

WEIGHT LOSS JOURNAL &  
RECIPE GUIDE



CREATE YOUR  
CHANGE

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# Create Your Change

*Start Today to Create Your  
Happiest, Healthiest life!*

Fill out the *Create Your Change Journal* . Be 100% honest with yourself. You can create the lifestyle changes you desire to get the body you will feel GREAT living in.

When you stop creating reasons why *you can't*, and start creating reasons why **YOU CAN**, your life will start to change.

**The Fit & Healthy Recipe Guide**  
gives you super-delicious and  
healthy recipes for breakfast, lunch  
and dinner to help you discover  
delicious meals to start to

**Create Your Change!**

# Create Your Change

What are your long-term goal(s)?

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If you have listed more than one goal, please pick the one that you would most like to tackle first.

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List the three things in your life that are most important to you.

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3. 

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How would making this change improve your ability to nurture these three things?

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4. \_\_\_\_\_  
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Take a few moments to picture the “*new you.*” How will this person differ from the person that you are today?

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Mentally:

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Emotionally:

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Take either yesterday or today as an example. How would your day have gone differently if you would have already made the change that you are currently contemplating?

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What are you most afraid of as you embark on this new journey?

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What could you do to prevent these fears from becoming a reality?

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List three to five specific and measurable short-term goals that will help you to achieve your long-term goal. Include the date by which you would like to achieve each goal (ie, exercising for 30 minutes/day or cutting out bedtime snacks).

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Which of these changes do you think you will find the easiest to achieve, and which will rank as the hardest?

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List one to three other difficult things that you have achieved in your lifetime. Did you learn any lessons during these times that you could apply to your current challenge?

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List five ways that you could keep yourself motivated on especially hard days.

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How will you reward yourself when you reach your short-term goals? What about when you have achieved your long-term goal(s)?

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Do you talk to yourself like a friend would? If not, write below what sort of cruel things you say to yourself.

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Now, turn every one of those statements around. What would you say if someone said those same comments to you about someone you care about?

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Would any material things make this time easier for you? Examples might include new exercise clothes or a vegetable steamer.

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Who will you call for support when you are having a tough time sticking to your plan?

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**It's never too late to  
Create Your Change.**



**Do you need help with accountability and support to help you create long-lasting change to live your happiest, healthiest life? Go to [www.speaktolisa.com](http://www.speaktolisa.com) to schedule your complimentary 30-minute phone consultation.**

**Or email me at  
[lisa@lisagoldbergnutrition.com](mailto:lisa@lisagoldbergnutrition.com)**

## **Lisa Goldberg MS, CNS, CDN Nutritionist & Weight Loss Coach**

Lisa Goldberg is a nutritionist and weight loss coach with a Masters degree in Clinical Nutrition from New York University. She is a Certified Nutrition Specialist and a Certified Dietician/Nutritionist licensed by New York State and Certified in Adult Weight Management by the ADA.

With more than two decades of experience, Lisa will help you make a commitment to your *Self* and your *Health*. She will teach you how to make the right food choices while helping recognize and change your old habits and behaviors that keep you stuck on the diet roller-coaster. You will get personalized tools and strategies to change your relationship with food and practice better self-care *to live your happiest, healthiest life!*

# Fit & Healthy

*Recipe Guide*





# Fit & Healthy Recipe Guide Tips:

In this guide, you will find a fantastic selection of delicious, nutritious and easy-to-prepare recipes. Be adventurous and try a few of them; you never know which one may become your new favorite!

# Helpful Tips:

- ➔ Use your menu planner and look ahead at the week, filling in which recipes from this guide you'd like to prepare as well as any of your own.
- ➔ Make sure to read through all recipes before making your shopping list, there are many ingredient "options" that you may already have on hand or want to substitute.
- ➔ Prepare your shopping list for 2-3 days in advance and get all the shopping done.
- ➔ It's a great idea to prepare larger batches of things like oatmeal, brown rice and quinoa ahead of time. You can store it in the fridge for up to 3 days and this is a huge time saver. **Tip:** Cook brown rice and quinoa in vegetable broth/stock for added flavor!
- ➔ Wash and prepare any vegetables/fruits ahead of time and store in airtight containers or bags in fridge.
- ➔ Double up and make some of the "dressings" in advance. Store in a mason jar or glass container in the fridge.
- ➔ Double up recipes so you can heat them up for lunch or dinner the next day.
- ➔ If you don't have a lemon squeezer/press, it's an inexpensive addition to your utensils and another time-saver.
- ➔ Get creative with recipes and omit any ingredients that don't "work" for you. I.E. Cilantro doesn't work for everybody. You can also add any ingredients that you love.
- ➔ Have fun and be bold! Get the family involved in the shopping and preparation. Switch up the recipes to suit your own taste. Take the time to set the table and make the meal an event to enjoy; not only good food, but quality time together.



# Breakfast



## Oatmeal Breakfast Bowl

Serves: 2

- ▶ 1 cup steel-cut oats cooked according to package directions. (*Tip: You can cook ahead of time and double up the batch for a quick breakfast bowl during the week.*)
- ▶ A nice sprinkle of nuts and seeds (pumpkin, sunflower, almonds, chia, walnuts (any nuts/seeds you like or have on hand)
- ▶ 1/2 cup berries
- ▶ 1/4 cup for each bowl unsweetened almond milk (optional)
- ▶ Stevia or a little honey, to taste
- ▶ Dash of cinnamon (optional)
- ▶ Combine all ingredients in a bowl and serve warm.
- ▶ Top with berries, sprinkle of Stevia/honey and dash of cinnamon.



## Mushroom & Asparagus Frittata

*Serves: 2*

- ▶ 1 cup sliced fresh mushrooms
- ▶ 1 cup asparagus spears, sliced diagonally into 2 inch pieces
- ▶ 1 green onion, white and green parts chopped fine
- ▶ Olive oil spray or 1 T olive oil
- ▶ Sea salt & fresh ground pepper to taste
- ▶ 6 egg whites lightly beaten in bowl
- ▶ 2-3 T chopped fresh basil (*use 1-2 T dried if you don't have fresh*)
- ▶ Fresh melon slices (*Optional, for side garnish.*)

### ***To Prepare:***

**Preheat oven to 350 degrees**

- ▶ In a non-stick oven-proof skillet, heat oil and sauté mushrooms and asparagus until asparagus starts getting crisp (*about 3-4 minutes.*)
- ▶ Add in green onion and continue to sauté another minute.
- ▶ Salt and pepper then pour in the egg whites.
- ▶ Sprinkle the basil on top.
- ▶ Place the skillet into oven and bake for 5 minutes until center of frittata is “set” and the edges pull away from the skillet.
- ▶ Remove skillet and slide frittata onto plate or cutting board.
- ▶ Let cool a minute then slice into wedges.
- ▶ Serve with sliced fruit, like melon



## Organic Egg-Veggie Scramble

*Serves: 1*

- ▶ 2 organic, cage free eggs or egg whites
- ▶ 1 T olive oil
- ▶ 2 T onion, chopped
- ▶ 1/4 cup mushrooms, sliced
- ▶ 1/4 to 1/2 cup spinach
- ▶ Fresh or dried chives (chopped, if fresh)
- ▶ Sea salt & pepper to taste

### *Directions:*

- ▶ In a bowl, whisk eggs vigorously for 15 seconds
- ▶ Heat oil over medium heat.
- ▶ Add onions, cook for several minutes, making sure not to burn.
- ▶ Add mushrooms and spinach and cook for another minute.
- ▶ Stir in eggs and continue to stir in pan, scrambling all ingredients together until desired doneness.
- ▶ Add a little more olive oil during cooking if needed.
- ▶ Salt & pepper to taste and sprinkle on chives.

**Note:** Get creative and use fresh veggie ingredients on hand.

## Easy Tofu/Seitan Scramble

*Serves: 2*

Make this your own by adding any vegg like.  
This is a basic go-to recipe.

- ▶ 1 block tofu, drained and pressed OR cup seitan strips, chopped into bite-s pieces
- ▶ 1/2 small onion, diced
- ▶ 1 clove minced garlic or 1 tsp garlic powder
- ▶ 1/2 green, red or yellow bell pepper, diced
- ▶ 2 tbsp olive oil
- ▶ 1 tbsp soy sauce (optional)
- ▶ 2 tbsp nutritional yeast (optional)
- ▶ 1/2 tsp turmeric (optional)
- ▶ Salt and pepper to taste
- ▶ 2 whole wheat, whole grain or gluten-free tortillas
- ▶ 2 T fresh salsa (optional. for topping tortilla)
- ▶ 2 T shredded dairy or vegan cheese (optional, for topping tortilla)



### *To Prepare:*

**If using tofu:** Slice the tofu into one-inch cubes. Using either your hands or a fork, crumble it slightly.

### *Directions:*

- ▶ Heat oil and sauté onion, pepper and crumbled tofu or seitan for 3-5 minutes, stirring often.
- ▶ Add remaining ingredients, reduce heat to medium and allow to cook 4-7 more minutes, stirring frequently and add more oil if needed.
- ▶ Season with salt and pepper to taste.
- ▶ Divide the mixture and wrap in a warmed whole-wheat tortilla.
- ▶ Top with salsa and cheese if adding.

## Quick and Easy Huevos Rancheros

Serves: 2

- ▶ 2-4 organic eggs or egg whites
- ▶ Olive oil spray (or 1 T olive oil)
- ▶ 1/2 cup whole grain or rice tortilla chips
- ▶ 1/4 cup shredded Mexican cheese or vegan cheese
- ▶ 2 T sour cream (Optional)
- ▶ 2 T fresh, natural salsa (no sugar added)
- ▶ Hot sauce (optional)
- ▶ Chopped cilantro (optional)

### To Prepare:

- ▶ Spray skillet with olive oil spray or coat with olive oil.
- ▶ Cook eggs to desired doneness (over-easy, sunny-side up, etc.)
- ▶ Sprinkle cheese evenly on both eggs and add pan cover to let cheese melt for a minute or so.

Meanwhile, separate the chips onto 2 plates.

- ▶ Divide eggs on top of chips.
- ▶ Top with salsa and sour cream.
- ▶ Sprinkle a little hot sauce and/or cilantro if desired.

## Smoothie

*(Choose a smoothie from the Smoothie Guide or create your own!)*

## Quick “out the door” breakfast options

- ▶ One piece of whole grain/sprouted grain toast with nut butter or hummus.
- ▶ One piece of whole grain/sprouted grain toast with avocado slices and sprinkle of chia/sesame seeds.
- ▶ Organic brown rice cake with nut butter.
- ▶ Low sugar Greek yogurt with berries and nuts/seeds mixed in.
- ▶ Banana with smear of nut butter.
- ▶ Whole grain/sprouted grain bread with one scrambled egg or sliced hard boiled egg on top, side fresh greens with drizzle of olive oil/vinegar.



# Lunch

## Super Salad Makes

*serves: 2*

Salads, and what you dress them with, are full of wonderful, nutritional ingredients that are vital to a healthy body. This recipe is a guide, but think about using up the odds and ends in the fridge. If you don't have exactly what's on the list, improvise! You could add some tuna, grilled chicken or beans for a protein punch.

- ▶ 4-6 cups fresh salad greens like butte red-leaf lettuce, spinach or romaine, m
- ▶ 1 small-medium handful of arugula or
- ▶ 1/2 avocado, peeled and diced
- ▶ 1/2-1 tomato, or hand full chopped c tomatoes
- ▶ 1/4-1/2 medium cucumber, chopped i bite-size pieces
- ▶ 4 dandelion greens (optional)
- ▶ handfulofshreddedred/greencabbage
- ▶ 1/2 carrot, shaved with a vegetable peeler
- ▶ 3-4 chopped fresh basil sprigs
- ▶ 4-5 chopped fresh cilantro sprigs
- ▶ 1 teaspoon hemp seeds (optional)
- ▶ 1-2 tablespoons toasted sunflower s or almonds (spread on a baking sheet roast at 300 for just a few minutes,
- ▶ toast fast so keep an eye on them!) OR add them in raw.



Get a big salad bowl with lots of room. Add the lettuce, arugula, kale, avocado, tomato, and cucumber and whatever other veggies you're playing with. Top with the dandelion greens, carrot shavings, and herbs. Sprinkle with the seeds and nuts. Lightly salt & pepper if you like.

Drizzle the dressing (ideas below) directly onto the salad and toss. And voila! Your super salad is ready for you.

# Dressing Ideas:

## *Apple Cider Vinaigrette:*

- ▶ 2 Tablespoons olive oil
- ▶ 1 Tablespoon apple cider vinegar
- ▶ 1 Tablespoon dijon mustard
- ▶ Whisk all together in a bowl until creamy.

OR:

## *Oil/Citrus Dressing*

- ▶ 2 1/2 tablespoons infused olive oil (basil, truffle, etc.) OR extra-virgin olive oil
- ▶ 1 1/2 tablespoons balsamic vinegar
- ▶ Juice of 1/2 lemon
- ▶ Juice of 1/2 orange (or a little more lemon if you don't have orange)
- ▶ 1/2 teaspoon grated vegan Parmesan cheese (optional)
- ▶ Whisk together until creamy.

OR:

## *Avocado dressing*

- ▶ 1 large ripe avocado
- ▶ 1 garlic clove
- ▶ 1/4 tsp hot pepper flakes
- ▶ 2 Tbsp lime juice
- ▶ 2 tsp olive oil
- ▶ 1/2 cup water

Place all the ingredients in a blender and process until smooth. Adjust the amount of liquid to obtain nice creamy dressing. Enjoy!



## Veggie Bowl With or Without Chicken

*Serves 2-4*

*(depending on if being served as a main or side dish)*

1 cup quinoa or brown rice, cook according to package directions (Ti cook in vegetable broth instead of water for fuller flavor.)

- ▶ 1-1/2 cups broccoli florets, chopped
- ▶ 1-1/2 cups cauliflower, chopped
- ▶ 1 cup carrots, peeled and diced
- ▶ 1 cup spinach, coarsely chopped
- ▶ 1 red pepper, chopped (you can use yellow or orange peppers as well, or a mixture)
- ▶ 1/4-1/2 cup fresh parsley, finely chopped (optional but so healthy)
- ▶ 1/4 to 1/2 cup sunflower seeds, pumpkin seeds or a mixture
- ▶ juice of 1/2 lemon
- ▶ sea salt and pepper to taste
- ▶ drizzle of olive oil
- ▶ dash cayenne (optional-if you like a little kick!)
- ▶ 1/2 to 1 lb cooked, diced organic chicken breast (Optional, if you want the extra protein or making as a heartier meal.)



### *To Prepare:*

- ▶ Steam broccoli, carrots, and cauliflower for 5-7 minutes, (depending on your desired tenderness) adding in peppers for the last 2-3 minutes.
- ▶ Chop the spinach and parsley.
- ▶ In a large mixing bowl, toss together cooked quinoa or brown rice, steamed vegetables, spinach, red pepper, and parsley.
- ▶ Add the raw seeds and drizzle with lemon juice, oil and salt & pepper to taste.
- ▶ Serve cold or warm

## Curried Tuna or \*Mock Tuna Muffins

Serves 4-6

**Prep: 10 minutes**

**Bake: 15 minutes Let Stand: 5 minutes**

- ▶ Three 6oz. cans chunk white albacore (dolphin free) tuna OR if looking to make
- ▶ \*vegetarian you can use one 16 oz. can of chick peas/garbanzo beans, drained and mashed with a fork or masher
- ▶ 4-6 oz. shredded Swiss cheese or vegan cheese
- ▶ 12 slices whole wheat or multi-grain bread, crusts cut off
- ▶ 2-3 T olive oil OR organic butter
- ▶ 2-3 T mayonnaise or vegan mayo
- ▶ 1 teaspoon curry powder (a little more or less depending on taste)
- ▶ 2 tablespoons dried cranberries or raisins
- ▶ Non-stick olive oil cooking spray
- ▶ Salt & pepper to taste



### **Directions:**

- ▶ Preheat oven to 375 degrees. Coat muffin tray (for 12 muffins) with cooking spray.
- ▶ Drizzle or lightly brush one side of bread with olive oil or a little butter and press oil side up into muffin cups.
- ▶ In a bowl combine tuna or mashed chickpeas, 1 tablespoon olive oil, mayo, cheese, curry powder, cranberries or raisins, and salt & pepper to taste. Mix well. (Add more mayo/curry etc. to taste)
- ▶ Divide mixture into each bread-lined muffin cup.
- ▶ Top with shredded cheese.
- ▶ Bake for 15 minutes or until filling is bubbly hot and top browning.

**Idea:** Serve with a green salad and chopped apple on the side.



## Sweet and Sexy Kale Salad

*Serves: 2*

- ▶ 4-6 cups washed and dried finely chopped Kale
- ▶ 1 cup cherry tomatoes, (go for mix of red and yellow for extra flavor) sliced in half
- ▶ 1/2 cup feta cheese
- ▶ 1/4 cup dried cranberries
- ▶ 1 green apple cut into small strips
- ▶ 1/4 cup walnuts, broken into pieces
- ▶ Sea salt and pepper to taste

### ***Dressing:*** ***Apple Cider Vinaigrette:***

- ▶ 2 Tablespoons olive oil
- ▶ 1 Tablespoon apple cider vinegar
- ▶ 1 Tablespoon dijon mustard
- ▶ Whisk all together in a bowl until creamy.

Mix all together in a bowl and toss with dressing.

## Veggie Burger with Apple Cider Vinaigrette

*Serves: One*

This warm veggie sandwich is great for a quick lunch or a snack. Keep a stash of veggie burgers in the freezer so you can whip one up anytime.

- ▶ 2 slices sprouted grain or whole grain bread
- ▶ 1-2 Tbs olive
- ▶ One frozen veggie patty/burger (Check labels to find a brand that's right for you like Amy's Kitchen or Dr. Praeger's)
- ▶ Sliced avocado
- ▶ Sliced mushrooms
- ▶ Spinach leaves or salad greens
- ▶ Sliced cheese or vegan cheese (optional)

### *Dressing:*

- ▶ 1 tablespoon cider vinegar
- ▶ 1 tablespoon Dijon mustard
- ▶ 2 tablespoons olive oil
- ▶ Whisk all together in a small bowl

### *Preparation:*

- ▶ Toast bread.
- ▶ Heat oil in skillet and cook patty.
- ▶ Moisten toast with a little olive oil then drizzle on dressing.
- ▶ Add patty and start building your sandwich with veggies.
- ▶ Drizzle on the rest of dressing.
- ▶ If adding cheese, leave off top half of bread and melt cheese under broiler or in toaster oven.
- ▶ Add a pinch of salt and pepper and add remaining bread.
- ▶ Serve with some fresh cut seasonal veggies on the side.





# Sides And Vegetarian Options

## Roasted Zucchini and Cherry Tomatoes

*Serves 4*

- ▶ 2 yellow zucchini (cut into bite size pieces)
- ▶ 2 green zucchini (cut into bite size pieces)
- ▶ 1 pint cherry tomatoes
- ▶ 1/4 cup chopped basil (plus more for garnish)
- ▶ 1-2 T chopped rosemary (fresh or dried)
- ▶ 2 T olive oil
- ▶ sea salt & pepper to taste

### *Directions:*

- ▶ Preheat oven to 350 degrees
- ▶ In a large bowl combine chopped zucchini, cherry tomatoes, olive oil, rosemary, salt & pepper.
- ▶ Spread out on large baking sheet and roast for about 10-15 minutes, or until tomatoes start to burst.
- ▶ Drizzle a little olive oil on veggies while baking, if needed.
- ▶ Transfer to serving bowl and garnish with chopped basil.
- ▶ Serve warm or delicious at room temperature.



## Edamame & Corn Succotash

**Serves: 4**

This is great as a side dish or on top of fresh greens for a yummy salad. Serve warm or at room temperature.

- ▶ 1 10 oz bag frozen organic corn\*
- ▶ 1 10 oz bag frozen organic edamame (or lima beans if you prefer)
- ▶ 1/2 to 1 whole chopped red pepper
- ▶ 1-2 tablespoons honey (depending on how sweet you like it)
- ▶ 1 pat organic butter (optional)
- ▶ Sea salt and pepper to taste

\*If fresh seasonal organic corn is available, cook 3 ears in boiling water for 5-10 minutes (really fresh corn doesn't take long) let cool and scrap it right off in to the mixture. Sweet and delicious!

### **To Prepare:**

- ▶ Cook corn and edamame in separate pans according to package directions.
- ▶ Halfway through cooking the lima beans/edamame, add the red pepper to the water and continue cooking until done.
- ▶ Drain all and add together to medium size bowl.
- ▶ Stir in honey and add pat of butter.
- ▶ Mix together well and salt and pepper to taste.

*Note: This is great at room temperature, tossed into salads the next day.*

## Cauliflower Mashed With \*Roasted Garlic (serves 2-4)

This is a simple, delicious and healthy alternative to mashed potatoes and comes in at about 1/4th the calories. It also has more vitamins and minerals and we all know how good garlic is for us. \*(You can always whip this up without the garlic, still delicious, healthy and quick!)

- ▶ One large head cauliflower, cut into florets
- ▶ 1-2 T organic butter
- ▶ 1/4 cup organic whole milk OR if you don't do dairy, try coconut or almond milk start by slowly pouring in a little at a time as you mix them.
- ▶ Head of garlic
- ▶ Drizzle olive oil
- ▶ Fresh chopped chives (optional)
- ▶ Salt and pepper to taste

### ***Instructions: (If adding garlic)***

- ▶ Preheat oven to 400 degrees F.
- ▶ Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves.
- ▶ Place in aluminum foil and drizzle with olive oil. Seal the foil around the garlic. Bake for 25-30 minutes (until the cloves are soft)
- ▶ Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin and set aside (or you can squeeze right into the pot when you blend it all together)

Meanwhile, place a few inches of water into a large pot and bring to boil. Place the steamer insert and then cauliflower florets into the pot and cover. (If you don't have a steamer, just plop the cauliflower right into the water, but steamed retains more of the nutrients and flavor). Steam for 12-16 minutes, until completely tender and soft. Drain and return to pot. Add roasted garlic, milk, butter, and salt to the cauliflower. Using a blender, immersion blender or food processor, combine ingredients until smooth. Top with chives and freshly ground pepper.



## White Bean And Escarole Salad

*Serves: 4 as side dish or 2 as a main course*

- ▶ One head escarole, (two if they are on the small side) washed and chopped/torn into medium size pieces
- ▶ 1-2 cloves garlic, chopped (depending on how much you like garlic!)
- ▶ One can organic Cannellini beans or white kidney beans
- ▶ Pinch red pepper flakes (optional, if you don't like spicy)
- ▶ Sea salt & pepper to taste
- ▶ 2-4 Tbsp olive oil
- ▶ 1/4 cup chopped parsley (optional)

### *To Prepare:*

- ▶ Heat 1-2 Tbsp of oil in wok or pan and add escarole, turning in pan, coating with the oil.
- ▶ Add salt, pepper and red pepper flakes, turning in pan to coat with oil and spices.
- ▶ Leaves will begin to wilt. If you're adding parsley add it about 1/2 way through cooking.
- ▶ Stir occasionally and cook for about 10-15 minutes or until escarole is tender.
- ▶ Meanwhile, in another pan heat 1-2 Tbsp of oil then add chopped garlic.
- ▶ Cook for several minutes then add entire can of beans (including juices) and simmer for about 10-15 minutes.
- ▶ Add cooked escarole to white bean mixture, stirring together gently and adjust seasonings.
- ▶ Continue to heat a few more minutes while blending mixture and beans absorb seasonings.



## Veggie Quinoa

**servings: 4**

*(Note: double up the recipe for more servings during the week!)*

- ▶ 1 cup quinoa, cooked according to package directions (Try cooking with vegetable broth/stock instead of water for added flavor.)
- ▶ 1 red onion, chopped
- ▶ 2-3 T olive oil
- ▶ 1 red or yellow pepper chopped, or a combo or both
- ▶ 1 small carrot, chopped
- ▶ 2 cup broccoli florets
- ▶ 2 garlic cloves, minced
- ▶ 1-2 T fresh basil (or 1 T dried basil)
- ▶ Sea salt & ground pepper to taste
- ▶ Juice of 1/2 -1 lemon (optional, for a zesty kick)

### **Directions:**

- ▶ In a large sauté pan, heat olive oil over medium heat.
- ▶ Add onions and sauté 2 minutes.
- ▶ Add in garlic and sauté 2 more minutes.
- ▶ Add veggies and sauté another 3-5 minutes or until desired tenderness.
- ▶ Add basil for another minute or so.
- ▶ Add veggie mixture to cooked quinoa, toss and top with salt and pepper to taste.
- ▶ Add in a few splashes of vegetable broth if you want more moisture.
- ▶ Squeeze on lemon juice for a zesty, refreshing burst.
- ▶ Sprinkle a little chopped fresh basil on top if you have it.



**Dinner**



## **Chicken Breasts With Tomato, Basil & Arugula/Spinach**

*Serves 4*

This easy, healthy recipe for boneless chicken breasts with fresh tomatoes, basil and arugula and/or spinach will become one of your favorite dishes for friends and family!

***Prep time: 15 minutes***

***Cook time: Appx. 20 minutes***

- ▶ 4 Organic, skinless, boneless chicken breasts (about 1.5 to 2 lbs)
- ▶ 1/4-1/2 cup thinly sliced packed fresh basil leaves
- ▶ 1 lb ripe tomatoes (plum, beefsteak, whatever looks fresh and preferably local) diced into 1/2 inch cubes.
- ▶ 4-6 cups baby arugula or spinach (or a combination of both-washed and air or spun dry)
- ▶ 5-6 T. extra-virgin olive oil
- ▶ 2.5 T. balsamic vinegar
- ▶ 1-2 cloves garlic, finely chopped
- ▶ Sea salt and freshly ground black pepper to taste

### ***Begin cooking:***

- ▶ Wash and pat dry chicken breasts and season with salt and pepper.
- ▶ Heat 2 T of the oil in large skillet over medium-high heat until just shimmering.
- ▶ Cook chicken on one side for 8-10 minutes (depending on how thick breasts are) until golden-brown then flip and continue to cook on other side another 8-10 minutes, scraping together any brown bits. (Add a little extra olive oil if needed and cook a few minutes longer if needed at a medium heat—always check to make sure chicken is cooked thoroughly!)

### ***As the chicken is cooking:***

- ▶ In a medium size bowl, combine tomatoes, basil, garlic, vinegar, 3 Tbs oil and about 1/4 tsp salt and pepper (to taste)
- ▶ Let the chicken cool a few minutes then slice into 2 inch strips (or you can serve the breasts whole, whatever you fancy!)
- ▶ On a large platter make a bed with the arugula or spinach mixture
- ▶ Arrange the chicken on top and spoon on the tomato mixture and drizzle the juice over all.


## **“Creamy” Spinach Soup**

***Serves: 8***

You won't believe how creamy this vegan soup is. It is so healthy, delicious and “creamy” without the cream! Full of fresh spinach, zucchini, and cauliflower, it's sure to become one of your favorites and it's so easy to make.

***Prep: 15 mins***  
***Cook Time: 45 mins total***



- 
- ▶ 1-2 T olive oil
  - ▶ 1 large onion, diced
  - ▶ 3 cloves garlic, sliced thin
  - ▶ 3 zucchini, quartered and cut into 1/2 inch pieces
  - ▶ 1 large potato, diced
  - ▶ 1 head cauliflower, washed and chopped or broken into pieces
  - ▶ 3-4 cups tightly packed spinach (washed, dried, stems removed)
  - ▶ 8 cups low-sodium organic vegetable broth
  - ▶ Sea salt and pepper to taste To

### ***Prepare:***

- ▶ Add olive oil to pre-heated soup pot.
- ▶ Add onion and cook over medium heat for 5-10 minutes until translucent (Don't let it brown.)
- ▶ Add sliced garlic and continue to cook for another 5 minutes.
- ▶ Add zucchini and continue cooking another 5 minutes or so, stirring to mix.
- ▶ Add vegetable broth, potatoes and cauliflower and bring to boil and simmer for about 30 minutes. (Until potato and cauliflower pieces are completely cooked and soft to touch.)
- ▶ Add spinach leaves, stirring in and cook another 3-5 minutes.

### ***To Complete:***

- ▶ Transfer broth mixture to a blender, immersion blender or food processor. Puree all of the ingredients together (I like to use my immersion blender so I keep all the action right in the soup pot.)
- ▶ Return mixture to pot if using blender/food processor, and adjust seasoning, adding salt and pepper as desired.

*(This soup heats up well so you can enjoy it for a few days!)*



## Asian Stir-Fry with Zucchini Noodles

*Serves: 4*

Ingredients: (note: you can omit the chicken and add in another cup of veggies for vegetarian/vegan option)

- ▶ 1.5 lbs organic chicken breasts cut into bite-size pieces
- ▶ 2-4 T olive oil
- ▶ 3 cloves chopped garlic
- ▶ 1 red onion, chopped
- ▶ 3-4 cups chopped broccoli, carrots, cauliflower, red pepper, and/or mushrooms
- ▶ (You can get creative here and add veggies that you like or have on hand. Think about adding green beans, snow peas, chopped bok choy, etc.)
- ▶ 3 T grated fresh ginger
- ▶ one small can well-drained water chestnuts (optional)
- ▶ 1/4-1/2 cup Tamari organic low-sodium soy sauce (you can use another brand, but this one is so tasty)
- ▶ 1-2 T organic brown sugar (optional, but really adds a nice “sweet” and sour taste and per serving still keeps it very low in sugar)
- ▶ juice of 1/2 lemon (optional)
- ▶ 3 medium to large zucchini (for “noodles”)
- ▶ 1 finely sliced green onion top for garnish

Note: for gluten free option, use Bragg’s liquid aminos or use a gluten free soy sauce

### ***To Prepare:***

- ▶ In medium bowl add chicken and 2 T grated ginger and stir to coat with 2-4 tablespoons of the soy sauce. Set aside.
- ▶ In large skillet, heat about 2 T of the olive oil until just shimmering.
- ▶ Add garlic and red onion and cook 3-5 minutes, making sure it doesn't burn.
- ▶ Add mixed veggies and cook over medium heat another 5 minutes, stirring occasionally and adding a little more oil if needed and a few splashes of soy sauce. (Make sure to not "burn" or brown the veggies, you want them to stay a little crisp.)
- ▶ Push the veggies around to the outer edges of the pan and add chicken to the middle.
- ▶ Let chicken sit and cook in the middle for 3-5 minutes.
- ▶ Begin to move and mix the chicken and veggies together, adding in a few more splashes of soy sauce. Add in a little more oil if needed.
- ▶ Continue cooking another 5-7 minutes (or until chicken is cooked through) stirring gently.
- ▶ Add in the remaining ginger and sprinkle in the sugar (if adding) and stir it all up.
- ▶ Squeeze the lemon over all ingredients if you like.
- ▶ Add sea salt and pepper to taste. (TIP: Be aware that the soy sauce can be salty, so taste before adding the salt.)

### ***For Zucchini Noodles:***

Using a mandoline slicer with a julienne blade. Slice zucchini lengthwise into "noodles." Or use a knife to cut it lengthwise into thin noodle like strips or you can use a vegetable peeler. Steam or sauté until tender, about 3-5 minutes. These noodles are great as a substitute for pasta and other recipes.

### ***To Serve:***

Serve stir-fry over bed of zucchini noodles and sprinkle with green onions.



## Black Bean and Corn Chili

*Serves: 6*

(Please note: there is a vegetarian option, a red meat option or white meat option)

- ▶ 1 and 1/4 lbs ground organic ground sirloin, turkey or chicken OR if going total vegetarian one can of red kidney beans, drained and rinsed
- ▶ 1 large onion, chopped (reserve two tablespoons for garnish, if desired)
- ▶ 3-4 cloves garlic, minced
- ▶ 2 T olive oil
- ▶ 1-15 oz can organic black beans, drained and rinsed
- ▶ 1-15 oz. can organic whole kernel corn, drained
- ▶ 1-28 oz. can chopped tomatoes
- ▶ 1-15 oz. can tomato sauce
- ▶ 1/2 teaspoon ground cumin
- ▶ 3 T chili powder
- ▶ 2-3 T dried oregano
- ▶ 1/4 teaspoon salt
- ▶ 1-2 T dark brown sugar (depending on sweet you like it)
- ▶ Dash cayenne (to taste)
- ▶ 1-2 cups prepared brown rice or quinoa according to package directions to serve chili over. **Tip:** *Try using vegetable broth instead of water for more flavor.*



### *For garnish:*

- ▶ reserved chopped onion
- ▶ 1/4 cup chopped fresh cilantro (optio
- ▶ sour cream
- ▶ shredded cheese/vegan cheese To Prepare:
- ▶ Heat oil in large, heavy bottom soup-style pan.
- ▶ Cook onion and garlic about 5 minutes, making sure not to brown, until onion is clear
- ▶ Add 2 T oregano (crush with palms to release flavor) Stir with onion and garlic and cook another minute.
- ▶ Add \*meat and break apart into pan, stirring all together *\*(IF adding meat, if not, continue directions and add can of red beans when adding the black beans.)*
- ▶ Cook approx. 8 minutes, stirring and blending.
- ▶ Cook until meat is done then drain off any excess fat that has accumulated.
- ▶ Add tomatoes and tomato sauce, stirring all together.
- ▶ Add all remaining dry seasonings keeping in mind you can always adjust seasonings as you go. (Go light on the cayenne until you've given it the taste test)
- ▶ Simmer at low heat another 3-5 minutes.
- ▶ Add in beans and corn, continue to simmer several more minutes, blending all together gently.
- ▶ Taste and add one T dark brown sugar at a time if you'd like it a little sweeter. Do this by stirring it into chili with a wooden spoon for several minutes for it to dissolve.
- ▶ Continue to simmer and adjust seasonings, adding in more salt, sugar, oregano, cayenne, etc. if needed.

Serve over brown rice or quinoa, garnish with cilantro, onion, sour cream and/or cheese and serve with a nice green side salad full of fresh veggies.

## **Baked Salmon Teriyaki With Sautéed Baby Bok Choy with Garlic & Ginger**

*Serves: 4*

Note: Salmon needs several hours to marinate.

Cook quinoa or brown rice as a nice companion for a complete meal.

- ▶ 4 (6 ounce) salmon steaks
- ▶ 1/4 cup sesame oil (If you don't have on hand, use olive oil)
- ▶ 1/4 cup lemon juice
- ▶ 1/4 cup organic low-sodium soy sauce like Tamari (or gluten free soy sauce)
- ▶ 2 T's brown sugar, or more to taste OR 2-3 tablespoons honey.
- ▶ 1 T sesame seeds
- ▶ 1 teaspoon fresh dijon mustard or ground mustard
- ▶ 1 teaspoon ground ginger
- ▶ 1-2 cloves minced garlic or one teaspoon garlic powder
- ▶ 4 lemon slices for garnish (optional)

### ***To Prepare Salmon:***

- ▶ Mix oil, lemon juice, soy sauce, brown sugar/honey, sesame seeds, mustard, ginger, and garlic powder in a small saucepan over low heat.
- ▶ Bring to a simmer, stirring until sugar has dissolved.
- ▶ Set aside 1/2 cup of marinade for basting.
- ▶ Let cool for a few minutes then pour remaining marinade into a resealable plastic bag and place salmon into the marinade.
- ▶ Squeeze excess air out of the bag, seal, and marinate the salmon steaks for at least 2 hours. Drain and discard used marinade.
- ▶ Place oven rack about 4 inches from the heat source and preheat the oven's broiler.
- ▶ Put salmon steaks into a broiler pan and broil for 5 minutes.
- ▶ Brush with reserved marinade, turn, and broil until fish is opaque and flakes easily, about 5 more minutes.
- ▶ Baste again with marinade.



## Sautéed Baby Bok Choy with Garlic and Ginger

*Serves: 4*

- ▶ 4-5 bunches of baby bok choy OR 2 large bunches, chopped and rinsed well (they can be gritty so make sure to leaves and rinse well.)
- ▶ 1 T olive oil
- ▶ 4 garlic cloves, smashed
- ▶ 2 slices of fresh ginger, peeled and smashed (optional)
- ▶ sea salt and pepper to taste
- ▶ 1 T (splash) of organic low-sodium soy sauce (or liquid aminos or gluten free soy sauce)

### *To Prepare:*

- ▶ Heat the oil in heavy bottom skillet or wok pan.
- ▶ Add garlic and cook for 4-5 minutes.
- ▶ Add bok choy and ginger and cook until tender, stirring and coating all.
- ▶ Add a splash or two of the soy sauce.
- ▶ Season with sea salt and pepper to taste.

Prepare 1 cup brown rice or quinoa according to package directions.

**Plate salmon, Bok Choy and rice or quinoa for a delicious meal!**