

Each recipe is four blocks. You will need to half them if you are on two block meals. There is a ton more info in the books on the Zone by Barry Sears. “enter the zone” and “ a week in the zone” have proven to be helpful.

## Breakfast

### **Breakfast: Fruit Salad**

#### *Ingredients*

- 1 cup low-fat cottage cheese
- 1 cup fresh or reduced-sugar canned pineapple, cubed
- 1 cup reduced-sugar canned mandarin oranges, drained
- 4 macadamia nuts, crushed

*Instructions:* Place cottage cheese in a bowl. Fold in pineapple, oranges, and nuts.

### **Breakfast: Yogurt and Fruit**

#### *Ingredients*

- 1 ounce lean Canadian bacon (substitute 3 turkey bacon strips or 2 soy sausage links)
- ½ cup fresh blueberries, rinsed and drained
- 4 teaspoons slivered almonds
- 1 ½ cups plain low-fat yogurt

*Instructions:* Prepare bacon or soy patties, following package instructions. Stir fruit and nuts into yogurt, and serve with bacon or links on the side.

### **Breakfast: Fruit Smoothie**

#### *Ingredients*

27 grams protein powder  
1 ¼ cup blueberries  
1 ½ cup strawberries  
4 macadamia nuts  
6 ice cubes

*Instructions:* Place all ingredients in a blender and blend at high speed until smooth, about 1 minute. Add a little water if smoothie is too thick. If you prefer, eat the nuts on the side.

## **Breakfast: Scrambled Eggs and Bacon**

### *Ingredients*

vegetable spray  
6 egg whites (or ¾ cup substitute)  
1 1/3 teaspoons olive oil  
1 tablespoon low-fat milk (optional)  
1 ounce lean Canadian bacon (substitute 3 turkey bacon strips or 2 soy sausage links)

### **Breakfast side dish**

1 cup grapes  
2/3 cup mandarin oranges

*Instructions:* Lightly coat a large nonstick pan with vegetable spray, and heat over medium flame. Beat egg whites with olive oil and milk, if desired. Pour into pan and cook, stirring often, until scrambled and fully set. Prepare bacon or soy links, following package instructions. Mix grapes and oranges and serve for dessert.

## **Breakfast: Old Fashioned Oatmeal**

### *Ingredients:*

1 cup slow-cooking (steel-cut) oatmeal\*  
2 ounces lean Canadian bacon (substitute 6 turkey bacon strips or 2 soy sausage links)  
1/3 cup unsweetened applesauce  
1 tablespoon almonds, slivered  
sprinkling of nutmeg  
sprinkling of cinnamon

½ cup low-fat cottage cheese

*Instructions:* Bring 3 cups water to a brisk boil over high heat. Add oatmeal, stirring well. When smooth and beginning to thicken, reduce heat to low and simmer for 30 minutes, stirring occasionally. While oatmeal is cooking, prepare bacon or soy patties, following package instructions. Remove oatmeal from the heat. Stir in applesauce and almonds. Sprinkle with cinnamon and nutmeg. Serve bacon and cottage cheese on the side.

*\*Oatmeal that calls itself slow-cooking but takes only 5 minutes isn't! To shorten the morning cooking time, make a big batch during the weekend, freeze, and microwave the correct amount in the morning. You may also put the oatmeal in a wide-mouth thermos with 1 1/3 cups boiling water, and let it cook overnight.*

## **Breakfast: Spanish Omelet**

### *Ingredients:*

vegetable spray  
2 tablespoons yellow onion, peeled and finely chopped\*  
3 tablespoons green pepper, cored, seeded, and roughly chopped\*  
6 large egg whites (or ½ cup egg substitute)  
1 tablespoon low-fat milk (optional)  
1 teaspoon chili powder, or to taste (optional)  
1 1/3 teaspoons olive oil  
½ cup canned black beans, drained  
1 ounce low-fat Monterey Jack cheese, shredded  
1 tablespoon salsa (optional)

### **Breakfast side dish**

1 medium orange

*Instructions:* Lightly coat a large nonstick sauté pan with vegetable spray, and heat over medium flame. Add onion and green pepper and sauté, stirring often, until tender, about 10 minutes. Remove and set aside. Meanwhile, beat egg whites with milk, if desired. Stir in chili powder. Heat olive oil in the large nonstick sauté pan over medium heat. Pour in the egg whites and cook until almost set, occasionally lifting edges so that uncooked portion flows underneath, 2 to 3 minutes. When eggs are set, place onions, green pepper, black beans, and cheese on top. Fold with a spatula and

continue cooking until lightly browned, about 1 minute. Top with salsa. Serve orange for dessert.

*\*No one wants to chop vegetables first thing in the morning. Buy a bag of frozen onions and green peppers and just pour out what you need. Return the rest to the freezer.*

## **Breakfast: Vegetable Omelet**

### *Ingredients*

- 2 cup asparagus spears, woody bases discarded, bias-sliced into 1-inch pieces
- 1 1/3 teaspoons olive oil
- 1/4 cup yellow onions, peeled and finely chopped
- 1/2 cup button mushrooms, washed, dried, and thinly sliced
- 6 egg whites (or 3/4 cup egg substitute)
- 1 tablespoon low-fat milk (optional)
- 3 strips turkey bacon (substitute 1 ounce lean Canadian bacon or 2 soy sausage links)
- 2/3 cup mandarin oranges

*Instructions:* In a large pot fitted with a steaming basket, bring 1 inch water to boil. Add asparagus to the basket and steam until crisp-tender, 5 minutes, set aside. Heat olive oil in a large nonstick sauté pan over medium heat. Add onions and mushrooms and lightly sauté until onion is wilted, about 10 minutes. Remove from pan and set aside to cool. Meanwhile, beat egg whites with milk, if desired. Stir in cooled onions and mushrooms. Lightly coat the sauté pan with vegetable spray, and heat over medium flame. Pour in the egg mixture and cook until almost set, occasionally lifting edges so that uncooked portion flows underneath, 2-3 minutes. When eggs are set, top with asparagus tips and fold with a spatula. Continue cooking until lightly browned, about 1 minute. Prepare bacon or soy links, following package instructions, and serve on the side with oranges.

## **Breakfast: Chocolate Yogurt with Fruit**

### *Ingredients*

- 1 1/2 cups plain low-fat yogurt
- 1 cup fresh strawberries, sliced
- 2 teaspoons unsweetened cocoa powder
- 7 grams unflavored soy protein powder (check nutrition label)
- 2 teaspoons apple fiber powder (found in natural foods stores, it adds thickness and fiber)

¾ teaspoon pure vanilla extract (non-alcohol, glycerine base)  
¼ teaspoon stevia extract powder  
1 1/3 teaspoons almond oil, or 12 almonds, raw or lightly toasted, chopped coarsely  
Ground nutmeg, to garnish

### *Instructions*

Place yogurt and strawberries in a blender. Cover and blend until smooth. Add cocoa powder, protein powder, apple fiber powder, vanilla, and half the stevia powder. Blend, scrape down sides as needed to incorporate powder, and blend again until smooth. Taste, and add the rest of the stevia if a sweeter taste is desired. Stir in almond oil or sprinkle nuts on top. Dust with ground nutmeg. Pour into one container for breakfast or three containers for snacks. Cover and refrigerate for at least three hours to allow flavors to mingle and mixture to thicken.

### Variations

Replace strawberries with 1 block worth of your favorite fruit. Try cherries, blueberries, apricots, peaches and ripe pears.  
Chocolate Yogurt with Cherries on Top: Allow ¾ cup frozen, unsweetened cherries to thaw for at least 4 to 6 hours in a bowl in the refrigerator. Spoon over chocolate yogurt just before serving.

## **Breakfast: Cottage Cheese with Raspberry Sauce**

### *Ingredients*

1 cup low-fat cottage cheese  
½ cup blueberries  
½ cup canned peaches in water, drained  
½ cup grapes  
1 cup frozen raspberries, thawed  
4 teaspoons slivered almonds

### *Instructions*

Mound cottage cheese in the center of a serving plate. Arrange blueberries, peaches and grapes around cottage cheese. Place raspberries in a blender and puree. Pour pureed raspberries over cottage cheese and fruit. Sprinkle with nuts.

## **Breakfast: Apple and Cheese Melt**

### *Ingredients*

- 1/4 cup water
- 1/4 teaspoon cinnamon
- 1 tablespoon raisins
- 1 1/2 apples, cored, halved and cut into slices
- 4 teaspoons slivered almonds
- 4 ounces low-fat mozzarella, grated

### *Instructions*

Add water, cinnamon, and raisins to an 8- or 9-inch skillet with a lid. Wash apples; peel if desired. Halve apples and scoop out inner core with a teaspoon, grapefruit spoon, or melon baller. Slice and add to skillet. Cover and bring to boil. Reduce heat and simmer for about 4 to 6 minutes, until almost tender and water has evaporated. Grate cheese. Remove lid from skillet; sprinkle nuts, then cheese over fruit. Cover and simmer for 2 to 3 minutes until cheese melts, then remove from heat. Or simply sprinkle on cheese, cover, and remove from heat. Use a spatula to slide apple and cheese onto a plate. Serve immediately

## **Breakfast: Soy patty and fruit**

### *Ingredients*

- 3 soy sausage patties (about 21 grams of protein)
- 1 ounce low-fat cheese, sliced
- Fruit salad:
  - 2/3 cup Mandarin Oranges and
  - 1 cup blueberries
- Sprinkled with 4 teaspoons slivered almonds

### *Instructions*

Cook soy patties according to package directions. Add cheese slices and continue to cook briefly until melted. Serve with fruit salad.

## **Breakfast: Muesli**

### *Ingredients*

- 3/4 cup low-fat cottage cheese

7 grams protein powder  
1/4 cup rolled oats  
6 canned apricots, chopped  
4 teaspoons slivered almonds

### *Instructions*

Mix into a bowl and enjoy.

Note: You can easily alter the recipe by:

Adding 2 blocks of fresh fruit, such as 1 apple, rather than the apricots

Increasing the cottage cheese to 1 cup and omitting the protein powder

Making the mixture ahead (without adding the nuts) and storing in the fridge so that it's ready each morning. (You can also double the recipe so that you have breakfast waiting in your refrigerator.) Just stir in the nuts before you eat it.

## Lunch

### **Lunch: Chef's Salad**

#### *Ingredients*

1 cup green-leaf lettuce (substitute lettuce of your choice), washed, dried, and torn into large pieces  
1/2 cup chickpeas, drained, and rinsed  
1/2 cup button mushrooms, washed, dried, and coarsely chopped  
1/2 cup celery, washed, dried, and coarsely chopped  
4 teaspoons olive oil-and-vinegar dressing\*  
3 ounces deli-style turkey breast, cut into strips  
1 1/2 ounces deli-style ham, cut into strips  
1 ounce reduced-fat Swiss cheese (substitute any reduced-fat cheese), julienned

#### **Lunch side dish**

1 medium apple

Instructions: Toss lettuce with chickpeas, mushrooms, and celery. Dress, toss, and add meat and cheese. Serve apple for dessert.

\* *oil-and-vinegar dressing for this meal contains 1 1/3 teaspoons olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

## **Lunch: Tuna Salad**

### *Ingredients*

- 4 ounces albacore tuna packed in water, drained
- ¼ cup celery, washed, dried, and coarsely chopped
- 4 teaspoons olive oil-and-vinegar dressing\*
- 1 or 2 lettuce leaves, washed and dried
- 1 orange, sectioned
- 1 cup blueberries, rinsed and drained

*Instructions:* Mix tuna with celery and stir in dressing. Prepare a bed of the lettuce, and top with tuna mixture. Mix orange sections with berries and serve for dessert.

*\*oil-and-vinegar dressing for this meal contains 1 1/3 teaspoons olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

## **Lunch: Cheeseburger**

### *Ingredients*

- 4 ½ ounces lean (less than 10% fat) ground beef (substitute 4 ½ ounces ground turkey or 1 ½ soy burger patty)
- 1 ounce reduced-fat American cheese (substitute cheese of choice)
- 1 tablespoon light mayonnaise
- ½ hamburger roll
- 1 thick tomato slice, optional
- 1 large lettuce leaf, optional
- 1 dill pickle wedge, optional
- 3 black olives

### **Lunch side dish**

- 1 cup unsweetened applesauce
- sprinkling of cinnamon

*Instructions:* Preheat broiler. Place burger on foil or rack and broil 5 minutes. Flip and continue cooking another 5 minutes for medium rare. One minute before expected doneness, top with cheese, and remove when melted. Spread mayonnaise on the roll. Top with burger, tomato, and lettuce. Serve pickle on the side. Either chop olives and

place on top of cheeseburger or serve them on the side. Sprinkle applesauce with cinnamon and serve for dessert.

## **Lunch: Tofu Dip and Veggies**

### *Ingredients*

- 6 ounces firm tofu
- 1 ounce reduced-fat Swiss cheese, grated
- ½ cup canned chickpeas, drained and rinsed
- 1 1/3 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons Lipton's dry onion soup mix (substitute spices of your choice, to taste\*)
- 1 medium green pepper, washed cored, seeded, and cut in wedges
- 2 cups broccoli florets

### **Lunch side dish**

1 Kiwi

*Instructions:* Drain tofu. Put tofu, cheese, chickpeas, olive oil, lemon juice, and onion soup mix in a blender. Blend until smooth. (For best flavor, refrigerate the dip at least 2 hours or overnight.) Place dip in a bowl in the center of a large plate. Arrange pepper strips and broccoli around bowl for dipping. Serve kiwi for dessert.

*\*If you don't want to use the packaged soup mix, experiment with minced onions, garlic, or vegetable bouillon granules.*

## **Lunch: Chili (Meat or Vegetarian)**

### *Ingredients:*

- 1 1/3 teaspoons olive oil
- 6 ounces lean (less than 10%) ground beef (substitute ground turkey or 1 1/3 cups vegetable protein crumbles\*)
- ¼ cup yellow onions, peeled and minced
- 1 teaspoon chili powder, or to taste
- ½ teaspoon garlic powder, or to taste
- ½ teaspoon freshly ground pepper, or to taste
- 1 ½ cup salsa or stewed tomatoes with liquid
- ¼ cup kidney beans, drained and rinsed

sprinkling of low-fat Monterey Jack cheese (optional)

*Instructions:* In a large nonstick saute pan, heat oil over medium-high flame. Add meat and saute, stirring often, until lightly browned, about 5 minutes. If using protein crumbles, heat until blended with oil, about 2 minutes. Add onions, chili powder, garlic powder, pepper, salsa, and kidney beans. Simmer, stirring occasionally, until onion is wilted and flavors are blended, about 20 minutes. Place in bowl and top with cheese, if desired.

*\*Morningstar Farms makes Burger-Style Recipe Crumbles, which look like ground beef and is a good vegetarian source of protein.*

## **Lunch: Grilled Chicken Salad**

### *Ingredients*

2 cups green-leaf or romaine lettuce, washed, dried, and torn into large pieces  
1 cup broccoli florets  
1/2 green pepper, cored, seeded, and cut into thin strips  
1/4 cup kidney beans, rinsed and drained  
1 medium tomato, sliced  
4 teaspoons olive oil-and-vinegar dressing\*  
1 tablespoon lemon juice  
1 teaspoon Worcestershire sauce  
1/2 teaspoon freshly ground pepper, or to taste  
4 ounces precooked grilled skinless chicken breast, sliced into bit-sized chunks

*\*oil-and-vinegar dressing contains 1 1/3 teaspoon olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

### **Lunch side dish**

1 medium pear

*Instructions:* Toss lettuce with broccoli, green pepper, kidney beans and tomato. Combine dressing with the lemon juice, Worcestershire sauce, and pepper. Toss with vegetables until well combined, and top with chicken chunks. Serve pear for dessert.

## **Lunch: Stuffed Tomatoes**

### *Ingredients*

- 4 ounces albacore tuna packed in water, drained
- 4 teaspoons light mayonnaise
- ¼ cup celery, washed and minced
- 1 tablespoon onion, peeled and minced
- 2 large tomatoes, washed, tops removed, and hulled
- 1 small bread stick

### **Lunch side dish**

- 1 nectarine

*Instructions:* In a medium mixing bowl, combine tuna, mayonnaise, celery, and onion. Stuff into tomatoes and serve. Serve bread stick on the side. Serve nectarine for dessert.

## **Lunch: Vegetarian Burger**

### *Ingredients*

- 1 ½ soy burger patties (approximately 21 grams of protein)
- 1 ounce reduced-fat cheese
- Lettuce and tomato slice
- Dill pickle wedge, optional
- One small side salad, using premixed bagged salads, such as Spring Mix or European Blend, topped with 2 tomatoes, sliced
- 1 1/3 teaspoon olive oil and vinegar to taste
- 1 cup unsweetened applesauce, sprinkled with cinnamon

### *Instructions*

Spray non-stick pan with vegetable spray. Cook burger following package instructions. Have side salad and applesauce for dessert.

## **Lunch: Caprese Salad**

### *Ingredients*

- 2 tomatoes, sliced
- 4 ounces, low-fat mozzarella cheese
- 1 clove garlic, minced
- 1 tablespoon chopped fresh basil leaves

1 1/3 teaspoons olive oil  
Balsamic vinegar, to taste  
Salt and pepper to taste, optional  
1 1/2 cups grapes

*Instructions*

Put sliced tomatoes on a plate. Top with cheese. Mix garlic, basil and olive oil and put on top of tomatoes and cheese. Sprinkle with balsamic vinegar and salt and pepper. Have grapes for dessert.

## **Lunch: Nicoise Salad**

*Ingredients*

1 small Red Bliss potato, cooked, sliced  
1 1/2 cups green beans, ends removed, cooked, halved  
Bed of red leaf or green leaf lettuce  
1/4 medium cucumber, peeled, quartered, thinly sliced  
1/2 tomato, cut into wedges  
1/2 cup small sweet onion (Vidalia), sliced into thin rings  
2 hard boiled eggs, quartered, yolks removed  
6 ounces firm tofu, cubed  
1 1/3 teaspoons olive oil and vinegar to taste  
1/2 apple

*Instructions*

Gently toss all ingredients in salad bowl, add dressing. Serve apple for dessert

## **Lunch: Cilantro Egg Salad**

*Ingredients*

1 cup egg substitute  
4 teaspoons reduced-fat mayonnaise  
1/8 teaspoon dry mustard  
1/2 teaspoon garlic, minced  
1/8 teaspoon cilantro  
Salt and pepper, to taste

1/4 cup celery, minced  
3/4 cup canned mushrooms, drained, diced  
1/3 cup onion, chopped  
1/2 cup kidney beans  
3/4 cup cucumber, peeled and sliced  
1/3 cup tomatoes, diced  
Bed of lettuce  
1/2 cup grapes or 3/4 cup V-8 juice

#### *Instructions*

Pour egg substitute into a 10-ounce microwave-safe dish and cook on high (100 percent) setting for 1 to 2 1/2 minutes, or until set. (You may also scramble in a sauté pan until firm/set. Push cooked egg portions to center of the dish and continue cooking in 30-second intervals on high setting. When done, cool and dice cooked egg substitute. In a small bowl, blend mayonnaise and seasonings. Combine cooked egg substitute with the other ingredients in a medium bowl and toss to coat with mayonnaise and serve on a bed of lettuce. Have grapes for dessert.

## **Lunch: Tomato Basil Salad**

#### *Ingredients*

Bed of romaine lettuce, chopped  
1/2 cup chickpeas, rinsed, drained and finely chopped  
1 tablespoon fresh parsley, chopped  
1 1/3 teaspoons olive oil  
1 tablespoon red wine vinegar  
2 tablespoons fresh basil, chopped  
1 teaspoon garlic, minced  
1/4 teaspoon chili powder  
2 cups tomatoes, sliced  
4 ounces skim-milk mozzarella cheese, shredded  
1 cup strawberries

#### *Instructions*

Place lettuce on a serving plate. In a medium bowl, combine chickpeas, parsley, oil, vinegar, basil, garlic, and chili powder. Alternate slices of tomato and shredded mozzarella on the lettuce bed. Pour chickpea dressing over tomatoes and serve. Eat fruit for dessert.

## **Lunch: Tofu Tacos**

### *Ingredients*

6 ounces extra-firm tofu  
1/2 cup finely minced yellow onion  
1 teaspoon chili powder or to taste  
1/2 teaspoon each cumin and garlic powder  
1/2 tablespoon paprika  
2/3 teaspoon canola oil  
1 taco shell  
2 tablespoons guacamole  
Lettuce leaves  
1/2 cup salsa  
2 ounces shredded low-fat cheese  
1 cup grapes

### *Instructions*

Crumble tofu into "taco meat" chunks. Place tofu, onions, chili powder, cumin, garlic powder and paprika into a plastic container with a tight lid. Shake to mix well. Let sit in fridge an hour or so to meld. Heat a nonstick sauté pan to medium high. Add oil. Let sit until sizzles; add onions and tofu mixture and shake and turn to until onions are translucent. To assemble, use prepared taco shells. First put a layer of avocado, then the filling above, then a layer of lettuce, salsa and cheese. Have grapes for dessert.

## **Lunch: Curry Chicken Salad**

### *Ingredients:*

3 ounces skinless chicken breast, cooked and cubed  
1 cup finely diced celery  
3/4 cup finely diced tomato  
1/4 c up defrosted frozen peas  
2 tablespoons finely minced onion  
1 clove garlic, pressed  
3 dried apricots, finely diced

### Dressing

Juice of 1 lemon  
1 1/2 teaspoons mayonnaise or 1 tablespoon Light mayo  
Salt, pepper, turmeric, paprika, chili powder or curry powder blend of choice, all to taste.

### *Instructions:*

Whisk together dressing ingredients in serving bowl, add "salad" ingredients, toss to coat. Serve immediately, or chill until served.

## **Quick Tuna and Garbanzo Salad**

### **Makes 2 meals**

#### *Ingredients*

1 (6-ounce) can tuna in spring water, drained/flaked  
1 1/4 cups garbanzo beans  
1/2 cup finely chopped celery  
1/3 cup finely chopped onion  
1 tablespoon chopped fresh parsley  
1 tomato, diced  
2 teaspoons olive oil  
3 tablespoons balsamic vinegar or lemon juice  
1/4 teaspoon salt  
1/4 teaspoon pepper

#### *Instructions:*

In a bowl, stir to combine all ingredients except tomato. Add tomato and stir gently.  
*Don't forget to split it up into 2 servings :)*

## Dinner

### **Dinner: Ginger Chicken**

#### *Ingredients*

1 1/3 teaspoons olive oil  
4 ounces boneless, skinless chicken breast, cut lengthwise into thin strips  
2 cups broccoli florets, washed  
1 1/2 cups snow peas, washed  
3/4 cup yellow onion, peeled and chopped  
1 teaspoon fresh ginger, grated

#### **For Dessert**

1 cup seedless grapes

*Instructions:* In a wok or large nonstick pan, heat oil over medium-high heat. Add chicken and sauté, turning frequently, until lightly browned, about 5 minutes. Add broccoli, snow peas, onion, ginger, and ¼ cup water. Continue cooking, stirring often, until the chicken is done, water is reduced to a glaze, and vegetables are tender, about 20 minutes. If the pan dries out during cooking, add water in tablespoon increments to keep moist. Serve grapes for dessert.

## **Dinner: Foiled Flounder with Green Beans**

### *Ingredients*

vegetable spray  
6 ounces boneless flounder fillet (substitute mild, flaky fish of your choice)  
2 tablespoons yellow onion, peeled and chopped  
sprinkling of Parmesan cheese  
¼ teaspoon freshly ground pepper, or to taste squirt lemon juice  
3 cups fresh green beans, washed, ends removed, and halved  
4 teaspoons almonds slivered

### **For Dessert**

2 plums

*Instructions:* Preheat oven to 425 degrees. Tear off an 18-inch-by-12-inch piece of foil. Spray the center lightly with vegetable spray, and place fish in the center of the foil. Top with onion and sprinkle with cheese, pepper, and lemon juice. Fold foil loosely over fish, leaving ample space for air. Carefully turn up and seal the ends and the middle so that juices won't leak out. Bake in the preheated oven 18 minutes. Meanwhile, steam the green beans: in a large pot fitted with a steaming basket, bring 1 inch water to boil. Add beans to the basket and steam until crisp-tender, 10 minutes. Drain, place in serving bowl, and fold almonds. When fish is done, carefully open foil to prevent steam burns, and remove to a plate. Serve with green beans. Serve pineapple for dessert.

## **Dinner: Vegetarian Stir-Fry**

### *Ingredients*

1 1/3 teaspoons olive oil  
1 cup vegetable protein crumbles\* (substitute 6 ounces firm tofu)  
1½ cups yellow onions, peeled and chopped  
2 cups broccoli florets, washed

2 cups button mushrooms, washed, dried, and thinly sliced  
1 ounce reduced-fat Swiss cheese, shredded

### **For Dessert**

1 cup grapes

*\*Morningstar Farms makes Burger-Style Recipe Crumbles, which look like ground beef and is a good vegetarian source of protein.*

*Instructions:* Heat oil in a nonstick sauté pan or wok over medium-high heat. If using tofu, remove from wrapping, drain, and crumble. Add tofu or soy crumbles and stir until mixed with the oil. Add onions, broccoli, and mushrooms. Reduce heat to medium and stir-fry, stirring often, until vegetables are tender, about 15 minutes. Stir in cheese and heat until melted, about 1 minute. Serve grapes for dessert.

## **Dinner: Spiced Lamb with Vegetables**

### *Ingredients*

6 ounces lean ground lamb  
1/5 cup brown rice  
1 teaspoon cider vinegar  
1 1/3 teaspoons olive oil  
1/2 cup scallions, finely chopped  
3/4 cup red onions, cut in chunks  
2 cups mushrooms  
1 1/2 cup tomatoes, diced  
1/2 cup green beans, diced  
1 tablespoon cilantro  
2 teaspoons fresh ginger, minced  
1/4 teaspoon cumin  
1/4 teaspoon coriander  
1/8 teaspoon black pepper  
1/2 teaspoon celery salt  
1/8 teaspoon cinnamon

*Instructions:* In a small glass bowl, combine lamb, vinegar, and spices. Cover and refrigerate for 30 minutes. Heat the oil in a medium nonstick sauté pan. Add meat mixture and vegetables. Cook, breaking meat up as it cooks, until lamb is cooked through and vegetables are tender. Spoon onto plate and serve.

## **Dinner: Shrimp Scampi with Vegetables**

### *Ingredients*

- 1 1/3 teaspoon olive oil
- 1 1/2 cup asparagus spears, washed, woody bases discarded, and bias-sliced into 1-inch long pieces
- 1 1/2 cup yellow onions, peeled and finely chopped
- 1 medium green pepper, washed, cored, seeded, and roughly chopped
- 2 cloves garlic, peeled and minced, or to taste
- 6 ounces shrimp, shelled and deveined
- 1/4 cup dry white wine (optional)
- 1-2 teaspoons lemon juice, or to taste
- 2 lemon wedges, optional

### **For Dessert**

- 1 medium peach

*Instructions:* In a large nonstick pan, heat oil over medium-high heat. Sauté asparagus, onions, green pepper, and garlic, stirring often until tender, about 10 minutes. Add shrimp, white wine, and lemon juice. Lower heat to medium and cook 5 minutes, stirring often, until shrimp are pink. Place on plate and garnish with lemon wedges. Serve peach for dessert.

## **Dinner: Broiled Salmon**

### *Ingredients*

- 6 ounces salmon steak, about 1 inch thick
- 1 1/3 teaspoons olive oil
- 1/2 teaspoon dried rosemary, or to taste
- 1/2 teaspoon dried tarragon, or to taste
- 1/2 teaspoon dried dill, or to taste
- 2 cups zucchini, washed, ends removed, and sliced into 1/4-inch strips

### **For Dessert**

- 1 apple
- 1 plum

*Instructions:* Preheat broiler. Brush salmon with oil and sprinkle with herbs. On a roasting pan or aluminum foil, broil for 4-5 minutes per side, depending on thickness,

turning once. Meanwhile, steam the zucchini: in a large pot fitted with a steaming basket, bring 1 inch water to boil. Add zucchini to the basket and steam until crisp-tender, 4-6 minutes. Serve apple and plum for dessert.

## **Dinner: Chicken Marinara with Three-Bean Salad**

### *Ingredients*

- 1 1/2 cup green beans, washed, ends removed, and cut in half
- 1/4 cup canned chick peas, drained
- 1/4 cup canned kidney beans, drained
- 1 1/3 teaspoons olive oil
- 2 tablespoons cider vinegar, or to taste
- 1 teaspoon dried chives
- 1 teaspoon dried parsley
- 1/2 teaspoon freshly ground pepper, or to taste
- 1 1/2 teaspoons dried basil
- 3 ounces boneless, skinless chicken breast cutlets
- 2 tablespoons prepared tomato sauce
- 1/4 teaspoon garlic powder, or to taste
- 1 ounce low-fat mozzarella cheese, shredded

### **For Dessert**

- 1 peach

*Instructions:* Preheat oven to 450o. In a large pot fitted with a steaming basket, bring 1 inch water to boil. Add green beans to the basket and steam until crisp-tender, 10 minutes. Remove from basket, drain, and combine with chickpeas and kidney beans. In a small mixing bowl, combine olive oil, vinegar, chives, parsley, pepper, and 1 teaspoon of the basil; experiment with the oil-vinegar ratio to taste. Toss with beans, cover, and refrigerate for 30 minutes. Place chicken in a large piece of foil. Top chicken with tomato sauce and sprinkle with the remaining 1/2 teaspoon basil, garlic powder, and cheese. Fold foil loosely over chicken, leaving ample space for air. Carefully turn up and seal the ends and the middle so that juices won't leak out. Bake in the preheated oven for 20 minutes. Remove from oven and carefully open foil to prevent steam burns. Serve with bean salad. Serve peach for dessert.

## **Dinner: Vegetarian Pad Thai**

### *Ingredients*

2 tablespoons apple cider vinegar  
2 to 3 tablespoons tamari or shoyu sauce  
2 teaspoons brown sugar  
1 teaspoon natural peanut butter  
1 teaspoon peanut oil  
1 egg, beaten  
6 ounces extra-firm tofu, cubed  
2 cloves garlic, minced plus 1/2 clove garlic, minced  
2 scallions, chopped, white and green parts separated  
Optional: Crushed red pepper  
1 1/2 cups mung bean sprouts  
1/3 cup water chestnuts  
Tossed salad containing one sliced tomato  
1 lime in wedges  
Dash of tamari  
Garlic powder to taste  
1/2 orange

#### *Instructions*

Combine vinegar, tamari, brown sugar, and peanut butter and stir until smooth. Set aside. Add 1/3 teaspoon oil to skillet and cook beaten egg until firm. Remove and set aside. Put remaining oil in same skillet and sauté tofu, garlic, white part of scallions, and crushed red pepper for 2 to 3 minutes. Add bean sprouts and heat on high until wilted, about 3 to 4 minutes, stirring frequently. Add water chestnuts and mix together gently. Stir in peanut butter sauce and heat over low flame until warm. Top with green part of scallions and a lime wedge and serve with tossed salad dressed with lime juice dash of tamari, and garlic.

#### Variation

Egg may be omitted. Cube 2 more ounces of tofu instead.  
Have fruit for dessert.

## **Dinner: Broccoli Casserole**

#### *Ingredients*

2 cups chopped broccoli  
2 cups chopped mushrooms  
3/4 cup onions, chopped  
1 cup chopped peppers

- 1/4 cup chick peas, drained, rinsed
- 3/4 cup egg substitute
- Salt and pepper to taste, optional
- 1 ounce low-fat mozzarella cheese, shredded
- 1 teaspoon light mayonnaise
- 1 tablespoon slivered almonds

*Instructions*

Put veggies in a large casserole pan. Mix egg substitute, shredded cheese, salt and pepper and mayo. Pour over vegetables. Sprinkle almonds over the top. Bake at 350 degrees for 35 to 40 minutes.

## **Dinner: Eggplant Parm**

*Ingredients*

- 1 1/3 teaspoons olive oil
- 1 1/2 cups eggplant, unpeeled and sliced into rounds
- 4 egg whites
- 1 clove minced garlic
- Dash of parmesan cheese
- 1 1/2 cups marinara sauce
- 2 ounces part-skim mozzarella, grated

*Instructions*

Heat olive oil in a pan. Combine other ingredients (except mozzarella cheese) into a Tupperware dish cover and shake until eggplant is completely coated. Cook in heated olive oil for 5 minutes. Place mixture in a non-stick cake pan. Place mozzarella on top and bake at 350 for 10 minutes.

## **Dinner: Vegetarian Chili**

*Ingredient*

- 1 cup soy protein crumbles
- 1 1/3 teaspoons olive oil
- Onions, garlic, pepper, and mushrooms, chopped to taste
- 1 cup stewed tomatoes with liquid
- 1/2 cups canned kidney beans, drained and rinsed
- Chili powder to taste
- 2 ounces reduced fat cheese, shredded

*Instructions*

Saute the crumbles in oil with the chopped onion, garlic, pepper and mushrooms. Add tomatoes, kidney beans and chili powder. Simmer for 10 minutes... Top with cheese.

## **Dinner: Easy Barbeque Tofu and Vegetables**

### *Ingredients*

- $\frac{3}{4}$  cup onion, diced
- 2 stalks celery, diced
- 1  $\frac{1}{3}$  teaspoons olive oil
- 1 clove garlic, minced,
- 1 red or green pepper, diced
- 8 ounces firm tofu, cubed
- $\frac{1}{2}$  cup vegetable broth
- 1 teaspoon apple cider vinegar
- 2 tablespoons prepared barbeque sauce
- 1 teaspoon prepared mustard
- 1 apple

### *Instructions*

Saute onions and celery in olive oil over medium-high heat until onions are soft and translucent. Add garlic, green pepper, and tofu and sauté 3-5 minutes. Add remaining ingredients, except the apple, and stir. Simmer covered about 20 minutes. Have fruit for dessert.

## **Dinner: Spinach and Tofu Quicherole with Fruit Salad**

### *Ingredients*

- 2 cups frozen spinach, thawed, pressed to remove water
- $\frac{1}{2}$  teaspoon finely ground sea salt
- 4 ounces extra-firm tofu, mashed
- 2 egg whites
- 1 ounce low-fat mozzarella cheese, grated
- $\frac{1}{2}$  tablespoon roasted sesame tahini
- 1 tablespoon dried onion flakes
- 1 teaspoon tamari
- $\frac{1}{2}$  clove garlic, minced or pressed
- $\frac{1}{2}$  teaspoon dry mustard (powder)
- $\frac{1}{4}$  teaspoon ground black pepper

- 1 teaspoon nutritional yeast flakes (optional)
- 1 cup grapes or blueberries
- 1 cup fresh or thawed, unsweetened strawberries or raspberries
- 1 peach or plum, halved, pitted, and sliced
- 2 teaspoons fresh lemon, lime, or orange juice
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon ground nutmeg
- 3 macadamia nuts or 9 almonds, lightly toasted, chopped

### *Instructions*

Preheat oven to 350F. Oil one shallow 6-ounce ramekin dish. Set aside. Place thawed spinach in a large mixing bowl. Sprinkle with sea salt and mix with your hands. Let stand for 10 to 15 minutes. Meanwhile, combine tofu, egg, cheese, tahini, dried onion, tamari, and spices in a 2-quart mixing bowl. Mix with a large wooden spoon. Pick up one handful of spinach. Squeeze out as much water as you can, then transfer the wilted spinach to the mixing bowl with tofu. Repeat with remaining spinach. Discard spinach water. Mix tofu-spinach combination to evenly distribute seasonings. Transfer to prepared baking pan. Smooth the top with a wooden spoon or spatula. Bake in preheated oven for 20 minutes or until firm to the touch and lightly golden around the edges. While casserole bakes, wash and slice fruit. Combine in a bowl. Mix citrus juice, vanilla, and spice in small bowl. Stir and then pour over fruit. Add nuts. Toss gently. Remove Quicherole from the oven and allow to set for 10 minutes. Serve with fruit salad.

## **Dinner: Baked Avocado Chicken and Vegetables**

### *Ingredients:*

- 4 ounces skinless chicken breast
- 1 cup of cooked zucchini
- 1/2 cup of sliced carrots
- 1 1/2 cups green beans
- 1 cup tomato sauce
- 1 tablespoon avocado
- 2 tablespoons light cream cheese
- 2/3 teaspoon olive oil

### *Instructions:*

Mash up the avocado, then mix it with the cream cheese. Slice the chicken to make a pocket. Put the cream cheese/avocado mixture into this pocket and seal with toothpicks. Put chicken in a baking tray and drizzle the olive oil over it. Bake for 30 minutes at 375 F. Spray a nonstick pan with vegetable spray. Saute vegetables until tender, add tomato sauce and heat through

## \*snacks\*

Snacks are like mini-meals . Each one contains a the correct portion of protein, carbs, and fat. For one block. So for example if you are on 3 block snacks you can create an infinite variety of your very own snacks by mixing and matching 3 protein, 3 carbohydrate, and 3 fat choice from the lists below.

(if you choose just one of a category just multiply it by 3, such as 1/4 of cottage cheese would be 3/4 cups and one cup of strawberries will be 3 cups of strawberries)

Notice that if you choose lower sugar level foods for your carbs you get more volume. These are great because you can pre-pack your snacks in Tupperware for grab and go ease!

### PROTEINS

- 1/4 cup low-fat cottage cheese
- 1 ounce part-skim or "lite" mozzarella
- 2 1/2 ounces part-skim or "lite" ricotta cheese
- 1 ounce sliced meat (turkey, ham, chicken)
- 1 ounce tuna packed in water
- 1 string cheese
- 1 1/2 ounces deli meat

### CARBOHYDRATES

- 1/2 apple
- 3 apricots
- 1 kiwi
- 1 tangerine
- 1/3 cup "lite" fruit cocktail
- 1/2 pear
- 1 cup strawberries
- 3/4 cup blackberries
- 1/2 orange
- 1/2 cup grapes
- 8 cherries
- 1/2 nectarine
- 1 peach
- 1 plum
- 1/2 cup peaches
- 1/2 cup crushed pineapple

- 1 cup raspberries
- 1/2 cup blueberries
- 1/2 grapefruit
- 1/3 cup unsweetened applesauce
- 2 cups sliced celery
- 4 cups sliced cucumber
- 2 red or green peppers, raw
- 1/4 cup hummus
- 1/2 cup salsa
- 1 1/2 cups snow peas, raw
- 2 cups cherry tomatoes

#### FATS

- 3 olives (green or black)
- 1 macadamia nut
- 1 tablespoon guacamole
- 1 tablespoon avocado
- 3 almonds
- 6 peanuts
- 2 pecan halves
- 1/2 teaspoon almond butter
- 1/2 teaspoon natural peanut butter