

The Weigh **2** Weight Loss

Cookbook



Over 50
great recipes
to help you reach
your weight
loss goals.

Many gluten-free and dairy-free options

Darlene Kvist, MS, CNS, LN

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Crustless Spinach Quiche

1 tablespoon butter
1 tablespoon olive oil
1 large onion
1 red pepper - diced

Dice onion and red pepper and sauté in butter and olive oil until softened.

1 (10 ounce) bag of frozen spinach (thaw and squeeze to remove excess water) OR 1 package of fresh spinach OR 1 cup of broccoli chopped finely

Add spinach or broccoli and continue to sauté for about 2 minutes or until wilted.

6 eggs, beaten
1 cup cottage cheese
2 ounces mozzarella cheese
2 tablespoons heavy cream
½ teaspoon salt
¼ teaspoon pepper

Beat eggs all together in bowl. Add cooked veggies to egg mixture. Add cottage cheese, cream and mozzarella cheese. Add salt. Pepper and any spice of choice. Pour in 9" pan. Bake at 350 degrees for 40-45 minutes.

½ cup cheddar cheese - grated

Top with cheddar cheese.
Makes 6 servings.
(Serving size: 1/6)

To Complete the Meal: Serve with ½ cup sliced strawberries or ½ cup fresh blueberries and 2 ounces turkey breakfast sausage

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal can not be dairy-free.



Deviled Eggs

4 organic hard-boiled eggs
2 tablespoons regular safflower mayonnaise
½ teaspoon vinegar
Salt to taste
Dash white pepper
¼ teaspoon paprika
¼ teaspoon dry mustard or
½ teaspoon prepared mustard

Cut hard-boiled eggs in half lengthwise, remove yolks and mash with remaining ingredients.

Refill egg whites and refrigerate.

Makes 2 servings.

To Complete the Snack: 4 half eggs with 2 Wasa Lite Rye crackers
or 1 small fruit.

To make gluten-free:
This snack is gluten-free.

To make dairy-free:
This snack is dairy-free.



Protein Shake

½ cup plain, full-fat yogurt
 1 cup frozen fruit (no sugar added)
 2 tablespoons coconut milk
 1 scoop whey protein powder (16-20g protein)
Yogurt free option:
 ¼ cup coconut milk
 ½ cup water or ice
 1 cup frozen fruit
 1 ½ scoop whey protein powder

Combine in blender until smooth and creamy.

Makes 1 serving.

Mix and Match Protein Shake Guide

To make your favorite shake for one, follow this simple guide. Choose the suggested amounts of ingredients (follow the basic recipe above for correct balance, but omit coconut milk when using nuts, nut butter or avocados) and toss them in your blender. For a non-blended version, use full-fat yogurt, stir in protein powder, follow with fruit and nuts in any desired combination and enjoy.

Fruit

- peeled oranges
- banana
- strawberries
- cubed cantaloupe
- kiwi
- pineapple
- blackberries
- raspberries
- sliced mango
- cubed papaya
- peaches
- nectarines

Flavor, Healthy Fat and Fiber Extras

- 1 teaspoon cocoa powder
- 1 tablespoon ground flaxseed
- 1 tablespoon ground nuts (almonds, walnuts, macadamia, etc)
- 1 tablespoon peanut butter or nut butter
- ½ teaspoon grated rind from a lemon, lime, or an orange
- dash of vanilla, cinnamon or nutmeg

Good Combinations

- peanut butter and banana (chocolate whey protein powder)
- strawberries and walnuts
- blueberries and almonds
- raspberries and pecans (chocolate whey protein powder)
- avocado and mango
- banana and avocado
- banana and macadamia nuts (chocolate whey protein powder)

To make gluten-free:
 This meal is gluten-free.

To make dairy-free:
 Substitute coconut milk for yogurt.



Turkey Breakfast Sausage

1½ pounds ground turkey
1 teaspoon salt
¾ teaspoon pepper
1½ teaspoons sage
1/8 teaspoon red pepper flakes
1 tablespoon fennel seed

In a bowl, mix spices thoroughly into ground turkey.

Shape into 2½ inch by ½ inch patties.

Brown patties in olive oil until cooked through or bake for 30 minutes at 350 degrees. Turn after 15 minutes.

Makes 12 patties.

To Complete the Meal: Serve 2 sausages and 1 or 2 poached eggs on a slice of rye toast with 2 teaspoons butter and ½ grapefruit.

To make gluten-free:
Instead of rye bread, use
gluten-free bread.

To make dairy-free:
This meal is dairy-free.



Cajun Fish Fillets

1¼ pounds fish fillets

Preheat oven to 350 degrees.
Place fish in an oiled baking dish.

¼ cup fresh lemon juice and pulp

Sprinkle over fillets.

2 teaspoons paprika
1 teaspoon sea salt
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon black pepper
¼ teaspoon white pepper
¼ teaspoon dried oregano leaves
¼ teaspoon dried thyme

Combine to make “Cajun” seasoning.
Sprinkle to taste on fish.

Bake uncovered for 20 minutes.
Makes 4 servings.

To Complete the Meal: Serve with ½ cup sliced sweet potatoes, 1 cup cooked broccoli with 2 teaspoons butter, 1 sliced tomato and 1 sliced cucumber.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.

Caution: Limit your consumption of fish and shellfish to once or twice a week to minimize your exposure to mercury and other pollutants.



Halibut with Potatoes

½ cup onion
2 cloves garlic, minced
¼ cup vegetable broth – preservative free

Preheat oven to 375 degrees.
Sauté in ovenproof skillet until tender.

½ cup pasta sauce - preservative free
2½ cups fresh tomatoes - diced
1 tablespoon lemon juice
4 tablespoon fresh parsley - chopped
1 tablespoon fresh basil leaves - chopped
1 tablespoon fresh oregano leaves - chopped
½ tablespoon fresh thyme - ground

Add these ingredients to the skillet and bring to a boil.

4 halibut steaks (6 oz each)

Reduce heat and add fish.

1 lb fresh or frozen plain hashbrowns

Center the fish steaks on top of sauce.
Place the hashbrowns on top of fish.

Spoon a portion of the sauce over the fish and potatoes.

Cover and bake 30 minutes until fish flakes and the potatoes are tender.

Makes 4 servings.

To Complete the Meal: Serve with ½ apple and 1 tablespoon nut butter.

To make gluten-free:
Make sure pasta sauce and vegetable broth you have is gluten free

To make dairy-free:
This meal is dairy-free.

Caution: Limit your consumption of fish and shellfish to once or twice a week to minimize your exposure to mercury and other pollutants.



Salmon Cakes

3 cups (2 – 14.5 ounces cans) wild salmon
1 cup cooked wild rice
6 tablespoons heavy cream
2 tablespoons mayonnaise
2 organic eggs
1 teaspoon mustard
½ teaspoon salt
½ teaspoon black pepper or a dash of cayenne pepper
1/3 – ½ cup fresh dill or parsley, chopped

1 teaspoon olive oil
½ cup green bell pepper, diced
½ cup onion, diced

Preheat oven to 350 degrees.
Mix and let stand.

Sauté vegetables in olive oil until tender.
Add salmon mixture.
Place parchment paper on a baking sheet.
Form 6 patties and place on baking sheet.
Bake 30-40 minutes, until golden brown
and firm.

Makes 6 servings.

To Complete the Meal: Serve 1 patty with ½ cup cooked Wild Rice, 1 cup chopped tomato, 1 cup snow peas sautéed in 1 teaspoon olive oil and 1 tablespoon Braggs Liquid Aminos.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for cream.



Salmon Loaf

2¾ cups (3-7.5 ounce cans) salmon
1 cup steel cut oats (cooked) OR
1 cup wild rice (cooked)
1 teaspoon salt
1 teaspoon black pepper
½ cup cream
2 organic eggs

Preheat oven to 350 degrees.
Mix well and let stand.

½ cup green pepper – diced
½ cup onion – diced
1 teaspoon olive oil

Sauté in olive oil until tender.
Mix vegetables with salmon mixture.
Place mixture in an oiled 8" loaf pan.
Bake 40 minutes until golden brown.

Makes 4 servings.

To Complete the Meal: Serve ¼ salmon loaf, sauté 2 cups mushrooms, 6 spears of asparagus and 1 cup chopped cauliflower in 1 teaspoon coconut oil and 1 tablespoon Bragg Liquid Aminos.

To make gluten-free:
Substitute cooked wild rice for steel cut oats.

To make dairy-free:
Substitute coconut milk for cream.



Salmon Salad Supreme

2 – 7.5 oz can water-packed salmon, drained
1 cup celery – diced
¼ cup green onion – chopped
1 cup frozen peas
2 hard-boiled eggs – chopped
5 large ripe olives – sliced
3 tablespoon mayonnaise
2 teaspoon dried basil leaves
¼ teaspoon salt

Combine in a large bowl and refrigerate until serving.

Makes 3 servings.
(Serving size: 1½ cup)

To Complete the Meal: Serve with 2 cups greens, ½ tomato,
and ½ cup chopped carrots

To make gluten-free:
Be sure you have gluten-free
mayonnaise.

To make dairy-free:
This meal is dairy-free.



Shrimp Paella

1 cup onion, chopped
1 cup red bell pepper, chopped
2 garlic cloves, minced
2 tablespoons olive oil

Sauté vegetables in olive oil for 5 minutes.

1½ teaspoons paprika – preferably Spanish

Add to the vegetable mixture and cook 1 minute.

2 lb medium raw shrimp – thawed if frozen
2 tablespoons olive oil

Sauté until shrimp is cooked through and pink. Add to vegetable mixture.

2 cups basmati rice, cooked
1 cup frozen peas, thawed
1 pint cherry or grape tomatoes, halved

Add and mix thoroughly until heated through.

2 tablespoons fresh parsley, chopped
1 teaspoon sea salt

Add and serve.

Makes 6 servings.
(Serving size: 1 1/3 cups)

To Complete the Meal : This meal is complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.

Caution: Limit your consumption of fish and shellfish to once or twice a week to minimize your exposure to mercury and other pollutants.



Tuna-Stuffed Tomatoes

6 oz. water-packed light tuna – drained
2 hard boiled eggs – diced
½ cup celery – finely chopped
1 green onion – finely chopped
2 tablespoons mayonnaise

Combine in bowl.

garlic powder
fresh basil – chopped
fresh dill - chopped

Add seasonings to taste.

2 large fresh tomatoes

Prepare tomato “blossoms” by making 4-6 cuts from center to bottom. Pull “petals” away from center.

Place a lettuce leaf on each plate, top with tomato “blossom”. Divide tuna mixture evenly and spoon onto center of each tomato.

Makes 2 servings.

To Complete the Meal: Serve with 1 Wasa Lite Rye cracker and ½ c blueberries

To make gluten-free:
Make sure your mayonnaise is
gluten free.

To make dairy-free:
This meal is dairy-free.

Caution: Limit your consumption of fish and shellfish to once or twice a week to minimize your exposure to mercury and other pollutants.



Beef Patties

2 pounds ground beef
2 cloves garlic, minced
1 cup onion, chopped
1 cup green bell pepper, chopped
1 teaspoon sea salt
½ teaspoon black pepper
1 cup wild rice, cooked

Preheat oven to 350 degrees.

Mix together.

Place parchment paper on baking sheet.
Spread with 1 tablespoon olive oil.

Form 6 patties and place on paper.

Bake for 25-30 minutes.

Makes 6 servings.

To Complete the Meal: Serve with ½ sweet potato, 1 cup asparagus and 2 teaspoons butter.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Beef, Rice, and Beans

½ cup onion, chopped
½ cup green bell pepper, chopped
1 garlic clove, minced
4 oz mushrooms, sliced
1 tablespoon olive oil

Sauté vegetables in olive oil for 5 minutes. Cool.

1½ pounds ground beef

Add to the vegetable mixture and brown.

1 cup brown rice, cooked
½ cup black beans
2 tablespoons sour cream

When meat is brown, mix in beans and rice. Then add the sour cream just until heated.

Makes 4 servings.

*For more flavor you can add cumin and/or chili powder when you are browning the beef.

To Complete the Meal: Serve with 2 cups of broccoli and 1 teaspoon of butter.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Replace sour cream with
½ avocado.



Beef Stir Fry

1/4 cup Bragg Liquid Aminos
2 tablespoons sherry cooking wine or vinegar
2 teaspoons sesame oil
2 garlic cloves – minced
1/4 cup green onion – diced
Dash cayenne pepper
2 teaspoons fresh ginger zest

Combine in a medium bowl for marinade. Grate or zest ginger to fine consistency.

1 1/2 pounds sirloin

Cut in thin slices against the grain and add to marinade. Place bowl in refrigerator for 8-12 hours or overnight.

2 cups asparagus or broccoli – cut into bite-size pieces
1 cup pea pods – trimmed
1 cup red onion – diced
1 cup carrots – sliced
1 red bell pepper – sliced
2 tablespoons olive or coconut oil
1/2 teaspoon grated ginger (optional)
Sea salt
Pepper

Cut vegetables while meat is marinating. When vegetables are ready, heat oil in a skillet and add vegetables and ginger. Salt and pepper to taste. Sauté vegetables about five minutes (long enough to be slightly cooked but still crunchy) and set aside in a separate bowl.

Add meat and marinade to the skillet and cook to preferred doneness.

2 cups basmati rice, cooked
1 cup frozen peas, thawed

Add and mix thoroughly with the meat mixture.

1/4 cup beef broth – preservative- free

Combine vegetables with the meat mixture and add beef broth. Bring to a boil and reduce to a simmer for a couple of minutes or until everything is heated.

Makes 4 servings.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.

To Complete the Meal: Serve with 1/2 cup sweet potato.



Asian Chicken Sauté

2 tablespoons Bragg Liquid Aminos
2 garlic cloves, diced
Dash of cayenne
1 1/2 pounds chicken breast – sliced in strips

Combine in a medium bowl to marinate for 30 minutes to one hour.

2 cups broccoli
2 cups bok choy or celery – sliced
1 cup red bell pepper
1 cup zucchini
1 cup green onions
1 cup peas – thawed
1 cup baby corn
2 tablespoons coconut or olive oil

Heat oil in a sauté pan and add veggies, salt, and pepper. Sauté for 5-7 minutes and stir occasionally. Cook until the vegetables are a little crunchy then remove from pan.

Add meat to pan, cook until cooked through.

¼ cup chicken broth or water – if necessary

Add liquid to chicken, sauté and then add vegetables. Stir and simmer for 3-4 minutes.

Makes 4 servings.

To Complete the Meal: Serve with ½ cup brown rice.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Chicken, Green Beans, & Shallots in Mustard Sauce

2 lbs chicken - white or dark meat

Rinse chicken and pat dry.

Marinade:

1/3 – 1/2 cup Dijon mustard
2 tablespoons shallots, chopped
2 garlic cloves, chopped
1 tablespoon fresh thyme, chopped
1/2 teaspoon black pepper
2 bay leaves

Mix together and spread over chicken pieces. Refrigerate for at least 2 hours.

1 cup shallots, sliced
2 garlic cloves, minced
1 tablespoon olive oil

Sauté vegetables for 3-4 minutes in olive oil.

1 cup chicken broth, preservative free

Add to vegetables and cook for 2 minutes. Add chicken and marinade to the pan. Cover, reduce heat, and simmer for about 20 minutes or until chicken is tender. Cool chicken, remove from bone and cut into bite-sized pieces. Return to pan.

3 cups green beans, cut in 2" pieces

Steam for 5 minutes.

1/4 cup sour cream, or coconut milk
1/2 teaspoon salt

Stir into chicken mixture.
Mix in green beans.

Makes 6 servings.

To Complete the Meal: Serve with 1/2 cup brown or wild rice and 1 teaspoon butter.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for sour cream.



Healthy Chicken Nuggets

1 cup almond meal or 96 almonds

Grind almonds if using whole.

1 teaspoon poultry seasoning
½ teaspoon salt

Mix with almond meal.

1 pound chicken breasts
1 egg - beaten

Cut chicken into 28 “nuggets”, dip in beaten egg, and coat with almond meal.

Preheat the oven to 350 degrees.
Bake on an oiled cooking sheet for
20-30 minutes – turning nuggets once.

Makes 28 nuggets.
(Serving size is 4 nuggets)

To Complete the Snack: Serve with ½ cup carrots.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Chicken Patties

2 pounds ground chicken breast
2 cloves garlic, minced
½ cup green onion, chopped
½ cup parsley, chopped
1 teaspoon sea salt
½ teaspoon black pepper
2 cups brown rice, cooked
48 black olives, chopped
1 egg

Preheat oven to 350 degrees.

Mix ingredients.

Place parchment paper on baking sheet.
Form 8 patties and place on paper.

Bake for 25-30 minutes.

Makes 8 servings.
(Serving size: 1 patty)

To Complete the Meal: Serve with 1 cup cabbage and 1 cup snow peas
sautéed in 1 teaspoon olive oil or small fruit.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Chicken, Rice, and Beans

1 cup onion, chopped
1 cup celery, chopped
1 cup bell pepper, chopped
2 garlic cloves, minced
1 tablespoon olive oil

Sauté vegetables in olive oil for 5 minutes.

2 lbs ground chicken breast
1 tablespoon olive oil

Add to the vegetable mixture and brown.

4 cups cauliflower, steamed & drained
2 cups brown rice, cooked
1 cup white beans
1 teaspoon sea salt
½ teaspoon black pepper

When chicken is done, add and mix thoroughly. Cook for 5 minutes.

4 tablespoons heavy cream

Stir into meat and vegetables.

Makes 6 servings.

*For more flavor add curry powder to the sautéed vegetables.

To Complete the Meal : This meal is complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for heavy cream.



Lamb Patties

2 lbs ground lamb
2 cloves garlic, minced
½ cup onion, chopped
½ cup green bell pepper, chopped
1 tablespoon fresh basil or 1 teaspoon dried
½ teaspoon dried thyme
½ teaspoon dried rosemary
1 teaspoon sea salt
½ teaspoon black pepper

Preheat oven to 350 degrees.

Mix together.

Place parchment paper on baking sheet.
Spread with 1 tablespoon olive oil.

Form 8 patties and place on paper.

Bake for 30 minutes.

Makes 6 servings.

To Complete the Meal: Serve with 1½ cup green beans, ½ sweet potato
and 2 teaspoons of butter.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Italian Pork Roast

4 medium red potatoes OR 2 medium-large sweet potatoes – cut into 2 inch pieces
1 medium onion – sliced
4 cloves garlic – minced
12 black olives – pitted

Place in crock pot.

3 pounds pork roast – boneless

Put on top of vegetables.

½ teaspoon oregano
½ teaspoon basil
½ teaspoon thyme
½ teaspoon rosemary
1 teaspoon salt
½ teaspoon black pepper

Use all or any combination.
Sprinkle over roast.

½ cup chicken broth or water

Add to pot. Cover and cook for 3 hours on high or 6 hours on low.

4 cups kale or chard or spinach, roughly chopped
1 can artichokes hearts, drained

When cooked, add and cover for 15 minutes.

Makes 10 servings.
(Serving size: 1 cup)

To Complete the Meal: Serve with 5 cups salad, 2 teaspoons mixed with vinegar or lemon juice, olive oil and Dijon dressing.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Pork, Vegetables, and Brown Rice

1 cup onion, chopped
1 cup red bell pepper, chopped
1 tablespoon olive oil

Sauté vegetables in olive oil for 5 minutes. Cool.

2 cloves garlic, minced

Add to vegetables and sauté 1 minute.

2 lbs pork, cubed

Add to vegetables and cook for 10-15 minutes.

2 cups brown rice – cooked
4 cups asparagus – steamed and drained
2 tablespoons Bragg Liquid Aminos
½ teaspoon black pepper

Stir in rice. Then add remaining ingredients and stir.

Makes 6 servings.

To Complete the Meal: – Serve with ½ cup unsweetened applesauce and 10 pecans.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Shepherd's Pie

2 pounds ground beef or bison
1 teaspoon coconut oil

Brown meat and transfer to a 13" by 9" baking dish.

2 cups carrots, diced
2 cups onion, diced
1 cup celery, diced
8 ounces mushrooms, sliced
2 cloves garlic, minced
1 teaspoon olive oil

Sauté vegetables for seven minutes.

1 tablespoon tomato paste
1 teaspoon dried thyme
Salt and pepper to taste

Stir into vegetable mixture and cook for a couple minutes.

1/2 cup chicken broth, preservative-free or water

Add broth to vegetables and bring to a boil. Add cooked meat to the vegetables and simmer for 5 minutes. Return mixture to baking dish.

Topping:
1 medium cauliflower
4 small potatoes
4 tablespoons heavy cream
2 tablespoons butter
Salt to taste

Cook cauliflower and potato until soft and whip together. Add cream, butter, and salt to whipped mixture. Spread mixture over meat and vegetables. Bake at 350 degrees for 25-30 minutes.

Makes 6 servings.

To Complete the Meal: This meal is complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for heavy cream.



Stir-Fried Pork and Vegetables

4 tablespoons coconut oil
2 garlic cloves, minced
2 pounds lean pork, cut into thin strips
2 tablespoons Bragg Liquid Aminos

In a wok or large skillet, heat oil over high heat. When oil is hot, add garlic, Bragg Liquid Aminos and pork. Stir-fry until lightly browned, about 5 minutes.

½ teaspoon black pepper
½ teaspoon sea salt
2 red or green peppers, diced
2 cups water chestnuts, rinsed, drained and sliced (2-8 oz. cans)
4 cups stemmed snow peas
4 cups of white mushrooms, sliced (2-8 oz. packages)
½ cup scallions or onions, minced

Add bell peppers, water chestnuts, snow peas, mushrooms and scallions along with salt and pepper. Stir-fry 1 minute.

2 tablespoons Bragg liquid Aminos
2 tablespoons cold water
1 tablespoon cornstarch

Reduce heat, cover and cook about 5-10 minutes, stirring occasionally, until vegetables and pork are tender. Blend cornstarch, Braggs Liquid Aminos and cold water to a paste. Add to wok, stirring to thicken. Stir until heated through. Serve immediately.

Makes 6 servings.
(2 cups per serving)

To Complete the Meal: Serve with ½ cup cooked brown or wild rice.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Confetti Turkey Loaf

2 teaspoons olive oil
1 medium onion
½ cup frozen mixed bell peppers
(red, green, yellow)

Preheat oven to 350 degrees.

Coat a loaf pan with olive oil.

Heat olive oil and sauté onion and peppers until soft.

Transfer to a medium bowl and let cool slightly (5 minutes).

1 cup cooked wild rice
½ cup heavy cream

In a 2-cup measuring cup, combine and soak 5 minutes.

1-1/2 pounds ground turkey
2 organic eggs
½ cup carrot, shredded
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon fennel seed or dill weed (optional)

Add to sautéed vegetables along with the rice and cream.

Mix all ingredients until well blended.

Shape the meat into the loaf pan and bake 1 hour.

Makes 6 servings.

To Complete the Meal: Serve one slice of turkey loaf with 2 cups of green beans and ½ cup squash.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for heavy cream.



Turkey Nuggets

8 Wasa Lite Rye crackers

Crush and set aside.

2 teaspoons poultry seasoning
2 tablespoons fresh parsley – finely chopped
½ teaspoon salt

Mix with crushed crackers.

1 pound turkey breast
1 egg - beaten

Cut turkey into 14 “nuggets”, dip in beaten egg, and coat with cracker mixture.

Preheat the oven to 350 degrees. Bake on oiled cooking sheet for 30 minutes, turning once.

Makes 14 nuggets.
(Serving size is 2 nuggets)

To Complete the Snack: Serve with ½ apple and 1 tablespoon almond butter.

To make gluten-free:
Substitute almond meal or rice crackers for Wasa crackers.

To make dairy-free:
This meal is dairy-free.



Turkey Patties

¾ cup onion, chopped
¾ cup red bell pepper, chopped
1 garlic clove, minced
1 tablespoon olive oil

Preheat oven to 350 degrees.

Sauté vegetables in olive oil for 4-5 minutes. Cool.

1 pound ground turkey breast
1 teaspoon sage
1 teaspoon thyme
½ tablespoon fennel
1 teaspoon sea salt
½ teaspoon black pepper
1 cup wild rice, cooked
1 egg, beaten
2 tablespoons slivered almonds

Combine ingredients with cooked vegetable mixture and mix well.

Put parchment paper on a baking sheet. Form 4 patties and bake for 25 minutes.

Makes 4 servings.

To Complete the Meal: Serve with 9 grapes, 8 almonds,
½ cup carrots and 1 cup sliced cucumber.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Wild Rice Meatballs

1 ¼ lb ground beef
1 organic egg – slightly beaten
½ cup onion – finely chopped
1 cup cooked wild rice
1 teaspoon salt
1 teaspoon of garlic powder or finely chopped
garlic to taste

Preheat oven to 375 degrees.

Combine ingredients and shape into 12 meatballs, approximately 1-½ inches in diameter.

Place on baking sheet.

Bake 30-40 minutes or until brown.

Makes 4 servings.

To Complete the Meal: Serve with ½ cup sweet potato, 1 cup green beans and 2 teaspoons butter.

To make gluten-free:
This meal is gluten-free

To make dairy-free:
This meal is dairy-free.



Oatmeal Almond Balls

2 cups rolled oats
7 scoops natural flavor OR vanilla whey protein powder
½ teaspoons sea salt
3 tablespoons chopped almonds
¼ cup dried cherries OR dried fruit of your choice

Place dry ingredients in a bowl and mix well to combine.

½ cup plus 2 tablespoons water
3 tablespoons peanut butter OR almond butter
1 tablespoon maple syrup
1 teaspoon vanilla extract

Add wet ingredients to bowl with dry ingredients and mix well to combine.

20 teaspoons (or 7 tablespoons) of chopped almonds OR unsweetened coconut (1 teaspoon per ball)

Roll mixture into 20 balls using hands or a small scooper. Dip each ball into 1 tsp chopped nuts or coconut and refrigerate for an hour to let mixture set.

Makes 20 balls.
(Serving size: 1-2 balls)

To Complete the Snack: This is a balanced snack.

To make gluten-free:
Use gluten-free oats.

To make dairy-free:
This meal is dairy-free.



Blueberry Oat Muffins

½ cup almond flour
½ cup coconut flour
1 cup rolled oats
1½ teaspoon cinnamon
½ teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon sea salt
1 teaspoon xanthan gum (optional)

Preheat oven to 350 degrees.
Mix ingredients in large bowl.

½ cup water
¾ cup plain yogurt
6 tablespoons vanilla whey protein powder
¼ cup softened butter
2 eggs
¼ cup maple syrup

Combine ingredients in blender and mix until smooth, or stir well by hand.
Add wet ingredients to dry ingredients and mix to combine.

1½ cups blueberries, fresh or frozen

Gently fold in berries.

Fill muffin cups until completely full (We recommend using paper liners). Bake for 30 minutes or until tops are browned.

Makes 12 muffins.
(Serving size: 1 muffin)

To Complete the Snack: Serve 1 muffin with 1 boiled egg or 1 ounce of meat.

To make gluten-free:
Use gluten-free oats.

To make dairy-free:
This cannot be made dairy-free.



Cabbage Salad

2 cups green cabbage, shredded
2 cups red cabbage, shredded
2 cups napa cabbage, shredded
1 carrot, thinly sliced
½ cup red pepper, thinly sliced
2 green onions, thinly sliced
¼ cup red onion, chopped
¼ - ½ cup cilantro, chopped
½ cup apple, thinly sliced
½ cup pineapple, chopped

Toss all veggies together in a bowl

⅓ cup mayonnaise
¼ cup sour cream
¼ cup chopped pecans
2 teaspoons minced jalapeno pepper
1 tablespoon lime juice or more to taste
salt and pepper

Wisk together then pour over veggies and
toss to coat.

Makes 8 servings.
(1 cup per serving)

To Complete the Meal: Serve with 4oz grilled steak, 1/2 cup wild rice, cooked in chicken broth, and 1 cup steamed green beans.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitiute sour cream with
¼ cup coconut milk.



Curried Chicken Cucumber Salad

1 tablespoon olive oil

Heat in skillet.

3 teaspoons curry powder

Add to hot oil.

10 oz. chicken breast strips
½ cup onion - diced

“Swirl in” as you hold pan away from heat.

2 cups cucumber – diced (2-3 cucumbers)
1 red bell pepper – sliced in strips
1 green bell pepper – sliced in strips
½ teaspoon salt

Reduce heat, add vegetables, and cook 2 to 3 minutes, just until heated through.

Makes 2 servings.

To Complete the Meal: Arrange 6 cups romaine on two plates, spoon ½ hot chicken salad over greens, top each with ¼ avocado and eat with 2 Wasa Lite Rye crackers.

To make gluten-free:
Substitute a serving of gluten-free crackers.

To make dairy-free:
This meal is dairy-free.



Simple Salad Dressings

Balsamic Herb Vinaigrette

¼ cup olive oil
¼ cup balsamic or wine vinegar
2 Tablespoons vegetable glycerin OR add Stevia to taste
1 teaspoon fresh chopped basil OR
¼ to ½ teaspoon dried basil
1 teaspoon fresh thyme OR
¼ to ½ teaspoon dried thyme
½ teaspoon finely shredded lime peel

Combine all ingredients and mix with a fork or wire whisk.

Serving size is 1 ½ tablespoons.

Dijon Vinaigrette

½ cup extra-virgin olive oil
½ cup lemon juice
½ cup red-wine vinegar
¼ cup Dijon mustard
2 small garlic cloves, minced (optional)
½ teaspoon salt
Freshly ground pepper to taste

Combine oil, lemon juice, vinegar, mustard and garlic in a blender, a jar with a tight-fitting lid or a medium bowl. Blend, shake or whisk until smooth. Season with salt and pepper.

Serving size is 2 tablespoons.

Single Serving, Olive Oil Dressing

2 teaspoons olive oil
2 tablespoons lime juice
Pepper to taste

Combine all ingredients and mix together with a fork or wire whisk.

Makes one serving.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Steak Gorgonzola Simplicity

8 cups field greens
4 cups cherry tomatoes – halved
1½ pound steak – grilled and
thinly sliced
4 oz. gorgonzola cheese – crumbled

Divide between 4 plates.

Dressing:
3 tablespoons olive oil
Juice of 1 lime
Juice of 1 orange
Sea salt – to taste
1 garlic clove – finely diced

Top each salad with dressing.

Makes 4 servings.

To Complete the Meal: Top salad with 1 pear (thinly sliced) per serving.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Take out gorgonzola cheese.



Tossed Spinach Salad

4 cups spinach leaves – well cleaned and dried
½ cup red onion – sliced thin
1 cup mushrooms – sliced thin
1 cup fresh tomato – diced

Toss all ingredients together.

Makes 1 serving.

To Complete the Meal: Top with 4 ounces grilled chicken breast, 2/3 cup fresh raspberries or strawberries, 2 teaspoons olive oil salad dressing and 5 pecan halves chopped.

To make gluten-free:
Make sure salad dressing is
gluten-free.

To make dairy-free:
This meal is dairy-free.



Traditional Greek Salad

12 oz. grilled chicken breast – sliced
½ cup feta cheese – crumbled
8 cups romaine lettuce
½ cup red onion – thinly sliced
2 green peppers – thinly sliced
2 large tomatoes – wedged

Divide between 4 plates.

Dressing:
3 tablespoons olive oil
Juice of 1 lime
Fresh garlic – to taste
Sea salt – to taste
Ground pepper – to taste

Whisk together and drizzle over salads.

Makes 4 servings.

To Complete the Meal: Serve with 1 whole grain pita per serving.

To make gluten-free:
Serve this meal with a
gluten free tortilla.

To make dairy-free:
Omit the feta cheese.



Chicken, Asparagus, & Mushroom Stew

3 cups mushrooms, sliced
1 tablespoon olive oil

Sauté mushrooms in olive oil until golden brown, about 6 minutes.

½ cup shallots, sliced

Add to mushrooms. Stir and cook for 2 minutes. Remove and set aside.

2 lbs chicken breast
½ cup chicken broth or water

Poach chicken in chicken broth or water. Bring to a boil then simmer, covered, for about 10-12 minutes. Drain and cool.

8 cups asparagus

Steam, then drain.

1 cup chicken broth, preservative free

Cut cooled chicken into bite-sized pieces.

Combine shallots, mushrooms, and chicken with the chicken broth in the poaching pan and heat for 5 minutes.

¼ cup heavy cream
1 teaspoon sea salt

Add to pan and stir.

Add asparagus and stir.

¼ cup sour cream
½ teaspoon salt

Stir into chicken mixture.

Makes 6 servings.

To Complete the Meal : Serve over ½ cup baby red potatoes.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Substitute coconut milk for heavy and sour cream.



Chicken Sweet Potato Stew

1 pound boneless, skinless chicken thighs
2 medium-large sweet potatoes cut in 2 inch pieces
8 ounce mushrooms – sliced
1 cup onion – chopped
1 cup celery – chopped
2 cloves garlic – minced
½ teaspoon rosemary
1 cup water or chicken broth
1 teaspoon salt
½ teaspoon black pepper

Place in crock-pot, stir to combine.
Cover and cook 3 hours on high or 6 hours on low.

1 bunch kale or chard - roughly chopped (about 6-8 cups greens)
40 black olives (about 1 cup)

Add to pot when cooked for about 15 minutes to cook through.

Makes 4 servings.

To Complete the Meal: This meal is complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Chicken Wild Rice Soup

2 tablespoons olive oil
2 onions - chopped (about 3 cups)
3 cups celery - chopped (one bunch)
3 carrots - sliced (2 cups)

Sauté in large heavy stock pot over medium heat, until translucent.

2 lbs. raw chicken breast – cut into small pieces
6 cloves garlic, minced
2 bay leaves
1 teaspoon dried thyme
2 – 32 ounce cartons of chicken broth, preservative free

Add and bring to a boil.

Reduce heat and simmer for 1½ hours.

2 ½ cups cooked wild rice
1 cup frozen peas
1 cup zucchini - sliced
2 teaspoons sea salt
½ teaspoon freshly ground black pepper
2 tablespoons fresh chives, finely chopped

Gently stir in rice, peas, and zucchini.

Add salt and pepper to taste and adjust seasonings.

Garnish with chives, if desired.

Makes 8 servings.

(Serving size: 2 cups)

To Complete the Meal: Serve with 2 Wasa Lite Rye crackers and 1 teaspoon butter.

To make gluten-free:
Substitute 6 rice crackers for Wasa crackers.

To make dairy-free:
This dish is dairy-free.



Creamy Chicken Stew

2 pounds boneless chicken thighs
Salt and pepper to taste

Roast at 375 degrees for 35-40 minutes.

2 cups onion, diced
1 tablespoon olive oil

Sauté for 5 minutes.

1/3 cup white wine or water
1 cup chicken broth

Add to onion.

2 cups carrots, cut into 1 inch rounds
2 cups green beans, cut into 2 inch pieces
1 tablespoon fresh thyme or 1 teaspoon dried

Add to onion mixture and cook until vegetables are tender.

When chicken is cool, remove from the bone and cut into bite sized pieces. Add to the vegetables and cook until warm.

2 cups broccoli
2 cups cauliflower

Cut into bite sized pieces. Add to boiling water and steam for 4 minutes. Drain and add to stew.

6 tablespoons sour cream

Stir into chicken and vegetables until heated through.

Makes 6 servings.

To Complete the Meal: Serve with ½ cup brown rice.

To make gluten-free:
This meal is gluten-free

To make dairy-free:
Substitute coconut milk
for sour cream.



Chili

2 pounds ground beef or turkey

Brown in a 2-quart saucepan.
Drain and set aside.

1 tablespoon olive oil
1 cup onion – chopped
1 cup green pepper – chopped
2 cloves garlic

Heat olive oil in pan and cook the
vegetables until tender.

2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon oregano leaves – dried
¼ teaspoon Tabasco sauce
6 medium fresh tomatoes – diced
1 (15-16 oz.) can tomato sauce or stewed
tomatoes

Return browned beef or turkey to pan
with vegetables and add these ingredients.

Heat to boiling, cover and simmer for
1 hour – stirring occasionally.

16 oz. can kidney beans – drained and rinsed
10 large black olives – sliced
1 teaspoon salt

Add kidney beans and heat to boiling.

Serve topped with olives.

Makes 6 servings.
(Serving size: 1 1/3 cups)

To Complete the Meal: Serve with 6 celery sticks, 1 tablespoon nut butter or 2
tablespoons sour cream.

To make gluten-free:
Make sure you have gluten-free
tomato sauce or stewed tomatoes.

To make dairy-free:
Do not complete meal with
sour cream.



Greek-Style Chicken Stew

2 lbs. chicken breast, cut into pieces
4 tablespoons olive oil

Brown meat in olive oil.

1 cup red onion, sliced
2 cloves garlic, minced
1 teaspoon salt
½ teaspoon black pepper

Add onions to meat and sauté until golden. Stir in garlic, salt, and pepper.

2 cups chicken broth

Add broth to cover meat. Bring to a boil and simmer covered for 1 hour or until meat is tender.

2 cups carrots cut in bite size pieces

Add to meat after it has cooked for about 30 minutes.

1 pound baby spinach
¾ cup fresh dill or parsley, chopped
1 can artichoke hearts, drained
½ cup sliced olives

Add spinach and herbs to chicken. Once spinach wilts, add artichoke hearts and olives.

2 eggs, beaten
Juice of 2 lemons

Add lemon to eggs and mix. Take a ladle of hot juice from the pot and add it to the egg mixture. Quickly pour mix into pot. Stir and remove from heat. This will thicken and flavor the stew.

Makes 8 servings.
(Serving size: 1 ¼ cup)

To Complete the Meal: Serve with ½ cup brown rice.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Greek-Style Lamb Stew

2½ pounds lamb, cut in bite size cubes
4 tablespoons olive oil

Brown meat in olive oil.

1 cup red onion, sliced
2 cloves garlic, minced
1 teaspoon salt
½ teaspoon black pepper

Add onions to meat and sauté until golden. Stir in garlic, salt, and pepper.

½ cup dry white wine
Water

Add wine and enough water to cover meat. Bring to a boil and simmer covered for 1 hour or until meat is tender.

2 cups carrots cut in bite size pieces

Add to meat after it has cooked for about 30 minutes.

¾ - 1 pound baby spinach
½ - ¾ cup fresh dill or parsley, chopped
1 can artichoke hearts, drained
½ cup olives, sliced

Add spinach and herbs to lamb. Once spinach wilts, add artichoke hearts and olives.

2 eggs, beaten
Juice of 2 lemons

Add lemon to eggs and mix. Take a ladle of hot juice from the pot and add it to the egg mixture. Quickly pour mix into pot. Stir and remove from heat. This will thicken and flavor the stew.

Makes 8 servings.

To Complete the Meal: Serve with ½ cup brown rice.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



Middle Eastern Lamb Stew

1½ lbs. boneless lamb stew meat

Place lamb in a 4 quart or larger slow cooker.

2 tablespoons olive oil
4 tsp. ground cumin
1 tablespoon ground coriander
¼ tsp. cayenne pepper
½ tsp. salt
black pepper to taste

Mix together in a small bowl and coat lamb with the mixture.

1 large or 2 medium onions, chopped

Place on top of lamb.

1 – 28 oz. can crushed tomatoes
¾ cup chicken broth, preservative free
4 cloves garlic, minced

Place in a pan and bring to a simmer.
Pour over the lamb and onions.

Cover and cook until the lamb is tender,
3-4 hours.

1 – 15 oz. can chickpeas, rinsed and drained
8 – 6 oz. bags baby spinach

Mash ½ cup of the chickpeas. Add the
mashed and whole chickpeas and spinach
to the slow cooker. Cover and cook until
spinach is wilted, about 5 minutes.

Makes 4 servings.

To Complete the Meal: Serve with ½ cup brown rice.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



T-bone Crock-Pot Stew

1 clove garlic, minced
1 cup onion, chopped
1 pound steak (T-bone is best)
or stew meat (will work)
2 tablespoons olive oil

Place minced garlic, onion, and olive oil in crock pot at low setting while preparing other ingredients.

Sliced or cubed meat next and place in a crock-pot.

2 cups brussel sprouts or broccoli
2 cups tomatoes
2 cups celery, chopped
¾ cup parsnips, chopped
¾ cup carrots, thinly sliced
¾ cup potato, chopped
1 teaspoon salt
½ teaspoon pepper

Place remaining ingredients in crock-pot.

Keep on low setting for 4½ hours.

To maximize flavor, add meat bone while stewing

Makes 3 servings.

(Serving size: 2 cups)

To Complete the Meal: This meal is already complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This meal is dairy-free.



White Chicken Chili

2 pounds boneless, skinless chicken breast,
cubed or ground chicken
1 cup onion, chopped
1 cup green bell pepper, chopped
1 cup red bell pepper, chopped
2 cups fresh or frozen corn
2 garlic cloves, minced
2 tablespoons olive oil
2 teaspoons cumin
1 teaspoon oregano
1 teaspoon coriander
1 teaspoon salt
2 – 15 ounce cans cannelloni or
northern beans
2 cups chicken broth – preservative free
¼ cup of sour cream

When using ground chicken, brown
before putting in crock-pot.

Combine all ingredients in a slow cooker
and stir. Cover and cook on low 4-6
hours.

Makes 6 servings.
(Serving size: 1 2/3 cup)

To Complete the Meal: This meal is already complete.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
Replace sour cream with
coconut milk.



Roasted Asparagus

2 teaspoons olive oil
1 teaspoon lemon juice
4 cups (48 spears) asparagus
1 teaspoon sea salt

Preheat oven to 300 degrees.

Toss asparagus in olive oil and lemon juice and sprinkle on salt.

Place on baking sheet and cook in oven for 10-12 minutes or until spears are tender when pricked with the tip of a knife.

Makes 4 servings.

To Complete the Meal: Divide side dish into $\frac{1}{4}$, serve with 4 ounce turkey burger, $\frac{1}{2}$ cup winter squash or parsnips, 1 cup cauliflower and $\frac{1}{3}$ cup sliced avocado.

To make gluten-free:
This meal is gluten-free.

To make dairy-free:
This side dish is dairy-free.



Brussels Sprouts Medley

2 cups Brussels sprouts

1 teaspoon butter
1 tablespoon olive oil
½ cup onion – chopped
¾ cup green pepper – chopped
¾ cup red pepper – chopped
¾ cup yellow pepper - chopped
Natural seasoning salt

Cut Brussels sprouts in half and steam until tender.

Heat butter and olive oil over medium heat. Add Brussels sprouts and other the vegetables and sauté for about 5 minutes. Season with natural seasoning salt.

Makes 2 servings.

To Complete the Meal: Divide side dish in half, serve with one 4-ounce pork chop, ½ cup rice and 8 chopped almonds.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This side dish is dairy-free.



Carrots, etc...

1½ tablespoons olive oil
1 teaspoon butter

Heat in skillet.

1 cup carrots – sliced
1 cup parsnips – chopped
2 cups celery – chopped
1 cup onion – chopped
1 tsp. garlic salt

Sauté vegetables and season to taste.

Makes 6 servings.

To Complete the Meal: Serve ¼ of this side dish with 6 oz. grilled white fish, 3 cups salad topped with 1/3 avocado.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This side dish is dairy-free.



Eggplant

1½ tablespoons olive oil
½ cup sweet onion (i.e. Vidalia, Walla Walla) –
diced
1 sweet pepper – chopped
2 cloves garlic – minced

Sauté in skillet for 5 minutes.

3 cups eggplant - diced

Add eggplant and cook for 3-5 minutes
or until slightly softened and coated with
olive oil.

2 large tomatoes – diced
1 cup fresh basil – chopped
Dash of cayenne pepper
Sea salt to taste

Add to skillet and serve.

Makes 2 servings.

To Complete the Meal: Divide side dish in half, and serve with 4 ounces
salmon steak and ½ cup cooked brown rice.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This side dish is dairy-free.



Leeks, Corn, and Red Pepper

2 leeks, sliced
1 cup red bell pepper, chopped
2 cups pea pods
3 tablespoons olive oil

Sauté leeks, red pepper, and pea pods in olive oil until softened.

1 cup fresh or frozen corn
½ teaspoon salt
¼ teaspoon pepper

Add corn and cook until warmed through.

Makes 4 servings.

(Serving size: 1 cup)

To Complete the Meal: Serve with a 4-ounce cooked chicken breast and ½ cup cooked quinoa.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This side dish is dairy-free.



Mashed Potatoes and Cauliflower

1 medium head cauliflower
4 small new potatoes - peeled

Cook and whip together.

2 tablespoons heavy cream
3 tablespoons sour cream
½ teaspoon salt
1 tablespoon butter

Add to whipped mixture and serve.

Makes 4 servings.

(Serving size: 1 ¼ cups)

To Complete the Meal: Serve with 4 ounces of salmon fillet.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
Substitute coconut milk for heavy cream and sour cream.



Oven Ratatouille

1 medium eggplant, cubed
several small zucchini and/or yellow squash cut
in ½-inch slices
1 large red or yellow onion, sliced or cut in to
wedges
4 cloves garlic, minced or sliced
6 plum tomatoes, cut in to quarters
1 medium green or red bell pepper, cut in 1-inch
squares
½ tsp. oregano and/or marjoram or 1 tsp. Italian
herb blend
¼ tsp. thyme
1 tsp. salt, or to taste
¼ cup olive oil

Combine vegetables and seasonings, add
olive oil and stir well to coat. Place all
ingredients in a 3-quart casserole dish or a
9 x 13 inch baking dish. Bake uncovered
at 325 degrees for 1 – 1½ hours.

Makes 6 servings.

To Complete the Meal: Serve with 4 oz chicken or beef patties and ½ cup
brown or wild rice.

To make gluten-free:
This sidedish is gluten-free

To make dairy-free:
This sidedish is dairy-free.



Sweet Potato Wedges

2 medium sweet potatoes

2 tablespoons olive oil
Garlic seasoning
Rosemary
Salt
Pepper

Preheat oven to 350 degrees.

Peel potatoes and cut into wedges.

Coat fries with olive oil and toss with seasonings to taste.

Place on baking sheet and cook for 20-30 minutes, turning occasionally.

Makes 4 side servings.

(Serving size: ¼ of total wedges)

To Complete the Meal: Serve ¼ of total wedges with a 4 ounce buffalo patty, 1 cup of brussel sprouts, ½ teaspoon of butter and 1 sliced tomato.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This meal is dairy-free.



Zucchini Medley

2 teaspoons olive oil
½ cup onion - diced
1 clove garlic

Heat skillet and sauté for 5 minutes.

1 cup zucchini - sliced
½ cup green pepper - sliced
1 cup summer yellow squash - sliced
1 tomato - wedged
½ cup green beans - trimmed
¼ teaspoon pepper
2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard

Add and cook until tender.

Makes 1 serving.

To Complete the Meal: Serve with a 4 ounce grilled steak.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This meal is dairy-free.



Zucchini Supreme

1 teaspoon butter
1 teaspoon olive oil

Heat in skillet.

4 cups of zucchini – sliced (3-4 zucchini)
3 cups of cherry tomatoes-halved (2 pints)
1 cup of onion – diced

Sauté in butter and olive oil.

¼ cup almond meal
½ teaspoon salt

Stir into vegetables and serve.

Makes 2 servings.

To Complete the Meal: Serve with 4 oz. cooked chicken breast and
½ cup brown rice.

To make gluten-free:
This side dish is gluten free.

To make dairy-free:
This side dish is dairy-free.



**Nutritional
Weight & Wellness**

Meal Planning and Cooking Ideas

Meal Planning Ideas

Breakfast

- 2 eggs, 1 cup green beans, 1 slice rye bread, 2 tsp. butter
- 2 oz. of smoked salmon, 1 cup sliced cucumbers and tomatoes, 2 Wasa crackers, 2 T cream cheese
- 2 oz. chicken or turkey sausage, 1 cup broccoli, ½ cup sweet potato or yam, 2 tsp. olive oil
- Protein shake: ½ cup plain yogurt, 1 scoop whey protein powder, 1 cup strawberries, 2 T coconut milk or 1 T nut butter

Snack (Morning and Afternoon)

- 2 slices chemical-free deli turkey or ham, ½ avocado, 2 Wasa crackers
- 2 slices chemical-free deli turkey or ham, 2 T cream cheese, 1 small fruit
- 2 oz. steak, ½ cup carrots, 6 olives
- 1-2 deviled eggs, 1 cup raw veggies
- ½ cup cottage cheese, ½ cup blueberries, 1 T sunflower seeds
- 1 cup chili, 2 T sour cream
- 1 protein bar

Lunch

- 2 cups salad green, ½ cup peas, 1 cup asparagus, ½ cup red pepper, ½ cup cherry tomatoes, ½ cup snow peas, 1 T olive oil and balsamic vinegar, 6 olives and 4 oz. chicken breast
- Stuffed tomato with 1 cup chicken salad, 1 Ryvita cracker (plain)
- 4 oz. burger on top of a large salad with olive oil and balsamic vinegar
- 4 oz. salmon patty, ½ cup sweet potato, mixed salad, olive oil and balsamic vinegar dressing
- Chicken wild rice soup, celery and nut butter

Dinner

- 4-6 ounce steak, 2 cups broccoli, ½ small baked potato, 2 tsp. butter
- 5 oz. broiled salmon, 2 cups asparagus, carrots and snow peas, ½ cup brown rice, 2 tsp. olive oil
- 2 cup of chili, green salad, olive oil and vinegar dressing
- Chicken vegetable stew over ½ cup brown rice
- 2 cups of beef stew, 2 Wasa crackers with 2 T almond butter
- Stir fry: 4 oz. chicken breast, broccoli, cauliflower, celery, green beans, carrots, and water chestnuts, olive oil, with ½ cup brown rice

Bedtime Snacks

- ½ cup raspberries, 2 T heavy cream
- ½ apple, 2 T nut butter
- Celery, 2 T cream cheese
- ½ pear sautéed in 1 tsp. butter, add 2 walnut halves and 1 T cream
- ½ cup yogurt, ½ cup berries, add 10 pecan halves

“No Reason Not to Eat Breakfast” Ideas

1 slice rye bread
½ cup cottage cheese
10 blueberries
8 walnut halves
Toss in broiler to melt together

4 deviled egg halves
1 small pear

3-4 oz. pre-cooked sausages
½ cup berries
2 tbsp. cream

3-4 oz. pre-cooked sausages
1 slice rye toast
2 tbsp. nut butter

2 boiled eggs
½ banana
½ avocado

Mash avocado with banana for a creamy and delicious green pudding ☺

3-4 oz. deli meat
½ banana
16 almonds

3-4 oz. smoked salmon
1 slice rye bread
2 tbsp. cream cheese
top with cucumbers and tomato

2 boiled eggs
1 slice rye bread
2.5 tsp. butter

More “No Reason Not to Eat Breakfast” Ideas

3-4 oz. deli ham
1 slice rye bread
2 tbsp cream cheese or 2.5 tsp butter
top with cucumbers and tomato

½ C. cottage cheese
½ cup steel cut oats
8 walnut halves

1 C. Greek yogurt
1 scoop whey protein powder
½ C. strawberries
10 pecan halves

½ C. ricotta cheese
½ C. sweet potato
8 walnut halves
Mix ricotta and sweet potato together

½ C. ricotta cheese
½ C. blueberries
16 almonds



Cooking with Fats

Sautéing - medium to medium-low heat
(preferred cooking temperature)

- Olive oil
- Butter
- Coconut oil
- Peanut oil
- Sesame oil

For occasional frying – medium to medium-high heat

- Coconut oil
- Butter
- Peanut oil
- Lard