves in boiling water and cook 1 minute, then remove.
3. brown ground buffalo/chicken in a large skillet, breaking it up while it cooks. when no longer pink, add the spices and mix well. add the onion, bell pepper, reserved zucchini, tomato sauce, and water. stir and cover, simmer on low for about 20 minutes.
4. using a spoon, fill the hollow zucchini boats, dividing the taco meat equally, and press in firm. cover with foil and bake 35 minutes until zucchini is cooked thoroughly. Top with scallions and Nutritional yeast, and serve with salsa on the side.

Garlic Shrimp in Coconut Milk, Tomatoes, and Cilantro

Makes 4 protein servings and 4 vegetable servings

Ingredients:

- | | |
|--|--------------------------------|
| 1 lb jumbo shrimp, peeled and deveined (weight after peeled) | |
| 1 tsp extra virgin olive oil | 1 red bell pepper, sliced thin |
| 4 scallions, thinly sliced, white and green separated | ¼ cup cilantro |
| 4 cloves garlic, minced | sea salt to taste |
| ½ tsp crushed red pepper flakes | 3 tomatoes, diced |
| 14 oz unsweetened coconut milk | ½ lime, squeezed |

Directions:

1. In a medium pot, heat oil on low. Add red peppers and saute until soft (about 4 min). add scallion whites, ¼ cup cilantro, red pepper flakes, and garlic. Cook for about 1 minute
2. Add tomatoes, coconut milk and salt to taste, cover and simmer on low for about 10 minutes to allow flavors to blend together and for the sauce to thicken.
3. Add shrimp and cook for about 5 minutes. Add lime juice

Roasted Chicken and Veggies

Makes 3 protein servings and 3 vegetable servings

Ingredients:

- | | |
|---|-------------------------|
| 3 boneless, skinless chicken breasts, cut into bite size pieces | |
| 1 white onion, cut into wedges | 3 cloves garlic, minced |
| 1 cup sliced zucchini | 1 cup yellow squash |
| 2 tbsp olive oil | thyme, to taste |
| sea salt and pepper to taste | |

Directions:

1. Preheat oven to 450 degrees
2. Mix in onion, olive oil, and garlic in large roasting pan. Add salt, pepper, and thyme to taste.

3. Roast vegetables about 25 minutes, stirring once during cooking time.
4. Salt and pepper chicken. Add chicken, squash, and zucchini to roasting pan. Roast another 15 minutes or until chicken is cooked thoroughly.

Sweet & Spicy Shrimp with Cucumber Salad

Makes 1 protein serving and 1 vegetable serving

Ingredients:

olive oil cooking spray	4 oz shrimp, peeled and deveined
Paul Prudhomme salt-free/sugar free Sweet & Spicy seasoning	onion powder, to taste
1 cucumber, chopped	½ cup rice vinegar
2 packets stevia	

Directions:

1. Whisk stevia with rice vinegar in bowl and add chopped cucumber, mix well, set aside and allow to marinate while shrimp cook.
2. Season shrimp with sweet and spicy seasoning and onion powder.
3. Coat pan with olive oil spray, add shrimp, cook until pink and curled.
4. Pour cucumber and vinegar onto plate, top with cooked shrimp.

Tofu Egg Rolls

Makes 1 protein serving and 1 vegetable serving

Ingredients:

2-3 big cabbage leaves	1 cup shredded cabbage
dash of onion powder	dash of garlic powder
½ packet of stevia	½ container firm or extra firm tofu, pressed and cubed
dash of Chinese Five-Spice powder	olive oil cooking spray

Directions:

1. In olive oil sprayed pan, brown tofu for 5-8 minutes.
2. Steam big cabbage leaves for 5 minutes. Move over to side to make room for shredded cabbage. Steam for 5 additional minutes.
3. Remove shredded cabbage to mixing bowl and mix with tofu and spices.
4. Wrap in big cabbage leaves.

Chinese Chicken

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4 oz chicken breast
half a head of cabbage
sea salt & pepper, to taste
1 minced clove of garlic

5 Tbsp organic, NO salt chicken Broth
dash of onion powder Chinese 5 spice, to taste
½ packet of stevia

Directions:

Shred cabbage. Sautee minced garlic in 1 Tbsp of bouillon base. Add 2 Tbsp of broth and cabbage over medium heat. Remove while still crunchy. Combine 2 Tbsp of broth, onion powder, Chinese 5 spice and Stevia. Pour into pan with cubed meat. Stir fry this mixture. Throw cabbage back in for 1-2 minutes until heated

Lemon-Ginger Chicken

Makes 1 protein serving

Ingredients:

4 oz chicken breast
1 clove garlic, minced
½ tsp basil

black pepper, to taste
juice of 2 lemons
1 tbsp fresh ginger root, minced

Directions:

1. Preheat pan over medium heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins. Add garlic and cook for 1 min. Squeeze juice of lemons over chicken. Add ginger and basil. Stir well. Cover and simmer for about 20-30 mins.

Chicken Broccoli Casserole

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

8 c. broccoli florets
½ med. onion, chopped
½ tsp dried thyme
sea salt and pepper to taste
4 boneless, skinless chicken breasts

3 ribs celery with leaves, chopped
1 tsp dried parsley
½ tsp dried marjoram
2 cups organic, NO salt chicken broth
olive oil cooking spray

Directions:

1. Preheat oven to 180 degrees.
2. Lightly mist a 9x13 baking dish with olive oil cooking spray.
3. Layer cubed chicken evenly in bottom of baking dish.
4. Layer broccoli, celery, and onion evenly over top of chicken.
5. Sprinkle herbs, salt and pepper over all and pour chicken broth over everything.
6. Cover with foil and bake for 1-1 ½ hours, until chicken is tender and no longer pink.

Beefy Asian Lettuce Cups

Makes 1 protein serving and 1 vegetable serving

Ingredients:

1/4 lb ground buffalo, lean ground beef or ground chicken breast	¼ tsp olive oil
1 small onion, finely diced	½ cup shredded cabbage
½ red bell pepper	1 celery stick, finely diced
2 cloves garlic, minced	4 bibb lettuce leaves
1 tbsp fresh cilantro, chopped	2 tbsp Bragg's Liquid Aminos
sea salt and pepper to taste	

Directions:

1. Dice all vegetables and set aside.
2. In a large cooking skillet, spray lightly with olive oil spray, and brown meat until cooked thoroughly and set aside.
3. Add all the vegetables and garlic to skillet and cook on medium-high heat until lightly cooked and onions are translucent – about 5 minutes
4. Add meat to vegetables
5. Portion into lettuce leaves

Spaghetti Squash Casserole

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 spaghetti squash	1 lb ground buffalo or extra lean ground beef
2 cups spinach, finely diced	20 cherry tomatoes, halved
½ red onion, diced	1 tbsp minced garlic
1 whole egg	1 tsp garlic powder
1 tsp oregano	½ tsp onion powder
½ tbsp extra virgin olive oil	

Directions:

1. Preheat oven to 400 degrees. Cut squash in half lengthwise. Remove seeds. Place cut side down on a baking sheet, and bake for 25 minutes.
2. While squash is baking, brown ground meat over medium high heat. Drain, and set aside.
3. Prepare vegetables. In a large sauce pan, begin to saute red onion, tomatoes, and garlic with olive oil. Add seasonings. Once onions begin to turn translucent, add spinach and cook down.
4. Once squash is done, remove from oven and shred the meat of the squash with a fork. Add to pan with vegetables. Add meat, and egg. Mix together thoroughly.
5. Pour mixture inside a 9 x 9 baking dish, and cook at 400 for 15 minutes.

Tomato Basil Tofu Pizza

10 strips is one serving. Makes 2 protein servings

Ingredients:

1 package Extra Firm Tofu	fresh basil, or Italian seasoning
olive oil spray	POMI tomato sauce
Bragg's Nutritional Yeast, to taste	

Directions:

1. Preheat oven to 425 degrees F
2. Rinse tofu and then press out excess water and dry tofu using a paper towel. Cut tofu into 20 strips. Place tofu onto a baking sheet covered in parchment paper.
3. Put either one basil leaf on each tofu strip, or season each with Italian seasoning.
4. Spray with olive oil.
5. Spoon POMI tomato sauce onto each strip, then sprinkle Bragg's Nutritional Yeast (it has a cheesy flavor)
6. Bake for about 30 minutes until tofu is nice and crispy.

*****Serve with 2 sides of vegetables to make this an entire meal*****

Garlic Shrimp w/ Warm Slaw and Green Beans

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1lb raw shrimp	½ yellow onion, sliced
1 large head green cabbage, shredded	½ large turnip, shredded
4 cups fresh green beans	1 tbsp & 2 tsp olive oil
olive oil cooking spray	¼ cup and 1 Tsp Pure Balsamic Vinegar
1 tsp coarse ground pepper	2 tbsp minced garlic
2 tsp cumin	2 tsp onion powder

Directions:

1. Shred cabbage and turnip in food processor. Toss until well mixed.
2. Add ¼ cup pure balsamic vinegar and 1 tbsp olive oil onto cabbage and turnip mix, and toss until well distributed. Sprinkle with pepper and onion powder and toss again.
3. Slice onion into thin slivers and set aside
4. Peel and devein shrimp and set aside.
5. Heat skillet to medium-high
6. Place slaw in skillet and saute until just tender (about 5 minutes) turning frequently to avoid burning, mix in cumin and remove from heat. Transfer to a bowl and keep warm.
7. Put 2 tbsp olive oil in pan, and add minced garlic, and 1 tsp pure balsamic vinegar to skillet and let simmer until absorbed.
8. Add green beans and onion slivers, then cover. Cook until onions are tender and translucent, but make sure green beans are still crisp.
9. Add shrimp and 2 tbsp water and cook until shrimp are pink and curled.
10. Remove from heat and serve with warm slaw.

Konstantine's Oriental Ginger Chicken

Makes 1 protein serving

Ingredients:

4oz chicken breast	4 tbsp Braggs Liquid Aminos
¼ cup fresh chicken broth	1 tbsp onion, chopped
4 tbsp fresh lemon juice	stevia, to taste
sea salt and pepper, to taste	½ tsp fresh ginger
cayenne pepper, to taste	

Directions:

1. In a small saucepan, saute chicken in a little lemon juice and water until slightly browned.
2. Add spices, ginger, salt, lemon, and stevia. Next, add Braggs liquid aminos and cook thoroughly.
3. Deglaze the pan periodically by adding a little water.

Sweet Mustard Chicken

Makes 1 protein serving

Ingredients:

4 oz chicken breast	¼ cup organic, no salt chicken broth
2 tbsp Bragg's Liquid Aminos	1/8 tsp mustard powder, or to taste
¼ tsp fresh ginger	1 tbsp onion, chopped
½ tsp garlic powder	sea salt and pepper, to taste
stevia, to taste	

Directions:

1. Dissolve spices in chicken broth. Add chicken, broth, and onion to small sauce pan and cook on medium heat for about 5-10 minutes or until chicken is tender.
2. Periodically deglaze the pan with a little water to create a richer sauce.

Chicken Cacciatore

Makes 1 meal (1 protein servings+2 vegetable servings)

Ingredients:

4 oz chicken breast, diced	2 cups tomatoes, chopped
¼ cup organic, no salt chicken broth	2 tbsp POMI Tomato Sauce
1 tbsp apple cider vinegar	2 tbsp fresh lemon juice
1 tbsp Bragg's Liquid Aminos	2 tbsp onion, chopped
2 cloves garlic, minced	¼ tsp onion powder
¼ tsp garlic powder	1 bay leaf
cayenne pepper, to taste	stevia, to taste

Directions:

1. Brown the chicken with garlic, onion, and lemon juice in small saucepan. Deglaze the pan with the chicken broth.
2. Add tomatoes, tomato sauce, vinegar, and spices. Simmer on low heat for 20 minutes stirring occasionally.
3. Remove the bay leaf and serve hot.

Basil and Garlic Stuffed Chicken Breast

Makes 1 protein serving

Ingredients:

2 tbsp fresh basil, snipped	2 tbsp olive oil, divided
2 cloves garlic, minced	4 boneless, skinless chicken breast halves
½ tsp lemon peel, finely shredded	2 tbsp fresh lemon juice

Directions:

In a small bowl, combine basil, 1 tbsp olive oil, and garlic; set aside.

1. Place each chicken breast half between 2 pieces of plastic wrap. Using the flat side of a meat mallet, pound lightly to about 1/8 inch of thickness. Remove plastic wrap. Spread mixture on chicken and fold in sides of each chicken breast; roll up, pressing edges to seal. Fasten with wooden toothpicks.
2. For sauce, in a small bowl, combine lemon peel, lemon juice, and 1 tbsp olive oil; set aside.
3. Place chicken on baking sheet, and brush with sauce. Bake at 375F until chicken is fully cooked.

Meatloaf

Makes 1 protein serving

Ingredients:

4 oz lean ground beef	1 serving of Soza ketchup recipe
1 tbsp onion, chopped	1 clove garlic, minced
cayenne pepper, to taste	¼ tsp paprika

Directions:

1. Mix ground beef with chopped onion and all spices. Place in baking dish.
2. Baste with ketchup and bake at 350F for 15-20 minutes.

Meat Sauce

Makes 1 protein serving and 1 vegetable serving (add 1 cup of spaghetti squash to make a complete meal)**

Ingredients:

4oz lean ground beef	8oz POMI tomato sauce
2 cups tomatoes, chopped	2 cloves garlic, minced
1 tbsp onion, minced	½ tsp dried basil

¼ tsp dried oregano
cayenne pepper, to taste

sea salt and pepper, to taste
stevia, to taste (optional)

Directions:

1. Brown the ground beef.
2. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs.
3. Simmer on low heat for 30 minutes and add water until desired consistency.
4. Serve on top of Spaghetti squash.

Curry Chicken

Makes 1 protein serving

Ingredients:

4oz chicken breast, cubed
¼ tsp chicken curry powder, or to taste
dash of garlic powder
sea salt and pepper and stevia, to taste

¼ cup organic, no salt chicken broth
pinch of turmeric
dash of onion powder
dash cayenne pepper

Directions:

1. Dissolve spices in chicken broth in a small saucepan.
2. Add chopped onion, garlic, and chicken. Add stevia to taste for a sweet curry.
3. Saute chicken in liquid until fully cooked and liquid is reduced by half.
4. Additional water may be added to achieve desired consistency.

Chicken Asparagus Bake

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4oz chicken breast, cubed
½ cup organic, no salt chicken broth
2 tbsp onion, chopped
sea salt and pepper, to taste

12 asparagus spears, chopped
1 clove garlic, minced
dash of paprika

Directions:

1. Place chicken, asparagus, liquids, and spices into baking dish.
2. Bake at 375F for 30 minutes, or until bubbly. Sprinkle with paprika.

Taco Salad

Makes 1 meal (1 protein serving+2 vegetable servings)

Ingredients:

4oz Lean Ground Beef

2 tsp onion, minced

1 garlic clove, minced
2 cups lettuce
Bragg's Nutritional yeast, to taste

Spices of your choice like cumin, chili powder, cilantro
1 tomato, diced

Directions:

1. Brown ground beef with onion, and add garlic.
2. Add spices of your choice, to taste.
3. Serve over lettuce, and sprinkle with nutritional yeast.

Grilled Prawns on Rosemary Skewers with Spinach Salad

Makes 4 meals (each meal-1 protein servings+2 vegetable servings)

Ingredients:

1 cup plus 1 tbsp pure balsamic vinegar, divided
1 clove garlic, minced
½ tsp red pepper flakes
sea salt and black pepper, to taste
8 10-inch sprigs fresh rosemary
1 orange pepper, chopped
1 cup cherry or grape tomatoes, halved

1 cup rice vinegar
¼ cup basil, chopped
4 tbsp extra virgin olive oil
16oz prawns or shrimp, peeled and deveined
4 cups baby spinach
1 yellow pepper, chopped
1 shallot, minced

Directions:

1. In a small saucepan, heat 1 cup vinegar on medium. Bring to a gentle simmer and cook until syrupy and reduced by about three-quarters. Remove from heat and set aside.
2. Meanwhile, prepare marinade: in a medium bowl, whisk shallot, garlic, basil, red pepper flakes and 1 cup rice vinegar until well blended. Slowly whisk in oil until blended. Season with sea salt and black pepper. Remove 6 tbsp marinade, transfer to a small bowl and set aside; add prawns to remaining marinade and toss to coat.
3. Heat an outdoor grill on medium-high. Pinch rosemary springs on-quarter of the way up from bottom stem and pull down with your fingers to remove bottom leaves. Carefully thread prawns onto bare ends of rosemary sprigs. Season with salt and black pepper and add to grill. Cook for 2 minutes per side, until just cooked through. Remove from grill and let rest for 1 minute.
4. In a large bowl, toss spinach, orange pepper, yellow pepper and tomatoes with reserved 6 tbsp marinade. Season with salt and black pepper. Serve rosemary prawn skewers over salad. Drizzle reduced pure balsamic vinegar over shrimp.

Stuffed Scallops with Vegetables

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

28 large scallops
1 tbsp cilantro, chopped
juice of 1 lemon
olive oil spray
½ cup salt-free seafood or vegetable stock

4 tbsp fresh spinach, chopped
1 tbsp garlic, minced
1 tbsp olive oil
sea salt, to taste
4 cups broccoli

4 cups cauliflower

Directions:

1. With a sharp knife, slice each scallop almost in half, leaving a hinge.
2. Combine spinach, cilantro, garlic and lemon juice in small bowl.
3. Spoon mixture between each of the scallops and press together to seal.
4. Heat olive oil in non-stick skillet and add scallops. Brown on each side. Remove from skillet.
5. Heat stock through and place scallops back in skillet. Turn scallops occasionally and cook until opaque.
6. In separate pot, spray cauliflower and broccoli with olive oil spray. Season with sea salt and steam.

Tropical Roast Chicken with Peppers

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

4 skinless, boneless chicken breast halves	¼ cup rice vinegar
Juice of 1 lime and 1 lemon	1 ½ tbsp ginger, minced
1 tbsp garlic, minced	½ tsp sweet paprika
sea salt, to taste	1 tbsp olive oil
olive oil spray	1 green pepper, sliced
1 red pepper, sliced	1 yellow pepper, sliced
1 orange pepper, sliced	

Directions:

1. Preheat oven to 375 degrees.
2. In a small bowl, mix rice vinegar, lemon and lime juice, garlic, ginger, paprika, and olive oil to make glaze.
3. Brush both sides of chicken breasts with glaze and place in a baking pan.
4. Bake chicken for 20 minutes then brush with remaining glaze and bake for another 25 minutes.
5. While chicken is baking, spray a saute pan with olive oil cooking spray. Saute all sliced peppers in pan until soft.

Korean Grilled Beef

Makes 6 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 ½ lb boneless sirloin steak	6 scallions, thinly sliced
4 cloves garlic, minced	3 tbsp fresh ginger, finely chopped
1 ½ tsp stevia	3 tbsp Bragg's Liquid Aminos
1 tbsp rice vinegar	1 ½ tsp olive oil
olive oil cooking spray	generous grinding of black pepper
sea salt, to taste	6 cups fresh spinach
6 cups bok choy, roughly chopped	

Directions:

1. Score steak deeply in a 1 in crosswise diamond pattern. Turn over and score the other side.
2. Cover with plastic wrap and pound lightly with a mallet or heavy pan to tenderize.
3. In a shallow dish large enough to hold the steak, combine scallions, garlic, ginger, Bragg's Liquid Aminos, vinegar, olive oil, stevia, and pepper. Add the steak to coat with the marinade. Cover and refrigerate for at least 2 hours, turning from time to time. May refrigerate as long as 8 hours.
4. Spray a large pan with olive oil cooking spray and cook bok choy for 5-8 minutes, add spinach and season with sea salt. Cook for another 5 minutes. Keep on warm while waiting for steak to cook.
5. Grill steak for 4 minutes per side for medium rare, longer for more well done. Cut into thin strips and serve at once with bok choy and spinach.

Shepherds Pie

Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

3 cups cauliflower, roughly chopped	½ lb extra lean ground beef
1 red pepper, chopped	1 medium zucchini, chopped
½-¾ cup salt-free organic chicken broth	4 whole cloves of garlic
sea salt and pepper, to taste	olive oil cooking spray

Directions:

1. Preheat oven to 400 degrees.
2. Roughly chop cauliflower, place in olive oil sprayed baking dish with garlic cloves and bake for 20 minutes.
3. In a large, olive oil sprayed pan, saute ground beef, red pepper, and zucchini. Season with sea salt and pepper.
4. When cauliflower is done, place in blender, slowly adding chicken broth for a mashed potato consistency. Season with salt and pepper.
5. In oven safe dish, layer all ingredients with ground beef mixture on the bottom and cauliflower on the top. Bake for an additional 10 minutes.

Jerk Chicken with Sweet Peppers

Makes 1 meal (1 protein serving+ 2 vegetable servings)

Ingredients:

1 boneless, skinless chicken breast half	½ cup sweet onion, sliced
1 yellow pepper, sliced	1 orange pepper, sliced
1 clove garlic, minced	½ tsp allspice
½ tsp cinnamon	¼ tsp nutmeg
sea salt and pepper, to taste	olive oil cooking spray

Directions:

1. Combine all spices in a bowl.
2. Cut chicken into chunks and coat with spice mixture.
3. Cook on grill or saute in olive oil sprayed pan until done.
4. In a large olive oil sprayed pan, saute both peppers and onion. Season with sea salt and pepper.
5. Serve chicken on a bed of peppers and onions.

Chile Lime Shrimp “Pasta”

Makes 4 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

1 lb shrimp, peeled and deveined	1 medium spaghetti squash
2 limes, juiced and zested	1-2 serrano chile peppers, seeds removed, chopped
4 cups cherry or grape tomatoes, halved	2 tsp garlic, chopped
2 tbsp fresh cilantro	2 tbsp fresh mint
4 tbsp olive oil	sea salt and pepper, to taste

Directions:

Spaghetti squash: Poke holes in the squash; microwave it about 3 minutes. Cut squash in half and place halves face down in a microwave safe pan filled with a half inch of water; microwave an additional 12 minutes and let cool to a reasonable temperature. Scrape the inside out with a fork into a bowl. Set aside and keep warm. Can also be cooked in the oven at 325 for 30 minutes.

Shrimp and tomatoes:

1. Preheat the broiler.
2. Add the lime zest and juice, chiles, garlic, cilantro, mint and olive oil to a food processor and blend. Season with sea salt and pepper, to taste.
3. Pour marinade over the shrimp and let sit for at least 10 minutes and up to 30 minutes.
4. Place shrimp and tomatoes on a non-stick sheet pan. Brush shrimp and tomatoes with the remaining marinade.
5. Broil 4-5 minutes, flipping shrimp once halfway through, until opaque and cooked through.
6. Serve over a bed of warm spaghetti squash.

Herbed Tilapia (or other light, white fish)

Makes 1 protein servings

Ingredients:

2 filets of tilapia (6oz)	½ tsp fresh or dried dill
½ tsp fresh or dried rosemary	½ tsp fresh parsley, for garnish
juice of 1 lemon	1 clove garlic, minced
sea salt and pepper, to taste	

Directions:

1. Saute fish in lemon juice and a very small amount of water, dill, rosemary, and garlic for 8-10 minutes, flipping once.

2. Garnish with fresh parsley.

Tandori Spiced Chicken

Makes 4 protein servings

******Due to the Greek yogurt in this recipe, we do not recommend enjoying this recipe more than once a week.***

Ingredients:

4 boneless, skinless chicken breast halves	1 ½ cup PLAIN, NON-FAT Greek yogurt
1 tbsp olive oil	olive oil cooking spray
2 tbsp minced onion	1 tbsp grated fresh ginger
1 tsp cumin	½ tsp crushed red pepper
¼ tsp tumeric	3 garlic cloves, minced
½ tsp sea salt	

Directions:

1. Combine olive oil, onion, cumin, tumeric, ginger, red pepper, and garlic in a heavy-duty zip top plastic bag.
2. Add chicken to bag and seal. Marinate in refrigerator for 2 hours, turning occasionally.
3. Preheat broiler to high.
4. Coat roasting pan with olive oil cooking spray and heat in oven.
5. Remove chicken from bag; discard marinade. Sprinkle both sides of chicken with sea salt.
6. Place chicken on heated roasting pan. Broil in lower third of oven for 15 minutes, turning after 7 minutes.

******serve with 2 cups of vegetables for each serving of chicken to make a complete meal.***

Cajun Grilled Tofu

Makes 2 protein servings

Ingredients:

1 container firm or extra firm tofu, pressed, sliced in ¾ inch	2 tbsp olive oil
1 ½ tbsp Rouse's cajun seasoning	

Directions:

1. Preheat oven to 375 degrees.
2. In a medium size bowl, mix Rouse's cajun seasoning and olive oil.
3. Brush both sides of each piece of tofu with mixture and place on non-stick cookie sheet.
4. Bake at 375 degrees for 30 minutes, turning once half way.

Simple Sea Scallops with Green Beans and Tomatoes

Makes 2 meals (each meal-1 protein+2 vegetable servings)

Ingredients:

12 large scallops
2 cups tomatoes, diced
2 garlic cloves, minced
juice of 2 lemons

2 cups green beans
2 tbsp olive oil, divided
4 tbsp parsley, roughly chopped

Directions:

1. Add 1 tbsp to a pan over medium-high heat. When oil is hot, place scallops in pan and leave until well browned on one side, 2-3 minutes, then turn and cook on the other side for 1-2 minutes. Remove from pan.
2. Turn heat down slightly and add remaining olive oil with garlic. Cook for 30 seconds then add lemon juice.
3. Add tomatoes and green beans to pan. Cook for 4-5 minutes.
4. Add scallops back to skillet with roughly chopped parsley. Turn heat to low and heat for an additional 2-3 minutes.

Quick and Easy Cauliflower and Green Beans with Shrimp
Makes 2 meals (each meal-1 protein serving+2 vegetable servings)

Ingredients:

½ lb fresh or frozen medium to large shrimp, peeled
2 cups frozen green beans
Paul Prudhomme's Sweet & Spicy salt-free spice mix
olive oil cooking spray

2 cups frozen cauliflower
juice of 2 lemons
sea salt, to taste
Bragg's Nutritional Yeast, to taste (optional)

Directions:

1. In a medium bowl, marinate peeled shrimp in the juice of one lemon and a generous amount of Paul Prudhomme's Sweet and Spicy mix.
2. In a large pan, sprayed with olive oil cooking spray, cook cauliflower on medium-high heat, covered, for 5 minutes. Add green beans and season with the juice of the second lemon, Paul Prudhomme's Sweet and Spicy mix, and sea salt. Cook, covered for 5-7 minutes.
3. Add marinated shrimp to the pan. Cook for an additional 5-7 minutes, covered, until shrimp are pink and opaque. Mix shrimp and vegetables. Add additional sea salt, to taste. Top with Bragg's Nutritional Yeast for an added cheesy, nutty flavor, if desired.

SWEET TREATS AND DRINKS

Tofu Idea (makes 2 protein servings)

1. Combine 1 box soft silken tofu with 2-3 tablespoons unsweetened cocoa powder and stevia to taste; blend. This is a great way to get protein and fix your sweet craving; keep in mind the serving size! One box is 2 servings.

Baked Apple Chips

Makes 1 fruit serving (use as a snack)

Ingredients:

1 Apple

cinnamon and stevia to taste

Directions:

Slice apple into very thin slices (like potato chips), cover in cinnamon and stevia, and bake on 350 degrees until golden brown and crispy.

Peach Pudding

Makes 3 fruit snack servings (each snack= 1 fruit serving and a very small amount of protein)

Ingredients:

3/4 package firm tofu, pressed of excess water

3 ripe peaches, sliced

1 tsp imitation vanilla extract

4-7 packets stevia, to taste

Directions:

1. Combine all ingredients in blender or food processor and blend until a creamy pudding consistency is reached.
2. Sweeten to taste.
3. Refrigerate for at least on hour before serving.

Soza Ice Cream

Makes 1 serving of almond milk (may have 1 serving per day)

Ingredients:

8 oz unsweetened almond milk
vanilla)
1 packet stevia

12-15 drops liquid stevia (chocolate, strawberry, or

Directions:

Mix together and place in small Ziploc bag, add ice and table salt to a large Ziploc bag. Place the small bag into the large one and squeeze until the consistency of the milk changes.

Strawberry Sorbet

Makes 1 fruit serving (use as a snack)

Ingredients:

1 cup of strawberries
water (if needed)

juice of 1 lemon
stevia (as needed)

Directions:

1. Freeze fresh strawberries about 1 hour, or just use already frozen strawberries.
2. Blend fresh frozen strawberries, lemon juice & stevia in blender until very well blended.
3. You can serve immediately or place in freezer to allow it to firm up even further.

Apple Cookies

Makes 1 fruit serving (use as a snack)

Ingredients:

pulp from 1 apple
pinch of nutmeg
stevia, to taste

1/8 tsp cinnamon
1/8 tsp vanilla extract
1 tbsp fresh lemon juice

Directions:

1. Mix pulp from apple with stevia and spices and form into cookies (about 1-2).
2. Bake cookies for 15-20 minutes at 350F, or until slightly brown.

Lemonade Cucumber Spa Pops

(may have several throughout the day, the pops are unlimited)

Ingredients:

(makes 3 cups of popsicle mix)

1 cup julienned seedless cucumber
2 cups cold water

2 fresh squeezed lemons, remove any seeds
stevia, to taste.

Directions:

Slice lemons in half and squeeze it over a strainer into 2 cups of cold water. Sweeten lemon water to taste with stevia. Fill popsicle molds 2/3 with lemonade. Freeze uncovered for about 1 hour. Take pops out of freezer. Scrape and stir any

ice crystals that have formed. Add a spoonful of the julienned cucumber to the pop molds. Be sure to leave a tiny bit of room at the top of your popsicle mold so they don't overflow when you add the stick. With a popsicle stick or a butter knife, press the cucumber into the mixture so it is evenly distributed. Add your popsicle sticks, freeze pops for another 3-4 hours until solid.

Hot Peppermint Cocoa

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 tsp Chocolate Liquid Stevia
8oz unsweetened Almond Milk

1 tsp Peppermint Liquid Stevia
1 scoop protein powder (vanilla or chocolate)

Directions:

Mix all ingredients together. Heat on stove, and if needed, add more Stevia until sweetened to taste.

Mint Iced Tea

(may have several glasses throughout the day, tea is unlimited) *DOES NOT COUNT TOWARDS WATER INTAKE*****

In a large pitcher, combine:

4 cups of brewed green tea
a handful of mint leaves & Stevia to taste

4 cups of lemon herbal tea
garnish with a lemon wedge

PROTEIN SHAKES AND SMOOTHIES

Chocolate Raspberry Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

2 tsp Chocolate Raspberry Liquid Stevia
2 scoops vanilla protein powder

8 oz unsweetened almond milk

Directions:

Mix all ingredients together in the blender until smooth.

Lemon Cookie Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 tsp Lemon extract
2 scoops vanilla protein powder

8 oz unsweetened almond milk
2 packets stevia

Directions:

Mix all ingredients together in a blender until smooth.

Caramel Creme Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 tsp caramel extract
2 scoops vanilla protein powder

8 oz unsweetened almond milk
2 packets stevia

Directions:

Mix all ingredients together a blender until smooth.

Mocha Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 cup black coffee, chilled	4 oz unsweetened almond milk
1 scoop chocolate protein powder	4 packets stevia

Directions:

Mix all ingredients together in a blender until smooth.

Strawberry Protein Shake

Makes 1 complete meal (1 protein serving+1 fruit serving)

Ingredients:

¾ cup liquid egg whites (pasteurized)	¾ cup unsweetened almond milk
1 cup frozen strawberries	4 packets Stevia

Directions:

Mix all ingredients together in a blender until smooth.

Wedding Cake Protein Shake

Makes 1 protein serving

Ingredients:

½ container silken tofu or ¾ cup liquid egg whites	1 cup unsweetened almond milk
1 tsp vanilla extract (imitation – no sugar)	2 tsp almond extract
5 packets stevia	

Directions:

Mix all ingredients together in a blender until smooth.

Lemon Green Protein Smoothie

Makes 1 complete meal (1 protein serving+2 vegetable servings)

Ingredients:

juice of 2 lemons	½ inch piece fresh ginger
2 stalks celery, leaves removed	½ cucumber
3 leaves kale	handful of spinach leaves
½ container silken tofu	

Directions:

1. Chop everything into small chunks and place in a blender or food processor. Blend until smooth. If the final mixture is too thick, add a little water to loosen the drink.
2. Sieve or strain to remove any pips or gritty bits.