Eggs Benedict

Ingredients

Whole onion slices (1/4 inch thick each) 3
Smoked Chicken Breast 5 oz.
Spinach 3 cups
Tomato 3 slices
Parmesan cheese (grated) 1.5 oz
Whole omega-3 eggs (poached or fried individually) 3 eggs

For Hollandaise Sauce:

Low-fat mayo 2 tbsp.
Plain low-fat yogurt 1/3 cup
Lemon juice 1/2 tsp.
Dijon mustard 1/8 tsp.
Salt 1 pinch
Splenda 1 pinch
Chili powder 1 pinch

Directions

1. Cook onion in non-stick frying pan until nicely browned
2. Remove onions from pan and set aside
3. Whisk all ingredients for sauce together in a mixing bowl.
4. Add mixture to a small saucepan and heat until warm but not boiling, set aside
5. Add spinach to frying pan and cook until at least half its original size. Remove from pan and set aside.
6. Place onion slices on a plate, place a tomato slice on top of each.
7. Evenly place the chicken, spinach and cheese on all three slices.
8. Top with an egg and garnish with hollandaise sauce.

Serves 1 large or 3 small.
## Breakfast Quiches

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>2 Cups</td>
</tr>
<tr>
<td>Red pepper (roughly chopped)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Onion (roughly chopped)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Egg whites (6 large)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Whole omega-3 eggs</td>
<td>2</td>
</tr>
<tr>
<td>Low-fat swiss cheese (grated)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Low-fat turkey deli meat</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Garlic (roughly chopped)</td>
<td>3 cloves</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1/4 tsp</td>
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<tr>
<td>Olive oil cooking spray</td>
<td></td>
</tr>
<tr>
<td>Salsa</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

### Directions

1. Preheat oven to 400 degrees
2. All ingredients into a blender, minus the salsa
3. Blend well on low
4. Lightly coat a non-stick muffin tray with oil spray
5. Evenly distribute mixture into each cup, filling halfway
6. Bake until egg is cooked all the way through (about 20 minutes)
7. Remove from oven and cool, serve with salsa and enjoy!
8. Serves 1 large or 2 small (makes about 12 muffins)
Texas Thin Crust Pizza

Ingredients

Olive oil cooking spray

Ground sirloin or extra lean ground beef 6 oz
Salt 1/4 tsp
Pepper 1/8 tsp
Yellow onion (small, diced) 1/4 cup
Red pepper (small, diced) 1/4 cup
Garlic (minced) 2 tsp
Tomato (small, diced) 1/4 cup
BBQ sauce 2 tbsp
Whole wheat tortilla 1 tortilla
Pineapple (tidbits or chopped) 1/4 cup
Aged white cheddar (grated) 1/2 cup

Directions

1. Preheat oven to 400 degrees
2. Preheat non-stick frying pan, lightly coat with spray, and the ground meat and season with salt and pepper
3. Saute beef until lightly browned and cooked thoroughly
4. Add onions, peppers, and garlic and saute for an additional minute
5. Add the tomato and BBQ sauce, stir until combined and remove from heat
6. Lightly coat a baking sheet with spray and place tortilla on the tray
7. Spread the beef and vegetable mixture on the tortilla
8. Top with pineapple and cheese and place in the oven
9. Bake until cheese is melted and shell in nicely toasted (about 10 minutes)
10. Serves 1 large or 2 small.
Ground Turkey Casserole

Ingredients

Navy beans (cooked or canned, drained) 1/2 cup
Milk 1 cup
Turmeric 1 tsp
Coriander 1 tsp
Salt 1 tsp
Vegetable broth 1 cup
Olive oil cooking spray 1 cup
Ground turkey 1 lb and 5 oz
Sweet onion (large diced) 1 cup
Baby carrots (thin sliced) 1.5 cups
Asparagus (1-inch pieces) 1.5 cups
Green cabbage (grated) 2 cups
Almonds (sliced) 1/2 cup
Low-fat aged white cheddar 1.5 cups

Directions

1. Preheat oven to 350 degrees
2. Add the navy beans, half of the milk, turmeric, coriander, and salt to a blender
3. Blend until smooth
4. Set aside and stir in the rest of the milk and broth
5. Preheat non-stick frying pan and coat with spray
6. Saute the turkey until lightly browned and transfer to large casserole dish
7. Add remaining ingredients to dish, including bean mixture and then cover
8. Stir well and bake for 25-30 minutes
9. Serves 3 large or 6 six small
Chicken Taco Salad

Ingredients

- Boneless skinless chicken breast: 6 oz
- Coconut oil or butter: 1 tbsp
- Onion (thin sliced): 1/4 cup
- Tomato (large diced): 1/2 cup
- Corn (frozen or canned): 1/4 cup
- Fresh spinach: 3 cups
- Whole wheat tortilla chips (crushed): 1/3 cup
- Aged white cheddar: 1/2 cup

Directions

1. Saute chicken, set aside to cool
2. Add oil and onions to pan, stirring until onions are lightly browned, then add tomato and corn
3. Cook for one minute more
4. Remove from heat and set aside to cool
5. Combine all ingredients in a large mixing bowl
6. Drizzle one serving of your favorite dressing and enjoy
7. Serves 1 large or 2 small
Healthy Chicken Caesar

Ingredients

- Boneless skinless chicken breast: 6 oz
- Romaine lettuce (torn into small pieces): 3 cups
- Parmesan cheese (grated): 1/4 cup
- Navy beans (cooked or canned, drained): 1 cup
- Onion (thin sliced): 1/4 cup

Directions

1. Saute chicken, set aside to cool
2. Combine all ingredients in a large mixing bowl
3. Drizzle one serving of your favorite dressing and enjoy
4. Serves 1 large or 2 small
Quinoa, Apple & Walnut Salad

**Ingredients**

- Water 1/2 cup
- Quinoa 1/4 cup
- Turkey sausage 6 oz.
- Apple (core, diced) 1 cup
- Walnuts (crushed) 1/4 cup
- Fresh spinach 3 cups

**Directions**

1. Bring 1/2 cup of water to a boil in a small pot on high heat
2. Add quinoa, reduce heat to medium-low and cook for 12 minutes
3. Remove from heat, drain and set aside to cool
4. Cook turkey sausage in large pot of simmering water for 10-20 minutes, depending on thickness
5. Remove from water and then pre-heat non-stick frying pan
6. Lightly coat with cooking spray and add sausage
7. Saute until lightly browned
8. Set aside to cool and slice into medallions
9. Combine all ingredients in a large bowl and drizzle with one serving of your favorite dressing
10. Enjoy!
11. Serves 1 large or 2 small
Lemon-Poached Cod

**Ingredients**

- Onion (small diced)  1/4 cup
- Water              2 cups
- Lemon juice        2 tbsp
- Fennel             1 tsp
- Salt               1/2 tsp
- Cod fillets        6 oz

**Directions**

1. Bring all ingredients, except cod, to a boil in a small pot and then reduce heat to medium
2. Simmer for 5 minutes to infuse flavors and then place fish into liquid
3. Poach for 4-7 minutes, depending on thickness then gently remove from liquid and serve.
4. Serves 1 large or 2 small
Banana Nut Squares

**Ingredients**

- Banana (ripe, mashed) 1/2 cup
- Whole omega-3 eggs 2
- Cottage cheese 1/4 cup
- Rolled oats 1/2 cup
- Walnut meal 2 cups
- Vanilla protein powder 6 scoops
- Baking soda 1/4 tsp
- Salt 1/8 tsp
- Olive oil cooking spray

**Directions**

1. Preheat oven to 350 degrees
2. Whisk eggs and then combine with cottage cheese and banana
3. Combine the oats, walnut meal, protein powder, baking soda and salt, stir until mixed
4. Slowly add banana/egg mixture to dry ingredients until well incorporated
5. Lightly coat a 9x9 baking pan with spray
6. Pour mixture into the pan and bake for 10-15 minutes (don't overbake, they will dry out)
7. Cut and enjoy or wrap and store for later
8. Serves 4 large or 8 small
Peanut Crunch Bars

Ingredients

- Pure honey 1 tbsp
- Pure vanilla extract 1 tsp
- Low-fat cottage cheese 1/2 cup
- Cinnamon 1/2 tsp
- Water 1/4 cup
- All natural peanut butter 1 cup
- Vanilla protein powder 5 scoops
- Oat flour 1/2 cup
- Almonds (sliced) 1/4 cup

Directions

1. Add honey, vanilla, cottage cheese, cinnamon and water to food processor or blender and puree until smooth
2. Transfer to a mixing bowl and add peanut butter
3. Stir to combine
4. Add protein powder and oat flour, stir to combine
5. Line a 9x9 baking pan with parchment paper and scoop mixture into pan
6. Make sure bars are evenly spread throughout the pan
7. Press sliced almonds into top of bars
8. Chill for 2 hours, cut according to preference
9. Serves 4 large or 8 small
Blueberry Power Yogurt

Ingredients
Plain low-fat yogurt 1/2 cup
Vanilla protein powder 1 scoop
Blueberries (frozen) 2 tbsp

Directions
Add all ingredients together and stir until incorporated

Serves 1 large or 2 small
Strawberry Coconut Pudding

Ingredients

- Low-fat cottage cheese  3/4 cup
- Coconut milk           1/4 cup
- Strawberries (frozen)  1/2 cup
- Splenda                1/4 tsp

Directions

1. Combine all ingredients to food processor or blender and puree until smooth.

Serves 1 large or 2 small

This recipe is between a pudding and shake. To thicken, add a scoop of protein powder. To thin, add a little bit of water at a time until desired consistency is reached.
Raspberry Mocha Shake

**Ingredients**

- Hot water 1 tbsp
- Instant coffee 1 tsp
- Ice cubes 3
- Low-fat milk 1 cup
- Low-fat cottage cheese 1 cup
- Raspberries (frozen) 1 cup
- Chocolate whey protein 1 scoop
- Almonds (blanched) 2 tbsp
- Fish oil 1 tsp

**Directions**

1. Mix instant coffee and 1 tablespoon of boiling water in a blender
2. Add ice cubes to chill the coffee
3. Combine the remaining ingredients
4. Blend on high until mix is smooth and creamy
5. Serves 1 large or 2 small
Mint Chocolate Shake

**Ingredients**

- Mint tea (strong) 1/2 cup
- Water 1/2 cup
- Ice 1 cup
- Chocolate whey protein (equal to 50g protein) 2 scoops
- Low-fat plain yogurt 1 cup
- Flaxseed oil 1 tbsp
- Semi-sweet chocolate chips 1 tbsp

**Directions**

1. Steep a mint tea bag in a cup of hot water for 5 minutes
2. Squeeze remaining liquid from teabag and discard
3. Add 1 cup of ice to the tea
4. Combine all ingredients in a blender
5. Blend on high until mixture is smooth and creamy
6. Serves 1 large or 2 small
Spaghetti Squash Spaghetti

**Ingredients**

- Spaghetti squash: 4 cups
- Coconut oil or butter (melted): 1 tbsp
- Salt: 1/4 tsp
- Pepper: 1/8 tsp
- Cinnamon: 1/8 tsp
- Olive oil cooking spray
- Ground sirloin or extra lean ground beef: 12 oz
- Onion (small, diced): 1 cup
- Tomato sauce: 2 cups
- Cashews (crushed): 1/4 cup
- Parmesan cheese (grated): 1/2 cup

**Directions**

1. Preheat oven to 375 degrees
2. Cut squash in half and clean out center and seeds
3. Place on a baking sheet, cut side up and drizzle with olive oil or butter
4. Season with salt, pepper, and cinnamon and place in oven
5. Bake for 45 minutes or until tender
6. While the squash is baking, pre-heat a non-stick frying pan and coat lightly with oil and add ground sirloin
7. Sauté sirloin until lightly browned.
9. Once squash has cooled, scoop the flesh out and add to sauce.
10. Reheat in the frying pan on medium until warm. Serve with parmesan.
11. Serves 2 large or 4 small.