

BREAKFAST

Low-Fat Frittata with Smoked Salmon and Spring Onion

SERVINGS: 6

2 tsp extra virgin olive oil
6 spring onions (whites and 2" of green), trimmed and chopped
6 lg egg whites
4 lg eggs
¼ c cold water
½ tsp dried tarragon or finely chopped fresh tarragon
½ tsp salt
60g thinly sliced smoked salmon, cut into ½"-wide pieces
⅓ c black olive tapenade



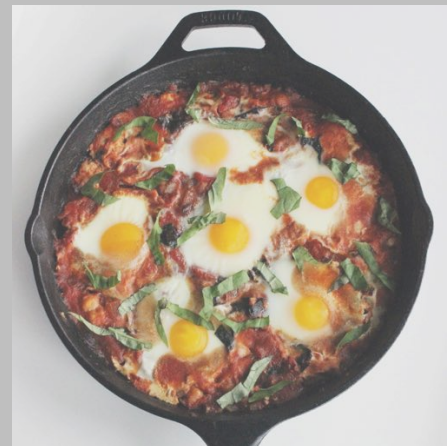
1. **PREHEAT** oven to 350°F.
2. **HEAT** heavy 8" ovenproof sauté pan over medium heat 1 minute. Add oil and heat 20 seconds. Add scallions and sauté, stirring periodically with spatula, about 2 minutes or until soft.
3. **COMBINE** egg whites, eggs, water, tarragon, and salt in medium bowl. Whisk to blend. Season with freshly ground black pepper. Pour mixture into pan and lay salmon on top. Cook, stirring periodically, about 2 minutes or until partially set.
4. **TRANSFER** pan to oven and cook 12 to 14 minutes or until firm, golden, and puffed. Remove from oven. Use spatula to release frittata from pan. Gently slide onto warm serving platter, slice, and serve with 2 tablespoons of the tapenade.

NUTRITION (per serving) 186 cal, 10 g pro, 1 g carb, 0 g fiber, 15 g fat, 2.5 g sat fat, 143 mg chol, 535 mg sodium

Spicy Baked Eggs

SERVINGS: 3

1 tbs. olive oil
4 cloves garlic, minced
1 white onion, diced
1/2 cup chickpeas
1 can diced tomatoes, drained
1 teaspoon cumin
1 1/2 tsp. cinnamon
2 tsp. paprika
1/2 tbs. red pepper flakes
2 cups silverbeet or kale, chopped
6 eggs
Fresh basil, for garnish



1. **PREHEAT** oven to 200°C.
2. **HEAT** oil in ovenproof skillet over medium heat. Add onion and garlic and sauté for five minutes. Add chickpeas and sauté for another three minutes.
3. **ADD** diced tomatoes, cumin, cinnamon, paprika, red pepper flakes, and bring to a boil. Turn the heat down to simmer for 10 minutes.
4. **ADD** silverbeet or kale and cook down for about one minute.
5. **MAKE** six little wells in the tomato and chard mixture, and add eggs to the skillet slowly.
6. **MOVE** the skillet to the preheated oven, and bake for 15 to 20 minutes or until the whites are set. Remove from oven, sprinkle with basil, serve, and enjoy.

NUTRITION (per serving) 339 cal, 20.1 g pro, 31.6 g carb, 9.5 g fiber, 16.2 g fat, 3.7 g sat fat, 327 mg chol, 339 mg sodium

Overnight Oats

Servings: 1

1/2 cup rolled oats
1/2 cup coconut milk
1 tbs. chia seeds
2 tbs. slivered almonds
1/2 tbs. maple syrup
1 tsp. vanilla extract

1. **MIX** all the ingredients together in a glass jar. Stir well, cover, and refrigerate overnight.
2. **REMOVE** from the fridge the next morning, top off with your favourite fresh fruit, and enjoy!

NUTRITION (per serving) 345 cal, 11.4 g pro, 44.0 g carb, 10.6 g fiber, 16.1 g fat, 3.8 g sat fat, 0 mg chol, 11 mg sodium



Low Fat Blueberry Muffin

SERVINGS: 12

1/2 cup vegetable oil
1/2 cup soy milk
1/2 cup pure maple syrup
1/4 cup light agave nectar
1 cup spelt flour
1 cup whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt
2 1/2 cups fresh blueberries

1. **HEAT** oven to 190°C.
2. **LINE** 12-cup muffin pan with paper liners.
3. **WHISK** oil, soy milk, maple syrup, and agave nectar in a bowl. Combine flour, baking powder, and salt in another bowl. Stir wet ingredients into dry ingredients; fold in blueberries.
4. **DIVIDE** batter evenly among muffin cups. Bake until muffins are golden brown and a knife comes out clean, 25 to 30 minutes.



NUTRITION (per serving) 221 cal, 3 g pro, 32 g carb, 3 g fiber, 10 g fat, 1 g sat fat, 0 mg chol, 11 mg sodium

Egg White Frittata

SERVINGS: 2

2 tbs. olive oil
1 red capsicum, chopped
1 green capsicum, chopped
1/4 yellow onion, chopped
1 tsp. kosher salt
1 tsp. black pepper
8 egg whites
1/2 cup feta cheese, crumbled
2 cups fresh spinach

1. **PREHEAT** the oven to 190°C. In a heavy skillet, add olive oil and bring to medium-low heat.
2. **SAUTE** onions and capsicum until vegetables are tender, about 7 minutes. Sprinkle the mixture with salt and pepper.
3. **POUR** egg whites into the skillet and cook for 3 minutes. Sprinkle the top with feta and spinach.
3. **PUT** skillet in oven and bake, uncovered, for 8 to 10 minutes. (If you use whole eggs instead of egg whites, bake at 200°C.)
4. **LOOSEN** the edges of the frittata with a rubber spatula, and then invert onto a plate.



NUTRITION (per serving) 300 cal, 21.3 g pro, 11.2 g carb, 4.2 g fiber, 20.8 g fat, 5.6 g sat fat, 20 mg chol, 1160 mg sodium

Berry Smoothie Bowl

SERVINGS: 1 bowl

Smoothie bowl base:

- 1 cup almond milk
- 1/2 frozen banana
- 1 cup frozen mixed berries
- 1 tbs. nonfat Greek yogurt (optional)

Toppings:

- 1/3 cup blueberries
- 1/4 cup raspberries
- 2 tbs. granola
- 1 tsp. pepita seeds
- 1 blackberry

- 1. BLEND** together the almond milk, frozen banana, frozen berries, and nonfat Greek yogurt (optional) until smooth.
- 2. POUR** your smoothie base in a small bowl and top off as you like! Dig in immediately.

NUTRITION (per serving) 265 cal, 10 g pro, 60.4 g carb, 13.8 g fiber, 12 g fat, 1.6 g sat fat, 0 mg chol, 195 mg sodium



Tofu Scramble with Kale and Sweet Potatoes

- 1 small sweet potato, cut into 1/2-inch cubes
- 1 tbs. canola oil
- 1/2 small yellow onion, chopped
- 1 14-ounce package extra-firm tofu, drained and crumbled
- 1/4 tsp. garlic powder
- 1 tsp. ground cumin
- 1/2 sp. salt
- 1/4 tsp. turmeric
- 2 cups baby kale
- Salt and pepper to taste

- 1. PLACE** the sweet potato cubes in a large skillet, and cover with water. Bring to a boil, then reduce the heat to medium and simmer three minutes. Pour out all the water.
- 2. ADD** the canola oil and onions. Sauté on medium-high heat for seven minutes. Add the crumbled tofu, garlic powder, cumin, salt, and turmeric. Cook for five or so minutes on medium heat, stirring frequently.
- 3. ADD** the kale, top the skillet with a lid, lower the heat to simmer, and allow to steam for a few minutes or until the kale is tender.

NUTRITION (per serving) 264 cal, 18.8 g pro, 16.6 g carb, 4.4 g fiber, 15.8 g fat, 2.3 g sat fat, 0 mg chol, 635 mg sodium



Banana Nut Oatmeal

SERVING: 1

- 1/2 cup old-fashioned rolled oats
- 1 cup water
- 1 banana, sliced
- 1 tbs. chopped walnuts
- 1 tsp. ground cinnamon

- 1.COMBINE** oats and 1 cup water in a small microwave-safe bowl. Microwave on high 3 minutes.
- 2. TOP** with banana slices, walnuts, and cinnamon.

NUTRITION (per serving) 310 cal, 8 g pro, 57 g carb, 9 g fiber, 8 g fat, 1 g sat fat, 0 mg chol, 0 mg sodium



Spinach and Flax Protein Smoothie

SERVINGS: 1

- 1 cup unsweetened almond milk (or any kind)
- 1 large handful of organic baby spinach, washed
- ¼ cup frozen mango chunks
- ¼ cup frozen pineapple
- ½ of a banana (fresh or frozen)
- 1 Tbsp flax meal (optional)
- 1 Tbsp chia seeds (optional)
- 1 scoop vanilla protein powder

NUTRITION (*per serving*) 231 calories, 19 g protein, 8 g fat, 0 g saturated fat, 23 g carbs, 9 g fiber, 11g sugar



Blueberry Smoothie

SERVINGS: 1

- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ½ cup frozen blueberries
- ½ tbs natural unsalted almond butter
- water to blend (optional)

NUTRITION (*per serving*) 232 calories, 6 g fat, 16 g carbs, 3 g fiber, 28 g protein



LUNCH & DINNER

Salmon Noodle Bowl

SERVINGS: 2

- ½ cup soba buckwheat noodles or whole-wheat spaghetti
- 140g asparagus, cut in thirds
- Cooking spray
- 1) salmon fillet, skin off, cut into 8 pieces
- 1tbs toasted sesame oil
- Zest and juice of 1-2 limes (3 TBSP juice)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon fresh pepper
- 110g cucumber, skin on, cut into medium pieces
- 1/2 small avocado, cut into bite-size pieces

- 1. COOK** the noodles in boiling water until soft (about 6 minutes for soba, 8 for spaghetti). Transfer with tongs to a strainer. Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water.
- 2. HEAT** a grill pan or skillet over medium-high heat. Coat lightly with cooking spray. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve.
- 3. MAKE** the vinaigrette: Whisk together sesame oil, lime zest and juice, and salt and pepper in a small bowl. Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.
- 4. ADD** the cucumber and avocado; toss to coat. Just before serving, add salmon. Serve warm or at room temperature.

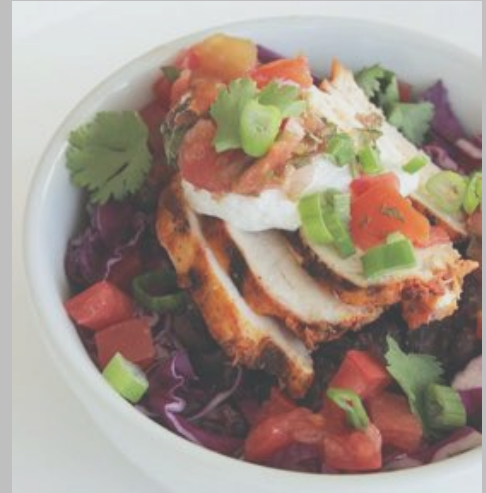


NUTRITION (*per serving*) 221 cal, 29 g pro, 47 g carb, 7 g fiber, 21.9 g fat, 3 g sat fat, 54 mg chol, 783 mg sodium

Fresh Burrito Bowl

SERVINGS: 1

1/4 cup black beans
1 teaspoon chicken broth
Pinch of cumin
Pinch of cayenne
Pinch of garlic powder
1/2 cup red cabbage, sliced thin
85 grams pre-cooked grilled chicken breast, sliced thin
2 tbs non-fat Greek yoghurt
2 tbs fresh salsa
Fresh coriander, for garnish
Sliced green onions, for garnish



1. **MICROWAVE** black beans with chicken broth, oregano, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside.
2. **ADD** red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yoghurt, salsa, and coriander and green onions, and enjoy immediately.

NUTRITION (per serving) 350 cal, 42.6 g pro, 36.3 g carb, 8.3 g fiber, 3.8 g fat, 0.2 g sat fat, 77 mg chol, 241 mg sodium

Stuffed Capsicum with Tuna

SERVINGS: 4

½ leek, washed and sliced
1 tbsp. parsley, chopped
1 small tomato, diced
½ stick celery, sliced
1 tbsp. Olive oil
1 can tuna, good quality (185g), drained
1 clove garlic, crushed
1 tsp. lemon juice
Sprinkle mixed Italian herbs
1/2 cup ricotta cheese
¼ cup grated tasty cheese
2 red capsicums (bell peppers) halved & deseeded



1. **PREHEAT** oven to 180C (400F).
2. **HEAT** fry pan with olive oil and sauté the leeks & celery until softened, approx 5 mins. Take off heat and place in a bowl.
3. **ADD** the crushed garlic, parsley, tomato, sprinkle of herbs, tuna, lemon juice and tasty cheese and mix well. Season to taste.
4. **PLACE** the halves of capsicum on lined tray and fill each one with mixture. Press the mixture down well. Bake in oven for 45 minutes. Serve with a side salad.

NUTRITION (per serving) 127 cal, 11.1 g pro, 5.5 g carb, 5.7 g fat, 1.6 g sat fat, 64 mg chol, 142 mg sodium

San Choi Bao

SERVINGS: 4

1 tbsp. peanut oil
250g pork mince (or chicken mince)
1/2 onion finely diced
1 spring onion, sliced
2 tbsp. water chestnuts drained and chopped
1 tbsp. hoi sin sauce
2 tbsp. soy sauce, light
1 clove garlic, crushed
1 tbsp. sweet chilli sauce
1 tsp. ginger crushed
1 red chilli or chilli paste
4 lettuce cups, washed



1. **HEAT** a large pan or wok on high with peanut oil.
2. **SAUTE** onion for 5 mins then add mince, breaking up the mince so all separated.
3. **ADD** chestnuts, hoisin, soy and sweet chilli sauce, garlic and ginger, and chilli stir frying until all incorporated, a few minutes.
4. **TAKE** apart whole lettuce leaves carefully, and fill each cup with mixture. Serve immediately, garnish with spring onions on top.

NUTRITION (per serving) 185 cal, 17.1 g pro, 4.2 g carb, 10.6 g fat, 3.2 g sat fat, 84 mg chol, 338 mg sodium

Kale, Quinoa and Blueberry Superfood Salad

SERVINGS: 3 of salad and 10tbs of dressing

For salad:

- 1 cup quinoa
- 1 bunch dino kale, washed and chopped (about 2 cups)
- 1 medium carrot, grated
- 1/2 cup sliced almonds
- 1 cup grape or cherry tomatoes, halved
- 1 cup blueberries, washed
- Toasted seaweed, such as nori, sliced thinly

For dressing:

- 1/4 cup extra-virgin olive oil
- 1/8 cup balsamic vinegar
- 1 tbs. low-sodium soy sauce
- 1 clove garlic, chopped
- 1 tbs honey or brown sugar
- 1 tbs. peeled and minced ginger
- 1/2 tsp. toasted sesame oil
- 1 tbs. water



- 1. PREPARE** quinoa according to package instructions. Set aside to cool.
- 2. MAKE** the dressing by combining all ingredients into a blender and processing until smooth. Pour into a small jar with lid and set aside. Combine 1 tablespoon of dressing with the sliced kale in a large bowl, mix to coat leaves evenly, and set aside.
- 3. ADD** quinoa to kale (when cool) along with blueberries, almonds, carrot, and tomatoes. Mix to combine, adding more dressing if desired. Top with sliced nori and serve. Save any remaining dressing for later

NUTRITION Salad (per serving) 377 cal, 14 g pro, 60.4 g carb, 8.5 g fiber, 9.6 g fat, 0.6 g sat fat, 0 mg chol, 58 mg sodium

NUTRITION Dressing (per tbsg) 15 cal, 0.1 g pro, 2.4 g carb, 5.5 g fat, 0.8 g sat fat, 0 mg chol, 60 mg sodium

Brown Rice and Tuna Sushi Bowl

SERVINGS: 4

For dressing:

- 1/4 cup fresh orange juice
- 3 tablespoons light-coloured (usukuchi) soy sauce
- 1 teaspoon freshly grated ginger
- 1 teaspoon honey
- 1 1/2 teaspoons extra-virgin olive oil

For chirashi bowl:

- 4 cups freshly cooked brown rice, preferably short grain
- 1/4 cup prepared sushi vinegar or rice wine vinegar
- 1 small navel orange
- 170 g sushi-grade albacore tuna, diced
- 10 grape tomatoes, cut in half
- 1/3 English cucumber, diced
- 1/2 cup shelled edamame
- 2 cups mixed salad greens
- Sesame seeds, for garnish (optional)



- 1. WHISK** all ingredients for dressing together in a bowl, making sure the honey is dissolved. Set aside.
- 2. USING** flat wooden paddle or a spatula with a cutting motion, mix the sushi vinegar into the warm brown rice. Do not use a stirring motion to avoid mashing the rice grains. Cover the rice and set aside.
- 3. CUT** the tops and bottoms off of the orange. Standing the orange on a cut end, use a knife to cut the peel and pith off of the orange working from top to bottom. Once the orange is peeled, cut crosswise into slices, and then cut the slices into cubes.
- 4. COMBINE** diced oranges, albacore tuna, grape tomatoes, diced cucumber, and shelled edamame in a bowl. Add the reserved dressing and toss to combine.
- 5. DIVIDE** the reserved brown sushi rice between four bowls. In each bowl, place the salad greens in one quarter on top of the rice, and on the other side put one quarter of the albacore mixture. Sprinkle on sesame seeds if you wish, and enjoy.

NUTRITION Salad (per serving) 402 cal, 21.7 g pro, 68.1 g carb, 7.1 g fiber, 6.9 g fat, 0.9 g sat fat, 19 mg chol, 873 mg sodium

Citrus Salad with Crispy Quinoa

SERVINGS: 4

For dressing:

3 tbs olive oil

2 tbs. fresh lime juice

1 tbs. honey

1/2 tsp. salt

For Salad:

1/2 cup uncooked quinoa

5 cups spring lettuce mix

2 oranges, peeled and diced

1 avocado, pitted, peeled, and diced

1/2 cup chopped spring onions, white and green parts



1. MAKE dressing: Combine all ingredients in a jar, screw on lid, and shake vigorously until well combined (or use an immersion blender). Shake again just before using.

2. MAKE salad: Cook quinoa according to package directions. Position a rack in top third of oven and preheat broiler to high. Spread cooked quinoa on a rimmed baking sheet. Toast quinoa under broiler, stirring occasionally and checking frequently, until it begins to crisp and turn golden brown around edges, 10 to 12 minutes. Let cool. Place lettuce in a large salad bowl. Add quinoa, oranges, avocado, spring onions, and dressing. Toss well to combine and serve immediately.

NUTRITION Salad (per serving) 308 cal, 5 g pro, 33 g carb, 7 g fiber, 19 g fat, 3 g sat fat, 0 mg chol, 300 mg sodium

Thai Beef Salad

SERVINGS: 2

1 piece scotch fillet steak

1/2 small carrot

1 roma tomato, seeds removed

1/4 cup halved green beans

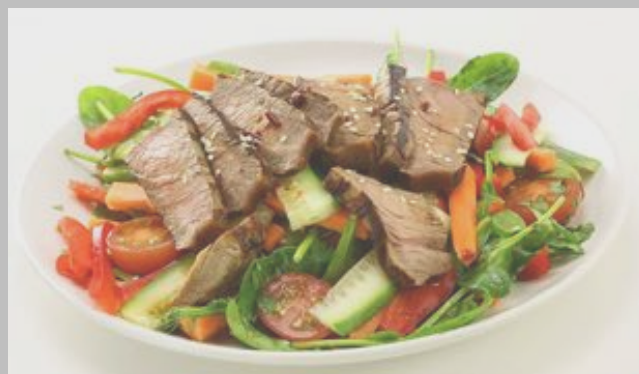
2 lettuce cups

Dressing

1/2 tsp. fish sauce

2 tbs. sweet chili sauce

1 tsp. lemon juice



1. PREHEAT oven to grill 200 degrees. Cook steak for 10 minutes, set aside.

2. PEEL carrot and using peeler shave carrot.

3. BLANCH green beans and then rinse under cold water.

4. COMBINE carrot, tomato and beans in bowl. Slice beef, add to salad ingredients.

5. COMBINE dressing in small bowl and drizzle over salad and beef mix. Serve on lettuce cups and sprinkle with sesame seeds. Serve immediately.

NUTRITION (per serving) 460 cal, 44.1 g pro, 9.9 g carb, 4 g fiber, 12.3 g fat, 5.2 g sat fat, 537 mg sodium

Lentil Salad with Mustard and Tomatoes

SERVINGS: 4

1 cup French lentils

1tbs. Dijon mustard

1tsp. coarse seeded mustard

Juice of 1 lemon

2 tbs. white wine vinegar

1 tbs. extra-virgin olive oil

Coarse sea salt

1 small red onion, finely diced

1 cup cherry tomatoes, halved

1/4 cup roughly chopped Italian parsley



1. BRING a large pot of salted water to boil, add the lentils, turn the heat to medium, and cook just until the lentils are cooked through, about 20 minutes.

2. DRAIN the lentils, place them in a large mixing bowl, and set them aside. In a smaller bowl, whisk together the mustards, lemon juice, vinegar, olive oil, and a large pinch of salt.

3. ADD the vinaigrette to the lentils along with the onion, tomatoes, and parsley. Season the salad to taste with salt and more lemon or olive oil if you like.

NUTRITION (per serving) 253cal, 13.3 g pro, 32.8 g carb, 15.8 g fiber, 8 g fat, 1.2 g sat fat, 0mg chol, 112 mg sodium

Colourful Veggie Salad

SERVINGS: 6

1 small head purple cabbage, grated
1 small head romaine lettuce, grated
2 medium carrots, julienned
1/2 cup tahini dressing (recipe below)

For dressing:

1/2 cup raw tahini
1/2 cup freshly squeezed lemon juice
2 Tbs. olive oil
1 tsp. sea salt

1. **USING** a high-powered blender, puree all the roasted tahini, lemon juice, olive oil, and sea salt together until very smooth. Set aside 1/2 cup of the dressing for your salad, and store the rest in a glass jar in the refrigerator for up to three days.
2. **COMBINE** the cabbage, lettuce, and carrots in a large bowl, toss with your dressing, and serve immediately.



NUTRITION (per serving) 131cal, 4.1 g pro, 13.1 g carb, 3.6 g fiber, 8.4 g fat, 1.3 g sat fat, 0mg chol, 228 mg sodium

Pan-Grilled Salmon with Pineapple Salsa

SERVINGS: 4

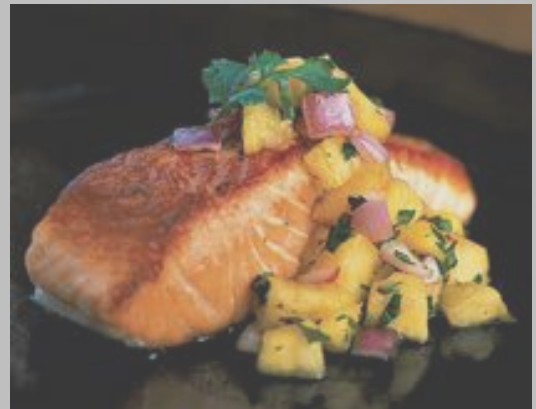
For the salsa:

1 cup chopped fresh pineapple
2 tbs. finely chopped red onion
2 tbs. chopped coriander
1 tbs. rice vinegar
1/8 tsp. ground red pepper

For salmon:

Cooking spray
4 (6-ounce) salmon fillets (about 1/2-inch thick)
1/2 tsp. salt

1. **COMBINE** first 5 ingredients (through pepper) in a bowl; set aside.
2. **HEAT** a nonstick grill pan coated with cooking spray over medium-high heat.
3. **SPRINKLE** fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.
4. **TOP** with salsa.



NUTRITION (per serving) 294 cal, 36.4g pro, 5.6g carb, 0.6g fiber, 13.2g fat, 3.1g sat fat, 87mg chol, 375mg sodium

Zucchini Noodles with Simple Bolognese Sauce

SERVINGS: 6

For the Zoodles:

6 medium zucchini, spiralized
1-2 tbs olive oil

1 clove garlic, minced

For the Bolognese Sauce:

1 tbs olive oil
1 onion, chopped
1 stalk celery, chopped
3 cloves garlic, minced
1 lb. ground turkey or ground beef
1 can crushed tomatoes
1 can tomato paste
1/2 cup dry red wine
1 tsp. dried oregano
1 tsp. dried basil
1/2 tsp. salt
1/4 tsp. black pepper
2 bay leaves
Fresh basil, chopped as garnish



1. **SPIRALIZE** your zucchini and set aside on paper towels so that any excess water is soaked up. Feel free to sprinkle with a little salt to help with this.
2. **DRIZZLE** olive oil in a large saucepan over medium-high heat and saute onion, celery and garlic until fragrant, about 3 minutes. Add ground turkey (or beef) and cook until crumbled and brown, draining excess liquid as necessary.

3. **ADD** remaining ingredients and bring to a boil then reduce heat and simmer for about 30 minutes.
4. For the zoodles, drizzle olive oil in a large skillet over medium-high heat and saute garlic until fragrant. Add zucchini noodles and cook for about 1 to 2 minutes until tender.
5. **TOP** zucchini noodles with the bolognese sauce, serve and enjoy!

NUTRITION (per serving) 326 cal, 39g pro, 24.6g carb, 7g fiber, 6.4g fat, 0.9g sat fat, 87mg chol, 375mg sodium

Slow Cooked Moroccan Vegetable Tagine

SERVINGS: 4

- 1 small onion, sliced
- 4 cloves garlic crushed
- 1 tsp. ginger crushed
- 1 tsp. each – cumin, coriander, smoked paprika
- ½ tsp. cinnamon
- ¼ tsp. chilli paste or sauce
- 2 cups tomato passata
- 1 large carrot, sliced
- 1 large zucchini, sliced
- 6-8 prunes, dried, quartered
- 1 can chickpeas, drained, rinsed
- ½ red capsicum, cut into chunks
- 2 cups vegetable stock
- 1 lemon, zest
- Squeeze of 1 lemon
- 1 cup wholemeal couscous
- Squeeze of 1 Orange
- 1.5 cups boiling water or hot vegetable stock



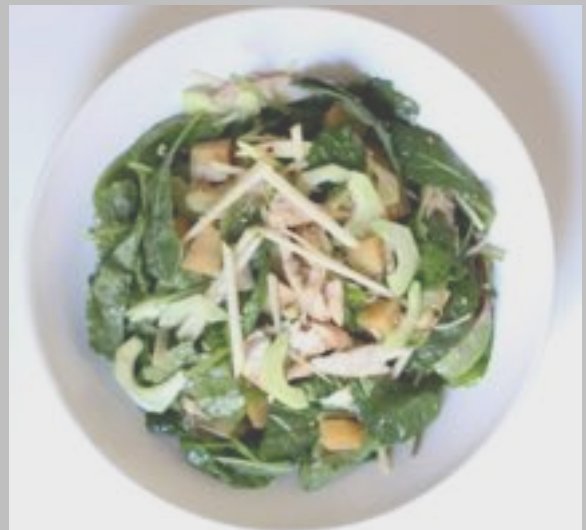
1. **PLACE** all ingredients into a slow cooker, mix so all incorporated.
2. **SET** on high for 4 hours (or low for 8 hours).
3. **PLACE** cous cous in a bowl, boil kettle and add 1.5 cups water. Season with S&P, squeeze 1 orange as well and mix with fork and cover for 10 mins. When water absorbed, fluff with fork. Option to serve with a dollop of Greek yoghurt or low fat natural yoghurt mixed with some mint.

NUTRITION (per serving) 337 cal, 16.2g pro, 57.5.6g carb, 4.4g fat, 0.7g sat fat, 712mg sodium

Chicken and Baby Kale Salad

SERVINGS: 4

- 3 tbs. low-sodium soy sauce
- 2 tbs. maple syrup or honey
- 1/4 tsp. red pepper flakes or to taste
- 1/4 cup plus 2 tablespoons fresh lemon juice (from 2 to 3 lemons)
- 450 grams skinless, boneless chicken breasts
- 680 grams sweet potatoes (about 2 large)
- 2 firm apples (such as Pink Lady)
- 1 English cucumber
- 1 140 gram package baby kale (about 8 cups)
- 1 tbs. sesame seeds
- 1 tbs. toasted sesame oil
- Kosher salt and freshly ground pepper
- 1 tbs. chopped salted peanuts, optional



1. **BRING** the soy sauce, maple syrup, red pepper flakes, 1/4 cup lemon juice, and 1 cup water to a boil in a wide saucepan. Add the chicken in a single layer; reduce the heat to medium low. Cover and simmer, turning occasionally, until just cooked through; about 10 to 15 minutes.
2. **MOVE** the chicken to a plate (reserve the liquid). Let cool, then shred.
3. **PEEL** the sweet potatoes, and cut into 1/2-inch cubes. Add to the liquid in the saucepan; cook over medium heat, stirring occasionally, until just tender; about 15 minutes. Transfer to a plate with a slotted spoon (reserve the liquid). Let the potatoes and liquid cool.
4. **CUT** the apples into matchsticks. Peel the cucumber, cut in half lengthwise, and thinly slice. Combine the apples, cucumber, kale, sesame seeds, chicken, sweet potatoes, and sesame oil in a large bowl. Toss with the reserved cooking liquid and the remaining 2 tablespoons lemon juice. Season with salt and pepper; sprinkle with the peanuts, and serve.

NUTRITION (per serving) 414 cal, 29.8g pro, 59.2g carb, 9g fiber, 9g fat, 1.5g sat fat, 65mg chol, 930mg sodium

Sake-Braised Fish with Vegetables

SERVINGS: 4

2 tbs. grapeseed or avocado oil
2 cups sliced fresh button mushrooms
3/4 tsp. kosher salt
4 scallions, white and light green parts only, sliced diagonally (about 1/2 cup)
3 medium carrots, thinly sliced diagonally (about 1 1/4 cups)
2 baby bok choy, chopped
1/4 tsp. black pepper
1 1/2 tbs. minced fresh ginger
1 tbs. plus 1 teaspoon minced garlic (from about 4 cloves)
1/2 cup sake or white wine
1/2 cup low-sodium vegetable broth or chicken broth
2 tbs. low-sodium tamari or soy sauce
1 tbs. mirin
500g of 1/2-inch-thick halibut or chilean sea bass fillets
2 tbs. toasted sesame oil



1. HEAT grapeseed oil in a large skillet over medium-high heat. Add mushrooms and sprinkle with 1/4 teaspoon of the salt. Cook, stirring often, until mushrooms release their liquid and begin to brown, about 6 minutes. Stir in scallions, carrots, and bok choy. Sprinkle with pepper and remaining 1/2 teaspoon salt. Cook, stirring often, until vegetables are tender and begin to turn golden, 3 to 5 minutes. Stir in ginger and garlic; cook, stirring constantly, for 1 minute.

2. ADD sake, broth, tamari, and mirin; bring to a boil, stirring to loosen any browned bits from bottom of skillet. Reduce heat to low. Nestle fish in liquid among vegetables. (Fish will not be fully submerged.) Drizzle with sesame oil. Cover and cook until fish is cooked through and flakes easily with a fork, about 10 minutes. Remove fish and vegetables; divide among 4 plates. Increase heat to high and boil cooking liquid until thickened and reduced by half, about 6 minutes; drizzle over fish and vegetables.

NUTRITION (per serving) 330 cal, 26g pro, 14g carb, 3g fiber, 16g fat, 2g sat fat, 56mg chol, 960mg sodium

Split Pea and Sweet Potato Soup (Vegan)

SERVINGS: 8

2 1/4 cups green split peas
5 celery stalks, sliced
1 large sweet onion, chopped
1 large clove garlic, minced
8 cups vegetable broth
1 medium sweet potato, peeled and diced
Salt and pepper, to taste

1. WASH and drain the peas, removing any stones.

2. POUR the peas, celery, onion, garlic, and veggie broth in a big pot with the top on. Bring to a boil then lower to simmer, cracking the top open slightly.

3. STIR occasionally, cooking on low for 2 hours. Add the diced sweet potatoes and cook for another 20 to 30 minutes or until the peas are soft and the soup looks creamy. Season with salt and pepper, and enjoy!



NUTRITION (per serving) 254 cal, 19.3g pro, 40.2g carb, 15.5g fiber, 2.1g fat, 0.5g sat fat, 0mg chol, 785mg sodium

Thai Basil Stir-Fry

SERVINGS: 4

2 tbs. hoisin sauce
1 tbs. sugar
1 tbs. water
1 tbs. fish sauce
1 tbs. peanut oil
3 garlic cloves, minced
1 serrano chile, thinly sliced
3 skinless, boneless chicken breast halves, cut into 1/4-inch-thick strips
1 1/2 cups sliced red bell pepper
1 cup thinly vertically sliced onion
1/2 cup fresh basil leaves, roughly chopped
1 tbs. fresh lime juice

1. COMBINE hoisin, sugar, 1 tablespoon water, and fish sauce in a bowl, stirring with a whisk until sugar dissolves.



2. HEAT a wok or large skillet over high heat. Add oil; swirl to coat. Add garlic and serrano chile; stir-fry 30 seconds or until fragrant. Add chicken; stir-fry 4 minutes. Add bell pepper and sliced onion; stir-fry 2 minutes. Add hoisin mixture; bring to a boil. Cook 30 seconds or until slightly thickened. Stir in basil and juice. Serve immediately.

NUTRITION (per serving) 250 cal, 29g pro, 14g carb, 2g fiber, 8.4g fat, 1.6g sat fat, 82mg chol, 550mg sodium

Chinese Chicken Edamame Salad

For the dressing:

- 1 tsp. minced garlic
- 1/4 cup reduced-sodium soy sauce
- 2 tbs. rice vinegar
- 1 1/2 tablespoons honey
- Pinch of ground ginger

For the salad:

- 1 cup cooked chicken breast, chopped or shredded
- 1 cup shelled edamame beans, cooked according to package directions and cooled
- 2 medium bell peppers, diced
- 1 cup shredded carrots
- 4 cups tricolour coleslaw mix
- 1/2 cup chopped cilantro
- 3 green onions, chopped, optional
- 1/4 cup toasted almonds, optional
- 1 tbs. sesame seeds, optional



- 1. MIX** the garlic, soy sauce, rice vinegar, honey, and ginger in a small bowl to make the dressing.
- 2. PLACE** the chicken, edamame, bell peppers, carrots, and coleslaw mix in a large bowl. Toss to combine.
- 3. ADD** the dressing to the salad, and combine until the salad is fully coated. Add the cilantro, and mix again.
- 4. SPRINKLE** the green onions, toasted almonds, and sesame seeds on top, if desired. Serve immediately, or let it chill for the best taste possible.

NUTRITION (per serving) 231 cal, 19.9g pro, 24g carb, 6.1g fiber, 6.5g fat, 0.5g sat fat, 32mg chol, 615mg sodium

Sautéed Steaks with Tomato Pan Sauce and Wilted Rocket

- 4 steaks of your choice about 1 1/2 to 2 inches thick
- Salt and pepper, freshly ground
- 1 tbs. oil or cooking fat of your choice
- 1 tbs. minced shallots
- 1/4 cup beef stock
- 1/2 pint cherry tomatoes
- 2 cups rocket
- 1 tbs. balsamic vinegar

- 1. SPRINKLE** the steaks liberally with salt and pepper.
- 2. HEAT** the oil over medium-high heat in a large cast-iron skillet or other skillet that is already hot. Add the steaks and sear for 3 to 5 minutes per side (longer if you like your steak well done.) Remove the steaks to a clean large plate and allow them to rest while you make the sauce.
- 3. REDUCE** the heat to medium and add the shallots and a few teaspoons of the beef stock to the skillet. Scrape up any of the browned bits left by the steaks. Add the tomatoes and cook for about 1 minute to slightly soften them.
- 4. ADD** the remaining stock, rocket, and balsamic vinegar, and cook until the rocket is wilted. Arrange the steaks on plates, place the tomatoes and rocket all around, spoon on the sauce, and serve at once.



NUTRITION (per serving) 391 cal, 29g pro, 1.7g carb, 0.4g fiber, 30.7g fat, 11.3g sat fat, 94mg chol, 127mg sodium

Salmon with Red Pepper Pesto

SERVINGS: 4

- 4 fresh or frozen salmon fillets
- 3/4 teaspoon kosher salt, divided
- Cooking spray
- 1/3 cup chopped bottled roasted red bell peppers, rinsed and drained
- 1 tbs. tomato paste
- 1 tsp. extra-virgin olive oil
- 7 whole blanched almonds
- 1 garlic clove



1. HEAT grill pan over medium-high heat. Sprinkle fish evenly with 1/2 teaspoon salt. Coat pan with cooking spray. Arrange fish in pan; cook for 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

2. COMBINE (while fish cooks) remaining 1/4 teaspoon salt, bell peppers, and remaining ingredients in a blender or food processor, and process until smooth. Serve pesto over fish.

NUTRITION (per serving) 309 cal, 39.3g pro, 2.4g carb, 0.6g fiber, 14.8g fat, 2.2g sat fat, 107mg chol, 506mg sodium

10 Fat-Fighting Snacks

- 4 whole-grain crackers and 1 can of tuna **180 calories**
- **1 cup of edamame 189 calories**
- 1 banana dipped in 1/2 ounce melted dark chocolate **176 calories**
- 2 tablespoons hummus with 4 baby carrots **66 calories**
- 1/4 cup roasted chickpeas **120 calories**
- 1/2 cup low-fat ricotta cheese with 1 cup sliced berries and 2 teaspoons honey **209 calories**
- 1 cup frozen strawberries blended with 1 tablespoon lime juice and 1 teaspoon honey topped with 1 tablespoon coconut **137 calories**
- 2 cups popcorn topped with 1 tablespoon Parmesan cheese **84 calories**
- 2 hard-boiled eggs with 4 whole-grain crackers **178 calories**
- 1/2 cup blueberries mixed with 1 tablespoon honey and 1/2 cup low-fat plain yogurt **182 calories**
- Protein Bars such as Quest **230 calories** or Atkins chocolate crisp bar **140 calories**