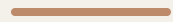


WEEKLY PLANNER & RECIPES

# Core Food Plan

*A week of meals, snacks & recipes*



Functional & Integrative Medicine · Justen Watkins, DO



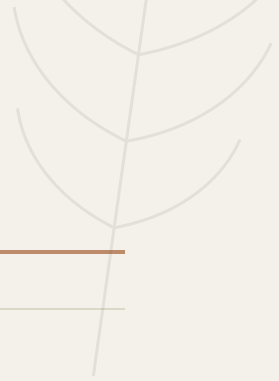
# Weekly Meal Planner



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b>	Fresh Spinach Quiche Cups Orange	Kale Pineapple Banana Smoothie	Sage Turkey Sausage Egg Berries	Apple Cinnamon Amaranth Porridge Peppermint Green Tea	Strawberry Mango Smoothie	Overnight Steel-Cut Oats Pecans Chia seeds Berries	High-Protein Pumpkin Pancakes Pure Maple Syrup
<b>Snack</b>	Almonds 70% Dark Chocolate	Celery Sweet Potato Hummus	Rice Cakes w/ Sunflower Seed Butter	Hard-Boiled Egg Balsamic Roasted Beets	Fresh Pear Pecans	Celery Almond Butter 70% Dark Chocolate Chips	Pumpkin Seeds Dried Cherries
<b>Lunch</b>	Quinoa Salad w/ Chicken, Grapes & Almonds Sugar-Snap Peas & Carrots	LO Mary's Minestrone Soup LO Parmesan Crisps	Three Bean Salad w/ Roasted Beets & Almonds LO Spice-Rubbed Chicken	LO Spice-Rubbed Chicken LO Lime-Scented Coconut Rice Spring Mix Salad	Black Bean Cocoa Soup w/ Lime Zest Blue Corn Chips	LO Eye of Round Steaks w/ Lemon & Rosemary LO Arugula & Baby Greens	LO Coconut Chicken Dal Brown Rice Steamed Broccoli
<b>Snack</b>	Greek Yogurt Spiced Seed Crackers	Avocado w/ Cumin, Salt, Pepper, Lemon	LO Pumpkin Cranberry Muffin Hot Tea	Red Pepper & Celery w/ Guacamole	Greek Yogurt Apple	Pumpkin Seeds	Blue Corn Chips Black Bean Hummus
<b>Dinner</b>	Mary's Minestrone Soup Parmesan Crisps	Spice-Rubbed Chicken Roasted Beets w/ Greens Pumpkin Cranberry Muffin	Halibut & Broccoli Lime-Scented Coconut Rice Mixed Greens Salad	Parmesan Chicken Tenders Sauteed Green Beans Roasted Sweet Potato Fries	Eye of Round Steaks w/ Lemon & Rosemary Arugula & Baby Greens	Coconut Chicken Dal Brown Rice Steamed Broccoli Mixed Greens Salad	Asian Turkey Cabbage Boats Fresh Pineapple

LO = Leftovers. Items marked with a recipe are included in the Recipes section that follows.

# Shopping List



## FRESH VEGETABLES

- Carrots, shredded — 10 oz
- Carrots, baby — 10 oz
- Carrots, regular — 8 oz
- Baby spinach — 10 oz
- Spring mix — 10 oz
- Arugula — 4–6 oz
- Red bell peppers — 3
- Jalapeno — 1 sm
- Yellow onion — 3
- Red onion — 3
- Green onions — 2 bunches
- Garlic — 3–4 bulbs
- Ginger — ~3 in root
- Celery — 1 bunch
- Sugar snap peas — 1 sm pkg
- Beets — 1 bunch (4–5)
- Kale — 1–2 bunches
- Sweet potatoes — 5
- Broccoli — 2 bunches
- Broccoli slaw — 10–12 oz
- Chinese cabbage — 1 sm head
- Avocado — 1
- Prepared guacamole
- Fresh herbs (cilantro, parsley, mint, basil, sage, thyme, rosemary)

## MEAT / FISH / EGGS / PROTEIN

- Chicken thighs, boneless skinless — 1 lb
- Chicken breasts, boneless — 4.5 lbs
- Ground turkey breast — 2 lbs
- Turkey Italian sausage — 1.5 lbs
- Halibut — 1 lb (4-oz filets)
- Eye of round steak — 1 lb (four 4-oz)
- Omega-3 cage-free eggs — 1 dozen

## DAIRY / ALTERNATIVES

- Feta cheese — 2 oz
- Cottage cheese, 1% — 8 oz
- Greek yogurt — 6–8 oz (×2)
- Fresh grated Parmesan — 8 oz
- Part-skim mozzarella — 4 oz
- Unsweetened coconut milk — 1 carton
- Unsweetened almond milk — 1 carton

## FROZEN

- Petite green beans — 8 oz
- Strawberries, unsweetened — 4 oz
- Mango, unsweetened — 4 oz

## FRESH FRUIT

- Oranges — 2
- Lemons — 6–7
- Limes — 3
- Grapes — 2 cups
- Pineapple — 1
- Banana — 1
- Cranberries — ½ cup
- Apple — 3
- Blueberries/berries — 8 oz
- Pear — 1

## GRAINS / LEGUMES

- Amaranth — 1 cup
- Steel-cut oats — 1.5 cups
- Rolled oats — 1 cup
- Rotini pasta — 8 oz
- Rice cakes, plain
- Basmati rice — 1 cup
- Brown rice — 1 cup
- Quinoa — 1.5 cups
- Italian bread crumbs — 1 cup
- Organic blue corn chips — 10 oz
- Yellow split peas — 2 cups (16 oz)

## NUTS / SEEDS

- Almonds, raw whole — ½ cup
- Almonds, slivered — 1 cup
- Cashews, raw — ½ cup
- Walnuts — ½ cup
- Pecans — ½ cup
- Pumpkin seeds — ½ cup
- Chia & flax seed, ground
- Tahini paste
- Coconut flour — ½ cup
- Almond flour — ½ cup
- Almond butter
- Sunflower seed butter

## CANNED GOODS

- Petite diced tomatoes — 28 oz
- Dark red kidney beans — 15 oz (×2)
- Cannellini beans — 15 oz
- Black beans — 15 oz (×2)
- Lite coconut milk — 14 oz
- Pumpkin puree — 15 oz
- Low-sodium chicken broth — 1 qt
- Low-sodium beef/vegetable broth — 3 qts

## PANTRY / OTHER

- Coconut oil
- Extra-virgin olive oil
- Pure maple syrup
- Raw honey
- Apple cider & balsamic vinegar
- Dijon mustard
- Vanilla extract
- Baking soda & powder
- Sea salt
- Spices: turmeric, cumin, curry, chili, allspice, cinnamon, Italian seasoning, red pepper flakes
- 70% dark chocolate & chips
- Dried cherries

## Almond Milk

VEGAN

3 servings

### INGREDIENTS

- ½ cup raw almonds
- 4 cups purified water
- 1 pinch sea salt
- 2 tablespoons pure maple syrup (will increase calories to 60 per serving)

### DIRECTIONS

- 1 Soak almonds in 1 cup purified water at room temperature for about 6 hours.
- 2 After the almonds have soaked, using a strainer, drain off water and rinse well under running water.
- 3 Place almonds in blender with 3 cups purified water, maple syrup (optional), and sea salt. Blend on high for 2–3 minutes.
- 4 Strain with a cheesecloth or strainer with fine holes, squeezing out any remaining liquid into a container.

**Nutrition (per serving):** Calories: 40 · Fat (g): 2.5 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 150 · Carbohydrate (g): 2 · Fiber (g): 1 · Protein (g): 1

**Food Plan servings:** Dairy Alternatives: 0.5

**Tip:** The leftover almond pieces may be added to oatmeal or muffins or anything you can think of to benefit by adding lots of good fiber.

## Anti-Inflammatory Spice Blend

VEGAN

enough to season 5 pounds of chicken or pork.

### INGREDIENTS

- 1 teaspoon turmeric
- 1 teaspoon dry mustard
- 2 tablespoons ground cumin
- 2 tablespoons curry powder
- 2 tablespoons chili powder
- 1 tablespoon ground allspice
- 1 tablespoon black pepper
- 1 teaspoon ground cinnamon

### DIRECTIONS

- 1 Mix together all ingredients.
- 2 Store in an airtight container when not using. **Tips:** Makes enough to season 5 pounds of chicken or pork. A good seasoning for sweet potatoes, butternut squash, and acorn squash.

# Apple Cinnamon Amaranth Porridge

VEGAN

4 servings

## INGREDIENTS

- 2 cups water
- 1 cup amaranth
- 1 large apple, skin on, cored & diced
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt

## DIRECTIONS

- 1 In a medium saucepan, add all ingredients and bring to a boil. Stir frequently.
- 2 Reduce heat to low and simmer (covered) for 20–25 minutes until amaranth is soft. **Tips:** Can be made the night before and reheated in the morning. Store any leftovers in airtight glass container in refrigerator for up to 5 days. Serve with coconut or almond milk added to desired thickness. Add a small amount of stevia if more sweetness is desired. Optionally, serve topped with walnuts.

**Nutrition (per serving):** Calories: 203 · Fat (g): 3 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 280 · Carbohydrate (g): 38 · Fiber (g): 8 · Protein (g): 7

**Food Plan servings:** Fruits: 0.5 · Grains: 2

# Arugula and Baby Greens

VEGAN

4 servings

## INGREDIENTS

- 4 cups arugula
- 4 cups baby greens
- 3 teaspoons lemon juice
- ⅛ teaspoon garlic powder or ½ clove fresh garlic •  
½ teaspoon finely grated lemon zest (optional)
- 4 teaspoons extra-virgin olive oil
- Salt & pepper to taste

## DIRECTIONS

- 1 Combine arugula and baby greens in a large bowl.
- 2 In a separate bowl, whisk together lemon juice, garlic, lemon zest, extra-virgin olive oil, salt, and pepper.
- 3 Toss salad with vinaigrette and divide into four portions. Serve immediately.

**Nutrition (per serving):** Calories: 52 · Fat (g): 5 · Saturated Fat (g): 0.5 · Cholesterol (mg): 0 · Sodium (mg): 15 · Carbohydrate (g): 2 · Protein (g): 1

**Food Plan servings:** Fats & Oils: 1 · Non-Starchy Vegetables: 2

# Asian Turkey Cabbage Boats

6 servings (1 serving ≈ 1 cup)

## INGREDIENTS

- 3 tablespoons fresh lime juice
- 1 tablespoon arrowroot powder
- ¼ cup coconut aminos
- 1 teaspoon sesame oil
- 1 tablespoon coconut oil
- 1 pound ground turkey breast
- 1 tablespoon grated fresh ginger root
- 2 cloves fresh garlic, minced
- 1 cup (≈1 bunch) thinly sliced green onions
- 1 small jalapeño pepper, finely chopped (optional)
- ½ to 1 cup sliced red bell pepper (1-inch strips)
- 1 package shredded carrots (≈2 cups)
- 1 package broccoli slaw (≈2 cups)
- 1 tablespoon chopped fresh mint
- 2 tablespoons chopped fresh cilantro
- 6 Chinese cabbage leaves, lightly steamed for 1–2 minutes
- ¼ cup chopped almonds, roasted

## DIRECTIONS

- 1 In a small bowl, mix together fresh lime juice, arrowroot powder, coconut aminos, and sesame oil. Set aside.
- 2 In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic. Stir often until turkey is browned and cooked through, about 6–8 minutes.
- 3 Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw. Stir-fry until vegetables are crisp, but tender.
- 4 Add the lime juice-arrowroot powder mixture to the meat & vegetables. Mix thoroughly. Turn heat to low. Fold in chopped mint and cilantro.
- 5 Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about 1 cup of mixture onto each leaf. Top with chopped almonds. **Tips:** Shredded carrots and broccoli slaw are available prepackaged, or you may shred with a food processor or box grater. If grating your own broccoli slaw, use just the stalks of the broccoli. If you are sensitive to corn or you are following an elimination diet, substitute tapioca or arrowroot powder in place of cornstarch. Can use leaf lettuce or Bibb lettuce (not steamed) in place of cabbage leaves.

**Nutrition (per serving):** Calories: 229 · Fat (g): 8 · Saturated Fat (g): 3 · Cholesterol (mg): 40 · Sodium (mg): 399 · Carbohydrate (g): 19 · Fiber (g): 5 · Protein (g): 22

**Food Plan servings:** Nuts & seeds: 0.5 · Proteins: 2 · Non-Starchy Vegetables: 3.5

# Balsamic Roasted Beets

2 servings

VEGAN

## INGREDIENTS

- 1 bunch trimmed beets (about 4–5 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

## DIRECTIONS

- 1 Preheat oven to 400° F.
- 2 Gently scrub beets and pat dry. Wrap in foil and place in oven. Roast until tender (about 1 hour).
- 3 Let cool, then peel and dice.
- 4 Place diced beets in a medium bowl, toss with balsamic vinegar, sea salt, and pepper, and serve.

**Nutrition (per serving):** Calories: 77 · Fat (g): 0 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 264 · Carbohydrate (g): 18 · Fiber (g): 3 · Protein (g): 3

**Food Plan servings:** Starchy Vegetables: 1

**Tip:** Cook up more beets than you need and save in the fridge for use later in the week in salads or as snacks, side dishes, etc.

# Black Bean Cocoa Soup with Lime Zest

VEGAN

4 servings

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 small red onion, chopped
- 3 cloves garlic, pressed
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 3 cups low-sodium organic vegetable broth
- 2 tablespoons cocoa powder
- 1 teaspoon cumin
- 2 cups canned black beans
- Grated zest of 1 lime
- 2–4 tablespoons fresh cilantro, chopped

## DIRECTIONS

- 1 In a medium saucepan, heat olive oil over low heat. Add onion and sauté until caramelized, approximately 15 minutes.
- 2 Add the pressed garlic, carrots, and celery. Cook for 5 minutes longer.
- 3 Add the broth, cocoa powder, and cumin. Stir well and let simmer for 10 more minutes.
- 4 Stir in the black beans. Add lime zest. Cook for approximately 20 minutes longer over low heat.
- 5 Serve warm, garnished with chopped cilantro.

**Nutrition (per serving):** Calories: 269 · Fat (g): 8 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 511 · Carbohydrate (g): 46 · Fiber (g): 13 · Protein (g): 13

**Food Plan servings:** Fats & Oils: 1 · Non-Starchy Vegetables: 2 · Legumes: 2

*Tip: May be topped with sliced avocado or fresh guacamole (not included in nutritional analysis).*

# Black Bean Hummus

VEGAN

5 servings (1 serving ≈ ½ cup)

## INGREDIENTS

- 1 can (15 ounces) black beans, drained & rinsed
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon cumin
- 1 teaspoon sesame oil
- 1 teaspoon olive oil
- ¼ cup chopped roasted bell peppers (optional)
- ¼ teaspoon sea salt

## DIRECTIONS

- 1 Puree all ingredients in a food processor. Add water if needed

**Nutrition (per serving):** Calories: 124 · Fat (g): 5 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 259 · Carbohydrate (g): 17 · Fiber (g): 5 · Protein (g): 6

**Food Plan servings:** Fats & Oils: 1 · Legumes: 1

*Tip: Serve with vegetables, pita bread, or seed crackers.*

# Citrus Carrot Juice Spritzer

VEGAN

2 servings

## INGREDIENTS

- 1 can (12 ounces) seltzer water
- 6 fluid ounces carrot juice
- 6 fluid ounces grapefruit juice
- 2 wedges of lime

## DIRECTIONS

- 1 In a small pitcher, mix together seltzer water and juices.
- 2 Fill 2 large glasses with crushed ice. Divide spritzer equally between the glasses.
- 3 Top with lime wedges.

**Nutrition (per serving):** Calories: 67 · Fat (g): 0 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 27 · Carbohydrate (g): 16 · Fiber (g): 1 · Protein (g): 1

**Food Plan servings:** Fruits: 1

# Coconut Chicken Dal

6 servings (1 serving ≈ 1 cup)

## INGREDIENTS

- 1 pound boneless, skinless chicken thighs
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 cups yellow split peas (dry)
- 3 teaspoons coconut oil, divided
- 1 small yellow onion, sliced
- 3 cloves garlic, pressed or grated
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground turmeric
- 1 quart chicken broth, low-sodium
- 1 can (14 ounces) lite coconut milk
- ¼ cup chopped fresh cilantro

## DIRECTIONS

- 1 Place the chicken thighs on a plate and sprinkle salt and pepper on both sides.
- 2 Rinse the split peas in a colander and set aside to drain.
- 3 Heat a large saucepan over medium-high heat. Add 1 teaspoon coconut oil to the pan. Add the chicken thighs and sear both sides, about 2–3 minutes on each side. Remove from the pan and set aside (okay to use same plate, as the chicken will be cooked further).
- 4 To the same pan, add 2 teaspoons coconut oil. After it melts, add onion and sauté.
- 5 While onion is cooking, chop the chicken thighs (using a plastic cutting board) into bite-sized pieces.
- 6 Place chicken back in pan. Add garlic, ginger, and turmeric. Sauté for a few minutes.
- 7 Add chicken broth and stir with wooden spoon. Scrape up the bits of cooked chicken from the bottom of the pan to ensure the best flavor. Add the lite coconut milk and peas.
- 8 Simmer uncovered over medium heat until peas are soft (approximately 30 minutes).
- 9 Sprinkle with fresh cilantro just before serving.

**Nutrition (per serving):** Calories: 469 · Fat (g): 18 · Saturated Fat (g): 13 · Cholesterol (mg): 71 · Sodium (mg): 225 · Carbohydrate (g): 45 · Fiber (g): 17 · Protein (g): 33

**Food Plan servings:** Proteins: 3 · Legumes: 2 · Fats & Oils: 2 · Non-Starchy Vegetables: 1

**Tip:** This can be served over brown rice or eaten with a side of non-starchy vegetables.

# Coconut Chocolate Truffles

LACTO-VEG

VEGAN

30 truffles (1 serving = 2 truffles)

## INGREDIENTS

- ½ cup full-fat canned coconut milk
- 1 teaspoon almond, orange, vanilla, or hazelnut extract
- 8 ounces bittersweet dark chocolate (at least 70% cocoa,
- ¼ cup cocoa powder or chopped nuts for coating

## DIRECTIONS

- 1 Bring the coconut milk to a simmer in a small saucepan. Stir in the extract.
- 2 Place chocolate in a bowl. Pour the coconut milk mixture over the chocolate. Let stand a few minutes, then stir until smooth. Allow to cool, then refrigerate for 30 minutes to 1 hour. (Remove from refrigerator before it hardens too much. It needs to be malleable.)
- 3 Using a small spoon, form 1-inch balls and roll them quickly between your palms. Place balls on a baking sheet lined with a parchment paper. Refrigerate overnight.
- 4 Roll in cocoa powder or chopped nuts. Store the truffles in an airtight container in the refrigerator for up to a week.

**Nutrition (per serving):** Calories: 98 · Fat (g): 10 · Saturated Fat (g): 6 · Cholesterol (mg): 0 · Sodium (mg): 4 · Carbohydrate (g): 6 · Fiber (g): 2 · Protein (g): 2

**Food Plan servings:** Fats & Oils: 2

# Dehydrated Apple Chips

VEGAN

4 servings

## INGREDIENTS

- 4 apples (choose Golden Delicious, Gala, Fuji, or any sweet, crisp variety)
- 1 tablespoon lemon juice
- 1 cup water
- 1 teaspoon cinnamon and stevia combined

## DIRECTIONS

- 1 Peel the apples, if desired. Remove the core with an apple corer.
- 2 Slice the apples into thin rings (approximately ¼-inch thick).
- 3 Add 1 tablespoon lemon juice to 1 cup of water, in a large shallow bowl. Dip the apple slices into the lemon water. This will prevent the apple slices from turning brown.
- 4 Pat excess moisture from the apple rings with paper towels.
- 5 Lay apple slices in a single layer in your food dehydrator.
- 6 Sprinkle a mixture of equal parts of cinnamon and stevia (not to exceed 1 teaspoon) on top of the apple rings or season with other spices as desired.
- 7 Dehydrate following the directions for your dehydrator.

**Nutrition (per serving):** Calories: 118 · Fat (g): 0.5 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 2 · Carbohydrate (g): 31 · Fiber (g): 5.5 · Protein (g): 0.5

**Food Plan servings:** Fruits: 2

## Dehydrated Kale Chips

VEGAN

12 servings (1 serving ≈ ½ cup)

### INGREDIENTS

- 2 bunches kale (Dino or curly varieties)
- ¼ cup olive oil
- ¼ teaspoon sea salt

### DIRECTIONS

- 1 Rinse kale and pat dry. Cut away kale from large main veins and chop into 2-inch pieces.
- 2 Place chopped kale into a mixing bowl. Pour ¼ cup of olive oil over the chopped kale, and toss well to coat. Massage the olive oil and salt into the kale for about 3 minutes. (Can put it in a plastic bag and shake it up first.)
- 3 Place kale evenly over dehydrator trays. Close the dehydrator and turn on.
- 4 Dehydrate for 2 hours at 145° F.

**Nutrition (per serving):** Calories: 45 · Fat (g): 5 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 83 · Carbohydrate (g): 1 · Fiber (g): 0 · Protein (g): 0

**Food Plan servings:** Fats & Oils: 1

## Dehydrated Sweet Potato Chips

VEGAN

3 servings

### INGREDIENTS

- 1 large sweet potato
- 1 teaspoon olive oil
- ¼ teaspoon sea salt

### DIRECTIONS

- 1 Slice the sweet potato thinly. If you have an adjustable mandoline slicer, put it on the thin setting (0.5 mm) and use the hand guard. Put the slices into a large bowl.
- 2 Drizzle the sweet potato slices with olive oil and sprinkle with sea salt until well covered.
- 3 Dehydrate the chips in the dehydrator on at least 115° F for 24 hours or until crispy.

**Nutrition (per serving):** Calories: 82 · Fat (g): 2 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 186 · Carbohydrate (g): 16 · Fiber (g): 2 · Protein (g): 1

**Food Plan servings:** Starchy Vegetables: 1

**Tip:** Chips start to get soft soon after they are taken out of the dehydrator, so put them in an airtight container and consume within a few days.

# Dehydrated Sweet Potato Chips with Cinnamon

VEGAN

VEGETARIAN

3 servings

## INGREDIENTS

- 1 large sweet potato
- 1 cup orange juice
- 1 tablespoon honey or agave
- 1 teaspoon molasses
- 1 teaspoon cinnamon
- 2 tablespoons olive oil

## DIRECTIONS

- 1 Slice the sweet potato thinly. If you have an adjustable mandoline slicer, put it on the thin setting (0.5 mm) and use the hand guard. Put slices into a large bowl.
- 2 Blend remaining ingredients in a blender. Pour this solution over potatoes and mix thoroughly. Allow potato slices to soak in the solution for about 15 minutes to absorb flavors.
- 3 Place in a preheated 350° oven on a cookie sheet or glass 9x13 casserole. Bake for 10 minutes or until crisp yet tender. You can skip this step and go directly to step 4.
- 4 Spread on dehydrator trays and dehydrate on at least 115° F for 24 hours or until crispy.

**Nutrition (per serving):** Calories: 215 · Fat (g): 9 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 11 · Carbohydrate (g): 32 · Fiber (g): 3 · Protein (g): 2

**Food Plan servings:** Fats & Oils: 2 · Non-Starchy Vegetables: 1 · Fruits: 1

# Everyday Basic Vinaigrette

VEGETARIAN

8 servings (1 serving ≈ 1½ tablespoons)

## INGREDIENTS

- ¼ cup vinegar of choice
- Juice of 1 lemon (≈3 tablespoons)
- 1 clove garlic (or 1 teaspoon minced garlic)
- ½ teaspoon ground cumin
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- 1–2 tablespoons fresh minced parsley
- 2–4 chopped green onions
- ¼ cup extra-virgin olive oil
- In place of cumin, add ½ to 1 teaspoon of dried basil or 1–2 tablespoons

## DIRECTIONS

- 1 Place the vinegar, lemon juice, garlic, mustard, honey, sea salt, and pepper in a blender and blend.
- 2 Add the fresh chopped parsley and onion. Blend.
- 3 Add oil and blend (if possible, slowly stream in olive oil through an opening in the top of the blender).
- 4 Serve at room temperature.

**Nutrition (per serving):** Calories: 75 · Fat (g): 7 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 128 · Carbohydrate (g): 4

**Food Plan servings:** Fats & Oils: 1.5 · Non-Starchy Vegetables: 0.5

# Fresh Spinach Quiche Cups

OVO-LACTO-VEG

6 servings (1 serving = 2 muffin quiches)

## INGREDIENTS

- 3 large eggs (omega-3 rich variety)
- ½ cup cottage cheese (1% fat)
- ¼ cup reduced-fat feta cheese
- 2 cup fresh chopped spinach
- ¼ cup chopped red bell pepper
- ¼ cup chopped onion
- 3–4 drops hot pepper sauce
- ½ teaspoon garlic powder (or 1 clove garlic, minced)
- 1 pinch sea salt
- 1 pinch black pepper

## DIRECTIONS

- 1 Line a muffin pan with baking cups/liners. Spray the cups with cooking spray.
- 2 Whisk eggs, then mix well with cottage cheese, feta, spinach, bell peppers, chopped onion, hot pepper sauce, garlic, sea salt, and pepper.
- 3 Pour evenly into 12 muffin cups. Bake at 350° F for 20 minutes or until a knife inserted in the center of a muffin comes out clean.

**Nutrition (per serving):** Calories: 68 · Fat (g): 3 · Saturated Fat (g): 2 · Cholesterol (mg): 110 · Sodium (mg): 262 · Carbohydrate (g): 2 · Fiber (g): 1 · Protein (g): 8

**Food Plan servings:** Proteins: 1 · Non-Starchy Vegetables: 0.5

**Tip:** May be frozen and reheated in the microwave, if desired (if using foil muffin cups, remove before microwaving). Any combination of vegetables may be used.

# Guacamole

VEGAN

4 servings

## INGREDIENTS

- 2 cloves garlic, minced (≈ 2 teaspoons)
- 3 scallions or red onion, minced (≈ ¼ cup)
- ¼ jalapeño, minced
- 2 avocados, peeled
- 1 tablespoon fresh lime juice (juice of ½ lime)
- 2 tablespoons chopped cilantro
- 1 pinch sea salt

## DIRECTIONS

- 1 In a medium bowl, combine the garlic, scallions, and jalapeños.
- 2 Add avocado and mash using the back of a fork.
- 3 Gently stir in lime juice.
- 4 Finish with cilantro and sea salt.

**Nutrition (per serving):** Calories: 169 · Fat (g): 15 · Saturated Fat (g): 2 · Cholesterol (mg): 0 · Sodium (mg): 46 · Carbohydrate (g): 9 · Fiber (g): 3 · Protein (g): 2

**Food Plan servings:** Fats & Oils: 3 · Non-Starchy Vegetables: 1

# Halibut and Broccoli

PESCATARIAN

4 servings

## INGREDIENTS

- 3 cups small broccoli florets (fresh or frozen)
- 1 tablespoon olive oil or coconut oil
- ¼ cup finely ground almonds
- 2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
- 1 pound halibut filets (cut into 4 filets)
- ½ cup low-sodium chicken broth
- ½ cup lemon juice • ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

## DIRECTIONS

- 1 Steam broccoli until slightly tender, but not too soft. While broccoli is cooking, heat oil over medium heat in a large skillet.
- 2 In a pie plate, mix together ground almonds and herbs. Coat each halibut filet with the almond-herb mixture and place in pan.
- 3 Cook halibut filets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.
- 4 Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Stir in the cooked broccoli, lemon juice, sea salt, and black pepper.
- 5 Remove cover from halibut. Spoon broccoli, with juices, on top of halibut filets and serve.

**Nutrition (per serving):** Calories: 228 · Fat (g): 10 · Saturated Fat (g): 1 · Cholesterol (mg): 36 · Sodium (mg): 207 · Carbohydrate (g): 7 · Fiber (g): 3 · Protein (g): 28

**Food Plan servings:** Proteins: 3 · Nuts & Seeds: 1 · Non-Starchy Vegetables: 1

*Tip: If desired, serve garnished with fresh or dried herbs.*

# Healthy Ketchup

VEGAN

8 servings (1 serving ≈ 3–4 tablespoons)

## INGREDIENTS

- 1 can (6 ounces) tomato paste
- 2 tablespoons apple cider vinegar
- ½ tablespoon Dijon mustard
- ¼ teaspoon cloves
- ¼ teaspoon allspice
- ¼ teaspoon cinnamon
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 pinch cayenne pepper
- 1 pinch sea salt
- 1 pinch black pepper
- Water, as needed
- Stevia, to taste (optional)

## DIRECTIONS

- 1 In a small bowl, combine all ingredients except water and stevia. Whisk together.
- 2 Add in the water a tablespoon at a time until you reach the consistency you want. Taste as you go and add extra cayenne, sea salt, or pepper as desired. Keep in mind that flavors will continue to blend and flavors will strengthen as it sits.
- 3 Place in an airtight container and store in the refrigerator.

**Nutrition (per serving):** Calories: 20 · Fat (g): 0 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 180 · Carbohydrate (g): 5 · Fiber (g): 1 · Protein (g): 1

**Food Plan servings:** Non-Starchy Vegetables: 1

*Tip: This recipe makes approximately 1½ to 2 cups depending on how thick or thin you like your ketchup. If you like a little sweetness in your ketchup, add stevia to taste.*

# High-Protein Pumpkin Pancakes

OVO-LACTO-VEG

4 servings

## INGREDIENTS

- 2 teaspoons coconut oil
- 1 cup rolled oats
- ¾ cup egg whites (about 6)
- ½ cup cottage cheese
- ¼ cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1 teaspoon pumpkin pie spice

## DIRECTIONS

- 1 In a medium to large skillet, melt oil over medium-high heat.
- 2 Place all remaining ingredients in a blender. Blend to batter consistency.
- 3 Drop ¼ cup of batter into the pan for each pancake. Cook until the edges are bubbling. Flip and cook another 2 minutes, or until edges are golden brown and pancakes are fully cooked.

**Nutrition (per serving):** Calories: 165 · Fat (g): 4 · Saturated Fat (g): 3 · Cholesterol (mg): 2 · Sodium (mg): 192 · Carbohydrate (g): 20 · Fiber (g): 3 · Protein (g): 12

**Food Plan servings:** Proteins: 1.5 · Grains: 1.5

# Kale Pineapple Banana Smoothie

OVO-VEG

LACTO-VEG

VEGAN

2 servings

## INGREDIENTS

- 1½ cups unsweetened almond or coconut milk
- 1 cup chopped, packed kale
- ½ cup drained diced or chunk pineapple, fresh, frozen, or canned in juice
- ½ banana (frozen is best)
- ½ cup ice, if desired
- 2 scoops vanilla protein powder (total ≈ 15 grams protein)
- 1 tablespoon chia or ground flax seed

## DIRECTIONS

- 1 Place all ingredients in blender and blend until smooth.

**Nutrition (per serving):** Calories: 246 · Fat (g): 6 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 296 · Carbohydrate (g): 31 · Fiber (g): 4 · Protein (g): 21

**Food Plan servings:** Proteins: 1.5 · Dairy Alternatives: 0.5 · Fats & Oils: 0.5 · Non-Starchy Vegetables: 0.5 · Fruits: 1.5

## Lime-Scented Coconut Rice

VEGAN

6 servings (1 serving ≈ ½ cup)

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced onion
- 1 teaspoon minced garlic
- 1 cup brown basmati rice
- ¾ cup low-sodium chicken or vegetable broth
- ¾ cup canned lite coconut milk
- ½ cup water
- ½ teaspoon sea salt
- ¼ cup finely chopped raw, unsalted cashews
- ½ cup thinly sliced scallions
- ¼ cup minced cilantro
- 1 tablespoon fresh lime juice

### DIRECTIONS

- 1 In a medium saucepan, heat oil over medium heat.
- 2 Add onion and sauté about 3 minutes, or until translucent. Add garlic and cook for 30 seconds more.
- 3 Add the rice, stirring to coat with oil. Add broth, coconut milk, water, and sea salt. Bring to a simmer. Cover and cook for 40–60 minutes, or until liquid is absorbed. Remove from heat.
- 4 While rice is cooking, toast the cashews. Using a small skillet, toast nuts over medium-low heat for about 5 minutes, or until lightly browned. Stir frequently and watch closely to prevent burning. When toasted, remove to a plate to cool.
- 5 When the rice is done, fluff with a fork. Stir in scallions, cilantro, and lime juice. Serve garnished with toasted cashews.

**Nutrition (per serving):** Calories: 200 · Fat (g): 10 · Saturated Fat (g): 2.7 · Cholesterol (mg): 0 · Sodium (mg): 207 · Carbohydrate (g): 26 · Fiber (g): 1.8 · Protein (g): 4

**Food Plan servings:** Nuts & Seeds: 0.5 · Fats & Oils: 2 · Grains: 1

## Make-Ahead Peppermint Green Tea

VEGAN

12 servings (1 serving = 1 cup/8 fluid ounces)

### INGREDIENTS

- 12 cups water, divided
- 4 bags organic green tea
- 4 bags peppermint tea

### DIRECTIONS

- 1 Fill a glass coffee pot with 8 cups water, and add to coffee maker.
- 2 Place the 8 tea bags in the filter section of the coffee maker. Turn on coffee maker, and let it run through a cycle.
- 3 Pour the tea concentrate into a large pitcher, add 4 cups cool water, and serve.

**Nutrition (per serving):** Calories: 0 · Fat (g): 0 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 50 · Carbohydrate (g): 0 · Fiber (g): 0 · Protein (g): 0

**Tip:** Tea will stay fresh in the refrigerator for 5–7 days.

# Mary's Minestrone Soup

12 servings (1 serving ≈ 1¼ cup)

## INGREDIENTS

- 1½ pounds ground turkey Italian sausage
- 4 cloves minced garlic
- 1 large onion, chopped
- 1 cup chopped celery
- 2–3 organic carrots, chopped
- 3 quarts low sodium beef or vegetable broth
- 2 tablespoons Italian seasoning
- 1½ teaspoons crushed red pepper flakes, or to taste
- 1 can (28 ounces) petite diced tomatoes (low sodium or no salt-added)
- 8 ounces (2 cups) dry rotini pasta
- 4 cups chopped organic fresh baby spinach
- 1 can (15 ounces) dark red kidney beans, rinsed
- 1 can (15 ounces) cannellini beans, rinsed

## DIRECTIONS

- 1 In a large soup pot, brown sausage until mostly cooked.
- 2 Add garlic, onion, celery, carrots, and a small amount of beef broth (enough to cover sausage and vegetables). Cook until veggies are soft (about 10 minutes).
- 3 Add the rest of the broth, Italian seasoning, crushed red pepper, and canned tomatoes. Bring to a boil, then reduce heat and simmer for 20–30 minutes.
- 4 Add pasta, chopped spinach, and beans and bring to boil over medium-high heat until pasta is al dente (almost but not completely soft). **Tips:** Serve garnished with fresh parmesan or parmesan crisps. If vegetarian V, omit sausage, use vegetable broth instead of using beef broth, and sauté vegetables in 2 tablespoons olive oil. Consider using kale in place of spinach or mixed with spinach. If avoiding gluten, substitute pasta for rice or corn pasta or omit altogether.

**Nutrition (per serving):** Calories: 253 · Fat (g): 4 · Saturated Fat (g): 1 · Cholesterol (mg): 32 · Sodium (mg): 465 · Carbohydrate (g): 34 · Fiber (g): 67 · Protein (g): 18

**Food Plan servings:** Proteins: 1.5 · Legumes: 0.5 · Non-Starchy Vegetables: 2 · Grains: 1

# Overnight Steel-Cut Oats

8 servings (1 serving ≈ ¾ cup)

VEGAN

## INGREDIENTS

- 6 cups water
- ½ teaspoon sea salt
- 1½ cups gluten-free steel-cut oats

## DIRECTIONS

- 1 Put water in saucepan and bring to a boil.
- 2 Stir in salt and oats.
- 3 Cover and remove from heat. Place in refrigerator on a hot pad. Leave overnight.
- 4 In the morning, reheat the oatmeal over low heat. (You may need to add a bit of water to achieve desired consistency.)
- 5 Refrigerate what you don't eat.

**Nutrition (per serving):** Calories: 128 · Fat (g): 2 · Cholesterol (mg): 0 · Sodium (mg): 123 · Carbohydrate (g): 22 · Fiber (g): 4 · Protein (g): 5

**Food Plan servings:** Grains: 1.5

**Tip:** Add modest portions of nuts, seeds, fruits, and spices, as desired and to add nutritional balance, if meal plan allows.

# Parmesan Chicken Tenders

4 servings

## INGREDIENTS

- 2 egg whites
- ½ cup Italian-style Panko bread crumbs
- 1 pound boneless, skinless chicken breast
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- 2 tablespoons parmesan cheese
- 2 ounces shredded part-skim mozzarella cheese
- ½ cup marinara sauce

## DIRECTIONS

- 1 Preheat oven to 425° F.
- 2 Beat egg whites in a small bowl. Place bread crumbs in a separate shallow bowl or pie plate.
- 3 Slice the chicken breast into strips. Mix together the garlic powder and salt, and sprinkle over the chicken strips.
- 4 Dip each strip into the egg whites, shake off any excess, and then roll in the breadcrumbs. Place on a greased, rimmed baking sheet.
- 5 Bake for 12 minutes, flipping the chicken halfway through the cooking time.
- 6 While chicken is baking, mix together the parmesan and mozzarella in a small bowl.
- 7 Remove chicken from oven. Sprinkle cheese on top of chicken. Place chicken back into the oven for 2 more minutes or until cheese has melted.
- 8 Serve with marinara sauce for dipping.

**Nutrition (per serving):** Calories: 258 · Fat (g): 6 · Saturated Fat (g): 3 · Cholesterol (mg): 75 · Sodium (mg): 703 · Carbohydrate (g): 14 · Fiber (g): 1 · Protein (g): 35

**Food Plan servings:** Proteins: 4 · Non-Starchy Vegetables: 0.5 · Grains: 0.5

# Parmesan Crisps

8 servings (1 serving = 1 crisp)

LACTO-VEG

## INGREDIENTS

- ½ cup grated fresh parmesan cheese

## DIRECTIONS

- 1 Preheat oven to 400° F.
- 2 Line a baking sheet with parchment or use a silicone mat by itself.
- 3 Using a tablespoon, place 8 spoonfuls of parmesan on the lined baking sheet, about a ½ inch apart. Lightly pat down the mounds of cheese with the back of the spoon.
- 4 Bake for 3 to 5 minutes, or until golden and crisp. Let cool.

**Nutrition (per serving):** Calories: 23 · Fat (g): 2 · Saturated Fat (g): 1 · Cholesterol (mg): 4 · Sodium (mg): 93 · Carbohydrate (g): 0 · Fiber (g): 0 · Protein (g): 2

**Food Plan servings:** Proteins: 0.5

**Tip:** The cheese will be pliable when first removed from the oven, but will harden as it cools.

# Pumpkin Cranberry Muffins

OVO-VEG

12 servings (1 serving = 1 muffin)

## INGREDIENTS

- ½ cup coconut flour
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- 1 tablespoon pumpkin pie spice
- 6 eggs
- ¼ cup pumpkin purée
- ½ cup melted coconut oil
- 1 teaspoon vanilla extract
- ¼ cup pure maple syrup
- ½ cup fresh cranberries

## DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 In a medium bowl, whisk together dry ingredients (coconut flour, sea salt, baking soda, and pumpkin pie spice). Set aside.
- 3 In a large bowl, beat together the eggs, pumpkin purée, melted coconut oil, vanilla extract, and maple syrup.
- 4 Add dry ingredients to wet ingredients and stir until well combined. Gently fold in cranberries.
- 5 Pour batter into a 12-count muffin tin that is either lined with muffin cups or sprayed with cooking spray, and bake for 35 minutes.

**Nutrition (per serving):** Calories: 181 · Fat (g): 13 · Saturated Fat (g): 10 · Cholesterol (mg): 106 · Sodium (mg): 162 · Carbohydrate (g): 12 · Fiber (g): 4 · Protein (g): 5

**Food Plan servings:** Proteins: 0.5 · Nuts & Seeds: 1 · Fats & Oils: 1 · Fruit: 1

# Quinoa Salad with Chicken, Grapes, and Almonds

8 servings (1 serving ≈ 1¼ cups)

## INGREDIENTS

- 2 cups water
- 1¼ cups quinoa, red or brown
- 1 teaspoon vinegar (rice or balsamic)
- 1 tablespoon lemon juice
- 1 tablespoon orange or lime juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- ½ cup fresh mint, chopped
- ½ cup fresh basil, chopped
- ¼ cup fresh cilantro, chopped
- 2 cups shredded chicken breast
- 2 cups grapes, halved
- ½ cup sliced almonds, toasted
- 3–4 cups chopped baby spinach
- ½ cup green onions, chopped

## DIRECTIONS

- 1 Bring 2 cups of water to a boil. While water is heating, rinse quinoa under cold running water and drain. Once water comes to a boil, stir in quinoa. Immediately reduce heat to a simmer and cook for about 12–15 minutes (until most of liquid is absorbed). Remove from heat, uncover, and set aside to cool.
- 2 In a large bowl, whisk together vinegar, lemon and orange juices, sea salt, and pepper. Continue whisking while slowly streaming in olive oil. Stir in the mint, basil, and cilantro and mix well.
- 3 Add cooled quinoa to dressing and toss. Add chicken, grapes, nuts, chopped baby spinach, and green onions. Toss again.
- 4 Serve at room temperature or chilled, if preferred. Tips: Chicken can be cooked and shredded or chopped ahead of time. Serve on a lettuce leaf and use red quinoa and green grapes or regular quinoa and red grapes for a colorful presentation.

**Nutrition (per serving):** Calories: 256 · Fat (g): 10 · Saturated Fat (g): 1 · Cholesterol (mg): 27 · Sodium (mg): 102 · Carbohydrate (g): 26 · Fiber (g): 3 · Protein (g): 17

**Food Plan servings:** Proteins: 1.5 · Nuts & Seeds: 0.5 · Fats & Oils: 0.5 · Non-Starchy Vegetables: 0.5 · Fruits: 0.5 · Grains: 1

## Roasted Beets with Greens

VEGAN

4 servings

### INGREDIENTS

- 1 bunch trimmed beets (about 4–5 beets)
- 1½ tablespoons extra-virgin olive oil
- 1 lemon, juiced (≈3 tablespoons juice)
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups baby spinach or spring mix, divided
- 1 cup fresh parsley
- 4 slices red onion

### DIRECTIONS

- 1 Preheat oven to 400° F.
- 2 Rinse beets, dry, and wrap individually in foil.
- 3 Roast until tender (about 1 hour). Let cool, then peel and dice.
- 4 Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt and pepper. Toss with beets.
- 5 For each serving, toss ≈ ½ cup dressed beets with 1 cup spinach or spring mix and ¼ cup parsley. Top with onion.

**Nutrition (per serving):** Calories: 113 · Fat (g): 5 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 286 · Carbohydrate (g): 15 · Fiber (g): 3 · Protein (g): 3

**Food Plan servings:** Fats & Oils: 1 · Starchy Vegetables: 1

## Roasted Sweet Potato Fries

VEGAN

6 servings (1 serving ≈ ¾ cup)

### INGREDIENTS

- 5 medium sweet potatoes, cut into about 1 by 5-inch strips
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh basil leaves
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

### DIRECTIONS

- 1 Preheat oven to 400° F.
- 2 Place the sweet potato strips on a baking sheet lined with foil. Drizzle with olive oil. Spread potatoes out in pan, so that they are in a single layer. Bake until golden, about 45 minutes.
- 3 While potatoes are baking, combine the basil, salt, and pepper in a small bowl. Stir to mix.
- 4 When the sweet potato fries come out of the oven and are still hot, sprinkle with the basil mixture.

**Nutrition (per serving):** Calories: 174 · Fat (g): 7 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 725 · Carbohydrate (g): 26 · Fiber (g): 3 · Protein (g): 2

**Food Plan servings:** Fats & Oils: 1 · Starchy Vegetables: 1.5

# Sage Turkey Sausage

4 servings (1 serving = 2 patties)

## INGREDIENTS

- 1 pound ground turkey breast
- ¼ cup finely diced apple
- 2 tablespoons finely minced red onion
- 2 tablespoons finely minced fresh sage
- ½ teaspoon finely minced fresh thyme
- 3 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

## DIRECTIONS

- 1 In a large bowl, mix together turkey, apple, onion, sage, thyme, 1 tablespoon olive oil, salt, and pepper.
- 2 Make eight patties from the turkey mixture.
- 3 Heat a nonstick skillet over medium heat and add 2 tablespoons of olive oil.
- 4 Brown the patties for 3–4 minutes on each side, until they are firm to the touch.
- 5 Eat immediately or store in an airtight glass container in refrigerator for up to 3 days.

**Nutrition (per serving):** Calories: 212 · Fat (g): 12 · Saturated Fat (g): 2 · Cholesterol (mg): 61 · Sodium (mg): 469 · Carbohydrate (g): 2 · Protein (g): 25

**Food Plan servings:** Proteins: 3.5 · Fats & Oils: 0.5

# Sautéed Green Beans

6 servings (1 serving ≈ ½ cup)

VEGAN

## INGREDIENTS

- 1 pound petite green beans, fresh or frozen
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced (2 teaspoons)
- 1 teaspoon sea salt
- ½ teaspoon pepper, or to taste

## DIRECTIONS

- 1 Steam green beans in a steamer basket over water for 7–8 minutes, or until bright green and fork tender.
- 2 Remove from heat and drain off water. Set beans aside.
- 3 Heat olive oil in a large pan over medium heat. Add garlic and cook until garlic is sizzling.
- 4 Place steamed green beans in pan and sauté until green beans are warm and coated with olive oil and garlic.
- 5 Add salt and pepper. Serve warm.

**Nutrition (per serving):** Calories: 47 · Fat (g): 2 · Saturated Fat (g): 0 · Cholesterol (mg): 0 · Sodium (mg): 316 · Carbohydrate (g): 6 · Fiber (g): 2 · Protein (g): 1

**Food Plan servings:** Fats & Oils: 0.5 · Non-Starchy Vegetables: 1

**Tip:** Great as leftovers!

## Spice-Rubbed Chicken Breasts

12 servings (1 serving ≈ 3 ounces)

### INGREDIENTS

- 1 quart water
- ¼ cup salt
- 2½ pounds boneless, skinless chicken breast
- ½ teaspoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon curry powder
- 1 tablespoon chili powder
- ½ tablespoon ground allspice
- ½ tablespoon black pepper
- ½ teaspoon ground cinnamon

### DIRECTIONS

- 1 Pour 1 quart water into a large sealable casserole dish. Add ¼ cup salt and stir to dissolve.
- 2 Add chicken breasts to dish, seal, and place in refrigerator for 2 hours.
- 3 While chicken is brining, mix together turmeric, cumin, curry powder, chili powder, allspice, pepper, and cinnamon in a small bowl.
- 4 Preheat a grill on high. Remove chicken from refrigerator, drain, rinse well, and pat dry. Coat the chicken with the spice mixture, massaging into the meat until chicken is densely coated.
- 5 Place the chicken on the preheated grill. Close the grill's lid and cook for 4 minutes. Flip the chicken, and cook for an additional 3–4 minutes with the lid closed, until the chicken is browned and cooked through. Tips: If you roll the meat in the spice mixture, throw away any remaining spice blend, as it has come in contact with raw poultry. Note that the brining process (soaking chicken in saltwater) adds sodium to this recipe. If you are short on time, or you want to omit some of the sodium, just sprinkle the chicken breasts with salt and pepper prior to the adding spice mixture.  
\*Note: nutrient analysis does not include the sodium from the brining process

**Nutrition (per serving):** Calories: 135 · Fat (g): 3 · Saturated Fat (g): 1 · Cholesterol (mg): 55 · Sodium (mg): 63 · Carbohydrate (g): 3 · Fiber (g): 1 · Protein (g): 21

**Food Plan servings:** Proteins: 3

## Spiced Seed Crackers

8 servings (1 serving ≈ one 2-inch by 3-inch)

VEGAN

### INGREDIENTS

- ½ cup chia seeds
- ½ cup flax seeds • ½ cup sunflower seeds
- ¼ cup agave (or honey, maple syrup, or combo)
- ¼ teaspoon allspice or cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon guar or xanthan gum
- 2–4 tablespoons water, if needed

### DIRECTIONS

- 1 Preheat oven to 300° F.
- 2 In a medium bowl, mix all ingredients together. Spread on greased parchment paper on a cookie sheet. Press flat (about ⅛-inch thick). Bake for about 30 minutes on each side.
- 3 Immediately after removal from oven, score the seed crackers to make 8 servings (they will still be pliable at this point, but score right away, as they will harden quickly). A pizza cutter works well. Tips: Before spreading on cookie sheet, put oil on hands or spatula, to keep seeds from sticking to hands. Watch closely so that you don't burn the seeds. Can cook for longer at a lower temperature (i.e., 250° F).

**Nutrition (per serving):** Calories: 137 · Fat (g): 8 · Saturated Fat (g): 2 · Cholesterol (mg): 0 · Sodium (mg): 6 · Carbohydrate (g): 14 · Fiber (g): 3 · Protein (g): 4

**Food Plan servings:** Nuts & Seeds: 3

# Strawberry Mango Smoothie

OVO-VEG

LACTO-VEG

VEGAN

2 servings

## INGREDIENTS

- 2 cups unsweetened almond, flax, hemp, or coconut milk
- 1 cup frozen strawberries (no sugar added)
- 1 cup frozen mangoes (no sugar added)
- 2 scoops vanilla protein powder (total ≈ 15 grams protein)
- 2 tablespoons chia seeds
- 2 cups spinach leaves

## DIRECTIONS

- 1 Add all ingredients to blender and blend until smooth.

**Nutrition (per serving):** Calories: 305 · Fat (g): 8 · Saturated Fat (g): 2 · Cholesterol (mg): 0 · Sodium (mg): 351 · Fiber (g): 6 · Protein (g): 22

**Food Plan servings:** Proteins: 1.5 · Dairy Alternatives: 1 · Nuts & Seeds: 0.5 · Non-Starchy Vegetables: 1.5 · Fruits: 1

*Tip: May use organic non-GMO soy milk for smoothie, if desired and tolerated.*

# Sweet Potato Hummus

VEGAN

8 servings (1 serving ≈ 1/3 cup)

## INGREDIENTS

- 1 large sweet potato (12–14 ounces), cooked & mashed
- 1 can (15 ounces) chickpeas, drained, rinsed
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- 1½ teaspoons fine sea salt
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon (optional)

## DIRECTIONS

- 1 Combine all ingredients in a food processor and purée until smooth. Tips: Serve with vegetables, whole grain pita bread, or seed crackers. To reduce sodium content, cut sea salt in half, add some pepper, and increase the other spices to desired taste.

**Nutrition (per serving):** Calories: 180 · Fat (g): 10 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 415 · Carbohydrate (g): 19 · Fiber (g): 3 · Protein (g): 5

**Food Plan servings:** Legumes: 0.5 · Nuts & Seeds: 1 · Fats & Oils: 1 · Starchy Vegetables: 0.5

# Tender Eye of Round Steaks with Lemon and Rosemary

4 servings

## INGREDIENTS

- 1 pound eye of round steak, cut into 4 steaks, pounded thin
- ¼ cup olive oil
- 1 lemon, juiced
- 1 clove garlic, minced
- 2 tablespoons fresh rosemary, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

## DIRECTIONS

- 1 Place steaks in a ziplock gallon-sized plastic bag or sealed glass dish.
- 2 In a small bowl or glass measuring cup, combine olive oil, lemon juice, garlic, rosemary, salt, and pepper. Mix well and pour over steaks. Seal and place in refrigerator for 1–2 hours or overnight.
- 3 Remove from refrigerator, pour off marinade, and let rest on a rack at room temperature for about 20 minutes (let excess marinade drain off; discard any remaining marinade).
- 4 Sear steaks over high heat in a large oiled pan, about 3 minutes each side or until steaks reach desired degree of doneness. Don't crowd steaks; if needed, cook steaks in two batches.
- 5 Serve immediately. Tips: Steaks can be cooked on a grill or (even better) in a cast iron pan. These cook quickly, as they are pounded so thin. Great served on top of a salad made of arugula and baby greens, with a lemony vinaigrette and shaved Parmesan cheese.

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**Nutrition (per serving):** Calories: 208 · Fat (g): 11 · Saturated Fat (g): 3 · Cholesterol (mg): 68 · Sodium (mg): 198 · Carbohydrate (g): 1 · Fiber (g): 0 · Protein (g): 26

**Food Plan servings:** Proteins: 3.5

# Three Bean Salad with Roasted Beets and Almonds

VEGETARIAN

8 servings (1 serving ≈ ¾ cup)

## INGREDIENTS

- 2 medium roasted beets, thinly sliced
- 1 can (15 ounces) dark red kidney beans
- 1 can (15 ounces) cannellini beans
- 1 can (15 ounces) black-eyed peas
- 1 small or ½ medium red onion, cut in rings & then halved
- 2 tablespoons chopped fresh parsley
- ¼ to ½ cup chopped almonds
- ¼ cup olive oil
- 1 tablespoon honey
- ⅓ cup vinegar
- 1 teaspoon dried tarragon
- ½ teaspoon dried basil
- ½ teaspoon dry mustard
- ¼ teaspoon turmeric
- 8 ounces frozen or fresh petite, green beans, lightly steamed, cut into

## DIRECTIONS

- 1 Heat oven to 375-400° F.
- 2 Prepare the beets: • Remove greens, root and stems. Rinse beets well. • Wrap beets in foil and roast for about 1 hour. Let cool, then peel and dice or slice. • Set aside (can make a day ahead).
- 3 Rinse and drain all canned beans in a colander, then place in a medium to large bowl.
- 4 Add onion and fresh parsley.
- 5 Mix together the olive oil, honey, vinegar, tarragon, basil, dry mustard, and turmeric. Toss with petite green beans, canned beans, onion, and parsley, and marinate in the refrigerator for at least 1 hour.
- 6 Just before serving, add the cooled, roasted beets and chopped almonds. Tips: Marinate overnight for best results. Sodium content can be lowered by choosing low-sodium canned beans or rinsing regular canned beans thoroughly. Rice vinegar is a nice option for the vinegar choice. When roasting beets, place foil seam-side-up to avoid drippings in oven.

**Nutrition (per serving):** Calories: 267 · Fat (g): 12 · Saturated Fat (g): 1 · Cholesterol (mg): 0 · Sodium (mg): 53 · Carbohydrate (g): 31 · Fiber (g): 10 · Protein (g): 11

**Food Plan servings:** Legumes: 1 · Nuts & Seeds: 0.5 · Fats & Oils: 2 · Non-Starchy Vegetables: 1 · Starchy Vegetables: 0.5

# Tips for Dehydrating Fruits and Vegetables

VEGAN

## INGREDIENTS

## DIRECTIONS

- 1 Set dehydrator to 140° F. Then follow the guidelines below for fruit or vegetable of choice. Nutrition Varies with ingredient Dried Fruit: Approximately 120 calories and 30 g carbohydrates per ¼ cup Core Food Plan Dried fruit: 2 fruit servings per ¼ cup Fruits: Bananas: Slice ¾-inch thick and soak in a citrus-water solution for about 5 minutes to prevent browning. Dehydrate for 6–12 hours. Blueberries: Wash, remove stems, and dip in boiling water until skins crack. Dehydrate for 10–18 hours, or until they look like plump raisins. Grapes (to make raisins): Leave whole, remove stems, and place on dehydrator tray. Dehydrate for 10–36 hours, or until they look like plump raisins. Melons: Remove skin and seeds. Slice ½-inch thick. Dehydrate for 8–20 hours. Oranges: Slice ¼-inch thick (peels are optional), place on dehydrator tray, and dehydrate for 2–12 hours. (The peels can be dried and ground in a blender to make orange zest). Strawberries: Slice ½-inch thick. (For sweeter flavor, soak in a blend of stevia/water solution about 15 minutes). Dehydrate for 6–12 hours. Vegetables: Broccoli or cauliflower: Wash, cut, and blanch in the microwave for about 2–3 minutes, or until crisp-tender, and allow to cool. Dehydrate for 6–12 hours. Mushrooms: Clean with a soft brush (or wash them lightly and pat dry). Immediately slice into ½-inch slices, or place whole on dehydrator tray. Dehydrate for 4–10 hours. Onions: Peel and remove tops and root ends. Slice 3/8-inch thick. Dehydrate for 6–12 hours. This can be turned into onion powder by putting in a blender and grinding to a fine powder.