Dr. Del's RAPID FATLOSS Cookbook

Quick & Easy "10-Minute Meals" for Building Your Leanest Body Ever

Features:

- ***Complete List of Everything You Will Need in Your Kitchen, Freezer and Pantry to Make Quick Meals***
- ***Simple Ideas for Saving Yourself Time in the Kitchen***
- ***Do-It-Yourself Dressings, Marinades and Vinaigrettes***
- ***Over 120 Healthy Gourmet 10-Minute Recipes***

Del Millers, PhD

Author of:

- *Dr. Del's Rapid Fatloss Manual*
- *Dr. Del's Rapid Fatloss Meal Plan*
- *Dr. Del's Rapid Fatloss Cookbook*
- *Dr. Del's Rapid Fatloss Detox-Cleanse Program*
- *Simply DELicious: 10-Minute Meals Cookbook*
- *Del's 10-Minute Workout*
- *Dancing with God*

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Dedicated to all the members
and future members of the
Living Lean club.

"Eat food. Not too much. Mostly plants."

~ Michael Pollan



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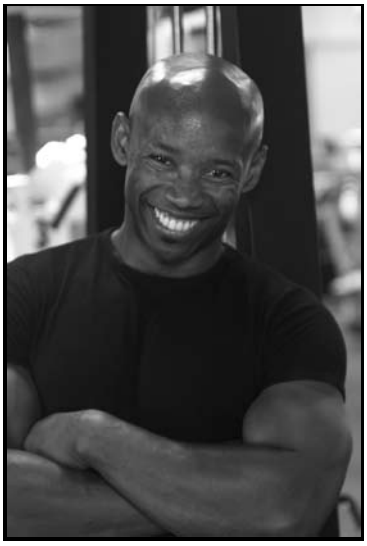
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A Note From Dr. Del



My Thoughts About Food & Nutrition

"The less you do to food, the more it will do for you!"

I decided to study nutrition because, in my early years as a personal trainer, I was frustrated that my clients were not getting the results they wanted.

I also realized that most people didn't have a clue what they should be eating to change their bodies. Repeatedly, I would hear, "but I eat healthy."

However, eating to maintain health and eating to change your body are two completely different things.

The other realization I made over the years was that most people, even if they knew how to cook, were not willing to spend much time in the kitchen. On the other hand, I've also had clients who had never used the stove in their kitchen before we met.

I developed my famous 10-Minute Meals, to address the above challenges. I wanted to show my clients, and others, that not only could they make healthy meals quickly, but they also didn't have to sacrifice taste.

In my opinion, healthy meals should taste great or they have no health benefits what so ever. If a particular food is not something you will consistently eat, then find a better, tastier, way to make it.

Oatmeal and tofu are two examples. Most people don't like the taste of oatmeal and tofu because they can be bland and tasteless. Well, I don't blame them. I will show you how to make both oatmeal and tofu tasty and delicious, using simple herbs and spices.

Over the years, I've gotten many people who used to hate both oatmeal and tofu hooked on both. Try my recipes, maybe that will happen to you.

"High-tech tomatoes. Mysterious milk. Supersquash.
Are we supposed to eat this stuff?
Or is it going to eat us?"
~ Annita Manning

My Healthy Food Philosophy:

1. Start with whole foods ingredients.
2. The less you do to those ingredients, the more they will do for you.
3. A little bit of hell makes heaven tastes "mo-better". Use natural herbs, spices, organic sugar and other natural condiments to make your food taste great.
4. If a food doesn't taste good to you, never force yourself to eat it; find something else.

My Recipe Requirements:

1. Use simple, healthy ingredients you can find in any local market.
2. Even if you've never turned on your stove, you should be able to make my recipes in as close to 10 minutes as possible.
3. Whether you're trying to lose weight, build muscle or lose fat, you still should be able to eat my meals.
4. Each recipe should be low in calories but high in flavor.

"If hunger is not the problem,
then eating is not the solution."
~ Anonymous

NO EXCUSES

Don't make excuses. You can't expect to make meals in ten minutes if you haven't gone grocery shopping in weeks. At the very least, you must have the basic necessities in your kitchen and pantry that are listed below.

Most of the items on the list are things that will last for at least one month. If you at least do that, then all you would need to do on a daily or weekly basis (I hope not daily) is to pick up the main ingredients listed in the recipe you want to make; if it's not already in your pantry, freezer or refrigerator.

"My soul is dark with stormy riot,
directly traceable to diet."
~ Samuel Hoffenstein



How is it Made?

Most of us are so far removed from the production of our foods that the only thing we know about most foods is that you can buy them at the market. However, having an understanding of how foods are grown and processed, will give us a greater appreciation for whole foods.

▼ Oats

Oatmeal is made from the seeds of oat grass (Avena Sativa). After harvesting, the oat grass is washed under a high intensity water spray to remove any foreign material, and then steamed. The oats are then fed through spinning stones to remove the groats from their tough protective outer hull. The groats are the whole oats without the outer hull.

The oat groats are then either passed through a machine with razor-sharp knife blades to produce steel cut oats, or rolled between cylinders to produce a flatter, lighter flake, rolled oats. This process is often repeated several times to produce the desired oat texture (fine, medium or coarse), or oat flour.

Steel cut oats are the least processed. The oat groats are usually only cut two or three times, therefore, they will have a much longer cooking time.

Old-fashioned oatmeal is made by simply rolling the whole oats to produce flat flakes; there is no further processing.

Quick cooking or "instant" oatmeal are more highly processed. Since the bran layer of the oat groat is tough to chew and contains an enzyme that can cause the oats to become rancid more quickly, it is often removed from quick cooking oatmeal. Though this improves the shelf life and reduces the cooking time of the oats, it also greatly reduces the nutritional value.



▼ Rice

Rice is cultivated from the seeds of the monocot plants. Like oats, a rice huller is used to remove the protective outer husk of the grain. This first process leads to brown rice.

White rice is produced by further processing brown rice to remove the remaining outer husk and the germ. The germ is the embryo of a plant seed. It is the part of the seed that germinates to grow into a plant. Because the germ is removed, white rice lacks most of the important nutrients found in brown rice.

Enriched white rice is derived from coating the grain with a water insoluble substance containing some of the nutrients that were lost during processing. White rice is then polished to give it the shiny look we are accustomed to.

Compared to brown rice, white rice is nothing more than enriched starch. Though white rice is "enriched," most of the nutrients found in brown rice are still missing. This includes "all" the essential fats found in the germ and the aleurone layer of the grain, which is removed during polishing.



▼ Flour

Wheat flour is produced from the grinding of wheat. Wheat is a cluster of seeds attached to a stalk. Before wheat can be grounded into flour the seeds are first removed from the stalk. In the old days they would simply beat the stalk against the wall. Today they have more sophisticated processes.

The seeds are then passed through a separator and an aspirator to remove rocks and other foreign particles. The purified wheat is then processed to remove the outer layer of bran.
A wheat kernel consists of the outer bran layer, the inner endosperm layer and the germ. Whole-wheat flour is made when the whole kernel is ground or milled; it contains all three parts of the kernel.

White flour is made only from the starchy endosperm layer. After grinding the endosperm, various types of bleaching agents (chlorine) are added to the flour. These agents oxidize the surface of the grains, thereby softening the gluten (protein); this allows baked goods to be fluffy.

The more refined the flour, the more starch and less protein it has. This makes it less chewy and more suitable for baking. Baking flour is the most processed flour, and therefore, the least nutritious of flours.

As is the case with oats and rice, 40% of the nutrients in white flour are lost during the processing. More than half of the vitamin B1, B2, B3, E, folic acid, iron, calcium, copper, phosphorus, zinc, and fiber are lost. This white flour is then used to make breads, pastas, noodles, and baked goods such as muffins and cookies.

Because of the multitudes of health problems that wheat processing caused, the United States government forced manufacturers to "enrich" their products with vitamins B1, B2, B3 and iron.

Of course, if you choose only whole wheat flour, not only are you getting the richness of the bran, you are also getting all the essential oils and nutrients found in the wheat germ.

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▼ Soy

The soybean is a member of the plant family called legumes. Compared to other plant foods, legumes tend to be much higher in protein. The mature soybean is about 42 percent protein, which sets it apart from the other members of the legume family. Some more familiar members of the legume family are kidney beans, pinto beans, lima beans and black-eyed peas.

Not only does the soybean contain more protein than other members of the legume family, it contains a higher quality protein. It is the only plant source of protein that contains all eight essential amino acids, making it comparable to animal protein. Soy is also an excellent source of calcium, iron, B-vitamins, magnesium, zinc, copper and phosphorus. The essential fatty acids are unsaturated and cholesterol-free.

All soy foods are made from the processing of whole soybeans. The raw beans are cracked to remove the hulls and the remaining soy chips are then made into flakes. The processing of soybeans always includes heat to destroy the activity of the protease inhibitors naturally present in the soybean.

Since the pancreas naturally secretes protease to digest a protein meal, eating raw soybeans on a regular basis causes the pancreas to hypersecrete. This can lead to benign tumors of the pancreas.

The following are some of the popular varieties of products and how they are made.

▼ Soy Milk

Soybeans are soaked, ground fine and slightly cooked to destroy the protease inhibitor enzyme that prevents humans from digesting the soy proteins. Then they are strained to separate the creamy liquid — the milk — from the pulp. The pulp, also known as okara, is used in baked goods such as breads and muffins.

Plain unfortified soymilk is an excellent source of high-quality protein and B-vitamins. Most non-organic soy products, including soy milk, are generally made from genetically modified soybeans. In the United States, soy and corn are primarily grown to feed livestock. Human consumption is secondary.

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▼ Tofu

Tofu, also known as bean curd, is a soft cheese-like food made by curdling hot soymilk with a coagulant–a salt or acid such as nagari, calcium sulfate or magnesium sulfate. The curds separate from the whey and are then scooped up and pressed in cheesecloth. It is then pressed into varying textures — soft, firm, extra firm or silken.

Tofu is rich in high-quality protein, B-vitamins and calcium, and also low in sodium. Firm tofu is dense and solid and can be cubed and served in soups, stir-fried or grilled. Firm tofu is higher in protein, fat and calcium than other forms of tofu. Soft tofu is good for recipes that call for blended tofu. Silken tofu is a creamy product and can be used as a replacement for cream in any recipe — dips, salad dressings, sauces, etc.

▼ Soy Sauce (Tamari, Shoyu, Teriyaki)

Soy sauce is a dark brown liquid made from soybeans that have undergone a fermenting process. Soy sauces have a salty taste but are lower in sodium than traditional table salt. Specific types of soy sauce are shoyu, tamari and teriyaki. Shoyu is a blend of soybeans and wheat. Tamari is made only from soybeans and is a byproduct of making miso. Teriyaki sauce can be thicker and includes other ingredients such as sugar, vinegar and spices. Since soy sauce can be very high in sodium, you may want to try the reduced sodium or "Lite" version.

▼ Miso

Miso, a smooth paste, is made from soybeans, a grain such as rice, plus salt and a mold culture. It is then aged in cedar vats for one to three years. Use miso to flavor soups, sauces, dressings, marinades and pâtés.

▼ Tempeh

Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles or chili.

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What You Will Need In Your Kitchen

The Basics:

Pots and pans
Hand grater
A set of knives
Wooden spoons
A cutting board
Can opener
A set of measuring spoons & Cups
Blender and/or Food Processor
A stove (this would be helpful!)
Microwave (for reheating ONLY)
A rice cooker
A whisk
Potholder
Meat tenderizer
Baking pan
Aluminum foil
Timer

Pantry, Refrigerator & Freezer Necessities:

Vinegar (Balsamic, rice wine, red wine)
Extra virgin olive oil
Ginger (fresh)
Dijon mustard
Tamari (reduced sodium)
Sesame seeds
Mustard seeds
Bragg's Liquid Amino's
Reduced sodium soy sauce
Low sodium chicken & vegetable stock
Non-fat cooking spray
Tomato paste
Cornstarch
Canned diced tomatoes
Canned beans (variety)

Canned tuna
Canned Salmon
Canned chicken breast
Sundried tomatoes
Organic frozen mixed vegetables
Canned low fat coconut milk
Dry wine (red, white)
Hot pepper sauce
Baking powder
Baking soda

"Bigger snacks mean bigger slacks."

~ Anonymous



Put a Little Spice in Your Life:

Essential Spices for Every Kitchen

Most people use two spices, salt and pepper. However, even if you don't know how to turn on your stove, you'll learn to master the art of using spices. When it comes to using herbs and spices, my number one rule is "less is more."

The following list of herbs and spices can be purchased from the bulk spices section of most large natural foods stores if there is one in your area. Keep the dry herbs and spices in your cabinet and buy the fresh ones on a weekly basis, as needed.

Basil (fresh and dried)
Curry powder
Nutmeg
Ground cinnamon
Oregano
Paprika
Parsley
Thyme
Turmeric
Vanilla extract
Fresh garlic
Onions
Lemon/Lime juice
Cardamom
Cayenne Pepper
Chili Powder
Cloves
Coriander
Cumin
Pepper (black & white)
Saffron
Sea Salt
Bay leaf
Tarragon
Ginger
Red pepper flakes

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A Few Popular Conversions

1 TBSP.	=	3 TSP.
1 OZ. (FLUID)	=	2 TBSP.
1 CUP	=	16 TBSP. (US)
1 OZ.	=	28 GRAMS
1 TSP.	=	4 GRAMS
1 GRAM CARBOHYDRATES	=	4 CALORIES
1 GRAM PROTEIN	=	4 CALORIES
1 GRAM FAT	=	9 CALORIES
1 GRAM ALCOHOL	=	7 CALORIES
1 TSP. NATURAL HONEY	=	20 CALORIES
1/2 TSP. ORGANIC BROWN SUGAR	=	15 CALORIES
A PINCH OF SALT	=	1/4 TSP.

▼ The nutrient breakdown for the following recipes are "close approximations." Also, in regards to the number of servings, keep in mind that a larger person (like a guy) may need to eat more than one servings.



"Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie."

~ Astrid Alauda

Tips And Suggestions For Saving Yourself Time In The Kitchen:

1. To steam vegetables, put them in a saucepan with 1/2-cup water over medium heat for 5 minutes.

2. Most vegetables for stir-fry can be found in pre-cut ready to use packages at your local supermarket. I have seen everything from shredded carrots to diced potatoes and everything in between.

3. Use a variable speed blender or Vitamix machine to chop your vegetables (including onion and garlic) or mince your meat on a low speed. Within a couple minutes, you could chop and mince a couple cups of vegetables and meats, all in your Vitamix machine. If you don't have one, you really need to get one.

4. Before you do your shopping, choose the recipes you would like to make for the coming week and be sure to buy the necessary ingredients.

5. VEGETARIANS TAKE NOTE:
You can substitute tempeh, tofu and seitan instead of the chicken, steak, turkey and fish in any of the following recipes. Also, use vegetable stock instead of chicken stock.

"Health nuts are going to feel stupid someday;
lying in hospitals dying of nothing."
~ Redd Foxx

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Your Weekly Shopping List

Shopping List	Precooked	Pantry necessities
Chicken breast Fish Eggs Ground turkey Greek plain nonfat yogurt Scallops Steak Soft silken tofu Firm tofu Low fat cottage cheese Mild salsa Rice paper wrappers (Asian market) Tahini **Fruits & Vegetables:** Apples Oranges Bananas Strawberries Spinach Tomatoes Avocado Red bell pepper Garlic Onions Green onions Large head of lettuce Mushrooms Cilantro Ginger Grapefruit Broccoli	Brown rice Chicken breast Turkey breast	Black-eyed peas Canned tuna Canned salmon Canned black beans Canned kidney beans Canned white beans Canned pinto beans Old fashioned oats Soymilk (unsweetened) Raisins Protein Powder (JuicePlus Complete) Ground flax meal Peanut/almond butter Sliced almonds Canned diced tomatoes Tomato paste Whole wheat flour Natural muesli (no sugar) Whole wheat bread crumbs **Freezer:** Strawberries Blueberries Raspberries Shrimp Organic mixed vegetables Sweet corn **Refrigerator:** Miso paste

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The Other Carbs

When it comes to carbs, let's face it; most of us are creatures of habit. We usually eat what we like or rather what we've gotten accustomed to. This usually means brown rice, potato, yam and oats. However, there are other whole grains that are just as nutritious, if not more so, as the above mentioned. Why not try them, you might find a new favorite?

Name	What is it?	How used
Quinoa	A complete protein, good source of iron, vitamin E, potassium and fiber.	Use in place of rice or as a substitute for pasta in salads.
Barley	One of the oldest grains. Good source of protein, B vitamins and iron.	Great in soups and salads.
Millet	A good source of fiber and protein as well as folate, B vitamins and iron.	A quick cooking grain can be eaten as a breakfast cereal.

He who takes medicine and neglects to diet wastes the skill of his doctors.

~ Chinese Proverb

Pre-Cooking Your Carbs

I always recommend that my clients do what I do, cook ahead of time the things that take longer than ten minutes. Here are some ideas:

▼ Brown rice/Quinoa

Cook a pot of brown rice and keep it in the refrigerator. This is great because you can use it in soups, salads, stir-fry's or with any of my quick recipes in this book. Quinoa cooks the same as rice, just a bit quicker.

▼ Yam/Sweet Potatoes

I like to bake at least a half a dozen yams at a time and keep them in the refrigerator. Try my Mashed Sweet Potatoes with Ginger recipe below. I also like to chop them up like fries and bake them with a sprinkle of sea salt and olive oil.

▼ Potatoes

Chop up some potatoes into small fries, season them with a little salt, pepper and olive oil and bake them. Keep this in your refrigerator ready to eat.

You can also boil some potatoes (don't boil them all the way), then chop them up into small pieces and sauté them with olive oil and onions. I love this.

▼ Oatmeal

Forget the quick cooking stuff, make a pot of old fashioned or steel cut oats and keep it in the refrigerator. Make it without milk or fruit, those you can add to your bowl after reheating.

> When it comes to eating right and exercising,
> there is no "I'll start tomorrow.
> Tomorrow is disease.
> *~ Terri Guillemets*

Mashed Sweet Potatoes with Ginger

3 medium-large cooked yams
2 Tbsp extra virgin olive oil
1/4-cup shallots, minced
2 Tbsp fresh ground ginger
1 egg
1 Tbsp low sodium soy sauce
4 Tbsp plain yogurt
2 Tbsp unsweetened soymilk
Sea salt and pepper to taste

1. Sauté shallots, ginger, salt & pepper in olive oil for 3-5 minutes until soft. Transfer to a blender, add egg and soy sauce, and blend.

2. In a mixing bowl add peeled potatoes, milk & yogurt and mix well. Add the blender mixture and mix well. Add salt & pepper to taste.

Servings: 6 Calories/Serving: 219 Protein: 6g Carbs: 30g Fat: 11g



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Precooking Your Protein

Here are some recommended protein sources to keep in the refrigerator or pantry:

- Hard boiled eggs
- Whole rotisserie chicken (store bought is fine)
- Roasted turkey breast
- Ground turkey stir-fry with onions and garlic
- Frozen-cooked shrimp
- Crab meat
- Grilled steaks
- Cans of tuna
- Cans of Salmon
- Sardines

The secret to staying on track with your meal plan is planning. Think about what you're going to need for the upcoming week. It's okay to buy a whole rotisserie chicken or some roast turkey breast at the supermarket or wherever you can get it fresh. They will only last a few days in the refrigerator so plan accordingly.

A Note About Stir-Fry's

You'll notice that most of my recipes are stir-fry's and that's because it's the quickest thing to do. When you're doing a stir-fry, if you're cooking more than three items I would recommend starting with a non-stick cooking spray then add the oil before you put your second or third item in the skillet, otherwise the skillet may get too dry.

Also, don't be afraid to use some extra virgin olive or canola oil to cook with. These are healthy fats that you need in your diet, and as you will see, that's typically the only fat you will have in most of my recipes.

Shopping Tip

To make quick meals I would highly recommend buying diced onions, bell peppers and sliced mushrooms at the supermarket. You can even buy bags of broccoli, kale and other greens already chopped and ready for use. Of course this will cost you a little more, but not as much as what it will eventually cost eating junk all the time.

Dressings, Marinades & Vinaigrettes

It's very easy to make your own salad dressings, marinades and vinaigrettes. Typically you will use some kind of acid base liquid, a liquid fat and some seasonings.

A good rule of thumb is to start with three parts oil to one part vinegar (acid). Of course, you'll need to adjust this to suit your taste.

▼ Acids

Balsamic vinegar
Red wine vinegar
Rice wine vinegar
Sherry vinegar
Apple cider vinegar
Lemon juice
Orange juice

▼ Fats

Extra virgin olive oil
Canola oil
Sesame oil

▼ Emulsifiers/Stabilizers

Dijon mustard
Purees (fruit & vegetable)
Tofu cream

▼ Flavorings

Herb blend (i.e. Mrs. Dash)
Garlic
Shallot
Dried spices
Tabasco sauce
Cayenne pepper
Soy sauce
Bragg's Liquid Amino
Worcestershire sauce

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The Orient Express Salad Dressing

3 Tbsp extra virgin olive oil
1 Tbsp crushed garlic
1 Tbsp sesame oil
2 Tbsp rice wine vinegar
1 Tbsp toasted sesame seeds
Salt & pepper to taste

❶ Whisk together all ingredients in a bowl. Enjoy.

Ginger Sesame Marinade

1/2-cup rice wine vinegar
1 Tbsp sesame oil
1 tsp honey
1 clove garlic, crushed
1 Tbsp fresh grated ginger
1 orange, juiced
1 tsp grated orange peel

❶ Whisk together or blend all ingredients until well blended. Place all items in a Ziploc bag, turning to coat well.

▼ Meats and tofu will taste better if you marinade them and let them sit in the refrigerator overnight (or at least a couple hours) before you cook or grill them.

Spicy Yogurt Marinade

2 cloves garlic, minced
1 tsp grated fresh ginger
2 Tbsp fresh lemon juice
1/4 cup chopped cilantro
1 tsp. curry powder
1 tsp. ground cumin
1/2-cup low-fat plain yogurt

❶ Whisk together or blend all ingredients until well blended. Place all items in a Ziploc bag, turning to coat well.

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Tofu-Dill Dressing

4 oz soft silken tofu
2 Tbsp. water
1 Tbsp. fresh squeezed lemon juice
1 Tbsp. apple cider vinegar
1 clove garlic, minced
1 tsp. honey
1 Tbsp finely chopped dill

❶ Blend all ingredients until smooth. If it's too thick, add more water. Serve or refrigerate.

Vegan Mayonnaise

1/2 cup unsweetened soymilk
3 Tbsp. lemon juice
1 tsp. Dijon mustard
1/2 tsp. paprika
1/4 tsp. sea salt
4 Tbsp. extra virgin olive oil
1 Tbsp. sesame oil

❶ Add all ingredients, except oil, to a blender. Blend on slow speed, drizzle in the oil slowly (to emulsify) until mixture starts to thicken. Blend until smooth. Use or refrigerate in tight lid container.

Orange-Dijon Vinaigrette

2 Tbsp white wine vinegar
2 Tbsp fresh squeezed orange juice
1 tsp. Dijon mustard
3 Tbsp. extra virgin olive oil
1 tsp. chopped fresh basil
1 clove garlic, minced

❶ In a small bowl, whisk together vinegar, orange juice and mustard. Whisk in oil slowly. Add basil, salt and pepper and stir.

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Spicy Sesame Dressing

3 tbsp sesame oil
1 Tbsp peanut butter
1/4-cup vegetable broth
1 Tbsp low sodium tamari or soy sauce
1 tsp. chili paste

❶ Whisk together or blend all ingredients until well blended. Enjoy.

Balsamic Dressing

2 Tbsp. extra virgin olive oil
2 Tbsp. balsamic vinegar
1/2 tsp. Dijon mustard
1 clove minced garlic

❶ Whisk together or blend all ingredients until well blended. Enjoy.

Lemon Herb Marinade

2 Tbsp. fresh lemon juice
4 Tbsp. extra virgin olive oil
1 Tbsp. grated lemon peel
1 Tbsp. chopped basil
1 Tbsp. chopped thyme
1 Tbsp. fresh chives
2 Tbsp. capers

❶ Whisk together or blend all ingredients until well blended. Place all items in a Ziploc bag, turning to coat well.

▼ You only need one or two TBSP of dressing for your salads. The rest you can store in the refrigerator for future use. All the dressings are meant to be two or more servings.

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All-Day Breakfast

Toasted Oatmeal with Apples, Almonds & Banana

1 tsp slivered almonds
1/2-cup old-fashioned oats (not instant)
1 cup unsweetened soymilk
1/2 medium apple, diced
1/2 banana, crushed
1 tsp raisins
1/2 tsp cinnamon
1/2 tsp ground nutmeg
1 tsp vanilla extract

1. Preheat a medium saucepan for about one minute. Add almonds and oatmeal until golden. Shake regularly to prevent burning.
2. Add milk, apple, raisins, cinnamon, nutmeg and vanilla extract, cover and cook for 5 minutes. Add a little more soymilk for a less thick consistency.
3. Mix in the crushed banana and enjoy.

▼ You can cook the oatmeal with water then add 1/4 cup soymilk; you'll save 60 calories. For more protein, mix in a scoop of protein powder or have 3-6 egg whites.

Servings: 1 Calories/Serving: 311 Protein: 12g Carbs: 95g Fat: 10g



Oatmeal & Egg-Whites Pancakes with blueberry, banana & yogurt topping

2 cups unsweetened organic soymilk
1 cup water
1cup old-fashioned oats
1 cup muesli (no sugar added)*
1-cup whole-wheat flour
1 egg & 2 egg whites
2 ripe bananas
1 tsp baking powder
1 tsp baking soda
1/4 tsp sea salt
1 tsp. organic brown sugar (can also use honey, agave or stevia)
1 tsp vanilla extract
1/2 tsp ground nutmeg
1/4 tsp cinnamon
1 Tbsp. ground flax meal
2 Tbsp. extra virgin olive oil

Topping: 1/2 chopped banana, 1/2-cup blueberries, 1/2-cup non-fat Greek yogurt, 1 tsp chopped walnuts, sprinkle of cinnamon.

1. Grind muesli and oats in food processor (I use a Vitamix dry container) or blender until finely ground, then transfer to large bowl.
2. Add flour, baking powder, baking soda, salt and sugar; combine well.
3. Add eggs, vanilla extract, cinnamon, nutmeg and flax meal.
4. Make well in center of bowl; combine milk with water and whisk in.
5. Crush 1 banana with a folk and chop the other into small pieces and mix with other ingredients. Allow batter to sit while pan heats.
6. Heat a nonstick skillet over medium-high heat, coat bottom of pan evenly with a little oil or cooking spray.
7. Pour batter onto skillet using a ladle. Cook until small bubbles appear evenly over the surface, then flip over and cook for another minute or until golden brown.
8. Repeat with rest of batter.
9. Serve immediately with topping.

▼ This recipe might take you a little more than 10 minutes to make until you get used to making it, but it's worth it. To speed it up you may want to keep a container of ground oatmeal and muesli in your pantry. If you don't have muesli, just use extra oatmeal or rye meal as a substitute.

Servings: 3 Calories/serving: 528 Protein: 29g Carbs: 92g Fat: 9g

Yogurt Parfait

1-cup nonfat plain Greek yogurt
1/2-cup berries (fresh or frozen)
1/2 banana, sliced
1/2 apple, chopped
1 Tbsp. raw old-fashioned oats
8 cashews, crushed
1 tsp. ground flax meal

❶ Place fruit in a bowl. Top with yogurt, oats, cashews and flax meal.

▼ Flax meal is ground flaxseeds that you should be able to find in any health food store.

Servings: 1 Calories/Serving: 320 Protein: 22g Carbs: 38g Fat: 5g



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Cottage Cheese, Yogurt & Blueberries with Almond

1/2-cup fresh blueberries (or other fresh berries; frozen is fine too)
1/2-cup low-fat cottage cheese
1/2-cup plain nonfat Greek yogurt
1 tsp. almond extract or vanilla extract
1 tsp. ground flax meal
1 tsp. thinly sliced almonds

❶ Combine cottage cheese, yogurt and extract in a bowl and whisk with a fork.
❷ Serve on a plate of berries. Top with almonds and flax meal.

▼ One of my personal training clients actually turned me on to this recipe. I personally don't care much for cottage cheese. I just can't seem to get the phrase "cottage cheese thighs" out of my head. I don't want to turn you off because it actually is a good source of protein.

Servings: 1 Calories/Serving: 227 Protein: 21g Carbs: 21g Fat: 7g



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Hard Boiled Egg Whites & Fruit

6 eggs
1 apple, sliced
1 tsp. peanut/almond butter

1. Bring a saucepan with water to a boil. Cook eggs for about 10 minutes.
2. Remove and run under cold water.
3. Peel eggs, cut in half and discard yolks.
   Serve with apple and peanut/almond butter.

▼ Many people ask me why I discard the egg yolks? Well, it's a matter of calories. I usually encourage my clients to eat one whole egg and four or five egg whites. While the yolk is quite nutritious and contains most of the nutrients found in the whole egg, it also contains two-thirds of the calories. A medium egg contains about 100 calories; the white alone contains less than 30 calories. As a snack meal, I am mostly interested in the protein in the egg white. If calories are not a concern, however, go ahead, enjoy the whole egg.

Servings: 1 Calories/Serving: 200 Protein: 23g Carbs: 18g Fat: 3g



Scrambled Egg Whites with Tomatoes, Basil & Avocado

6 large free-range egg whites, beaten (discard the yolks)
1 medium tomato, chopped
Fresh basil, chopped
Mrs. Dash or other salt-free herbal blend
1 Tbsp. Olive oil
1 cup baby spinach, washed

1. Add oil to a hot skillet over medium heat.
2. Sauté tomato, spinach and basil for about 1 minute.
3. Add beaten egg whites and scramble until firm.
4. Season to taste.
5. Serve with a bowl of chopped fruit.

▼ It's also okay to use five egg whites and one whole egg. Also, feel free to use whatever vegetables you like or have available. DELicious!!! For those of you who are fat-phobic, you can use an olive oil spray instead of the oil. You'll save 100 calories, but your food won't taste nearly as good.

Servings: 1 Calories/Serving: 297 Protein: 24g Carbs: 9g Fat: 18g



Chocolate Peanut Butter Oatmeal

1/2-cup old-fashioned oats
1-cup water
1/4-cup plain unsweetened soymilk
1 tsp. natural peanut butter
1 scoop Chocolate JuicePlus+® Complete or other protein powder

1. Combine oatmeal and water in a pot and cook for 5 minutes over medium heat, stirring occasionally.
2. Stir in peanut butter until it melts and appears smooth.
3. Add protein powder and soymilk. Stir and enjoy!

▼ This is the only way I can get my client "Mary" to eat oatmeal. Since she loves peanut butter, why not have her oatmeal taste like peanut butter? Brilliant, aren't I?

Servings: 1 Calories/Serving: 203 Protein: 16g Carbs: 28g Fat: 3g



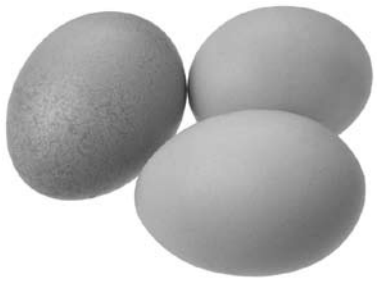
Breakfast Bowl

6 egg whites, beaten
1/2 green bell pepper, chopped
1/2 cup cooked black beans (canned)
1/2 onion, chopped
1 Tbsp. Olive oil
Salt and pepper to taste
2 Tbsp. medium or hot salsa

1. Heat oil in a skillet and sauté onion and pepper over medium heat, about 2 minutes.
2. Add egg whites and scramble until eggs are cooked.
3. Add black beans and stir.
4. Place egg mixture in a bowl; top with salsa and enjoy.

▼ I came across this recipe from a little health food store called The Farm Store that was right down the street from my home in Culver City, California. Of course, they originally used whole eggs and made it as a burrito, but I worked my magic on them and they changed to egg whites and a bowl. Which reminds me, when you eat out, don't be bashful about asking for what you want… you're paying for it!

Servings: 2 Calories/Serving: 225 Protein: 18g Carbs: 19g Fat: 7g



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DELicious Smoothies

▼ To make your smoothies more filling, especially when having them for breakfast, I usually add two tablespoons of raw old-fashioned oatsoats (only an extra 36 calories). I haven't included the oatmeal in the recipes, but try it for yourself. Also, if your smoothie is too thick, add a little water or more soy milk.

Starwberrilicious

1 cup unsweetened frozen strawberries
1 medium banana
1 cup unsweetened organic soymilk
1 scoop whey/egg white protein powder
Or 1-cup nonfat Greek yogurt
1 tsp. flax meal (ground flax seeds)

❶ Blend until smooth. Enjoy.

Servings: 1 Calories/Serving: 345 Protein: 30g Carbs: 38g Fat: 5g

Mango-Banana

1/2-cup fresh/frozen mango
1 medium banana
1 medium orange
1-cup non-fat Greek yogurt
1 cup unsweetened organic soymilk
1 tsp almond butter
1 tsp. flax meal (ground flax seeds)

❶ Blend until smooth. Enjoy.

Servings: 1 Calories/Serving: 390 Protein: 22g Carbs: 55g Fat: 10g

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Blueberry-Mango-Banana

1/2-cup frozen/fresh blueberries
1/2-cup fresh/frozen mango
1 medium banana
1 medium orange
1-cup non-fat Greek yogurt
1 cup unsweetened organic soymilk
1 tsp almond butter
1 tsp. flax meal (ground flax seeds)

❶ Blend until smooth. Enjoy.

▼ This is my wife's favorite recipe. And I still haven't figured out why it tastes better when she makes it. Maybe she adds some secret ingredient that she's not telling me about.

Servings: 1 Calories/Serving: 340 Protein: 21g Carbs: 54g Fat: 10g

Berrilicious

1-cup plain unsweetened soymilk
1/2-cup fresh or frozen strawberries
1 medium banana
1 scoop Vanilla JuicePlus+® Complete or egg white or soy protein powder
4 ice cubes

❶ Blend until smooth. Enjoy.

▼ If you like berries, you will love this smoothie. If you don't like berries, try this smoothie anyway… maybe you'll change your mind. The more we learn about berries, the more we know how beneficial they are for you.

Servings: 1 Calories/Serving: 340 Protein: 22g Carbs: 52g Fat: 7g

The Energizer

1-cup plain non-fat yogurt
1 medium banana
1/2 cup frozen or fresh berries
1 scoop vanilla JuicePlus+® Complete or other vanilla protein powder
1 tsp. flax meal
1/2 cup unsweetened soymilk
1/2 cup water
4 ice cubes

❶ Blend until smooth. Enjoy.

▼ This is the perfect post-workout meal. Now that I think about it, it's not bad at just about any time of day.

Servings: 1 Calories/Serving: 395 Protein: 40g Carbs: 58g Fat: 5g

Tofu, Strawberry & Banana

8 oz soft silken tofu
1/2-cup fresh or frozen strawberries
1 medium banana
1-cup plain unsweetened soymilk
1 tsp. flax meal
4 ice cubes

❶ Blend until smooth. Enjoy.

▼ Ladies, don't forget that soy is very good for your health. Men too. Remember, tofu by itself has no taste, therefore it will taste like whatever you add to it. In this case, it makes a very creamy strawberry-banana smoothie. A number of my busy female clients have this for breakfast every morning.

Servings: 1 Calories/Serving: 325 Protein: 20g Carbs: 40g Fat: 10g

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Mocha Man

1 cup plain unsweetened Soy Milk
1 scoop Chocolate JuicePlus+® Complete or other chocolate protein powder
1 tsp. instant coffee
1/4 tsp. Vanilla Extract
1/4 tsp. Cinnamon
1 tsp. Honey
4 ice cubes

❶ Blend in Vita-Mix or blender until smooth. Enjoy!

▼ Again, if you like coffee, why not make a shake that tastes like coffee. You don't have to use a lot of it. Don't forget, a little bit of hell makes heaven taste mo-better!

Servings: 1 Calories/Serving: 225 Protein: 21g Carbs: 26g Fat: 5g



Salads, Soups & Wraps

Arugula Salad with Figs and Walnuts

1 Tbsp extra virgin olive oil
1/2 tsp. organic raspberry jam
2 Tbsp balsamic vinegar
1 Tbsp finely chopped dried figs
1 small shallot, minced finely
1 Tbsp chopped walnuts
2 cups baby arugula
4 hard-boiled egg whites

1. Mix together oil, jam and vinegar.
2. Combine other ingredients in a bowl. Pour dressing over salad and toss. Enjoy.

Servings: 1 Calories/Serving: 325 Protein: 25g Carbs: 19g Fat: 14g



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Spiced Beef and Onions Wrap with Parsley Sauce

8 oz sliced stir-fry beef (top round)
1/2 medium onion, sliced
1/2 tsp coriander
1/2 tsp cumin
1/2 tsp salt
1/2 tsp black pepper
2 rice paper wrappers

Parsley sauce

1/2 cup chopped parsley
1 Tbsp cider vinegar
1 Tbsp water
1 tsp chopped shallots
1 tsp honey
1/4 tsp salt
1/4 tsp black pepper
1 Tbsp olive oil

1. Puree sauce ingredients in a blender until smooth.
2. Marinate beef with coriander, cumin, salt and pepper.
3. Stir-fry beef in skillet with olive oil over high heat for about 2 minutes. Add onions and cook for another minute.
4. Soak each rice paper in warm water for 30 seconds or until soft and pliable.
5. Place it on a paper towel on a flat surface. Fill the center with beef stir-fry and wrap it. Cut in half and enjoy with dipping sauce.

Servings: 1 Calories/Serving: 258 Protein: 24g Carbs: 8g Fat: 16g



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Southwest Turkey/Chicken Wrap in Lettuce Leaf

8 oz lean ground turkey/chicken breast
1/2 medium red bell pepper, chopped
1/2 cup canned pinto beans, rinsed
2 cloves garlic, minced
1/2 small onion, diced
1/2-cup mild/hot salsa
1/2 tsp chili powder
1/2 tsp. ground cumin
salt and pepper
4 large lettuce leaves
1/2-cup plain nonfat Greek yogurt
1 Tbsp olive oil

1. Stir-fry turkey over high temperature for 2 minutes. Add garlic and onion. Cook for another minute.
2. Add bell pepper and cook for 1 minute.
3. Stir in beans, salsa, chili, cumin and salt and pepper to taste.
4. Serve on top of lettuce leaves, topped with yogurt. Enjoy.

Servings: 2 Calories/Serving: 355 Protein: 33g Carbs: 20g Fat: 15g



Pan-Seared Salmon with Orange-Chili Sauce

8 oz skinless salmon fillet
2 cloves garlic, minced
1/2 medium cucumber, peeled, seeded and chopped into small pieces
2 green onions (scallions), chopped finely
1 Tbsp basil
1/2 tsp toasted sesame seeds
1 tbsp pickled ginger
1 Tbsp extra virgin olive oil
2 rice paper wrappers
Salt & pepper

Orange-Chili Sauce:

1/4 cup freshly squeezed orange juice
1 tbsp reduced sodium soy sauce
2 teaspoons lime juice
1 tsp sesame oil
1 tsp balsamic vinegar
1 tsp hot chili pepper sauce
1/4 tsp sea salt

1. Whisk together all the ingredients for the dipping sauce in a mixing bowl. Allow the sauce to stand for a while at room temperature.
2. Chop salmon into small pieces, season with salt and pepper and stir-fry with oil over medium-high heat. Add garlic, green onions and basil after two minutes and cook for another minute.
3. Soak each rice paper in warm water for 30 seconds or until soft and pliable. Place it on a paper towel on a flat surface. Fill the center with salmon stir-fry, cucumber, ginger, and sesame seeds and wrap it. Cut in half and enjoy with dipping sauce.

Servings: 2 Calories/Serving: 283 Protein: 22g Carbs: 8g Fat: 15g

Shrimp & Chicken Rice Paper Wrap with Chili-Lime Sauce

6 large pre-cooked prawns (tail removed)
4 oz cooked chicken (breast or thigh)
2 green onions, chopped finely
1/4-cup mushrooms (2-3)
4 Tbsp red/yellow bell peppers, finely chopped
2 cloves garlic, minced
1 tbsp. extra virgin olive oil
2 rice paper wrappers
Salt & pepper

Chili-Lime Dipping Sauce

3 tsp fresh squeezed limejuice
2 Tbsp Thai fish sauce
1 clove garlic, crushed
1 tsp hot chili sauce or 2 small red chili peppers, chopped
1/2 tsp organic brown sugar

1. Combine all ingredients for the dipping sauce and set aside.
2. Sauté garlic, peppers, mushroom and onions for 2 minutes. Add shrimp and cooked chicken (Note: If you have raw chicken, stir fry it first then add all other ingredients when it's cooked).
3. Soak each rice paper in warm water for 30 seconds or until soft and pliable. Place it on a paper towel on a flat surface. Fill the center with shrimp and chicken stir-fry and wrap it. Cut in half and enjoy with dipping sauce.

Servings: 2 Calories/Serving: 229 Protein: 24g Carbs: 7g Fat: 9g

Thai-Style Chicken Rice Paper Wrap

8 oz shredded cooked chicken breast
1/2-cup fresh bean sprouts
2 finely chopped green onions
2 Tbsp shredded carrots
1/4 cup minced fresh cilantro
2 rice paper wrappers

Peanut-Lime Sauce

1 tsp natural creamy peanut butter
3 Tbsp hot water
1 Tbsp fresh squeezed limejuice
1 clove crushed garlic, minced
1 tsp hot chili sauce
Salt & black pepper

1. Combine sauce ingredients in a bowl and mix until smooth.
2. Soak each rice paper in warm water for 30 seconds or until soft and pliable. Place it on a paper towel on a flat surface. Fill the center with chicken, bean sprouts, onion, carrots and cilantro and wrap it. Cut in half and enjoy with dipping sauce.

Servings: 2 Calories/Serving: 227 Protein: 28g Carbs: 8g Fat: 5g



Tuna with Apple, Tomato & Avocado Salad

1/2 small avocado, chopped
1 medium tomato, chopped
1/2 apple, peeled and diced
1 can white albacore water packed tuna, drained
1 tsp. extra virgin olive oil
1 tsp. Dijon mustard
1 tsp. sweet rice wine vinegar
1 tsp. limejuice (freshly squeezed)
1/4 tsp. thyme
Mrs. Dash to taste
1 cup baby spinach or mixed greens

1. Combine ingredients in a bowl and mix together.
2. Serve over a bed of baby spinach or mixed greens.

▼ This recipe was born out of pure necessity. I got tired of eating chicken and egg whites before my bodybuilding contests and fish wasn't always convenient to have around. The combination of apple, tomato, avocado and lime makes tuna much less boring.

Servings: 2 Calories/Serving: 250 Protein: 22g Carbs: 6g Fat: 10g



Pan-Seared Tofu Wrap with Orange-Chili Sauce

8 oz firm/extra firm tofu
1/2 medium cucumber, peeled, seeded and chopped into small pieces
2 green onions (scallions), slivered thinly & chopped
1 tbsp basil
1/2 tsp toasted sesame seeds
1 tbsp pickled ginger
1 tbsp extra virgin olive oil
2 rice paper wrappers
2 tbsp reduced sodium soy sauce or Braggs Liquid Amino
Salt & pepper

Orange-Chili Sauce:

1/4 cup freshly squeezed orange juice
3 tsp reduced sodium soy sauce
2 teaspoons lime juice
1 tsp sesame oil
1 tsp balsamic vinegar
1 tsp hot chili pepper sauce
1/4 tsp sea salt

1. Whisk together all the sauce ingredients in a mixing bowl. Allow the sauce to stand for a while so that the flavors can infuse. Serve at room temperature.
2. Slice tofu into small 2 inch pieces, season with soy sauce, salt and pepper. Stir-fry with oil over medium-high heat.
3. Soak each rice paper in warm water for 30 seconds or until soft and pliable. Place it on a paper towel on a flat surface. Fill the center with tofu, cucumber, onion, basil, ginger, and sesame seeds and wrap it. Cut in half and enjoy with dipping sauce.

Servings: 2 Calories/Serving: 216 Protein: 18g Carbs: 8g Fat: 9g

Quick Homemade Chicken Soup

4 oz cooked chicken breast, shredded
2 stalks celery, chopped
2 cloves garlic, minced
2 green onions, finely chopped
1/4 cup shredded carrots (use a grater)
1 spring fresh thyme or 1 tsp dried thyme
1/2 tsp dried oregano
2 cups low sodium chicken or vegetable broth
1/2 cup cooked brown rice

1. In a saucepan, sauté celery, garlic, onions, carrots and thyme in olive oil over medium heat for about three minutes (stir regularly).
2. Add chicken/vegetable broth, rice, oregano, salt and pepper.
3. Bring to a boil then reduce heat and simmer for 5 minutes. Enjoy

Servings: 1 Calories/Serving: 430 Protein: 36g Carbs: 27g Fat: 14g



Chicken-Blueberry-Walnut Rice Salad

1 Tbsp chopped walnuts
1-cup blueberries
8 oz cooked chicken/turkey breast, shredded
1 orange cut into segments
1/2 cup cooked brown/wild rice
Pinch of sea salt
Pinch of black pepper
1 tsp freshly chopped/dried tarragon
1 cup mixed baby greens

Orange-Parsley Dressing

1 orange, juiced
2 Tbsp white wine vinegar
1 Tbsp chopped parsley
2 Tbsp, extra virgin olive oil
1/2 tsp fresh/dried thyme

❶ Mix all ingredients for the dressing together.
❷ Toss salad in a bowl. Add dressing and toss to coat. Enjoy.

▼ If you have time, toast the walnuts at 350 F for 3-5 minutes, they would actually taste better.

Servings: 2 Calories/Serving: 385 Protein: 37g Carbs: 30g Fat: 16g

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Three-Bean Salad

2-3 sun-dried tomatoes
1/2 small red onion, chopped finely
1/2 cup red kidney beans (canned is fine, rinse first)
1/2 cup black beans
1/2-cup lima beans
2 Tbsp chopped fresh cilantro
2 celery stalks, chopped finely

Creamy Dressing:

4 oz soft tofu
3 Tbsp water
2 Tbsp apple cider vinegar
2 Tbsp extra virgin olive oil
Salt & pepper
1 tsp. honey

1. Toss salad ingredients in a large bowl.
2. Blend dressing ingredients until smooth.
3. Toss salad with dressing and serve. Your salad would taste better if you let it sit in the refrigerator for a couple hours. Enjoy.

Servings: 2 Calories/Serving: 350 Protein: 15g Carbs: 34g Fat: 15g



Tofu-Carrot-Ginger Soup

1 cup chopped carrots
1 Tbsp extra virgin olive oil or canola oil
1/4 cup chopped leeks
1 tsp fresh grated ginger
2 cups vegetable broth
1/2 tsp. ground ginger
8 oz soft silken tofu
1 tsp fresh minced cilantro leaves

1. Heat oil and sauté leek for 2 minutes. Stir in fresh ginger and cook for another minute. Add carrots and leeks and cook for another minute, stirring constantly.
2. Add broth, ground ginger, salt and pepper. Bring to a boil, reduce heat and let cook for 5 minutes.
3. Puree soup and tofu in a blender until smooth. Garnish with cilantro and enjoy.

Servings: 1 Calories/Serving: 282 Protein: 10g Carbs: 20g Fat: 14g



Tofu Spread

4 oz firm tofu
2 Tbsp tahini
2 tsp Bragg's Liquid Amino or reduced sodium soy sauce
1 scallion, chopped finely
1/2 cup finely chopped red bell pepper
1 tsp. apple cider vinegar
1 medium tomato, chopped finely
1/2 small avocado, chopped
2 large lettuce leaves

1. Crush tofu in a bowl with a folk.
2. Add other ingredients (except lettuce) and mix well.
3. Serve on top of lettuce as an open face sandwich

Servings: 1 Calories/Serving: 245 Protein: 12g Carbs: 16g Fat: 21g



Peanutty Hummus

1-cup chickpeas (canned is fine, rinse first)
1 clove garlic, cut
4 oz soft silken tofu
1 Tbsp peanut butter
1 Tbsp tahini
2 Tbsp fresh lemon juice
1 Tsp extra virgin olive oil
1 tsp. hot pepper sauce
Pinch of salt and pepper

1. Blend all ingredients in a blender until smooth. Enjoy.

Servings: 2 Calories/Serving: 254 Protein: 15g Carbs: 25g Fat: 10g



California Chicken Salad

8 oz cooked chicken breast, chopped into cubes
2 oz sliced water chestnut (can is fine)
1/2-cup fresh bean sprouts
1/2 ripe avocado, chopped
1 celery stalk, chopped finely
1 green onion, chopped finely
2 large lettuce leaves

Ginger-Yogurt Dressing:

1/2-cup nonfat plain Greek yogurt
1 tbsp fresh squeezed lemon juice
1/4 tsp. ground ginger
1/2 tsp. curry powder
1 tsp. honey

1. Combine dressing ingredients, mix well.
2. Combine salad ingredients, except lettuce, and toss.
3. Add dressing to salad, toss well. Serve on top of lettuce leaves. Enjoy.

Servings: 2 Calories/Serving: 278 Protein: 45g Carbs: 10g Fat: 4g



Curry Tofu Salad

8 oz soft silken tofu
1/2-cup plain nonfat Greek yogurt
2 celery stalks, finely chopped
2 green onions, finely chopped
1 Tbsp. Braggs Liquid Amino or Reduced sodium soy sauce
1 tsp. curry powder
1 tsp. Dijon mustard
sea salt & black pepper
2 large lettuce leaves (for serving)

1. Mash tofu in a bowl with a fork.
2. Add other ingredients, mix well and serve over lettuce leaves.

If you do not eat yogurt, try my vegan mayonnaise recipe above instead. If you do, leave out the mustard from this recipe.

Servings: 2 Calories/Serving: 200 Protein: 27g Carbs: 7g Fat: 8g



Chicken Salad with Tandoori Yogurt Dressing

8 oz cooked rotisserie (breast/dark meat), chopped
2 cups mixed baby greens
6 cherry tomatoes, halved
2 Tbsp shredded carrots
1/2 ripe avocado, chopped
1 Tbsp fresh chopped cilantro or mint leaves

Yogurt Dressing:

1-cup plain nonfat Greek yogurt
2 Tbsp. water
1/2 tsp cumin
1/2 tsp dried oregano
1/4 tsp. sea salt
1/4 tsp. black pepper
1/4 tsp. red pepper flakes

1. Toss salad ingredients in a large bowl.
2. Combine dressing ingredients together in a bowl, except water. Slowly mix in the water. Pour over salad, toss well and serve.

Servings: 2 Calories/Serving: 250 Protein: 48g Carbs: 11g Fat: 8g



Escarole and White Bean Soup

1 cup chopped escarole
1 can (15 oz) cannellini (white kidney) beans, rinsed
2 cloves garlic, minced
1/4 cup chopped onion
4 cups reduced sodium chicken/vegetable broth
1 Tbsp extra virgin olive oil
Salt and pepper

1. Sauté garlic and onions in a saucepan with oil for about 2 minutes.
2. Add escarole and sauté until wilted, another 2 minutes.
3. Add chicken/vegetable broth, beans, salt and pepper. Cover and let simmer for 3-5 minutes. Enjoy.

▼ Escarole is a broad leaf member of the endive family. You should be able to find it in the produce section of your local market. It's bitter when raw, but loses some of the bitterness when cooked.

Servings: 2 Calories/Serving: 273 Protein: 16g Carbs: 36g Fat: 8g



Seared Ahi Tuna Salad with Wasabi Vinaigrette

8 oz ahi tuna fillet (sushi grade), cut in two
2 cups chopped romaine lettuce
1/2 cup grape tomatoes, halved
1/4 cup fresh cilantro leaves, chopped
1 green onion, finely chopped
1 Tbsp canola oil

Vinaigrette

1/4-cup fresh limejuice
2 Tbsp reduced sodium soy sauce or Braggs Liquid Amino
1 Tbsp wasabi paste
4 Tbsp extra virgin olive oil
Sea salt & black pepper

1. Whisk vinaigrette ingredients in a bowl, except oil. Slowly drizzle in the oil while whisking constantly. Add salt and pepper to taste.
2. Combine lettuce, tomatoes, onion and cilantro in a bowl and toss well. Set aside in refrigerator.
3. Season tuna steaks with salt and pepper. Heat oil over high heat until almost smoking. Add tuna steaks and cook until brown on all sides, but rare in center, about 2 minutes.
4. Place salad on a plate. Cut steaks into small slices and place on top of salad. Drizzle vinaigrette over the tuna and salad. Enjoy.

▼ You can find wasabi paste in the Asian food section of most supermarkets or in specialty Asian stores.

Servings: 2 Calories/Serving: 305 Protein: 24g Carbs: 2g Fat: 20g

Curried Chicken Salad

8 oz cooked chicken (breast/dark meat)
1/4 cup red onions finely chopped
1/2 cup red grapes, cut in half
2 stalks celery, finely chopped
1 cup mixed baby greens

Ginger-Lime Dressing:

1-cup plain nonfat Greek yogurt
1 Tbsp. fresh limejuice
1/2 tsp fresh grated ginger
1 tsp. curry powder

1. Toss salad ingredients in a large bowl, except greens, and toss well.
2. Combine dressing ingredients together in a bowl and mix until well combined.
3. Pour over salad and toss well. Serve over mixed greens and enjoy.

Servings: 2 Calories/Serving: 250 Protein: 53g Carbs: 10g Fat: 4g



Smoked Salmon with Edamame

1 cup frozen edamame
8 oz smoked salmon
1/2-cup sweet corn
2 green onions, finely chopped
6 cherry tomatoes, halved
1 tsp. chopped fresh basil

Lemon-Sauce

1/3-cup fresh lemon juice
1 clove garlic, minced
1 Tbsp. Dijon mustard
2 Tbsp extra virgin olive oil
Salt and black pepper

1. Cook edamame according to package direction, rinse in cold water and drain.
2. Combine edamame, corn, onion, tomatoes and basil in a large bowl and toss well. Add salt and pepper to taste.
3. Combine sauce ingredients in a small bowl and stir well. Add to salad and toss.
4. Place salad in the middle of a plate. Place salmon around the salad. Enjoy.

Servings: 2 Calories/Serving: 326 Protein: 35g Carbs: 20g Fat: 24g



Healthy Lobster Bisque

8 oz frozen lobster tail, thawed
2 garlic cloves, minced
1/2 small onion, finely chopped
1/2 cup celery, finely chopped
1/2 can diced tomatoes
1/2 cup dry white wine
4 oz soft silken tofu
3 cups reduced sodium vegetable/chicken broth
1 tsp. hot pepper sauce
1 tsp. paprika
1/2 tsp dried thyme
1/2 tsp. dried tarragon
2 bay leaves
1/4 tsp salt
1 Tbsp olive oil
Black pepper

1. Bring a saucepan half-filled with water to a boil over high heat. Add a pinch of salt and cook lobster for one minute. Remove and set aside.
2. Sauté garlic, onion and celery in another medium saucepan over medium-high heat for one minute. Add paprika, thyme, tarragon and bay leaves and sauté for another 30 seconds.
3. Stir in broth, tomatoes, wine and salt and bring to a boil.
4. Blend tofu with 1/2-cup broth and add. Chop cooked potato and add (if you have one). Increase temperature and bring to a boil.
5. Puree half the mixture and return it to saucepan. Remove bay leaves first.
6. Chop lobster into small pieces and add. Season with hot pepper sauce, salt and pepper to taste, cover and simmer for 2-3 minutes.

Servings: 2 Calories/Serving: 210 Protein: 23g Carbs: 12g Fat: 9g

Chicken

Tenderizing meat

Wrap meat in saran wrap and beat it flat with a meat tenderizer, mallet or hammer.

What to eat with these recipes

Most of my meat recipes are just protein or sometimes protein and vegetables. As usual, I recommend that you pre-cook a pot of brown rice, quinoa, and yams/sweet potatoes and keep them in the refrigerator. All of these can last for up to a week in the refrigerator.

It's very easy to cook rice with a rice cooker. Just put the rice in and turn it on. The same goes for yams/sweet potatoes. Cook a bunch of them in the oven at 425 °F on foil or in a baking pan, while you're busy doing other things. Just set a timer to remind you to check on them in 30 minutes.

As far as vegetables go, you can easily steam or sauté some fresh or frozen vegetables while your meat is on the stove or in the oven. I would recommend keeping a bag of organic mixed vegetables in your freezer. It takes just two minutes to cook them.

Recipe nutrient values

The nutrient values for these recipes do not include the complex carbohydrates.

1 cup brown rice:	*216 calories; 44g carbohydrates; 5g protein*
1 medium yam (8oz):	*263 calories; 62g carbohydrates; 4g protein*
1 cup of most vegetables:	*<50 calories; 10g carbohydrates*



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Chicken in Red Wine Sauce

2 cups red wine (Pinot Noir)
1 cup reduced sodium chicken broth
2 sprigs fresh parsley (1 tsp dry if fresh not available)
2 sprigs fresh thyme (1 tsp dry if fresh not available)
1 bay leaf
8 oz boneless skinless chicken thighs (trimmed of excess fat) cut into cubes
1/2 small onion, chopped
1/2 cup chopped mushrooms
2 cloves garlic, minced
1 Tbsp tomato paste
1 tsp cornstarch
2 Tbsp extra virgin olive oil
1-cup baby spinach
Salt and pepper

1. Bring wine, broth, parsley, thyme and bay leaf to a boil in a medium saucepan over high heat. Reduce to half.
2. Season chicken with salt and pepper and sauté in olive oil with garlic over medium heat. Add onion and mushrooms, sauté for a couple minutes more.
3. Add wine mixture, tomato paste and cornstarch (mix with a little cold water first), increase heat to high and bring to a boil. Reduce heat to medium-low and let simmer for about 5 minutes.
4. Serve with spinach, a cup of brown rice, yam/potatoes (you should already have these in your refrigerator).

▼ Approximately 60% of the alcohol will evaporate after ten minutes. To get rid of all the alcohol in a dish, you would need to let it cook for several hours.

Servings: 2 Calories/Serving: 300 Protein: 27g Carbs: 6g Fat: 15g

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Sesame Chicken Tenders

8 oz chicken tenders
1 tsp. sesame oil
1 Tbsp red wine vinegar
1 tsp. curry powder
2 green onions, minced
2 cloves garlic, minced
1 Tbsp chopped cilantro
1/2 tsp. grated orange peel
1 Tbsp reduced sodium soy sauce
Black pepper

1. Preheat oven to 400 F.
2. Use a meat tenderizer or mallet to tenderize (beat flat) the chicken.
3. Combine all other ingredients in a large bowl. Add chicken and marinate well.
4. Spray a baking pan with non-stick cooking spray. Pour mixture in baking pan, separating each piece. Bake for 5 minutes or until chicken is tender.
5. Steam a cup of frozen vegetables or fresh broccoli while chicken is baking.
6. Serve with a cup of brown rice. Enjoy.

Servings: 2 Calories/Serving: 150 Protein: 26g Carbs: 2g Fat: 4g



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Chicken Stir-Fry

8 oz Cooked chicken breast
1 cup cooked brown rice
3 egg whites
2 garlic cloves, minced
1/2 small yellow onion, finely chopped
1 cup chopped cabbage
1 cup chopped broccoli
1/2 cup frozen peas
6 cherry tomatoes, halved
2 tbsp extra virgin olive oil
1/4-cup chicken stock
1 tbsp Worcestershire sauce
1 tbsp Braggs Liquid Amino or Reduced sodium soy sauce

1. Sauté garlic and onion in 1 tbsp oil over medium-high heat for 1 minute.
2. Add cabbage and cook for another minute, then broccoli for another minute.
3. Push all the vegetables to one side of the skillet; add extra oil and scramble egg whites.
4. Add tomatoes, peas and rice and stir well.
5. Shred chicken or cut into small pieces and add.
6. Stir in chicken stock, Worcestershire sauce and salt and pepper to taste. Reduce heat, cover and let simmer for 1 minute. Enjoy.

▼ A stir-fry is a great way to do something completely different with leftovers.

Servings: 2 Calories/Serving: 443 Protein: 35g Carbs: 37g Fat: 15g

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Sesame-Lime Chicken

8 oz chicken breast tenders, tenderized
1 Tbsp Braggs Liquid Amino
1 Tbsp limejuice
1 Tbsp Captain Morgan's Spiced Rum or other brand
1 small onion, diced
2 cloves garlic, minced
1/2 red bell pepper, chopped
1 tsp. ground basil
1/2 tsp. red pepper flakes
1/2 tsp honey
1/2 tsp. curry powder
1/2 tsp. ground nutmeg
1 tsp. mustard seeds
1 tsp. toasted sesame seeds
2 Tbsp. extra virgin olive oil

1. Pre-heat oven to 400 F.
2. Combine all ingredients, except sesame seeds, in a large bowl and marinate chicken well.
3. Spray a baking pan with non-stick cooking spray. Add chicken mixture and separate individual pieces.
4. Bake for 5 minutes or until chicken is tender. Add sesame seeds 1 minute before removing chicken from oven. Enjoy.

Servings: 2 Calories/Serving: 225 Protein: 26g Carbs: 5g Fat: 15g



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Coconut Curried Chicken

8 oz chicken tenders, cut into small pieces
1/4-cup light coconut milk (canned)
2 cloves garlic, minced
1 tsp. fresh grated ginger
1 small onion, chopped
1/2 cup presliced mushrooms
1 cup frozen peas
1 tsp. green curry paste or curry powder
1 tsp. limejuice
1/4-cup low sodium chicken/vegetable stock
1/2 tsp. cornstarch
1 tsp. fish sauce
1 Tbsp extra virgin olive oil
1 Tbsp Bragg's Liquid Amino or reduced sodium soy sauce
Black pepper

1. Heat oil in a non-stick skillet over medium-high heat. Marinate chicken with a pinch of black pepper, 1/2 tsp curry and Bragg's Liquid Amino and stir-fry for 2 minutes. Add onions, ginger and garlic and cook for another minute.
2. Add mushrooms and cook for another minute, then add peas.
3. Combine chicken stock, coconut milk, limejuice, cornstarch, fish sauce and curry in a bowl and whisk together.
4. Add mixture to skillet and stir well. Increase temperature and bring to a boil, then reduce heat, cover and simmer for 2-3 minutes.
5. Serve with a cup of brown rice. Enjoy.

Servings: 2 Calories/Serving: 260 Protein: 26g Carbs: 6g Fat: 12g



Chicken Hash

8 oz chicken thighs, fat removed, cut into small bit-sized pieces
1 medium potato, peeled and shredded with the medium holes of grater
1 small onion, chopped
1 tsp. paprika
1 Tbsp reduced sodium soy sauce
Black pepper
1/2 red bell pepper, diced
1 Tbsp. olive oil
1 tsp. salt-free herb blend
Sea salt

1. Marinate chicken with soy sauce and stir-fry over medium-high heat for 2-3 minutes or until chicken is tender.
2. Add onion and bell pepper and cook for another minute.
3. Add potatoes and cook for 1 minute. Add paprika, pepper, herb blend and salt to taste.
4. Reduce heat, cover and let simmer for 1-2 minutes. Enjoy.

Servings: 2 Calories/Serving: 264 Protein: 26g Carbs: 16g Fat: 10g



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Chicken Breast with Blackberry Chutney

8 oz chicken breast, cut into small slices
1/2 cup frozen blackberries
1 tsp. orange peel zest
1 orange, juiced
1 tsp. limejuice
1 tsp. lemon juice
1 large shallot, minced
1 tsp. fresh grated ginger
1/4 tsp. cayenne pepper
1/2 tsp. ground cumin
1/2 tsp. curry powder
1/2 tsp. ground coriander
1 Tbsp olive oil
1/4 tsp. sugar

1. Add blackberries, orange juice and orange zest to a saucepan and cook over medium heat for 1 minute.
2. Add lemon juice, sugar, ginger, cayenne pepper, shallot, coriander and salt. Stir constantly. Cook until sauce is thick.
3. Marinate chicken with curry, cumin and limejuice. Cook over medium-high heat in a skillet for 2-3 minutes.
4. Place chicken on plate and spoon sauce on top. Serve with brown rice and a green salad. Enjoy.

Servings: 2 Calories/Serving: 234 Protein: 27g Carbs: 12g Fat: 9g



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Stir-Fried Black Pepper Chicken

8 oz chicken thighs, fat removed, cut into cubes
2 cloves garlic, minced
2 green onions, cut into small slices
1/2 yellow onion, chopped
2 Tbsp red wine
1 Tbsp fresh ground black pepper
1/8 tsp. brown sugar
1/8 tsp. sea salt
1 Tbsp olive oil

1. Heat oil over medium-high heat and stir fry chicken for 1-2 minutes. Add garlic and onions and cook for another minute.
2. Add red wine, salt, pepper, and pinch of brown sugar. Stir well for another minute.
3. Serve with brown rice and steamed bok choy (Chinese cabbage).

Servings: 2 Calories/Serving: 209 Protein: 24g Carbs: 3g Fat: 11g



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Chicken and Green Beans with Garlic and Shallots

8 oz chicken breast, cut into cubes
2 small shallots
2 cloves garlic, minced
6 cherry tomatoes, halved
1 cup chopped green beans
1/4 cup white wine
Sea salt and pepper
1 Tbsp olive oil

1. Season chicken with salt and pepper. Cook over medium-high heat for 2-3 minutes.
2. Add garlic and shallots and cook for 30-seconds.
3. Add green beans and cook for 1 minute. Add tomatoes, wine, salt and pepper to taste.
4. Cover, reduce heat and let simmer for 2 minutes. Enjoy.

Servings: 2 Calories/Serving: 208 Protein: 26g Carbs: 4g Fat: 9g



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Chicken Patties with Chili Sauce

8 oz lean ground chicken breast
1/2 medium red bell pepper, finely chopped
2 cloves garlic
1 green jalapeno, chopped
1 Tbsp chopped parsley
1 tsp. Dijon mustard
1 Tbsp Worcestershire sauce
1/2 tsp ground cumin
1 whole egg
1-cup whole wheat bread crumbs
Sea salt and black pepper
1 Tbsp olive oil

Chili Sauce

1 Tbsp wine vinegar
1 Tbsp hot or sweet chili sauce
2 tsp. reduced sodium soy sauce
1/2 tsp. honey
1 Tbsp water

❶ Puree bell pepper, garlic, jalapeno, parsley, mustard and Worcestershire sauce in a blender.
❷ Place chicken in a large bowl and pour puree over it.
❸ Add breadcrumbs, egg, cumin and a pinch of salt and pepper.
❹ Shape mixture into small patties.
❺ Pan-fry the patties in hot oil, turning once, 2-3 minutes per side.
❻ Serve with chili sauce and a garden salad.

▼ Substitute ground turkey to make turkey patties.

Servings: 2 Calories/Serving: 220 Protein: 28g Carbs: 4g Fat: 10g

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Chicken in Soy-Sherry-Sesame Reduction Sauce

8 oz chicken breast, cut into cubes
1/4 cup dry sherry
1 Tbsp reduced-sodium soy sauce
1 Tbsp red wine vinegar
1/8 tsp red pepper flakes (optional)
1 tsp. sesame oil
2 green onions, finely chopped
1/2 tsp. honey
Sea salt and pepper
1 Tbsp olive oil

1. Sprinkle chicken with salt and pepper. Stir-fry over high heat with olive oil for 2-3 minutes. Add green onions and cook for another minute.
2. Combine sherry, soy sauce, honey, vinegar, red pepper flakes, and sesame oil in a bowl and mix.
3. Stir mixture into skillet and bring to a boil. Reduce heat, cover and simmer 1-2 minutes.
4. Serve with brown rice and garden salad. Enjoy.

Servings: 2 Calories/Serving: 255 Protein: 28g Carbs: 7g Fat: 11g



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Chinese Kung Pao Chicken with Broccoli

8 oz chicken breast, sliced into bite size pieces
1-cup broccoli florets
2 cloves garlic, minced
2 green onions, chopped
1 tsp. grated fresh ginger
1/4 tsp. red pepper flakes
1 tsp. hoisin sauce
1 Tbsp rice wine vinegar
1 tsp. reduced sodium soy sauce
1 tsp. cornstarch
1/4-cup low sodium chicken broth
1 Tbsp crushed unsalted peanuts
2 Tbsp olive oil

1. Marinate chicken with soy sauce, red pepper flakes and 1/2 tsp. cornstarch.
2. Add 1 Tbsp olive oil to skillet over high heat and stir-fry chicken for 2-3 minutes. Add garlic and ginger and cook for 30 seconds.
3. Add rest of olive oil and cook broccoli for 1 minute.
4. Combine hoisin sauce, vinegar, broth and 1/2 tsp. cornstarch in a bowl and mix well. Add to skillet and stir well.
5. Bring to a boil, then reduce heat, add peanuts, cover and simmer for 1-2 minutes.
6. Serve over brown rice with sliced cucumbers and tomatoes. Yum.

Servings: 2 Calories/Serving: 285 Protein: 29g Carbs: 8g Fat: 15g

Chicken and Lentils with Spinach and Tomatoes

8 oz chicken thighs, fat removed, cut into cubes
1/8 tsp ground allspice
1/8 tsp red pepper flakes
1 can lentils (15 oz), rinsed
1 Tbsp fresh limejuice
1 Tsp grated lime zest
1/2 tsp ground ginger
2 green onions, cut diagonally
1 Tbsp olive oil
1 Tbsp dried apricots, cut into thin strips
1/4 cup reduced sodium chicken broth
1-cup baby spinach
6 cherry tomatoes, cut in half
1 Tbsp chopped cilantro
Salt and pepper

1. Heat the oil in a skillet over medium-high heat and stir fry chicken for 2 minutes.
2. Add onion, ginger, allspice, red pepper, lime zest, and apricot; stir well.
3. Stir in lentils, limejuice and chicken stock. Add salt and pepper to taste.
4. Add spinach and tomatoes. Increase temperature and bring to a boil, then reduce heat, cover and let simmer for 2 minutes.
5. Enjoy.

Servings: 2 Calories/Serving: 430 Protein: 46g Carbs: 40g Fat: 9g



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Apricot Chicken with Almonds

8 oz chicken breast, cut into small cubes
2 Tbsp. sliced almonds
1 Tbsp organic apricot preserves (no added sugar)
1 Tbsp reduced sodium soy sauce
1 Tbsp country style Dijon mustard
1 Tbsp olive oil
Sea salt and pepper

1. Season chicken with salt and pepper and stir-fry over high heat for 2-3 minutes.
2. Mix apricot preserve, soy sauce, mustard, salt and pepper together in a bowl. Add mixture to skillet and stir well.
3. Reduce heat, cover and let simmer for 1-2 minutes.
4. Sprinkle with almonds when serve. Enjoy.

Servings: 2 Calories/Serving: 225 Protein: 26g Carbs: 7g Fat: 9g



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Turkey Stir-Fry

1/2 cup precooked lean ground turkey breast
1/2 cup diced precooked chicken
1/2 medium onion, diced
1/2 red bell pepper, diced
1 cup cooked brown rice
1 scallion, chopped
2 egg whites, beaten
1 cup frozen organic mixed vegetables
2 tbsp extra virgin olive oil
1 tbsp Bragg's Liquid Amino or reduced sodium soy sauce
Hot pepper sauce to taste

1. Add 1 tsp oil to hot skillet over medium-high heat. Cook onions and bell pepper for 2 minutes. Push to the side of skillet and add egg whites and scramble.
2. Add rest of oil to one side of the skillet (push other contents to the side) and sauté frozen vegetables for 1 minute.
3. Stir in rice, cooked turkey and chicken. Add liquid amino, hot sauce and scallion. Add salt and pepper to taste.
4. Stir well and cook for 2-3 minutes more until all ingredients are well heated.

▼ If you didn't cook your turkey ahead of time, just stir-fry it with some olive oil and garlic in a separate skillet over medium-high heat for 2-3 minutes.

▼ A quick stir-fry is a great way to do something different with leftovers. It's also a great way to make a quick meal in five minutes if you already have turkey, chicken or steak in the refrigerator and some cooked rice. Just add egg whites and some frozen veggies and you've got a delicious meal in minutes.

Servings: 2 Calories/Serving: 423 Protein: 32g Carbs: 24g Fat: 16g

Chicken Fajita in Lettuce Wrap

8 oz chicken breast, cut into small slices
2 Tbsp tomato sauce
1 Tbsp limejuice
1/2 medium onion, cut in to strips
1/2 red & green bell peppers, cut into strips
2 Tbsp Worcestershire sauce
1/2 tsp. ground cumin
1/2 tsp. dried oregano
1 jalapeno pepper, sliced (optional)
1 Tbsp extra virgin olive oil
Salt and pepper
2 large lettuce leaves

1. Combine Worcestershire sauce, cumin and oregano in a bowl. Add chicken and coat well.
2. Add oil to heated skillet over medium heat and cook chicken for 2-3 minutes.
3. Add onion and peppers and cook for another minute.
4. Add tomato sauce, limejuice and salt and pepper to taste, cook for another minute.
5. Serve in lettuce leaves.

▼ If you're not calorie conscious (which you shouldn't be if you're on the Muscle Building Phase of my program), then go for a whole-wheat tortilla instead of the lettuce leaves. A 10" tortilla will cost you 200 calories, but if you increase your training intensity on your next workout, you'll have the energy to easily burn that off.

Servings: 2 Calories/Serving: 200 Protein: 28g Carbs: 5g Fat: 9g

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Steak

Multi-Purpose Ginger-Scallion Sauce

1/2 cup thinly chopped scallions
1 Tbsp fresh grated ginger
1 Tbsp reduced sodium soy sauce
1 Tbsp sherry vinegar
1 tsp. sesame oil

❶ Mix together all ingredients in a bowl.

▼ This simple sauce is great on stir-fry's and grilled meats. Sometimes all I have at home are eggs and rice in the refrigerator. This works just as well over a bowl of scrambled egg whites and brown rice with sliced tomatoes on the side. I also like it as a great dipping sauce for grilled meats.

▼ Meats always taste better if you marinate them overnight.



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Stir-Fried Black Pepper Beef

8 oz beef strips for stir-fry
2 cloves garlic, minced
2 green onions, cut into small slices
1/2 yellow onion, chopped
2 Tbsp red wine
1 Tbsp fresh ground black pepper
1/8 tsp. brown sugar
1/8 tsp. sea salt
1 Tbsp olive oil

1. Heat oil over high heat and stir-fry beef for 2-3 minutes. Add garlic and onions and cook for another minute.
2. Add red wine, salt, pepper, and pinch of brown sugar. Stir well for another minute.
3. Serve with brown rice and steamed bok choy (Chinese cabbage).

Servings: 2 Calories/Serving: 310 Protein: 25g Carbs: 5g Fat: 10g



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Steak and Asparagus Stir-Fry

8 oz top sirloin steak, cut into strips
1 cup chopped asparagus (1/2" length)
2 green onions, chopped
1/2 tsp fresh grated ginger
1/4 cup reduced sodium chicken broth
1/2 tsp. cornstarch
1 tsp. reduced sodium soy sauce
1 tsp. Dijon mustard
1 Tbsp. extra virgin olive oil
Sea salt & black pepper

1. Heat oil in a skillet over high heat. Sprinkle steak with salt and pepper and cook for 2-3 minutes, stirring often.
2. Add asparagus and cook for another minute.
3. Add onion and ginger and cook for another minute.
4. Mix together cornstarch, chicken broth, soy sauce and mustard. Stir mixture into skillet.
5. Reduce heat, cover and simmer for 1 minute.
6. Serve with brown rice or quinoa.

Servings: 2 Calories/Serving: 320 Protein: 25g Carbs: 5g Fat: 10g



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Broiled Flank Steak

8 oz flank steak
1 Tbsp reduced sodium soy sauce
1 Tbsp rice-wine vinegar
1 Tbsp olive oil
1 tsp. Dijon mustard
1/4 tsp. crushed red pepper flakes
2 cloves garlic, minced

1. Preheat broiler.
2. Combine soy sauce, vinegar, oil, mustard, red pepper and garlic in a Ziploc bag and mix well. Add steak to bag, seal, and then turn bag over a few times to coat meat. Put in refrigerator for at least 2 minutes or overnight.
3. Place steak on rack in a broiler pan. Discard marinade. Broil for 5 minutes, turn over and broil for another 3-5 minutes to desired doneness.
4. While steak is cooking, sauté a cup of frozen vegetables on the stovetop.
5. Serve steak with vegetables, brown rice or potatoes (you do have these already cooked in the refrigerator, right?).

Servings: 2 Calories/Serving: 247 Protein: 24g Carbs: 5g Fat: 14g



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Ground Beef and Cabbage Stir-Fry

8 oz extra lean ground beef
2 cloves garlic, minced
1 cup shredded cabbage
1/2 red bell pepper, diced
1 Tbsp reduced sodium soy sauce
1/2 tsp. cornstarch
1/2 tsp. freshly ground black pepper
1 Tbsp olive oil

1. Heat a large skillet over medium heat. Add oil.
2. Sauté garlic for 5 seconds, and then add beef. Stir-fry beef until evenly brown for 2-3 minutes.
3. Add cabbage and bell pepper and cook for another 2 minutes.
4. Mix cornstarch with 2 Tbsp water and add to skillet.
5. Stir in soy sauce and black pepper. Stir well and cook for another minute or so.
6. Serve with a cup of brown rice. Enjoy.

Servings: 2 Calories/Serving: 250 Protein: 30g Carbs: 5g Fat: 12g



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Beef Fajita with Lettuce Wrap

8 oz top sirloin, cut into small slices
2 Tbsp tomato sauce
1 fresh jalapeno pepper, sliced (optional)
1 Tbsp limejuice
1/2 medium onion, cut in to strips
1/2 red & green bell peppers, cut into strips
2 Tbsp Worcestershire sauce
1 Tbsp extra virgin olive oil
1/2 tsp. cumin
1/2 tsp. dried oregano
Salt and pepper
2 large lettuce leaves

1. Combine Worcestershire sauce, cumin and oregano in a bowl. Add beef and coat well.
2. Add oil to heated skillet over medium heat and cook beef for 2-3 minutes.
3. Add onion and peppers and cook for another minute.
4. Add tomato sauce, limejuice, jalapeno and salt and pepper to taste, cook for another minute.
5. Serve in lettuce leaves.

▼ If you're not calorie conscious (which you shouldn't be if you're on the Muscle Building Phase of my program), then go for a whole-wheat tortilla instead of the lettuce leaves. A 10" tortilla will cost you 200 calories, but if you increase your training intensity on your next workout, you'll have the energy to easily burn that off.

Servings: 2 Calories/Serving: 320 Protein: 25g Carbs: 5g Fat: 14g

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Ginger-Beef with Broccoli

8 oz flank steak or top sirloin, cut into thin slices
1/2 tsp. fresh grated ginger
2 cloves garlic, minced
1-cup broccoli florets
1 Tbsp. extra virgin olive oil
Salt and pepper

1. Heat oil in skillet over high heat. Add garlic and cook for 5 seconds.
2. Sprinkle salt and pepper on steak, stir-fry for 2-3 minutes.
3. Add ginger and cook for 30 seconds.
4. Add broccoli and cook for 1 minute. Add salt and pepper to taste.
5. Serve with brown rice.

Servings: 2 Calories/Serving: 310 Protein: 32g Carbs: 5g Fat: 14g



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Beef with Red-Wine Reduction Sauce

8 oz top sirloin, thinly sliced
1/4 cup dry red wine
1/4 cup red wine vinegar
1 shallot, thinly sliced
1/2 tsp whole peppercorns
1/2 tsp. dried thyme (or 1 sprig fresh thyme)
1 Tbsp. canola oil
Sea salt and black pepper
Asparagus (4-6 medium ones)

1. Heat oil over high heat. Season beef with salt and pepper and stir-fry for 2-3 minutes. Remove and set aside.
2. Add shallot, peppercorn and thyme and cook for 30 seconds.
3. Add red wine, vinegar and season with salt and pepper. Cook until the sauce is reduced by half.
4. While sauce is cooking, steam some asparagus in a saucepan with boiling water. Cook for 3-5 minutes. Don't forget to remove the first inch of the tough end before cooking.
5. Serve beef with sauce on top with brown rice and asparagus.

Servings: 2 Calories/Serving: 350 Protein: 27g Carbs: 5g Fat: 14g



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Asian Beef Stir-Fry

8 oz flank steak, thinly sliced
1 tsp. grated fresh ginger
2 cloves garlic, minced
1/2 cup sliced shiitake mushrooms
1 cup sliced bok choy or mustard greens
1/2 red bell pepper, sliced
1 tsp. sesame oil
1/2 tsp. cornstarch
1 Tbsp. reduced sodium soy sauce
1/2 onion, chopped
1/2 tsp. red pepper flakes (optional)
1 Tbsp olive oil
1/4 cup vegetable or beef broth (reduced sodium)
Salt and pepper

1. Add oil to a hot skillet over high heat. Add garlic and cook for 5 seconds.
2. Sprinkle steak with salt and pepper and stir-fry for 2 minutes. Add ginger and cook for another minute. Remove and set aside.
3. Add another Tbsp olive oil to skillet. Add mushrooms, onions and bell pepper and cook for 1 minute. Add bok choy and cook for another minute.
4. Whisk together cornstarch, soy sauce, sesame oil and both in a bowl. Add to skillet, stirring well.
5. Return beef to skillet, stirring until sauce is thick.
6. Serve with brown rice.

Servings: 2 Calories/Serving: 300 Protein: 25g Carbs: 7g Fat: 16g

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Spicy Ground Beef in Yogurt

8 oz extra lean ground beef
1/2-cup plain yogurt
1/2 onion, chopped
2 cloves garlic, minced
1/2 tsp. ground ginger
1/2 tsp. ground coriander
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. turmeric
1/2 tsp. ground cloves
1/2 tsp. black peppercorns
1 Tbsp. olive oil
Salt and pepper

1. Add oil to a hot skillet over high heat. Add onion and garlic for 30 seconds, stirring well.
2. Add beef and cook for 1 minute.
3. Stir in all other ingredients, reduce heat, cover and cook for 5 minutes.
4. Serve with brown rice.

Servings: 2 Calories/Serving: 275 Protein: 35g Carbs: 5g Fat: 12g



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Fish & Seafood

Sautéed Prawns & Curried Couscous with Papaya Cilantro Sauce

8 oz large prawns (10-15), peeled and deveined
1 cup dried couscous
1-cup water
1 tsp curry powder
2 tbsp extra virgin olive oil

Papaya Cilantro Sauce

1-cup ripe papaya flesh
2 Tbsp fresh limejuice
2 Tbsp fresh orange juice
2 Tbsp water
1/2 tsp ground cumin
1/4 red bell pepper, finely chopped
1/4 cup finely chopped cilantro

1. Bring water and curry powder to a boil. Add couscous, cover and reduce heat to low. Ready in 5-8 minutes.
2. Puree papaya, limejuice, orange juice, water and cumin in a blender until smooth. Pour into a bowl and stir in cilantro and red bell peppers. Add black pepper to taste.
3. Season prawns with salt and black pepper. Sear on both sides for about 30 seconds each.
4. Fluff couscous and add to a plate. Pour sauce around the couscous. Place prawns on top. Enjoy.

Servings: 2 Calories/Serving: 440 Protein: 26g Carbs: 25g Fat: 15g

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Shrimp & Scallops with Spinach & Pasta

4 oz large sea scallops, halved
4 oz medium cooked shrimp
1/2 cup whole-wheat spaghetti
2 Tbsp extra virgin olive oil
2 cloves garlic, minced
2 large shallots, chopped
1/2 cup shitake mushrooms, sliced
1 cup fresh spinach, chopped
1-cup asparagus, chopped
1/2-cup cherry tomatoes, halved
2 Tbsp fresh limejuice
1/2-cup chicken/vegetable broth
1/2 tsp. cornstarch
1 tsp. Mrs. Dash (salt-free seasoning) or Mixed Italian herbs
Chopped parsley
Salt & pepper
1 pinch red pepper flakes

1. Bring a pot of water to boil, add spaghetti and a pinch of salt and let cook for 8-10 minutes.
2. Sauté shallots and garlic over medium heat for 2 minutes. Add scallops and sauté for another minute, and then add shrimp.
3. Add mushroom and asparagus and sauté for another 2 minutes. Next add spinach and tomatoes and sauté for another minute.
4. Add limejuice and cornstarch mixed with chicken broth. Add Mrs. Dash, red pepper, salt and pepper to taste and bring to a boil over high heat. Reduce heat, cover and let simmer for 2-3 minutes.
5. Serve over pasta, sprinkle parsley on top.

Servings: 2 Calories/Serving: 364 Protein: 30g Carbs: 25g Fat: 15g

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Citrus Salmon with White Beans

8 oz salmon fillet
1 can cannellini beans (15 oz), rinsed
1/2 pink grapefruit, peeled & cut into segments
1 navel orange, peeled & cut into segments
1/2 red onion, thinly sliced
1 Tbsp fresh lemon juice
1 tsp. lemon zest
1 Tbsp chopped parsley
1 Tbsp olive oil
Salt and pepper

1. Sprinkle salmon with salt and pepper. Heat oil over medium-high heat and cook salmon for 2 minutes on each side. Remove from skillet.
2. Reduce temperature and add onion and cook for 2 minutes. Add parsley, lemon zest and beans.
3. Stir in grapefruit and orange segments and lemon juice. Add salt and pepper to taste. Cover and simmer for 1-2 minutes.
4. Serve salmon and beans together. Enjoy.

Servings: 2 Calories/Serving: 442 Protein: 36g Carbs: 30g Fat: 15g



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Cod with Chili, Garlic and Ginger Sauce

8 oz cod fillet, cut in 2
2 Tbsp shallots, minced
2 cloves garlic, minced
1 Tbsp grated fresh ginger
6 cherry tomatoes, halved
1 Tbsp hot chili sauce
2 Tbsp red wine vinegar
1 Tbsp ketchup
1 Tbsp Thai fish sauce
1/2-cup vegetable/chicken broth
1/2 tsp cornstarch
Salt and pepper

1. Preheat oven to 425º F.
2. Season cod fillet with salt and pepper, wrap in foil and bake in oven for 8-10 minutes
3. Sauté shallots, garlic and ginger with oil over medium heat for 2-3 minutes.
4. Add tomatoes, chili, ketchup, vinegar and fish sauce and stir.
5. Mix cornstarch with broth and stir in slowly. Add salt and pepper to taste.
6. Put fish on a plate and pour sauce over it.
7. Serve with a cup of brown rice and a green salad.

Servings: 2 Calories/Serving: 190 Protein: 20g Carbs: 5g Fat: 7g



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Halibut with Tomato-Wine Sauce

8 oz halibut fillet
1 Tbsp extra virgin olive oil
1/2 cup finely chopped onion
1/2 cup diced tomatoes (from can)
1/4 cup green or black olives, pitted and cut in half
2 Tbsp. white wine
1 tsp. basil (dried or chopped fresh)
1/2 tsp thyme
1 Tbsp Braggs Liquid Amino or reduced sodium soy sauce
Black pepper

1. Spray baking pan with non-stick cooking spray. Season fish with salt and pepper. Bake at 425º F.
2. Sauté onions for 2 minutes. Add tomatoes, olive, wine, basil, thyme, Braggs and pepper. Simmer for 3 minutes.
3. Pour sauce over fish and cook until flaky (about 10 minutes total).
4. Serve with brown rice and a garden salad.

Servings: 2 Calories/Serving: 190 Protein: 24g Carbs: 5g Fat: 10g



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Cooking with Wine

If you cook with a cup of wine, approximately 65% of the ethanol alcohol will burn off. Since I only use 2 tablespoons of wine in most recipes, the total calories remaining (from the wine) after cooking is negligible.



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Blackened Salmon

8 oz salmon fillet (skinless)
1/2 tsp. paprika
1/2 tsp. fresh ground black pepper
1/2 tsp. dried thyme
2 tsp. extra virgin olive oil
3 Tbsp Worcestershire sauce
1/2 tsp. lemon zest

1. Mix together paprika, pepper, thyme and Worcestershire sauce.
2. Coat salmon with 1 Tbsp oil then coat well with the above mixture.
3. Coat heated non-stick skillet with the rest of the oil over medium heat. Cook salmon for 2-3 minutes on each side.
4. Sprinkle with lemon zest to serve.
5. Serve with brown rice and a baby spinach salad.

Servings: 2 Calories/Serving: 310 Protein: 23g Carbs: 5g Fat: 15g



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Orange Zest Salmon

8 oz salmon fillet
2 tsp chopped fresh rosemary
1/4 cup chopped onion
1/4 cup chopped red bell pepper
1/2 tsp. orange zest
1/4 cup fresh squeezed orange juice
2 Tbsp. extra virgin olive oil
Salt and pepper

1. Sauté onions for 2 minutes in one tbsp. oil. Add bell peppers and orange zest and sauté for another minute. Put aside.
2. Season fish with salt and pepper. Pan-sear until golden brown in olive oil over medium-high heat, then flip over.
3. Add orange juice, rosemary and salt and pepper to taste. Bring to a boil, then reduce heat, cover and simmer for 3-5 minutes. Enjoy.

Servings: 2 Calories/Serving: 315 Protein: 23g Carbs: 5g Fat: 15g



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Lime-Ginger Pan Seared Sole

8 oz sole fillet
2 Tbsp. extra virgin olive oil
1 tsp. fresh grated ginger
1 tsp. grated lime zest
2 Tbsp. fresh lime juice
Black pepper
Red pepper flakes to taste

Sauce

2 cloves garlic, finely minced
1 Tbsp extra virgin olive oil
3 Tbsp fresh-squeezed limejuice
1 green onion, cut in thin diagonal strips
1 Tbsp Braggs Liquid Amino or reduced sodium soy sauce
1/2 tsp. Mrs. Dash or mixed herb blend
1 Tbsp cilantro, finely chopped
Pinch of sea salt

1. Marinate sole with oil, ginger, lime zest, salt, black pepper and red pepper flakes (if used).
2. Pan-sear sole over medium-high heat with 1 Tbsp olive oil, about 2 minutes on each side, then set aside.
3. Reduce heat; add 1 Tbsp oil, garlic and green onions and sauté for about 1 minute. Pour in lime juice and season with Braggs,, salt and pepper.
4. Pour sauce over fish and garnish with cilantro. Serve with Brown rice and a baby spinach salad.

Servings: 2 Calories/Serving: 275 Protein: 21g Carbs: 2g Fat: 15g

Halibut with Shallots & Pecans

8 oz halibut fillet, cut in half
3 Tbsp extra virgin olive oil
2 medium shallots, finely chopped
2 Tbsp pecans, finely chopped
1/2 tsp finely grated lemon zest
1 Tbsp reduced sodium soy sauce
1/2 tsp. mixed Italian herb blend
1 Tbsp chopped parsley
Salt and pepper

1. Heat 1 Tbsp oil over high heat until hot. Sauté halibut until golden brown, turning once, about 4-5 minutes.
2. Reduce heat; add remaining oil. Sauté shallots for 2-3 minutes until golden. Add pecans and sauté for another 2 minutes.
3. Stir in zest, parsley, reduced sodium soy sauce, mixed herb blend, salt and pepper. Stir for about 30 seconds.
4. Pour mixture over fish and serve.

▼ Sauté or steam a cup of your favorite frozen organic vegetables while cooking the fish and reheat a cup of brown rice that you have in the refrigerator.

Servings: 2 Calories/Serving: 245 Protein: 24g Carbs: 2g Fat: 14g



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Scallops with Grapefruit, Ginger & Miso

8 oz fresh large dry sea scallops, cut in half
2 medium shallots, finely chopped
1 Tbsp fresh grated ginger
1 Tbsp light miso paste
1 Tbsp rice vinegar
1 Tbsp sake or white wine
1 tsp. fresh/dried thyme
1 tsp fresh/dried oregano
Juice from 1/2 ruby grapefruit
Flesh from 1/2 ruby grapefruit
1 Tbsp cornstarch
2 Tbsp extra virgin olive oil
1/2 tsp. fresh chives
Sea salt and pepper

1. Blend grapefruit juice, miso, vinegar and sake.
2. Sauté shallots, ginger over medium heat for 2 minutes or until soften. Add blended mixture, increase heat and bring to a boil. Reduce heat, cover and let sauce reduce by 2/3.
3. Toss cornstarch, thyme, oregano, salt and black pepper in a bowl. Add scallops and coat well.
4. In another large skillet, heat oil over high heat and sear scallops, turning once. Cook until firm and lightly golden, about 2 minutes per side.
5. Place scallops on a plate and pour sauce over it. Sprinkle fresh chives on top. Serve with arugula salad and a cup of brown rice.

▼ Be sure to ask for "dry sea scallops" at the market, which means that they haven't been soaked in sodium solution. The solution whitens and plumps them up but makes it hard to sear them because all the liquid leaches out into the pan.

Servings: 2 Calories/Serving: 280 Protein: 25g Carbs: 5g Fat: 15g

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Salmon Cakes with Sesame-Ginger Sauce

1 15-oz can salmon, drained (no skin & bones)
2 Tbsp whole wheat bread crumbs
1 egg, beaten
1 green onion, finely chopped
1/4 cup finely chopped red bell pepper
2 Tbsp fresh cilantro, finely chopped
2 Tbsp extra virgin olive oil
1 tsp Dijon mustard
1 tsp. Worcestershire sauce
1 tsp. hot pepper sauce
Pinch of sea salt & black pepper

Sesame-Ginger Sauce

1/2-cup low-fat Greek yogurt
1 tsp. fresh grated ginger
1 tsp. toasted sesame oil
1 tsp. Braggs Liquid Amino or reduced sodium soy sauce

1. In a large bowl add salmon and flake apart with a fork. Add egg, Dijon mustard, Worcestershire sauce and hot sauce; mix well. Add green onion, bell peppers, cilantro, breadcrumbs, salt and pepper; mix well.
2. Shape mixture into small flat patties.
3. Add oil to large skillet over medium heat. Cook patties for 3-4 minutes on each side.
4. While patties are cooking, combine sauce ingredients and whisk until smooth.
5. Serve patties with sauce. Enjoy

Servings: 2 Calories/Serving: 350 Protein: 35g Carbs: 5g Fat: 15g

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Grilled Mustard-Dill Salmon

8 oz salmon fillet, cut in half
2 cloves garlic
1 Tbsp Dijon mustard
1 Tbsp freshly chopped dill
1/2 tsp. grated lemon zest
1 tsp. freshly squeezed lemon juice
1/8 tsp. cayenne pepper
2 Tbsp extra virgin olive oil
Salt and pepper

To serve:
1 cup frozen organic mixed vegetables
1 cup cooked brown rice

1. Preheat grill to medium.
2. Combine garlic, dill, lemon zest, cayenne pepper, lemon juice, mustard, salt and oil in a bowl; marinate salmon.
3. Spray grill with nonstick cooking spray and grill fish, covered for 3-5 minutes on each side, until fish flakes. Baste occasionally with marinate.
4. Sauté Vegetables with oil until soft. Add cooked rice and stir well. Sauté until rice is warm.
5. Serve fish with rice-vegetable mix.

▼ Nutrient info below include rice and vegetables.

Servings: 2 Calories/Serving: 250 Protein: 25g Carbs: 30g Fat: 18g



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Creamy Dijon Snapper

8 oz snapper or any white fish
2 Tbsp olive oil
1/2 cup sliced mushrooms
2 cloves garlic, minced
1/2 small onion, finely chopped
1/4 cup dry white wine
1 Tbsp Dijon mustard
1/2 tsp. dried tarragon
1/4 tsp. paprika
2 Tbsp plain yogurt
1/2 tsp. mixed Italian herb blend
Salt and pepper
Broccoli or other vegetables (optional)

1. Cut fish into small pieces and season with a pinch of salt and pepper.
2. Stir-fry fish in olive oil over medium-high heat until brown. Add garlic and onions and cook for another minute, then add mushroom and cook until limp.
3. Stir in mustard, wine, yogurt, tarragon, paprika, herb and salt and pepper to taste. Reduce heat, cover and let simmer for 2 minutes or until sauce is thick.
4. Serve with a cup of pre-cooked brown rice. You can also toss some broccoli into the skillet while the fish simmers for the last two minutes. Enjoy.

Servings: 2 Calories/Serving: 270 Protein: 28g Carbs: 5g Fat: 15g



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Baked Tilapia with Orange-Tomato Sauce

8 oz tilapia
Juice of one orange
1/2 tsp. fresh grated orange zest
1/2 cup green bell peppers, finely chopped
1/2 small onion, sliced
2 cloves garlic, finely minced
1/2 cup diced tomatoes with juice (canned)
2 Tbsp. extra virgin olive oil
Salt and pepper

1. Heat oven to 400 F.
2. Spray a baking pan with non-stick spray and place fish in it. Season fish with salt and pepper. Whisk together half the orange juice and 1 Tbsp oil and pour over fish. Bake in oven for 8-10 minutes or until fish flakes.
3. Sauté garlic, onion, peppers and orange zest over medium-high heat with rest of the oil. Add orange juice, tomatoes, salt and pepper to taste. Reduce heat, cover and let simmer until fish is done.
4. Place fish on a plate and pour sauce on top. Serve with rice and a garden salad or just enjoy it by itself.

Servings: 2 Calories/Serving: 260 Protein: 23g Carbs: 6g Fat: 15g



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Shrimp & Asparagus Sauté

8 oz large pre-cooked shrimp
1 cup asparagus, chopped into small pieces
2 cloves garlic, finely minced
2 green onions, chopped
1/2 tsp. fresh ground ginger
1 Tbsp Thai fish sauce
1/4 tsp. turmeric
1/4 tsp. cayenne pepper
1/4 tsp. coriander
1 Tbsp. extra virgin olive oil
1/2 tsp. cornstarch

1. Sauté garlic, ginger and onion over medium-high heat for one minute. Add asparagus and cook for 2 minutes.
2. Add shrimp and all other ingredients except cornstarch.
3. Mix cornstarch with 2 Tbsp water and add, stir well.
4. Reduce heat, cover and let simmer for 2-3 minutes.
5. Enjoy.

Servings: 2 Calories/Serving: 245 Protein: 28g Carbs: 5g Fat: 8g



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Meatless Meals

Note about Tofu

If you drain tofu and marinate it overnight, it will have more flavor.

Draining:

1. Place tofu in a bowl or cutting board on top of two layers of fresh towels.
2. Place another towel on top of the tofu and press down on it to remove excess water.
3. Remove towel and place two layers of fresh towel on top of tofu.
4. Place a weighted bowl or other weight on top of towel to press out excess water.
5. Let sit for 15 - 20 minutes.
6. You can repeat the above steps to remove even more moisture.
7. Marinate tofu and let sit in the refrigerator overnight. You can use any of the marinades from the *Dressings, Marinades and Vinaigrettes* previous section.



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Apricot Marinated Tofu with Broccoli & Carrots

8 oz extra-firm tofu, drained
1/2 cup apricot juice
2 cloves garlic, minced
1 Tbsp Braggs Liquid Amino
1 Tbsp chopped dried apricots
1 tsp honey

1 carrot, shredded
1-cup broccoli
1 Tbsp extra virgin olive oil

To Serve:
1 Tbsp chopped roasted walnuts

1. Drain and marinate tofu overnight if possible. If not, cut tofu into small 1/2" slices and marinate with first 5 ingredients above.
2. Sauté carrot and broccoli over medium heat for 2 minutes.
3. Add tofu, without marinade, and stir-fry for another minute.
4. Pour in marinade and bring to a boil. Reduce heat and let simmer for 2 minutes.
5. Serve with a cup of brown rice and garnish with walnuts.

▼ Use the medium holes of a grater to shred the carrot.

Servings: 2 Calories/Serving: 250 Protein: 12g Carbs: 15g Fat: 12g



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Spicy Tofu with Basil

8 oz extra firm tofu, drained & cut into 1/2" cubes
2 cloves garlic
1 small red/green chili pepper, minced
1 Tbsp. extra virgin olive oil
1 Tbsp Braggs Liquid Amino
1 cup chopped green beans
2 Tbsp chopped fresh basil
Salt and pepper

1. Heat oil in skillet over high heat. Sauté garlic and chili pepper for 30 seconds. Add tofu and stir-fry for 2 minutes.
2. Add Braggs and stir well. Add green beans and cook for another 2 minutes.
3. Add basil and stir for 30 seconds.
4. Serve with a cup of brown rice. Enjoy.

Servings: 2 Calories/Serving: 175 Protein: 12g Carbs: 8g Fat: 12g



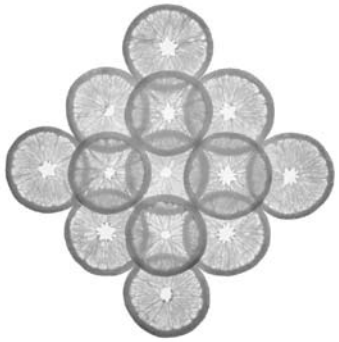
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Orange-Ginger Tofu

8 oz extra firm tofu, drained & cut in 1/2" cubes
1/2 cup fresh squeezed orange juice
1 cup chopped or baby spinach
2 cloves garlic, minced
1/2 tsp fresh grated ginger
1/4 tsp. ground ginger
1 Tbsp extra virgin olive oil
Salt and pepper

1. Add oil to skillet over medium-high heat and stir fry tofu and garlic until tofu is brown. Add fresh and ground ginger, then spinach, cook until wilted.
2. Add orange juice and bring to a boil. Add salt and pepper to taste. Reduce heat, cover and simmer for one minute.
3. Serve with a cup of brown rice or quinoa. Enjoy.

Servings: 2 Calories/Serving: 195 Protein: 13g Carbs: 8g Fat: 12g



Stir-Fry Tofu with Kale & Cashews

8 oz extra firm tofu, drained and cut into 1/2" cubes
1 Tbsp extra virgin olive oil
2 cloves garlic, minced
2 Tbsp reduced sodium soy sauce
1 cup kale, finely chopped
1 Tbsp raw unsalted cashews, chopped
Salt & pepper

1. Marinate tofu with 1 Tbsp soy sauce. Stir-fry with oil over medium-high heat for 2 minutes. Add garlic and cook another 30 seconds.
2. Add kale and cook for another minute, stirring frequently.
3. Add rest of soy sauce and salt and pepper to taste.
4. Stir in cashews. Enjoy.

Servings: 2 Calories/Serving: 200 Protein: 13g Carbs: 8g Fat: 13g



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Vegetarian Fried Rice

8 oz extra firm tofu, drained and cut into 1/2" cubes
1 cup cooked brown rice
3 egg whites (optional)
2 garlic cloves, minced
1/2 small yellow onion, finely chopped
1 cup chopped cabbage
1 cup chopped broccoli
1/2 cup frozen peas
6 cherry tomatoes, halved
2 Tbsp extra virgin olive oil
1/4-cup vegetable stock
1 Tbsp Worcestershire sauce
1 Tbsp Braggs Liquid Amino or Reduced sodium soy sauce
Salt and pepper

1. Stir-fry tofu in 1 tbsp oil over medium-high heat for 2 minutes. Add garlic and onion and cook for 1 minute.
2. Add cabbage and cook for another minute, then broccoli for another minute.
3. Push all the vegetables to one side of the skillet; add extra oil and scramble egg whites.
4. Add tomatoes, peas and rice and stir well.
5. Stir in vegetable stock, Worcestershire sauce and salt and pepper to taste. Reduce heat, cover and let simmer for 1 minute. Enjoy.

Servings: 2 Calories/Serving: 400 Protein: 25g Carbs: 28g Fat: 15g

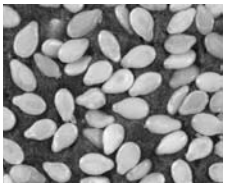
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Sesame Tofu with Asparagus

8 oz extra firm tofu, drained and cut into 1/2" cubes
1 cup chopped asparagus
2 cloves garlic, minced
1/2 tsp grated fresh ginger
1/2 tsp. ground ginger
1/2 tsp. cayenne pepper
2 green onions, finely chopped
2 Tbsp reduced sodium soy sauce
1 tsp. sesame oil
1 tsp. toasted sesame seeds
2 Tbsp extra virgin olive oil

1. Marinate tofu in 1 tbsp soy sauce and sesame oil.
2. Stir-fry tofu in 1 tbsp oil over medium-high heat for 2 minutes. Add garlic, fresh and ground ginger and green onion and cook for 1 minute.
3. Add extra oil and cook asparagus for 2 minutes.
4. Add cayenne pepper and rest of soy sauce. Stir in sesame seeds. Enjoy.

Servings: 2 Calories/Serving: 225 Protein: 12g Carbs: 8g Fat: 15g



Brazilian Black Bean Stew

1/2 small onion, finely chopped
2 cloves garlic, minced
1/2 cup chopped red bell pepper
3 Tbsp shredded sweet potatoes
1/2 can (15 oz) diced tomatoes
1 small hot red or green chili, minced
1 can (15 oz) black beans, rinsed
4 oz soft tofu
1-cup organic vegetable broth
1/2 cup chopped ripe mango
2 Tbsp chopped cilantro
1 Tbsp extra virgin olive oil
Salt and pepper

1. Sauté onion and garlic with oil over medium heat. Stir in sweet potato and bell pepper and cook for 1 minute.
2. Stir in beans, tomatoes and chili.
3. Blend tofu and broth together until creamy and stir into skillet.
4. Add salt and pepper to taste. Increase heat; bring to a boil. Reduce heat cover and simmer for 5 minutes.
5. Stir in mango and cilantro and cook for another minute. Enjoy.

Servings: 2 Calories/Serving: 390 Protein: 24g Carbs: 60g Fat: 9g



Spinach and Black-Eyed Peas

1 cup baby spinach, rinsed and chopped
2 Tbsp. fresh parsley, finely chopped
1 can (15 oz) black-eyed peas, rinsed
2 Tbsp fresh lemon juice
2 green onions, finely chopped
1/4 cup leeks (white part only), halved length-wise and finely chopped
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
4 oz soft tofu, blended with 1/2 cup water into cream
1 Tbsp extra virgin olive oil
Salt and pepper

1. Heat oil over medium heat. Cook leeks, stirring often for 2-3 minutes.
2. Add spinach, parsley and green onions, cook for another minute.
3. Stir in black-eyed peas, lemon juice, nutmeg, cinnamon and tofu cream.
4. Season with salt and pepper to taste. Increase temperature and bring to a boil.
5. Reduce temperature, cover and simmer for 2 minutes. Enjoy.

Servings: 2 Calories/Serving: 250 Protein: 15g Carbs: 26g Fat: 9g



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Stir-Fry Tofu Vegetables in Orange-Miso Sauce

8 oz extra firm tofu, drained
1-cup broccoli florets
1/2 cup shiitake mushrooms, thinly sliced
2 Tbsp shredded carrots
1 cup chopped bok choy
2 cloves garlic, minced
2 scallions, chopped
1 tsp. fresh grated ginger
1/2 cup fresh squeezed orange juice
2 tsp. chickpea miso (or other kind)
1 Tbsp reduced sodium soy sauce
1 tsp. toasted sesame seeds
1 tsp. sesame oil
2 Tbsp extra virgin olive oil

1. Stir-fry tofu over medium-high heat with 1 tbsp olive oil until brown on all sides. Remove and set aside.
2. Add rest of oil. Sauté garlic, ginger, scallions and mushroom for 2 minutes. Add broccoli and carrots and cook for another minute.
3. Stir in miso, soy sauce, sesame oil and orange juice. Bring to a boil.
4. Add tofu back to skillet, cover, reduce heat and simmer for a minute.
5. Sprinkle toasted sesame seeds on top and enjoy.

Servings: 2 Calories/Serving: 315 Protein: 14g Carbs: 8g Fat: 15g



Vegetarian Chili

1 Tbsp extra virgin olive oil
2 cloves garlic, minced
1 small onion, diced
1 can kidney beans, rinsed
1 can white beans, rinsed
1 cup frozen sweet corn
1 Tbsp chili powder
1 can diced tomatoes
1 Tbsp tomato paste
1 Tbsp Dijon mustard
1 tsp. cumin
1 tsp. fresh or dried thyme
1 tsp. salt-free herb blend (Mrs. Dash, Italian herbs)
Salt and pepper
1 Tbsp chopped fresh cilantro or parsley

1. Sauté garlic and onions over medium heat for 1 minute. Add beans and corn then stir.
2. Add chili powder, tomatoes, tomato paste, mustard, thyme, cumin, herb, salt and pepper to taste. Stir well.
3. Increase temperature and bring to a boil. Reduce temperature, cover and simmer 5 minutes.
4. Garnish with cilantro or parsley and serve by itself or over a cup of brown rice or baked potato.

Servings: 3 Calories/Serving: 345 Protein: 20g Carbs: 40g Fat: 5g

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15 Quick, Easy & Versatile Tofu Toppings

For Baked Potatoes, Brown Rice & Other Whole grains

By Marilyn Joyce, MA, RD, Ph.D.
Author — 5 Minutes to Health
Author — I Can't Believe It's Tofu!

1. Equal parts nonfat, plain yogurt and soft tofu blended with chives.
2. Equal parts low fat firm tofu and salsa mashed together.
3. Soft tofu blended until smooth with minced red peppers, ginger and olives.
4. Scrambled egg and shredded extra firm tofu mixture topped with salsa.
5. Firm tofu seasoned with minced garlic, onions, celery and Spicy Mrs. Dash.
6. Low fat soft or silken tofu and almond butter blended with jalapeno peppers.
7. Low fat soft tofu and sardines blended or mashed together.
8. Blended soft or silken tofu, raisins, almonds and hot pepper sauce.
9. Blended broccoli, cauliflower, onions, garlic and soft tofu.
10. Mashed avocado and firm tofu, mixed with chopped tomatoes, onions and garlic.
11. Mashed avocado, firm tofu and spicy salsa mixed.
12. Mashed firm tofu, onions, minced garlic, fresh lemon juice and hot pepper sauce.
13. Soft or silken tofu and apricots blended together and mixed with chopped walnuts.
14. Soft or silken tofu and tahini blended together and mixed with dark raisins.
15. Low fat firm tofu mashed and mixed with chopped prunes and almonds.

▼ Though it is not always written, it must be understood that any tofu used, can be of the low fat or regular variety. These toppings are designed to be high enough in protein to make the baked potato or grain a meal. Just add a salad, with your favorite homemade dressing, to complete the meal.

"Choice, not chance, determines one's destiny"
~ Anonymous

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"Cooking is like love.
It should be entered into
with abandon or not at all."
~ Harriet Van Horne

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About the Author

Del Millers, PhD
Author, Speaker, Life Coach

DEL THE AUTHOR

Other Books by Del Millers:

DR. DEL'S RAPID FATLOSS MANUAL
A Scientific Approach to Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS MEAL PLAN:
A Science Based Eating Strategy for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS DETOX-CLEANSE PROGRAM:
A 21-Day Whole Food Based Plan for Jumpstarting Your Body's Fat-Burning System.

SIMPLY DELICIOUS:
Quick & Easy 10-Minute "Fit" Recipes and Nutrition Guide.

DEL'S 10-MINUTE TOTAL BODY WORKOUT:
When all you've got is 10 minutes to spare!

DANCING WITH GOD:
How you can Make Exercise a Playful Adventure of Body and Soul!



Del The Speaker

Speaking Engagements And Seminars:

Speaking the Spirit of the Body's Wisdom

When Del Millers speaks, people listen. He knows an awful lot about the physical body, and he looks like it. He also knows an awful lot about the mind and emotions, and he demonstrates it. And that he has a very intimate and personal relationship with his own spiritual nature puts him in a very unique position to be able to support, motivate, and encourage people to reach new levels with their personal dreams and ambitions. As one client puts it, "I have had many personal fitness trainers and many dance and tennis teachers. Del is the first one to really help me reach my goals. He's tough and demanding and kind at the same time. He knows what he's doing; he's an expert."

Del has been extremely successful as a motivational speaker and coach because he addresses all aspects of the human being. He is intelligent, well spoken, and engaging, whether he's exploring the many aspects of health and nutrition or describing how exercise is really like dancing with God. He fascinates audiences and individuals alike because he practices what he preaches. He is a happy man with a firm grasp on his reality—and he assists others to reach the same amazing place. He is, in a word, inspiring.

Del holds a Masters Degree in Spiritual Psychology, a degree he earned by demonstrating self-mastery, and a Ph.D. in Nutritional Sciences. He is also an accomplished writer, poet, and performer as well as a master instructor of Kung Fu and Tai Chi Chuan, a Personal Fitness Coach and a sought after corporate consultant. Del is truly a pioneer, combining the fields of Fitness and Transformation.

Del Millers is a powerhouse, standing on a solid foundation of education and experience. When he speaks, people want what he's got. The good news is, he knows how to deliver.

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PRIVATE CONSULTATION

Dr. Del is available for phone or email fitness, nutrition and life coaching.

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