

TRIMESTER 3



BREAKFAST

SPRING BREAKFAST SANDWICH

½ avocado mashed and spread on 1 of 2 pieces of WW toast. Spread the other side with 1 tsp Dijon mustard. Top the avocado side with 6 steamed asparagus spears and 2 hard-boiled eggs sliced thinly. Sprinkle with salt and pepper. Cover with mustard slice of bread.

SWEET POTATO HASH

Sweet potato, sausage, and pepper hash - In a large skillet, bring 2 tbsp water to boiling hot. Add 1 small sweet potato cut into bite-sized pieces. Cover and cook 12 min. Add 6 oz. pork sausage and ½ red bell pepper, chopped into 1-inch pieces, cook until sausage is brown, and potatoes are tender. Drain excess fat. Stir in 2 cups spinach, ¼ tsp cumin, the juice from ¼ of an orange. Cook until spinach is done. Transfer to a plate. In the skillet, heat 1 tsp EVOO. Crack 4 eggs and sprinkle with salt and pepper (and a pinch of red pepper flake if desired) and cook until the desired doneness. Serve over sausage mixture. (Makes 2 servings).

GREEN SMOOTHIE BOWL

In a blender add 1 frozen banana, ¼ avocado sliced, ½ kiwi, skin removed, ½ tsp peeled fresh ginger, 1 cup spinach leaves, ½ tsp cinnamon, ½ tbsp tahini or creamy cashew butter, 1/3 cup coconut milk, 1 tsp maple syrup, or honey, 1 tsp green powder or spirulina. Pour into a bowl, top with, ½ tbsp chia seeds, sliced strawberries, ½ sliced kiwi and another drizzle of honey. (Serves 1)

VEGGIE SCRAMBLE

2 egg scrambled with ½ cup mushrooms and ½ cup chopped asparagus. Sprinkle with fresh chopped chives and parsley, 1 piece of WW toast. Serve with 1 cup grapes.

CINNAMON MAPLE OATMEAL

¾ cup oatmeal sprinkled with cinnamon and 1 tsp maple sugar, 1 cup of blueberries. 2 fried eggs,

BREAKFAST

CHICKPEAS AND EGGS

Preheat oven to 400. Rinse and drain ½ can chickpeas (garbanzo beans). Spread on a towel and pat dry. In a baking dish combine chickpeas, ½ tbsp. EVOO, ½ tsp paprika and a pinch of salt. Toss to coat. Bake 20 mins. Make 4 spaces among the beans and drizzle with a tiny bit more oil. Crack 1 egg into a dish and then slide into one open space, repeat with remaining 3 eggs. Sprinkle with salt and pepper. Bake 5-7 min more until yolks thicken. Sprinkle with fresh chopped parsley and chives. (Makes 2 servings). Serve with 1 cup sautéed spinach.

CINNAMON HONEY OATMEAL

½ cup oatmeal topped with cinnamon, honey and chopped almonds and 3 Applegatesausage links.

VEGGIE SCRAMBLE

2 eggs scrambled with ½ chopped bell pepper, ½ sliced zucchini, and 2 cloves garlic. Top with 2 tbsp chopped scallions.

GREEK YOGURT AND BERRIES

Greek yogurt, 2 cup mixed berries, ½ cup grape nuts cereal.

BANANA BREAD SMOOTHIE

Blend 1 scoop vanilla protein powder, 1 banana, ½ cup almond milk, ¼ cup uncooked oats, ¼ Greek yogurt, 1 tsp vanilla, a few shakes of cinnamon, nutmeg, salt.

FRIED EGG OPEN-FACED SANDWICH

2 slices of WW toast –each topped with ½ cup sautéed spinach, and 1 fried egg. 1 cup grapes

COTTAGE CHEESE AND APRICOT

Apricot and cottage cheese parfait and cereal – ½ cup cottage cheese, 2 sliced apricots, and 2 tbsp slivered almonds layered. ½ cup high fiber cereal – like grape nuts with ½ cup almond milk.

BREAKFAST

BANANA NUT FRENCH TOAST

Combine 1 egg, 1 tbsp almond milk, 1 tsp maple syrup, and ¼ tsp pumpkin pie spice in a shallow pan; whisk to blend. Soak 2 slices of WW bread in egg mixture for two minutes, turning halfway. Heat ½ tsp coconut oil in a medium nonstick skillet over medium heat. Add bread; cook for 2 to 3 minutes on each side, or until golden brown. Top each slice evenly with slices from ½ a banana and 2 tbsp pecans.

QUINOA BREAKFAST BOWL

Heat 1 tsp EVOO in a nonstick skillet over medium heat. Crack 1 egg into it and cook, covered, 2 to 4 minutes for slightly runny yolks. Season with salt and pepper. Serve on top of ½ cup quinoa topped with the fried eggs, ¼ cup avocado, and 2 oz. smoked salmon. Drizzle with lemon juice and top with chopped scallions. Serve 1 cup of watermelon and cantaloupe chunks.

HERB SCRAMBLED EGGS

Herb scrambled eggs with sausage and peppers and onions – In a skillet heat 1 tsp EVOO. Add ½ cup sliced onion and ½ cup sliced bell pepper and 1/2 sausage (or 3 links). Sauté until soft, about 6 mins. Remove to a plate, keep warm. In a bowl scramble 2 eggs. Add in ½ cup fresh chopped herbs, salt, and pepper. Add to hot pan. Cook until eggs are done, stirring regularly. (Serves 1)

SPICY AVOCADO TOAST SANDWICH

Spicy avocado toast sandwich with egg and tomato – While 2 slices of WW bread are toasting, fry an egg in a skillet. Mash ½ an avocado onto 1 slice of toast. Sprinkle with paprika, salt, and pepper. Top with 2 slices of tomato, egg and second slice of toast. Serve with a 1 cup side of homemade pickled veggies.

HUMMUS TOMATO TOAST

1 slice WW toast spread with ¼ cup hummus topped with 3 slices tomato, ¼ cup cucumber slices

BREAKFAST

BLUEBERRY OATMEAL PANCAKES

Mix together $\frac{1}{2}$ tbsp flaxseed meal and 1.5 tbsp warm water and set aside until gooey, almost like egg whites. In a measuring cup, add $\frac{1}{2}$ tsp lemon juice then top off with almond milk to make $\frac{3}{4}$ cup. Stir and set aside until curdled. In a blender, add $\frac{1}{4}$ cup oats and blend quickly until almost forms a flour. Add $\frac{1}{4}$ rice flour, $\frac{1}{2}$ tbsp. agave nectar, $\frac{1}{2}$ tsp baking powder, $\frac{1}{4}$ tsp baking soda, $\frac{1}{4}$ tsp salt, $\frac{1}{2}$ vanilla extract, $\frac{1}{2}$ tbsp. melted coconut oil, and blend until smooth. Heat a lightly oiled skillet or griddle over medium heat. Spoon pancake batter on, about $\frac{1}{4}$ cup per pancake and place blueberries on top (use $\frac{1}{2}$ cup between all the pancakes). Cook until bubbles form and burst on the surface. Flip with a spatula and press down to cook evenly. Cook about 3 more minutes, or until cooked through. Serve with $\frac{1}{2}$ cup more fresh blueberries and blueberry chia jam and maple syrup. (Makes 2 Servings)

PEACH COBBLER OATMEAL

In a large saucepan over medium heat, add $\frac{1}{2}$ cup water and a pinch of salt. Bring to a boil. Add $\frac{1}{4}$ cup oats, 1 tsp cinnamon and pinch nutmeg and stir to combine. Cook for 4 minutes, or until oatmeal thickens. Add $\frac{1}{2}$ a chopped peach and 1 tsp honey and cook one additional minute. Serve immediately and garnish with 2 tbsp chopped pecans, another half of peach copped and $\frac{1}{4}$ cup coconut whipped cream.

BREAKFAST SLIDERS

Preheat oven to 400 degrees F. Arrange 2 frozen mini Whole Wheat waffles on a baking sheet and bake until toasted, usually about 5 minutes depending on the brand. Cook 2 slices of bacon in a skillet over medium heat until crispy. Drain and clean skillet. Sauté 1.5 cup spinach with 1 tsp EVOO and minced garlic. Remove from skillet. Add 1 tsp EVOO in a skillet over medium heat. Whisk together 2 eggs in a bowl with salt and pepper and 2 tbsp fresh chopped herbs. Add eggs to the skillet and let set slightly. Reduce heat to low. When the eggs are almost cooked to your liking, fold in 2 tbsp chives and remove from heat. Sprinkle one side of waffles with 1 tbsp whole milk cheddar cheese. Top with scrambled eggs and sprinkle with another 1 tbsp cheese. Top with bacon and spinach and the other waffles. Transfer to oven to bake until the cheese is melted, about 10 minutes. Serve with 1 cup watermelon chunks.

SNACK

REMEMBER TO EAT 2 SNACKS
A DAY IN TRIMESTER 3

GREEK YOGURT AND BERRIES

Greek Yogurt with 1 cup mixed berries, ½ cup granola sprinkled with cinnamon

APPLE AND ALMOND BUTTER

Apple with Almond butter

BANANA BERRY SMOOTHIE

1 cup water, ½ frozen banana, 1 cup mixed berries, ½ an avocado, 1 cup baby kale, 1 tsp chia seeds, 1 cup of ice. Blend.

COTTAGE CHEESE AND CRACKERS

Cottage cheese, WW crackers and a pear

CINNAMON HONEY GREEK YOGURT

Greek yogurt, drizzled with cinnamon and 1 tsp honey. 2 slices toast spread with 1 tbsp PB each.

BELL PEPPER TURKEY WRAPS

Sliced bell peppers wrapped with 3 oz. turkey breast slices and an orange

MINT CHOCOLATE SMOOTHIE

1 scoop choc protein powder, 1 cup almond milk, ¼ cup fresh mint leaves, ½ frozen banana 1 cup ice

HUMMUS AND VEGGIES

¼ cup hummus with 2 cups mixed veggies

FRUIT AND YOGURT

Yogurt topped with ½ sliced banana and 1 cup of mango chunks

FRUIT AND NUTS

¼ cup of almonds 1 cup sliced 2 plums

SNACK

CHIA SEED YOGURT

Yogurt, 1 cup blackberries, sprinkled with 1 tsp chia seeds and honey

STRAWBERRIES AND CREAM

2 cups strawberries topped with ¼ cup Coconut whipped cream

FRIED EGG TOMATO SANDWICH

1 slice of WW toast spread with ¼ cup hummus, topped with sliced tomato and 2 sliced hard-boiled eggs

EDAMAME

½ cup edamame and ¼ cup cashews

COCO OATMEAL

1/2 cup oatmeal mixed with 1 tsp coco powder, 1 tbsp PB topped with 1 banana sliced

HONEY PB BANANA

1 banana spread with 1/2 tbsp PB, drizzled with honey.

AVOCADO TOAST

1 slice toast, ½ avocado mashed. 2 cups homemade mixed picked veggies. 2 hard-boiled eggs.

CINNAMON BERRY OATS

½ cup oatmeal, topped with cinnamon and 1 cup blueberries. Greek yogurt with vanilla extract and 1 tsp honey.

TURKEY QUINOA

Turkey slices, ½ cup cooked quinoa mixed with chopped fresh herbs and lemon juice and 1 nectarine

PB BANANA ROLL UP

¼ cup mixed nuts, 1 large WW tortilla, spread with 1 tbsp PB and ½ a banana sliced and rolled

SNACK

HONEY BANANA ENGLISH MUFFIN

1 WW English muffin topped with 1 tbsp PB, 1 sliced banana, drizzled with 1 tsp honey and sprinkled with cinnamon. 2 hard-boiled eggs.

TURKEY ROLL-UPS

Use 4 oz. turkey slices, 2 cups of homemade pickled veggies. Wrap veggies in turkey slices.

BANANA PB NICE CREAM

In a food processor blend 1 frozen banana chopped into slices, 1 tbsp PB and a few tbsp almond milk (add more as needed for creamy texture). Process until smooth. Pour into a bowl. Add in 2 tbsp chopped peanuts and hand mix in. Serve immediately or freeze for a harder consistency. (1 serving)

VEGGIE WRAP

1 WW tortilla with ½ cup baby spinach, ¼ cup mushrooms, 2 tbsp sliced red onion, 2 sliced radishes. Drizzle with EVOO and balsamic vinegar, salt and pepper. Roll it up and chow down.

PINA COLADA SMOOTHIE

½ coconut milk, ¼ cup pineapple juice, ½ cup frozen pineapple chunks, ½ a frozen banana, ¼ cup frozen mango. Blend.

QUINOA BOWL

Combine ½ cup cooked quinoa with ¼ cup unsweetened almond milk. Microwave 1-2 mins. Stir it up, top with 1 cup strawberries, ¼ cup chopped pecans. Drizzle with balsamic vinegar.

LEMON POPPYSEED YOGURT

¾ cup Greek yogurt mixed with ½ tbsp. lemon curd, 1 tsp poppy seeds, 1 cup of blueberries and ½ cup granola.

BLACK RASPBERRY VANILLA SMOOTHIE

Blend ¾ cup vanilla yogurt with ½ cup almond milk, 1 cup frozen blackberries, 1 cup frozen raspberries.

SNACK

BUFFALO TUNA CELERY

In a small bowl, add one 5 oz. can of drained tuna, 1 tbsp Greek yogurt, 1 tbsp buffalo wing sauce. Mix well. Cut the celery 3 stalks celery in half. Spoon the tuna mixture into the celery. WW crackers and 2 tbsp walnuts.

BERRY KALE SMOOTHIE BOWL

Blend 1 cup water, 1.5 cups mixed frozen berries, 1 cup kale, 1 scoop vanilla protein, 2 tbsp rolled oats. Pour into a bowl. Top with ½ cup mixed fresh berries, 2 tbsp rolled oats, sliced almonds and chia seeds.

GINGER PEAR SMOOTHIE

Blend 1 cup almond milk, 1 cup spinach, 1 chopped, cored pear, 1 tsp lemon juice, ½ tsp vanilla extract, ½ grated fresh ginger, and 1/8 tsp ground cardamom.

LUNCH & DINNER

NECTARINE, BEET AND GOAT CHEESE SALAD

1 cup baby spinach topped with ½ cup shredded, cooked chicken, 4 oz. whole cooked and quartered baby beets, ½ a nectarine cut into wedges, 2 tbsp goat cheese, 1 tbsp sunflower seeds, drizzle with 1 tsp EVOO, 1 tbsp balsamic vinegar, salt and pepper, toss to combine.

SPICY BEEF TACOS

Put 3 cups coleslaw veggies, juice of 1 lime, 1 tsp EVOO, ¼ cup fresh cilantro chopped, 1 tsp honey, salt and pepper into a large bowl. Mix well and set aside. In a blender combine 1 cup chopped tomatoes, 2 small fresh poblano peppers, seeded and chopped, 1/3 cup low sodium beef broth, ¼ cup chopped onion, 1 fresh habanero pepper, seeded (or not if you like it extra spicy). 1 tbsp tomato paste, 1 tsp cumin. Blend smooth. Place a 1 lb. boneless beef chuck roast into a crockpot. Pour the pepper mixture over it. Cook on low 8 hours (or on high 4 hours). Remove meat from crockpot, skim fat from the liquid. Shred meat and serve on small corn or WW tortillas. Drizzle some cooking juices on top and serve with Sliced red onion, fresh cilantro, and thinly sliced radish and slaw. Makes 6 servings.

SESAME SOY TILAPIA

Pre-heat oven to 400. Combine 2.5 cups shredded napa cabbage, ½ cup matchstick carrots, ½ cup snow peas, ½ one red bell pepper, sliced. Toss with combined 1 tbsp sesame oil and ½ tbsp. fresh lime juice. Divide cabbage mixture between 2 14 in square pieces of foil. Add 1 5 oz. tilapia fillet to top. Drizzle each with 1 tsp reduced sodium soy sauce over each fillet and sprinkle with salt and pepper. Close foil into packets around veggies and fish. Place on a baking sheet and bake 20 mins. Open packs and top with ½ tsp each toasted sesame seeds. Serve with a lime wedge. (2 servings)

LUNCH & DINNER

CHICKEN BROCCOLI ALFREDO

In 2/3 cup of water, soak 1/3 cup raw cashews covered for 2 hours. Meanwhile, cut 5 oz. chicken breasts into bite-sized pieces. Sprinkle with salt and pepper. Sauté in 1 tsp EVOO until cooked through. Drain cashews. In a food processor, add cashews, ¼ cup reduced sodium chicken broth. Process until smooth and creamy. Add ¼ more broth, cover and pulse until combined. Set a pot to boil and cook 2 cups whole wheat pasta per package directions. Drain pasta return to pot to keep warm. Set a separate pot to boil, blanch 2 cups broccoli, drain, set broccoli in pan with pasta. In a skillet, add 1 tsp EVOO and heat. Add ¼ chopped shallot and cook 3 mins. Add ½ tbsp. chopped fresh thyme, 1 clove garlic, minced, cook 1 min. Add 2 tbsp low sodium chicken stock stirring and scraping in any browned bits. Stir in cashew mixture, add salt and pepper and simmer uncovered until thickened, about 1 min. Pour over pasta and broccoli, toss to coat. Top with 1 tbsp fresh grated parmesan cheese. (Makes 2 servings)

CUKES AND FETA SALAD WITH LEMON CHICKEN

Cukes and Feta Salad with Lemon chicken - Preheat oven to 350. Combine ½ tbsp. fresh chopped dill, ½ tbsp. EVOO, ½ tbsp. white wine vinegar, ¼ tsp Dijon mustard, salt, and pepper to make the dressing. Combine 1 cup coarsely chopped romaine lettuce, 1 cup diced English cucumber, ¼ coarsely chopped unsalted roasted almonds, ¼ cup crumbled feta. Toss with dressing. Coat 2 4-5 oz chicken breasts with salt and pepper and lemon juice. Place in a sprayed baking dish, cover with sliced lemon rings. Bake for 20 mins. Remove lemon slices and serve with cucumber salad and ½ cup quinoa (Makes 2 serving).

OPEN FACE TURKEY BURGER

Open face turkey burger with pickled veg and a side salad - Combine ½ lb. lean ground turkey with ¼ cup diced onion, 2 minced garlic cloves, 2 tbsp fresh chopped parsley. Mold into 2 patties. Grill until cooked all the way through 7-10 mins per side. Serve on 1 slice WW toast, topped with 1 cup homemade pickled veggies with a small side salad, with cucumbers and tomatoes and 1 tbsp dressing.

LUNCH & DINNER

BLACKBERRY GRAIN BOWLS WITH SEARED SCALLOPS

In a mason jar, combine $\frac{1}{4}$ cup EVOO, 1 tsp lemon zest, 2 tbsp fresh lemon juice, $\frac{1}{2}$ tbsp. fresh chopped oregano, $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp ground pepper. Shake and set aside (Makes 3 servings). In a bowl top $\frac{1}{2}$ cup cooked farro with $\frac{3}{4}$ cup baby spinach leaves, $\frac{1}{2}$ cup blackberries, 3 tbsp each thinly sliced fennel bulb and green onion, $\frac{1}{4}$ cup halved cherry tomatoes, 2 tbsp chopped pistachio, and 2 tbsp crumbled goat cheese. In a small skillet heat 1 tsp EVOO. Rinse and dry $\frac{1}{2}$ lb. scallops, season with salt and pepper. Add scallops to pan. Sear 2-3 mins each side until cooked through. Serve on grain bowl, top with $\frac{1}{3}$ dressing (Save last serving to top a side salad). (Makes 2 servings.)

CHICKEN ANDOUILLE STUFFED PEPPERS WITH GREEN BEANS

Pre Heat oven to 425. Cut 1 yellow bell pepper in half, length wise and remove seeds. Place cut side down on a baking dish, roast 10 mins. In a medium bowl combine $\frac{1}{2}$ cup cooked brown rice, 4 oz. cooked chicken andouille sausage, $\frac{1}{4}$ cup chopped green onion, 3 tbsp chopped cherry tomatoes, 1 clove garlic minced and $\frac{1}{2}$ tsp Cajun seasoning. Remove pepper from oven and turn it over. Fill peppers with half each of the sausage mixture (if overflows it's OK). Place 2 cups trimmed green beans coated with 2 tsp EVOO and salt and pepper onto the other half of the pan. Cover pan loosely with foil, bake 25 mins. (Makes 2 servings).

MUSTARD CRUSTED SALMON WITH BRUSSELS

Pre-heat oven to 425. Line a baking dish with foil. Trim and halve 1 lb. brussels. Toss with 1 tbsp EVOO, $\frac{1}{4}$ tsp each sea salt, and ground pepper. Roast for 20-25 mins. In the meantime cook 2 strips of bacon and let cool. When Brussels are done, heat $\frac{1}{2}$ tsp EVOO in a skillet and transfer them over. Add 2 tsp maple syrup and coat brussels. Sprinkle crumbled bacon, $\frac{1}{4}$ tsp ground garlic and extra salt to taste and stir to coat. Set aside but keep warm. Pre-heat broiler. Place 2 6 oz salmon fillets on a sprayed baking sheet, skin side down. Combine 3 tbsp Dijon mustard, 1 tsp minced garlic and 1 tsp fresh lemon juice and brush evenly onto fillets. Broil for 10 mins until cooked through. Serve with a small side salad drizzled with 1 tsp EVOO and red wine vinegar, salt and pepper. Serves 2

LUNCH & DINNER

GREEK CHICKEN THIGHS

Greek chicken thighs with cuke and tomato salad – Combine 2 tbsp tahini, 1.5 tbsp fresh flat-leaf parsley, 1.5 tbsp EVOO, 1.5 tbsp water, ½ tsp. fresh chopped rosemary, 1 tsp lemon zest, 1 tbsp fresh lemon juice, ½ tsp crushed red pepper, 1 grated garlic clove, 1 small shallot, grated. Reserve ¼ mixture for later. Use remaining to coat 4 boneless, skinless chicken thighs in a zip lock bag. (Marinate overnight if possible but at least 2 hours). Combine 1 cup chopped cucumber, 1 cup chopped tomatoes, ½ cup chopped fresh flat-leaf parsley, 2 tbsp fresh chopped mint, ½ tsp. fresh lemon juice, ½ tsp EVOO, and dash of salt. Toss to combine. Preheat grill to 350. Coat with cooking spray. Remove chicken from the bag (discard marinade) and sprinkle with salt. Grilled covered 4 mins per side. Remove from Grill and drizzle the reserved marinade over top. Serve with ½ cup cooked brown rice. (Makes 2 servings).

HUEVOS TACOS

In a large nonstick skillet heat 1 tsp EVOO over medium heat. Add ½ a small red onion, chopped; cook about 4 minutes or until softened. Add 1 clove minced garlic; cook for 30 seconds more. Remove from heat. Stir ½ can drained no salt pinto beans, ¼ tsp cumin, 1/8 tsp each kosher salt and oregano, and a pinch cayenne pepper into the onion mixture, mashing the beans with the back of a spoon. Return to heat and stir in ¼ cup water, continuing to mash the beans with the spoon. Simmer until beans are thick and of spreading consistency (mixture won't be completely smooth). Remove from skillet; keep warm. Rinse and dry the skillet. Coat the skillet with cooking spray. Heat skillet over medium heat. In a large bowl whisk 4 eggs until well mixed. Add eggs to skillet and cook, without stirring, until eggs begin to set on bottom and around edges. With a spatula or large spoon, lift and fold the partially cooked eggs so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until cooked through but still glossy. To serve, spread ½ bean mixture on 2 warmed tortillas; top with cooked eggs. Sprinkle each with 1 tbsp shredded Mexican cheese blend; fold in half. Top with 1 tbsp salsa and fresh cilantro. Keep leftovers for breakfast. Serve with 1 cup coleslaw dressed with 1 tsp honey and 1 tsp EVOO, 1 tbsp sunflower seeds and ¼ fresh chopped cilantro.

KALE AND GRAIN BOWL

In a bowl add ½ cup cooked bulgur, ½ cup shredded rotisserie chicken, 1 cup baby kale, ½ cup roasted, cubed butternut squash, ½ cup chopped roasted beets, ½ cup 1 oz. crumbled blue cheese (or goat cheese), 1 slice cooked chopped bacon, 2 tbsp fresh chopped parsley. Combine 1 tbsp EVOO, ½ tsp. ACV, 1 tsp maple syrup, salt and pepper. Mix and drizzle over grain bowl.

LUNCH & DINNER

PORK CHOPS

Pork chops with carrots and cabbage – Preheat oven to 400. Sprinkle 2 6 oz. bone-in center cut pork chops with salt and pepper. Melt ½ tbsp. butter in a large ovenproof skillet. Add chops, cook 4 mins per side or to desired doneness. Remove from pan and cover to keep warm. Add 2 cups chopped green and red cabbage, 1 cup diagonally sliced carrots, ¼ tsp caraway seeds, 1/8 tsp salt and pepper to pan. Stir in ¼ cup chicken stock, scraping sides of pan to get the browned bits. Cover and place pan in the oven. Bake for 12 mins until carrots are tender. Remove veggie mixture from the pan and cover. Add 2 tbsp ACV, 1.5 tbsp apple jelly and 1 tbsp EVOO to the pan. Bring to a boil. Cook and whisk about 3 mins until slightly reduced and smooth. Divide chops and veggies in 2, drizzle with sauce. (makes 2 servings)

SUPERFOOD BOWL

Dressing: In a large bowl whisk together 2 tbsp EVOO, 2 tbsp fresh lemon juice, 1 tbsp honey, 1tsp Dijon mustard, 1/8 tsp salt and a bit of black pepper. Add to the bowl 4 cups chopped kale and toss to combine using your hands. Add 1 cup cooked, cooled quinoa ½ can be rinsed, drained chickpeas, 1 cup blueberries, ¼ cup almond slices, 2 oz. crumbled goat cheese and 1 avocado, diced. Pre-heat oven to 400. Line a baking sheet with foil. Place 2 5 oz. salmon fillets, skin down on the sheet. Sprinkle with salt and pepper and drizzle with lemon juice. Bake 20 mins. Serve with bowl. (Makes 2 servings)

CRUSTED FLANK STEAK

Crusted flank steak with Cuban black beans – Pre-heat grill to 450. Combine 1 tsp each cracked coriander seed, black pepper, and ¼ tsp salt. Rub it onto ½ lb. flank steak. Meanwhile, heat 2 tsp EVOO in a medium skillet over medium heat. Add ¼ cup yellow onion, ¼ cup red bell pepper and sauté 3 mins. Stir in 1 tbsp tomato paste and ¼ tsp cumin. Cook 30 more secs. Add ¼ tsp salt, ¼ cup no salt chicken stock, ½ tsp ACV, ½ can unsalted, drained and rinsed black beans. Cook 3 mins, set aside. Spray grill and put the steak on. Cook 5 mins on each side for medium-rare, or until the desired temp. Remove to a cutting board and let sit 5 mins. Cut across the grain into thin slices. Top beans with fresh cilantro and Serve with sliced steak. (Makes 2 servings).

LUNCH & DINNER

POM-KALE SALAD WITH GRILLED SEABASS

Pre-heat oven to 400. Heat a skillet over medium heat. Add 1 tsp EVOO and ¼ cup thinly sliced shallots, cook 6 mins or until slightly crispy. Remove from pan. Cook 2 slices of bacon in the skillet until crisp. Remove from pan, reserving the drippings. Coarsely chop the bacon. Heat drippings. Add ¼ cup raw almonds, cook until slightly browned, stirring frequently, about 2 mins. Transfer to a paper towel and dry. Discard drippings. Coarsely chop the almonds. Sprinkle 2 4 oz. wild caught seabass fillets with salt and pepper and place on a baking pan lined with foil and sprayed. Cook for 10-12 mins. While cooking Place 3 cups of kale in two bowls, top with shallots, bacon, almonds and ¼ pomegranate arils. Mix - ½ tbsp each pomegranate juice, EVOO and balsamic vinegar, a pinch of salt and pepper. Shake well, drizzle over salads and toss to coat. Serve with seabass, drizzled with a squeeze of fresh lemon.

CHICKEN BIRYANI

Combine 1/3 cup Greek yogurt with 1 tsp turmeric, ½ tsp ground cumin, and a pinch of red pepper in a bowl. Add ½ lb boneless, skinless chicken thighs cut into 1 in pieces. Toss to coat, cover and chill 2-4 hours. Combine ½ tbsp. EVOO with 1 tsp minced ginger, 2 cloves garlic, minced, 1 crushed cardamom pod in a large high sided skillet. Stir often until ginger begins to sizzle, about 1 min. Add 1 cup uncooked basmati rice. Cook stirring until toasted, about 1 minute. Add 2/3 cup chicken stock and ¼ cup carrot, chopped, 2 large tbsp. raisins, ¼ tsp salt and ½ a cinnamon stick. Remove chicken from marinade and discard marinade. Layer chicken in even layer over rice. Cover, increase heat to high, bring to a boil. Reduce heat to medium-low and simmer until chicken is done and rice is tender about 15 mins. Remove from heat. Remove and discard cinnamon stick. Let sit for 5 mins. Stir in ½ tbsp heavy cream. Serve in a shallow bowl and top with 2 tbsp unsalted dry roasted cashews, chopped, 1 tbsp fresh chopped cilantro and thinly sliced serrano slices and a lime wedge. (Serves 2) Serve with side of steamed broccoli drizzled with EVOO, lemon juice and salt and pepper.

LUNCH & DINNER

BASIL AND AVOCADO CHICKEN SALAD

1 cup chopped tomatoes, pull 1 cup of chicken breast from a rotisserie chicken and shred, Slice 1 avocado. Arrange all on top of 3 cups chopped romaine lettuce. Drizzle with 2 tsp EVOO, and juice from ½ a lime and top with fresh basil leaves and salt and pepper. (Makes 2 servings)

VIETNAMESE PORK MEATBALLS AND VEGGIES

Combine 10 oz. ground pork, 1 tsp fresh grated ginger, ½ tbsp. smashed, finely chopped lemongrass, ½ tsp fish sauce, ½ tsp lime zest, ½ clove of garlic, minced. Shape into 10 meatballs. In a large skillet heat ½ tbsp. grapeseed oil, add meatballs. Cook 12-15 mins until done, turning occasionally. Serve with sliced carrots, radish, fresh cilantro squeeze with lime juice.

SEARED SCALLOPS WITH CHILE GARLIC SPINACH

Heat a large cast iron skillet over high. Coat with cooking spray. Sprinkle ¾ lb. scallops with salt and pepper. Add to pan. Cook 2 mins, flip and cook 1 more min, or until desired doneness. Remove from pan and keep warm. Reduce heat to medium and add ½ tbsp. EVOO, 1/8 tsp salt, ½ cup sliced red onion, 1 Fresno chile, seeded and thinly sliced. Cook 2 mins. Add 2 cloves garlic, thinly sliced. Cook 30 secs. Add 2 packed cups of spinach. Serve with ½ cup cooked brown rice. (Makes 2 servings)

GINGER PORK AND SWEET PEPPERS WITH QUINOA

Heat a medium skillet over medium-high heat and add ½ tbsp. toasted sesame oil, add ½ lb ground pork, ½ tbsp. chopped fresh ginger, 1 clove garlic, minced. Cook and stir meat until cooked. Remove from skillet. Add 2 cups red bell peppers, cook without stirring 2-3 mins until they start to blister. Then stir. Add in ½ tsp more fresh ginger, 2.5 tbsp tamari, and 1 tsp brown sugar. Reduce heat to medium. Cook covered for 2 mins. Return meat to skillet. Cook stirring until hot. Serve over ½ cup cooked quinoa. Top with ¼ chopped dry roasted peanuts and chopped fresh basil. (Makes 2 servings)

LUNCH & DINNER

CARNE ASADA BOWL

Carne asada bowl with cilantro and almond cauliflower pilaf – Melt ½ tsp butter to a skillet over medium heat. Add 4 tbsp slivered almonds, cook 1 min. Add 1/8 tsp ground coriander and ground turmeric. Add 2 cups frozen cauliflower rice. Cook 1 min, stirring constantly. Add ¼ cup chicken stock and 1/8 tsp salt and bring to simmer. Cover and cook 1-2 mins until liquid is absorbed and rice is cooked. Stir in ¼ cup packed fresh chopped cilantro. Set aside and keep warm. Heat a large skillet over medium-high heat. Spray with cooking spray. Sprinkle 1 ½ lb. flank steak with salt and pepper. Add steak to pan, cook 5 mins each side, or until preferred temp. Remove steak to a cutting board and let rest 5 mins. Cut across the grain into slices, and then bite-sized pieces. Add 1 tsp EVOO to pan and then ½ cup white onion, cook 2 mins. Add 1/8 tsp salt, ¼ cup chicken stock, ½ can rinsed, drained pinto beans. Bring to a boil. Cook 4 mins, scraping the pan. Divide 2 cups of lettuce into 2 shallow bowls. Top evenly with bean mixture, steak, 1 cup chopped tomato, and 1 diced avocado. Sprinkle with salt and pepper, fresh cilantro, and freshly squeezed lime juice. Serve with side of Pilaf. (Makes 2 servings).

LEMON ROASTED TUNA AND ASPARAGUS

Preheat oven to 450. Get 1 tsp lemon zest and juice from 1.5 lemons then cut into wedges. Whisk zest and juice with 2 tbsp EVOO and salt and pepper. Rinse and pat dry 2 4 oz tuna. On a baking dish arrange tuna and 20 asparagus spears. Brush with 2 tbsp dressing. Roast 6-8 mins or until tuna flakes and asparagus is crisp-tender. In a large bowl, drizzle 2 cups baby salad greens with remaining dressing. Sprinkle tuna and asparagus with 2 tbsp shaved parmesan cheese to serve. (Makes 2 servings).

CHICKEN BURGERS AND SUCCOTASH

Preheat oven to 450. In a large baking sheet combine 1 cup fresh corn kernels, ½ cup frozen edamame, ½ cup sweet red peppers, ¼ cup chopped red onion, 1 clove of garlic minced. Drizzle with ½ tsp EVOO and ¼ tsp paprika, and a pinch of salt. Toss to coat and then spread evenly over ½ the pan. Coat the other half with cooking spray. In a bowl combine ¾ lb. lean ground chicken, 1 tsp chili powder, ¼ tsp salt and pepper. Shape into 2 patties. Crush 2 tbsp tortilla chips and dip chicken patties to coat. Place on sprayed side of the pan. Roast for 20 mins or until patties are no longer pink and stirring veggies once. Top burgers with avocado slices and pico de gallo.

LUNCH & DINNER

HALIBUT WITH PEACH AND NECTARINE SALSA

In a large bowl combine 1 peach, pitted and diced, 1 nectarine pitted and diced, 1 roma tomato, diced, 1 jalapeno pepper, minced (remove seeds for mild), 2 scallions, thinly sliced, ¼ cup fresh chopped cilantro. Add 1 diced avocado and stir gently. In a separate bowl combine ½ tbsp each EVOO, sherry vinegar, fresh lemon and lime juice. Pour over fruit mix, gently stir to mix adding salt and pepper to taste. Preheat oven to 350. Line a baking dish with foil, sprinkle 2 5 oz. halibut fillets with salt and pepper. Bake for 20 mins. Serve with a small side salad dressed with EVOO and Balsamic vinegar.

CHICKEN BURGERS AND SUCCOTASH

Preheat oven to 450. In a large baking sheet combine 1 cup fresh corn kernels, ½ cup frozen edamame, ½ cup sweet red peppers, ¼ cup chopped red onion, 1 clove of garlic minced. Drizzle with ½ tsp EVOO and ¼ tsp paprika, and a pinch of salt. Toss to coat and then spread evenly over ½ the pan. Coat the other half with cooking spray. In a bowl combine ¾ lb. lean ground chicken, 1 tsp chili powder, ¼ tsp salt and pepper. Shape into 2 patties. Crush 2 tbsp tortilla chips and dip chicken patties to coat. Place on sprayed side of the pan. Roast for 20 mins or until patties are no longer pink and stirring veggies once. Top burgers with avocado slices and pico de gallo.

STRAWBERRY BALSAMIC COBB SALAD

Top 1.5 cups chopped romaine lettuce with rows of ½ shredded chicken breast, 1 slice of crumbled bacon, ½ cup chopped cucumber, 1 cup sliced strawberries, 2 chopped hard boiled eggs, 2 tbsp chopped roasted walnuts. Drizzle with 1 tsp EVOO, 1 tbsp balsamic vinegar and salt, and pepper. (Makes 1 salad- Double for lunch tomorrow!)

GRILLED STEAK AND SUMMER FARRO SALAD

Heat grill to medium-high. Cook ½ cup farro as label directs. Toss 1 medium red bell pepper, seeded and quartered, with 1 tsp EVOO. Sprinkle ½ lb. boneless beef top loin steaks with salt and pepper. Grill steak and peppers, covered, 2 to 4 minutes per side or until steak is cooked to desired doneness and peppers are charred. Chop peppers. Toss cooked farro with peppers, ½ cup corn kernels, 2 cups kale leaves, 2 tbsp balsamic vinegar, 1 tbsp EVOO and 1/8 tsp each salt and pepper. Thinly slice steak; serve over farro mixture. (Makes 2)

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ZUCCHINI WRAPPED CHICKEN ENCHILADAS

Preheat the oven to 350 degrees. Place 5 cloves of garlic, 1 large onion, chopped and 1-2 chopped jalapeño (dependent on desired level of spice) in a food processor and blend until everything has broken into a fine mince. Sauté the onion mixture in ½ tbsp. EVOO for 4 minutes until the onions begin to soften then add in two 15 oz cans chopped no sodium tomatoes, 2 cups chicken broth, 1 tbsp cumin, ½ tsp chili powder and ¼ tsp salt. Allow the mixture to simmer for 20 minutes until the sauce has thickened. Place 3 cups shredded chicken in a bowl and spoon half of the sauce over the chicken and stir so that it's well coated. Cut 3 large zucchini in half, lengthwise and continue slicing into long thin lasagna noodle-like pieces. I recommend using a vegetable peeler to get thin slices, but you could also use a knife (just make sure that each slice is very thin). On a cutting board lay out three slices of zucchini, put the middle one down first and then the two others on either side making sure they slightly overlap on either side. Place 2 large spoonfuls of the chicken mixture at the bottom of the zucchini slices. Pressing firmly, roll the zucchini up over the chicken and place in a large baking dish. Put the rolls in the dish with the loose end facing down so that they don't unravel when baking. Repeat with the remaining zucchini strips until the dish is filled with enchilada rolls which are all packed in tightly. Spoon more of the enchilada sauce over the top of the rolls. Bake 25 minutes until the zucchini is tender. Meanwhile, make the non-dairy sour cream by combining the ½ cup cashews that have been soaked in water overnight, 1/3 cup water, ½ the juice from a lemon, pinch of salt and ½ tsp ACV in a food processor and blending until it has a thick and creamy consistency. Remove enchiladas from the oven. If there is a lot of excess liquid at the bottom of the dish from the zucchini, use a baster to remove it from the dish. Before serving sprinkle the enchiladas with chopped cilantro and serve with salsa, chopped avocado and sour cream. (Makes 4 servings)

LUNCH & DINNER

BAKED COCONUT SHRIMP WITH WALNUT SLAW

In a medium skillet, toast 1/3 cup walnuts over medium heat for 5 minutes, or until fragrant. Set aside. In a large bowl, whisk together 2 tbsp fresh lime juice, 1 tbsp safflower oil, and ½ tsp mustard. Add 4 cups coleslaw mix, ½ an apple cut into matchsticks, and ½ cup cilantro, and toss with the dressing to coat. Season to taste with salt and pepper. Refrigerate while making shrimp so flavors meld. When ready to serve sprinkle with the reserved walnuts. Preheat the oven to 425°F. Line a baking sheet with foil or parchment paper and coat with cooking spray. In a medium resealable plastic bag, combine ¼ cup WW panko, ¼ cup unsweetened shredded coconut, 1/8 tsp ground red pepper, and 1/8 tsp chili powder. Shake to mix. In separate small dishes, put 2 tbsp WW flour and 1 beaten egg white. Dredge 4 (of 12) shrimp at a time first in the flour, followed by a dip in the egg. Place the shrimp in the bag with the panko-coconut mixture and close. Shake until each shrimp is completely coated. Transfer the shrimp to the baking sheet. Repeat with the remaining shrimp. Lightly coat the shrimp with cooking spray and bake for 10 minutes, or until they are firm to the touch and the coconut begins to brown. Meanwhile, in a small saucepan combine 2 tbsp chili sauce and 2 tbsp pineapple or mango preserves. Heat over medium-low heat for 5 minutes, until preserves are melted. Stir to combine, and serve with the shrimp.