



Immune Health 2-Week Menu Plan



Table of contents

Introduction	4
2-week meal plan.....	5
Breakfast recipes	7
Snack recipes.....	13
Lunch recipes	17
Dinner recipes	27

Health and wellness in your kitchen

A healthy immune system is an essential aspect of optimal health and wellness. You have the power to promote health and wellness right in your kitchen! This two-week immune health 1,500-calorie meal plan is designed to maximize your budget by batch-cooking meals to eat throughout the week. The meal plan is created to provide you with recipes filled with essential vitamins, minerals, and phytonutrients from plant-based food sources that play an important role in maintaining and positively influencing your immune health.

These recipes are filled with phytonutrients, also known as phytochemicals, components of plants that help protect them from insects or the environment and contribute to health benefits.¹ This can include things like carotenoids (red- and orange-colored foods), flavonoids (plant-based foods that act as antioxidants), and phytosterols (natural plant compounds that help remove cholesterol from body). Through antimicrobial, antioxidant, and anti-inflammatory actions, these essential nutrients and phytochemicals provide multiple benefits to the immune system, highlighting the role of nutrition as a powerful tool in promoting good health.² Focusing on a rich variety of colorful plant foods, along with adopting healthy lifestyle behaviors, can help you and your family stay healthy.

Once you have committed to improving your eating habits, the next step is preparation. Having a well-stocked refrigerator, freezer, and pantry makes meal preparation less time-consuming and more pleasurable! Also, the more you plan, prepare, and cook at home, the further you can stretch your budget.

References:

1. Hager TJ et al. Processing effects on carrot phytonutrients. *Hortscience*. 2006;41(1):74-75.
2. Prakash D. Phytonutrients as therapeutic agents. *J Complement Integr Med*. 2014;11(3):151-169.

2-week meal plan

This 1,500-calorie meal plan is designed to provide nutritious and delicious daily meals to support immune health. You can choose to batch-cook your favorites and eat throughout the week. You can substitute vegetables, fruit, grains, lean meats, and types of oils being mindful of the serving sizes noted in the recipe. Be creative and enjoy!

WEEK 1							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Veggie Omelet	Spinach-Orange Sunrise	Oat Bran Muffins <i>(leftovers from Saturday breakfast)</i>	Crustless Vegetable Quiche	Fresh Fruit Phytonutrient Compote <i>(leftovers from Sunday snack)</i>	Ginger in Paradise	Oat Bran Muffins 2 hard boiled eggs
Snack	Berry Delicious shake	¾ cup blueberries with 4 walnut halves	Berry Delicious shake	Blueberry Almond Twist	Oatmeal on the Go	1 medium peach	Choco-Berry Royale
Lunch	Mexican Grouper Romaine & Jicama Salad with Cilantro Lime Dressing	Turkey Lettuce Wraps Homestyle Chicken Soup	Mediterranean Salad Mustard Vinaigrette Dressing	Turkey Chili <i>(leftovers from Tuesday dinner)</i>	Mediterranean Salad Mustard Vinaigrette Dressing	Quick & Easy Rice 'n Beans with Chicken Romaine & Jicama Salad with Cilantro Lime Dressing	Marinated Flank Steak Tomato, Basil, and White Bean Salad <i>(leftovers from Thursday dinner)</i>
Snack			Cottage cheese: (¾ cup) Whole-grain crackers: 4-5 Pineapple: ¾ cup, cubed	1 medium peach 4 walnut halves			
Dinner	Thai Chicken Curry with Steamed Vegetables	Pan-Roasted Chicken, Spinach, & Mushrooms Roasted New Potatoes	Turkey Chili	Pan-Roasted Chicken, Spinach, & Mushrooms Roasted New Potatoes <i>(leftover from Tuesday dinner)</i>	Marinated Flank Steak Tomato, Basil, and White Bean Salad	Turkey Meatloaf Rosemary Roasted Cauliflower & Pine Nuts	Turkey Chili Grilled Vegetables Green Leaf Salad & Scallions
Snack		Blueberry Almond Twist	Fresh Fruit Phytonutrient Compote				
Total calories	1,481	1,537	1,501	1,500	1,478	1,527	1,514

WEEK 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Baked Spinach & Cheese Omelet	Berry Nutty Yogurt 2 hard-boiled eggs	Chocolate Raspberry 2 hard-boiled eggs	Crustless Vegetable Quiche	Almond-Ginger Smash 2 hard-boiled eggs	Berry Nutty Yogurt	Sausage & Egg Muffins
Snack	Sweet Watercress Smoothie		1 medium peach	Very Berry Antioxidant Blast		Chocolate Raspberry	Sweet Watercress Smoothie
Lunch	Italian Chicken Roasted Vegetable	Sassy Beans Pecan Rice <i>(leftovers from Saturday)</i>	Marinated Flank Steak Sautéed Broccoli Rabe	Mediterranean Salad Mustard Vinaigrette Dressing 3 oz. of Marinated Grilled Chicken Breasts	Crustless Vegetable Quiche Cream of Tomato Soup	Italian Meatballs <i>(leftovers from Monday dinner)</i> Spaghetti Squash <i>(leftovers from Monday dinner)</i>	Lamb Skewers with Red Onion, Feta, & Arugula Pecan Rice
Snack		½ cup mango 4 walnut halves		3 small apricots 5 hazelnuts			
Dinner	Vegetarian Chili 6 Tbsp. avocado	Italian Meatballs ½ cup of shredded mozzarella cheese Spaghetti Squash	Marinated Grilled Chicken Breasts Wild Rice & Roasted Vegetables	Grilled Shrimp Kabobs Green Bean Salad with Feta & Olives Balsamic/Red Wine Vinaigrette Roasted New Potatoes	Grilled Coconut Chicken Wild Rice & Roasted Vegetables <i>(leftovers from Tuesday dinner)</i>	Marinated Flank Steak <i>(leftovers from Tuesday)</i> Romaine & Jicama Salad with Cilantro Lime Dressing	Baked Salmon Sautéed Broccoli Rabe
Snack			Fresh Fruit Phytonutrient Compote		Fresh Fruit Phytonutrient Compote <i>(leftovers)</i>	1 medium peach	Fresh Fruit Phytonutrient Compote <i>(leftovers)</i>
Total calories	1,491	1,508	1,488	1,529	1,529	1,508	1,494



Breakfast

Almond-Ginger Smash

Servings: 1; 1 nutritional shake, $\frac{3}{4}$ nut/seed
266 calories, 27 g carbohydrates, 16 g protein, 10 g fat

Ingredients:

2 scoops protein powder: Natural Chocolate flavor
1 tsp. almond butter
1 tsp. ginger
8 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth and enjoy!

Baked Spinach & Cheese Omelet

Servings: 4; 1 protein, 1 nonstarchy vegetable
194 calories, 7 g carbohydrates, 16 g protein, 11 g fat
per serving

Ingredients:

4 eggs, beaten
 $\frac{1}{2}$ cup ricotta
 $\frac{1}{4}$ cup milk or milk alternative
 $\frac{1}{4}$ tsp. dried basil
 $\frac{1}{8}$ tsp. each: sea salt and freshly ground black pepper
 $\frac{1}{2}$ of 10-oz. package frozen spinach, thawed
and squeezed dry
 $\frac{1}{2}$ cup plum tomatoes, chopped
 $\frac{1}{2}$ cup mozzarella, shredded
 $\frac{1}{2}$ cup scallion, thinly sliced

Directions: Preheat oven to 325° F (165° C). Combine eggs and ricotta in a large bowl. Stir in milk and seasonings. Fold in spinach, tomato, mozzarella, and scallion. Spread evenly in a greased, 2-3 qt. (2-3 L) baking dish. Bake for 30-35 minutes or until a knife inserted near the center comes out clean. Allow to stand for 10-15 minutes before serving.

Berry Nutty Yogurt

Servings: 1; 1 nutritional shake, 1 dairy, 1 fruit,
 $1\frac{1}{2}$ nut/seed
246 calories, 20 g carbohydrates, 15 g protein, 13 g fat

Ingredients:

4 oz. plain or Greek yogurt
1 cup mixed strawberries, blueberries, and raspberries
2 Tbsp. sliced almonds

Directions: Mix berries and nuts with yogurt and enjoy.

TIP: Try swapping out the plain or Greek yogurt for kefir. Kefir is also a fermented dairy product, but it comes in the consistency of a drinkable yogurt and is even more tart than yogurt.

Key ingredient: Yogurt

Yogurt is extremely nutritious. It provides protein, calcium, and vitamin D. If you buy a yogurt that says it contains "live and active cultures," you know that you're getting beneficial bacteria called probiotics that are beneficial for gut health (and health in general).



Chocolate Raspberry

Servings: 1; 1 nutritional shake, ¼ fruit
248 calories, 28 g carbohydrates, 15 g protein, 8 g fat

Ingredients:

2 scoops protein powder: Natural Chocolate flavor
¼ cup raspberries
2 mint leaves
8 oz. cold water
ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Crustless Vegetable Quiche

Servings: 6; 1 protein, ½ oil, 2 cat. 1 nonstarchy vegetable
202 calories, 8 g carbohydrates, 16 g protein,
11 g fat per serving

Ingredients:

5 eggs
½ cup milk (OR unsweetened milk alternative)
12 oz. (1½ cups) cottage cheese
½ cup mozzarella cheese, grated
10 oz. frozen chopped broccoli, thawed
10 oz. frozen chopped spinach, thawed
1 Tbsp. olive oil
½ tsp. sea salt
¼ tsp. freshly ground black pepper

Directions: Beat eggs in a medium-sized bowl; mix in milk. Add remaining ingredients, stirring vigorously to blend. Pour into a deep, lightly oiled casserole dish, and place in a 9" x 13" pan filled part way with hot water. Bake at 375° F for about 35-45 minutes or until a knife inserted into quiche comes out clean.

Cottage cheese

Cottage cheese has always been a second-string player compared to yogurt. But over these last few years, it's managed to make a small comeback. Its curdy texture isn't for everyone, but its mild flavor and creaminess can win you over. AND this ¾ cup serving of cottage cheese provides a whopping 21 grams of protein!

Tip: Choose an option with a small curd size if you still find the curds intimidating

Key ingredient: Eggs

Eggs have a controversial history, although their standing as part of a classic American breakfast has never been disputed. Long story short, eggs are very nutritious. They are a high-quality, complete protein, offering about 6 grams per egg. Egg yolks are also very nutritious and contain healthy fats and vitamins A, D, E, and K. The yolk also contains the antioxidants lutein and zeaxanthin, which contribute to eye health. Eggs are high in cholesterol, which is where the controversy has focused on, but research shows that eating eggs does not negatively affect cholesterol levels in the body for most people.



Fresh Fruit Phytonutrient Compote

Servings: 1; serves 12 at 3/4 cup; 2 fruit, 1 nut/seed
260 calories, 50 g carbohydrates, 4 g protein, 8 g fat per serving

Ingredients:

3 fresh mangos OR 1 large bag (24 oz.) frozen mangos
3 kiwis, sliced
1 apple, diced
2 large oranges OR tangerines, sectioned
1 pomegranate, seeded
1 pint fresh blueberries (do NOT use frozen berries; they will lose their shape)
½ cup pine nuts OR chopped walnuts
½ cup plain yogurt OR substitute with ¼ orange juice if dairy free (DF), either optional to prevent browning
Luo han guo extract or stevia as needed

Directions: Cut up mangos or defrost frozen mangos for 2 hours at room temperature or overnight in the refrigerator. Place in a serving bowl with sliced kiwi, apple, and sectioned oranges. Stir in pomegranate seeds for beautiful color and powerful antioxidants. If fresh berries are available, stir in gently. Add any other acceptable fruit of choice. Top with nuts and yogurt, if desired. Gently stir again to mix well. If the taste is too tart, add a sprinkle of stevia or luo han guo extract.

Tip: Great to use for brunch. You may add any other acceptable fruit of choice.



Ginger in Paradise

Servings: 1; 1 nutritional shake, 1 fruit, ½ dairy alternative, ¼ nut/seed
271 calories, 26 g carbohydrates, 21.5 g protein, 9 g fat

Ingredients:

2 scoops protein powder: French Vanilla or Dutch Chocolate flavor
½ cup fresh mango, sliced
1 tsp. unsweetened, shredded coconut
1 tsp. fresh ginger, grated
4 oz. unsweetened coconut milk (boxed, not canned)
4 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Key ingredients:

Mangos: ½ cup of mango provides about 5% of the daily value for fiber, 50% of the daily value for vitamin C, and around 6% of the daily value for vitamins A and B₆.

Coconut: Contributes to the tropical vibes of this morning shake and adds some healthy fats to the mix.

Ginger: Is a great and easy way to boost flavor in shakes while reaping the health benefits of the root's bioactives.

Phytonutrients: Phytonutrients are chemical compounds found in plants. In nature, phytonutrients are beneficial to the plants themselves, as they can help ward off predators or diseases to the plants. Phytonutrients are beneficial to humans because they're associated with health benefits thanks to their anti-inflammatory and antioxidant properties, and they play a role in immunity. Phytonutrients are responsible for the vibrant and various colors of fruits and vegetables. Each color is associated with different phytonutrients, so that's why it's important to eat the rainbow (which is super easy with this recipe!)



Oat Bran Muffins

This is not your typical bran muffin. Yes, it's still packed with nutrition but without the unbearably bland flavor. Bran muffins get their nutrition from oat bran, which is the part of the oat grain that is high in soluble fiber. Soluble fiber is the fiber that has been shown to help lower cholesterol, and it also plays a role in "regularity." This recipe uses oat bran in addition to whole oats. Whole oats also contain fiber as well as vitamins and minerals like manganese, phosphorus, magnesium, iron, and folate. The applesauce helps keep these muffins moist, the dried fruit adds some yummy chewiness, and the chopped nuts provide a satisfying crunch. These make for a healthy morning meal or a satisfying midday snack.

Servings: 8 muffins; 1 grain, 1/3 fruit, 1/2 nut/seed
109 calories, 18 g carbohydrates, 4 g protein,
3 g fat per serving

Ingredients:

3/4 cup almond milk
1 Tbsp. lemon juice
1/2 cup oat bran (if **GF**: use gluten-free)
1 3/4 cups whole oats (if **GF**: use gluten-free oats)
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. sea salt
1/4 cup chopped walnuts or almonds
3/4 cup unsweetened applesauce
1/2 cup dried apples, chopped OR
1/2 cup currants

Directions: Preheat oven to 400° F (200° C). Spray muffin cups with oil and set aside. Combine almond milk and lemon juice in a cup and allow to sit about 10 minutes or until curdles form. Combine dry ingredients in a large bowl. Add almond milk/lemon juice combination and applesauce, mixing gently with a spoon until completely moistened. Stir in dried fruit but do not overmix. Spoon into prepared muffin tin, filling about 3/4 full. Bake 20-25 minutes until lightly browned. Allow to cool for 10 minutes before removing from pan.

Tip: These muffins can be frozen in an airtight container (and make sure as little air is in there as possible). Thaw at room temperature or in the microwave to enjoy.



Sausage & Egg Muffins

Servings: 4; 1 protein, 2 nonstarchy vegetable
182 calories, 6 g carbohydrates, 18 g protein, 9 g fat
per serving

Ingredients:

4 oz. bulk turkey sausage
8 oz. mushrooms, cleaned and thinly sliced
5 scallions, thinly sliced
½ medium red or yellow pepper, chopped
5 large eggs, beaten
¼ cup (1 oz.) shredded cheddar cheese
OR grated Parmesan cheese

Directions: Preheat oven to 350° F (180° C). Line 4 large muffin pan cups with paper cups. In a medium skillet, cook the sausage, crumbling it as it browns. Add the mushrooms and scallions and continue to sauté, stirring, for about 4 minutes. Add the pepper and cook for 5 minutes more, until all vegetables are softened. Spoon mixture into a bowl and cool slightly. Stir in the eggs and pour into the muffin cups. Sprinkle cheese on top. Bake for 20 minutes or until eggs are set. Serve immediately or make ahead and warm the next morning for a quick breakfast.

Veggie Omelet

Servings: 1; 1 protein, 1 nonstarchy vegetable, 1 oil
176 calories, 5 g carbohydrates, 18 g protein, 9 g fat

Ingredients:

3 egg whites
1 whole egg
1 tsp. olive oil
¼ cup chopped red pepper
¼ cup finely chopped mushrooms or vegetables
of your choice

Directions: Whisk egg and egg whites together and set aside. Heat olive oil in a medium sauté pan over medium heat and sauté vegetable for 3-4 minutes until softened. Push vegetables to side of pan and add eggs, stirring edges. When almost done to your liking, stir vegetables back into eggs and serve immediately.

TIP: Try with other colorful vegetable of choice to add variety or more vegetable servings for the Phyto-Power benefits.

Spinach-Orange Sunrise

This morning shake manages to pack in fruits, vegetables, protein, healthy fats, herbs, and spices all in one bowl. Talk about starting your day right!

Servings: 1; 1 nutritional shake, 1 fruit, ½ nonstarchy vegetable, 1½ nut/seed
318 calories, 32 g carbohydrates, 25 g protein, 10 g fat

Ingredients:

4 tsp. chia seeds
2 scoops protein powder: French Vanilla flavor
½ cup spinach
½ cup kale
1 small orange
¼ cup cilantro
4 tsp. chia seeds
2 tsp. lemongrass
1 tsp. ginger
1 tsp. lime juice
Ice cubes (if desired)
8 oz. cold water

Directions: Soak chia seeds in water overnight and leave in refrigerator until ready to use. Blend all other ingredients until smooth. Pour into glass and add chia seeds on top.

Key ingredients:

Chia seeds: These are a great plant source of the healthy polyunsaturated omega-3 fatty acid, alpha-linolenic acid. These seeds form a gel-like consistency, or pudding, when soaked in liquid overnight, making it a great topping for this thick shake.

Kale: Kale is one of the most nutrient-dense foods, providing essential micronutrients like vitamins A, C, K, and calcium as well as phytochemicals like lutein and zeaxanthin.

Tip: Note that kale can sometimes overpower the flavor in shakes or smoothies. But the flavor contributions of cilantro, lemongrass, and ginger in this recipe will likely quell the kale's bitterness.





Snacks

Berry Delicious shake

Servings: 1; 1 nutritional shake, $\frac{3}{4}$ nut/seed, $\frac{1}{2}$ dairy alternative, $1\frac{1}{2}$ fruits
300 calories, 28 g carbohydrates, 24 g protein, 10 g fat

Ingredients:

2 scoops protein powder: French Vanilla
or Dutch Chocolate flavor
7 small strawberries
 $\frac{1}{2}$ cup blueberries (fresh or frozen)
1 tsp. almond butter
4 oz. unsweetened almond milk
4 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Blueberry-Almond Twist

Servings: 1; 1 nutritional shake, 1 fruit,
 $\frac{1}{2}$ dairy alternative
245 calories, 24 g carbohydrates, 20 g protein, 8 g fat

Ingredients:

2 scoops protein powder: Plain flavor
 $\frac{3}{4}$ cup blueberries
4 oz. unsweetened almond milk
1 tsp. almond extract
4 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Choco-Berry Royale

Servings: 1; 1 nutritional shake, $\frac{1}{2}$ fruit,
 $\frac{1}{2}$ dairy alternative (optional)
210 calories, 25 g carbohydrates, 16 g protein,
7 g fat (including almond milk)

Ingredients:

2 scoops protein powder: Natural Chocolate flavor
 $\frac{1}{2}$ cup of strawberries or raspberries (fresh or frozen)
Ice cubes (if desired when not using frozen berries)
8 oz. cold water
(OR $\frac{1}{2}$ unsweetened almond milk and $\frac{1}{2}$ water)

Directions: Blend until smooth. Enjoy!

Chocolaty Raspberry

Servings: 1; 1 nutritional shake, $\frac{1}{4}$ fruit
248 calories, 28 g carbohydrates, 15 g protein, 8 g fat

Ingredients:

2 scoops protein powder: Natural Chocolate flavor
 $\frac{1}{4}$ cup raspberries
2 mint leaves
8 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Oatmeal on the Go

Servings: 1; 1 nutritional shake, $\frac{1}{2}$ fruit, $\frac{1}{2}$ dairy alternative, 1 oil/fat, 1 grain
335 calories, 35 g carbohydrates, 24 g protein, 11 g fat

Ingredients:

2 scoops protein powder: French Vanilla
or Dutch Chocolate flavor
3 Tbsp. rolled oats, dry (GF: use gluten-free oats)
 $\frac{1}{2}$ cup apple, chopped
1 tsp. coconut oil
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. nutmeg
4 oz. unsweetened almond milk
 $\frac{1}{2}$ tsp. vanilla extract
4 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!



Sweet Watercress Smoothie

Servings: 1; 1 nutritional shake, ½ nonstarchy vegetable, 1½ fruit, 1 oil/fat
240 calories, 29 g carbohydrates, 17 g protein, 8 g fat

Ingredients:

2 scoops protein powder: Natural Vanilla flavor
1 cup raw watercress
1 small orange
5 strawberries
2 Tbsp. (1 oz.) avocado
8 oz. cold water
Ice cubes (if desired)

Directions: Blend until smooth. Enjoy!

Key ingredient: Watercress

Watercress isn't the most popular leafy green, but it still deserves some love. And it's a food that will also love you back. It's an extremely nutrient-dense food, meaning that compared to the number of calories it has (which is not a lot), it has a lot of nutrients. In fact, the Centers for Disease Control and Prevention (CDC) declared it to be most nutrient-dense food with a perfect score of 100.00. It's a great source of vitamin K and also contains vitamin A & C as well as calcium. This green does have some peppery, almost spicy notes to it. It can be a bit strong to eat on its own, but it's sure to win you over paired with the sweet oranges and strawberries and the creamy avocado in this smoothie.



Key ingredients: Blueberries & nuts

Blueberries are nature's candy and medicine. They're sweet. They're tasty. And they're chock-full of antioxidants and phytonutrients including anthocyanins, which gives these berries their signature dark blue hue.

But one thing about blueberries, and fruit in general, is that they're not super filling alone. Yes, they provide fiber and essential vitamins, but they're lacking the protein and fat that helps make a food satiating. Cue walnuts. Walnuts are a great plant protein option and are mainly composed of health omega-3 fatty acids. The protein and fat in walnuts not only make this snack more filling, but they also help stabilize blood sugar levels from the blueberries.



Very Berry Antioxidant Blast

Servings: 1; 1 nutritional shake, ½ dairy alternative, ½ fruit
220 calories, 28 g carbohydrates, 16 g protein, 7 g fat

Ingredients:

2 scoops protein powder: Natural Vanilla flavor
4 oz. unsweetened almond milk
4 oz. cold water
½ cup raspberries, blueberries, or sliced strawberries (fresh or frozen)
1 tsp. powdered organic super fruit and veggie supplement
Ice cubes (if desired; omit if using frozen fruit)

Directions: Blend until smooth. Enjoy!





Lunch

Cream of Tomato Soup

Cream of tomato soup, but hold the actual cream please. Wait, what?

That's right. Instead of using heavy cream to thicken this soup, this recipe uses blended tofu. Tofu boosts the amount of protein in the soup, which most tomato soups have minuscule amounts of. Tofu is one of the few nonanimal foods that is considered a complete protein that also supplies iron and calcium.

Servings: 4; ½ protein, 4 nonstarchy vegetable, 2 oils
222 calories, 24 g carbohydrates, 10 g protein, 10 g fat per serving

Ingredients:

28-32 oz. canned tomatoes, diced
½ cup finely minced onion
1 Tbsp. olive oil
½ box (6.1 oz.) soft silken tofu
1 cup vegetable broth
⅓ tsp. hot red pepper sauce
(more or less to taste)
Sea salt and freshly ground pepper to taste

Directions: Drain tomatoes, reserving juice. Measure juice and add enough broth to make 1½ cups liquid. Set aside. In a deep saucepan, sauté onions in olive oil until soft. Add tomatoes and cook over low heat 5 minutes. While tomatoes cook, purée tofu in blender with broth and juice. Pour all but ¼ cup of tofu mixture into a separate container. Add tomatoes to blender and purée, reserving ½ cup for garnish. Return tomato mixture to saucepan and add reserved tofu mix. Heat gently until just warm. Add hot sauce and salt/pepper to taste. Garnish with chunks of reserved tomato mix.

TIP: Like the idea of blended tofu to make plant-based creamy goodness? Try this technique with tofu ricotta. All you need is sautéed onion and garlic, extra-firm tofu, nutritional yeast, and white miso paste.

Basic Salad & Veggie Dressing

Servings: 12 at 1 Tbsp. each; 2 oils
87 calories, 1 g carbohydrates, 0 g protein, 9 g fat per serving

Ingredients:

¼ cup each: flaxseed oil and olive oil
2-4 Tbsp. vinegar (apple cider, tarragon, rice, balsamic)
2 Tbsp. water
1 tsp. dry mustard (optional, but delicious), whisked into liquid for easy mixing
Whole or minced garlic, oregano, basil, or other herbs of choice

Directions: Mix well in a shaker jar and store leftovers in the refrigerator. Remove from refrigerator 5-10 minutes before needed as it will solidify when cold.

TIP: Keep a jar in the refrigerator at work and one at home for convenience

Green Leaf Salad & Scallions

Servings: 4; 1 nonstarchy vegetable, ⅓ dairy, 2 oils
125 calories, 5 g carbohydrates, 3 g protein, 11 g fat per serving

Ingredients:

1 head green leaf lettuce, washed and sliced in chiffonade style
3-4 scallions, both white and green ends, thinly sliced
2-3 Tbsp. olive oil
1-2 Tbsp. fresh lemon juice
¼ cup feta (If **DF**: omit feta)
1 clove fresh garlic, chopped (optional)
Sea salt and freshly ground black pepper to taste

Directions: Place lettuce in a large bowl. Sprinkle scallions, dill, salt, pepper, lemon juice, olive oil, feta, and garlic. Toss to distribute evenly.

TIP: If you prefer salads lightly dressed, then mix the olive oil and lemon together and a little bit at a time for desired consistency



Homestyle Chicken Soup

Servings: 3; 1 protein, 2 nonstarchy vegetable,
1 oil
302 calories, 19 carbohydrates, 33 g protein, 10 g fat
per serving

Ingredients:

1 Tbsp. olive oil
½ cup onion, diced
9 oz. chicken breast, diced
1 cup green beans, cut into 1" pieces
2 stalks celery, diced
2 carrots, chopped
1 clove garlic, minced
1 chili pepper, optional
4-5 cups chicken broth
Chopped parsley for garnish

Directions: In a soup pot, sauté onion in olive oil over medium heat. Add chicken and vegetable and continue to sauté for 1 more minute. Add broth and simmer for 15-20 minutes. Garnish with fresh parsley before serving.

Italian Chicken

Servings: 5; 1½ protein, 1 oil, 1 nonstarchy vegetable
307 calories, 5 g carbohydrates, 31 g protein, 17 g fat
per serving

Ingredients:

¾ cup ricotta
1 tsp. oregano
1 lb. boneless, skinless chicken breasts (cut into 5 pieces)
½ tsp. garlic powder
1½ Tbsp. olive oil
¾ cup canned crushed tomatoes
5 slices mozzarella (¾ oz. each)

Directions: Combine ricotta and oregano in a small bowl; set aside. Preheat oven to 350° F (180° C). Rub each chicken piece with some garlic powder. Heat oil in a skillet over medium-high heat and add the chicken, cooking for about 8 minutes on each side. Remove from pan and place chicken in a 13" x 9" (23 x 33 cm) baking pan. Spoon ⅓ each of cheese mixture and crushed tomatoes onto each chicken breast. Top each with a slice of mozzarella. Bake for 20 minutes.

TIP: Serve with spaghetti squash or other vegetable options for additional vegetable servings.



Lamb Skewers with Red Onion, Feta, & Arugula

Servings: 4; 1 nonstarchy vegetable, 2 oils, 1 protein
244 calories, 3 carbohydrates, 19 g protein, 17 g fat per serving

Vinaigrette ingredients:

2 Tbsp. fresh lemon juice
1 clove fresh garlic, sliced fine
Sea salt and freshly ground black pepper
4 Tbsp olive oil, divided

Salad ingredients:

4 cups baby arugula
½ small red onion, thinly sliced in half moons
¼ cup feta cheese, crumbled

Additional ingredients:

¾ lb boneless lamb shoulder, cut into 1 inch pieces

Directions: To make vinaigrette: In a small bowl, combine the lemon juice, garlic, and salt to taste. Slowly whisk 2 Tbsp. olive oil into bowl and set aside. In a medium bowl, combine the lamb with remaining 2 Tbsp. of olive oil, a tsp of salt, and pepper to taste, and toss to coat evenly. You can let this sit for a while if you have other food to prepare. Position an oven rack four inches from the broiler and heat the broiler to high. When ready, thread lamb onto thin metal skewers or 8-inch bamboo skewers (soaked in water prior). Place skewers on broiler pan and broil lamb, flipping once, until browned on the outside but still pink on the inside (approx. 2-4 minutes per side). Transfer the skewers to a small, shallow baking dish. Whisk the vinaigrette to recombine and pour 3 Tbsp. over the skewers coating evenly. In a medium bowl, toss the arugula and onion with remaining vinaigrette to coat lightly. Do not overdress the salad. Pile greens onto a large plate or two separate plates, sprinkle a little salt and pepper. Top with lamb and sprinkle with feta cheese.

Key ingredient: Lamb

Lamb is often the preferred animal protein choice in a traditional Mediterranean diet. It is a rich source of high-quality protein as well as iron, zinc, and vitamin B₁₂. Lamb is used in the Mediterranean diet to elevate a meal, not overpower it, and that's exactly what this recipe is designed to do.

Marinated Flank Steak

Servings: 6-8; 2 protein, 2 oils
300 calories, 0 g carbohydrates, 23 g protein, 6 g fat per serving

Ingredients:

2 limes
3 Tbsp. olive oil
2 Tbsp. tamari soy sauce (If **GF**: use GF tamari)
1 Tbsp. freshly grated ginger
1-1½ lb. flank steak

Directions: Juice and zest limes. Combine marinade ingredients in a flat dish (nonmetal). Add flank steak and turn to coat all sides. Marinate in refrigerator 1-2 hours, turning occasionally. Heat grill and cook for about 5 minutes on each side.

Key ingredient: Beef

Yes. Beef can be healthy. And a flank steak is a great cut to pick. Flank steak tends to have fewer calories and more protein than other cuts of beef like ribeye. Flank steak is a high-quality protein and is a good source of vitamins B₁₂ and B₆ in addition to the minerals zinc and iron. Marinating the flank steak gives this steak a nice tender texture.



Mediterranean Salad

Servings: 1; 1 protein, 3 nonstarchy vegetable, 2 ½ oils
295 calories, 10 g carbohydrates, 18 g protein, 21 g fat
(with **Mustard Vinaigrette Dressing**)

Ingredients:

1 ½ Tbsp. **Mustard Vinaigrette Dressing**
2 handfuls of salad greens, including arugula
or watercress
1 egg, hardboiled and sliced
¼ cup sliced red onion
¼ cup sliced cucumber
1 oz. canned light tuna
1 oz. feta cheese, crumbled (if **DF**: omit feta cheese)
4 black olives, sliced (optional)

Directions: Prepare dressing as indicated or use leftover dressing. Put greens in a serving bowl and top with egg, vegetable, and tuna. Toss with dressing and garnish with olives and feta cheese if desired.

TIP: Optional veggie extras to add variety (and extra vegetable servings): blanched green beans, asparagus, roasted pepper/eggplant strips, and marinated mushrooms.

Mustard Vinaigrette Dressing

Servings: 1; serves 15 at 1½ Tbsp. each, 2 oils
90 calories, 1 g carbohydrates, 1 g protein, 9 g fat
per serving

Ingredients:

¼ cup (60 ml) balsamic vinegar or lemon juice
¼ cup water
1 tsp. Dijon mustard
Herbs (oregano, basil, parsley, tarragon, or any herb
of choice) to taste
⅓ cup olive oil
⅓ cup flaxseed oil
1 clove garlic, minced
Sea salt to taste
Freshly ground black pepper to taste

Directions: Measure all ingredients (except oils) into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using.

Key ingredients: Tuna & flax seed oil

Tuna and flaxseed oil: Together, these recipes are bursting with heart-healthy omega-3 fatty acids (and flavor, of course)! Tuna is a fatty fish and provides omega-3 in the forms of DHA and EPA, which are easily used by the body. The flaxseed oil in the dressing also offers the plant-based source of omega-3s called alpha-linolenic acid. Alpha-linolenic acid then has to get converted in the body to active forms of omega-3 fatty acids like EPA and DHA, so there are a few extra steps involved. Since most people aren't reaching the recommended amount of omega-3s, these recipes are a great and tasty way to get these essential fatty acids.



Mexican Grouper

Servings: 4; 1 protein, 1 nonstarchy vegetable,
1 oil
184 calories, 8 g carbohydrates, 23 g protein, 7 g fat
per serving

Ingredients:

14-16 oz. grouper fillets
Dash of sea salt and freshly ground black pepper
4 tsp. olive oil, divided
1 medium onion, diced
1 clove garlic, minced
4 Roma tomatoes, diced
5 large green pimiento-stuffed olives
1 jalapeño chile, seeded and cut into 1" (2.5 cm) pieces
3 Tbsp. fresh lime juice

Directions: Sprinkle grouper with salt/pepper on both sides. Heat 2 tsp. (10 ml) oil over medium-high heat in large skillet. Add fish and sear on both sides, browning lightly, 2-3 minutes on each side. Remove from heat and keep warm. Reduce heat to medium and add remaining 2 tsp. (10 ml) oil to the pan. Sauté onion about 5 minutes, until softened, and then add garlic, stirring for 1 more minute. Add remaining ingredients (except lime juice) and simmer for 10 minutes. Stir in another dash of salt/pepper if needed. Return fish to the pan, cover, and simmer for another 7-10 minutes. Insert tip of knife to be sure that fish is cooked through. Transfer fish to a serving plate. Stir lime juice into pan juices and spoon sauce over the fish. Serve immediately.



Key ingredient: Grouper

Groupers are a type of fish that belong to the sea bass family. The most common type of grouper in the diet and at grocery stores is red grouper, which is slightly deceiving since it's technically considered a white fish. Other white fish include tilapia, cod, bass, and snapper. They can all be used interchangeably in some recipes, but the spices and vegetables in this recipe pair especially well with grouper's distinct flavor.

Pecan Rice

Servings: 4; 2 grain, 2 nut/seed

306 calories, 40 g carbohydrates, 6 g protein, 14 g fat per serving

Ingredients:

½ cup wild and brown rice mix

1¼ cups water

4 Tbsp. chopped pecans

1 tsp. walnut or olive oil

Directions: Bring water to boil and add rice, stirring to mix well. Cover and simmer rice for about 45 minutes or until all liquid has been absorbed. Do not stir while cooking. While rice is cooking, sauté pecans in oil over low heat until lightly browned. Toss pecan mixture with cooked rice and serve immediately.

Quick & Easy Rice 'n Beans with Chicken

Servings: 1; 1 protein, 1 legume, 2 oils, 1 grain

390 calories, 35 g carbohydrates, 33 g protein, 13 g fat (with indicated dressing)

Ingredients:

1 Tbsp. Basic Salad & Veggie Dressing (p. 18)

½ cup cooked brown rice

½ cup cooked kidney or black beans

3 oz. cooked or leftover chicken breast

Directions: Prepare dressing as instructed or use leftover. Mix rice and beans with chicken and top with 1 Tbsp. dressing.

Roasted Vegetable

Servings: 8; 6 nonstarchy vegetable, 1 oil (depends on amount of vegetable eaten)

186 calories, 14 g carbohydrates, 3 g protein, 4 g fat per serving (approximate)

Ingredients:

Vegetables (choose any combination): 1 each: red and yellow bell pepper, cut into large chunks, 2 red or yellow onions, peeled and cut into thick wedges, 1 medium eggplant OR 4 baby eggplants, trimmed and cut into chunks, 1 portabella mushroom, sliced into quarters, 1 small head of cauliflower, broken into florets, 1 bunch of asparagus, ends snapped off and left in whole stalk, 1 fennel bulb, thickly sliced (gives a licorice flavor)

Seasonings:

4-8 large garlic cloves, peeled

2 Tbsp. olive oil

Fresh rosemary sprigs

¼ tsp. sea salt

¼ tsp. freshly ground black pepper (or to taste)

Directions: Preheat oven to 425° F (220° C). Lightly oil a shallow roasting pan or cookie sheet. Spread your choice of vegetables and fennel in a single layer in the prepared pan. Arrange garlic cloves among the vegetables and brush or spray all with oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes, turning vegetables after 15 minutes. The time may vary for each vegetable, so check oven periodically. Depending on the amount of vegetable used, you may need to use two roasting pans. Serve immediately or allow to cool and serve at room temperature.

TIP: Leftovers will enhance a salad or side dish. Make a large pan of roasted vegetable once a week and serve the leftovers after a busy day. To add a starchy veggie, cut up a medium sweet potato or new potato and add to mixture.



Romaine & Jicama Salad with Cilantro Lime Dressing

This salad is loaded with vegetable and packed with herbs and spices, which makes a delicious and nutrition-packed part of lunch.

Servings: 4; ½ nut/seed, 2 nonstarchy vegetable, 3 oils
189 calories, 9 g carbohydrates, 3 g protein, 16 g fat per serving

Salad:

1 head romaine lettuce, washed and spun dry
½ cup jicama, thinly sliced
1 cup red cabbage, thinly sliced
A handful of pepitas (roasted, salted pumpkin seeds)

Dressing:

1 packed cup fresh cilantro
¼ cup extra virgin olive oil
¼ cup fresh lime juice
½ tsp. sea salt
½ tsp. freshly ground black pepper
1 clove fresh garlic

Directions: Put all the salad ingredients in a salad bowl. In the bowl of a food processor, purée cilantro, olive oil, lime juice, salt, pepper, and garlic until smooth (you should have approx. 1¼ cups). Pour dressing over salad, as desired, and mix.

Key ingredients: Jicama & pepitas

Jicama: Jicama is a root vegetable native to Mexico and Central America. Its crisp texture is perfect for snacking alone (say with some lime juice and chili powder) or tossed in this fresh salad. Its white flesh complements the red cabbage and the green romaine to create a colorful and delicious addition to lunch. A half-cup of jicama provides about 3 grams of fiber and only 25 calories.

Pepitas: Pepitas are shell-less pumpkin seeds specifically from oilseed or Styrian pumpkins. They are a good source of healthful unsaturated fats and protein, and they add a nice, salty crunch to this salad.

Tip: If you didn't buy precut jicama and decided to slice this intimidating root vegetable yourself, start by washing and scrubbing the skin and then cut the root end of the plant off to create a flat bottom. Then peel the brown skin with a vegetable peeler to expose the white flesh. From there, slice the tuber in half and then cut into sticks.



Sassy Beans

Servings: 1; 1 legume, 2 oils (including avocado), 1 nonstarchy vegetable
221 calories, 25 g carbohydrates, 7 g protein, 11 g fat

Ingredients:

1 tsp. olive oil
1 Tbsp. chopped scallions
1 clove garlic, minced
¼ cup chopped onion
½ cup of vegetarian refried beans
¼ cup cilantro, chopped (optional)
Chopped black olives (optional)
⅛ avocado (optional)

Directions: In a medium saucepan, over medium heat, sauté scallions, garlic, and onion in olive oil. Add refried beans. Remove from heat and garnish with optional cilantro, black olives, and/or avocado.

Sautéed Broccoli Rabe

Servings: 6; 4 nonstarchy vegetable, 2 oil
140 calories, 10 g carbohydrates, 6 g protein, 10 g fat per serving

Ingredients:

1 lb. broccoli rabe, trimmed
2 Tbsp. olive oil
4 large garlic cloves, sliced thinly
Sea salt and freshly ground pepper to taste
1 Tbsp. balsamic vinegar

Directions: Remove tough stems from broccoli rabe. Cut the remaining stems into ½" pieces. Chop leaves. In a large skillet, heat oil over medium heat and sauté garlic for 1 minute. Transfer garlic to a small bowl and set aside. Add the stems and sauté until slightly softened, 3-4 minutes. Sprinkle in dash of salt and add chopped leaves and florets. Sauté another 3-4 minutes and add another sprinkle of salt/pepper and sautéed garlic. Stir to mix well and remove from heat. Add vinegar and toss.

Key ingredient: Broccoli rabe

Broccoli rabe is a slightly deceiving name for this vegetable. It's actually not related to broccoli at all, but it is more similar to the turnip. It's high in vitamins A, C, and K as well as calcium and folate. It is a naturally bitter vegetable, but luckily the heat, garlic, and sweetness from the balsamic vinegar makes this dish a tasty side to any meal.



Tomato, Basil, and White Bean Salad

Servings: 8 at $\frac{3}{4}$ cup each; 1 legume, $\frac{1}{2}$ oil, $\frac{1}{4}$ protein, 1 nonstarchy vegetable
198 calories, 16 g carbohydrates, 9 g protein, 11 g fat per serving (including mozzarella)

Ingredients:

2 cans (15 oz. each) cannellini beans, drained and rinsed
 $\frac{1}{2}$ lb. cherry tomatoes or small plum tomatoes, cut into 1" pieces
 $\frac{1}{2}$ cup fresh basil leaves, torn into $\frac{1}{2}$ " pieces
1 tsp. sea salt
Freshly ground pepper to taste
 $\frac{1}{4}$ lb. mozzarella cheese (if **DF**: omit mozzarella cheese)
 $\frac{1}{4}$ cup olive oil
3 garlic cloves, minced

Directions: Combine beans, tomatoes, basil, and salt in a bowl, and season with pepper. Add cheese if desired, and set aside. Heat oil in a skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned, 1 $\frac{1}{2}$ -2 minutes. Pour over bean mixture and gently toss. Let stand 30 minutes before serving to allow flavors to meld. Salad can be kept at room temperature, covered up to 4 hours.

Turkey Lettuce Wraps

Servings: 5; 1 protein, 1 nonstarchy vegetable, $\frac{1}{2}$ oil
193 calories, 6 g carbohydrates, 19 g protein, 11 g fat per serving

Ingredients:

1 Tbsp. coconut or grapeseed oil
1-2 cups shredded cabbage
1 medium zucchini, shredded
4 green onions, thinly sliced
1 lb. ground turkey
 $\frac{1}{4}$ cup tamari/soy sauce (if **GF**: use GF Tamara or soy sauce)
Dash of garlic powder
Crisp lettuce leaves (butter lettuce, green leaf)

Directions: Heat oil in a large skillet. Add cabbage, zucchini, and onions and sauté until tender. Add turkey and stir into the vegetables, breaking up the meat. Cook and stir for 5-7 more minutes. Add tamari/soy sauce and garlic powder, stir, and cook for another 2 minutes. Fill the lettuce leaves with the turkey mixture and enjoy!





Dinner

Baked Salmon

Servings: 4; 1 protein, 2 oils

252 calories, 2 g carbohydrates, 28 g protein, 15 g fat per serving

Ingredients:

¼ cup tamari or soy sauce (If **GF**: use GF tamari or soy sauce)
1 Tbsp. sesame oil
1 clove garlic, minced
1 tsp. fresh grated ginger
1 Tbsp. chopped fresh basil
1 tsp. oregano leaves
¼ tsp. thyme
¼ tsp. tarragon
1 lb. salmon fillets
1½ Tbsp. coconut oil
½ cup chopped fresh mushrooms
3 Tbsp. chopped scallions

Directions: In a small bowl, mix the tamari, sesame oil, garlic, and spices. Put the salmon into a quart-sized (1 L) plastic zippered bag and pour in the marinade mixture. Refrigerate the salmon in the marinade for 2-4 hours, turning occasionally. Preheat oven to 350° F (180° C). Spray a large baking pan with oil. Remove salmon from the marinade and place in a single layer in the baking pan. Pour marinade over all. Bake for 10-15 minutes. While the salmon is baking, heat coconut oil in a small saucepan. Stir in the mushrooms and scallions. Remove salmon from the oven, and pour vegetable to cover each fillet. Bake about 5 minutes more. Serve immediately.

TIP: Sliced shiitake mushrooms are a delicious option for this dish, or crimini mushrooms would also pair nicely with the salmon and marinade.

Key ingredient: Salmon

Salmon truly reigns as one of the best dietary sources of omega-3 fatty acids. Dietary guidelines in the United States recommend getting an average of 250 mg of EPA and DHA (which are types of omega-3 fatty acids) a day, so 1,750 mg per week, for heart health. And one three-ounce serving of salmon packs in around that much, making it a super nutritious choice!

Green Bean Salad with Feta & Olives

with **Balsamic/Red Wine Vinaigrette**

Servings: 5; 1 nonstarchy vegetable, 2½ oils

163 calories, 9 g carbohydrates, 4 g protein, 12 g fat per serving

Ingredients:

1 lb. fresh green beans, ends trimmed
1 small red onion, sliced very thin
½ cup Kalamata olives, pitted and diced
2 oz. feta cheese
¼ cup chopped fresh basil

Directions: Prepare dressing as indicated. Combine vegetable, feta cheese, and basil. Toss with dressing and serve immediately.

Balsamic/Red Wine Vinaigrette

Servings: 3; 1½ Tbsp. each, 2 oils

90 calories, 1 g carbohydrates, 0 g protein, 9 g fat per serving

Ingredients:

1 Tbsp. balsamic or red wine vinegar
1 Tbsp. fresh lemon juice
2 Tbsp. olive oil
¾ tsp. dried oregano
½ tsp. dried basil OR 2 tsp. fresh
Sea salt and freshly ground black pepper to taste

Directions: In a small bowl, whisk together all the vinaigrette ingredients, except for the olive oil. Then add olive oil slowly while whisking until olive oil is well incorporated.



Grilled Coconut Chicken

Servings: 4; 2 protein, 2 oil

364 calories, 2 g carbohydrates, 54 g protein, 14 g fat per serving

Ingredients:

½ cup regular canned coconut milk and ½ cup water OR
1 cup low-fat canned coconut milk
3 Tbsp. chopped fresh cilantro or basil
2 Tbsp. lemon juice
⅛ tsp. cayenne pepper (use more if desired)
Sea salt and freshly ground black pepper to taste
1 lb. boneless, skinless chicken breasts (2 whole breasts divided or 4 halves)

Directions: Mix the coconut milk (or coconut milk/water blend) with the cilantro/basil, lemon juice, cayenne pepper, salt, and pepper. Pour mixture over the breasts, turning several times to coat both sides. Set chicken in a dish and refrigerate for 2-8 hours. Remove from refrigerator 30 minutes before cooking. Heat grill and add chicken. Grill for about 8 minutes on each side. Serve immediately.

Grilled Vegetables

Servings: vary; ~75 calories, 3 nonstarchy vegetable, ½ oil (depending on the amount of vegetable eaten), 15 g carbohydrate per serving

Calories and macronutrient content vary with choice of vegetables

Ingredients:

Prepare any combination of the following vegetables with 1-2 Tbsp. olive oil:

1 eggplant, cut into ½" (1.2 cm) rounds
Red and green pepper, 1 each, cut into large wedges
1 onion, cut into large wedges
1 summer squash, cut into long, thick strips
1 zucchini, cut into long, thick strips

Directions: Preheat grill. Brush both sides of each vegetable piece with a light coat of olive oil. When the grill is hot, place vegetables on grill and cook on each side until brown.

TIP: Eat as a side dish and use leftovers in a green salad

Grilled Shrimp Kabobs

Servings: 7-8; 1 protein, 1 oil (only 2 Tbsp. oil from marinade are included in calculation)

180 calories, 3 g carbohydrates, 27 g protein, 6 g per serving

Marinade ingredients:

1 cup olive oil
¼ cup chopped fresh basil
1 lime, freshly juiced
2 Tbsp. hot pepper sauce
3 cloves garlic, minced
1 Tbsp. tomato paste
2 tsp. dried oregano
2 tsp. dried parsley
½ tsp. sea salt
½ tsp. freshly ground black pepper

Additional ingredients:

2 lb. large shrimp, peeled and deveined with tails attached

Directions: In a mixing bowl, mix all ingredients together, except shrimp. Reserve a small amount of marinade for basting later and pour the remainder into a large zippered plastic bag. Add shrimp. Seal and marinate in the refrigerator for 2 hours. Turn the bag occasionally. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing at each end. Discard marinade. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.



Italian Meatballs

Servings: 10; 3 meatballs each; 1½ protein, 246 calories, 4 g carbohydrates, 28 g protein, 14 g fat per serving

PLUS: ½ cup of shredded mozzarella cheese 1 serving = approx. 150 calories, 14-28 g protein, 1-9 g fat per serving

Ingredients:

2 tsp. olive oil
3 cloves garlic, minced
1 cup part-skim ricotta
1 egg
1 tsp. dried oregano OR 1 Tbsp. fresh, chopped
1 tsp. dried basil OR 1 Tbsp. fresh, chopped
1 tsp. sea salt
½ tsp. freshly ground black pepper
1 lb. very lean ground beef
½ cup shredded Parmesan or Romano cheese

Directions: Sauté garlic in olive oil for 1-2 minutes only, being careful not to burn. Remove from heat and cool for 5 minutes. In a medium bowl, combine ricotta cheese and egg. Add spices, salt, and pepper, and mix well. Add cooled garlic, beef, and shredded cheese, and mix until all ingredients are combined. Preheat oven to 350° F (180° C). Divide meat into about 30 meatballs. Place meatballs on baking sheet, and bake until cooked through and brown, about 20 minutes. Sprinkle mozzarella cheese over meatballs and heat until it melts.

Marinated Grilled Chicken Breasts

Servings: 6; 1 protein, 1½ oil
280 calories, 2 g carbohydrates, 27 g protein, 8 g fat per serving

Marinade ingredients:

3 Tbsp. olive oil
3 Tbsp. tamari or soy sauce (If **GF:** use GF tamari or soy sauce)
2 Tbsp. lemon juice
¼ cup dry white wine
1 sprig fresh thyme or 1 tsp. dried thyme
1 clove garlic, cut into slivers
1 scallion, sliced (use some of the green)

Additional ingredients: 1½ lb. boneless, skinless chicken breasts, sliced in half if too thick

Directions: Mix all ingredients except chicken in a flat dish or in a plastic zippered bag. Add chicken breasts and marinate for ½ hour at room temperature or up to 1 hour in the refrigerator. Cook on a preheated grill or under the broiler for about 5 minutes per side, depending on thickness.

Marinated Flank Steak

Servings: 6-8; 2 protein, 2 oil
300 calories, 0 g carbohydrates, 23 g protein, 6 g fat per serving

Ingredients:

Marinade:

2 limes
3 Tbsp. olive oil
2 Tbsp. tamari soy sauce (If **GF:** use GF tamari or soy sauce)
1 Tbsp. freshly grated ginger

Other ingredients:

1-1½ lb. flank steak

Directions: Juice and zest limes. Combine marinade ingredients in a flat dish (nonmetal). Add flank steak and turn to coat all sides. Marinate in refrigerator 1-2 hours, turning occasionally. Heat grill and cook for about 5 minutes on each side.



Pan-Roasted Chicken, Spinach, & Mushrooms

Servings: 4-5; 1 protein, 3 nonstarchy vegetable, 2/3 oil
250 calories, 18 g carbohydrates, 33 g protein, 6 g fat per serving

Ingredients:

1 Tbsp. olive oil
1 lb. boneless, skinless chicken breasts, cut into bite-sized pieces
1 bunch green onions, sliced thin, green part discarded
OR 1 large shallot, minced
8 oz. mushrooms, cleaned and sliced
1 clove garlic, minced
1 cup chicken broth or vegetable broth
3 sprigs of fresh thyme or tarragon OR 1 tsp. dried
1 bunch spinach (~1 lb.) OR asparagus, washed and chopped into large pieces
3 Tbsp. grated Parmesan cheese (if **DF**: omit)
Sea salt and freshly ground black pepper to taste

Directions: Preheat oven to 350° F (180° C). Heat oil in a heavy, ovenproof pan over medium heat. Sauté chicken pieces for about 3 minutes on each side. Remove from pan. Add onions/shallot, mushrooms, and garlic to pan and sauté, stirring, for about 3-4 minutes. Be careful that garlic does not burn. Add broth, thyme, spinach/asparagus, and top with chicken. Bring mixture to a boil. Cover pan and bake for about 10-15 minutes, being sure not to overcook chicken. Season with salt/pepper to taste, and garnish with Parmesan cheese if desired. Serve immediately.



Roasted New Potatoes

Servings: 8; 1 starchy vegetable, 3/4 oil
124 calories, 21 g carbohydrates, 3 g protein, 4 g fat per serving

Ingredients:

4 small-medium new potatoes
(Yukon gold, red potatoes)
2 Tbsp. olive oil, plus extra to spray
4-8 garlic cloves (optional)
Rosemary to taste (optional)
Sea salt and freshly ground black pepper to taste

Directions: Preheat oven to 400° F (200° C). Wash and cut potatoes into chunks. It is not necessary to peel them. Put 1 Tbsp. (15 ml) olive oil in a roasting pan, large enough to fit the potatoes without crowding. Add potatoes and toss around in the oil. Distribute garlic cloves and fresh rosemary sprigs if using, and add salt and pepper to taste. Roast for about 45 minutes (or more), depending on how crunchy you like your potatoes.

TIP: You may also use other spices to create a different flavor.

Rosemary Roasted Cauliflower & Pine Nuts

Servings: 5; 2 nuts/seeds, 1 oil, 2 nonstarchy vegetable
156 calories, 8 g carbohydrates, 6 g protein, 12 g fat per serving

Ingredients:

1 head cauliflower
2 cloves of garlic, peeled and minced
2 Tbsp. olive oil
1 Tbsp. fresh rosemary
1/2 cup raw pine nuts
Sea salt to taste
Freshly ground black pepper to taste.

Directions: Preheat oven to 425° F (220° C). Break apart cauliflower into bite-sized pieces or florets and place in large mixing bowl. Add garlic and stir throughout. Pour in olive oil and ensure that all cauliflower pieces are drizzled with oil. Sprinkle with rosemary, pine nuts, salt, and pepper. Transfer mixture evenly onto baking sheet and bake, uncovered, in oven for 20-25 minutes or until the top and edges of cauliflower are lightly brown. Serve immediately.

Adapted with permission from *Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart and Heal Body, Mind and Spirit* by Deanna Minich, PhD, CN, Red Wheel/Weiser, 2009.

Spaghetti Squash

Servings: 6-8; 4 nonstarchy vegetable
84 calories, 20 g carbohydrates, 2 g protein, 1 g fat
per serving

Ingredients:

1 medium spaghetti squash, halved with seeds removed

Directions: Place squash cut side up on a greased cookie sheet. Bake at 375° F (190° C) for about 30-40 minutes, depending on its size, or until easily pierced with a fork. Do not overbake. When squash is cool enough to handle, scrape inside with a fork to release spaghetti-like strands.

TIPS:

- Top with **Marinated Grilled Chicken Breasts** or **Italian Meatballs** for additional protein servings
- Combine with **Roasted Vegetables** or other vegetables for a vegetarian entrée
- You can also top with some unsweetened spaghetti sauce and grated Parmesan cheese

Thai Chicken Curry with Steamed Vegetables

Servings: 2; 1 protein, 4 nonstarchy vegetable, 2½ oils,
1 grain
372 calories, 17 g carbohydrates, 31 g protein, 12 g fat
per serving

Ingredients:

2 tsp. olive oil or coconut oil
1 medium onion, sliced into rings
6-8 oz. chicken breast portions, cut into strips
Finely chopped fresh ginger to taste
½ cup low-fat canned coconut milk
Green curry paste to taste (no added sugar)
1 cup broccoli
1 cup green beans
1 cup cauliflower
1 cup zucchini, cut lengthwise

Directions: Heat oil in a frying pan. Add onions and cook for about 3-4 minutes. Add chicken and ginger to sauté, stirring occasionally until chicken is partially cooked. Add coconut milk and curry paste. Simmer for 5-10 minutes. Meanwhile, lightly steam broccoli, green beans, cauliflower, and zucchini. Serve chicken mixture over steamed vegetable.

Key ingredient: Spaghetti Squash

Nothing is more perfect than spaghetti squash when you're still wanting some comfort food pasta, but without all the refined carbs and all the vegetable.

Spaghetti squash. It's like Mother Nature knew we needed a vegetable that acts like pasta. Absolutely genius.

This winter squash boasts important nutrients like fiber, manganese, vitamin B₆, and vitamin C. And one cup of cooked spaghetti squash only has around 10 grams of carbs, which is a bargain compared to the 43 grams of carbs in one cup of cooked pasta.



Turkey Chili

Servings: 8-10; 1 protein, 1 legume, 1 nonstarchy vegetable
287 calories, 23 g carbohydrates, 25 g protein, 9 g fat per serving

Ingredients:

2 lb. ground turkey
2 cans (16 oz. each) tomatoes (undrained), diced
2 cans (15 oz. each) red kidney beans, drained
8-oz. can tomato sauce
1 medium onion, chopped
¼ cup dry red wine (optional)
1 tsp. dried parsley flakes
¾ tsp. (0.37 g) dried basil, crushed
¾ tsp. dried oregano, crushed
½ tsp. freshly ground black pepper
½ tsp. ground cinnamon
1 clove garlic, minced
¼-½ tsp. ground red pepper
1-2 Tbsp. chili powder

Directions: In a 4-qt. (4 L) Dutch oven, cook the turkey until it is no longer pink. Drain off fat. Stir in remaining ingredients. Simmer uncovered for 45 minutes, stirring occasionally.

Turkey Meatloaf

Servings: 6; 2 protein, 2 nonstarchy vegetable
374 calories, 16 g carbohydrates, 32 g protein, 20 g fat per serving

Ingredients:

1 lb. ground turkey
1 egg, beaten
½-¾ cup sautéed mushrooms
½ cup shredded carrot
¼ cup unsweetened orange juice
¼ cup oats (if **GF**: use gluten-free oats)
2 Tbsp. dried parsley
2 tsp. dried tarragon
1 tsp. (0.5 g) dried sage
Sea salt and freshly ground black pepper to taste
1 cup tomato sauce

Directions: Preheat oven to 350° F (180° C). Mix all ingredients together in a medium bowl. Pat into a loaf shape in a 9" (23 cm) pie plate or other flat dish and spread tomato sauce on top. Bake for approximately 35 minutes for 1 large loaf. (Smaller loaves will take less time.) Be careful not to overbake, as it will be too dry.

TIPS: If you prefer, you can make 2 smaller loaves and store one in the freezer after baking. This recipe can also be doubled to make 2 larger loaves or 4 small ones.

Wild Rice & Roasted Vegetables

Servings: 6; 1 oil, 2 nonstarchy vegetable, ⅓ grain
195 calories, 32 g carbohydrates, 6 g protein, 5 g fat per serving

Ingredients:

1 cup wild rice
2 cups vegetable broth or chicken broth
1 large red pepper
3 medium carrots
1 small, sweet onion OR 2 scallions
1 zucchini
1½ cups crimini or button mushrooms
4 cloves garlic, chopped
2 Tbsp. olive oil
1 tsp. sea salt
1 Tbsp. dried herbs (oregano, basil, thyme, sage, or choice of any herbs)
2 Tbsp. balsamic vinegar

Directions: Preheat oven to 425° F (220° C). Place the rice in a bowl of cold water and scrub lightly between your fingers for about 5 seconds. Pour rice into a fine strainer and drain. Place the rice into a large saucepan and add the broth. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for approximately 50 minutes, until the liquid is absorbed and the grain is tender but not mushy. While rice is cooking, chop all vegetables coarsely into bite-sized pieces and place in a roaster pan. Drizzle olive oil over the vegetables and add garlic, salt, and herbs. Toss until vegetables are coated, then spread vegetables out in a single layer in the pan. Roast in preheated oven for 20 minutes, turning vegetables after 10 minutes. Combine roasted vegetables with cooked wild rice and toss with balsamic vinegar while still warm. Serve warm or cold.

TIP: Add a can of beans (black or kidney) for protein at the end when mixing the rice with the vegetables and balsamic to make a complete meal. Otherwise pair with a dish like the Marinated Grilled Chicken Breasts for protein.



Vegetarian Chili

Servings: 8; 2 legume, 8 nonstarchy vegetable, 1 starchy vegetable
414 calories, 72 g carbohydrates, 20 g protein, 2 g fat per serving

Ingredients:

2 cans (16 oz. each) diced tomatoes, undrained
2 cups cauliflower pieces
1 large sweet potato, diced
1 green bell pepper, chopped
2 carrots, chopped
½ lb. mushrooms, chopped
2 cups fresh or frozen cut green beans
8-oz. can tomato sauce
1 medium onion, chopped
¼ cup dry red wine (optional)
1 tsp. dried parsley flakes
¾ tsp. dried basil, crushed
¾ tsp. dried oregano, crushed
½ tsp. freshly ground black pepper
½ tsp. ground cinnamon
1 clove garlic, minced
¼-½ tsp. ground red pepper
2 cans (15 oz. each) red kidney beans, drained

Directions: Combine all ingredients except kidney beans in a 4-qt. Dutch oven and bring to a boil. Simmer uncovered until vegetables are tender, about 30 minutes. Add kidney beans and cook for another 10 minutes.

Key ingredients:

Kidney beans: protein and complex carbohydrates

Sweet potatoes: more complex carbs plus beta-carotene

Tomatoes, carrots, onions, and green beans: nonstarchy vegetable that add fiber and a mix of phytochemicals to the meal

Mushrooms: another nonstarchy veggie with umami flavor

Spices: flavor enhancers associated with a variety of health benefits



