



TRIMESTER 2



BREAKFAST

BREAKFAST BURRITO

1 WW tortilla stuffed with 2 scrambled eggs, ¼ sliced avocado, 2 tbsp salsa and sprinkle with 1-2 tbsp scallions.

RISE AND SHINE OATMEAL

Bring 1 cup almond milk to a boil. Add 1 cup old-fashioned oats and ¼ tsp salt. Cook 5 mins. Remove from heat and stir in ¼ cup golden raisins, 1 tbsp honey, ½ tsp. vanilla extract and cinnamon. Divide into 2 bowls, top each with 2 tbsp. sliced almonds, 1 tsp brown sugar. (2 servings) Serve with 1 cup of fruit.

RASPBERRY DATE SHAKE

In a blender, place 1 cup frozen raspberries, ½ cup unsweet almond milk, ½ cup extra-firm silken tofu, 2 pitted whole dates, 2 tbsp almond butter, 1 cup baby kale, 1 cup of ice cubes, blend smooth. Pour in a glass, top with extra raspberries.

EGG COMBOS

2 eggs scrambled with 2 cups sautéed spinach with a 1 tsp freshly squeezed lemon juice. 1 sliced of WW toast

-OR-

1 slice WW toast with ¼ mashed avocado, 2 slices of fresh tomato, 2 sliced hard-boiled eggs.

-OR-

2 fried eggs between 2 slices WW toast with fresh baby spinach and 1 slice swiss cheese

-OR-

2 eggs, fried topped with ½ an avocado sliced and 1 piece of WW toast

-OR-

2 eggs fried, 1 cup sautéed spinach, ½ cup avocado sliced, 1 orange

BREAKFAST

SUMMER VEG FRITTATA

Heat a 10 in cast iron skillet over medium heat. Add 1 tbsp EVOO to coat. Add 1 cup sliced zucchini, ½ cup sliced red bell pepper, 1/3 cup onion, 1 cup chopped asparagus, 1 tbsp chopped fresh thyme, ¼ tsp salt and 1/8 tsp pepper, 2-3 minced garlic cloves. Cover and cook about 7 mins. Stir in ½ cup halved grape tomatoes. Cook uncovered until liquid is gone, about more mins. Combine 9 eggs, ¼ tsp salt, and 1/8 tsp pepper in a medium bowl and whisk. Pour eggs over veggies, stirring gently. Cover, reduce heat and cook 15 mins until almost set in center. Turn on broiler. Broil for 3 mins until totally set. Flip onto a platter, cut into 4 or 8 wedges. (Makes 4). Serve with 1 slice of WW toast

STRAWBERRY GRAIN BOWL

Add ½ cup almond milk and 2 pitted whole dates into a saucepan. Mash the dates with a fork. Add ¾ cup cooked bulgur. Cook over medium heat until mixture simmers. Remove from heat. Add ¼ tsp vanilla extract and mix. Transfer to a bowl. Top with ½ cup sliced strawberries and 2 tbsp unsalted roasted sliced almonds.

SAUSAGE AND VEGGIE SCRAMBLE

2 eggs scrambled with 3 Applegate chicken sausages and 1 cup diced zucchini and yellow squash with 1 minced garlic clove, salt, and pepper. Topped with 2 tbsp fresh scallions and ¼ sliced avocado.

HONEY – ALMOND OVERNIGHT BOWL

Combine 1/3 cup steel cut oats, 2 tbsp pearl barley in a large microwave-safe bowl. Cover and refrigerate overnight (or at least 4 hours). Uncover, stir in a pinch of salt. Microwave on high for 6 mins, stirring halfway. Stir in ¼ tsp cinnamon, 1/8 tsp ground nutmeg, 1 tbsp almonds, and 1 tbsp honey. (Serves 1) 1 cup watermelon slices.

FRUIT AND NUTS

2 cups mixed Fruit salad with 2 tbsp chopped nuts

BREAKFAST

STRAWBERRY PB TOAST

2 slices WW toast, topped with 1 tbsp PB and 1 cup of sliced strawberries. Plain greek yogurt, drizzled with honey and whatever strawberries don't fit on your toast.

BANANA OAT PANCAKES

In a blender, add 1 cup almond milk, 2 eggs, 1 large banana, 1 tsp vanilla extract, 1 tsp baking powder, ½ tsp cinnamon, dash of salt, 2 cups rolled oats. Blend smooth. Heat ½ tsp coconut oil in skillet, pour ¼ cup batter per pancake. Cook 2-3 mins until bubbly. Flip, cook another 1-2 mins. (Makes 4 Servings). Serve with 1 cup mixed berries and 3 apple gate sausage links.

MUESLI WITH YOGURT AND BERRIES

Combine 2 cups rolled oats, ½ cup dried cranberries, 1/3 cup wheat germ, 1/3 cup ground flax seed, ¼ cup maple syrup, ½ tsp cinnamon, ½ tsp vanilla extract in a large bowl. Add 3 cups almond milk. Cover and refrigerate overnight (or at least 3 hours). Combine 3 tbsp each: sliced almonds, chopped pecans, toasted pumpkin seeds in another bowl. Divide oat mix into 6 portions. Serve topped with ½ cup Greek yogurt and 1.5 tbsp of nut mix, drizzle with 1 tsp honey.

COTTAGE CHEESE AND FRUIT

1 green apple, diced, ½ cup cottage cheese, ½ cup blueberries, ½ cup grape nuts cereal. Layer fruits, cheese, grape nuts in a bowl forming 2 rounds of layers. Sprinkle with cinnamon and nutmeg.

HAM MUSHROOM OMELET

1 egg, 4 egg whites, 1 cup mushrooms, sliced, 2 slices ham chopped, cooked, fresh thyme. 1 cup pineapple chunks

CINNAMON OATMEAL WITH ALMONDS

½ cup steel-cut oats, cooked. Cinnamon to taste, 2 tbs raw almonds, chopped, 1 tsp flax. 3 Applegate sausage Links. 1 nectarine

BREAKFAST

TROPICAL COCONUT OATMEAL

In a medium saucepan add ½ cup oatmeal, ¾ cup almond milk, ½ cup coconut milk. Bring to a boil. Reduce heat and simmer 5-7 mins. Add ½ tbsp. honey, ½ tbsp. chia seeds, 1 tsp vanilla and a dash of salt. Mix to combine. Cook until desired consistency. Transfer to a bowl and top with ½ cup pineapple chunks, 2 tbsp unsweetened coconut flakes.

BALSAMIC AVOCADO TOAST

2 slices WW toast, topped with ½ mashed avocado, 1, sliced tomato and balsamic vinegar

VEGGIE OMELET WITH TOAST

2 egg scramble with 2 cups chopped veggies – asparagus, red bell pepper, onion, zucchini, etc. with 2 tbsp goat cheese crumbles. 1 slice WW toast and 1 cup of grapes.

SNACK

REMEMBER TO EAT 2 SNACKS A
DAY IN TRIMESTER 2

PB APPLES

Apple with 2 tsp PB

HUMMUS AND CARROTS

¼ cup of hummus with 1 cup of baby carrots

COTTAGE CHEESE AND CRACKERS

¼ cup cottage cheese with whole wheat crackers and 1 pear sliced, ½ avocado sliced.

PB BANANAS

Banana with 2 tsp PB, sprinkled with cinnamon

CUCUMBERS AND SALSA

1 cup sliced cucumbers with ¼ cup salsa

GREEK YOGURT AND BERRIES

½ cup greek yogurt topped with 1 cup mixed berries

HONEY OATMEAL

½ cup cooked oatmeal topped with 1 tsp honey, 1 tsp cinnamon, 1 chopped apple and 2 tbsp chopped walnuts

GREEK YOGURT AND NUTS

Greek yogurt topped with ½ cup grape nuts

KASHI AND STRAWBERRIES

½ cup Kashi cereal with almond milk, 1 cup sliced strawberries

FRUIT SALAD

2 cups mixed fruit salad with greek yogurt and granola

BERRY FRO-YO SMOOTHIE

1 cup mixed frozen berries, ½ frozen banana, ½ cup plain Greek yogurt, 1 cup baby spinach

SNACK

HUMMUS AND BELL PEPPERS

¼ cup hummus with 1 cup bell pepper strips

AVOCADO AND TURKEY

1/2 an avocado sliced, 4 slices turkey, 1 cup cherry tomatoes

BERRIES AND KASHI

1 cup raspberries 1 cup blackberries sprinkled with cinnamon and 1 tsp chia seeds 1 cup Kashi granola cereal with almond milk.

GREEK YOGURT AND GRANOLA

½ cup Greek yogurt, ½ cup granola, 1 cup sliced strawberries

COTTAGE CHEESE AND VEGGIES

Cottage cheese, 1 cup sliced cucumbers, ¼ avocado slices, 1 orange

CHOCOLATE PB BANANA SMOOTHIE

Chocolate PB Banana Smoothie with 1 cup baby kale and 1 tsp ground flax

AVOCADO EGG TOAST

1 slice WW toast, 2 hard-boiled eggs, 1 sliced tomato

BERRY SMOOTHIE BOWL

Blend ½ cup plain yogurt, 2 tbsp almond milk, 1/4 frozen banana, ¼ cup frozen strawberries, ¼ cup frozen blueberries, ¼ cup frozen raspberries. Pour into a bowl and top with ¼ fresh banana slices, 1 large strawberry, sliced, 2 tbsp fresh blueberries, 1 tbsp unsweetened coconut and 1 tsp chia seeds.

CUCUMBER TOMATO ONION SALAD

1 cup chopped cucumber, 1 cup cherry tomatoes, 2 tbsp red onion drizzled with 1 tsp EVOO and red wine vinegar with salt and pepper

LUNCH & DINNER

BROILED SALMON

Broiled salmon with cranberry, apple pecan salad – 4 oz salmon filet, sprinkled with salt and pepper – broiled for 10 mins. 2 cups baby spinach, 2 tbsp pecans, 1 granny smith apple, diced; 2 tbsp Feta, 2 tbsp dried cranberries – Toss with 1 tsp EVOO, 2 tsp balsamic vinegar, salt and pepper.

CHICKEN, PEPPERS AND ONION SKILLET

Chicken, peppers and onion skillet over quinoa – In a large skillet add 2 cups sliced onions and 2 large bell peppers (yellow and red) sliced, 1 tsp EVOO 5-8 minutes, until soft. In the meantime, coat ½ lb. boneless, skinless, chicken breast cut into pieces with the Juice of 1/2 lemon, Sprinkle 1 teaspoon fresh minced rosemary and a little salt and pepper. Remove veggies from skillet and set aside. Add 1 teaspoon of EVOO and heat. Add chicken. Cook until no longer pink, about 5-6 minutes. Stir often. Remove chicken to a plate. In the same pan, Add 1 teaspoons EVOO. Add cooked onions and bell peppers, ¼ tsp dried basil, and a little salt and pepper. Add 1 tbsp balsamic vinegar over the top. Cook over medium-high heat, stirring often, until the vegetables are soft and slightly caramelized, about 10 minutes. If the pan gets too dry, add a tbsp of water. Stir in garlic and cook, stirring, until fragrant and soft, 1 minute. Return chicken to pan. Add 1 tbsp balsamic vinegar and 1 tbsp fresh chopped rosemary. Mix everything together. Continue to cook, stirring until warmed and well blended, about 2 minutes. Serve over ½ cup cooked quinoa. (2 servings)

CILANTRO AND LIME GRILLED SCALLOPS

Cilantro and lime grilled scallops with cucumber salad – 10 scallops, rinsed, dried. Sprinkled with 1 tbsp chopped fresh cilantro and 1 tbsp fresh lime juice, salt, and pepper. Combine 2 cups thinly sliced cucumbers, ½ cup sliced red onions, ½ cup fresh cilantro, 1/4 cup feta, ½ cup chickpeas in a large bowl. Whisk together 2 tbsp EVOO, Juice from ½ a lime; 1/8 tsp salt, and pepper, ¼ tsp red pepper flakes (optional). Toss the salad with the dressing. Grill scallops for 2-3 mins each side. (Serves 2)

LUNCH & DINNER

CHICKEN PESTO STUFFED SWEET POTATO

Chicken Pesto Stuffed Sweet Potato – Pre-heat oven to 400 degrees, coat 2 small sweet potatoes, in a little bit of coconut oil and sprinkle with salt. Bake on a parchment-lined baking sheet for an hour – 70 mins, until soft. In the meantime, make the pesto: Combine 1/3 cup raw shelled walnuts, 2 cloves of garlic, 1 cup fresh basil leaves, 1 cup fresh leafy greens (spinach, kale, etc.) 1/4 cup EVOO, 1 tbsp fresh lemon juice, 1 tbsp nutritional yeast; ¼ sea salt, into a food processor, blend smooth. Combine 1 cup shredded, cooked, chicken breast and the pesto in a bowl and mix well. Once potatoes have finished cooking, slice lengthwise to make pockets and stuff with pesto chicken mixture. Serve with a side of roasted and halved Brussel sprouts in balsamic vinegar.

ARCTIC CHAR WITH BURST TOMATOES

Arctic char with burst tomatoes and pesto quinoa – Preheat oven to 400. Heat a large oven-safe skillet over high heat, add ½ tbsp EVOO. Sprinkle 2 6 oz. fillets with salt and pepper. Add fillets to pan, flesh side down, sauté 2 mins. Place skillet in oven for about 3 mins. In a large cast iron skillet, add ½ tbsp, add 2 garlic cloves, sliced; cook 2 mins. Increase heat and add 2 cups multicolored cherry tomatoes. Sauté 2 more minutes, until skins blister and split, stirring frequently. Remove from heat. Sprinkle with salt and pepper and ¼ cup thinly sliced fresh basil and 1 thinly sliced shallot. (Makes 2 servings) Serve with ½ cup cooked quinoa mixed with 1 tbsp pesto.

STRAWBERRY BASIL CHICKEN

Heat a large skillet with 1 tbsp EVOO, add 1 minced garlic clove, cook 2 mins. Sprinkle 2 (4-5oz) chicken breasts with salt and pepper on both sides, add to pan. Cook 3-5 mins on each side (and cooked through); Remove and set aside. Meanwhile, toss together, 1 cup chopped strawberries, ½ chopped basil, 1.5 tbsp balsamic vinegar, ½ tbsp. EVOO, salt and pepper to taste. Serve with a side of broccoli florets roasted with lemon, salt and pepper and ½ whole grain wild rice.

LUNCH & DINNER

PINEAPPLE TERIYAKI PORK CHOPS

Pineapple teriyaki pork chops with roasted sesame green beans – Marinate 2 4 oz pork chops in 1 tbsp pineapple juice, 1 tsp tamari, 1 clove garlic, minced, 1/8 tsp minced fresh ginger. Let sit 30 mins. Teriyaki – In a small bowl whisk ¼ tsp arrowroot and ¾ tsp cold water until dissolved. In a small saucepan, combine 1 tbsp tamari, 1.5 tbsp pineapple juice, 2 tsp brown sugar, 1/8 tsp grated fresh ginger, ½ tsp minced garlic, bring to boil and reduce. Add arrowroot mix and cook until thickened, about 2 mins. Let cool. Salsa – Combine ½ cup pineapple cut into small chunks, 1/3 chopped fresh, seeded, jalapeno, 1 tbsp finely chopped red onion, 1 tbsp chopped fresh cilantro. Set aside. Preheat a grill to medium-high heat. Remove chops from marinade. Oil grill grates and grill chops for 6-7 mins per side. Divide the teriyaki in half and pour over chops for last 1 min of cooking. Serve with half pineapple salsa on top. Green Beans – Preheat oven to 425. Line a baking sheet with foil. Arrange 2 cups green beans on the sheet and drizzle with 1 tsp sesame oil. Shake to coat. Season with 1/8 tsp garlic powder, a pinch of red pepper flakes, 1 tbsp sesame seeds and salt to taste. Bake until browned, about 10 mins. Flip and bake 5 more. (2 servings)

MEDITERRANEAN CHOPPED SALAD

Mediterranean chopped salad with grilled shrimp – Combine 3 tbsp EVOO, 2 tbsp fresh lemon juice, 2 tbsp fresh oregano, 1/8 tsp salt, and pepper together and mix well. Use ¼ dressing to marinate 1 lb fresh, peeled and deveined shrimp, set aside. In a large bowl, combine, 1 15 oz can garbanzo beans, 1 large cucumber, chopped, 2 cups cherry tomatoes, halved, 2 cups red, yellow or orange bell pepper chopped, ½ cup Kalamata olives, pitted and chopped; ½ cup red onion, chopped. Add 1 cup feta cheese, remaining dressing and toss well. Top with more fresh oregano. Cook shrimp in a skillet, until fully cooked, about 2-3 mins each side. Serve over salad. (Serves 4).

CHICKEN AVOCADO CAPRESE

Make a balsamic dressing by combining 1 tsp minced garlic, ½ tbsp. dried basil, ½ tbsp. Dijon mustard, ½ tbsp lemon juice, 2 tbsp balsamic vinegar, 1.5 tbsp EVOO, salt and pepper, whisk together. Grill 2 salt and pepper seasoned 5 oz. chicken breasts for 5-6 mins per side, until cooked through. In 2 bowls, divide 3 cups mixed baby greens, 1 avocado, ½ cup small mozzarella balls, ½ cup cherry tomatoes, halved; ¼ cup fresh basil leaves. Slice chicken breasts and add 1 to each bowl, drizzle with balsamic dressing. (Serves 2)

LUNCH & DINNER

SPICY PORK AND GREEN BEAN STIR-FRY

Spicy pork and green bean stir-fry over brown rice – In a large skillet cook ½ lb lean ground pork, 1 tbsp each minced garlic and fresh minced ginger; about 6-7 mins or until no longer pink; Transfer to bowl. In a small bowl whisk 2 tbsp tamari (GF soy sauce), 1 tbsp dry sherry or rice wine, ¼ tsp ground Chinese five-spice, ¼ teaspoon arrowroot (or cornstarch); Add 1 tbsp Peanut oil to skillet, 2 cups halved green beans and 2-4 small dried red chilies, cook stirring occasionally until beans are tender. Return pork and any juices back to the skillet, add tamari mixture. Cook, stirring, for 1-2 mins. (Serves 2) Serve over ½ cup cooked brown rice.

TURKEY TOMATO SOUP

In a medium bowl, combine ½ lb lean ground turkey, 1/2 tsp thyme, ½ tsp sage, ¼ tsp garlic powder, salt and pepper to taste. Set aside. Set a large soup pot over medium heat. Add 1 tsp EVOO. Place 1 cup chopped red onion, 1 cup chopped red bell pepper, 1/2 cup celery, and 1 tbsp garlic in the pot. Cook, stirring occasionally, for 5 to 7 minutes, or until the veggies start to soften. Push the vegetables to the side of the pot. Increase the heat to medium-high. Place the reserved turkey mixture in the pot. Cook, breaking into chunks, for about 8 minutes, or until no longer pink. Reduce the heat to medium-low. Add 1 cup brown rice, 1 can low sodium tomato soup, 1 cup water, 1 tbsp fresh thyme, 1 tsp sage. Stir to mix. Cook at a simmer, stirring occasionally, for about 15 minutes, or until the flavors are blended. (Serves 2) Serve with a whole wheat dinner roll.

THAI CHICKEN CRUMBLES SALAD

In a small bowl, combine juice from 1 fresh squeezed lime, 1 tbsp fresh minced ginger, 2 tsp honey, 1/4 tsp chili garlic sauce, and 1/8 tsp salt. Whisk, gradually adding 3 tsp, until blended. Set a small nonstick frying pan over medium-high heat until it is hot enough for a spritz of water to sizzle on it. Briefly remove the pan from the heat to lightly mist with olive oil spray. Add ½ lb extra lean ground chicken to the pan. Cook, breaking up the meat into chunks with a spatula, for 3 to 5 minutes, or until no longer pink. Remove from the heat. Stir in 2 tbsp of the reserved dressing. In a large serving bowl, combine 3 cups shredded romaine lettuce, 1 cup shredded carrot, ½ cup red onion, thinly sliced, ¼ cup chopped fresh mint, and ¼ cup chopped fresh cilantro. Divide into 2 bowls. Drizzle with ½ remaining dressing and toss (Save half for tomorrow's lunch). Top with the reserved chicken and sprinkle with 2 tbsp each chopped cashews.

LUNCH & DINNER

WHOLE WHEAT PASTA WITH EDAMAME

Whole wheat pasta with edamame, arugula, and herbs – Cook 4 ounces WW pasta in water for the time stated on the package. Drain. In a large skillet, heat 1 tbsp EVOO. Add 1 cup shelled edamame. Cook 2 mins. Add both the cooked pasta and edamame to a bowl. Stir in 2 cups loosely packed arugula, 1 cup grape tomatoes, halved. 2 tbsp chopped fresh flat-leaf parsley, 2 tbsp lemon juice, 2 tbsp fresh chopped basil, ½ tbsp. chopped fresh thyme, salt and pepper to taste. Serve topped with .5 oz shaved parmesan cheese. (Makes 2 servings).

WILD CAUGHT SEABASS EN PAPILOTTE

Pre-heat oven to 350. In a bowl combine 1 cup matchstick-cut carrots and 1 cup thinly sliced red onion, ¾ cup matchstick cut celery, ½ red bell pepper strips, 1 tsp each fresh chopped parsley, tarragon with salt and pepper to taste. Sprinkle two 6oz seabass fillets with salt and pepper. Cut two 15-inch squares of parchment paper and then fold them in half. Use the fold line as the center, to place ½ the veg mixture in each, place 1 fillet on top of each veg pile. Add 1 tsp butter to the top of each fish with 2 tbsp dry white wine. Fold paper and seal the edges. Bake for 18 mins. until parchment is puffy. Place packets on plates and cut open. Top with fresh chopped tarragon, (Serves 2).

PORK AND BLACK BEAN STEW

Heat a large pot on the stove. Add 2 tsp EVOO. Add 1 lb. pork tenderloin, trimmed of fat and cubed. Cook 4-6 mins until brown on all sides. Add 1 ¼ cup chopped onions, 3 cloves, minced garlic. Cook 2-3 mins. 2 canned chipotle chili peppers in adobo sauce, minced with 1 tsp adobo sauce, 1 tsp dried oregano, ¼ tsp. Ground cumin and ground coriander, 1 bay leaf. Mix. Add 2 cups no salt added chicken broth, 1 can of no salt added diced tomatoes, 1 can rinsed and drained no salt added black beans, 1 cup mild or medium salsa verde. Mix well, bring to boil. Reduce heat and simmer 45 – 60 mins. (Makes 4 servings) Serve over ½ cup brown rice.

MEDITERRANEAN COBB SALAD

Combine 2 cups chopped romaine lettuce; 2 cups fresh baby spinach, ½ cup diced cooked turkey breast, ½ cup fresh grape tomatoes, halved, 1/4 cup red onions, diced, 1/4 cup pepperoncini or banana pepper, sliced, ¼ cup black olives, sliced, 1 cup white kidney beans (cannellini beans) rinsed and drained or garbanzo beans, ½ cup yellow bell peppers, diced, ½ cup red bell peppers, diced in a large bowl and toss. Divide into 2 servings. Top each with 2 tbsp shaved parmesan cheese. Right before serving, top each with 1 tbsp balsamic vinegar and 1 tsp EVOO.

LUNCH & DINNER

SOUTHWESTERN CHICKEN SOUP

In a crockpot combine 1 cup of low sodium chicken broth, ½ can low sodium black beans, drained and rinsed, 1 cup frozen corn kernels, ½ can diced tomatoes with green chiles, ¼ cup cilantro, 2 scallions, chopped, ½ tsp each garlic powder and onion powder, ¾ tsp ground cumin, ½ tsp cayenne. Season 10 oz boneless, skinless chicken breast with salt and pepper. Add to crockpot. Cover and cook on low for 8 – 10 hours. A half hour before serving remove chicken and shred it then return to crockpot. Divide into 2 servings. Top with fresh cut scallions and cilantro (Serves 2)

CHICKEN SAUSAGE & ORZO SKILLET

Broccolini, chicken sausage & orzo skillet - Heat 1 tbsp EVOO in a 12-inch cast-iron or another large heavy skillet over medium-high heat. Add 6 oz chicken sausage cut into bite-size slices and ½ cup onion; cook, stirring occasionally, until the sausage is browned, 3 to 4 minutes. Add 1 cup WW orzo and 3 cloves garlic, minced; cook, stirring, for 1 minute more. Stir in 2½ cups low-sodium chicken broth, ¼ tsp crushed red pepper, and ¼ tsp salt. Bring to a boil. Stir in 4 cups broccolini (or broccoli). Reduce heat, cover and simmer until the orzo is tender, 8 to 10 minutes. Uncover and continue cooking until the broth is absorbed. Stir in ¼ fresh grated Parmesan and 2 tsp lemon zest. To serve, top with additional Parmesan and crushed red pepper if desired. (Serves 2)

SEARED SCALLOPS WITH CITRUS QUINOA

Heat 1 tbsp EVOO in a large saucepan over medium-high heat. Add whites of 2 scallions; cook, stirring, until beginning to brown, about 1 min. Add ½ cup quinoa; cook, stirring until toasted and fragrant, about 1 minute more. Add ½ cup water; bring to a boil. Reduce heat, cover and simmer until tender, 10 to 15 minutes. Let stand, covered, for 5 minutes. Meanwhile, slice ends off 1 blood orange. With a sharp knife, remove the peel and white pith; discard. Working over a large bowl, cut the orange segments from their surrounding membranes. Squeeze any residual juice from the membranes into the bowl before discarding them. Add the greens from 2 scallions, 2 tbsp sliced almonds, 2 tbsp fresh chopped cilantro, ¼ teaspoon cumin, 1/8 teaspoon coriander and salt to the bowl; gently stir to combine. Pat ½ lb scallops dry and sprinkle both sides with 1/4 tsp cumin and 1/8 tsp coriander. Heat the 1 tbsp EVOO in a large cast-iron skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. (To prevent overcooking, transfer the scallops to a plate as soon as they are done.) Add the quinoa to the bowl with the orange mixture and gently stir to combine. Serve the scallops over the warm quinoa salad.

LUNCH & DINNER

MONGOLIAN BEEF OVER BROWN RICE

Marinate 10 oz. flank steak or sirloin, trimmed of fat, very thinly sliced against the grain, in a medium bowl by mixing together 1/2 tsp arrowroot, 1/2 tsp tamari, 1/4 tsp sesame oil and a pinch of black pepper. Add the beef slices and stir until coated. Set aside for at least 10 minutes. Set a pot to boil 2 cups of broccoli florets for 1 min. Drain and immediately rinse with cold water. Set aside. To make the sauce, mix together 3/4 tbsp oyster sauce, 1 tsp tamari, 1/2 teaspoon raw honey, 1/2 tsp toasted sesame oil, 1/4 tsp Mirin Chinese cooking wine or Dry Sherry, 1 tsp arrowroot, salt and black pepper to taste and 1/4 cup sodium free chicken broth, plus more as needed to thin out the sauce. Set aside. Heat 1/2 tbs EVOO over high heat, once you see a little bit of smoke you'll know it's hot enough. Add the steak to sear and brown. Add 1 clove garlic finely minced, cook 1-2 more minutes. Pour in the sauce, stirring constantly until it boils and thickens. Stir in broccoli and toss to coat. Sprinkle with sesame seeds and chopped scallions. (Makes 2). Serve over 1/2 cups of brown rice.

BACON-WRAPPED CHICKEN

Bacon-wrapped chicken with roasted zucchini - Position racks in upper and lower third of oven; preheat to 425°F. Combine 2 (4 oz) boneless, skinless chicken breasts with 1/2 tablespoon balsamic vinegar, 1/2 EVOO, 1/4 tsp dried thyme, 1/8 teaspoon salt and pepper in a bowl. Wrap 1 slice of bacon around each piece of chicken and place on a large rimmed baking sheet. Roast on the lower oven rack for 5 minutes. Meanwhile, combine 2 cups sliced zucchini (and/or yellow squash), 1/2 a small onion, sliced, 1 tsp EVOO, 1/4 teaspoon thyme and 1/8 tsp each salt and pepper in a large bowl. After the chicken has cooked for 5 minutes, add the squash mixture to the pan in a single layer. Continue roasting for 10 minutes more. Remove the pan from the oven. Turn the broiler on high. Stir the vegetables and transfer the pan to the upper rack. Broil until the squash is tender and the chicken is cooked through, about 5 min. (Serves 2) Serve with 1/2 medium sweet potato, baked

ROASTED HALIBUT WITH HERB SALAD

Preheat oven to 300. Season two 5 oz halibut fillets with salt and pepper. Toss fish in a splash of EVOO to coat and place on a baking dish. Drizzle an extra 2 tsp EVOO over fish. Bake for 15 - 20 mins to the desired doneness. Slice 1/2 a large shallot into thin slices. Mix 1 cup of fresh soft herb leaves (flat parsley, tarragon oregano, sage, etc.) add the shallots, 1 tbsp fresh lemon juice and the extra EVOO from the fish pan. Serve with the halibut and 1/2 cooked quinoa

LUNCH & DINNER

CITRUS GRILLED SALMON

Greens and roots salad with citrus grilled salmon - Prepare vinaigrette: Combine 1/4 cup toasted walnuts, 2 tbsp cup sherry vinegar, 1 tbsp red-wine vinegar, 1 tbsp white wine (optional), orange zest and juice of 1/2 orange, 1 tbsp minced leek, 1 tbsp grated Parmesan, 1/2 tsp honey, 1/2 tsp whole grain mustard, 1/2 tsp fresh chopped parsley, 1/2 tsp salt, 1/2 tsp each, chopped fresh: rosemary, thyme and ground pepper to taste in a blender. Puree until smooth. With the motor running, slowly add 1/3 cup EVOO until combined. Prepare Salad: Toss 2 cups chopped beet, turnip and/or radish greens or arugula; 1 cups chopped chard, 1 cups chopped escarole, 1 cups chopped kale, 1/2 cup chopped radicchio in a large bowl. Very thinly slice: 2 small beets, 2 small turnips, 2 radishes, 1 small carrots and add to the greens. Toss the salad with 1/2 cup vinaigrette (reserve the remaining vinaigrette for another use). Serve topped with more walnuts. (Makes 4 Servings). Top each serving with a 6 oz. salmon filet marinated in remaining dressing and grilled for 5-6 mins or until cooked through.

BETTER BEEF STEW

In a medium resealable plastic bag, combine 1 tbsp oat flour, 1/8 tsp garlic powder, 1/8 tsp salt, a pinch of pepper. Add 1 lb. top round steak cut into 1-inch cubes and shake the bag until coated. Refrigerate for at least 15 minutes. Set a large nonstick soup pot over medium-high heat until it is enough for a spritz of water to sizzle on it. Add 2 tsp EVOO. Add beef cubes to the pot in a single layer. Cook for about 1 min per side, or until browned. Reduce the heat to medium. Add 8 oz button mushrooms, halved, 1 onion, diced, 1 tbsp minced garlic, 1 tsp dried thyme. Cook, stirring occasionally, scraping any browned bits from the pan bottom, for about 10 minutes, or until the onion is tender. Add 4 cups low sodium beef broth and 2 large carrots, cut into bite-sized pieces. Increase the heat to high. When the broth comes to boil, reduce heat to low. Cover and simmer 45 minutes. Add 1 lb sweet potatoes, cut into 1" cubes. Cook for 45 minutes, or until the beef is fork tender. Season with additional salt and pepper, if needed. Makes 4 (2 cups) servings. Serve with a WW dinner roll.

LUNCH & DINNER

PECAN CRUSTED CHICKEN

Pecan crusted chicken and parmesan roasted cauliflower – For chicken, preheat oven to 350. Coat a baking sheet with olive oil spray. In a small bowl beat 1 egg. In a separate small bowl combine 1 tbsp toasted pecans, chopped finely, 2 tsp fresh chopped parsley, ¼ tsp salt. If chicken breasts are too large to fit easily into bowl, lay nut mix out onto wax paper. Dip each (of 2 4 oz) chicken breast into the egg to coat and then one side into the nut mix. Press to coat one side. Place chicken, nut sides up onto prepared baking sheet. Bake 20 mins, until cooked through. Top with 1 tsp Dijon mustard. For veg – Oven set on 425. In large bowl combine 2 cups cauliflower florets, 1 tbsp grated parmesan cheese, 2 tsp fresh chopped parsley, ½ tsp garlic powder and ground black pepper and salt to taste. Mix together. Drizzle with 2 tsp EVOO. Transfer to a small baking dish and bake for 15-17 mins, stirring once, until lightly browned. (Serves 2)

FILET AND CARROTS

Filet and carrots with parsley pesto – Sprinkle two 4oz grass fed filets with salt and pepper on both sides. Let steaks stand while the oven preheats to 400. Toss 2 cups rainbow carrots in 1 tsp EVOO, ¼ tsp cumin, coriander and a pinch of salt. Spread the carrots on a baking sheet and roast for about 40 mins. Meanwhile, in a food processor add ½ cup fresh parsley, ¼ cup fresh mint, 2 tbsp EVOO ½ tsp. apple cider vinegar and a pinch of red pepper flakes and pulse until chopped finely. Add a pinch or two of salt. Heat a large cast iron skillet on high and add ½ tsp butter and 1tsp EVOO. Add steaks to pan. Cook 3-4 min each side or until desired doneness. Top steaks with pesto and serve with carrots. (makes 2)

SPANISH CHICKEN

Spanish chicken over cauliflower rice – In a small bowl mix together 1/2 tsp garlic powder, 1 tsp paprika, 1 tsp ground cumin, 1/2 tsp sea salt, 1/4 tsp Italian spice blend, 1/4 tsp red pepper flakes, then rub half of it on 2 chicken thighs (reserve half the rub for later). Heat a skillet over medium heat then drizzle with 1/2 tbsp EVOO and cook chicken until golden brown on each side (about 2-3 minutes on each side- you will finish cooking it later). Then remove and set aside. Fill skillet with 2 cups cauliflower rice, ¾ cups chicken stock, juice from a ¼ lemon, and the other half of the spice mix. Stir the cauliflower rice then set chicken thighs over rice, cover with a lid, and cook on medium/low heat for 20 minutes until chicken is cooked through. Garnish with chopped cilantro and lemon wedges.

LUNCH & DINNER

ZUCCHINI PESTO SAUSAGE PIZZA

Preheat oven to 450. Heat a small skillet over medium-high heat. Add 2 oz. ground, mild Italian turkey sausage and cook stirring and breaking up until cooked, 4-5 mins. Transfer to a plate. Add ½ cup thinly sliced zucchini and ½ tbsp pesto, cook stirring often until tender. Remove from heat. Place 2 small whole wheat (or cauliflower!) crusts on a baking sheet. Spread 1 tbsp pesto over each. Top each with half the sausage and half the zucchini, 1 oz mozzarella cheese, red pepper flakes, and salt and pepper to taste. Bake at 450 until crusts are crispy and cheese is melted, about 7-8 mins. Cut each into 4 slices (Makes 2)

RED BEANS AND RICE WITH CHICKEN

Preheat oven to 350. In a bowl mix together ½ tsp garlic powder, ¼ tsp each onion powder, oregano, smoked paprika, ¾ tsp sweet paprika, 1/8 tsp cumin, 1 tsp sea salt, 1/8 tsp black pepper, a pinch or two of red pepper flakes and/or cayenne pepper. Use 1 tbsp to season 2 4 oz chicken breasts, set both aside. Over medium heat in dutch oven sauté ½ a large yellow onion, diced, 1 red bell pepper, diced, and 2 celery stalks, diced about 5-7 mins until softened. Add 1 large tbsp. minced garlic, sauté 1 more min. Add remaining spices and sauté for 30 seconds. Add ½ cup brown rice (uncooked) to the pan and sauté for 1 min. Add 1 cup vegetable broth, ½ cup tomato sauce, 2 tbsp water and 1 can red beans, rinsed and drained. Stir well. Bring to a boil then lower heat and simmer for 20-25 mins. Meanwhile, place chicken breast on a lined baking sheet, bake for 20 mins or until cooked through. Remove chicken, cut into slices, serve with rice topped with chopped fresh parsley and quartered cherry tomatoes. (serves 2)