

# GOURMET NUTRITION

*Recipes,  
cooking tips and  
strategies for  
a winning body*

*Dr. John M. Berardi  
Dr. John K. Williams*



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## MEET THE AUTHORS

### DR. JOHN M BERARDI



#### Professional Background

Dr. Berardi is the president of Science Link, Inc., devoted to translating cutting edge exercise, nutrition, and supplement research into measurable health and performance results.

Science Link and [www.johnberardi.com](http://www.johnberardi.com) offer the following services to clients:

- Educational products including print and e-books, videos, and DVDs covering a variety of training & nutrition related topics.
- Client consultation services including public & private seminars, public & private coaching groups, and one-on-one training & nutritional program design.
- Commercial/private supplement formulation
- Commercial/private training & testing centre design

In addition, Dr. Berardi's diverse clientele includes (or has included):

- US Bobsled Team
- Canadian National X-Country Ski Team
- The Olympic Oval in Calgary
- Individual athletes in the following leagues:
  - NFL, NHL, NBA, MLB & more
- Individual athletes in the following sports:

- Ironman Triathlon, Rugby, Cycling, Bodybuilding, Powerlifting, & more

#### Educational Background

Dr. Berardi earned his Ph.D. in Kinesiology (specialization in Exercise & Nutritional Biochemistry) from the University of Western Ontario.

Throughout his education, he has received training in divergent disciplines including his Health Science, Philosophy, Psychology undergraduate studies at Penn State and Lock Haven Universities, Exercise Physiology masters training at Eastern Michigan University, and strength and conditioning certification through the National Strength and Conditioning Association).

As a result of this broad educational base, Dr. Berardi's knowledge extends beyond the bounds of physical preparation and nutrition alone.

#### Athletic Background

Dr. Berardi is no stranger to the demands of elite athletics, having been successful in a number of sports including:

Power lifting (squat 650, deadlift 600, bench 430)

- Track and field (AAU nationals in 100m and 200m)
- Rugby (medaled @ national under 21 championships)
- Bodybuilding (1st place at the 1995 Mr. Jr. USA)

## MEET THE AUTHORS

DR. JOHN K.  
WILLIAMS



### Professional Background

Dr. Williams is an archaeologist and professor at Southern Methodist University in Dallas, Texas. He specializes in Paleolithic and Neolithic archaeology and has excavated extensively at sites throughout the Near East and Europe.

Having a profound interest in Paleo-nutrition, Dr. Williams has written and lectured extensively on the subject.

Ongoing research includes excavating and reconstructing the architectural components at the Neolithic funerary/cult center at Kfar HaHoresh, Israel, and analyzing Paleolithic human responses to various levels of stress related to climate, resource distribution, and demography.

### Educational Background

Dr. Williams earned his Ph.D. in anthropology (with a specialization in Old World archaeology) from Southern Methodist University in Dallas, Texas. His academic career began at Southwest Missouri State University, where he earned his B.S. in both anthropology and psychology. He pursued graduate level studies in archaeology at the University of Tulsa while excavating at sites in Jordan and Israel. His final years in advanced education and training were spent at Southern Methodist University, where his research and fieldwork extended to Portugal and Crimea, while maintaining ties to Levantine projects.

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For more information about Dr. Williams, visit his web site at <http://faculty.smu.edu/jowillia/>. Here you will find his current research, publications, and links to course syllabi and interactive information for students enrolled in his courses.



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## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“The Triple S Criterion  
– Simple, Scientific,  
Successful”**

What are the rules of good nutrition? What types of things must you absolutely do to succeed – and what types of things must you avoid?

Seriously, take a moment and think about it.

What rules do you think you’ll need to follow if you want to eat in a healthy way – a way that will improve the way your body looks and the way it feels.

Come up with that list in your mind right now.

Now that you’ve considered these rules, I want you to take a second and think about your list. Specifically, think about where you learned these rules.

Certainly your rules have been influenced by how you were raised, no? Certainly they’ve been influenced by your experiences dining with friends and relatives – comfort foods, right? Of course, no set of nutrition rules is immune to media influences – you can’t help but be bombarded by those Got Milk ads! Your rules have probably also been influenced by what you’ve heard others say – heck, every 3rd episode of Dr Phil is about food and dieting. And, no doubt, your nutrition rules have probably been influenced by your own past attempts at changing your body – whether you’ve been successful or unsuccessful.

I could sit here all day and list potential nutritional influences. But I’ll stop here since there are probably hundreds of ‘em and to enumerate them all would bore your socks off.

At this junction, I’d just like to go ahead and make my point. And the point is this – very few of your “Good Nutrition Rules” have been influenced by those who know anything about good nutrition – let alone about long-term success and about what it really means to eat in a healthy way! And worse yet, most of those rules have been hammered home without you even knowing it!

It’s time to change the rules.

### **The Triple S Criterion**

Now I’ll admit it. Changing the rules – just like changing your habits – is difficult. Not only does it take a desire to change – “want to” – but it takes a strategy for change – “how to.”

The “want to” is all your own. But the “how to” is what I do best. I’ve committed my career to helping people do just this – to change their rules and change their habits – and have gotten pretty good at it. In changing these rules and habits, everything changes – the way clients eat, the way they sleep, the way they look, the way they feel when they wake up in the morning, and the way they perform in day-to-day activities or during athletic events.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“To make it easier on you, we’ve provided 100 meals that you can use daily to improve your feeding frequency.”**

Today, I’m going to teach you a good part of that system – a system based on my Triple S Criterion.

What’s the Triple S Criterion? Well, it represents a three step way of evaluating a strategy for its usefulness.

### **Step 1 – Simplicity**

Are the rules easy to follow?

### **Step 2 – Science**

Are the rules based on sound scientific principles?

### **Step 3 – Success**

Have the rules produced success in past clients?

Using this criterion, the systems developed for my clients always produce a positive result.

Think again about your nutritional rules – rules that you might be quite attached to. Which criterion did you use when determining your rules? Are your rules based on Simplicity, Science, and Success? Have your rules produced the desired effect – a lean, healthy body that you’re able to maintain; a body that you’re happy with when looking in the mirror?

If not, perhaps they could use a re-evaluation.

### **Dr Berardi’s Good Nutrition Rules**

Below, I’d like to present my 10 Good Nutrition Rules, rules based on the Triple S Criterion above. In doing so, I hope to accomplish 2 goals.

First, I want to help you rethink your whole nutrition approach – providing you with a new set of nutrition rules and habits – a set that swiftly moves you in the direction of your goals.

Secondly, I want to show specifically how the recipes, cooking tips, and strategies laid out in this book offer much more than a few ideas – they represent a complete success system, fully integrated into the basic habits of good nutrition.

So here are the 10 rules:

#### **1. Eat every 2-3 hours – no matter what.**

Are you doing this – no matter what? Now, you don’t need to eat a full meal every 2-3 hours but you do need to eat 6-8 meals and snacks that conform to the other rules below.

To make it easier on you, we’ve provided 100 meals that you can use daily to improve your feeding frequency.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
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BERARDI

**“100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible.”**

### **2. Ingest complete, lean protein each time you eat.**

Are you eating something that is an animal or comes from an animal – every time you feed yourself? If not, make the change. Note: If you’re a vegetarian, this rule still applies – we’ll discuss your needs later in the Protein A Plenty section of the book.

To help you understand how to do this, all of the meals in this book contain a good portion of complete, lean protein.

### **3. Ingest vegetables every time you eat.**

That’s right, every time you eat (every 2-3 hours, right), in addition to a complete, lean protein source, you need to eat some vegetables. You can toss in a piece of fruit here and there as well. But don’t skip the veggies.

To show you that eating veggies isn’t the frightening proposition it used to be, most of the meals contained in this book use veggies in their preparation and actually make them taste good!

### **4. If want to eat a carbohydrate that’s not a fruit or a vegetable (this includes things like things rice, pasta, potatoes, quinoa, etc.), you can – but you’ll need to save it until after you’ve exercised.**

Although these grains are dietary staples in North America, heart disease, diabetes and cancer are North American medical staples – there’s a relationship between the two! To stop heading down the heart

disease highway, reward yourself for a good workout with a good carbohydrate meal right after (your body best tolerates these carbohydrates after exercise). For the rest of the day, eat your lean protein and a delicious selection of fruits and veggies.

To make this rule easy on you we’ve labeled the meals in this book as PW (good post-workout meal; to be eaten within a few hours after exercising) and Anytime (good meals for any other time of the day).

### **5. A good percentage of your diet (25-35%) must come from fat. Just be sure it’s the right kind.**

There are 3 types of fat – saturated, monounsaturated, and polyunsaturated. Eating all three kinds in a healthy balance can dramatically improve your health and even help you lose fat.

Your saturated fat should come from your animal products and you can even toss in some butter or coconut oil for cooking. Your monounsaturated fat should come from mixed nuts, olives, and olive oil. And your polyunsaturated fat should from flaxseed oil, fish oil, and mixed nuts.

The meals contained in this book offer a good variety of healthy fats. To understand more about fats, check out the Swimming Up Stream – Fish Oil Boosts Metabolism; Don’t Spoil Your Oil; and The Alpha and the Omega of Fats sections of the book.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“This is no ordinary  
cookbook – it’s a full  
blown optimal eating  
manual.”**

### **6. Ditch the calorie containing drinks (including fruit juice).**

In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and sodas – these are all to be removed from your daily fare. Your absolute best choices are water and green tea.

### **7. Focus on whole foods.**

Most of your dietary intake should come from whole foods. There are a few times when supplement drinks and shakes are useful (we’ll discuss them later in the book). But most of the time, you’ll do best with whole, largely unprocessed foods.

### **8. Have 10% foods.**

I know you cringed at a few of the rules above – perhaps #6 in particular. But here’s a bit of a reprieve. 10% foods are foods that don’t necessarily follow the rules above – but foods you’re still allowed to eat (or drink) 10% of the time.

100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible.

Just make sure you do the math and determine what 10% of the time really means. For example, if you’re eating 6 meals per day for 7 days of the week – that’s 42 meals. 10% of 42 is about 4. Therefore you’re allowed to “break the rules” 4 meals each week.

### **9. Develop food preparation strategies.**

The hardest part about eating well is making sure you can follow the 8 rules above consistently.

We’ll teach you strategies for doing this throughout the book. Our sections – Let Me Buy You Dinner – Choosing Healthy Restaurants; Have Others Cook For You – Food Preparation Services; Meal Preparation Strategies – The Breakfast and Sunday Rituals; and Food Support Systems – Easy Food Storage and Carrying will be particularly helpful.

### **10. Balance daily food choices with healthy variety.**

Let’s face it; during the week –when you’re busy – you’re not going to be spending a ton of time whipping up gourmet meals. During these times you’re going to need a set of tasty, easy to make foods that you can eat day in and day out. However, once every day or a few times a week – you need to eat something different – something unique.



## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
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BERARDI

**“Gourmet Nutrition offers you a second chance – a chance to change the rules.**

**Isn't it about time you realized that you can build a great body AND eat great food?**

**We think it is.”**

This book provides you with both simple foods that you can prepare quickly and easily and gourmet meals – more time consuming dishes that you'll cook when you can in order to mix things up, impress a date, or just treat yourself to an almond crusted piece of fish.

### **No Ordinary Cook Book**

So, in looking over my set of rules, you can see that this isn't your ordinary cook book. Rather, it's a full blown optimal eating manual. In it, you're about to learn:

- What exactly you need in your kitchen, and what you must not have, if you're to succeed – from the foods, appliances and utensils, right down to the spices.
- Where, when, and how to shop for food.
- Which nutritional supplements to have on hand at all times.
- How to cook all the meals and how to perform all of the necessary techniques. Even Mom will be impressed.
- Why you should be eating the foods we've chosen: over 20 short articles on specific foods, and why they matter.
- Why food intolerances should not be tolerated and what to do about them.

### **And more...**

That's right; Gourmet Nutrition is about more than just eating fancy meals. Sure, we've got easy meals and 5-star meals contained within. We've also got breakfast, lunch, and dinner covered. Bars and shakes. Post workout meals. Bedtime meals. Soups and stews. Sides and Salads.

But in addition offering all that – Gourmet Nutrition still offers something more.

**Gourmet Nutrition offers you a second chance – a chance to change the rules.**

Now you can get the body you've always wanted – without the deprivation and dieting you though were necessary. Now you can re-establish habits – good ones that support your goals. Now you can understand both what to do and why you're doing it.

Isn't it about time you realized that you can build a great body AND eat great food.

## FOOD INTOLERANCES – WE DON'T TOLERATE THEM

**"We refuse to accept that poor digestion is a natural consequence of eating well."**



With food quality going down and overall stress levels going up, it's no surprise that digestive health is becoming more and more of a concern – with an estimated 22% of the US population suffering from a digestive disease.

Some individuals believe that this high rate of digestive disease is due to stress. Others think it's due to an increase in food allergies. We think it's an interaction of the two.

Although full blown food allergy is severe, less severe allergies (which are difficult to diagnose) are finally getting some attention and many people now have an explanation for their regular gas, abdominal distention, abdominal cramping, diarrhea, constipation, or other GI abnormalities.

Although most old school weightlifters learned to live with GI distress, we refuse to accept that poor digestion is a natural consequence of eating well. Therefore, we've developed a 6 step plan for helping our clients reduce gastrointestinal symptoms.

1) We begin to rotate their protein powders (never ingesting the same powder on consecutive days). We usually cycle through 3 different powders (including different types of protein).

2) If #1 doesn't produce relief, we add an animal based digestive enzyme like OmegaZyme in order to help with digestion of all foodstuffs. Since we've seen favorable activity data on this enzyme, we're comfortable recommending it.

3) If #2 doesn't produce relief, we add an enteric coated acidophilus supplement to attempt to populate the GI tract with healthy bacteria.

4) If #3 doesn't produce relief, we remove all protein supplements, replacing them with whole food protein sources.

5) If #4 doesn't work, we begin slowly (one at a time) removing the main food allergens (wheat, corn, nuts, fish, eggs). If 2 weeks of removing a specific food doesn't help, we add that food back in and remove another one and so on.

6) If none of these interventions help, it's time to seek medical attention.

With this 6-step system we've been able to help virtually all of our clients shake whatever nasty GI complaints they've been suffering from.

# SECTION I – BUILDING YOUR GOURMET KITCHEN

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Consistency, not novelty is the secret to uncommon results.”**

As discussed in the last chapter – we’re changing the rules! You no longer need to stare down the barrel of an “OR dilemma.” You know –

I can have a great body OR can eat great tasting food.

With this book, we teach you an “AND solution.” That’s right; no longer do you need to consider having a great physique and great health a choice between eating great tasting food and eating with Spartan nutrition regimen.

Now, you can have a great body AND eat great food!

Of course, there are a few steps you need to take in order to make this “AND solution” a reality. This chapter lists them.

### STEP 1: A SAFE HOME BASE

You may have heard this from us before – if not, you’ll probably hear it again:

Consistency, not novelty, is the secret to uncommon results.

Here’s another way of saying the same thing – this, an excerpt from a previous article:

Ok, so let’s assume myself and the mad scientists down at the Science Link laboratory have come up with the ultimate DNA test to determine exactly how many calories, what food choices, and what supplements you’ll need to prevent disease, improve health, gain muscle, lose fat and become a better athlete. In other words, what if we could easily give every man, woman and child in the world the “perfect nutritional plan”?

They wouldn’t follow it.

Don’t believe me? Think about this — how often have you seen people diagnosed with heart disease and/or cancer yet fail to take the necessary steps to improve their lifestyles. They say they want to “eat better.” They see doctors and nutritionists who tell them how to “eat better” (which foods to eat). Yet they end up feeling guilty for not “eating better.”

Why is it so hard for them to make the change?

Well, unless they really don’t want to change, the two biggest impediments to their success are:

1. Their habits — or their ingrained set of day to day food and activity related actions — remain poor because they don’t have a conscious, logical plan for changing them.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“If a food is in your possession or located in your residence, you will eventually eat it.”**

2. They aren't ready for the tough times. Things might be getting better; then the tough times hit. They “get busy.” Eating well becomes inconvenient. No one else supports their decision to make a change. When these inevitable circumstances come up, they bail.

Habits are more powerful than momentary desire. Habits are more powerful than information. Habits are more powerful than guilt. And only a concerted, conscious, daily effort to override habits will lead to success.

So, in some respects, better nutrition is more about altering lifestyle habits and less about the food. Sure, you've gotta know which foods are good to eat and plan to eat them. But, as GI Joe once said, knowing is half the battle. Even if you know what's good and expect to eat good foods, if the good foods aren't around when it's time to eat, you're doomed. In other words, preparation and consistent application is the other half.

So how do you prepare for a lifetime of eating well?

You need to develop good habits.

How can you do that?

First step – start at home! And here's an important principle that will serve you well in this regard:

If a food is in your possession or located in your residence, you will eventually eat it.

That's right, if you wish to be healthy and lean; you must remove all foods not conducive to your goals (read as temptations) from your residence and replace them with a variety of better, healthier choices.

Now, before you go thinking that this is just a suggestion – one way to improve your body – we want to make it clear.

**This is the only way to improve your body.**

Not once have we seen someone successfully violate this rule. Not once!

Now, we can feel the resistance mechanisms kicking in. You might be one of those people that likes a challenge – perhaps you want to prove us wrong in this regard. Well, if you're the type that likes a challenge – awesome – because we're the same way! We love challenges.

But here's a little nutritional secret we've learned long ago – your willpower and discipline will be challenged plenty. Social events, lunch meetings, the six Krispy Kreme locations you pass on the commute home from work – these all present a formidable challenge.

So why not ensure that home is your safe base – the place where you can feel safe from the complexity and derailling choices of the world? We assure you that once you makeover your kitchen, your body will follow.



## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Without the right preparation supplies, your every day food prep will become frustrating, tedious, and downright unsatisfying”.**

So let's start making-over. In the next few sections of this chapter, we're going to share with you a couple of lists of foods and spices that should be populating your kitchen cupboards, refrigerator, and spice rack. We'll also be clueing you in to which foods shouldn't be within a few hundred yards of your home.

However, before doing so, let's talk appliances and kitchen tools. I know, sounds boring – right? But listen up, without the right preparation supplies, your every day food prep will become frustrating, tedious, and downright unsatisfying.

### STEP 2 – THE APPLIANCES

To begin your kitchen makeover, take stock of which kitchen supplies you have and compare your supplies to our list below. If you've got all of these kitchen gems, excellent – you're ready to move on to step #3. If not, time to start shopping.

But don't worry. While some of these items may be a bit pricey, you don't have to spend a fortune to furnish your kitchen with everything you need to prepare the recipes in this book.

There are few essential items that should be lying around your kitchen at all times. Other, more specialized appliances and utensils may be nice to have, but may not be necessary. With some improvisation and creativity you'll be able to get it done with only the basics (good knives, good pots and pans, measuring tools, food processor/blender).

1) **Salter Nutrition Scale** – This scale is an amazing piece of technology, not only does it weigh out your portions for you, it also is programmed with the nutritional profiles of over 900 foods. This means that if you put a handful of carrots on the scale, it'll not only tell you the weight of the carrots but it'll tell you how many grams of carbohydrates, proteins, and fats are contained in that serving size as well. While this may seem a bit too obsessive, think of it this way. If you were to accidentally overestimate the portion sizes of two daily lean meat selections by just 50 grams per meal, you'd be eating an unexpected 200 calories per day. This could mean an extra half-pound of fat gained per week if you're already overeating! So take the food weights above to heart. Weigh your food so you can be happy when weighing yourself.

2) **Measuring Cups and Spoons** – For the same reasons we have you weighing your food above, we suggest picking up a good set of stainless steel measuring cups and spoons. Eventually, when you get good, you can translate food weights into fluid amounts like cups or milliliters. For example, do you know how many cups of oats makes 50g? If not, you'll soon learn.

## WEIGHING / MEASURING FOODS



It's fine to use a pinch of something here and a dash of something there, but if you're closely watching your calories, weighing and measuring ingredients accurately is the key to approximating the nutritional information listed with each meal. Measuring cups and spoons should be used in these instances. Weighing food is always the more accurate method, and may also be used when fine-tuning your diet.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

3) **Cookware Set** – While you might be thinking that your current cookware situation is adequate, unless you really spent some time figuring out which pots and pans are the best, you might be very wrong. Great cookware not only heats food evenly, it can accelerate the preparation process by heating the food more quickly and preventing sticking. Add to this the fact that great cookware will last significantly longer than the K-mart variety and you can justify the price. However, there's a health factor to consider as well. There is some evidence that aluminum pan interiors and Teflon coated pan interiors may release undesirable minerals and other chemicals into your food. So how can you avoid this? By choosing a non-reactive stainless steel interior, that's how. However, with the stainless steel pans, be sure to always hit them with a light coat of Pam or other olive-oil based non-stick spray. This will help prevent sticking at higher temperatures. Oil works well but does present 2 problems. First, using oil can really drive up the energy density of the diet. Adding just a tablespoon of oil to each of 4 daily food meals (just to coat the pan) can increase daily energy intake by about 500-600 calories. That could amount to an additional pound of fat gained per week if you're already overeating! Secondly, very few oils are stable in heat – therefore cooking with an unstable oil can ruin its nutritional quality. So play it safe and use a small amount of spray instead.

4) **Knives** – A good set of knives in the kitchen is indispensable. If you pick up a good knife set, you'll immediately know the difference between good knives and your regular brand. Good knives are curved so that rather than stabbing away at your food, you can chop like the Iron Chef (i.e. fast, with a rocking motion). Just be sure you've got a good plastic cutting board as wood boards can hold onto microbes and bacteria.

5) **Stainless Steel Tools and Silicon Spatula** – Without cooking utensils like a spatula, large spoons, and ladles, you'll likely flounder around in the kitchen wondering how to flip that omelet. Do yourself a favor and get a good set of stainless steel tools as well as some silicon spatulas so you won't ruin your pan. They're a must.

6) **Foreman Grill** – Thanks to good old George, in-home meat preparation has been revolutionized. Nowadays, you can grill up a full meal in 10 minutes or less using his fat-reducing machine. Pick up the extra large grill and you'll have a large enough surface area to cook up all of your meat for the entire week in about 20 minutes if you have to. Certainly, you've got plenty of room to grill all your daily meat either the night before or while cooking your breakfast. But don't just cook up the stuff plain. Get a spice blend (discussed below) to season the meat.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Adding just a tablespoon of oil to each of 4 daily food meals (just to coat the pan) can increase daily energy intake by about 500-600 calories. That could amount to an additional pound of fat gained per week if you’re already overeating!”**

For an extra special treat, marinate several cuts of meat before throwing them on the grill. If it’s tender meat, marinate only for a short time (a few hours). If it’s a tough cut, pierce with a fork and allow the marinade to soak in for a day or so. The secret to a good marinade is to add one acidic component (vinegar, wine, yogurt, soy sauce, or fruit juice) to tenderize the meat and one part flavoring component (olive oil, fruit slices, herbs, honey) to flavor the meat. Here’s an example of a great marinade:

Add 0.25 cup of olive oil, 0.25 cup of lemon juice, 1-tablespoon chicken bullion, 5 tablespoons minced garlic, 0.25-cup wine. Let tender meat sit in marinade for 4 hours. Let tougher meat sit in marinade overnight.

**7) Cast Iron Wok** – Pick one with a pre-seasoned, stick resistant surface that reduces that amount of non-stick spray or oil you’ll need. A wok provides a great surface for cooking your meat, rice and vegetable dinners – and you can even do your eggs in the wok.

**8) Rice Cooker** – Cook up a batch of rice (or quinoa) and keep it warm and moist for up to 12 hours with a rice cooker. This means your wild grains will be ready when you get home for the day after the gym. For a great dinner for 2 using your rice cooker, food processor, and wok:

Grill 400g of chicken on your foreman while working in the wok. To the wok, add 2 cloves of garlic (minced using the garlic genus – below) and 1 medium onion (chopped in the food processor – below). Once the garlic and onion begins to brown, add 2 medium tomatoes. When the tomatoes begin to liquefy, add 1 cup of chicken broth from bouillon. When this begins to boil, add 20 pieces of chopped sun-dried tomato, 1 can of green peas (drained), and the chicken. Add 1-teaspoon salt, a dash of turmeric, a dash of coriander, and a dash of chili powder. Then, stir in the pre-cooked rice. Reduce the heat and simmer for 5 minutes before serving.

For dessert, have a serving of your favorite fruit.

**9) Kitchen Aid Food Processor** – If you’ve always chopped your vegetables by hand, you’ll appreciate the time that a food processor saves you. To make your life much, much easier, get a couple of large Tupperware containers. At the end of the week, chop up all your veggies in the food processor and store them in Tupperware containers for the week. Each time you need a vegetable meal, just throw a handful of chopped veggies in a bowl and you’re ready to eat. Using this strategy you can also quickly pack up your salads before leaving for work. If you cooked all your meat for the week on the weekend, all you need to do for your daily meals is throw them together before work. If not, just fire up the Foreman while cooking breakfast.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

10) **Garlic Genius** – This little tool makes eating garlic a regular thing. No more annoying chopping as all you need to do is twist your wrist and you've got minced garlic to add to your salads, marinades, and other meals. With all the heart healthy (and other) benefits associated with garlic, everyone should add some into their menu.

11) **Electric Glass Tea Kettle** – To get your two cups of fat burning, antioxidant rich, cancer preventing green tea per day, you'll need a convenient way to heat the water. But this type of teakettle not only makes it convenient, it optimizes the process by shutting off when the water comes to a boil. Temperatures too hot easily scald green tea and this kettle ensures the water is just right. Just to be safe, however, let the water cool for a minute before mixing it with the tea.

12) **Espresso Machine** – A couple hits of espresso before hitting the gym will not only pick up your mood and intensity, it'll improve your performance and help you burn more fat. But Italian coffee offers other benefits as well. When trying to lure fitness models back to your place, nothing makes them quite as amorous as coffee from Italy. Of course, if you can't manage the \$2000 for a top-end espresso machine, the \$25 stovetop espresso pot found at any decent kitchen store will do just fine.

13) **Window Canisters** – These little beauties are attractive as well as functional. Dry foods like coffee, tea, protein powder, etc. can go bad more quickly when exposed to moisture in the air. These containers are

airtight and allow you to both preserve your dry foods for longer and keep them right on your countertop for convenience.

14) **Kitchen Aid 5-Speed Blender** – Every weightlifter needs a good blender in the house for protein shakes, yogurt treats, etc. To take advantage of your blender, check out our shake recipes later in the book.

Here are a few other things you should always have in your kitchen:

- **Large plastic cutting board**
- **Large stainless steel bowl**  
(or a set of nestling ones)
- **Wooden spoons**
- **Strainer**
- **Vegetable peeler**
- **Metal box grater or plane graters**
- **Baking sheets**
- **Casserole dishes**

Hook your kitchen up as described above and you'll be able to prepare every meal in this book flawlessly. In addition, food preparation, rather than the burden that some people consider it, will become a joy.

Now, let's make over your fridge and cupboards.



## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“If most people chose to spend extra money on better foods today they’d be spending less money on managed care later!”**

### STEP 3 – THE FRIDGE FOODS

Now it’s time to round up the food!

Let’s start with a trip to the grocery store.

We’ll be completely up front here and tell you the honest truth – when it comes to food you do get what you pay for. That’s why we prefer sending you to whole foods-type specialty markets for fresher lean meat and produce. But don’t worry – if you can’t find one or the local one is out of your price range, you can still shop healthy at the local Piggly Wiggly.

(Just make sure you’re not copping out here on price and convenience – if most people chose to spend extra money on better foods today they’d be spending less money on managed care later!)

First step – make a grocery list and stick to it. None of this browsing through the store – picking up all sorts of products you don’t really want or need simply because they looked interesting or you were hungry. Make grocery shopping a quick and easy event by toting your list and shopping with blinders on.

One interesting thing you’ll quickly realize is that the best foods (the healthy ones) are located around the periphery of the store, in the produce and refrigerated sections. The aisles are typically full of pre-packaged, processed carbs, sugar, and bad fats. Leave the aisle-browsing to the hordes of physique-challenged individuals. Only quick forays should be made into these regions with a specific purpose. Find that can of chick peas quickly and get back to the ‘safe zone’. Just be sure not to knock over any children or elderly in your haste.

And here’s a great money saving tip for you. Shop at a local farmer’s market. Farmer’s markets in cities across the world provide the freshest produce with the most variety. Make it a point to visit one of these about once a week to stock up on essential vegetables and fruits. Fresh fruits and vegetables taste 100% better when they are harvested ripe and eaten shortly thereafter. They’re healthier too – packed with more vitamins and minerals than the chain store varieties.

If that’s not enough incentive to go ten or even thirty minutes out of your way, perhaps the price will change your mind. Where else can you buy eight fresh grapefruit for \$3, or a giant bag of washed spinach for \$1? If you live near the coast you may be able to stock up on seafood here also.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Shop at a local farmer’s market. Farmer’s markets in cities across the world provide the freshest produce with the most variety.”**

### MEAT, POULTRY AND FISH

It’s no secret healthy folks tend to eat a lot more lean protein than the unhealthy folks. Interestingly though, in the past, nutritionists cautioned people against this practice, suggesting that higher protein diets were, at best, of little value – at worst, dangerous. Regardless, current research supports the use of higher protein diets during both weight loss and muscle gain. Behold the power of the protein!

Despite the knowledge that they should be eating more lean protein, the chief complaint we hear from readers is that there’s not enough variety. We don’t agree. And to demonstrate this point, we’ve listed some examples of great meat, poultry, and fish selections below.

#### Extra Lean Ground Sirloin

Buy the leanest ground beef you can find and keep a couple pounds on hand at all times. The leanest variety can be purchased from the meat section in your favorite grocery store but keep in mind that the fats usually contained in this grain-fed, feedlot beef is usually sub-optimal. For fatty meats, hit your local farmer’s market or butcher to get grass-fed beef freshly ground for you.

#### Boneless Chicken Breasts

As with the beef above, buy the leanest chicken you can find at your favorite grocery store. Do buy free-range chicken whenever possible, but don’t skimp on the protein if you can’t find the really good stuff or can’t afford to buy it.

#### Mild Turkey Sausage

Turkey sausage is a great change of pace from beef and chicken. It’s hard to find free-range turkey sausage so don’t buy it all the time.

#### Ostrich

If you’ve got a local farmer’s market or butcher you’ll be able to find free-range ostrich quite easily. Either grill it as a filet or have it ground for you.

#### Bison (Buffalo)

This is another great tasting meat (buffalo milk makes great tasting cheese too!) Bison steaks are truly amazing, and the macronutrient profile is excellent.

#### Elk

Elk meat tastes really good as well, has a good macronutrient profile and always gets a great reaction when you surprise your dinner guest by revealing the identity of the food they’re eating.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

### Salmon

Wild Atlantic salmon is perfect in pasta, in salads, or by itself. The genuine wild stuff has a great omega-3 profile and cooked properly can go a long way toward impressing a date. But try to seek out the wild kind as the farmed kind tends to have a fatty acid balance that's not ideal and can contain a number of environmental pollutants that you don't want building up in your body over time.

### EGGS

Try the omelet recipes contained in this book and you may find yourself cooking up one to two omelets a day. You'll also find yourself buying a ton of eggs.

#### Omega-3 Eggs

Omega-3 eggs are laid by chickens that have been fed an omega-3 rich diet (10-20% ground flaxseed). Throw these omega 3 eggs in your omelets when you want the whole egg (yolk included). The whites of omega-3 eggs aren't any different from those of regular eggs.

#### Egg Whites

In addition a couple of whole omega-3 eggs, the rest of your omelet should come from egg whites – these can be bought in pre-separated cartons or as whole eggs.

### CHEESE

With the high prevalence of lactose intolerance in the world, many people can't consume an abundance of dairy. Even those with the ability to digest lactose should be cautious. Highly processed cheeses have lower nutritive value and lead to maldigestion. For this reason cheese is often one of the first foods we remove from a client's diet at the first sign of gastrointestinal stress. So pay close attention to your response to it.

#### Aged White Cheddar

Aged cheddar has a nice sharp taste to it, and a mouth feel that's perfect for salads.

#### Baby Swiss

This is a mild nutty cheese that you can occasionally add to your salads.

#### Havarti

This cheese is rich and is a favorite for omelets.

#### Parmigiano-Reggiano (Parmesan)

Modeling the Italians and their zest for eating, we like to grate some of this finely for pasta, then leave the rest whole or more coarsely grated for salads.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“With the fiber, antioxidants, alkaline potential, and phytochemicals, people who recommend avoiding fruit altogether have got it all wrong!”**

### Feta Cheese

Once made from sheep or goat’s milk, it’s now commonly made with cow’s milk. Feta is perfect for salads with nuts and fruit, as the softer, crumbly mouthfeel complements the crispier ingredients.

### FRUIT

Although fruit sometimes gets a bad reputation among dieters and the health conscious, we think the exclusion of fruit is downright crazy. With the fiber, antioxidants, alkaline potential, and phytochemicals people who recommend avoiding fruit altogether have got it all wrong (although unlimited fruit intake is equally crazy as fruit does have calories and a decent amount of sugars).

Your best bet is to buy fresh seasonal fruit, whenever possible and to stick to local organically grown produce. Also, keep all your fruit in the fridge, where it lasts longer. Furthermore, cold fruit is more refreshing and just tastes better.

### Apples

Buy a number of different varieties and colors. The more colors in your diet the better. Cut your apples up and put them into salads or oatmeal, or eat them as snacks (with a little protein on the side).

### Tangerines

Tangerines are easier to digest for some people than oranges – and we think they taste better as well. Try to get at least some (if not most) of your Vitamin C from whole food.

### Red Grapes

Another great salad ingredient and excellent snack, grapes are also great to have around when guests are over.

### Pineapple

Pineapple is one of our favorite fruits, and rarely a week goes by when we don’t buy one or two at the grocery store. Cut them up into small pieces and eat fresh or combine with other foods.

### Strawberries and Blueberries

Who doesn’t like berries? Even the pickiest eaters love these little antioxidant-rich delicacies.

### VEGETABLES

The problem with most diets is not that they don’t get enough vegetables, but that they don’t get any at all! You should familiarize yourself with the produce section of your local supermarket, or better yet, your local farmer’s market. Pick up some fresh veggies and add them to every meal. That’s right, every stinkin’ one (even if it’s just a snack)!

## SECTION I: BUILDING YOUR GOURMET KITCHEN

### Spinach

Instead of using lettuce for salads, switch to spinach as often as you can (you'll see why later in the book). In addition, steam it, bake it, whatever you need to do to make it appetizing for you. This is a super food you need in your diet.

### Peppers

Keep a variety of different colored peppers on hand (remember, the more colors the better). Quarter them and cut into thin slices to store them in the fridge. Then you can add them to salads, omelets and pasta, whenever you like.

### Cucumbers

Keep enough sliced cucumber on hand for one or two day's worth of salad. The rest is left whole.

### Tomatoes

Organic tomatoes can be readily found, so pick a couple up per week and add them to salads or, when you're feeling ambitious, use them to make homemade tomato sauce.

### Baby Carrots

As you'll see later in the book, we like carrots a lot. In fact, we include them in virtually every salad we make. We'll also snack on them between meals.

### SAUCES AND CONDIMENTS

People always complain of being bored with the food on their nutrition plans. It lacks variety, they inevitably claim. To us, this has always been a spurious claim. For one, most people eat the same terrible foods day in and day out, so variety can't be the problem. Taste, on the other hand, may well be.

The foods outlined above taste different than the ones found in the average North American Diet – different, but certainly not worse. As we have said before, your palette is changeable, and what you enjoy now is mostly a matter of habituation. If variety is the problem, however, you should look into subtly changing the flavor of your meals without substantially altering their content. Here are a few ways:

### Pesto

We love pesto. It's extremely versatile as its flavor lends itself to meat, fish, chicken, omelets, pasta and salads. Grab a few kinds at your local market – Basil, Sun-Dried Tomato and Black Olive flavors. Do your best to reach for a brand that uses extra virgin olive oil as opposed to the other cheaper and inferior vegetable oils. You may have to go to an Italian deli or specialty grocer for that.



## VEGETABLE CHOPPING



When coming to dinner guests prefer their vegetable medleys to be finger free. Use the techniques below to chop a mean vegetable while leaving some finger for next time.

Chopping should always be done with a cleaver, or some equivalent broad-bladed knife.

- First, hold the cleaver in your right hand (or vice-versa for lefties).
- Next, put your left hand upright. Your fingers should be pointing straight down and pinning the food to the cutting board.
- Next, angle (5-10 degrees) the blade away from your fingers so that the upper part of the knife is resting on your knuckles and the blade is touching the cutting board.
- Start chopping by sliding the broad side of the cleaver forward and backward (without the knife leaving the cutting board).
- The flat side of the knife should ride along your left knuckles (which are still upright but slightly bent).

Chop in this manner with short, controlled movements across the length of the vegetable, or whatever you're chopping. When you get the hang of it, this method is extremely quick. A dozen mushrooms can be chopped in seconds flat. If you keep your fingers bent, and keep the side of the knife on your knuckles, you'll never have the unfortunate experience of serving a flesh salad. Don't go gonzo with the blade and lift it over the height of your knuckles while you're chopping, unless you want to recreate the scene from *Evil Dead II* when Ash removes his possessed hand. "Who's laughing now?"

## SECTION I: BUILDING YOUR GOURMET KITCHEN

### **Peanut Satay Sauce**

Awesome on beef and chicken, when feeling like using a pre-made sauce, mix some cubed beef or chicken, satay sauce and mixed vegetables in a bowl. There are potential food allergy problems if you can't tolerate nuts but if you can, a small amount of this sauce won't dramatically derail you (although there are sugars added so easy does it!)

### **Curry Sauce**

Similar usage to the Satay Sauce. Curry sauce is an acquired taste for some, but is certainly useful to add variety.

### **Tomato Pasta Sauce**

Use a small amount on pasta, on meat and chicken, and on omelets. Again, don't overdo it. The idea is to get used to the taste of healthy, natural foods rather than burying them under sauces.

### **Organic Apple Cider Vinegar**

Use this great-tasting vinegar in salads, especially those containing fruit — the apple cider is really complementary for this.

### **Raspberry Vinegar**

Use the raspberry vinegar to break up the monotony of the apple cider/fruit-containing salad combination.

### **Red Wine Vinegar**

This is better in a more traditional Italian salad, which you can have with more "upscale" meals, like the odd pasta or steak meal.

### **Balsamic Vinegar**

Similar use to the red wine vinegar. This is a restaurant staple, and most people are familiar with it, which makes it nice to have when guests are over.

### **Flax Oil**

Flax oil is a great healthy fat, rich in heart healthy, fat burning omega 3 fatty acids. If you're brave, you can use plain flax oil either in shakes or straight from a spoon

### **Garlic-Chili Flax Oil**

This version of flax oil is really a godsend to those looking to get a good dose of EFAs. Its more refined taste is perfect for salads, and it mixes well with any of the above-mentioned vinegars to make great dressings (particularly the apple cider vinegar). Unfortunately, it's relatively hard to find. If you can't find it, ask the manager at your favorite supplement store to look into it.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“An entire book can be written about the dangers of consuming large amounts of sodas, fruit juices, and milk.”**

### BEVERAGES

Like it or not, most of your fluid intake should come from water and green tea. When guests visit, they should note a conspicuous void of flavored beverages.

#### Water

The Brita people have created the heroin of the kitchen industry. While we certainly grasp the arguments in favor of filtered water, what keeps us coming back is the taste. With the current water quality issues, ahem, making waves in the news, a water filter is a decent if incomplete solution. Moreover, unfiltered water now tastes like plumbing to us.

#### Moët & Chandon Champagne

Combine with strawberries (above), velour leisure suit, lit fireplace, and Marvin Gaye’s “Let’s Get It On” for a romantic and seductive evening with your significant other. When the laughter subsides, plead for pity sex. (Ok, this is, of course, optional.)

### WHAT IS NOT IN THE FRIDGE

Now that we’ve told you what to stock your fridge with, how about a quick discussion of what we shouldn’t find in it.

#### Soft drinks, fruit juices and milk

An entire book can be written about the dangers of consuming large amounts of these beverages. Rather than get into it here, suffice it to say that we think people would do well to drink water and get their calories elsewhere – from more nutrient dense, unprocessed foods. Seriously. Despite what you’ve heard. No sodas, fruits juices, or milk. Curse us now – thank us later.

#### Packaged foods

Your fridge should be void of foods packaged in colorful wrappers, boxes, bags, or containers. Be wary of such foods: the “healthiness” of a food is generally inversely proportional to the colorfulness and cost of its packaging.

Furthermore, the vast majority of foods worth eating have expiration dates, and generally the sooner the better. Note: yesterday doesn’t count as sooner, so stay away from the supermarket bargain bin.

#### Rotting leftovers from Thanksgiving dinner

Grandma’s vintage stuffing from 2001 is best stored in a landfill, not in the vegetable crisper. Love the grandma, ditch the leftovers.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“If this is your kitchen, carefully position a large trash receptacle directly beneath your shelves.”**

### STEP 4 – THE PANTRY

The pantry is where the average kitchen goes horribly awry. The fridge is usually decent but look in the pantry and you'll find cookies, crackers, potato chips, baking supplies, and other hydrogenated and over-sweetened junk, all perched high above on a shelf, ready to snipe away at your hard-earned health and body composition. If this is your kitchen, carefully position a large trash receptacle directly beneath said shelf. With a smooth sweeping motion, use your forearm to plow these enemies into the abyss below. Replace with the following:

#### **Rolled Oats**

If you're looking for soluble fiber and low-GI carbs – and you should be – oats are your first choice. Check out our sections on oats later in the book for more info about this grain.

#### **Mixed Nuts**

We prefer to make our own mix, and it usually consists of walnuts, pecans, almonds, and cashews in equal proportions. Half of the mix is then chopped in a blender or food processor to be added to meals as needed (including oats, salads, and toppings). You can do the same or choose the standard store bought nuts.

#### **Dried Fruit Mix**

Dried fruit is a good way to add occasional variety to oatmeal and salads, and you can usually find a good mix at high-end markets and grocery stores. Be cautious, though. These fruits have a higher calorie density than the non-dried variety. So you'll have to scale back your portions.

#### **Legumes**

Beans are a wealth of nutrition, containing soluble fiber (we'll cover why this is of benefit later in the book), lots of B-vitamins, calcium, a good dose of amino acids (although beans are low in the amino acid methionine and therefore aren't considered a complete protein), and a big whack of anthocyanins, known for their powerful antioxidant capacity. These should be a dietary staple.

#### **Whole Wheat Pasta**

As a God-fearing Italian, John loves pasta. However, as gut-fearing weight lifters, we definitely have to choose the lower GI, nutrient dense whole-wheat variety. The general rule is to have two types of pasta on hand: one long cut, such as spaghetti or linguine, and one short cut, such as penne or fusili.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Healthy food doesn’t have to be bland. The only reason it seems that way is that many people have never learned to cook.”**

### Quinoa

If you’re looking for high nutritional value and low allergenicity in grains, Quinoa’s got the mother load. With its high fiber content, complete protein, rock bottom glycemic index, and lack of gluten, this super-grain has gotta be on your shelf.

### Extra Virgin Olive Oil

You should always have some 100% extra virgin olive oil kicking around. Rich in monounsaturated fats, this healthy oil is a great addition to salads, pastas, etc.(and offers a better health profile than canola oil). Be careful cooking it though – excessive heating can degrade the quality of the fat (a discussion of this will appear later in the book).

### Green Tea

The benefits of green tea are discussed later in the book. Keep a couple of boxes handy and drink a few cups per day.

## STEP 5 – THE SPICE RACK

We’re always amused when we hear someone describe good nutritional programs as “boring.” We just picture them stuffing their vacant faces with canned tuna, day in, day out, like the orphans and their gruel in ‘Oliver Twist’, or sleeping face first in a plate of broccoli, drooling like that kid in ‘Ferris Bueller’s Day’ Off’ during Ben Stein’s history lesson.

We suppose that the opposite of boredom is excitement, but is that what people really want from their food? A meal so exciting it will have them doing a post-meal cha-cha on their dining table? If that really is the case, may God help us all.

What we think people mean to say is that eating well is challenging because healthy food tends to be less sweetened and flavored, and there is always a temptation to revert back to old habits.

But here’s the reality. Healthy food doesn’t have to be bland. The only reason it seems that way is that many people have never learned to cook. Most of the “unhealthy” food people eat is either cooked for them (e.g., fast food) or preflavored and prepackaged. As a result, in trying to shift to natural, healthy foods, they haven’t a clue as to how to jazz them up.

This book offers a solution in terms of meal variety and preparation. Also, spices!

Spices can turn a bland meal into a savory grubfest. Plus, they provide vitamins, minerals, and antioxidants, so a well-stocked spice rack equates to a happy, healthy chef. It takes only a couple of seconds to enhance the flavor of any dish with a pinch of basil here and a dash of thyme there.

## GREEN TEA – 1.3 BILLION CHINESE CAN'T BE WRONG

**“Better to be deprived of food for three days, than of tea for one.”**



Green tea is a drink that's, pardon the pun, very hot in the health and wellness circles right now. This is due, in part, to the fact that the tea plant – *Camellia sinensis* – has been the subject of many scientific investigations demonstrating the health boosting-properties of this natural medicine.

Although the western world is just catching on, the Chinese have known this for centuries. In fact there's an ancient Chinese saying that goes: "Better to be deprived of food for three days, than of tea for one."

Research has shown that the daily consumption of tea may improve risk factors for coronary heart/artery disease, arteriosclerosis and some cancers. These health benefits of tea are presumed to be related to the antioxidant effects of its components, namely, its polyphenolic tannins and catechins. These phytochemicals are in highest concentrations in green tea as opposed to other types.

While the following are not recognized benefits of tea, there are tons of anecdotal reports touting the following: relief of headache, diarrhea, and stomach upset.

Finally, for you body comp people, recent research has shown green tea to be thermogenic to a greater extent than would be expected from its caffeine content alone. This means big fat burning properties wrapped in a healthy shell.

While some say it's not easy being green, this type of tea may beg to differ. We recommend drinking at least 1 cup of green tea per day – although you'll start to see further benefits at intakes closer to 3 cups per day.



## SECTION I: BUILDING YOUR GOURMET KITCHEN

If your spice repertoire consists of salt, pepper, and a crusty bottle of seasoning salt from 1976, then it's time to take a trip to the bulk food section of any whole-foods type market to fill up a dozen or so baggies with various spices. Spices from bulk sections are the freshest, and won't cost you an arm and a leg like the pre-packaged ones in most supermarkets.

You can experiment on your own with spice mixtures, playing the role of an alchemist searching for the philosopher's stone. Just remember that for spices, less is often better. Some spices complement one another, but when every spice in your kitchen is thrown into the pot, the end result can be an eye-watering witch's brew.

Below, we've listed some of our favorites. These represent time-honored flavor medleys from around the world. They can be used as general spices to flavor any dish, or as a dry rub to coat meats before pan searing, grilling, or roasting. If they are used as a dry rub, salt should be added to every mixture. Dry rubs form a crust when cooked, providing both texture and subtle flavors that mingle with the food.

Also, the spices can be added to the meal during cooking, or you can mix them together and store them in an airtight container. Making these spices is somewhat of an art form, and you will find that one ingredient in the mix should be double that of others, while some ingredients are extremely potent and should be used sparingly (chili pepper, for example).

Some of these spice mixes are very versatile and work well as a rub with almost anything. Others complement either beef, chicken, or fish. Below, each spice mix has one or more letters associated with the type of protein source it best complements:

### **B (beef), P (poultry), and F (fish)**

But these are just suggestions; don't let these recommendations stop you from trying a spice on something new.

**Italian** (B, P) – parsley, basil, oregano

**Herbs de Provencal** (P, F) – basil, marjoram, thyme, rosemary, oregano

**French** (B, P) – parsley, tarragon, chives

**Middle Eastern** (B, P, F) – pepper, coriander, cinnamon, cumin

**Zaatar** (B, P) – sumac, sesame seeds, thyme, marjoram

**Indian** (B, P, F) – curry powder and chili pepper

**Make-your-own Curry** (B, P, F) – coriander, cumin, pepper, turmeric, ginger, celery seed, fennel

**Cajun** (B, P, F) – paprika, celery seed, garlic, cayenne pepper

**Three Spice** (B, P) – pepper, garlic, thyme, paprika, oregano

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Supplements should supplement and not replace a solid training and nutrition program.”**

**Jamaican Jerk** (P) – chili powder, garlic, thyme, cinnamon, ginger

**Moroccan** (P, F) – pepper, cardamom, nutmeg, cinnamon, cloves, turmeric (use just a pinch of all of these besides salt and pepper, as they are all very powerful)

**Ethiopian** (B, P) – cumin, cardamom, fenugreek, coriander, ginger, cloves

**Asian** (P, F) – ginger, poppy seeds, sesame seeds

**Mexican** (B, P) – paprika, cumin, garlic powder, chili powder

**Poultry Americana** (P) – sage, thyme, marjoram

**Beef Rub** (B) – garlic, onion, pepper, thyme

**Salmon Rub** (F) – paprika, cumin, garlic, celery seed, oregano

### STEP 6 – THE SUPPLEMENT SHELF

Not all of you are going to be interested in this section. Nor should you be! Nutritional supplementation should be determined by your training goals (if you're exercising regularly), your nutritional deficiencies, and your resources – both time and money.

And while it should go without saying that supplements should supplement and not replace a solid training and nutrition program, this is one of the most common mistakes we see, even in intermediate trainees. For an idea of what most of my trainees might

have on hand on an average, sunny June day, here's a list of supplements and their uses.

#### Protein Powder

Most of your dietary protein should come from meat, fish, poultry and eggs. Getting all of your protein from whole food sources, however, is not always possible or practical, particularly if you need to eat more than 6 meals per day to get your required caloric intake. Choose a milk protein isolate or high casein milk blend for the rest of your meals. – only if necessary!

To this end, we recommend clients limit themselves to one daily protein powder meal or shake. Our favorite brands include Biotest Low Carb Grow, Met Rx Protein Plus and Dorian Yates' Approved Pro Peptide.

#### Muscle Recovery Drinks

Optimizing nutrition during the workout and post-workout period was the focus of John's Ph.D. dissertation and is something in which we believe strongly. John designed a product called Biotest Surge to do this job well – to improve muscle mass and exercise recovery.

Use a muscle recovery drink during periods of intense exercise training – aerobic, anaerobic, or weight training. If you're just walking 3x per week – such a drink isn't necessary.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“Fish oil, high in the healthy omega 3 fats EPA and DHA, should be a staple of everyone’s diet.”**

### Central Nervous System Recovery Supplements

These products help hard training athletes recover (CNS recovery – that is) during intense training phases. If you’re a competitive athlete or someone who pushes his or her body to it’s limits, you’re gonna need some help in this department.

Our favorite product for this is a product called Power Drive and is produced by Biotest. We also like a product called NeuroStim by Scivation.

If you’re training hard, take one serving alongside a cup of green tea in the morning. During phases involving two-a-day workouts, use twice – once in the am and once before the second training session.

### Creatine

Creatine is always found in our athletes’ cupboards and rare indeed is the day that they don’t take their 5 grams. Creatine offers a ton of health and performance benefits to dieters, athletes, and those looking to bulk up.

Even if you’re not an athlete, creatine has been shown to improve the functional capacity of the elderly and improve cognitive test scores in vegetarians. While traditionally considered a “sports supplement,” creatine should probably be in all of our diets.

### Concentrated Fish Oil Capsules

Fish oil, high in EPA and DHA, should be a staple of everyone’s diet. We recommend the concentrated kind, standardized for between 30% and 60% combined EPA and DHA.

If you’re serious about speeding up your metabolism, reducing inflammation in your body, and improving your risk of heart disease, stroke, or cancer, it’s time to start supplementing with the oil of fish.

### Zinc and Magnesium

In addition to being 2 minerals that are deficient in the diets of many athletes, these 2 have a great sleep-improving effect.

For those who travel a great deal or have difficulty sleeping, zinc and magnesium supplements are usually a god-send. Zinc and magnesium don’t necessarily induce sleep – they just deepen it. Commercial zinc/magnesium supplements are often called ZMA.

## SWIMMING UP STREAM – FISH OIL BOOSTS METABOLISM

**“Ten grams of total fish oil – or about three grams of combined EPA and DHA – per day can boost metabolism while boosting your health.”**



Eating for health and optimal body composition means three things – eating the right amount of food; eating the right kind of food, and eating at the right times.

In this book, we’re showing you the right kind of food to eat. However if you want to have a great physique, you’re going to have to eat the right amount – in other words watch your energy intake and make sure you’re not overeating.

One way to make this process easier is to boost your metabolic rate. While there are many ways to boost your metabolism (including specific exercise, supplement, and overall macronutrient strategies), one simple way is to add a little fish oil into your diet.

Now, sure you’ve heard of the benefits of omega 3’s. But we’re not just talking about omega 3s here. We’re talking about 2 specific fats found in fish oil – EPA and DHA. EPA and DHA are 2 fats found only in marine animals (salmon oil is the best known source) that have been found to offer benefits such as powerful antioxidant, anti-cancer, & anti-inflammatory effects; increased lean mass, decreased fat mass; better blood sugar management, and more.

Recently, studies have also shown that taking a few grams of EPA and DHA per day can speed up metabolic rate by about 400 kcal per day. Imagine that, pop 2-3 fish oil capsules with each meal and you can afford to eat an additional meal each and every day. Talk about exciting news.

So if you’re interested in improving your health and speeding up your metabolism, swim upstream with the salmon. Ten grams of total fish oil – or about three grams of combined EPA and DHA – per day can boost metabolism while boosting your health substantially.

## PROTEIN A PLENTY - CHOOSING THE RIGHT PROTEIN POWDERS

**“Protein, protein everywhere, what kind should I drink?”**



Ah, the perennial question: “Protein, protein everywhere, what kind should I drink?”

With the variety of protein supplements on the market today (whey, casein, and soy, oh my!) it’s downright hard deciding which type of protein you should supplement with – or whether you should supplement with protein at all. So here’s a little protein primer to help you make sense of what’s out there.

1) Milk Protein Isolates are formed when everything non-protein is removed from milk. What’s left is a powder that contains 20% whey protein and 80% casein protein. In essence, milk protein isolates give you all the protein that you’d get from milk but none of the lactose and other stuff. Milk protein isolates are great for snacks during the day or before bed – added to things like cottage cheese or whipped into a shake.

2) Casein protein makes up 80% of total milk protein. Casein is recognized for its excellent amino acid profile, slow digestion, and interesting peptides (casomorphins, casokinins, casoxins, etc). Since casein protein is slowly digested, don’t use it during workouts or during the post-workout period – you need a faster protein during these times. Instead, use casein protein at the same times you would use milk isolates.

3) Whey protein makes up 20% of total milk protein. Whey is recognized for its excellent amino acid profile, high cysteine content, rapid digestion, and interesting

peptides (lacto globulins, immunoglobulins, lactoferrin, etc). Since whey is very quickly digested, you want to save it for use during your workout and post-workout periods – casein or milk isolates are better during the rest of the day.

4) Soy protein is the most controversial of all protein types. While the soy lobby has gone to great ends to suggest soy is a “super-food” with medicinal-type effects, there is also a good amount of research suggesting that soy protein might be contraindicated in many situations. Because of all of this confusion, we tend to avoid soy protein and stick with the other types listed here.

5) Rice protein extracts are a great hypoallergenic alternative to milk and soy proteins. Therefore for those who have food allergies or insensitivities to other protein sources, rice protein is very well tolerated. Also, rice protein is one of the only viable supplement options for vegetarians. While the protein in rice isn’t considered complete, some rice protein powders on the market have been fortified with the limiting amino acid, and such powders can be good choices both for vegetarians and those with intolerances to the other powders mentioned above.

## SECTION I: BUILDING YOUR GOURMET KITCHEN

### STEP 7 – HOMEWORK!

Well there you have it – a blueprint for building your kitchen. We’ve showed you how to stock your utensil drawers, your pots and pan drawers, your cupboards, your fridge, your spice rack, and your supplement shelf.

Now it’s time to take action – time to tear down the old kitchen and build it anew.

- First, do an inventory of all the food in your kitchen, excluding nothing. Everything goes on the list, even if you didn't buy it and don't intend to eat it. If it's in the house, either you, someone you love, or someone you marginally tolerate will eventually eat it, so everything is fair game.
- Next, compare your list to ours. Check off the foods that are on your list but not on ours. Also, check off the foods on our list that aren't on yours.
- Of those checked foods (on both lists), you may uncheck any of those that are fresh and lean protein sources, fruits or vegetables.
- Add up the number of remaining checked items, and divide by the total number of items on your list.

If your answer is:

**0.1 or less (10% variation):** You're right on track, having done all that you can to make your home base an environment conducive to success. 10% is a perfectly acceptable variation, which allows you to both achieve your goals without requiring robotic adherence.

**0.1 to 0.25 (10% to 25%):** You're close, but some changes must be made. Add foods from my list and subtract foods from yours to make up the difference.

**0.25 to 0.5 (25% to 50%):** You've got some work ahead of you. Building a successful nutrition program from this selection of foods will be difficult and will require an overhaul.

**0.5 or more (over 50%):** You're a candidate for “Extreme Makeover: Kitchen Edition.”

Of course, while this formula may seem a bit gimmicky, it nevertheless offers a useful indication of how well your home is suited to the task at hand, assuming that you draw your meals rather evenly from all the foods.



## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“So there you have it.  
Seven steps to help you  
populate your kitchen  
with good, health  
building foods.”**

The final step is to round up all the offending selections, and give them a warm send off as they pull away in the back of a garbage truck. For those who think it would be more charitable to drop it all off at a food bank, I have news for you: the poor don't need their arteries clogged up with your crappy selections either. If you really want to help, make a donation, drop off some good food, or volunteer your time.

So there you have it. Seven steps to help you populate your kitchen with good, health building foods. Fill your fridge with these foods and use the recipes contained in this book and you'll be on the fast track to nutritional success.



## LET ME BUY YOU DINNER – CHOOSING HEALTHY RESTAURANTS

**“Having a great meal plan is important. Having the right meals available when it’s time to eat is paramount!”**



It’s no surprise to most health conscious individuals that the hardest part of consistently eating well isn’t making a healthy meal plan – it’s making a healthy meal plan and making sure to choose good foods, day in and day out. Sometimes both life and food suppliers seem to collaborate to wreak havoc on our healthy eating attempts.

But restaurants are beginning to make it easier on us.

While in the past, eating out was the low-protein, high carb scourge of the healthy eater’s existence, nowadays, we workin’ out types can get meals that we can afford to eat and afford to pay for when the check comes.

Here’s a strategy for making it easy on you. Do a search of the area around your home and around your workplace. In each locale, pick 4 restaurants that prepare meals in a way that conforms to your nutritional plan. Two of the restaurants should be fast food places (that’s right, even at McDonalds, Wendy’s, and BK can you do reasonably well nowadays), one should be a medium-priced restaurant (TGI Fridays or Kelsey’s will do nicely here as TGI Friday’s even offers Atkins-friendly meals), and the last should be a higher priced restaurant for finer dining occasions.

(Of course, you’ll have to do a little research on your potential eateries by collecting hard copies of their menus or by visiting their web sites – if they’re online).

Once armed with 4 places that can cook for you when you’re on the go (and can call in your order) or need to have a sit-down lunch or dinner, your excuses for not eating well will slip away. Having a great meal plan is important. Having the right meals available when it’s time to eat is paramount!

## SECTION II – GOURMET RECIPES

## BREAKFAST

Breakfast hasn't earned the reputation as "the most important meal of the day" for nothing. Emerging from its slumber, your body is begging for you to end the fast. And it's your responsibility to provide high quality nutrition to begin the day on the right foot.

Here's a lesson for you – skipping breakfast is one of the best ways to sabotage your physique. If you want your health and body composition to actually worsen, go ahead and run out the door without having eaten.

### Eggs

- Spinach and Cheese
- Denver Omelet
- Bulker's Omelet
- Asian Scrambled Eggs
- Mexican Frittata
- Suakshuka

### Oatmeal and Pancakes

- Basic Oatmeal
- Reeses Oatmeal
- Muscle Gruel
- Bran Porridge
- Oatmeal Apple Pie
- Muesli
- Protein Pancakes



## REMOVING EGG YOLKS



Egg separation has long been the curse of the protein minded. Thank goodness for the appearance of those cartons of pasteurized egg whites – they’re a real convenience. Yet they are a bit pricier and many decide to stick with the tried and true whole eggs. Of course, this entails yolk removal. Here are a few removal strategies.

First, for bulk removal, simply crack as many eggs as you want into a bowl, being careful not to break the yolks. Then simply fish out the yolks with a spoon.

For individual removal, you can crack the egg, keeping its contents in one half of the egg shell. Then, pour some of the white out into a bowl or pan, making sure that you’ve got the other half of the shell next to the first half to catch the yolk. Go back and forth between halves until all the white is in your bowl or pan and the yolk is captured nicely in your egg shell.

## SPINACH AND CHEESE OMELET (ANYTIME)

### PRELUDE

This is a staple meal that is consistently found on our breakfast tables. There is something about the taste, texture, and nutritive properties of this omelet that really hits the spot first thing in the morning.

Fresh spinach works best for this recipe. Be sure to buy the pre-washed bags of fresh spinach, or be prepared to spend a lot of time over the sink washing each leaf. If you don't want to bother with fresh spinach, you can also use the frozen variety. Just thaw and drain it before cooking.

### INGREDIENTS

6 large egg whites  
(1 cup) plus one whole  
omega-3 egg, beaten

4 oz. smoked turkey  
"ham", chopped

1 handful fresh spinach  
(or 1/3 cup frozen,  
thawed and drained)

1/2 cup mushrooms,  
sliced

1/3 onion, chopped

1 slice fat free cheese

**Prep Time – 20 minutes**

**Difficulty Level –  
Medium**

**Servings – 1**

### INSTRUCTIONS

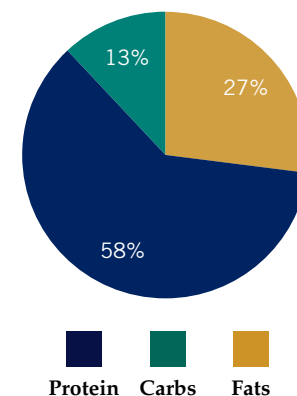
Stir-fry the chopped turkey, onions, and mushrooms in a skillet coated with olive oil cooking spray on medium-high heat for 5 minutes, or until things begin to brown. Add the spinach and stir for about 30 seconds, just until the spinach becomes dark green and condensed.

Given the size and mass of this omelet, special methods are necessary for ensuring a successful meal. Remove the contents from the skillet. Rinse the skillet to provide a fresh surface for the eggs, apply a new coat of olive oil cooking spray, and return it to medium-high heat. Add the beaten eggs. Wait a couple of minutes until you see bubbles starting to form around the edges of the eggs, then lift a portion of the eggs with a spatula, allowing the runny eggs on top to flow beneath the part that you lifted with the spatula. Do this in three or four places around the perimeter of the omelet. After another minute, when the bottom is solid again, flip the omelet.

After flipping the omelet, add the slice of cheese to the top, still exposed in the skillet, and then dump the sautéed mixture of turkey and vegetables onto one half of the omelet. Fold the omelet over to cover the contents, then slide it onto a plate and enjoy!

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	408
Protein (g)	58
Carbohydrates (g)	14
fiber (g)	4
sugars (g)	7
Fat (g)	12
SFA (g)	3.6
MUFA (g)	4.5
PUFA (g)	3.9
omega-3 (g)	0.59
omega-6 (g)	3.03





## STRONG TO THE FINISH 'CAUSE I EATS ME SPINACH

**“Cultivated over 2,000 years ago in Iran, spinach has long been known to have health promoting properties.”**



In most of our nutritional plans, there are mainstay foods that we always include. Topping this list is Popeye's favorite roughage, spinach.

While our fascination with spinach may be subconsciously due to Popeye's influence, it may also be due to the fact that spinach is one of the most nutrient dense, alkaline foods available today.

Cultivated over 2,000 years ago in Iran, spinach has long been known to have health promoting properties. Rich in vitamin A, calcium, phosphorous, iron, folate and potassium – not to mention a number of the B vitamins and important phytochemicals; this green, leafy vegetable reigns supreme in the, uh, green, leafy vegetable category.

So what do all these vitamins and minerals mean to you? Well, getting these from your fruits and veggies means being able to avoid poorly designed multi-vitamin and multi-mineral supplements containing low quality vitamins and minerals. It means increasing your ability to stave off cancer. It means increasing your ability to stave off heart disease. It means having a strong antioxidant reserve (spinach ranks high on the oxygen radical absorbance capacity score). To add further support to this argument, it's interesting to note that spinach extracts are being used by doctors and scientists as functional foods to provide chemo- and central nervous system protection as well as anti-cancer and anti-aging functions.

In addition to these great benefits, spinach is one of the most alkaline foods in the fruit and vegetable category. Many of our modern diets (especially if we're eating relatively high protein diets), are very acidic. This dietary acidity, if not balanced by a high intake of basic foods (like spinach), can lead to stress on our muscles and bones since it's these tissues that can best neutralize dietary acids.

So, if you want to be quick to the finish like Popeye, you'd better be eating your spinach.

## OMELET FLIPPING



This is one of those flashy cooking techniques that involves some skill and dexterity. In the beginning, it will probably result in a lot of egg matter on the stovetop and floor, and even the ceiling for those of you who feel the need to use the same amount of force as a one-arm snatch. So keep those paper towels handy.

Given the sheer mass and quantity of the eggs we use in an omelet, and the vegetables stuffed into them, the traditional method of draining and steaming will not suffice. A 12-inch wide, 1-inch thick omelet will burn on the bottom before it's cooked through and through. Instead, we have to resort to more dramatic means.

This technique presupposes that you have a good nonstick skillet. Here's a rule of thumb: if your eggs are sticking, then don't try flipping! Preferably, use a deep skillet or a wok to prevent any splashing. To flip the omelet, hold the skillet handle with your left hand, pick up the skillet, and slip the spatula under the omelet with your right hand (or vice-versa for lefties). Slide the spatula around the bottom of the omelet; circle the entire perimeter to be sure it won't stick. Then with one fluid movement, bring the skillet up with your left hand while simultaneously flipping the omelet with the spatula. Catch the omelet gently, easing the pan down smoothly as it lands to prevent splatter. Bravo!

Another strategy is to slide the omelet out onto a plate – still face up. Then, bringing the plate over the pan, flip the plate over quickly, allowing the omelet to land face down to complete the cooking process.

If things don't go as planned, don't worry, you can always turn the dish into scrambled eggs. If your flipping attempt ended with an empty skillet, then it's time to get a new prescription for those eyeglasses . . . and a new mop.

## DENVER OMELET (ANYTIME)

### PRELUDE

Here is a guilt-free version of a traditional breakfast from your favorite greasy spoon diner. This provides a heaping helping of high-quality protein to shut off morning muscle breakdown.

### INGREDIENTS

6 large egg whites  
(1 cup) plus one whole  
omega-3 egg, beaten

4 oz turkey ham,  
chopped

1/2 fresh green pepper,  
cut into strips

1/2 small onion,  
chopped

1 slice fat free cheese

2 tsp butter , coconut  
oil, or Smart Balance  
spread

**Prep Time – 20 minutes**

**Difficulty Level –  
Medium**

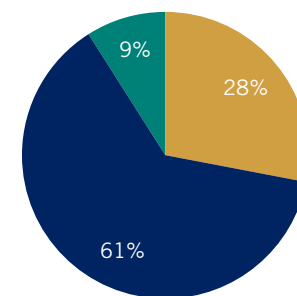
**Servings – 1**

### INSTRUCTIONS

In a large skillet, brown the onions and turkey ham in 1 tsp of the butter spread, adding green peppers for the last couple of minutes. Remove from the skillet, add the remaining butter spread, and pour in the beaten eggs. Flip the omelet, then add the slice of cheese to the top. Then add the sautéed mixture of turkey and vegetables onto one half of the omelet and fold it over to serve.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	477
Protein (g)	71
Carbohydrates (g)	11
fiber (g)	1
sugars (g)	7
Fat (g)	14
SFA (g)	5
MUFA (g)	4
PUFA (g)	5
omega-3 (g)	0.5
omega-6 (g)	3.5



Protein
  Carbs
  Fats

## COVERING YOUR NUTRITIONAL ACIDS

**“Fruits and vegetables are very basic and can nicely balance out our high acid diets.”**



Our nutritional ancestors had them covered. That's right, their dietary acids were covered – making their diet a moderate, healthy, basic one. But what about you? Well, to be honest, your meal plan is likely to be a health degrading, acidic one.

You see, when a food is ingested, digested, and absorbed, each component of that food will present itself to the kidneys as either an acid-forming compound or a base-forming one. Therefore at the end of a meal, or at the end of a day, all those nutrients add up to create what we call an acid-base load.

If the diet provides more acidic food, we'll have a higher acid load. And if it provides more basic food, we'll have a higher base load.

Since every cell of the body has a certain acid-base balance it likes, our bodies do a nice job of keeping this balance in check – regardless of what we eat. However, if our diets present, what scientists call, “low grade chronic metabolic acidosis,” our bodies have to work hard to balance out those extra acids.

In order to do so, our muscles break down (glutamine, an amino acid in muscles is a great acid neutralizer) and so do our bones (calcium in bone is very basic). In fact, the consequences of a high acidity diet are as follows:

- 1) Negative calcium balance and smaller, weak bones
- 2) Negative nitrogen balance and smaller, weaker muscles
- 3) Decreased anabolic hormone activity (IGF1 and GH)
- 4) Mild hypothyroidism (or low thyroid activity)
- 5) Increased catabolic hormone activity (cortisol)

Thank goodness all we really need to do is eat lots of fruits and vegetables. Fruits and vegetables are very basic and can nicely balance out our high acid diets. Cover your nutritional acids and you'll be fighting a front line battle against weakness and disease.

## BULKER'S OMELET (ANYTIME)

### PRELUDE

Does a 500 calorie egg white omelet with fat free cheese sound pansy to you? If so, this omelet is for you. It was created for those among us trying to gain weight (muscle, that is), providing more of everything, including saturated fat and overall calories.

### INGREDIENTS

6 egg whites (1 cup),  
plus 3 whole omega-3  
eggs, beaten

6 oz lean turkey sausage

1 Roma tomato,  
chopped

1/2 small onion,  
chopped

1/4 cup fresh  
coriander, chopped

1/2 cup shredded  
Colby cheese

2 tsp butter, coconut oil,  
or Smart Balance spread

**Prep Time – 20 minutes**

**Difficulty Level –  
Medium**

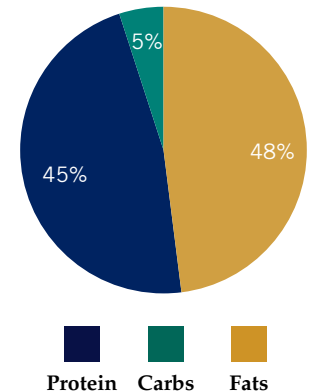
**Servings – 1**

### INSTRUCTIONS

In a large skillet, sauté turkey sausage and onions in 1 tsp butter/spread for about 5 minutes, until brown. Add tomato and coriander and stir for about 3 minutes, until tomatoes become soft but not entirely dissolved. Remove mixture from skillet, add the remaining butter/spread, and pour in the egg mixture. Flip the omelet, add the sautéed mixture and shredded cheese, fold the omelet and serve.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	953
Protein (g)	107
Carbohydrates (g)	13
fiber (g)	2
sugars (g)	7
Fat (g)	50
SFA (g)	22
MUFA (g)	16
PUFA (g)	11
omega-3 (g)	1.3
omega-6 (g)	8.7



ASIAN SCRAMBLED EGGS (ANYTIME)

PRELUDE

This is a quick and easy recipe that provides a nice break from any breakfast menu that starts to become monotonous or stale. We are creatures of habit and once we find something we like, such as the spinach cheese omelet, then it's the same breakfast for a year. Well, variety is good. Who knows, after trying this one, it may even become your old standby.

Peanut oil gives this dish a nutty flavor that is a quality of any good Asian recipe. Together with the citrus zest of the ginger and the smoky soy sauce flavor, this dish is sure to please any aficionados of the Orient.

INGREDIENTS

- 6 egg whites, plus 2 whole omega-3 eggs, beaten
- 1 cup chopped mushrooms
- 6 medium scallions (green onions), chopped
- 10 snow peas, quartered
- 1/2 bell pepper, chopped
- 2 tsp peanut oil
- 1 tbsp chopped fresh ginger
- 2 cloves garlic, chopped
- 1 tbsp soy sauce

Prep Time – 20 minutes

Difficulty Level – Easy

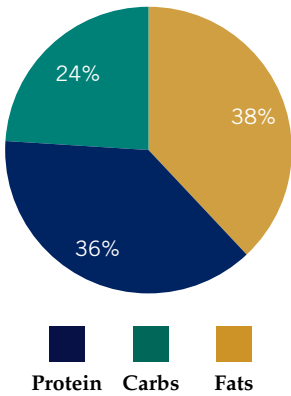
Servings – 1

INSTRUCTIONS

In a skillet or wok on medium-high heat, brown the garlic and ginger in half of the oil (1 tsp). After a couple of minutes, add the mushrooms, snow peas, and pepper. Stir-fry until the mushrooms start to brown and lose most of their moisture, and then add the chopped scallions. Stir-fry for another couple of minutes while drizzling half of the soy sauce over the mixture, and then remove the vegetables from the skillet. Add the remaining oil, then the eggs. When the eggs start to bubble around the edges, stir them with a spatula until scrambled. Just before the eggs are completely cooked, add the vegetables and mix thoroughly. Serve warm, with the remaining soy sauce drizzled over the top after cooking.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	433
Protein (g)	40
Carbohydrates (g)	27
fiber (g)	6
sugars (g)	9
Fat (g)	19
SFA (g)	4.7
MUFA (g)	8.2
PUFA (g)	6.3
omega-3 (g)	0.5
omega-6 (g)	5.43





MEXICAN FRITTATA (ANYTIME)

PRELUDE

Head south of the border with this revved-up version of a Central American breakfast. If you're not afraid of a little spice in the morning, Tabasco sauce can be added for a tear-jerking wake-up call.

INGREDIENTS

- 6 egg whites (1 cup), plus 1 whole omega-3 egg, beaten
- 4 oz lean turkey sausage or turkey/chicken chorizo if you can find it
- 1/2 red bell pepper, chopped
- 1/2 small onion, chopped
- 1 medium tomato, chopped
- 1/3 cup shredded cheddar cheese
- 1/4 cup salsa
- 2 tsp butter , coconut oil, or Smart Balance spread
- 1 tsp paprika

Prep Time – 20 minutes

Difficulty Level – Medium

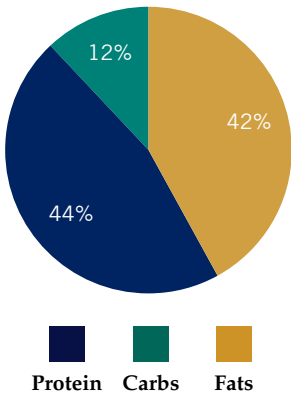
Servings – 1

INSTRUCTIONS

Combine the eggs and paprika in a bowl and beat with a fork until blended. In a large skillet, sauté the turkey sausage, onions, and peppers for about 5 minutes, until brown. Add the eggs, then the tomato, salsa, and cheese. Cook over medium heat until the eggs are cooked most of the way through, occasionally lifting one of the edges of the frittata and tilting the skillet to allow the raw egg to drain onto the pan and cook. Flip the frittata to finish cooking, and then serve.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	689
Protein (g)	76
Carbohydrates (g)	22
fiber (g)	4
sugars (g)	12
Fat (g)	32
SFA (g)	14
MUFA (g)	9
PUFA (g)	7
omega-3 (g)	0.8
omega-6 (g)	5.6



SHAKSHUKA (PW)

PRELUDE

Shakshuka is a savory breakfast served in the Levant that incorporates eggs and tomatoes. Our version has the added goodness of steel-cut oats for a nutty flavor, a great texture, and all of the benefits of this nutritious grain.

INGREDIENTS

- 1/3 cup steel-cut oats
- 2 large tomatoes, chopped
- 2 tbsp tomato paste
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 omega-3 egg
- 3/4 cup raw regular egg whites
- Salt and pepper, to taste

Prep Time – 35 minutes

Difficulty Level – Easy

Servings – 1

INSTRUCTIONS

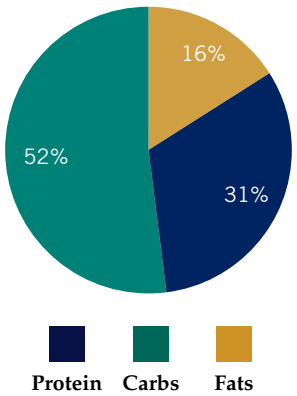
Bring the oats, tomatoes, and tomato paste to a boil in 2 cups of water. Cover and reduce heat to a simmer for 25 minutes.

Sauté the onion and garlic in a skillet coated with olive oil cooking spray and add these to the pot when the oats have finished cooking. The consistency should be thick, but a little soupy. More water may need to be added at this point to achieve the desired consistency.

Spread the whole egg and egg whites over the surface, stirring gently to break the yolk. Cover and simmer for an additional 3-4 minutes. Sprinkle with salt and pepper and serve it up.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	482
Protein (g)	38
Carbohydrates (g)	64
fiber (g)	11
sugars (g)	17
Fat (g)	9
SFA (g)	2
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.2
omega-6 (g)	1.2



## AN OAT BY ANY OTHER NAME

“All of this processing removes all traces of the original texture and rich flavor as well as the overall nutritional value.”



There are many different types of oats out there and sorting through these types can be confusing. So here's a little oat primer to make it easy on you.

**Oat groats, or whole oats:** These are minimally processed – only the outer hull is removed. They are very nutritious, but need to be cooked and/or soaked for a long period of time to so you don't break your teeth on them.

**Steel-cut oats, or Irish oats:** These are groats that have been chopped into small pieces. They have a firmer texture than rolled oats, and people in the know often prefer them for hot oatmeal cereals and muesli. A tip on purchasing steel-cut oats: some of the name brand varieties are prohibitively expensive, so search for them in bulk, which usually sells for under \$3/lb.

**Oat bran:** This is the outer casing that is removed from the groats. The bran is particularly high in soluble fiber. Oat bran is very versatile, and can be used with groats or alone, and as an addition to baking recipes, or even raw in shakes.

**Rolled oats, or old-fashioned oats:** These are oat groats that are steamed and flattened with huge rollers so that they cook quicker. Cooking times listed on the containers vary from 5 to 15 minutes, which is excessive. For the best results, minimize cooking time (1-2 minutes) to preserve the texture and flavor.

**Instant oats:** These are made by chopping groats into tiny pieces, precooking them, drying them, then smashing them with a big roller. They need only be mixed with a hot liquid. They usually have flavorings and salt added. All of this processing removes all traces of the original texture and rich flavor of the groats and reduces the overall nutritional value.

**Oat flour:** Oat flour is made from groats that have been ground into a powder, and contains no gluten so it does not rise like wheat flour. It can also be made at home by grinding rolled oats into a powder in a blender.

When in a hurry we usually choose old fashioned oats. However when you can budget for more prep, there's nothing like the steel-cut variety.

## BASIC OATMEAL (PW)

### PRELUDE

Don't feel like chopping vegetables & cracking eggs to make an omelet? Check out this tried and true breakfast. Go buy yourself a tub of plain, rolled oats, a.k.a. "old-fashioned oats," get some protein powder, and get started. But before doing so, we want you to do 2 things. First, make sure you get real oats. Avoid the sugary pitfalls of pre-packaged instant oatmeal. Also, make sure the protein powder you pick up actually tastes good. Many cheap protein powders taste worse than sewage so ask around for the good tasting varieties - and, importantly, try before you buy.

### INGREDIENTS

1 cup rolled oats  
 1 cup skim milk  
 1 scoop vanilla whey protein powder or milk protein blend  
 1/2 cup berries (fresh or frozen, your choice of berries)  
 Splenda, to taste  
 Dash salt  
 Dash cinnamon

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

**Servings – 1**

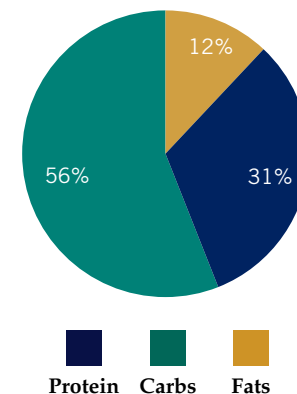
### INSTRUCTIONS

Combine the oats, milk, salt, and cinnamon in a large bowl. Microwave for one minute, stir, then microwave for one additional minute. Stir in the berries, Splenda, salt, and cinnamon. Lastly, add the protein powder and mix completely. The oatmeal should have cooled slightly before the protein is added. Very hot oatmeal can damage protein powder, causing it to lump and sour.

### NUTRITIONAL INFORMATION, PER SERVING

(made with blackberries)

Calories (k/cal)	580
Protein (g)	45
Carbohydrates (g)	83
fiber (g)	14
sugars (g)	20
Fat (g)	7
SFA (g)	2
MUFA (g)	2
PUFA (g)	3
omega-3 (g)	0.2
omega-6 (g)	2.1



## OATS — ARE THEY IN YOUR FEED BAG?

**“Most people don’t know this but oats actually offer more micro nutrition than wheat.”**



Healthy folks nowadays are developing somewhat of an obsession with oats. And thank goodness they’re avoiding the little sugary oat packets that litter the grocery store aisles and buying instead the two types of oats loaded with health benefits – plain, rolled oats and steel-cut oats.

This obsession with oats is great news since there are a number of solid reasons for developing an infatuation with this grain:

- 1) Oats have a low glycemic index, leading to more stable blood sugar levels – say bye-bye to crazy energy and mood fluctuations.
- 2) Oats are very rich in micronutrients (including the B vitamins, vitamin E, and several minerals). Most people don’t know this but oats actually offer more micro nutrition than wheat. And for those folks allergic to gluten, the type of gluten found in oats is usually well-tolerated compared to the gluten found in wheat.
- 3) Oats contain more soluble fiber than any other grain – most North Americans are grossly under-fibered.

In the end, with these types of benefits, if oats aren’t in your feedbag, it’s time to find a place for them.

## REESE'S OATMEAL (PW)

### PRELUDE

Oatmeal – good.  
 Chocolate peanut butter  
 oatmeal – even better.  
 This recipe exploits one  
 of the best taste  
 harmonies in existence  
 to produce a meal that  
 is quite simply  
 addictive. Just don't go  
 overboard on the  
 peanut butter. Spend  
 the time to measure  
 your peanut butter with  
 measuring spoons so  
 that you don't grossly  
 overestimate how much  
 you're adding.

### INGREDIENTS

1 cup rolled oats  
 1 cup Carb Countdown  
 Dairy Beverage,  
 Chocolate 2%  
 2 tsp natural peanut  
 butter  
 Splenda, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

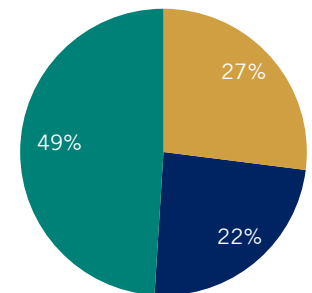
**Servings – 1**

### INSTRUCTIONS

Simple – put all of the ingredients into a bowl and microwave for 1 minute, stir, then microwave for another minute, stir, and enjoy.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	503
Protein (g)	30
Carbohydrates (g)	63
fiber (g)	12
sugars (g)	5
Fat (g)	15
SFA (g)	5
MUFA (g)	5
PUFA (g)	5
omega-3 (g)	0.1
omega-6 (g)	3.4



Protein Carbs Fats

## MUSCLE GRUEL (PW)

### PRELUDE

For all of you oat aficionados out there, this recipe is for you. It combines steel-cut oats, oat bran, and flax seeds into a hearty gruel that always satisfies.

### INGREDIENTS

1/3 cup steel-cut oats  
 1/3 cup oat bran  
 1 tbsp whole flax seeds  
 1/2 cup blueberries (frozen or fresh)  
 1/2 tsp cinnamon  
 1/8 tsp salt  
 1 scoop vanilla whey protein or milk protein blend  
 Splenda, to taste  
 Water, see instructions for amount

**Prep Time – Option 1:**  
**25 minutes;**

**Option 2:**  
**5 minutes at night and 5 minutes in the morning**

**Difficulty Level – Easy**

**Servings – 1**

### INSTRUCTIONS

Many people avoid steel-cut oats because of the cooking time. Because steel-cut oats are broken parts of the whole grain, they require about 20 minutes of simmering. It can be well worth the wait, but we have devised a quicker method. So we'll give you two options for cooking:

#### Option 1 – Traditional Cooking Method

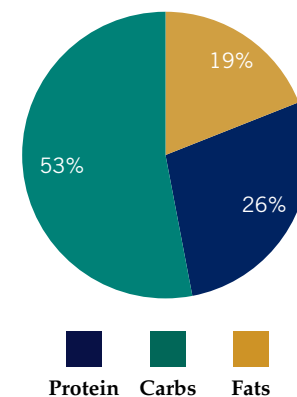
Combine the steel cut oats, salt, and 3 cups of water in a nonstick pot. Bring to a boil and simmer uncovered for 18 minutes on medium heat. Then add oat bran, flax seeds, and cinnamon. Stir thoroughly, remove from heat, add the berries, then the protein when sufficiently cool.

#### Option 2 – Quick Cooking Method

At night before going to bed, combine steel-cut oats, salt, and 2 1/4 cups water in a nonstick pan. Bring to a boil, remove from heat, and cover for the night. In the morning, bring to a boil again, add the oat bran, flax seeds, and cinnamon. Stir thoroughly, remove from heat, add the berries, then the protein when sufficiently cool.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	520
Protein (g)	39
Carbohydrates (g)	78
fiber (g)	16
sugars (g)	14
Fat (g)	12
SFA (g)	2
MUFA (g)	3
PUFA (g)	6
omega-3 (g)	2.3
omega-6 (g)	1.7





## GRINDING FLAX SEEDS



Flax seeds need to be ground in order for you to absorb their nutrition goodness. Without grinding them, they'll simply pass through the body undigested.

The quickest and most effective means of grinding flax seeds is to put them in a regular old blender/food processor. You can also grind them in a coffee grinder.

If you go the blender route, add about a cup of the flax seeds, start the blender on a lower setting, then gradually work your way up to high power, occasionally stopping the blender and stirring the seeds with a wooden spoon to ensure even grinding. Total grinding time can take up to five minutes, and the end result should be a fine meal.

Store your flax meal in a sealed container in the fridge.

## BRAN PORRIDGE (PW)

### PRELUDE

Here is a quick, easy meal that can be prepared in the office microwave. You'll get a lot of fiber in this one, so be prepared for a surprisingly filling bowl of porridge.

### INGREDIENTS

1/2 cup oat bran  
 1/3 cup wheat bran  
 2 tbsp flax meal  
 1/2 cup unsweetened applesauce  
 1 scoop vanilla whey protein or milk protein blend  
 1/4 tsp cinnamon  
 1/8 tsp salt  
 Splenda, to taste  
 3/4 cup water (skim milk can also be used for a creamier texture)

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

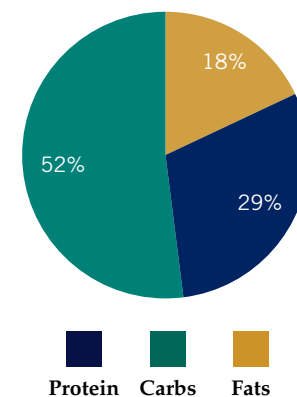
**Servings – 1**

### INSTRUCTIONS

Combine oat bran, wheat bran, flax meal, cinnamon, salt, and water in a large bowl. Microwave on high for 30 seconds, stir, then microwave for an additional 30 seconds, or until hot but not boiling. Remove from microwave and stir in applesauce, Splenda, then protein powder. If you don't like the taste of your protein powder it can be left out if the porridge is eaten with a protein-rich meal (like eggs).

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	380
Protein (g)	36
Carbohydrates (g)	64
fiber (g)	21
sugars (g)	14
Fat (g)	9
SFA (g)	2
MUFA (g)	2
PUFA (g)	5
omega-3 (g)	2.3
omega-6 (g)	2.2



## GOT FIBER?

**“If we got more people to focus on fiber, overall health in North America would improve dramatically.”**



With the “Got Milk” campaign bombarding people with milk messages we kinda wish we could get that milk budget to promote other stuff. For example, if we got more people to focus on fiber (instead of milk), overall health in North America would improve dramatically. So why are we so high on fiber?

Well, first of all, what is it? Fiber is basically an indigestible nutrient – the two main types being soluble and insoluble. Since soluble fiber is the kind most beneficial, we’ll focus on that here.

Soluble fiber is the kind of fiber that dissolves in and absorbs water. Once you eat it, the body turns it into a kind of thick, viscous gel, which moves very slowly through your body. This is a good thing as soluble fiber fills you up and keeps you fuller longer, providing that sensation of fullness we call satiety.

In addition to these benefits, soluble fiber also slows the absorption of glucose (sugar) into the body. This means you’re going to avoid those nasty sugar highs and lows. Last but not least, fiber inhibits the re-absorption of bile into the system. Bile is a fat emulsifier and therefore if you inhibit bile re-absorption, your liver needs to get its cholesterol fix from your blood. This means lower blood-serum cholesterol levels.

With its ability to lower blood sugar, decrease blood cholesterol, increase satiety, and improve colon health, the important question isn’t “Got Milk?” The important question is “Got Fiber?”

## OATMEAL APPLE PIE (PW)

### PRELUDE

Blending Americana with nutritional know-how, this recipe makes a great breakfast for anyone looking for a morning dose of complex carbs, soluble fiber, and high-quality protein.

### INGREDIENTS

3 cups rolled oats  
 1 cup oat bran  
 2 large apples, cored and chopped  
 2 cups unsweetened applesauce  
 4 scoops vanilla protein powder or milk protein blend  
 1 tsp salt  
 2 tsp cinnamon  
 4 cups water  
 1 tsp vanilla extract  
 Splenda, to taste  
 Skim milk (1 cup per serving)

**Prep Time – 45 minutes**

**Difficulty Level – Easy**

**Servings – 4**

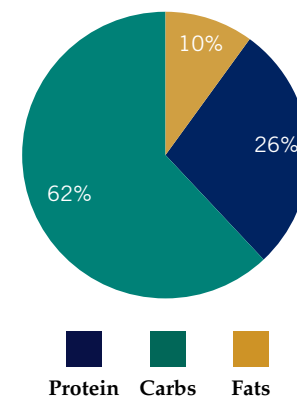
### INSTRUCTIONS

In a large bowl combine oats, oat bran, protein powder, salt, vanilla extract and water. In a separate bowl, mix the apples, applesauce, cinnamon, and Splenda. There are two ways to proceed. You can either combine the applesauce mixture and oat mixture together and bake, or for a layered effect, you can pour the applesauce mixture into the baking dish first, then pour the oat mixture on top. In both cases, bake in an 8x8-inch dish coated with olive oil cooking spray for 35 minutes at 350 degrees F.

Serve in a bowl with 1 cup skim milk poured over top.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	614
Protein (g)	45
Carbohydrates (g)	103
fiber (g)	15
sugars (g)	40
Fat (g)	8
SFA (g)	2
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.1
omega-6 (g)	2.1



MUESLI (PW)

PRELUDE

Even with all of the choices we have lined-up for breakfast, sometimes it’s nice to have a bowl of cold cereal. Here is a way to feed that urge without wasting away into the prototypical skinny-fat cereal junkie.

INGREDIENTS

- 2 cups rolled oats
- 4 tbsp whole flax seeds
- 1/4 cup wheat bran
- 1/2 cup oat bran
- 1/4 cup sliced almonds
- 1/2 cup sugar free maple syrup
- 1/2 tsp coconut extract
- Splenda, to taste

Prep Time – 35 minutes

Difficulty Level – Easy

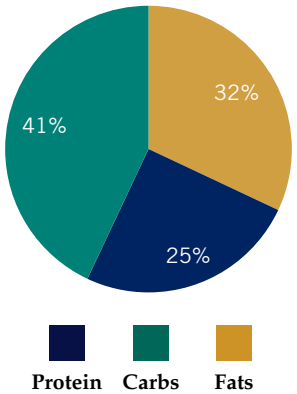
Servings – 6

INSTRUCTIONS

Combine all of the ingredients in a large mixing bowl and mix thoroughly. Coat a baking dish with olive oil cooking spray, and spread the muesli out in the dish. Don’t pack tightly, but rather allow clumps to remain. Bake at 350-degrees F for 30 minutes. Allow to cool, then serve with Carb Countdown lowfat milk beverage.

NUTRITIONAL INFORMATION, PER SERVING (with one cup Carb Countdown Dairy Beverage)

Calories (k/cal)	294
Protein (g)	20
Carbohydrates (g)	33
fiber (g)	9
sugars (g)	3
Fat (g)	12
SFA (g)	3
MUFA (g)	4
PUFA (g)	4
omega-3 (g)	1.5
Omega-6 (g)	1.7



## PROTEIN PANCAKES (PW)

### PRELUDE

Even pancakes can still be a part of a healthy breakfast menu with our version of whole wheat, protein-packed mancakes (or womancakes – wouldn't want to leave anyone out).

Make your own topping with fruit and/or berries. Strawberries or blackberries with or without a little Splenda are always a good choice. Wild blueberries can also be added to the batter before cooking.

You could also use cottage cheese and berries for added protein. If the curds of cottage cheese turn you off, put the berries, cottage cheese, and Splenda in a blender for about 30 seconds for a thick, creamy topping.

### INGREDIENTS

1 cup whole wheat pancake mix (any variety will do, as long as it's whole wheat)

2 heaping scoops of vanilla whey protein powder

3/4 cup lowfat cottage cheese

3 egg whites (1/2 cup)

3 tbsp flax seeds

1/4 cup water

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### INSTRUCTIONS

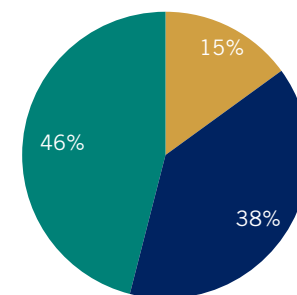
Place the egg whites, cottage cheese, flax seeds and water in a blender and process until smooth. Mix the wet ingredients together with the pancake mix and protein powder in a large bowl.

Cook the pancakes any size you like them in a skillet coated with olive oil cooking spray over medium-low heat. After pouring the pancake batter into the skillet, they will be ready to flip after bubbles form around the edges (about 5 minutes).

### NUTRITIONAL INFORMATION, PER SERVING

(with strawberry topping)

Calories (k/cal)	520
Protein (g)	50
Carbohydrates (g)	60
fiber (g)	2
sugars (g)	17
Fat (g)	9
SFA (g)	3
MUFA (g)	2
PUFA (g)	4
Omega-3 (g)	2.6
Omega-6 (g)	1.2



Protein Carbs Fats

## CHICKEN & POULTRY

Chicken breasts are one of the most common sources of protein on the plates of bodybuilders across the globe. The popularity of the chicken breast probably stems from the fact that it is relatively cheap, and very versatile. Chicken complements almost every grain, vegetable, spice, and fruit. One of the quickest and easiest ways to prepare chicken is to roast the breasts in bulk, then add them to dishes later (more on this later in this section). When roasting chicken breasts, a wide variety of spice combinations can be used, such as those outlined in part I.

Moroccan Chicken

Citrus Chicken-Stuffed Acorn Squash

Curried Split Peas and Roasted Chicken

Oat Salad with Grilled Chicken Breast

Tex-Mex Chicken and Rice

Chicken with Squash in Cream Sauce

Kung Pao Chicken

Chicken Fried Rice

Fajita Chicken and Rice

Peruvian Chicken

Quick Quinoa and Chicken

Chicken with Chick Peas

Roasted Chicken with Rosemary Wheat Berries

Coconut Chicken

Apple Chicken Casserole

Turkey Sausage Casserole

Hawaiian Pizza

Asparagus Quiche

Apple Mushroom Turkey Burgers

Turkey Meatballs

Baked Yam with Turkey Meatball Marinara

Falafel Platter





## DON'T SPOIL YOUR OIL

**“If you want to be really cautious, just use cooking spray or a stable oil in place of extra virgin olive oil (the only kind you should be using anyway) and consume your olive oil unheated”**



Cooking with oils has become a sensitive topic of late. Some nutritional experts think it's ok to fry your food in oil.

Others think that the heating of oil changes the oil composition, making it less healthy. So what are you to do?

Well, because it is true that some oils can change with different cooking conditions, here are a few suggestions we make to our clients:

1) Don't use additional fats when pan-frying or grilling meat. Instead, use a pan or grill with a non-stick surface, or if you absolutely must, coat the surface with a minimal amount of cooking spray (the olive oil version of Pam is a good choice). This will decrease the amount of mutagenic chemicals formed when frying meat in oil.

2) Don't use mono or poly-unsaturated fats when pan-frying. When pan-frying non-meat dishes, use a pan with a non-stick surface instead. If absolutely necessary to prevent sticking, you can coat the pan with a minimal amount of cooking spray (as above) – but don't use any more monounsaturated oil (corn oil, canola oil, safflower oil, etc.) than that, and avoid using polyunsaturated oils (like flax oil). These oils are not very heat stable and will become highly oxidized and lose their essential fatty acid content with cooking. And while we do use extra virgin olive oil in cooking from time to time (in the smallest amount possible), if you want to be really cautious you should consume your Extra V unheated as well. If a small amount of

cooking spray won't do the trick, cook with a tiny amount of butter or coconut oil, which are more heat stable.

3) When baking, use small amounts of saturated fats and/or olive oil only. As discussed above, these are best to use for stability reasons.

4) Don't deep fry foods. Deep frying foods (esp. in hydrogenated fats) is the equivalent of inviting heart disease over for dinner.

## ROASTING CHICKEN BREASTS



For convenience, chicken breasts can be cooked in bulk and quickly added to dishes later. Roasted chicken will keep in a Ziploc or Tupperware in the fridge between 3 to 6 days. We prefer cooking a supply for about three days at a time, as the chicken starts to become rubbery beyond this.

For boneless chicken breasts, place them on a cooking sheet covered with aluminum foil, spaced about 1-inch apart. Add any spices you like. A great, versatile combination is lemon juice, salt, garlic powder, and pepper. Place in an oven preheated to 400-degrees F and bake for 30 minutes. Let them cool for 15-30 minutes before storing them in the fridge. The foil can be discarded, and now you don't have to slave over the sink scrubbing out your cooking sheet!

For bone-in chicken breasts, remove the skin, and then cook at 375-degrees F for 45 minutes. If the breasts are the size of Pamela Anderson's, they may need to be cooked for an hour.

## MOROCCAN CHICKEN (PW)

### PRELUDE

If you have ever taken a trip to Morocco, then you probably distinctly remember the fragrant foods invading your senses from every corner of the crowded marketplaces. We have recreated one of these basic recipes with a staple carbohydrate source of Morocco: couscous. Get the whole wheat variety in any Whole Foods type market. Follow the path below into a culinary bliss.

### INGREDIENTS

12 oz. grilled chicken breast, cubed

1/2 cup whole wheat couscous, dry

1 cup chicken broth, from bouillon

Sun-dried tomatoes, about 20 pieces, chopped

2 medium tomatoes, chopped

1 medium onion, chopped

2 cloves garlic, finely chopped

1 can green peas, drained

1/3 cup whole plain yogurt

Spices: 1 bay leaf (whole), 4 whole cardamom pods, dash of cinnamon, dash of turmeric, dash of chili powder, 1 teaspoon salt, 1 teaspoon ground coriander

### INSTRUCTIONS

Fry the garlic and onions in a nonstick pan (large enough to hold all the ingredients) coated with olive oil cooking spray for a couple of minutes until they start to brown, then add the chopped tomatoes. Stir until they become fluid, and then add the broth. Bring to a boil and add the spices. Slowly stir in the yogurt, one tablespoon at a time. Add the chicken, sun-dried tomatoes, and peas. Then stir in the dry couscous, cover, reduce the heat and simmer for 5 minutes. Remove from heat, fluff with a fork, cover it again and let it sit for a few minutes before serving.

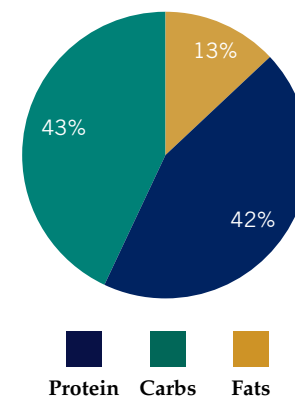
**Prep Time – 15 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	640
Protein (g)	69
Carbohydrates (g)	71
Fiber (g)	12
sugars (g)	20
Fat (g)	9
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
Omega-3 (g)	0.2
Omega-6 (g)	1.9



## CHOPPING GARLIC



If you're a garlic fan, you can opt to buy one of those large jars of garlic, which does save some time. But the taste of freshly chopped garlic is clearly superior to any of the stuff that has been sitting around in a jar for who knows how long.

So, if you're feeling ready to do-it-yourself, have at it – it's surprisingly simple. First, remove one of the cloves with the skin still on it. Place the clove on the cutting board. Next, place the broad, flat side of your cleaver on top of the clove and give the knife a good whack with your best Kung-Fu impression. The outer peel of the clove can then be easily removed and discarded.

Then it's a simple matter of chop chop chop. To prevent the garlic from becoming too sticky from its natural juices, add a dash of salt before chopping.

## CITRUS CHICKEN-STUFFED ACORN SQUASH (PW)

### PRELUDE

Acorn squash has a unique flavor that is a combination of sweet, nutty and peppery. In addition to anti-cancer phytonutrients, acorn squash is packed with vitamins (excellent source of vitamin A (in the form of beta-carotene), vitamin C, thiamin-vitamin B1, vitamin B6, vitamin B3, folate, pantothenic acid-vitamin B5, and potassium), and promote prostate health.

This version of stuffed squash is delicious, very healthy, and it's even nice to look at. A generous heaping of chicken and vegetables complements the distinctive flavor of butternut squash, which is really brought to life with the addition of grated orange peel.

### INGREDIENTS

2 medium acorn squash  
1/2 cup water  
1 lb Chicken breast, cut into 1-inch cubes  
2 medium onions, chopped  
2 large stalks celery, sliced 1/4-inch (1 cup)  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon dried thyme leaves  
1 tablespoon freshly grated orange peel

**Prep Time – 1 hour**  
**oven cooking;**  
**20 minutes microwave**  
**cooking**

**Difficulty Level –**  
**Medium**

**Servings – 2**

### INSTRUCTIONS

Cut the acorn squash in half and scoop out the seeds and membrane with a spoon. Place squash, cut-side down, in a baking dish and pour water in bottom of pan to 1/4 inch. Bake at 375-degrees F for 45 minutes or until fork tender. Flip the squash halves over after removing from the oven.

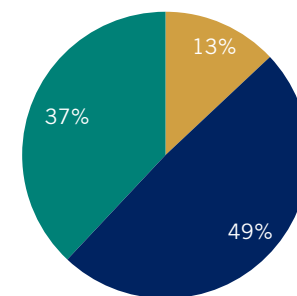
For quick cooking, microwave the squash on high, covered, without the water for about 10 minutes, or until fork tender.

While the squash is cooking, stir-fry add all remaining ingredients except the orange peel. Cook over medium-high heat, stirring occasionally; until chicken is no longer pink (15 to 20 minutes). Stir in the orange peel. Continue cooking, stirring occasionally, until heated through (3 to 4 minutes).

Fill each squash half with the mixture to serve.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	597
Protein (g)	76
Carbohydrates (g)	56
fiber (g)	9
sugars (g)	17
Fat (g)	9
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.1
omega-6 (g)	1.6



■ Protein ■ Carbs ■ Fats

## CURRIED SPLIT PEAS AND ROASTED CHICKEN (PW)

### PRELUDE

If you haven't had luck with split peas in the past, this recipe is the result of a long period of experimentation with various spices and ingredients, until finding a combination that is incredibly tasty. What's the reason for all this trouble? Split peas are an incredible source of fiber and complex carbs. This recipe packs a whopping 31 grams of fiber!

### INGREDIENTS

1/2 cup dry split peas  
Roasted chicken breast, 6 oz.  
1/2 medium yellow onion, chopped  
1 medium carrot, sliced  
1 medium tomato, chopped  
1 dash salt  
1 bouillon cube, chicken  
1 dash curry powder

**Prep Time – 35 minutes**

**Difficulty Level – Easy**

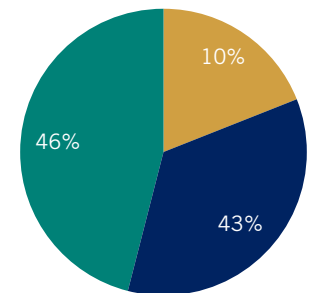
**Servings – 1**

### INSTRUCTIONS

Bring everything to a boil except the chicken breast and curry powder with 3 cups water, cover and simmer for 30 minutes. Remove the lid and boil off the remaining liquid, adding the curry powder right after you remove the pot from the heat. Serve on a plate or shallow bowl, topped with the chicken breast.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	742
Protein (g)	81
Carbohydrates (g)	86
fiber (g)	31
sugars (g)	26
Fat (g)	9
SFA (g)	2
MUFA (g)	3
PUFA (g)	2
Omega-3 (g)	0.2
Omega-6 (g)	1.8



Protein Carbs Fats

## BEANS – NO LONGER THE MAGICAL FRUIT

**“Fortunately, proper soaking significantly reduces oligosaccharide content, as well as total sugars and starch, making beans no longer the ‘musical fruit’.”**



Magical fruit, musical fruit, whatever you want to call it – beans have a bad reputation for producing both auditory and olfactory offense. Guilty as charged, the seemingly innocuous legume has been the source of many bouts of embarrassment, anguish, and undoubtedly the source material for some of the best movie quotes of all time. “I fart in your general direction” will immediately ring a bell for Monty Python fans.

What is the source for such noxious miasma? Beans pass very slowly through our digestive tracts while we try to break down the complex carbohydrates contained in them – known as oligosaccharides. The problem is that we do not have the particular enzymes in our digestive tracts needed to break down these sugars, so they just sit there fermenting in our gut, thus producing the unwanted side effects.

Fortunately, proper soaking significantly reduces oligosaccharide content, as well as total sugars and starch. In particular, soaking with sodium bicarbonate (baking soda) causes remarkable reduction in these sugars and starches.

Although some people claim that soaking beans in a baking soda solution damages their nutritive properties, a study found that a 0.5% sodium bicarbonate solution reduced only antinutritional factors, while protein digestibility was actually increased. (It should be noted that lentils and split peas do not need to be soaked.) Also, most people experience much less flatulence with lentils and split

peas than other varieties of legumes, which is a huge bonus since they lead the pack in the carb:fiber ratio.

To soak beans, first rinse them, then place them in a large pot and add water at a 4 to 1 ratio (water to beans). Allow the beans to soak anywhere between 12 to 24 hours at room temperature for the best results. After soaking, drain and rinse the beans, pouring all of those nasty anti-nutrients down the drain.

Some people advocate a ‘quick’ way to soak beans, by bringing them to a boil for two minutes, then cover and stand for two hours. However, the effectiveness of this method is unknown, and frankly, how much easier can it get than to dump them in a pot with water and baking soda overnight?

The table below presents the correct proportions of dry beans, water, and baking soda for the soak.

Dry Beans	Water	Baking Soda
1/2 cup	2 cups	1/2 tsp
1 cup	4 cups	1 tsp
1.5 cups	6 cups	1.5 tsp
2 cups	8 cups	2 tsp



## OAT SALAD WITH GRILLED CHICKEN BREAST (PW)

### PRELUDE

Oats can also serve as a foundation for savory meals. Steel-cut oats are particularly versatile, given their crunchy texture and nutty flavor. This recipe is light and refreshing. And it's a great way to eat your oats on those hot August days when a steaming bowl of oatmeal is the last thing on your mind.

### INGREDIENTS

Chicken breast,  
6 oz cooked

1/2 cup steel-cut oats

1 large tomato, chopped

1 large cucumber,  
chopped

2 scallions (green  
onions), diced

1/3 cup fresh mint  
and/or parsley, chopped

Juice from 1 fresh lemon

Dash of salt

2 large romaine leaves

**Prep Time – 30 minutes**

**Difficulty Level – Easy**

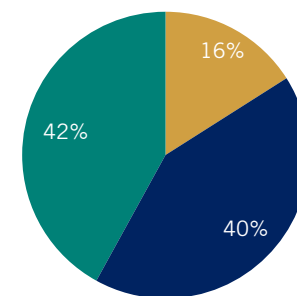
**Servings – 1**

### INSTRUCTIONS

Place the oats in a pot and cover with boiling water. Allow to sit for 20 minutes, then drain. When well drained and slightly cooled, mix the oats with the tomato, cucumber, scallions, mint/parsley, lemon juice and salt. Cover and refrigerate until cool.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	691
Protein (g)	72
Carbohydrates (g)	75
fiber (g)	15
sugars (g)	15
Fat (g)	12
SFA (g)	3
MUFA (g)	4
PUFA (g)	4
Omega-3 (g)	0.3
Omega-6 (g)	1.5



Protein Carbs Fats

## TEX-MEX CHICKEN AND RICE (PW)

### PRELUDE

With a little preparation, this recipe can be thrown together in just a couple of minutes. By using pre-cooked chicken breasts and rice, together with frozen peas & carrots and select vegetables, this is perfect for an office meal when time is of the essence.

### INGREDIENTS

Chicken breast, grilled,  
6 oz., cubed

Brown rice, 1.5 cups  
cooked

Frozen peas and carrots,  
1/2 cup

1 stalk celery, chopped

Red bell pepper, 1/2  
medium, chopped

2 tbsp barbecue sauce

**Prep Time – Under  
5 minutes**

**Difficulty Level – Easy**

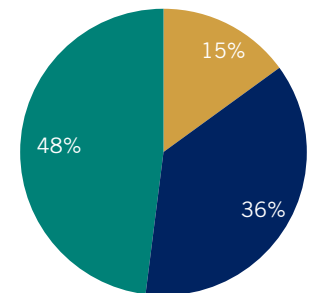
**Servings – 1**

### INSTRUCTIONS

Very simple, just stir all of the ingredients together in a pot on medium-low heat, until everything is warm. It can also be nuked for a couple of minutes

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	720
Protein (g)	64
Carbohydrates (g)	86
fiber (g)	10
sugars (g)	10
Fat (g)	10
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
Omega-3 (g)	0.2
Omega-6 (g)	2.2



■ Protein ■ Carbs ■ Fats

## FOOD SUPPORT SYSTEMS – EASY FOOD STORAGE AND CARRYING

**“When choosing to prep your own food and carry meals with you, it’s important to find the right food support systems to facilitate your success.”**



Wanna store some of the meals and shakes in this book so that you can enjoy them later? If so, you’re gonna need the right storage and carrying tools. Here are a few food support systems that our clients find invaluable:

- 1) A good cooler in which to store and carry your meals for the day. (Tip – before buying one, however, make sure there’s enough room to carry a few meals and a few shaker bottles – see below).
- 2) Five small Tupperware-type containers. These containers will be for storing and transporting your daily meals. Make sure they are small enough to fit into your cooler but large enough to accommodate a full meal. If you’re going to microwave, choose glass. If not, plastic will do.
- 3) Five large Tupperware-type containers. These containers are for storing larger quantities of food. For instance, if you chop your veggies for the week or cook all your chicken breasts for the week, store them in one of these. Again, if you’re going to microwave, choose glass. If not, plastic will do.

4) Three Rubbermaid Chuggable drink containers — 1L size. These containers are for your liquid supplements. Be sure to choose the blue top variety as these are far and away the best drink containers out there. Most others leak.

When choosing to prep your own food and carry meals with you, it’s important to find the right food support systems to facilitate your success. This list will give you a good start. As you experiment with your own personal meal planning strategies, you’ll probably find others. Don’t hesitate to visit us at [www.johnberardi.com](http://www.johnberardi.com) and share with us some of tools you’re using.

## CHICKEN WITH SQUASH IN A CREAM SAUCE (ANYTIME)

### PRELUDE

This recipe has a down-home goodness that will quell any cravings for Mom's or Grandma's home cooking. It also provides a delicious way to enjoy a major helping of protein and vegetables.

### INGREDIENTS

1 lb roasted chicken breast, chopped or torn into chunks

3 medium yellow squash, sliced

2 cups sliced mushrooms

1/2 large yellow onion, chopped

2/3 cup whole plain yogurt

1/2 cup shredded cheddar cheese

1/2 tbsp butter, coconut oil, or Smart Balance spread

1 chicken bouillon cube dissolved in 1/2 cup water

1/2 tsp garlic powder

Salt & pepper, to taste

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

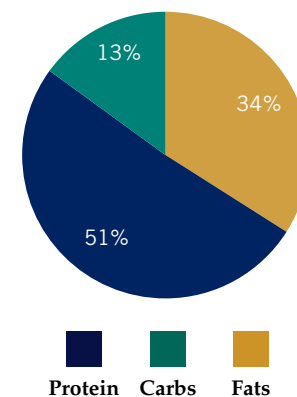
**Servings – 2**

### INSTRUCTIONS

In a large skillet, heat the butter or spread over medium-high heat and add onions, squash, and mushrooms, stir-frying for 5 minutes. Add pre-roasted chicken breasts chopped into small pieces or torn into chunks (similar to what you find in homemade chicken pot pie), and stir-fry for another 2 minutes. Add the chicken broth and bring to a boil, then stir in yogurt 1 tablespoon at a time. Add the spices and cheese and stir until achieving a thick consistency. Sprinkle a little shredded cheese over top before serving (ca. 1/8 cup total).

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	693
Protein (g)	89
Carbohydrates (g)	24
fiber (g)	7
sugars (g)	14
Fat (g)	27
SFA (g)	13
MUFA (g)	8
PUFA (g)	4
omega-3 (g)	0.56
omega-6 (g)	2.7



## KUNG PAO CHICKEN (ANYTIME)

### PRELUDE

Here is a healthy version of one of the most popular Chinese dishes in existence. The medley of chicken, golden peanuts, and bright red chiles is not only incredibly tasty, but also a pleasure to look at. The reason why this dish has finely chopped chicken, unlike the thinly sliced meats of most Asian cuisine, is because the emperor who it is named after – Gong Bao – had bad teeth. This tradition has survived today in this delightful rendition of an imperial bureaucrat's favorite grub.

### INGREDIENTS

#### Marinade:

1 lb raw chicken breast, chopped into 1/2-inch cubes

4 cloves garlic, chopped

1-inch cube fresh ginger, chopped

2 tbsp white cooking wine

#### Other Ingredients:

1/2 cup skinless roasted peanuts (unsalted)

1 medium onion, cut into 1-inch squares

1 medium green pepper, cut into 1-inch squares

A handful of dried red chiles (substitute a dash of chili powder if necessary)

8 oz can sliced water chestnuts, drained

1/2 cup chicken broth (from bouillon)

1 tbsp soy sauce

2 tbsp peanut sauce (e.g., San J Thai Peanut Stir Fry Sauce)

2 tbsp peanut oil

### INSTRUCTIONS

Place the chopped chicken, garlic, ginger, and cooking wine in a large bowl and refrigerate while preparing the remaining ingredients.

In a large skillet or wok, heat a tablespoon of peanut oil over medium-high heat for a few seconds, and then add the chicken and its marinade. Stir-fry until the chicken is cooked throughout, about 6-8 minutes. Remove the chicken, add another tablespoon of peanut oil, and then stir-fry the peanuts for about 3 minutes, until browned. Add the onions, green pepper, water chestnuts, and red chiles just until vegetables start to brown, about 5 minutes. Add chicken broth, soy sauce, and peanut sauce, mix thoroughly, and serve.

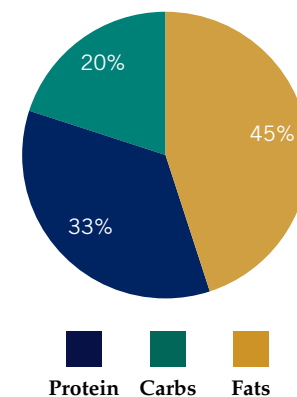
**Prep Time – 30 minutes**

**Difficulty Level – Easy**

**Servings – 3**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	670
Protein (g)	57
Carbohydrates (g)	35
fiber (g)	7
sugars (g)	12
Fat (g)	34
SFA (g)	7
MUFA (g)	15
PUFA (g)	10
omega-3 (g)	0.17
omega-6 (g)	9.17



## STORING AND CHOPPING GINGER



When buying fresh ginger, make sure you store it in a Ziploc bag in the freezer. It will keep almost indefinitely this way – you’ll always have it at hand when it’s needed. Interestingly, it is also easier to chop frozen. Just hold the ginger on the cutting board, keeping your fingers bent as described in the tip entitled “Vegetable Chopping” (pg 29), and shav off a few slices with a cleaver. The slices can then be easily chopped and thrown into your meal.

## CHICKEN FRIED RICE (PW)

### PRELUDE

Here is an everyday Asian staple, modified to fit our lifestyle. It's quick, easy, and delicious, and it can be made in bulk and enjoyed for the next few days.

### INGREDIENTS

1 lb raw chicken breast, thinly sliced  
 3 cups cooked brown rice  
 1 cup frozen peas and carrots, thawed  
 5 scallions/green onions, chopped  
 1 omega-3 egg plus 3 egg whites (1/2 cup), beaten  
 4 cloves garlic, chopped  
 1 tbsp peanut oil  
 1 tbsp soy sauce  
 1/4 tsp salt

**Prep Time – 20 minutes**

**Difficulty Level – Medium**

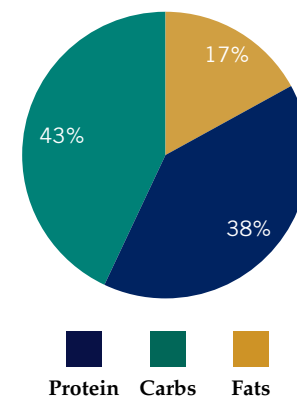
**Servings – 2**

### INSTRUCTIONS

In a large skillet or wok, sauté the garlic in half of the peanut oil for under a minute, then add the chicken and stir-fry for about 5-8 minutes until cooked throughout. Add the peas and carrots and scallions and stir-fry for another 2 minutes. With your spatula, push the cooked materials near the sides of the wok or skillet, opening a bare spot in the middle. Add the remaining peanut oil, then the beaten eggs. Scramble the eggs in the center of the wok/skillet, and when the eggs have finished cooking throughout, return the other ingredients to the center of the wok/skillet, mixing with the eggs. Add the steamed rice and salt, toss lightly for a couple of minutes, then drizzle the soy sauce over the top. Serve warm, or store in an airtight container in the refrigerator.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	770
Protein (g)	74
Carbohydrates (g)	84
fiber (g)	10
sugars (g)	6
Fat (g)	14
SFA (g)	3
MUFA (g)	6
PUFA (g)	5
Omega-3 (g)	0.2
Omega-6 (g)	4.2





## STEAMING RICE



Most domestic rice is pre-washed, but if you are using imported rice (e.g., basmati, jasmine), then it is advisable to wash the rice before cooking by placing it in a large pot or bowl, pouring water, stirring, then draining off the liquid. Repeat 3 or 4 times.

Next step – steaming. You will need a pot with a tight-fitting lid for steaming rice. Rice is first brought to a boil in water with a dash a salt, then covered and simmered for the remaining period. Cooking times differ for white versus brown rice. Brown rice is clearly superior in terms of nutrients and fiber, so it is well worth the extra cooking time.

**White rice** – there are many varieties so it is advisable to follow the cooking directions on the product you purchase. In general, 1 to 1.5 cup of water is used per 1 cup of dry rice, and it is brought to a boil and simmered for 10-20 minutes.

**Brown rice** – use 2 cups of water per 1 cup dry rice. Cook long grain rice for 35-40 minutes and short grain rice for 45 minutes.

## FAJITA CHICKEN AND RICE (PW)

### PRELUDE

You can throw this one together very quickly from pre-cooked chicken and rice for a healthy, delicious meal. Fajitas have a healthy base (chicken and vegetables), but they are often drenched in unhealthy oils while cooking. Also, they are served with enticing, warm fajitas made from white enriched flour, which are almost always a source of overindulgence. Our recipe skips the tortillas and uses the grilled chicken and vegetables as a topping over a bed of spiced brown rice.

### INGREDIENTS

1 lb roasted chicken breast, cut into fajita strips

Steamed brown rice, from 1 cup dry

1 small onion, sliced

1 bell pepper, sliced

1/2 cup salsa

1 tsp paprika

1/8 tsp cumin

2 tbsp lime juice

Salt & pepper, to taste

**Prep Time – 10 minutes**

**Difficulty Level – Easy**

**Servings – 2**

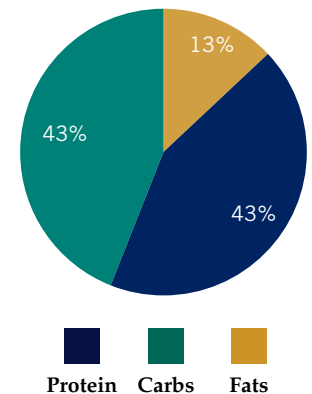
### INSTRUCTIONS

In a large bowl, combine the cooked rice, paprika, cumin, and salsa. Stir until mixed thoroughly and then reheat in the microwave or on the stovetop. In a large skillet or wok coated with olive oil cooking spray, stir-fry the roasted chicken strips, onion, and bell pepper over high heat until the onions start to brown, or about 5 minutes. Add salt and pepper while stir-frying.

Separate the rice onto two plates, top with the chicken and vegetables, and then drizzle the lime juice over top.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	750
Protein (g)	79
Carbohydrates (g)	80
fiber (g)	5
sugars (g)	5
Fat (g)	11
SFA (g)	3
MUFA (g)	4
PUFA (g)	3
omega-3 (g)	0.2
omega-6 (g)	2.5



## PERUVIAN CHICKEN (PW)

### PRELUDE

If you haven't tried quinoa yet, then here is your chance to experience one of the healthiest grains in existence. This is a 'leafy grain' that grows way up in the Andes highlands on a plant similar to spinach. It also has magnificent nutritive properties. This recipe combines a harmony of flavors local to the highland Andes in an exceedingly nutritious meal.

### INGREDIENTS

1 lb roasted chicken breast, sliced  
 Steamed quinoa grain, from 1 cup dry  
 2 yellow squash, sliced  
 1 tomato, chopped  
 1/2 cup fresh cilantro, chopped  
 1/4 cup lime juice  
 1 tsp olive oil  
 4 cloves garlic, chopped  
 1/4 tsp salt  
 1 tsp paprika

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

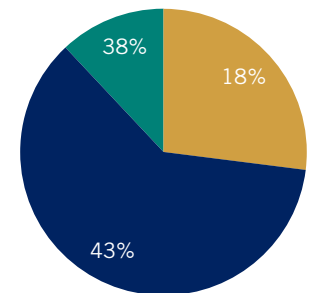
**Servings – 2**

### INSTRUCTIONS

In a large skillet, sauté the garlic, chicken breasts and squash in olive oil for about 5 minutes, until slightly browned. Add quinoa, tomato, cilantro, salt, and paprika and toss lightly for another 5 minutes, just until mixture is warm and thoroughly mixed. Mix in the lime juice just before serving.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	790
Protein (g)	85
Carbohydrates (g)	76
fiber (g)	10
sugars (g)	7
Fat (g)	16
SFA (g)	3
MUFA (g)	6
PUFA (g)	4
omega-3 (g)	0.3
omega-6 (g)	1.9



■ Protein ■ Carbs ■ Fats

## OF GRAINS AND MEN – FARMING, SOCIETY, AND QUINOA

**“It was because of this co-evolutionary relationship between humans and grasses that the first civilizations arose at places like Eridu and Uruk in Mesopotamia, giving rise to the first science, universities, religious institutions, and literature.”**



Take yourself back 11,000 years ago to a time before cities and government, before metallurgy, when people across the world were still hunters and gatherers using stone and bone implements to hunt and capture prey while foraging for various plant foods. The world was just at the eve of a phenomenon known as the “Neolithic Revolution”, when people began domesticating plants and animals, rather than hunting and foraging wild ones.

A group of people settled into a village near a perennial spring providing abundant water – an oasis surrounded by a craggy desert. These people used their intimate knowledge of local plant life to begin farming grains in the fertile soils rather than just harvesting them. Occupants at this village, which would later come to be known as Jericho, were thus some of the earliest farmers in the world, marking a watershed event in the human endeavor.

Using hybrid forms of local grasses to select for larger grains that were easier to harvest, occupants in the Fertile Crescent made the shift from the Paleolithic to the Neolithic as they began farming fields of wheat, barley, rye, and oats. With technological advancements such as irrigation, these cereal grains provided enormous surplus the likes of which were never before known during the enormous antiquity of mankind. Surplus food became the equivalent of currency, and people who were able to control redistribution began profiting. Wealth and prosperity allowed people to

settle into population centers of 5000 or more, with government and religious centers, mansions, apartments, and bazaars.

It was because of this co-evolutionary relationship between humans and grasses that the first civilizations arose at places like Eridu and Uruk in Mesopotamia, giving rise to the first science, universities, religious institutions, and literature. It also heralded the first organized warfare, deadly plagues, terrorism, and other unfavorable outcomes of human greed. Truly a devil’s bargain.

The Neolithic Revolution was not confined to the Fertile Crescent. During a relatively brief period, people across the world began farming local varieties of grain-yielding grasses. In some cases, people adopted farming from their neighbors. In other cases it was a completely independent process. Over a period of 4000 years (which is fleeting compared to the millions of years that we have been on this earth), cereals were domesticated in the Near East, Africa, and Europe, rice and millet were domesticated in Asia, and a host of local plants were domesticated in the Americas. When people think of American domesticates, maize (corn) immediately takes the spotlight. Maize was domesticated from – you guessed it – a grass. Specifically a tropical grass known as teosinte which is found in parts of Central and South America.

## OF GRAINS AND MEN – FARMING, SOCIETY, AND QUINOA

**“During their campaign of conquest, the Incas were able to feed themselves and conquered tribes with the excellent nutrition provided in quinoa.”**

While people were busy domesticating maize, beans and squash in Central America, inhabitants of the Andes highlands in areas of Peru and Bolivia began manipulating their own local plants, including quinoa (pronounced “keen-wa” or “kee-noo-ah”). Scientists have identified domesticated quinoa seeds in the Peruvian Andes dating to 3000 B.C. Quinoa is a member of the chenopodiaceae family which includes beets, chard, and spinach, making it a leafy grain rather than a grass grain such as wheat, barley, oats, rice, and maize. In fact, the quinoa plant looks like a version of spinach with enormous stalks that support large seed heads.

Quinoa played a fundamental role in the early Andes farming societies, and later became equally important in the Incan empire. During their campaign of conquest, the Incas were able to feed themselves and conquered tribes with the excellent nutrition provided in quinoa. The Incan word for quinoa was chisiya mama, meaning “mother grain”, after its life-giving properties. It was used in fertility ceremonies each year, when the King would plant the first seeds of the season, and quinoa-filled golden vessels were offered to the gods.

The nutritive properties of quinoa have given it the title of “supergrain.” Of primary importance, quinoa is gluten-free, and contains none of the allergens common to grains from the grass family such as wheat, rye, barley, oats, and corn. Furthermore, quinoa contains lysine, an amino acid deficient in many

grains, making it a complete protein. Quinoa is also an excellent source of calcium, magnesium, iron, phosphorus, and B vitamins.

So why is quinoa not widely eaten in today’s world? One of the reasons is that it thrives at altitudes of 10,000 feet above sea level and higher. There aren’t many major farms this high! Its unique growing conditions are believed to result in quinoa’s impressive nutritional profile. It thrives in drought conditions, loves the thin atmosphere and increased solar radiation, grows during temperature fluctuations between hot and sub-freezing, and flourishes in sandy, alkaline soils that are avoided like the plague by any other crop foods. Much like the mysterious Incas, quinoa remains shrouded to many people across the world. Nevertheless, Bolivia produces enough surplus quinoa to export, and it can be found in most specialty markets worldwide.

We give quinoa a few thumbs up as one of the good guys of the grain family. With its low glycemic index, high nutritive value, high fiber content, and complete protein, quinoa is definitely a super food you should find room for in your menu.

## COOKING QUINOA



Quinoa is a nutritive grain that should be included in every health-conscious menu. For detailed information about the history and properties of quinoa, see the sidebar “Of Grains and Men.”

Quinoa can be cooked in bulk and added to recipes as needed at a later point. To cook quinoa, use a ratio of 2:1 for water to quinoa. So if you want to cook 2 cups of dry quinoa, use 4 cups of water. First bring the water to a rolling boil in a pot with a tight-fitting lid, and then add the quinoa. Cover and turn the heat to low. Simmer for 12 minutes, or just until the remaining liquid is entirely absorbed. Stir the quinoa with a fork and store in an airtight container in the refrigerator.

## QUICK QUINOA AND CHICKEN (PW)

### PRELUDE

Here is a recipe that combines four basic ingredients for a quick, flavorful, and nutritious meal. The four ingredients are quinoa, chicken breast, spinach, and lemon juice. Spinach and quinoa make a great combination, which is only natural considering that quinoa grows on a leafy, spinach-like plant. Peruvians often eat the green leaves of the quinoa plant together with the grains in a single meal.

### INGREDIENTS

8 oz roasted chicken breast

Steamed quinoa grain, from 1/2 cup dry

Large handful fresh spinach leaves

2 tbsp lemon juice

Dash of salt

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

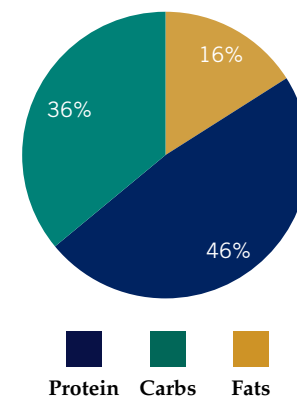
**Servings – 1**

### INSTRUCTIONS

Cut the roasted chicken breast into 1-inch cubes, then sauté together with the spinach in a large skillet coated with olive oil cooking spray. Cook just until warm, when spinach reduces and becomes pliable. Reheat the steamed quinoa in the microwave on a plate, and then top with the chicken and spinach. Add the lemon juice and salt just before serving.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	733
Protein (g)	86
Carbohydrates (g)	67
fiber (g)	9
sugars (g)	2
Fat (g)	14
SFA (g)	3
MUFA (g)	4
PUFA (g)	4
omega-3 (g)	0.3
omega-6 (g)	1.5





# CHICKEN WITH CHICK PEAS (ANYTIME)

## PRELUDE

Chick peas are full of nutrients and fiber, and they have an extremely low glycemic index (28). So they serve as a good base for a carbohydrate-rich meal that won't take your insulin levels on a roller coaster ride. Given these impressive stats, this meal would be a good choice on a day-off from the gym, or some time outside of the workout window.

## INGREDIENTS

- 8 oz roasted chicken breast, chopped
- 1 can (15.5 oz) chickpeas, drained
- 1/2 onion, chopped
- 1 large tomato, chopped
- 2 tsp olive oil
- 2 cloves garlic, chopped
- 1/4 tsp cumin
- 1/4 tsp salt
- 2 cardamom pods

Prep Time – 10 minutes

Difficulty Level – Easy

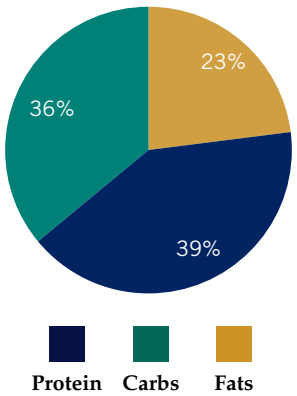
Servings – 1

## INSTRUCTIONS

In a large skillet, sauté the garlic in 1 tsp olive oil for a couple of minutes, then add the chicken and onions. Stir fry for a few minutes, until onions begin to brown, then add the remaining ingredients. Continue cooking and stirring for about 5 minutes, until the meal has a good consistency.

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	975
Protein (g)	98
Carbohydrates (g)	90
fiber (g)	25
sugars (g)	10
Fat (g)	25
SFA (g)	4
MUFA (g)	11
PUFA (g)	6
Omega-3 (g)	0.2
Omega-6 (g)	2.4



## ROASTED CHICKEN WITH ROSEMARY WHEAT BERRIES (PW)

### PRELUDE

Wheat is one of the most widely available & commonly used grains across the world – but most people have never even seen whole wheat. Before it reaches our tables, it's usually processed to the extreme. This recipe, however, includes real wheat – commonly called wheat berries. Wheat berries also have more vitamins, fiber, and micronutrients than other types of wheat. In this dish, the flavor of wheat berries is complemented with fresh rosemary. Together with carrots and broccoli, a flavorful bed is made for a roasted chicken breast.

### INGREDIENTS

1 lb roasted chicken breast  
1 cup wheat berries  
4 cups water  
2 cup broccoli flowerets  
2 cups (ca. 16) baby carrots  
2 tbsp fresh rosemary leaves  
1/2 tsp garlic powder  
Salt & pepper, to taste

**Prep Time – 1 hour**

**Difficulty Level – Easy**

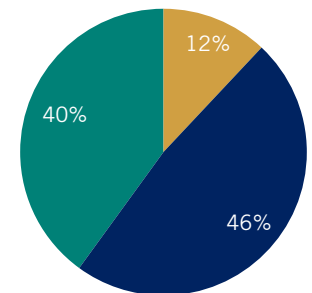
**Servings – 2**

### INSTRUCTIONS

In a pot with a tight-fitting lid, bring the water and a dash of salt to a boil. Add wheat berries, cover and simmer for 45 minutes. Add broccoli, carrots, rosemary, garlic powder, salt and pepper, stir, and simmer for an additional 15 minutes with the lid on. After this final simmering time, remove the lid and boil off any additional liquid. Top with roasted chicken breast to serve. This dish can also be cooked in bulk, refrigerated, and then reheated together with the chicken breast for a quick meal.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	743
Protein (g)	88
Carbohydrates (g)	76
fiber (g)	13
sugars (g)	6
Fat (g)	10
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.2
omega-6 (g)	2.2



Protein Carbs Fats

## COCONUT CHICKEN (ANYTIME)

### PRELUDE

This recipe uses coconut, a plant source of saturated fat, one generally recognized as having many health-promoting properties. The coconut in this recipe forms a flaky crust for the chicken, and is complemented with steamed broccoli with olive oil and lemon juice.

### INGREDIENTS

1.5 lb raw chicken breasts (about 2 large breasts)  
 2/3 cup shredded coconut  
 Broccoli, 1 large stalk (about 3 cups chopped)  
 3 cloves garlic, chopped  
 2 tbsp butter, coconut oil, or Smart Balance butter spread  
 2 tsp olive oil  
 2 tbsp lemon juice  
 Salt and pepper, to taste

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2**

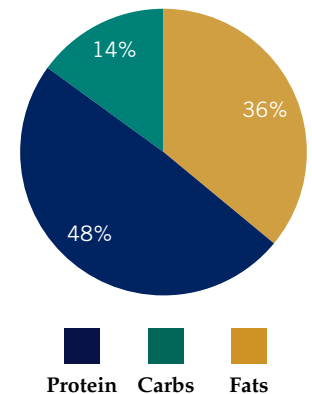
### INSTRUCTIONS

Combine the coconut, garlic, and butter in a bowl and microwave just until the butter has softened. Stir the mixture thoroughly, and then spread evenly onto the top side of the chicken breasts. Place the coconut-topped chicken on a baking sheet coated with olive oil cooking spray, and bake at 400 degrees for 20 minutes, broiling for the last 10 minutes.

While the chicken is roasting, steam the broccoli in a large covered pot with 1 inch of boiling water in the bottom. Steam the broccoli in this manner for 8-10 minutes, then separate onto two plates, drizzling with olive oil, lemon juice, salt and pepper. Serve with the roasted chicken breasts.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	713
Protein (g)	86
Carbohydrates (g)	26
fiber (g)	8
sugars (g)	14
Fat (g)	29
SFA (g)	14
MUFA (g)	7
PUFA (g)	5
Omega-3 (g)	0.5
Omega-6 (g)	3.5



## APPLE CHICKEN CASSEROLE (ANYTIME)

### PRELUDE

Casseroles often seem like a lot of work because of the baking time involved, but as long as you plan ahead, they are actually quite easy. Just throw everything into a baking dish and forget about it. Chicken, apples, and butternut squash all complement one another to make a light, slightly sweet dish.

### INGREDIENTS

1 lb chicken breast,  
cut into 1-inch cubes

2 apples, peeled, cored,  
and chopped into  
1/2-inch cubes

1 butternut squash,  
peeled and cubed  
(4 cups cubed)

2 medium onions,  
chopped

3 cloves garlic, chopped

1/2 cup shredded lowfat  
Havarti cheese

1 cup chicken stock  
(from bouillon)

1 tbsp fresh ginger root,  
chopped

1/2 teaspoon ground  
cumin

**Prep Time – 50 minutes**

**Difficulty Level – Easy**

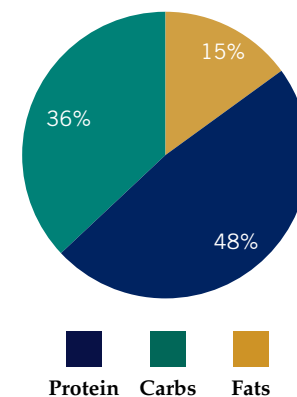
**Servings – 3**

### INSTRUCTIONS

In a skillet coated with olive oil cooking spray, sauté the chicken, garlic, and onions for about 5 minutes, until the outside of the chicken is cooked, while remaining raw in the center. Combine everything in a large bowl, and then transfer to a 9x9 inch baking dish coated with olive oil cooking spray. Bake at 375-degrees F for 40 minutes.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	658
Protein (g)	81
Carbohydrates (g)	61
fiber (g)	5
sugars (g)	25
Fat (g)	11
SFA (g)	4
MUFA (g)	3
PUFA (g)	2
Omega-3 (g)	0.2
Omega-6 (g)	1.6



TURKEY SAUSAGE CASSEROLE (ANYTIME)

PRELUDE

Here is a dish that will change your impression of a casserole from wimpy to rugged. It's hard to imagine that cottage cheese and eggs could form the foundation of a casserole that is not only nutritious, but also tastes incredible. But believe us, the taste of this one will make it a regular on your dinner table.

INGREDIENTS

- 1 lb lean turkey sausage, sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 medium zucchinis, sliced (1/4 inch thick)
- 1 1/2 cups sliced mushrooms
- 1 tbsp olive oil
- 2 cups cottage cheese
- 2 omega-3 eggs
- 3/4 cup shredded mozzarella cheese, part skim

Prep Time – 1 hour

Difficulty Level – Medium

Servings – 3

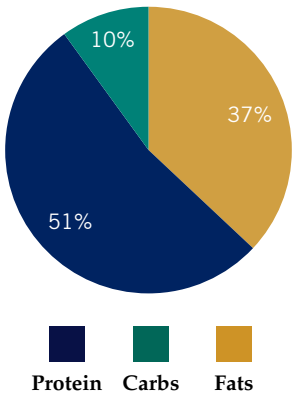
INSTRUCTIONS

Preheat the oven to 350-degrees F. Slice the sausage and brown in a skillet, then place in bottom of a 2-quart baking dish coated with olive oil cooking spray. Sauté the onion and garlic in olive oil until slightly browned. Add zucchini and mushrooms and sauté 2 to 3 additional minutes. Remove from heat and add half this mixture over the sausage.

In an electric blender, blend cottage cheese and eggs until smooth. Pour the mixture into the baking dish, then top with remaining zucchini mixture. Bake at 350° F for 35 to 40 minutes, top with mozzarella cheese, then bake for an additional 5 minutes.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	609
Protein (g)	77
Carbohydrates (g)	16
fiber (g)	4
sugars (g)	7
Fat (g)	25
SFA (g)	9
MUFA (g)	9
PUFA (g)	5
omega-3 (g)	0.5
omega-6 (g)	4.4



## HAWAIIAN PIZZA (PW)

### PRELUDE

Pizza is a true ‘guy food’, and is the subject of constant pining and yearning by those who have given it up for the sake of their waistline. But you don’t have to go pizza-free any longer! Make yourself one of these guilt-free pies and you can have your pizza and eat it too.

Our pizza combines the Italian affinity for flatbread topped with tomatoes and cheese together with the Polynesian culinary harmony of roasted pork and pineapples, all within our muscle-minded paradigm of high-protein, nutritious meals. So go ahead and enjoy a slice of some of the most delicious health food you’ve ever eaten.

### INGREDIENTS

#### Crust:

1/2 cup whole wheat flour  
1 cup wheat bran  
1/4 tsp baking powder  
1/4 tsp salt  
1/2 cup water

#### Pie:

1 cup tomato sauce, spiced with garlic, oregano and basil  
1.5 cups cottage cheese  
1 egg  
8 oz. turkey ham, chopped  
1 small can (6 oz.) pineapple chunks, drained  
1 medium bell pepper, chopped  
3/4 cup reduced fat mozzarella cheese

### INSTRUCTIONS

Mix the crust ingredients together in a large bowl, then spread into a 9x12-inch pan, spreading the crust 1-inch up the side of the pan. Bake the crust by itself for 5 minutes in an oven at 425-degrees F.

Blend the cottage cheese and egg together in a food processor or blender until the mixture is smooth. Add the ingredients to the pre-baked crust in the following order: tomato sauce, cottage cheese/egg, mozzarella, turkey ham, pineapple chunks, green pepper.

Bake for 20-25 minutes at 425-degrees F, broiling for the last 5 minutes.

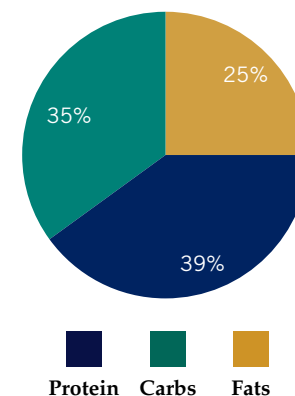
**Prep Time – 45 minutes**

**Difficulty Level – Medium**

**Servings – 6**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	250
Protein (g)	27
Carbohydrates (g)	23
fiber (g)	7
sugars (g)	6
Fat (g)	7
SFA (g)	3
MUFA (g)	2
PUFA (g)	1
omega-3 (g)	0.14
omega-6 (g)	1.17



## ASPARAGUS QUICHE (ANYTIME)

### PRELUDE

Enjoying French cuisine has never been healthier with this quiche, loaded with lean protein, fresh asparagus, fiber, and healthy fats from flax and almonds.

### INGREDIENTS

#### Crust:

3/4 cup flax meal

1/2 cup almond meal

1 egg white

Dash of salt

#### Pie:

12 oz. turkey ham, cut into 1/2-inch cubes

1 bunch asparagus (ca. 20 spears), chopped into 1/2 inch pieces.

2 whole omega-3 eggs + 3 egg whites

6 tablespoons lowfat sour cream

1/2 cup shredded cheddar cheese

1/8 tsp ground nutmeg

Salt and pepper to taste.

**Prep Time – 1 hour**

**Difficulty Level – Medium**

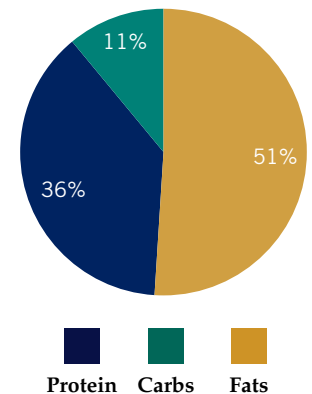
**Servings – 4**

### INSTRUCTIONS

In a large bowl, mix together the crust ingredients thoroughly, then flatten into the bottom of a pie pan coated with olive oil cooking spray. Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool. Sprinkle turkey ham and chopped asparagus into pie shell. In a bowl, beat together eggs, nutmeg, salt and pepper. Sprinkle cheese over turkey and asparagus. Pour egg mixture on top of cheese. Bake uncovered at 400 degrees F in preheated oven until firm, about 35 to 40 minutes. Let cool to room temperature before serving.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	487
Protein (g)	45
Carbohydrates (g)	14
fiber (g)	8
sugars (g)	4
Fat (g)	28
SFA (g)	9
MUFA (g)	9
PUFA (g)	9
omega-3 (g)	3.5
omega-6 (g)	4.6





## APPLE MUSHROOM TURKEY BURGERS (ANYTIME)

### PRELUDE

Ground turkey breast is a great addition to any menu, but it is not the most palatable of ground meats. Many people new to ground turkey are disappointed when they try to use it just like ground beef. Simply forming ground turkey into a patty and grilling it makes a rubbery, tasteless burger. Fortunately, we've found a way to make a juicy turkey burger with an incredible taste, all served in a nice little protein-filled package. This dish can be complemented with a nice big pile of steamed spinach, or it can also be served with a large dose of carbohydrates if you want a good post-exercise meal.

### INGREDIENTS

1 lb ground turkey breast  
5 mushrooms, finely chopped  
1/2 small onion, finely chopped  
1/2 apple, finely chopped  
1/2 tbsp butter, coconut oil, or Smart Balance spread  
1 tsp lemon juice  
1 omega-3 egg  
1/2 tsp salt  
Garlic powder and pepper, to taste

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

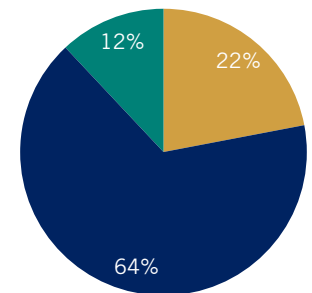
**Servings – 2**

### INSTRUCTIONS

Fry onions until brown (5-10 minutes). Add apples and mushrooms and stir-fry for an additional 4 minutes. Place all of the ingredients into a large bowl and mix thoroughly. Form into 2 large patties and broil 4 inches from heat, 6 minutes on each side. The burgers are done with juices run clear after being pierced with a fork.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	367
Protein (g)	58
Carbohydrates (g)	11
fiber (g)	2
sugars (g)	7
Fat (g)	9
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.3
omega-6 (g)	2.2



Protein
  Carbs
  Fats

## TURKEY MEATBALLS (PW)

### PRELUDE

Here is another great way to enjoy ground turkey. These meatballs are very quick and easy, and they provide a considerable amount of fiber and omega-3 fatty acids from milled flax seeds.

### INGREDIENTS

1 lb. ground turkey breast  
 1/2 cup ground flax seeds  
 1/4 cup wheat bran  
 1/2 small onion, chopped fine  
 4 cloves garlic, chopped  
 1 omega-3 egg plus  
 2 regular egg whites, beaten  
 Salt and pepper, to taste

**Prep Time – 35 minutes**

**Difficulty Level – Easy**

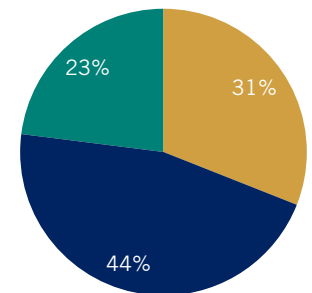
**Servings – 3**

### INSTRUCTIONS

Mix everything together in a large bowl, then separate into 2-inch meatballs and placed on a cookie sheet coated with olive oil cooking spray. Bake at 375-degrees F for 30 minutes, or until a toothpick inserted comes out clean.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	278
Protein (g)	32
Carbohydrates (g)	17
fiber (g)	7
sugars (g)	3
Fat (g)	10
SFA (g)	2
MUFA (g)	3
PUFA (g)	5
omega-3 (g)	3.0
omega-6 (g)	1.2



Protein
  Carbs
  Fats

## BAKED YAM WITH TURKEY MEATBALL MARINARA (PW)

### PRELUDE

**Yams are a great source of carbohydrates for the post exercise hours. Thankfully, they can be quickly nuked and stuffed with pre-made ingredients. This is a gourmet meal that can be quickly prepared at school or the workplace, after your grueling morning workout.**

### INGREDIENTS

1 lb. ground turkey breast (97-98% lean)  
3 medium tomatoes  
2 medium yellow or white onions  
8 cloves garlic  
1 large green pepper  
1 omega-3 egg, beaten  
1 medium yam  
Dried oregano and basil, dash of each  
Salt & pepper, to taste

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### INSTRUCTIONS

To make the marinara sauce, chop the tomatoes and place them in a nonstick pan over medium-low heat. Mix in 4 cloves chopped garlic & 1 chopped onion, and sliced green pepper. Stew with a lid after stirring in a dash of salt, some oregano & basil.

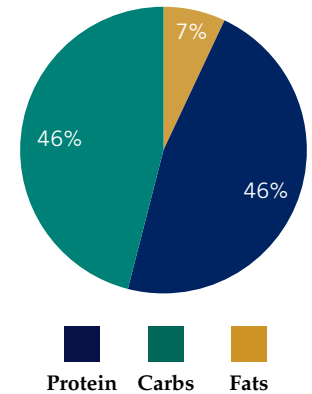
To make the meatballs, mix these together in a large bowl: ground turkey, 4 chopped garlic cloves, 1 chopped onion, beaten egg, and a dash of salt and pepper. Form into 2-inch meatballs and place on a cookie sheet, and bake for 15-20 minutes at 400 degrees F. They're done when you can poke them with a toothpick and the juice that comes out is clear, rather than cloudy.

The meatballs and marinara can be mixed together and refrigerated in a covered container until you're ready for the meal.

To bake the yam, poke some holes in it with a fork or knife and nuke for about 6 minutes, until a fork can be easily inserted into the center. Cut the baked yam down the center and mash the interior with a fork. Stuff it with the meatballs and marinara. Heat everything in the microwave until warm.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	553
Protein (g)	64
Carbohydrates (g)	64
fiber (g)	11
sugars (g)	14
Fat (g)	4
SFA (g)	1
MUFA (g)	1
PUFA (g)	2
Omega-3 (g)	0.2
Omega-6 (g)	1.1



## FALAFEL PLATTER (PW)

### PRELUDE

Falafel is the hamburger of the Levant. Like our burgers, most falafel stands have turned something healthy into a handheld heart attack. Granted, falafel sandwiches typically have a lot more veggies and fiber than a burger. But the deep fried part of falafel is the real gut-buster. Our version avoids the deep fryer, and brings the goodness of chickpeas to your plate, while staying true to the spirit of Levantine flavor. Oh yeah, we added a whole heap-o protein.

### INGREDIENTS

1.5 servings of falafel mix (about 0.65 cups dry)

8 oz grilled chicken breast

1/2 serving hummus (see recipe in “Side Dishes” section)

1 medium cucumber, chopped

1 tomato, chopped

2 tbsp lemon juice

Salt & pepper, to taste

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

**Servings – 1**

### INSTRUCTIONS

Soak the falafel mix in water as directed, and form a few 1” balls from the dough. Fry in a non-stick pan coated with olive oil cooking spray. Flatten the falafel balls a little in the pan and flip them repeatedly. It also helps to lower the heat and put a lid on the pan to cook them thoroughly.

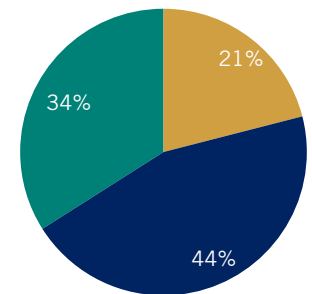
Cut the chicken in cubes, adding some salt and pepper when grilling or reheating.

Chop the cucumber and tomato in small pieces and mix together with the lemon juice, salt, and pepper.

Serve in separate portions on a large plate

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	805
Protein (g)	90
Carbohydrates (g)	70
fiber (g)	14
sugars (g)	13
Fat (g)	17
SFA (g)	4
MUFA (g)	8
PUFA (g)	5
Omega-3 (g)	0.3
Omega-6 (g)	2.2



Protein Carbs Fats

## ROASTING ENTIRE CHICKENS



Roasting a complete chicken is relatively easy, although it takes a lot of pre-planning for brining and long cooking times. But if you really want to let your office co-workers know you're serious about protein, then there's no better way than pulling a complete chicken out of your lunch box.

Free-range chickens are preferred if the whole bird is to be eaten. The thighs, wings and legs are fattier muscles than the breast, and free-range chickens have a much better fatty-acid profile than caged chickens.

For a juicy, succulent bird, brine it first by dissolving 1/4 cup salt in a few cups of cool tap water. Then soak the chicken in this mixture for 3-6 hours. This should be done in the fridge.

After brining, take a large lemon and stab it several times with a fork. Stuff the lemon into the cavity of the chicken (assuming the giblets and other nasty stuff have been removed). The lemon ensures moist, flavorful meat.

Coat the chicken inside and out with salt and pepper. Place the chicken in a large baking dish, leaving the skin on. Bake at 350-degrees F for 25 minutes per pound (e.g., a 3-pound chicken would cook for 1 hour 15 minutes). For a browner, crispier skin, turn the heat up to 400 degrees for the last 20 minutes. Remove skin before eating.

## SEAFOOD

With all of the health benefits, we simply can't afford not to eat seafood on a regular basis. The fats in fish have been shown to decrease inflammation and pain, protect against free-radical damage, improve blood lipids (including cholesterol and triglycerides), improve heart health, decrease risk of cancer, reduce body fat, and more.

And here's another reason to eat seafood: to feed that fatty organ between your ears. Seafood provides brain-specific nutrition, particularly in the form of docosahexaenoic acid (DHA). In fact, one of the reasons why modern man seems to have survived during our prehistoric past is because brain health and intelligence was enhanced by marine lipids. So don't be a Darwinian zero – eat your fish!

Seared Sea Scallops in Spinach Cream Sauce  
Pecan-Crusted Salmon  
Sesame-Crusted Salmon with Sautéed Peppers  
Salmon in Basil Cream Sauce  
Rosemary Salmon and Asparagus on the Grill  
Striped Bass with Artichokes and Asparagus  
Almond-Crusted Sea Scallops with Tomato-Onion Gratin  
Tuna Burgers  
Salmon Burger Stroganoff



## SEARED SEA SCALLOPS IN A SPINACH CREAM SAUCE (PW)

### PRELUDE

This protein-rich meal can be used to appease any significant other who often grumbles about your eating habits. It's simple, delicious, full of micronutrients, and suitable for a candlelit dinner.

### INGREDIENTS

1 lb raw sea scallops  
 2 pkgs frozen spinach (20 oz. total)  
 1 pkg (6 oz) sliced mushrooms  
 2 large carrots, sliced  
 4 tbsp diced shallots (or substitute with 8 chopped green onions)  
 8 tbsp plain yogurt (whole)  
 2 tbsp lemon juice  
 3 cloves diced garlic  
 1-inch cube ginger root, diced  
 Pinch of saffron (or a small dash of turmeric)  
 Salt and pepper, to taste

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

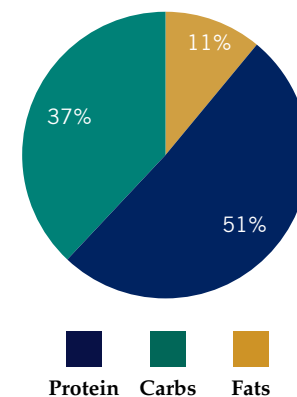
**Servings – 2**

### INSTRUCTIONS

Defrost the spinach in the microwave in a large bowl. Sauté mushrooms, garlic, shallots, and ginger in a skillet with olive oil cooking spray for about 2 minutes. Add scallops and continue cooking 2 to 3 minutes just until flesh is opaque. Add the spinach and bring mixture to a boil. Stir in yogurt 1 tbsp at a time. Add carrots, salt, pepper, dill weed, lemon juice, saffron, and simmer for 15-20 minutes, uncovered, stirring frequently. Some of the liquid should boil off, but if the mixture starts becoming dry, cover the skillet with a lid for the remainder of the cooking time.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	413
Protein (g)	56
Carbohydrates (g)	40
fiber (g)	14
sugars (g)	9
Fat (g)	5
SFA (g)	2
MUFA (g)	1
PUFA (g)	2
Omega-3 (g)	0.8
Omega-6 (g)	0.4





## PECAN-CRUSTED SALMON (ANYTIME)

### PRELUDE

Pecan meal and olive oil create an aromatic crust for a salmon fillet, and serve to complement the long chain fatty-acids in the fish with a healthy dose of monounsaturated fat. This meal provides an excellent way to finish your day with protein and very healthy fats. Steamed spinach completes this meal and provides a plethora of vitamins and micronutrients from one of the healthiest vegetable choices available.

### INGREDIENTS

10 oz salmon fillet  
(8 oz cooked)

2 tbsp pecan meal

2 big handfuls raw spinach (about 20 mature leaves)

1 tsp olive oil

1 tsp butter, coconut oil, or Smart Balance spread

Salt & pepper, to taste

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

**Servings – 1**

### INSTRUCTIONS

To make the pecan meal, process whole pecans or pieces in a blender on low 1 cup at a time. The pecan meal should be stored in an airtight container in the refrigerator.

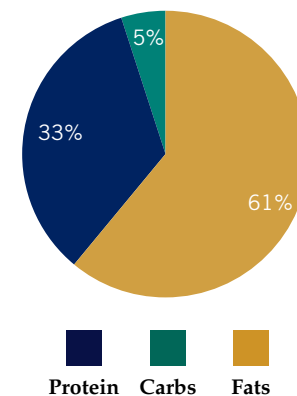
Mix 2 tbsp pecan meal and 1 tsp olive oil in a small bowl, then coat the top of the salmon fillet. Add salt and fresh ground pepper. You can either de-skin the salmon before cooking, or place the salmon skin-side down on a cooking tray covered with aluminum foil. After cooking, the skin will stick to the foil and you can peel the fillet right off.

Cook the salmon in an oven at 400-degrees F for 12 minutes, broiling for the last 6 minutes.

While the salmon is cooking, steam the spinach in a pot with a tight-fitting lid in 1-inch of boiling water.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	680
Protein (g)	57
Carbohydrates (g)	9
fiber (g)	7
sugars (g)	1
Fat (g)	47
SFA (g)	8
MUFA (g)	20
PUFA (g)	15
omega-3 (g)	5.7
omega-6 (g)	8.6



## CHECK OUT THE BIG BRAIN ON CRO-MAGNON – FISH OIL AND INTELLIGENCE

**“In fact, researchers propose that land mammals did not provide the essential fatty acids necessary to build bigger, stronger brains.”**



Fish is brain food, quite literally. Our nervous systems are composed partly of the same polyunsaturated fats (most of which are docosahexaenoic acid; DHA and arachidonic acid; AA) found in fish. It is no coincidence, then, that the omega-3 fatty acids (DHA and EPA) you keep hearing about are essential nutrients for the development and intellectual growth of the human brain.

Check this out. The modern human brain is over three times as large as the brain of our earliest hominid ancestors – who walked upright on the savannas of Africa some 4 million years ago. Archaeologists have observed that as we evolved from these small ape-like ancestors, we did so in costal regions, exploiting marine resources – fish.

In essence, in order to grow our giant brains, we needed littoral marine and lacustrine food sources – chicken of the sea, if you will. In fact, researchers propose that land mammals did not provide the essential fatty acids necessary to build bigger, stronger brains. So, only those of our ancestors found at the land/water interface got the necessary nutrition to bulk up their brains.

And not only are our brains big, they're hungry. Of all the nutrients that a mother provides the fetus in her womb, the brain of the fetus consumes a full 70% of this energy. That's one greedy organ! And what's the preferred fuel for this gluttony? The same fats we introduced earlier – DHA and AA. Interestingly, the

fetus will consume so much of these that the mother usually becomes depleted in these fats (and this depletion is linked with postpartum depression).

And not only are these fats important for babies, these same fats are necessary for sustaining normal adult brain function! Let's go back over 100,000 years ago when the first members of our species are found on the Cape of South Africa at places like Blombos Cave. Here we find anatomically modern humans exploiting a marine setting, exhibiting novel behavioral characteristics. These people were using sophisticated hunting and fishing technologies; they were using new symbols and art – all of these behaviors fed by their big brains and increased intelligence. Of course this intelligence was primarily devoted to the food quest.

Obviously, there is not a direct cause-and-effect relationship between fish consumption and intelligence. Otherwise, grizzly bears taking advantage of annual salmon migrations would have developed the cure for cancer by now.

Nevertheless, a high quality diet including prodigious amounts of EFA's was important in our evolution and remains important today.

## SESAME-CRUSTED SALMON WITH SAUTÉED PEPPERS (ANYTIME)

### PRELUDE

Sesame seeds form a magnificent crust for a salmon fillet, adding both texture and a nutty flavor accentuated with peanut oil. Sesame seeds are small enough to stick to the salmon without using flour, and form a crisp golden coating together with chopped ginger when the salmon is pan fried. Bell peppers and onions provide a nice side dish for the salmon, after releasing their juices in a small amount of olive oil.

### INGREDIENTS

#### Salmon Ingredients:

- 1 lb salmon fillets, de-skinned
- 1/4 cup sesame seeds
- 1 tbsp peanut oil
- 1 inch square fresh ginger, chopped
- 1/8 tsp cayenne pepper

#### Sautéed Pepper Ingredients:

- 1 small onion, sliced
- 2 cloves garlic, sliced thin
- 2 bell peppers, sliced into 1/4-inch strips
- 1/4 cup fresh chopped basil
- 1 tbsp olive oil

**Prep Time – 25 minutes**

**Difficulty Level – Challenging**

**Servings – 2**

### INSTRUCTIONS

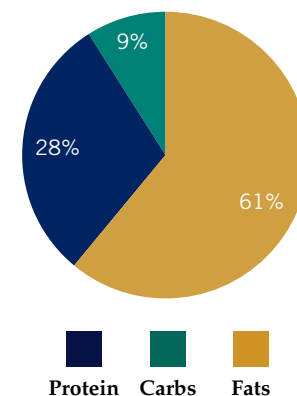
Season the salmon fillets on both sides with the salt and cayenne. Spread the sesame seeds onto a dinner plate, and then press the fillets into the sesame seeds, turning them once. Coat the salmon fillets completely, and gently shake off the excess seeds.

Heat the peanut oil in a large skillet over medium-high heat, and stir-fry the ginger for a couple of minutes until slightly browned. Sear the fillets in the pan until the crust is golden, about 2.5 minutes on each side.

To make the sautéed peppers, heat the olive oil in a large skillet over medium-high heat, add onions and garlic, stirring frequently for about 5 minutes, until onions start to brown. Add the peppers and salt, and stir-fry for an additional minute or two. Cover, reduce the heat to medium-low, and cook for 5 minutes, stirring occasionally, until the peppers start to soften. Remove the lid and stir in the basil and pepper. Serve on the side with the sesame-crusted salmon.

### NUTRITIONAL INFORMATION, PER SERVING

Protein (g)	50
Carbohydrates (g)	16
fiber (g)	5
sugars (g)	5
Fat (g)	47
SFA (g)	8
MUFA (g)	20
PUFA (g)	16
omega-3 (g)	4.7
omega-6 (g)	10.6



## DE-SKINNING SALMON FILLETS



The skin of a salmon fillet really only needs to be removed for pan searing and certain types of grilling. If you are baking the salmon, here's a useful tip that allows you to skip this process: just place the salmon skin-side down on a sheet of aluminum foil (no oil), then bake/broil on a cooking tray. After cooking, the skin will stick to the foil, and the fillet can be easily peeled off. Just slip a spatula under the salmon and it will come right off the skin.

If you do need to remove the skin before cooking, it is surprisingly simple once you get the hang of it. You will need a cutting board and a long, very sharp knife. Place the salmon skin-side down on the cutting board, then slide the knife between the flesh and skin somewhere on a corner near the tail-end (the thinner side). Grab the skin between your left thumb and forefinger, then slide the knife at a 45-degree angle in a back and forth motion along the skin-meat boundary. Sometimes it's hard to hold on to the skin with your fingers, as it can get slippery. This is when an old pair of pliers comes in handy. Who says the toolbox doesn't belong in the kitchen?

SALMON IN A BASIL CREAM SAUCE (ANYTIME)

PRELUDE

There are undoubtedly certain sauces that make an incredible entrée when served with a food such as salmon (which is even delicious alone). A variety of cream sauces can be found in salmon dishes across the globe, but most of these use heavy cream. Our recipe uses the much healthier source of yogurt for a cream sauce that combines various ingredients together into a full-flavored harmony that will send your taste buds reeling.

INGREDIENTS

- 1 lb salmon fillets, cut into 2 pieces and de-skinned
- 3/4 cup fresh chopped basil
- 1/8 cup fresh chopped parsley
- 2-3 shallots, chopped
- 1/2 cup whole plain yogurt
- 1/3 cup white cooking wine
- Juice from 1 large fresh lemon
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/8 tsp salt

Prep Time – 30 minutes

Difficulty Level – Challenging

Servings – 2

INSTRUCTIONS

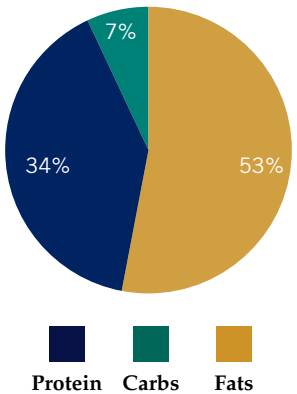
Sear the salmon in a skillet on medium-high heat for 3 minutes on each side. The middle of the fillets may not be entirely cooked after this period, which is fine because the salmon will continue to cook after it is removed from the skillet.

Sauté the shallots and garlic in the same skillet on low-medium heat for about 5 minutes, until they are golden brown. Increase the heat to medium-high, and then add the wine, basil, parsley, lemon juice, and salt, bringing to a boil. Stir the yogurt into the mixture slowly, 1 or 2 tablespoons at a time.

Reduce the sauce to about half of its original state, then add the salmon fillets to reheat. Serve with the sauce spooned over the salmon.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	628
Protein (g)	54
Carbohydrates (g)	12
fiber (g)	1
sugars (g)	5
Fat (g)	37
SFA (g)	8
MUFA (g)	16
PUFA (g)	11
omega-3 (g)	5.23
omega-6 (g)	4.99



## ROSEMARY SALMON AND ASPARAGUS ON THE GRILL (ANYTIME)

### PRELUDE

The next time you set out to barbecue, don't overlook seafood in lieu of more traditional beef or chicken. Salmon is great on the grill, given its meatier composition, compared to most fish. This recipe combines the powerful fragrance and flavor of rosemary with the great properties of salmon. Asparagus completes this dish, which is surprisingly easy to make.

### INGREDIENTS

1 lb salmon fillets cut into 2 pieces  
20 large asparagus, trimmed  
2 tbsp fresh rosemary leaves  
1 tbsp olive oil  
3 cloves garlic, chopped  
2 tbsp fresh lemon juice  
Salt and fresh ground pepper, to taste

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### INSTRUCTIONS

Leaving the skin on the salmon, place skin side down on a piece of dry aluminum foil. Be sure the aluminum foil is cut large enough to wrap entirely around the salmon fillets.

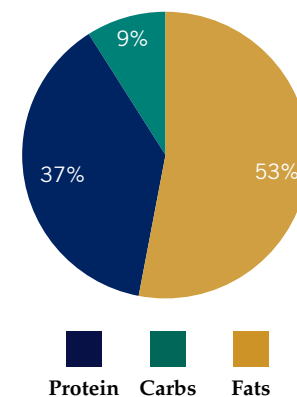
Coat the fillets with lemon juice, olive oil, garlic, rosemary, salt & pepper, in that order. Enclose the salmon in the foil, leaving a small breathing hole at the top about 1-inch in diameter. Place this package on an outside grill on medium-high heat. Close the grill and cook for 10-15 minutes. Depending on how close you live to a coast and the freshness of the fish, you can choose whether you want to go for the best taste, which involves leaving the center slightly pink, or whether you choose the safest route of longer cooking for a white, flaky flesh through and through.

The asparagus should be grilled separately, beginning about 5 minutes into the cooking of the fish. Coat the asparagus with olive oil, then place on the grill lengthwise so they don't slip through the grate. Every other minute or so, roll the asparagus so that one side does not burn. It does not take long for this to happen, so stay with the asparagus. When the asparagus is toasted brown, lightly salt and remove from the heat.

When the fish is finished cooking, you can remove it easily from the skin, which will stick to the foil. Just slip a spatula between the flesh and skin and slide them apart.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	533
Protein (g)	50
Carbohydrates (g)	12
fiber (g)	5
sugars (g)	4
Fat (g)	32
SFA (g)	6
MUFA (g)	14
PUFA (g)	10
Omega-3 (g)	4.6
Omega-6 (g)	4.6



## ASPARAGUS TRIMMING



We love asparagus – these sprouts are one of our favorite veggies. So here are a few tips for choosing and preparing asparagus.

When buying asparagus, choose ones with firm sprouts and a dark green color throughout most of the stalk. If the cut ends are very pale then the asparagus is unripe – choose another.

Before you cook your asparagus, the cut ends will need to be trimmed to remove the tough, fibrous stalk. To find this boundary between the soft flesh of the asparagus and its tough, inedible stalk, pinch the cut end (stalk) between the thumb and forefinger of your right hand, and lightly pinch the middle of the asparagus in the same manner with the left hand. Slowly bend the asparagus between these two places until it breaks on its own. It will naturally break where the stalk yields to the edible flesh. Keep the sprouted end and discard the stalk end.



STRIPED BASS WITH ARTICHOKES AND ASPARAGUS (ANYTIME)

PRELUDE

To make an incredibly tender and moist bass fillet, it can be slow roasted at low heat in the oven. White wine, garlic, and black olives complement striped bass without overshadowing it. It is served on a bed of sautéed artichokes and asparagus.

INGREDIENTS

- Fish Roasting**  
**Ingredients:**
- 1.5 lb striped bass fillets, with skin
  - 2 cloves garlic, sliced thin
  - 4 tbsp sliced olives (preferably Greek)
  - 1.5 tbsp dry white wine
  - 1 tsp olive oil
  - Salt and pepper, to taste
- Vegetable Bed**  
**Ingredients:**
- 1 lemon, halved
  - 1 14-ounce can (or 1 box frozen) artichoke hearts, drained
  - 1 lb asparagus, trimmed and cut into 2-inch lengths
  - 1/3 cup fresh parsley
  - 1 tbsp olive oil
  - Salt & pepper, to taste

INSTRUCTIONS

Lightly brush 1 tsp olive oil onto the bottom of a glass baking dish just big enough to accommodate the fish fillets. Scatter the sliced garlic into the baking dish, and then arrange the fillets skin side down. Top the fillets with sliced olives; drizzle with white wine. Sprinkle with salt and freshly ground pepper.

Bake the fish at 225-degrees F for 15 to 20 minutes, until the flesh separates easily from the skin and a kitchen fork slides with no resistance into the thickest part of the fillet.

Prepare the vegetable bed while the bass is cooking. Combine the olive oil and garlic in a large skillet over medium-high heat. After soaking the canned artichoke hearts for a while in cold water to remove the brine taste (this is unnecessary if they are frozen), drain them and add them to the skillet. Stir-fry for about 4 minutes until chokes start to brown, and then add asparagus and 1/4 cup water. Cover, and cook for 2-4 minutes, tossing the vegetables occasionally. Remove the lid and allow the remaining water to steam away, and then add the fresh parsley, salt, and pepper. Separate onto two plates, squeeze the fresh lemon juice over the top, and serve as a bed for the striped bass fillets.

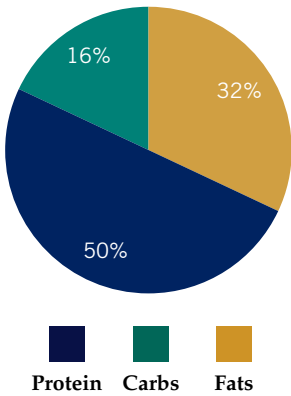
**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 2**

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	528
Protein (g)	68
Carbohydrates (g)	22
fiber (g)	10
sugars (g)	5
Fat (g)	20
SFA (g)	3
MUFA (g)	11
PUFA (g)	4
Omega-3 (g)	2.7
Omega-6 (g)	1.1



## SLOW ROASTING FISH



Fatty fish such as salmon, striped bass, cod, and steelhead trout can be slow roasted for a velvety texture. This allows fish to be cooked well done without becoming dry and tough.

Place one or a few fish fillets skin side down on a baking pan covered with aluminum foil. Do not oil the foil, as you want the skin to stick. Rub the top of the fish with olive oil, salt, and fresh ground pepper. Roast for 15 to 35 minutes at 275-degrees F, until a fork inserted straight down into the flesh meets no resistance and the fish separates easily from the skin. As long as the fork does not meet any resistance like it is piercing a membrane, then the fish is cooked. It is common when slow roasting for the top of the fish to have a raw appearance, or slightly translucent, even when the fish is cooked inside.

# ALMOND-CRUSTED SEA SCALLOPS WITH TOMATO-ONION GRATIN (ANYTIME)

## PRELUDE

Sea scallops provide a large dose of protein with very little fat. For this meal, we have used almonds and olive oil to supplement healthy monounsaturated fatty acids. This dish is a real crowd-pleaser, and suitable for a candlelit dinner with a fine wine.

## INGREDIENTS

### Almond-Crusted Sea Scallops Ingredients:

1.5 lb sea scallops, rinsed and patted dry

1/2 cup almonds, ground into meal in a blender

1/2 tsp salt

1/4 tsp cayenne pepper

1 tbsp olive oil

### Tomato-Onion Gratin Ingredients:

1 medium onion (preferably Vidalia), sliced

2 medium tomatoes, cut into 1/4-inch thick wedges

1/3 cup grated Parmesan cheese

2 garlic cloves, chopped

2 tsp olive oil

1/4 cup fresh cilantro, coarsely chopped

Salt & pepper, to taste

## INSTRUCTIONS

In a large bowl, toss the onions, tomatoes, olive oil, garlic, and salt & pepper. Spread out evenly in an 8x8-inch baking dish coated with olive oil cooking spray. Bake for 25 minutes at 450-degrees F.

While the tomato-onion gratin is baking, process the almonds in a blender until ground into a course meal, and then spread onto a dinner plate. Sprinkle the scallops with salt and cayenne, and then press them into the almond meal. Roll the scallops around until almond meal adheres to all sides, and then shake off the excess.

Heat some of the olive oil in a large skillet over medium-high heat, and add only enough scallops to coat the bottom of the pan in a single layer. Sear the scallops about 2 minutes on each side until they are browned and crisp. Transfer the browned scallops to a plate and sear the remaining scallops in the same manner, adding oil as needed.

Arrange the scallops on top of the tomato-onion gratin and garnish with cilantro.

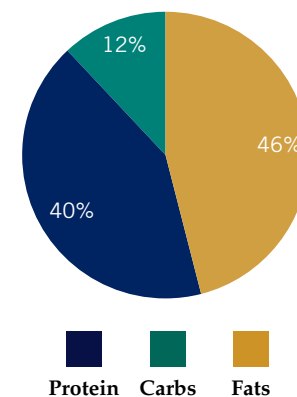
**Prep Time – 30 minutes**

**Difficulty Level – Challenging**

**Servings – 2**

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	717
Protein (g)	73
Carbohydrates (g)	23
fiber (g)	6
sugars (g)	7
Fat (g)	37
SFA (g)	6
MUFA (g)	22
PUFA (g)	7
omega-3 (g)	0.8
omega-6 (g)	5.5



## TUNA BURGERS (ANYTIME)

### PRELUDE

Canned tuna no longer needs to be eaten out of the can most unceremoniously. You can turn those plain old cans of tuna into a delicious meal by adding just a few ingredients. Flax meal and omega-3 eggs form a nice matrix for these burgers, and add precious omega-3 fatty acids, bound within a flavorful zest from the remaining ingredients. This dish can be served with grilled peppers and tomatoes or a toasted quinoa salad (both recipes are presented in our side dishes section).

### INGREDIENTS

3 cans chunk light tuna in water, drained (14 oz drained)  
 1/4 cup flax meal  
 4 scallions (green onions), minced  
 2 tbsp black mustard seeds  
 2 omega-3 eggs, beaten  
 1 tablespoon finely minced fresh cilantro  
 2 cloves garlic, chopped  
 1 tsp soy sauce  
 Salt & pepper, to taste  
 2 tsp olive oil

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

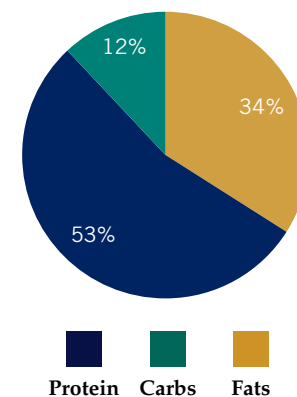
**Servings – 2**

### INSTRUCTIONS

Combine all of the ingredients except the olive oil in a large bowl. Form into two large patties. Pan fry the tuna burgers in a skillet with the olive oil over medium heat, for about 6 minutes on each side, until both sides are browned and the burgers cooked throughout.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	475
Protein (g)	63
Carbohydrates (g)	14
fiber (g)	7
sugars (g)	2
Fat (g)	18
SFA (g)	3
MUFA (g)	9
PUFA (g)	6
omega-3 (g)	3.2
omega-6 (g)	2.4



## THE ALPHA AND THE OMEGA OF FATS

**“That’s right, when used properly, fat intake can be a strong ally, rather than a deadly foe.”**



People actually still think that fat is bad for them. Sad, we know, but true. Spillover from the 80’s anti-fat campaign has left people confused about whether dietary fat intake is truly the demon it was made out to be or whether, as current nutritional research suggests, some fats can actually be good for us.

Walter Willett, Chair of the Department of Nutrition at the Harvard School of Public Health, has this to say:

“The idea that all fat is bad for you, the exclusive focus on adverse effects of fat, may have contributed to the obesity epidemic...The emphasis on total fat reduction has been a serious distraction in efforts to control obesity and improve health in general.”

That’s right, when used properly, fat intake can be a strong ally, rather than a deadly foe. Of course, it is true that certain fats probably do plug up our arteries, make us fatter, and accelerate our aging. But it’s also true that many other dietary fats can offer protection against heart disease, free radical damage, and cancer; can increase metabolic rate and fat burning; can increase muscle mass; and can increase the production of hormones like testosterone.

One way to ensure that your fat intake supports your health and physique goals rather than detracts from them, is to follow these fat intake suggestions:

1) Try to get about 25-35% of your dietary energy from fat.

2) Split up your total dietary fat intake as follows – 1/3 from saturated fat, 1/3 from monounsaturated fat and 1/3 from polyunsaturated fat.

3) Of your polyunsaturated fat intake, about 1/2 should come from omega 3s and 1/2 from omega 6s.

Use the handy chart on the following page to figure out what foods contain which types of fats.

## THE ALPHA AND THE OMEGA OF FATS



Food	% Saturated Fat	% Monounsaturated Fat	% Polyunsaturated Fat
Almonds	10%	68%	22%
Beef	55%	40%	5%
Brazil Nuts	26%	36%	38%
Canola Oil	5%	57%	38%
Cashews	20%	62%	18%
Cheese	67%	26%	7%
Chicken	31%	49%	20%
Coconut Oil	86%	9%	5%
Duck	35%	52%	13%
Eggs	39%	43%	18%
Flax Seed Oil	8%	18%	74%
Hazelnuts	8%	82%	10%
Herring	24%	57%	19%
Macadamia Nuts	16%	82%	2%
Milk	67%	26%	7%
Olive Oil	13%	75%	12%
Palm Oil	50%	41%	9%
Peanuts	15%	51%	34%
Pecans	8%	66%	26%
Pine Nuts	15%	40%	45%
Pistachios	13%	72%	15%
Pork / Lard	40%	48%	12%
Salmon	16%	37%	47%
Sesame Oil	15%	42%	43%
Walnuts	10%	24%	66%

The table represents the ratios of the different fats in several food selections.

## SALMON BURGER STROGANOFF (ANYTIME)

### PRELUDE

Canned salmon is a good option for the frugal among us, but it takes some creativity and preparation to make it palatable. Unless you're training for a slot on Fear Factor, you probably don't like the idea of eating the slimy, bony pieces that come straight from the can. Most salmon burger recipes commonly available produce a dry, tasteless meal. So we've tweaked some ingredients to make it taste better with the healthiest ingredients, and added a mushroom sauce to make this a mouth-watering delicacy.

### INGREDIENTS

#### Salmon Burgers:

1 large can (14.75 oz.) salmon

1/4 cup flax meal

1/4 cup oat bran

1 omega-3 egg, beaten

1/2 small onion, diced

1 tbsp lemon juice

1/8 tsp turmeric

Salt & pepper, to taste

#### Stroganoff Sauce:

2 cups sliced mushrooms

3 cloves garlic

5 tbsp plain whole yogurt

1 chicken bouillon cube

1/4 cup water

**Prep Time – 30 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### INSTRUCTIONS

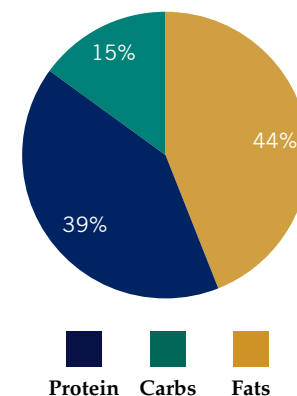
Drain the salmon, except for 1 tbsp of the juice, and put into a large bowl. Remove the larger bones (vertebrae). Add the flax meal, oat bran, diced onion, egg, turmeric, salt, and pepper, and mix together thoroughly. Shape and flatten into 2 large patties. Cook the patties in a skillet sprayed with olive oil cooking spray on medium heat for 8-10 minutes on each side.

To make the stroganoff sauce, brown the garlic and mushrooms in 1 tbsp butter or SmartBalance spread for 6-8 minutes, then add the water and bouillon cube, bringing to a light boil. Stir in the yogurt one tablespoon at a time, until achieving a smooth, creamy texture.

Top the salmon burgers with the stroganoff sauce just before serving.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	514
Protein (g)	53
Carbohydrates (g)	21
fiber (g)	6.4
sugars (g)	4.8
Fat (g)	26
SFA (g)	6.7
MUFA (g)	6.3
PUFA (g)	8.3
Omega-3 (g)	5.9
Omega-6 (g)	1.9





## OVEN SEARING FISH FILLETS



Here is the basic method to cook fish fillets with a brown, crisp outside and tender flesh. This can be used on any type of fish – salmon, striped bass, steelhead trout, halibut, or cod, to name a few. To ensure proper cooking, the fillets should be at least 1 inch thick; otherwise they will overcook.

Score the skin of each fillet by placing them skin side up on a cutting board, and then making several shallow slashes in the skin in a crisscross pattern about 1 inch apart with a sharp knife. This ensures that the skin won't curl when it hits the hot pan. Sprinkle each fillet with salt.

Place a baking pan in an oven heated to 500-degrees F for 5 minutes. Pour 1 tsp olive oil into the pan while it's hot and swirl to coat completely. Place the fish skin side down in the hot pan, and then roast in the oven at 500-degrees F for about 5 minutes, until the skin is nicely browned. Turn each fillet over and roast for an additional 4 to 5 minutes.

The fish is done when you can push a fork straight down into the flesh with little or no resistance. If it feels as though the fork is being pushed through a membrane, return it to the oven for an additional minute or two. Don't cook the fish until it flakes, as many people suggest, as this is a sign of overcooking. Fish should only be cooked until it is firm, yet tender and moist, and the flesh has become opaque with a slight translucence.

## BEEF & LAMB

Because it's higher in cholesterol and saturated fat than other meats, beef has often been shunned by the health-conscious but it need not be. Leaner cuts of beef are probably even a better choice than chicken breasts! Look for the words "loin" or "round" when buying cuts of beef, as these are the leanest. Although they tend to be the least tender, with some special TLC, you can turn the meat from tough and dry to tender and juicy in no time!

- Seared Ground Beef with Zucchini and Tomatoes
- Thai Ground Beef
- Sauteed Beef in Indian Spinach Sauce
- Beef Stroganoff
- Peppered Sirloin with Grilled Onions and Balsamic Syrup
- Greek Burger
- Broccoli Beef Stir Fry
- Roast Beef Hash
- Melanzana Riccha (Eggplant In Meat Sauce)
- Braised Beef with Wine and Herbs
- Sauteed Herb Beef With Turnips
- Meatloaf
- Chicago Deep Dish Pizza
- Lamb Kebabs



# SEARED GROUND BEEF WITH ZUCCHINI AND TOMATOES (ANYTIME)

## PRELUDE

Zucchini and tomatoes are both sweet vegetables that when cooked together really sing, particularly in the presence of ground beef seared in a pan. This is a quick way to make use of a pound of lean ground beef and the vegetables laying around in your fridge's crisper.

## INGREDIENTS

1 lb 96% lean ground beef  
 1 large zucchini, sliced  
 1 large tomato, chopped  
 1/2 medium onion, chopped  
 3 cloves garlic, chopped  
 2 tbsp fresh chopped basil  
 1 tbsp olive oil  
 Salt & pepper, to taste

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

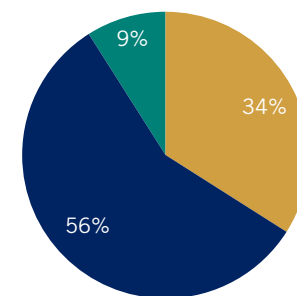
**Servings – 2**

## INSTRUCTIONS

Add a little of the olive oil cooking spray to a nonstick pan over medium-high heat, and then brown the ground beef for about 3 minutes. Add the zucchini, garlic, and onions and stir-fry for another 8-10 minutes, until vegetables are browned. Add tomato and cook until chunks begin to dissolve, about 3-4 minutes. Stir in the basil, olive oil, and spices and serve.

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	531
Protein (g)	73
Carbohydrates (g)	12
fiber (g)	4
sugars (g)	6
Fat (g)	20
SFA (g)	6
MUFA (g)	10
PUFA (g)	2
Omega-3 (g)	0.2
Omega-6 (g)	1.2



Protein
  Carbs
  Fats

## THAI GROUND BEEF (ANYTIME)

### PRELUDE

As long as you are using extra lean ground beef (96% lean), the addition of a peanut sauce and chili powder provides a powerful taste combination that compliments the bold flavor of beef. Cabbage adds a nice textural component, and the green peppers complete the meal.

### INGREDIENTS

1 lb extra lean (96%) ground beef  
 1/3 head cabbage, shredded (about 3 cups)  
 1 carrot, sliced  
 1 medium green pepper, cut into 1-inch cubes  
 1 small onion, cut into 1-inch cubes  
 2 tbsp peanut sauce  
 Salt, pepper, and chili powder, to taste

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

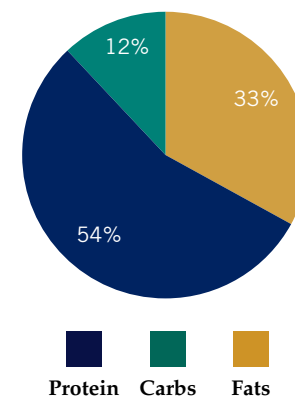
**Servings – 2**

### INSTRUCTIONS

Fry the ground beef in a large nonstick skillet coated with olive oil cooking spray over medium-high heat for about 5 minutes, until browned. Add the cabbage, carrot, green pepper, and onion and continue cooking for another 5 minutes, stirring frequently. After the vegetables have browned, add the peanut sauce and spices. Serve warm.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	574
Protein (g)	77
Carbohydrates (g)	18
fiber (g)	6
sugars (g)	9
Fat (g)	21
SFA (g)	6
MUFA (g)	9
PUFA (g)	3
Omega-3 (g)	0.2
Omega-6 (g)	2.9



## SAUTÉED BEEF IN AN INDIAN SPINACH SAUCE (ANYTIME)

### PRELUDE

The Indians have mastered the art of combining flavorful spices in colorful, creamy sauces made from a variety of cheese and yogurt. Yogurt is a healthful addition to this dish, providing a creamy base for spinach and spices. When served with sautéed beef, this mouthwatering dish is two steps away from Nirvana.

### INGREDIENTS

1 lb sirloin, cut into 1-inch cubes  
10 oz spinach, fresh or frozen  
1 large onion, quartered  
2 1-inch cubes of fresh ginger, peeled  
6 cloves garlic  
1 cup frozen green peas  
1 cup whole plain yogurt  
1 tbsp olive oil  
1/4 cup water  
1 tsp curry powder  
1 tsp garam masala spice powder  
Salt & pepper, to taste

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2**

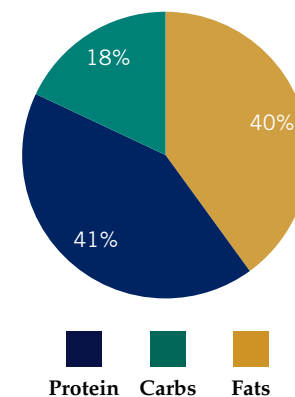
### INSTRUCTIONS

Put the onion, ginger, and garlic in a food processor and make a puree or paste. This can also be done in small batches in a blender. Brown this puree in a large skillet on medium-high heat together with the olive oil, about 10 minutes, or until the mixture gets brown and loses some of its moisture. Remove from the skillet, and then add the beef and sauté for a few minutes until brown. Return the onion, garlic, and ginger mixture back to the skillet, add the water, stir, and then begin adding the yogurt 1 tbsp at a time, stirring constantly. Add the curry powder, salt and pepper.

When the creamy mixture has begun a light boil, begin adding the spinach. Fresh is best, but if you choose frozen, thaw it and drain any liquid before adding. Cover and simmer for about 5 minutes, reducing the spinach. Remove cover and add garam masala just before serving.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	700
Protein (g)	72
Carbohydrates (g)	30
fiber (g)	10
sugars (g)	15
Fat (g)	32
SFA (g)	11
MUFA (g)	14
PUFA (g)	4
omega-3 (g)	1.0
omega-6 (g)	2.2





## BEEF STROGANOFF (ANYTIME)

### PRELUDE

Mushrooms naturally compliment beef, and when a cream sauce is added, the two flavors resonate with a hearty goodness. Typical stroganoff dishes use heavy cream and cheese, dropping a heavy dose of saturated fat and extra calories on unsuspecting masses. Our version uses yogurt for the cream, and just a hint of cheese to complete the taste.

### INGREDIENTS

1 lb beef sirloin, cut into 1-inch cubes  
1 large onion, chopped  
3 cups sliced mushrooms  
1 carrot, sliced  
4 cloves garlic, chopped  
1/2 cup beef broth, from bouillon  
1 cup whole plain yogurt  
1/2 cup shredded part skim mozzarella cheese  
Salt & pepper, to taste

**Prep Time – 35 minutes**

**Difficulty Level – Easy**

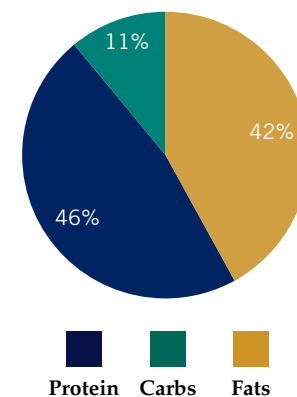
**Servings – 2**

### INSTRUCTIONS

Brown the beef in a large nonstick skillet coated with olive oil cooking spray over medium-high heat, about 5 minutes. Add the onion, mushrooms, carrot, and garlic, and continue stir-frying for an additional 6-8 minutes, until vegetables start to brown. Add the beef broth, salt, and pepper, bring to a low boil, and then add the yogurt 1 tbsp at a time, stirring constantly. Cover and simmer for 15 minutes on medium-low heat. Remove the lid, add the cheese, and stir until thoroughly blended.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	610
Protein (g)	71
Carbohydrates (g)	17
fiber (g)	3
sugars (g)	10
Fat (g)	28
SFA (g)	13
MUFA (g)	11
PUFA (g)	2
omega-3 (g)	0.2
omega-6 (g)	1.1



## PEPPERED SIRLOIN WITH GRILLED ONIONS AND BALSAMIC SYRUP (ANYTIME)

### PRELUDE

By coating a steak with spices and pan-searing it, a delicious and satisfying crust is created that provides both flavor and texture. The ginger imparts a slightly floral essence and flavor that is nicely balanced with fresh ground pepper. This flavor combination goes wonderfully with grilled onions and the sweet, tangy flavor of balsamic syrup. To round-off this meal, serve with Mashed Garlic Cauliflower (this recipe is presented in our side dishes section).

### INGREDIENTS

1.25lb sirloin steak  
 1 large onion, sliced  
 1 cup balsamic vinegar  
 1 tsp finely grated fresh ginger  
 1 tsp olive oil  
 1 tsp butter, coconut oil, or Smart Balance butter spread  
 Salt & pepper, to taste

**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### INSTRUCTIONS

To make the balsamic syrup, add one cup of balsamic vinegar to a saucepan, and bring to a boil over medium heat. Boil the vinegar until it has reduced to one quarter of the amount you started with (reduce to 1/4 cup). It will turn into thick, bubbly syrup. Be sure not to overcook, as it can burn easily near the end. If the reduced vinegar becomes too thick when it cools, heat it slowly with 1/2 to 1 tablespoon of water until it is a desirable consistency.

In a large skillet, melt the butter/spread over medium-high heat and add the onions. Sprinkle with salt and toss to coat, and then stir fry for 8-10 minutes, until the onions are nice and browned. The longer the onions are browned, the sweeter they become (without burning of course).

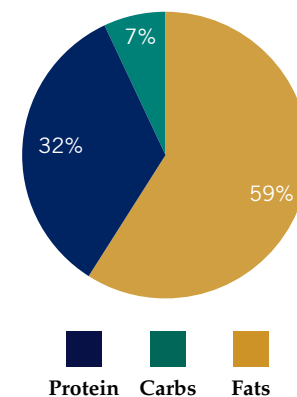
Pat the steaks dry with paper towels, and then rub them lightly with the oil. Massage the salt, ginger, and a generous amount of freshly ground black pepper over the steaks.

Sear the steaks in a heavy nonstick skillet over high heat about 4 minutes on each side for medium-rare, or 5-6 minutes for medium-well. You will know it's time to turn the steaks when little droplets of blood form on the surface.

Nestle a mound of onions next to the steaks, and then drizzle the balsamic vinegar syrup over everything.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	682
Protein (g)	56
Carbohydrates (g)	14
fiber (g)	1
sugars (g)	5
Fat (g)	45
SFA (g)	17
MUFA (g)	20
PUFA (g)	2
omega-3 (g)	0.1
omega-6 (g)	1.8





GREEK BURGER (ANYTIME)

PRELUDE

Sometimes you discover a mixture of ingredients that puts a smile of content on your face at your first bite. Elegant and simple, the mixture of feta, olives, and garlic in this recipe, within confines of extra lean ground beef, makes a burger unparalleled in flavor. If that regular old burger is getting stale and uninviting, then kick it up a notch with this Greek-influenced hamburger steak.

INGREDIENTS

- 1 lb extra lean (96%) ground beef
- 1/2 cup feta cheese, crumbled
- 1/2 cup olive slivers
- 3 cloves garlic, chopped
- Salt & pepper, to taste

Prep Time – 15 minutes

Difficulty Level – Easy

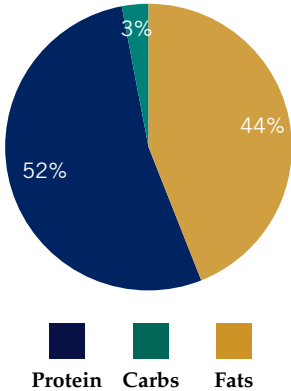
Servings – 2

INSTRUCTIONS

In a large bowl, combine all of the ingredients. Form two large patties with the mixture, and then cook them on a grill or in a large skillet on medium heat for 5-8 minutes on each side. Some good options for side dishes include the Mediterranean salad, grilled peppers and tomatoes, or mashed garlic cauliflower (all presented in our side dishes section of the book).

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	600
Protein (g)	77
Carbohydrates (g)	5
fiber (g)	1
sugars (g)	2
Fat (g)	29
SFA (g)	12
MUFA (g)	12
PUFA (g)	1
Omega-3 (g)	0.12
Omega-6 (g)	0.98



BROCCOLI BEEF STIR FRY (ANYTIME)

PRELUDE

When beef and broccoli are combined in a stir fry with plenty of garlic, it provides a tasteful and satisfying dish with copious lean protein and monounsaturated fat from the nutty-flavored peanut oil. There are no bells and whistles in this recipe. It was streamlined for a quick, easy, nutritious meal.

INGREDIENTS

- 1 lb London broil, thinly sliced
- 2 cups broccoli flower clusters
- 1 large carrot, sliced
- 1 large onion, coarsely chopped (1-inch squares)
- 4 cloves garlic, chopped
- 1 tbsp peanut oil
- 1 tbsp soy sauce
- 1/4 tsp salt

Prep Time – 15 minutes

Difficulty Level – Easy

Servings – 2

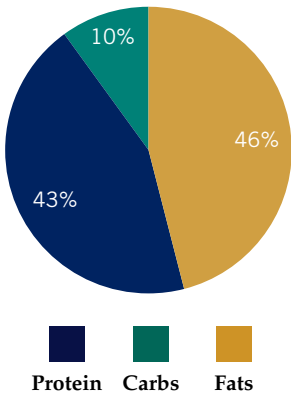
INSTRUCTIONS

London broil can be very tough, so if you plan ahead, it’s best to marinate the beef after slicing it. A good marinade for this dish is chopped garlic, a dash of soy sauce, salt, and a little oil. Even an hour of marinating makes a big difference. Stick the meat in the fridge to marinate. Overnight would be even better. If you want to skip the marinade, no worries; just be prepared to work those jaw muscles.

When you’re ready to cook, sauté the garlic in the oil for a few seconds in a large skillet or wok, and then add the sliced beef. Stir-fry for a few minutes until the beef is nearly cooked throughout. Add the broccoli, carrot, onion, and salt, and continue stir-frying for an additional 5-6 minutes. Drizzle the soy sauce over the top before serving.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	487
Protein (g)	53
Carbohydrates (g)	12
fiber (g)	2
sugars (g)	6
Fat (g)	25
SFA (g)	8
MUFA (g)	11
PUFA (g)	3
Omega-3 (g)	0.01
Omega-6 (g)	2.7



## ROAST BEEF HASH (ANYTIME)

### PRELUDE

Traditional roast beef hash combines the fattiest cuts of meat with potatoes for an undesirable combination of saturated fats and high-GI carbs. Our version provides a healthy alternative with the same satisfying combination of beef, root vegetables, onions, and herbs that has made hash such a deliciously comforting dish.

### INGREDIENTS

1 lb leftover beef roast, bottom round, cut into 1/2-inch cubes

1 cup coarsely chopped onions or leeks (white part only)

2 turnips, peeled and cut into 1/2-inch cubes (about 3 cups)

1 tbsp plus 1 tsp olive oil

3 cloves garlic, chopped

2 tsp minced fresh thyme or rosemary

1/4 cup fresh parsley, chopped

3/4 cup water

Salt & pepper, to taste

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### INSTRUCTIONS

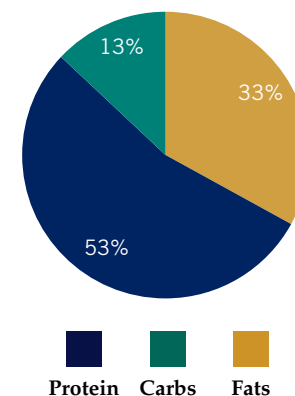
In a large skillet/wok, heat 1 tbsp olive oil over medium-high heat; sauté the onions until they are tender and golden brown, about 8 minutes. Add the turnips, toss, and then add the water and salt. Cover the pan and cook until the water has evaporated and the vegetables are just tender, about 10 minutes. Uncover and stir-fry the vegetables until well caramelized and browned, about 5 minutes.

While the vegetables are browning, heat 1 tsp olive oil in another skillet, sauté the garlic and minced herbs for a couple of minutes, and then add the diced roast, tossing the pieces just until browned and heated through.

Toss everything together and serve hot.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	643
Protein (g)	84
Carbohydrates (g)	21
fiber (g)	5
sugars (g)	2
Fat (g)	24
SFA (g)	6
MUFA (g)	13
PUFA (g)	2
omega-3 (g)	0.3
omega-6 (g)	1.3



## COOKING ROASTS



Many kitchen novices avoid large slabs of meat like roasts and brisket because they're afraid of under or over-cooking the meat. Well go ahead and buy these Flintstone-sized pieces, because there is a very simple method for cooking tender, juicy roast.

The rule is to cook the meat at 275-degrees F for the same number of hours as pounds of meat. For example, if you have an 8 pound brisket, cook it for 8 hours at 275-degrees. That's perfect for an over-nighter.

You'll want to put the meat in a large baking dish and cover with foil to prevent the exterior from becoming dry. You can also wrap the meat entirely in foil and place it on top of a cooking sheet in the oven to collect the dripping juices.

## CLEANING LEEKS



Leeks may look like oversized scallions, but they are by no means as tidy as their little cousins. Many people have made the mistake of rinsing the outside of a leek, then chopping it and adding it to a dish only to get that dreaded and disturbing crunch of dirt in every bite. Most people don't make this mistake twice.

Leeks trap sand and dirt between their layers while growing, so merely rinsing the outside won't do.

First, trim the root ends and the darker green portions of the tops. Then split the leeks into halves, lengthwise. Rinse the halves under cold running water, fanning the layers to check for persistent dirt – fanning like you would the pages of a book. The leeks can then be safely chopped across the grain, which will produce several D-shaped pieces about 1/4 inch thick.

## MELANZANA RICCHA (EGGPLANT IN A MEAT SAUCE; ANYTIME)

### PRELUDE

Here is a quick way to enjoy Italian cuisine with a healthy dose of protein and whole vegetables, rather than a boatload of fat and starches. A delicious combination of basil, lean ground beef, onions, and eggplant, this recipe is sure to please anyone longing for the rich flavors of Italy.

### INGREDIENTS

1 lb extra lean (96%) ground beef  
 1/2 large eggplant, cut into 1-inch cubes  
 1 large onion, cut into 1-inch cubes  
 1/2 cup fresh chopped basil (about 15 leaves), or 1 tbsp dried basil  
 1/2 cup slivered or chopped olives  
 2 large tomatoes, chopped  
 1/2 small can tomato paste (85 grams)  
 2 cloves garlic, chopped  
 Salt & pepper, to taste

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 2**

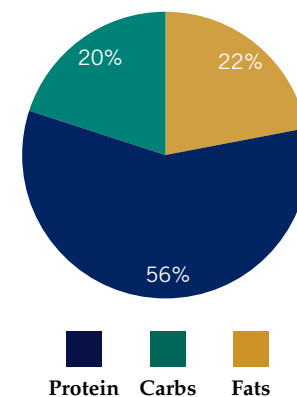
### INSTRUCTIONS

In a large skillet or wok, fry the ground beef, onions, and garlic on medium-high heat until the beef is browned, about 10 minutes. Add the remaining ingredients and stir until you have a thick, smooth texture. Cover and simmer on low-medium heat for and additional 10 minutes.

Side dishes particularly suited for this recipe include grilled peppers and tomatoes, or mashed garlic cauliflower.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	612
Protein (g)	86
Carbohydrates (g)	31
fiber (g)	8
sugars (g)	14
Fat (g)	15
SFA (g)	5
MUFA (g)	6
PUFA (g)	1
Omega-3 (g)	0.14
Omega-6 (g)	0.98



## BRAISED BEEF WITH WINE AND HERBS (ANYTIME)

### PRELUDE

This foolproof recipe combines the harmony of red meat and wine, together with a chemistry of various herbs, spices, and vegetables that is sure to please. The long cooking time ensures tender, juicy chunks of meat.

### INGREDIENTS

1.5 lbs beef round, trimmed to 1/4 inch fat, cut into 2-inch cubes

2 packages (12 oz) whole white mushrooms

2 medium onions

2 medium tomatoes

10 cloves garlic

3/4 cup dry red wine

1/2 cup water

1 bouillon cube, beef

2 tbsp olive oil

Spices: salt, pepper, ground celery seed, thyme

1/4 cup fresh parsley, coarsely chopped

**Prep Time – 2 hours  
15 minutes**

**Difficulty Level –  
Medium**

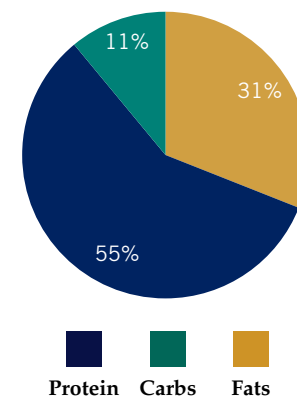
**Servings – 3**

### INSTRUCTIONS

Heat a large nonstick pot on medium heat, coated with a generous amount of olive oil cooking spray (assumed 1/2 tablespoon). Brown minced garlic and coarsely chopped onions in pot, then add beef chunks, stirring until just browned on outside, yet raw on the inside. Add whole mushrooms and stir for about 3 minutes. Add wine, water, bouillon cube, and spices, stirring and bringing to a boil. Reduce heat to low-medium, cover, and simmer for 2 hours. Before serving, stir in the olive oil, and then garnish the meals with fresh parsley in wide, shallow bowls.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	692
Protein (g)	87
Carbohydrates (g)	20
fiber (g)	4
sugars (g)	10
Fat (g)	24
SFA (g)	6
MUFA (g)	8
PUFA (g)	8
omega-3 (g)	5.2
omega-6 (g)	2.3





## SAUTÉED HERB BEEF WITH TURNIPS (ANYTIME)

### PRELUDE

The turnips in this recipe are a nice substitution for potatoes in a low carb meal, for those “meat and potato” people. The remaining vegetables and herbs provide a nice balance of tastes and textures, as well as plenty of antioxidants and micronutrients.

### INGREDIENTS

1 lb extra lean  
96% lean ground beef

2 medium turnips,  
peeled and cubed

2 cups sliced  
mushrooms

1 medium zucchini,  
sliced

1/2 cup fresh parsley  
leaves

1 tbsp olive oil

2 chicken bouillon cubes

Salt & pepper, to taste

**Prep Time – 20 minutes**

**Difficulty Level –  
Medium**

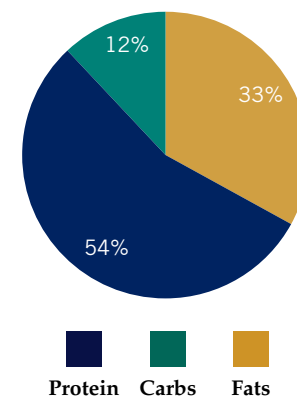
**Servings – 2**

### INSTRUCTIONS

Boil the cubed turnips in 4 cups of boiling water, with bouillon, for 10 minutes. While the turnips are boiling, fry the ground beef in a large skillet coated with olive oil cooking spray on med-high heat, until outer edges are cooked. Add the parsley and stir-fry for another minute or so, then add the remaining vegetables and spices, except for the turnips. Drain the turnips, saving 1/2 cup of the broth. Stir the turnips into the skillet, and then add the broth. Spread evenly onto two plates, drizzle a teaspoon of extra virgin olive oil over each, and voila, you're done.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	576
Protein (g)	77
Carbohydrates (g)	18
fiber (g)	5
sugars (g)	6
Fat (g)	21
SFA (g)	6
MUFA (g)	11
PUFA (g)	2
omega-3 (g)	0.2
omega-6 (g)	1.5



## MEATLOAF (PW)

### PRELUDE

Great meals shouldn't be this easy to make. This recipe provides another method for discretely including cottage cheese on the menu without anyone other than the chef knowing that it's present. This meatloaf has the added benefit of low-GI complex carbs and fiber from the oat bran, and omega-3's from flax seeds.

### INGREDIENTS

1 pound 96% lean ground beef

1 cup lowfat cottage cheese

1/2 cup oat bran

1 beaten omega-3 egg (e.g., Pilgrim's Pride Eggs Plus or Eggland's Best)

1 medium onion, finely chopped

1/4 cup chopped green pepper

2 stalks chopped celery

2 tbsp whole flax seeds, or 4 tbsp ground

1 crushed garlic clove

1/2 teaspoon salt

1/4 teaspoon pepper

Optional spices:  
paprika, basil, Tabasco, Worcestershire sauce (not all together!)

### INSTRUCTIONS

Easy: mix it all up together in a large bowl, spread it into a baking dish coated with olive oil cooking spray, and bake at 350° F for 45 minutes.

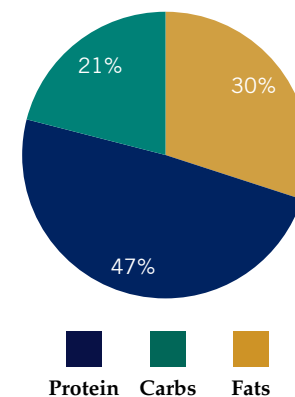
**Prep Time – 50 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	548
Protein (g)	69
Carbohydrates (g)	32
fiber (g)	9
sugars (g)	8
Fat (g)	19
SFA (g)	6
MUFA (g)	7
PUFA (g)	5
Omega-3 (g)	2.4
Omega-6 (g)	2.2



CHICAGO DEEP DISH PIZZA (PW)

PRELUDE

Here is another recipe to satisfy that instinctual desire for pizza. Our own version of deep dish pizza avoids the obscene amount of carbs and fat, instead offering a protein-rich alternative with plenty of micronutrients, vitamins and antioxidants from the vegetables.

INGREDIENTS

- Crust:**
- 1/2 cup whole wheat flour
  - 1 cup wheat bran
  - 1/4 tsp baking powder
  - 1/4 tsp salt
  - 1/2 cup water
- Pie:**
- 1/2 lb 96% lean ground beef
  - 1 small onion
  - 2 cloves garlic
  - 1 cup chopped mushrooms
  - 1 large tomato
  - 1/2 large green pepper
  - 1/2 cup shredded mozzarella
  - Basil and oregano, to taste

INSTRUCTIONS

Mix the crust ingredients together in a large bowl, then spread into a 9x12-inch pan, spreading the crust 1-inch up the side of the pan. Bake the crust by itself for 5 minutes in an oven at 400-degrees F.

In a large skillet, stir fry the ground beef and garlic for 3 minutes, until beef starts to brown. Add onion, mushrooms, tomato, and green pepper and stir fry for an additional 3 minutes. Transfer the meat and vegetables to the baking dish/pan, spreading evenly over the crust. Cover with the shredded mozzarella, and bake at 400-degrees F for 12 minutes, broiling for the last 4 minutes.

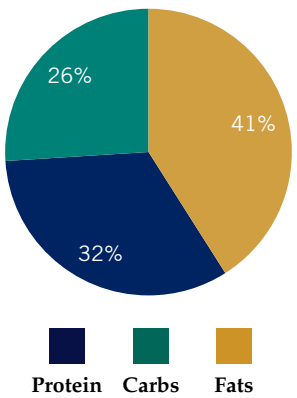
**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 4**

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	366
Protein (g)	32
Carbohydrates (g)	26
fiber (g)	10
sugars (g)	3
Fat (g)	17
SFA (g)	4
MUFA (g)	8
PUFA (g)	4
omega-3 (g)	0.3
omega-6 (g)	3.7



## LAMB KEBABS (ANYTIME)

### PRELUDE

This dish was inspired by the masters of the kebab – the Turks. A proper Turkish kebab uses ground lamb, and is a true culinary experience. Any preconception of tough, greasy circus fare will quickly dissolve when you sink your teeth into this version of grilled meat with just the right mix of vegetables and spices. Generally, a true flame grill (charcoal or propane) makes a better tasting kabob, but a regular old oven broiler works fine in a pinch.

Suitable side dishes to serve with this meal include the Grilled Peppers and Tomatoes and/or Tabouli. You'll have such an authentic and delicious Turkish meal that it may inspire spontaneous Dervish whirling. Just be sure to allow proper digestion first.

### INGREDIENTS

1 lb ground lamb  
 1/4 cup fresh parsley  
 1/4 cup fresh mint leaves  
 1/2 small onion  
 1 large egg, beaten  
 1 large bell pepper, seeded and cut into 1-inch squares  
 8 cherry tomatoes  
 1/2 tbsp olive oil  
 1/4 tsp ground cinnamon  
 1/4 tsp ground black pepper  
 1/2 tsp salt

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### INSTRUCTIONS

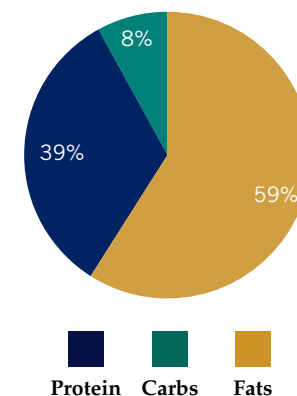
Finely chop the fresh parsley, mint leaves, and onion. This can be done with a knife or a food processor. In a large bowl, combine the ground lamb, beaten egg, parsley, mint, onion, and spices. Mix well, and then form into 8 oval balls.

Preheat the oven broiler, or the charcoal grill. If you're using wooden skewers, soak them in water for 30 minutes to prevent them from burning. Using the bell peppers as braces on each end of the kabobs, prepare the skewers, leaving a little space at the end of each for the tomatoes.

For the first half of the cooking period, leave the tomatoes out of the equation. Coat the kabobs with olive oil and cook about 4 inches from the heat for 5 minutes. Remove the skewers, put the cherry tomatoes on the ends, then return to the oven or grill on the other side for another 5 minutes, or just until the meat is cooked through.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	557
Protein (g)	44
Carbohydrates (g)	12
fiber (g)	3
sugars (g)	5
Fat (g)	37
SFA (g)	14
MUFA (g)	17
PUFA (g)	3
omega-3 (g)	0.54
omega-6 (g)	2.7



## SOUPS & STEWS

Soups and stews are staple meals across the globe because they are easy to make, you can throw nearly anything into them, and they taste great. While there is room for soups and stews in any diet, they are ideal for people who are trying to restrict calories.

The recipes below combine some of the best foods in a manner that is designed both for nutrition and taste. And here's a quick tip for you: while most stew recipes use white flour (not good) to thicken the final product, we've got a better solution - flax seeds. They have the added benefit of more micronutrients, fiber, and omega-3 fatty acids.

- Dr John's Chili
- London Broil Stew
- Peasant Stew
- Venison Stew
- Split Pea Soup
- Kingly Basil Soup



DR. JOHN’S CHILI (PW)

PRELUDE

Chili is one of the best ways to get a massive helping of protein from ground beef, together with a healthy dose of fiber from beans, our wonderful legume friends. Add a bunch of spices and vegetables, and you’ve got yourself a nutritive meal that can be made in bulk and stored for the week.

Many of the best chili recipes use corn meal to thicken-up the dish. This is great for the taste buds and texture, but we’d rather not have the added carbs from corn. Instead, we use cashew meal, which serves to thicken the chili, as well as add a unique taste; not to mention a healthy dose of monounsaturated fatty-acids.

This pot of stew could feed a village in Ethiopia for a week, so be prepared to store about 4 day’s worth.

INGREDIENTS

- 4 lbs extra lean ground beef (96%)
- 4 cans kidney beans (15.5 oz per can), drained and rinsed
- 2 large onions, chopped
- 2 large tomatoes, chopped
- 1 lb carrots, peeled and sliced
- 4 bell peppers – 1 green, 1 red, 1 yellow, 1 orange, cut into 1/2-inch squares
- 6 cloves garlic, chopped
- Two 46-fl oz bottles V8 vegetable juice, spicy hot
- Cashew meal
- Spices: 4 tbsp chili powder, 1 tsp cumin, 2 tsp paprika, 1 tsp celery seed, 1 tsp fresh ground pepper (for a quicker version, you can use 3 packages chili seasonings mix, but it won’t quite be the same!)

INSTRUCTIONS

In a large skillet, brown the ground beef, one pound at a time, over high heat together with the garlic and onions. If your skillet is large enough (i.e., a wok), you can brown the beef all at once to save time. On the last batch, add the spices after the beef is browned and continue frying for another couple of minutes. Add the browned beef to a very large pot with a lid, and then add the beans, tomatoes, carrots, peppers, and V8 juice. Bring to a boil and then reduce heat to simmer.

To make the cashew meal, process the cashews in a blender in short bursts, until a grainy meal is formed. Do not process for too long or you will have cashew butter. Stir in the cashew meal, cover, and simmer for an additional 30 minutes.

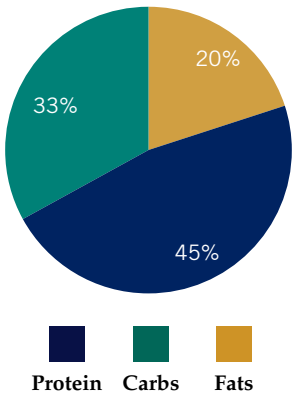
Prep Time – 1 hour

Difficulty Level – Easy

Servings – 10

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	637
Protein (g)	71
Carbohydrates (g)	53
fiber (g)	11
sugars (g)	18
Fat (g)	13
SFA (g)	4
MUFA (g)	6
PUFA (g)	2
omega-3 (g)	0.1
omega-6 (g)	1.1



## MEAL PREPARATION STRATEGIES – THE BREAKFAST AND SUNDAY RITUALS

**“If you want to be successful, you need a ritual.”**



While the meals outlined in this book are great for the occasional breakfast, lunch, or dinner, you can't be expected to eat great stuff like this every meal, can you?

Well, maybe you can. But it takes planning.

One way to make sure you've got your own great meals prepared when it's time to eat is to cook all your food for the upcoming day in the morning. We call this the Breakfast Ritual. Since you've gotta prepare breakfast anyway, make sure you've got a couple of meals going while you're waiting for your breakfast to cook. Then, Tupperware them up, eat the breakfast, and you're ready to head out the door.

Of course, this Breakfast Ritual need not be a huge production. If time is of the essence we, encourage you to check out our No Nonsense Nutrition DVD. In the DVD, we teach you how to prepare a 4000kcal diet in a flash (max prep time is 30 minutes).

Another option is the Sunday Ritual. This ritual is performed by setting aside 3 hours or so every Sunday (any day of the week will do but Sunday is easiest for most) to write out your menu for the week, shop for the week, and prepare your meals for the week.

First, on your Ritual day, sit down and come up with your meal plan for the week. If you need some help in this area, check out my No Nonsense Nutrition coaching group. We'll help you come up with the ultimate meal plan for your needs.

Once the meal plan is laid out, add up exactly how much of each food you'll need over the 7 days and go pick those foods up at the grocery store. For some tips and strategies for the best way to shop, again, the No Nonsense Nutrition DVD is a great start. In it, I walk you through the grocery store in 30 minutes, gathering along the way all necessary groceries for that week and nothing more.

Finally, once you've got all those groceries home, it's time to start cooking for the week. Cook all your meals for the week, package them up, and refrigerate them until needed.



## LONDON BROIL STEW (PW)

### PRELUDE

Have you ever been enticed by the cheap prices and lean cut of a London broil (top round), only to find that you need the chewing power of a mountain gorilla to eat it? The key to making London broil and other tough meats palatable, for those of us without a sagittal crest, is low temperatures and long cooking times. Crock Pot? Check. Tender meat? Check.

Barley was added to this recipe because it complements the taste of beef. It is also very nutritious: whole barley has more fiber per gram than oat bran, and it is rich in Vitamin A, folate, calcium and magnesium. The remaining vegetables provide a nice harmony to the final product, which is one of the most filling and satisfying 500 calories that you'll come across.

### INGREDIENTS

2 lbs London broil, cut into 1" cubes (fat removed)

1/3 cup whole uncooked barley

1 large onion, cut into 1" squares

1 large tomato, chopped

4 large stalks celery, chopped

4 large carrots, chopped (or a large handful of whole baby carrots)

4 tbsp whole flax seeds (or 8 tbsp ground)

2 cloves garlic, minced

1 bay leaf

1 beef bouillon cube

2 tbsp olive oil

Salt & pepper, to taste

3 cups water

### INSTRUCTIONS

Preheat the Crock Pot to 300-degrees F (medium).

In a large skillet or wok, brown the cubed steak and minced garlic in half of the olive oil, just until the outside is brown (leaving the inside raw). When the beef is browned, add the water and bouillon cube to the skillet. Bring to a boil, then pour mixture into the Crock Pot

With the remaining oil, stir-fry the onion, celery, and carrots in the skillet on medium-high heat for 5 minutes, then transfer to the Crock Pot.

Add the remaining ingredients to the Crock Pot, cover and simmer at 300-degrees F (medium or low) overnight (7-8 hours), or on high for 4 to 5 hours.

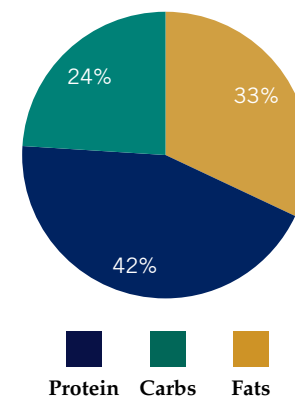
**Prep Time – 25 minutes (overnight cooking)**

**Difficulty Level – Easy**

**Servings – 4**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	512
Protein (g)	54
Carbohydrates (g)	31
fiber (g)	10.4
sugars (g)	9.6
Fat (g)	19
SFA (g)	4.1
MUFA (g)	8.9
PUFA (g)	4.0
omega-3 (g)	2.2
omega-6 (g)	1.6



## PEASANT STEW (ANYTIME)

### PRELUDE

During the Middle Ages in Europe, turnips were everyday staples for the huddled masses. People eventually came to prefer the potato, after it was introduced into Europe, because it packed more caloric bang for the buck. Potatoes have nearly three times the amount of calories per gram as turnips, primarily in the form of carbohydrates. While this discrepancy may have given the turnip a bad rap before, in today's world they can have certain advantages, particularly when you are not looking for a big dose of high-GI carbs. Add cabbage, onions, and carrots to the mixture, and you have yourself some medieval grub worthy of your finest doublet, slops, and biggin.

### INGREDIENTS

2 lbs cubed beef, eye of round, fat removed (use lamb for a more traditional recipe)

2 large turnips, peeled and cut into 1" cubes

Cabbage, 1/2 medium head, sliced

4 medium-large carrots, thickly sliced

15 green onions (scallions), chopped

10 medium mushrooms, halved

4 tbsp whole flax seeds (or 8 tbsp ground)

4 cloves garlic, minced

1 beef bouillon cube

2 tbsp olive oil

2 tbsp freshly chopped parsley (or 1 tsp dried)

Salt & pepper, to taste

3 cups water

### INSTRUCTIONS

In a large skillet or wok, brown the cubed steak and minced garlic in half of the olive oil, just until the outside is brown (leaving the inside raw). When the beef is browned, add the water and bouillon cube to the skillet. Bring to a boil, then pour mixture into the Crock Pot

With the remaining oil, stir-fry the turnips, scallions, and carrots in the skillet on medium-high heat for 5 minutes, then transfer to the Crock Pot.

Add the remaining ingredients to the Crock Pot, cover and simmer at 300-degrees F (medium or low) overnight (7-8 hours), or on high for 4 to 5 hours.

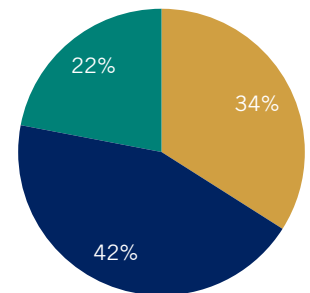
**Prep Time – 25 minutes (overnight cooking)**

**Difficulty Level – Easy**

**Servings – 4**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	521
Protein (g)	56
Carbohydrates (g)	30
fiber (g)	12
sugars (g)	10
Fat (g)	21
SFA (g)	4.7
MUFA (g)	9.7
PUFA (g)	3.9
omega-3 (g)	2.4
omega-6 (g)	1.6



■ Protein ■ Carbs ■ Fats

## VENISON STEW (PW)

### PRELUDE

If your childhood memory of venison stew involves a huge stinking pot of brown sludge cooked-up by the one of your hermit relatives with a camouflaged hat embroidered with “When guns are outlawed, only outlaws will have guns!” then fret not. Using a harmony of ingredients that serve to complement the taste of venison alleviates the gamey taste and smell in this dish. This recipe makes an enormous amount of hearty stew, so be prepared to share the wealth with hungry friends. Venison is a great source of protein and has a very favorable fatty acid profile.

### INGREDIENTS

3 lbs venison stew meat (1” cubes)  
 1/2 cup whole barley  
 1/2 cup whole wheat berries  
 4 tbsp olive oil  
 1 large onion, chopped into 1” squares  
 2 large chopped carrots  
 2 14-ounce cans (or 8 small fresh or 2 boxes frozen) artichoke hearts  
 4 cloves garlic, chopped fine  
 1/2 cup fresh parsley, chopped  
 2 bay leaves  
 3 cups red wine  
 1 cup beef stock  
 1 tsp salt  
 Pepper, to taste

### INSTRUCTIONS

Brown the meat in the oil and remove from the pan. Sauté the onion, garlic, and carrot in the pan where the meat was. Return the meat to the pan and add the wine and stock to the pot. Bring to a boil and add the bay leaves and parsley. Soak the canned artichoke hearts for a while in cold water to remove the brine taste (this is unnecessary if they are frozen), or cook the fresh artichokes in boiling water for 20 minutes, removing the hearts afterward. Put all of the ingredients together in a Crock Pot and cook at medium or low heat overnight (7-8 hours) or on high for 4 to 5 hours.

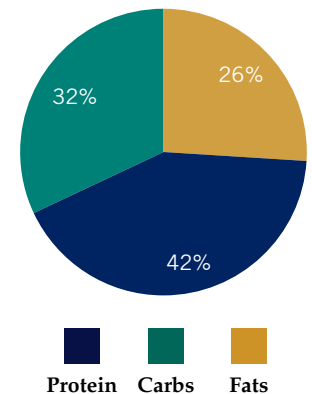
**Prep Time – 30 minutes (overnight cooking)**

**Difficulty Level – Easy**

**Servings – 8**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	457
Protein (g)	48
Carbohydrates (g)	37
fiber (g)	12
sugars (g)	6
Fat (g)	13
SFA (g)	2.8
MUFA (g)	6.5
PUFA (g)	2.4
omega-3 (g)	0.73
omega-6 (g)	1.59



YOU ARE WHAT YOUR BURGER EATS

“Wild and free-range animals that feed on wild grasses have a much more favorable fatty acid profile than feedlot animals. In essence, this means that wild game meat and free-range meat is simply better.”



You’re hearing a lot more about free-range meat lately for good reason. Wild and free-range animals that feed on wild grasses have a much more favorable fatty acid profile than feedlot animals. In essence, this means that wild game meat and free-range meat is simply better for ya.

Why is this the case?

Well, feedlot animals (such as cattle) nowadays are fed grains and all sorts of nasty rations including feed mixed with chicken feces and ground parts of other animals. This nasty cuisine is used to fatten cows up more quickly, allowing the rancher to sell the cattle sooner and for a higher price.

Unfortunately for us, the composition of fat in an animal’s body is determined by the types of fat that they eat. Feed a cow grains, chicken feces, and other cows – and you get an animal with fat that’s too high in its omega 6 to omega 3 ratio. This is bad for us. However, let that cow graze naturally on food that she prefers, and you get a great omega 6 to omega 3 ratio. That’s good for us.

(And who knows what the nutritional changes result when bubblegum is used as feed. No kidding, a study by Wolf et al. (1996) studied the effects of feeding cattle bubblegum and aluminum wrappers, and concluded a “positive outcome” in terms of weight gain).

The table below shows just how screwed up the omega fat ratio can be in our grain-fed beef compared to wild and free-range animals. Note, a lower ratio of omega 6 to omega 3 is best.

Fatty acid class	Mule deer	Pronghorn antelope	Elk	Free-range beef	Grain-fed beef
Omega-6	359	442	343	139	275
Omega-3	104	88	56	52	16
Omega-6 to Omega-3 ratio	3:1	5:1	6:1	3:1	17:1

**\*Data taken from Anderson et al. 1989; Miller et al. 1986 and represent the amount of polyunsaturated fatty acids (mg) in 100 grams uncooked meat**

In the end, game meat has more protein per ounce and a better profile of fatty acids. What more can you ask for?

OK, cheaper prices for one.

Steep prices for game meat will always be an issue because to produce game meat in abundance would require farming those animals, which would mean they would no longer be wild game. One solution is to befriend a hunter and get some game meat from them. Another is to eat the leanest cuts of meat from your grocery aisles (these meats come mostly from grain-fed feedlot animals). Finally, seek out free-range meat or game meat at specialty markets or butchers if your budget allows.

## SPLIT PEA SOUP (PW)

### PRELUDE

Few things are more satisfying than warming up to a nice bowl of hearty split pea soup on a cold winter night. This dish provides a certain 'stick to your ribs' goodness with nutrients that fuel those tired muscles.

Split peas are an excellent source of fiber, particularly cholesterol-lowering soluble fiber. Together with a low glycemic index, they provide a filling way to get your fiber and manage blood sugar levels. In addition, split peas have heart healthy nutrients such as magnesium and potassium.

### INGREDIENTS

1 lb dried green split peas, rinsed  
 1 lb diced turkey ham  
 3 carrots, sliced  
 3 stalks celery, chopped  
 1 large onion, chopped  
 4 leeks, sliced  
 1 bay leaf  
 1/4 cup fresh chopped parsley  
 2 tbsp olive oil  
 Salt & pepper, to taste  
 2 chicken bouillon cubes  
 4 cups water

**Prep Time – 20 minutes**  
**(overnight cooking)**

**Difficulty Level – Easy**

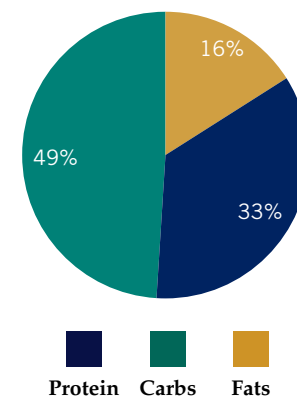
**Servings – 6**

### INSTRUCTIONS

To prepare the leeks, discard the outer leaves, green tops, and root ends, then split leeks lengthwise and rinse well. In a large skillet or wok, stir-fry all the vegetables in olive oil over medium-high heat for a few minutes until the vegetables are limp. Add 1 quart of water and bouillon cubes to the pan and bring to a boil. Transfer all ingredients except the turkey ham to a Crock Pot and cook on medium or low heat overnight (8 hours), or on high for 4 to 5 hours. The turkey ham should be added during the last 20 minutes of simmering.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	493
Protein (g)	42
Carbohydrates (g)	62
fiber (g)	23
sugars (g)	13
Fat (g)	9
SFA (g)	2.4
MUFA (g)	3.3
PUFA (g)	2.5
omega-3 (g)	0.24
omega-6 (g)	2.23



## KINGLY BASIL SOUP (ANYTIME)

### PRELUDE

This recipe combines the great nutritive properties of kidney beans with the wonderful flavor and aroma of basil. The ancient Greeks so revered basil that they named it basilikón, meaning “kingly.” Basil’s pleasant aroma has long been appreciated in Mediterranean kitchens, and it is a part of every great chef’s arsenal of spices. Because this recipe uses dry beans, it will require some extra preparation time. What else would you expect for a meal fit for a king?

### INGREDIENTS

1/2 lb dried white kidney beans (great northern)  
 1 lb beef (top round, eye of round, or bottom round), cut into 1” cubes  
 2 small zucchini, diced  
 1 small eggplant, diced  
 2 stalks celery, chopped  
 1 medium onion, chopped (particularly sweet onions like the Vidalia complement the basil in this dish)  
 4 large tomatoes, diced  
 1/4 cup fresh chopped basil  
 3 cloves garlic, minced  
 2 tbsp olive oil  
 2 tsp salt  
 1/8 tsp crushed red pepper  
 3 cups water

### INSTRUCTIONS

To soak the kidney beans, first rinse them, then place them in a large pot and add water at a 4 to 1 ratio (water to beans). Allow the beans to soak anywhere between 12 to 24 hours at room temperature. Baking soda should also be added to the soak for maximum results. Be sure to drain and rinse the beans thoroughly after the soaking period.

After soaking and rinsing the beans, brown the meat in a large skillet or wok with the olive oil over medium-high heat, just until the outside is brown (the inside should be pink). Remove the meat, and then stir-fry the vegetables and garlic for a couple of minutes. Return the beef to the skillet and add the water, then bring to a boil. Transfer the boiling mixture and the remaining ingredients, except the salt, to a Crock Pot set on medium or high. Cover and cook on medium or high setting for 5 to 8 hours. Do not add salt until the last hour of simmering, or the beans will be tough.

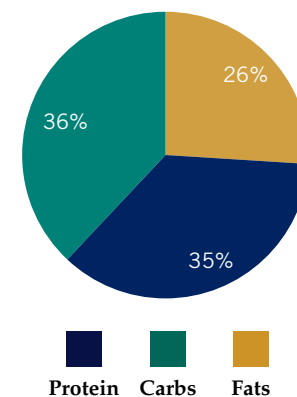
**Prep Time – This recipe requires a lot of planning, soaking, and simmering, although the actual preparation time is relatively painless (30 minutes)**

**Difficulty Level – Medium,**

**Servings – 4**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	556
Protein (g)	50
Carbohydrates (g)	55
fiber (g)	20
sugars (g)	15
Fat (g)	17
SFA (g)	4
MUFA (g)	8.9
PUFA (g)	1.6
omega-3 (g)	0.09
omega-6 (g)	0.96





BEAN ME UP

“A recent study found that legumes may add years to your life”



With all of the bad rap beans get in terms of gas, allergies, and anti-nutrients, they are often eyed suspiciously before being passed over in lieu of perceivably safer, more user-friendly foods. Nevertheless, these legumes possess so many potential benefits that they can’t be ignored.

With ratings somewhere near the basement of the glycemic index, more fiber than any grain source, and the potential for reducing body fat and increasing relative muscle mass, beans are certainly a viable menu option for those without known allergies.

And, if the promise of a leaner physique isn’t enough, a recent study found that legumes may add years to your life, being the most effective dietary predictor of survival in a longitudinal study of elderly people across the world.

The table below presents some of the more impressive nutritional statistics for beans including glycemic index, carbohydrate content, fiber content, and carbohydrate to fiber ratio.

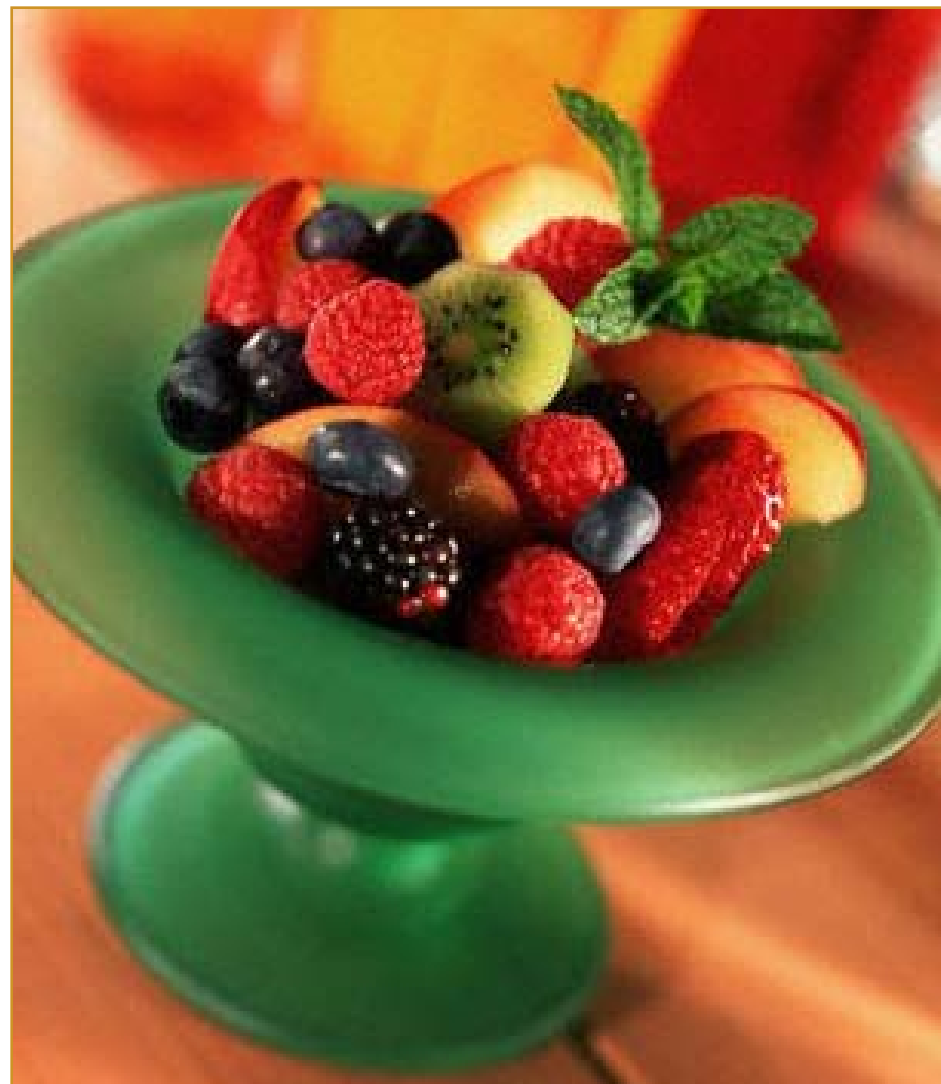
	Lentils	Split Peas	Pinto Beans	Lima Beans	Chick Peas	Kidney Beans	Black Beans	Whole Wheat Bread	Rolled Oats	White Bread
Weight (raw)	100g	100g	100g	100g	100g	100g	100g	100g	100g	100g
Glycemic Index	29	32	39	32	28	28	30	71	58	73
Carb	57.1	60.4	63.4	63.4	60.7	61.3	62.4	72.6	66.3	76.3
Fiber	30.5	25.5	24.4	19.0	17.4	15.2	15.2	12.2	10.6	2.7
Carb:Fiber ratio	1.9	2.4	2.6	3.3	3.5	4.0	4.1	5.9	6.3	28.3

This table represents the glycemic index, carbohydrates, and fiber of bean varieties, compared with common grains

## SIDE DISHES

Part of the fun of preparing food involves creativity and flexibility. Recipes need not always be complete meals and the side dishes in this chapter were designed to provide some versatility in your food preparation. Do you need something to serve with your Mongolian beef to really impress that date? Add some teriyaki lettuce wraps as an appetizer. Also, when you get home from work and you're looking for something quick and nutritious, use some ideas from this chapter to make a quick vegetable side dish to complement some pre-cooked lean meat of some sort. Just mix it up and your healthy eating habits will get better with each interesting meal.

- Carrot Salad
- Hummus
- Roasted Peppers
- Mediterranean Salad
- Grilled Peppers and Tomatoes
- Toasted Quinoa Salad
- Guacamole
- Mashed Garlic Cauliflower (Mock Mashed Potatoes)
- Teriyaki Lettuce Wraps
- Fruit Salad
- Pesto
- Tabouli





## CORN ON THE COB IN 3 MINUTES



Want a quick way to prepare your corn on the cob? Look no further. Not only is this the quickest method, but it is also one of the best ways to make firm, yet juicy corn on the cob. Simply place a large cob of corn (husk on) on a paper towel in the microwave and nuke on high for 2.5 minutes. The last 30 seconds involves de-husking the corn. This is a great way to sneak in some variety in those office lunches when time is of essence.

## CARROT SALAD (PW)

### PRELUDE

Here is one of our favorite ways to prepare carrots. This carrot salad has a refreshing, light taste, and the pineapples provide a nice textural component, while complementing the sweetness of carrots. Carrot salad is particularly well suited as a side dish with beef, or as a counter balance with spicy-hot dishes. It can also be served as a dessert.

### INGREDIENTS

1 lb carrots (4-5 large),  
peeled and grated

1/2 cup pineapple  
chunks (unsweetened),  
drained

1/2 cup whole plain  
yogurt

1/2 cup raisins,  
plumped in water (see  
below)

Splenda, to taste  
(doesn't need much)

Dash of salt

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 4**

### INSTRUCTIONS

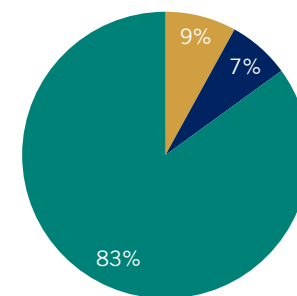
Before you start peeling and grating, put your raisins in a large bowl with 1 cup of water, then microwave on high for 1 minute, or until water is warm to the touch. Water heated on the stove will also work for this purpose. Allow the raisins to soak during the preparation period.

Peel the carrots with a vegetable peeler, and then grate them with a box grater or plane grater. A tip for this recipe is to use the smaller holes on your grater, since the finer the carrots are grated, the more flavor they absorb from the other ingredients. Watch those fingers when you near the end of the carrot!

Drain the raisins after they have plumped. This can take up to an hour, but if you don't feel like waiting around, then 15 minutes or so is fine. In a large bowl, mix together all of the ingredients and refrigerate. Serve chilled.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	134
Protein (g)	3
Carbohydrates (g)	30
fiber (g)	4
sugars (g)	24
Fat (g)	1
SFA (g)	0.7
MUFA (g)	0.3
PUFA (g)	0.2
omega-3 (g)	0.04
omega-6 (g)	0.13



■ Protein ■ Carbs ■ Fats

## WHAT'S UP DOC – THE MYTH OF CARBS AND CARROTS

**“When you consider that carrots are a good source of protective phytochemicals such as carotenoid pigments that fight cancer, then it would be a shame to exclude these tasty little roots from our nutritional repertoire.”**



Carrots are one of the most versatile vegetables, often serving as a vital component in savory and sweet dishes alike. But you will find a lot of confusion about whether or not carrots can be part of a healthy diet.

Over the past few years as carb-conscious people began perusing the glycemic index, a red flag was cast aloft when carrots were shown to have a high GI – up to 95. As a result, the carrot has often been lumped together with the potato as being one of those diabolical tubers posing as a healthy vegetable, just waiting for a hitch on the adipose express.

However, the high GI and related drop in the reputation of carrots is quite misleading. Firstly, it's important to understand that carrots don't have all that many carbs. One large carrot has about 7g of carbs. Glycemic index testing is performed by feeding volunteers 50g of useable carbohydrate for various foods. That's seven large carrots, or about a pound and a half of pure tuber goodness. Hope you're hungry!

Therefore carrots present few problems for the vast majority of people who don't stuff several pounds of food down their pie hole in one sitting. When you consider that carrots are a good source of protective phytochemicals such as carotenoid pigments that fight cancer, then it would be a shame to exclude these tasty little roots from our nutritional repertoire. That's right; carrots are back on the menu!

## HUMMUS (ANYTIME)

### PRELUDE

If you don't plan to visit Israel anytime soon, then try our "healthy hummus." This dish is an attempt to recreate one of the best hummus dishes in all of Old Akko. While full replication would require hours of soaking the beans, then boiling them, then rinsing and washing just to get started, we decided to strike a balance between taste and the reality that most of us don't have days to spend slaving over a bowl of hummus. Thus canned chickpeas are used to cut corners. Nevertheless, the precise proportions of ingredients in this recipe produce a hummus worthy of a spot on the dinner table of any Levantine home.

### INGREDIENTS

3 cans chickpeas  
(5 cups), drained and  
rinsed thoroughly

5 tbsp tahini

6 cloves garlic, minced

Juice from 2 large fresh  
lemons

1/3 cup olive oil, plus  
1 tbsp (for browning  
garlic)

1/3 tsp salt

1/8 to 1/4 cup water

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 10**

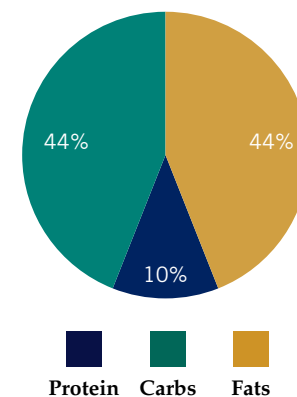
### INSTRUCTIONS

Brown the garlic in a skillet with 1 tbsp olive oil over medium heat (about 3-5 minutes). In a large food processor, add the tahini, browned garlic, lemon juice, olive oil, salt, and 1 cup of the drained and rinsed chickpeas. Process the mixture until everything is mashed, then add another cup of whole chickpeas. Repeat this process until all of the chickpeas have been added, adding some of the water when the mixture becomes too dry. Blending should take place for several minutes, until the hummus is smooth and creamy.

Serve the hummus on a plate or in a shallow bowl, flattening it into a circular shape with a basin in the middle. Drizzle olive oil in the basin and use as a dip for your favorite vegetables, whole-wheat pita, or whatever you fancy. Mediterranean Salad, also found within this chapter, complements this dish particularly well.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	266
Protein (g)	7
Carbohydrates (g)	30
fiber (g)	6
sugars (g)	4
Fat (g)	13
SFA (g)	2
MUFA (g)	8
PUFA (g)	3
omega-3 (g)	0.05
omega-6 (g)	0.67



## HUMMUS – GUILT FREE DIPPING

**Did we mention that this hummus has great nutritive properties?**



Hummus is a Levantine dish that is a mixture of mashed chickpeas, garlic, lemon, and tahini. Despite these basic ingredients, the taste and texture of hummus varies wildly across regions and even between restaurants. Typically, the further you get from its homeland, the worst hummus tastes (the canned stuff here in the West shouldn't even be called by the same name).

When you find a chef who knows just how to manipulate these ingredients, it is something truly special to eat. Within countries like Israel, Lebanon, Syria, and Jordan, there is always some obscure little restaurant tucked away in a back alley, which is a candidate the best hummus in that country. If you get a chance to visit Israel, we recommend "Hummus Said's" in Old Akko.

Did we mention that this hummus has great nutritive properties?

After all, taste is not the only thing we're after here. Hummus combines the monounsaturated fat in tahini and olive oil, together with chickpeas, which are an excellent source of folate, potassium, vitamins B6 and C, and zinc. But wait, you may ask, isn't this dish composed primarily of carbohydrates and fat? Say it ain't so! Do not distress, for chickpeas provide a rare exception to the rule of avoiding significant amounts of these two macronutrients in one sitting. With their rock bottom glycemic index of 28 and extremely low carb to fiber ratio, the blood sugar release of chickpeas can only be described as glacial. Given that hummus is included here in a section of side dishes, it is presumed that it will be a component of a well-rounded meal including a protein source and some vegetables.

## ROASTED PEPPERS (ANYTIME)

### PRELUDE

Late August in Hatch, New Mexico is harvest time, and for chili aficionados, there is something magical about the smell of these green peppers being roasted over an open fire. Roasted Hatch chiles are used in dishes ranging from quesadillas, salsa, pesto spread and crab cakes. They can be used straight from the grill (after peeling), or marinated. This recipe makes marinated roasted peppers. Regular green bell peppers are substituted for Hatch chiles, unless of course you can get your hands on the real deal. This extends the shelf life of the peppers, and provides a versatile side dish that can complement almost any type of grilled or roasted meat.

### INGREDIENTS

2 large bell peppers  
(substitute with an equivalent amount of Hatch chiles if they are in season).  
2 cloves garlic, chopped  
1 tsp salt  
1/4 tsp ground pepper  
1/4 cup olive oil  
1 tbsp cider vinegar

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 6**

### INSTRUCTIONS

Wash the peppers, then cut in half and remove all the membrane and seeds. Toss the pepper halves in a bowl with a portion of the olive oil. Using the flame of a gas stove, or heated coals, burn the skin of the peppers by placing the halves on the flame or coals, skin side down. Char the peppers thoroughly, until the entire outside is black.

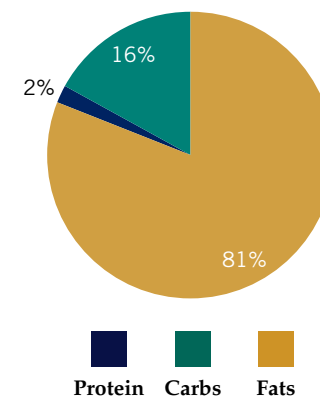
After charring, place the peppers in a large bowl and cover with plastic cling wrap, which will trap the heat and steam the peppers. While the peppers are steaming, heat the oil used for the toss (about 2 tbsp) in a skillet over medium heat, and brown the crushed garlic. Transfer the browned garlic and remaining oil back into the original portion of olive oil.

After the peppers have steamed for about 15 minutes, rinse them in cool running water, lightly rubbing the charred skins to remove the burnt surface.

Cut the rinsed peppers into strips and marinate several hours in the fridge in a Mason jar with remaining ingredients.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	96
Protein (g)	1
Carbohydrates (g)	4
fiber (g)	1
sugars (g)	1
Fat (g)	9
SFA (g)	1
MUFA (g)	7
PUFA (g)	1
omega-3 (g)	0.06
omega-6 (g)	0.76



## MEDITERRANEAN SALAD (ANYTIME)

### PRELUDE

Ever hear the expression “cool as a cucumber”? There are few other vegetables as refreshing and light as a chilled cucumber. When cucumbers are combined with tomatoes and olive oil, a simple, elegant salad is produced that is widely eaten in the often dry, parched regions of the Eastern Mediterranean. It is hydrating and nourishing, and its quick and easy preparation will allow you to work it in to the busiest of schedules.

### INGREDIENTS

1 large cucumber  
1 large red tomato  
1 tbsp olive oil  
Dash of salt

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

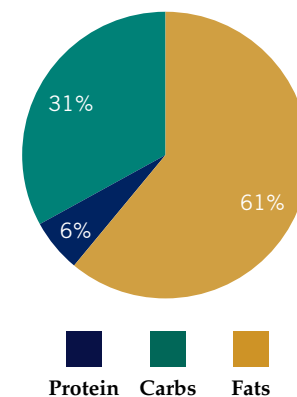
**Servings – 2**

### INSTRUCTIONS

Some people prefer to peel the cucumber first, but this is not necessary. Simply chop the cucumber and tomato into small cubes, then toss with the olive oil and salt. Serve chilled.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	98
Protein (g)	2
Carbohydrates (g)	8
fiber (g)	2
sugars (g)	5
Fat (g)	7
SFA (g)	1
MUFA (g)	5
PUFA (g)	1
omega-3 (g)	0.09
omega-6 (g)	0.68





## GRILLED PEPPERS AND TOMATOES (ANYTIME)

### PRELUDE

This dish is a quick and easy way to prepare a side of veggies to complement a host of entrees. Using your creativity, you can change the taste entirely with a different mixture of spices. If you're in an Italian mood, go heavy with the basil and oregano. If Middle Eastern is on the menu, use a little curry and a bay leaf. This dish can be served warm immediately after cooking, or you can store it in the fridge and serve it chilled as a salad.

### INGREDIENTS

1 large onion  
2 medium bell peppers  
2 medium tomatoes  
1 tbsp olive oil  
Salt & pepper, to taste  
Optional spices: bay leaf, turmeric, curry, parsley, oregano, basil (not all together!)

**Prep Time – 10 minutes**

**Difficulty Level – Easy**

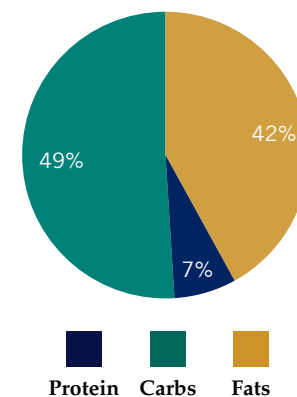
**Servings – 2**

### INSTRUCTIONS

Spilt the bell peppers in half and remove stems, seeds, and membrane. Chop all vegetables into 1-inch squares, then sauté in a skillet with the olive oil for about 5 minutes on medium-high heat, until the peppers start to become soft and the tomatoes start to dissolve.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	141
Protein (g)	3
Carbohydrates (g)	19
fiber (g)	5
sugars (g)	10
Fat (g)	7
SFA (g)	1
MUFA (g)	5
PUFA (g)	1
Omega-3 (g)	0.06
Omega-6 (g)	0.75



## TOASTED QUINOA SALAD (PW)

### PRELUDE

Few people know of quinoa, which is unfortunate because if there were one grain you would want to include in your diet above all others, this would be the one. Native to the Andes highlands, quinoa is a small, globular grain with a great taste and incredible nutritive properties which probably are a result of its unique growing area above 10,000 feet.

For this recipe, quinoa serves as the bulk of a hearty yet refreshing salad. Fresh cilantro, mint, and limejuice add zest to this dish, which is served chilled and makes a great bed for grilled fish or chicken.

### INGREDIENTS

1 cup dry quinoa  
 2 cups water  
 1 cup fresh cilantro, chopped  
 1/4 cup fresh mint leaves, chopped  
 1 thick slice (3/4-inch) red onion, chopped  
 1 small jalapeno pepper, seeded and chopped  
 1 tbsp fresh ginger root, chopped  
 4 tbsp limejuice  
 2 tsp olive oil  
 1/4 tsp salt  
 1/4 cup walnut pieces

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2 (large)**

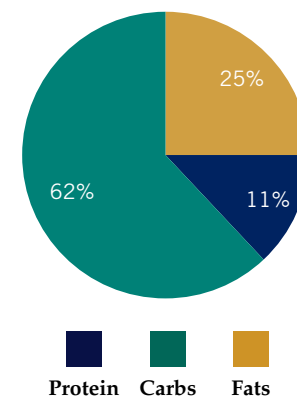
### INSTRUCTIONS

Brown the dry quinoa in a skillet over medium heat, stirring consistently for about 6 minutes. Bring the water, ginger, jalapeno, and salt to a rolling boil, add the quinoa, cover and reduce heat to low. Simmer with a tight lid until all or most of the liquid is absorbed, about 12 minutes. Transfer to a fine mesh strainer and fluff with a fork.

After the quinoa has cooled, add the rest of the ingredients and lightly stir until well blended. Store in the refrigerator and serve cool.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	403
Protein (g)	13
Carbohydrates (g)	64
fiber (g)	7
sugars (g)	2
Fat (g)	12
SFA (g)	1
MUFA (g)	5
PUFA (g)	4
omega-3 (g)	0.35
omega-6 (g)	1.74



GUACAMOLE (ANYTIME)

PRELUDE

As long as you skip the corn chips, guacamole is a very healthy source of monounsaturated fat. Our version combines avocados, tomatoes, and lemon juice for a quick, healthy side dish. Instead of using chips, try dipping with carrots, celery, cucumbers, or any vegetable of your choice. You can also spread guacamole over a roasted chicken breast together with salsa for a Mexican twist.

INGREDIENTS

- 3 medium avocados, skin and cores removed
- 1 medium tomato, chopped
- 1 tsp lemon juice
- 1/4 tsp salt

Prep Time – 10 minutes

Difficulty Level – Easy

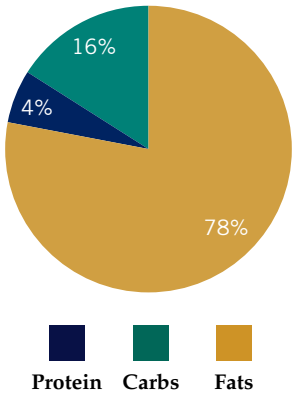
Servings – 5

INSTRUCTIONS

Combine all of the ingredients in a large bowl and mix thoroughly.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	190
Protein (g)	2
Carbohydrates (g)	9
fiber (g)	5
sugars (g)	2
Fat (g)	18
SFA (g)	3
MUFA (g)	12
PUFA (g)	2
omega-3 (g)	0
omega-6 (g)	2.03



# MASHED GARLIC CAULIFLOWER (MOCK MASHED POTATOES; ANYTIME)

## PRELUDE

Here is a low-carb version of everyone's favorite mashed potatoes. Cauliflower makes a surprisingly convincing substitute for potatoes, which is a perfect complement for low carb meals when you don't want a load of carbs.

## INGREDIENTS

1 large head cauliflower  
1 tbsp butter, coconut oil, or Smart Balance butter spread  
2 cloves garlic, chopped  
1 tsp salt

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

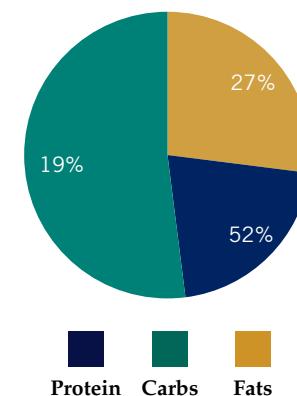
**Servings – 3**

## INSTRUCTIONS

In a large pot with a tight-fitting lid, steam the cauliflower for 15 minutes in 2 inches of water. Transfer the cauliflower to a food processor and puree in small batches, until incorporating all of the cauliflower. Add the butter, garlic and salt, and continue processing until it reaches a smooth, creamy texture.

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	100
Protein (g)	6
Carbohydrates (g)	15
fiber (g)	7
sugars (g)	6
Fat (g)	4
SFA (g)	1
MUFA (g)	1
PUFA (g)	2
omega-3 (g)	0.4
omega-6 (g)	0.8



## TERIYAKI LETTUCE WRAPS (ANYTIME)

### PRELUDE

This healthy version of a spring roll is a perfect complement to any Asian dish. It can also serve as a stand-alone meal, which is convenient because it's hard to stop eating these things. We chose iceberg lettuce because of its crispier texture. Green leaf lettuce can certainly be used if you wish.

### INGREDIENTS

1 lb raw chicken breast, minced

Iceberg lettuce, 9 large leaves

1 cup water chestnuts (from can, drained), slivered

1 cup bean sprouts

3 cloves garlic, minced

1 tbsp peanut oil

2 tbsp white cooking wine

2 tbsp teriyaki sauce (soy sauce can be substituted)

Salt, to taste

**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 3 (3 lettuce wraps per serving)**

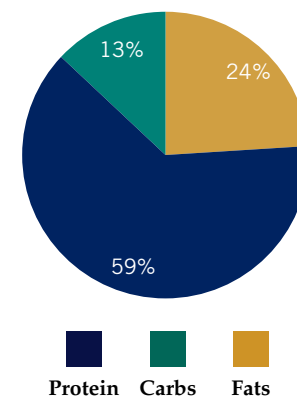
### INSTRUCTIONS

Marinate the minced chicken breast for 5-10 minutes (while preparing the other ingredients) in the cooking wine, garlic, and teriyaki sauce. Heat the peanut oil over medium-high heat, and then add the diced chicken in its marinade. Stir-fry for about 10 minutes, until chicken is cooked, adding the water chestnuts about half-way through.

Place the stir-fried mixture on a large plate by itself, and serve the lettuce and bean sprouts separately. Make the wraps as you eat them by adding the stir-fried mixture and then the bean sprouts to the middle of a lettuce leaf, and then folding over into a spring roll shape.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	250
Protein (g)	37
Carbohydrates (g)	8
fiber (g)	2
sugars (g)	1
Fat (g)	7
SFA (g)	1
MUFA (g)	3
PUFA (g)	2
omega-3 (g)	0.1
omega-6 (g)	1.8



FRUIT SALAD (PW)

PRELUDE

Fruit salad is perfect for a healthy dessert. In this particular one, lemon juice ensures that the bananas will not brown when stored in the refrigerator.

INGREDIENTS

- 1 pint strawberries, sliced
- 3 medium bananas, sliced
- 2 large kiwi fruits, sliced
- 1 tbsp lemon juice

Prep Time – 5 minutes

Difficulty Level – Easy

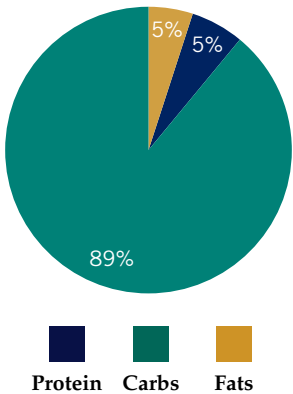
Servings – 3

INSTRUCTIONS

Add all of the ingredients to a large bowl and toss lightly to mix. Splenda can be added for additional sweetness.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	183
Protein (g)	3
Carbohydrates (g)	45
fiber (g)	8
sugars (g)	34
Fat (g)	1
SFA (g)	0.2
MUFA (g)	0.1
PUFA (g)	0.3
omega-3 (g)	0.13
omega-6 (g)	0.19



## PESTO (ANYTIME)

### PRELUDE

This fragrant paste is an excellent addition to many meals. Proper pesto is ground with a pestle and mortar, which releases more of the flavor from the basil leaves. But for our purposes, a blender works great, and still makes a tasty green sauce. A couple of tablespoons of pesto makes a great accompaniment to a meal to boost monounsaturated fatty-acids.

### INGREDIENTS

2 cups packed basil leaves, fresh  
1/2 cup olive oil  
1/3 cup grated Parmesan cheese  
1/4 cup pine nuts  
4 cloves garlic

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

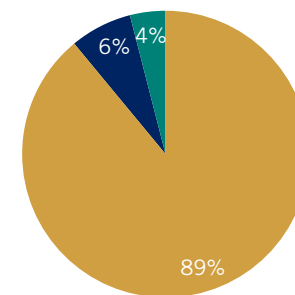
**Servings – 8**

### INSTRUCTIONS

Add the basil leaves first to the blender in small batches and process until well chopped. Add the remaining ingredients in 3 smaller batches and blend. Process the pesto until it forms a thick, smooth paste. Store in an airtight container in the refrigerator, or freeze for prolonged storage.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	164
Protein (g)	3
Carbohydrates (g)	2
fiber (g)	1
sugars (g)	0.3
Fat (g)	17
SFA (g)	3
MUFA (g)	11
PUFA (g)	2
omega-3 (g)	0.2
omega-6 (g)	2.0



Protein
  Carbs
  Fats



## TABOULI (ANYTIME)

### PRELUDE

This healthful and nutritious Mediterranean salad is an excellent accompaniment to most meals, and a great way to incorporate some leafy greens and monounsaturated fatty-acids into your diet.

### INGREDIENTS

1 cucumber, chopped  
 2 tomatoes, chopped  
 8 scallions (green onions), chopped  
 1/2 cup fresh mint leafs, chopped  
 2 cups fresh parsley, chopped  
 1 clove garlic, chopped  
 4 tbsp olive oil  
 1/2 cup lemon juice  
 Salt & pepper, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

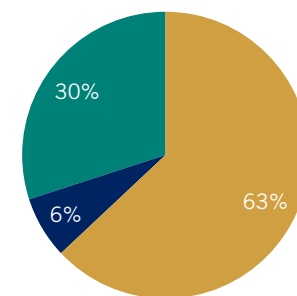
**Servings – 6**

### INSTRUCTIONS

Combine everything together in a large bowl and toss until mixed completely.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	125
Protein (g)	2
Carbohydrates (g)	10
fiber (g)	3
sugars (g)	5
Fat (g)	10
SFA (g)	1
MUFA (g)	7
PUFA (g)	1
Omega-3 (g)	0.1
Omega-6 (g)	0.9



Protein
  Carbs
  Fats

## BARS & SNACKS

There is a reason why protein bars are such big sellers in supplement shops: they are quick and convenient. Unfortunately, most of the popular protein bars are not much more than candy bars with added protein, and poor-quality protein at that. It is almost impossible to avoid questionable ingredients and/or incorrect label claims on the pre-packaged bars out there. Your best bet is to not even bother with the multitude of protein bar brands. Just make your own!

We have provided a series of recipes for protein bars below to meet any need, be it protein and high-GI carbs, low-GI carbs, or protein and healthy fats. These are perfect for meals on the go, when you don't even have time to reheat a 'real' meal in the microwave. They are also great for adding calories to your diet between meals. However, don't make the mistake of replacing too many of your real meals with bars. Even though they are healthy, you still need veggies, fruit, and protein from whole food sources.

- Mixed Nut Bar
- Chocolate Peanut Butter Bar
- Cinnamon Raisin Bars
- Peanut Butter Banana Bars
- S'mores Bars
- No Bake Strawberry Cheesecake
- Zucchini Bread
- Rice Pudding
- Peanut Butter Fudge Bars
- Apple Cobbler Bars
- Cranberry Oat Brownies
- Ginger Apricot Scones
- Pre-Bed Snack
- Chocolate Chip Cookie Dough Bars
- Granola Bars
- Mocha Espresso Bars



## NOW YOU'RE COOKING WITH PROTEIN

**"Since it's the amino acid content that's most important anyway and cooking your protein doesn't negatively impact on it, cooking your protein might not be such a bad thing after all."**



A few of the recipes in this book require the heating of protein powder – a controversial topic, for sure. So let's clear this debate up before you get the idea we're trying to foil your muscle building attempts with "denatured" protein.

For starters, cooking protein does denature it. Denaturation is, by definition, the "destruction of the physical integrity of a compound by heat, extreme pH, or chemical treatment resulting in a loss of metabolic function."

But it's important to realize that denaturation isn't necessarily a bad thing. In fact when it comes to most food sources of protein (eggs, meat, fish), it is generally accepted that the cooking and subsequent denaturation of these foods is a good thing. When these foods are cooked, their physical properties become changed (denatured). Yet once these foods are in the GI tract, however, digestion takes over and ultimately, all that protein is broken down (denatured again) to its amino acid components for absorption into the blood stream.

So as you can see – cooking denatures and so does the body.

Since the denaturation process simply alters the relationships between the amino acids in your protein but doesn't destroy them or render them unusable, from an amino acid intake perspective, cooking your protein is just fine. Those aminos are all going to the same place anyway.

However, there is one other thing to take into account. Since there are several interesting and biologically active peptides concentrated in protein powders, peptides that depend on unique amino acid relationships, cooking may destroy some of them.

But in the end, since it's the amino acid content that's most important anyway and cooking your protein doesn't negatively impact on it, cooking your protein might not be such a bad thing after all.

## MIXED NUT BAR (ANYTIME)

### PRELUDE

It is incredibly difficult, if not impossible, to find a pre-packaged protein bar on the market that has good fats with few carbohydrates. Most of the 'low-carb' bars out there are filled with glycerin or other empty carbs, together with bad fats. If you're fed-up with what is available, then just make your own. This recipe combines the good fats and nutrients in various nuts, together with whey protein for an easy-to-make bar that's low in carbs.

### INGREDIENTS

3/4 cup pecan meal  
 3/4 cup almond meal  
 1/4 cup walnut pieces  
 2 whole omega-3 eggs  
 plus 2 whites, beaten  
 6 scoops vanilla whey  
 1/4 tsp salt  
 Splenda, to taste  
 (optional)

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

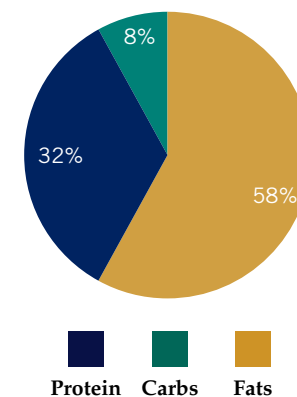
**Servings – 6**

### INSTRUCTIONS

To make the pecan and almond meal, process the nuts in a blender. Mix everything together in a large bowl, and continue stirring until all of the ingredients have mixed together thoroughly. Spread the dough into an 8x8-inch baking dish coated with olive oil cooking spray and bake for 15 minutes at 350-degrees F.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	379
Protein (g)	32
Carbohydrates (g)	9
fiber (g)	4
sugars (g)	2
Fat (g)	26
SFA (g)	3
MUFA (g)	14
PUFA (g)	8
Omega-3 (g)	0.4
Omega-6 (g)	7.4



## CHOCOLATE PEANUT BUTTER BAR (ANYTIME)

### PRELUDE

Here is another version of a low carb bar that combines the flavor harmony of chocolate and peanut butter together with healthy fats and protein.

### INGREDIENTS

1/2 cup pecan meal  
 1/2 cup almond meal  
 1/2 cup peanut butter  
 1/3 cup flax meal  
 1 tbsp cocoa powder, unsweetened  
 Splenda, to taste (about 1/4 cup of the granulated type, or about 6 packets)  
 1 whole egg plus 1 egg white, beaten  
 6 scoops chocolate whey  
 1/4 tsp salt

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

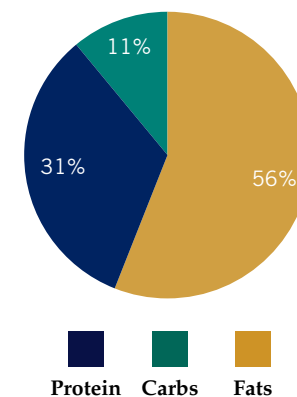
**Servings – 6**

### INSTRUCTIONS

Mix everything together in a large bowl. You will have to keep stirring to get everything to mix into a thick dough. Spread the mixture into a 8x8-inch baking dish coated with olive oil cooking spray. Bake for 12 minutes at 350-degrees F.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	396
Protein (g)	33
Carbohydrates (g)	12
fiber (g)	5
sugars (g)	4
Fat (g)	26
SFA (g)	4
MUFA (g)	13
PUFA (g)	8
Omega-3 (g)	1.1
Omega-6 (g)	6.5



## CINNAMON RAISIN BARS (PW)

### PRELUDE

Just as there is a lack of good low carbohydrate bars on the market, bars with carbs from good sources are also frustratingly absent. Most protein bars out there use undesirable carbohydrate sources such as corn syrup. This bar provides a nice alternative. It's quick, easy, and delicious.

The most important thing about making these bars is that you don't cook them too long. When experimenting with the recipe, we used 3 different cooking times: 15, 20, & 25 min at 350-degrees F. At 15-min the bars were undercooked but tasty. At 20-min they were nearly overcooked and didn't quite have the flavor of the 15-minute batch. And at 25-min they were hockey pucks. So the ideal time is right between 15 and 20 minutes.

### INGREDIENTS

2 cups rolled oats  
8 scoops vanilla whey  
1 cup raisins  
1-1/2 cups unsweetened applesauce  
1 tbsp olive oil or flax oil  
2 tsp cinnamon  
1 tsp salt  
1 tsp vanilla extract  
Splenda, to taste (about 1/2 cup granulated or 10-15 packets)

**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 8**

### INSTRUCTIONS

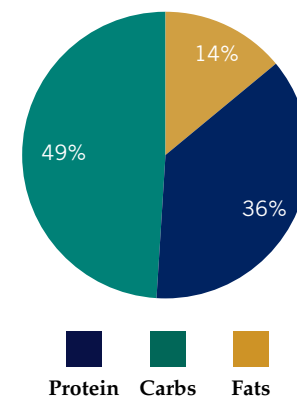
In a clean, dry blender, process one cup of rolled oats into flour (blend on medium for about 1 minute). Stir together the following ingredients in a large bowl: oat flour, the remaining rolled oats (1 cup), raisins, protein powder, Splenda, cinnamon, salt. Stir the applesauce and vanilla extract together with the dry ingredients and mix thoroughly.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with a olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. Fold them like tamales, folding the ends over to prevent spillage. You can flatten them into bar shapes if you want to avoid a tube-shaped bar.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 16-20 minutes. \*Be sure not to overcook\*

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	277
Protein (g)	26
Carbohydrates (g)	35
fiber (g)	5
sugars (g)	18
Fat (g)	5
SFA (g)	1
MUFA (g)	1
PUFA (g)	2
omega-3 (g)	1.0
omega-6 (g)	0.7





## PEANUT BUTTER BANANA BARS (PW)

### PRELUDE

Like the cinnamon raisin bars, this is a high protein bar with complex carbs and fiber from oats, rather than empty carbs from sugar or sugar alcohol. They're quick, easy, and delicious, especially if you enjoy the harmony of peanut butter and bananas. Elvis would be proud.

### INGREDIENTS

8 scoops vanilla whey protein powder  
2 cups rolled oats  
4 medium bananas (raw)  
1.2 oz banana chips (about one handful)  
4 tbsp chunky peanut butter  
1 cup granulated Splenda  
1 tsp salt

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 8**

### INSTRUCTIONS

In a clean, dry blender, process one cup of rolled oats into flour (blend on medium for about 1 minute). After removing the oat flour, put the banana chips into the blender and chop into chips (only takes a few seconds). Put all of the dry ingredients into a large bowl and stir together: oat flour, the remaining rolled oats (1 cup), chopped banana chips, protein powder, Splenda, salt.

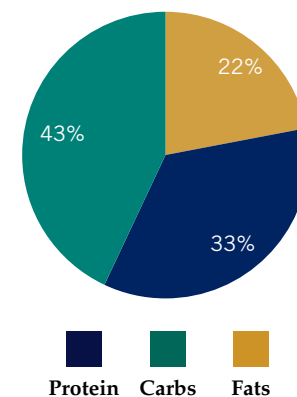
Slice the raw bananas into the blender and process on medium speed, until producing a puree. Add the peanut butter and blend for a few seconds, just until mixed (you want to leave some peanut chunks for texture). Stir the banana-peanut butter puree together with the dry ingredients and mix thoroughly.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. Fold them like tamales, folding the ends over as well. You can flatten them into bar shapes if you want.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 16-20 minutes. \*Be sure not to overcook\*

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	323
Protein (g)	28
Carbohydrates (g)	37
fiber (g)	5
sugars (g)	17
Fat (g)	8
SFA (g)	3
MUFA (g)	3
PUFA (g)	2
omega-3 (g)	0.04
omega-6 (g)	1.63





## S'MORES BARS (PW)

### PRELUDE

Here is yet another flavor version of the protein bars with rolled oats as carbs instead of the undesirable ingredients you'll find in most store-bought varieties. Like the Cinnamon-Raisin and Peanut Butter Banana bars, the most important key to success for these bars is the cooking time. It is far better to undercook these than to overcook them. The difference between moist, rich bars, and dry, tasteless ones can be the result of only 2 additional minutes in the oven.

### INGREDIENTS

8 scoops chocolate whey protein powder

2 cups rolled oats

1/2 cup graham cracker crumbs

1/4 cup cocoa powder, unsweetened

1/3 cup malt-sweetened chocolate chips

1/2 cup granulated Splenda (or a few packets)

1/4 tsp salt

1/2 to 3/4 cup unsweetened applesauce

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 8**

### INSTRUCTIONS

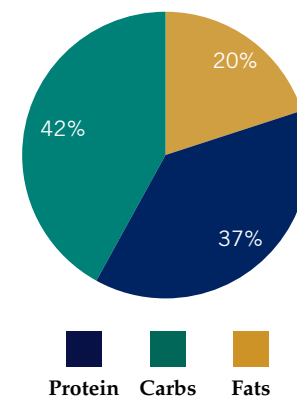
In a dry blender, process 1 cup of the rolled oats into flour. Add the oat flour to the remaining cup of rolled oats in a large bowl, and mix with the remaining dry ingredients. After the dry ingredients are thoroughly mixed together, add 1/2 cup of the applesauce and stir. If mixture is too dry, add more applesauce 1 tbsp at a time. It will seem like there is not enough applesauce at first, but keep stirring, and it will mix. Try to use as little applesauce as possible, because it's easy to make the mixture too saucy.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with a olive oil olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. I fold them like tamales, folding the ends over as well.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 15-18 minutes. \*Be sure not to overcook\*

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	275
Protein (g)	27
Carbohydrates (g)	30
fiber (g)	4
sugars (g)	8
Fat (g)	6
SFA (g)	3
MUFA (g)	2
PUFA (g)	1
Omega-3 (g)	0.02
Omega-6 (g)	0.46



NO-BAKE STRAWBERRY CHEESECAKE (PW)

PRELUDE

Perhaps your friends and/or family who practice less than diligent eating habits would like to believe that you would probably shriek and flee at the sight of a cheesecake. Throw them for a loop and prepare one yourself and then let them watch you sit down and eat half of it. Of course, you'll be eating our high-protein, healthy, and delicious version, but they'll be none the wiser. We even managed to slip some omega-3's in there! Good luck keeping one of these around for longer than a day.

INGREDIENTS

- Crust:**
- 1 cup graham cracker crumbs
  - 1/4 cup ground flax seeds
  - 1/4 cup raw oat bran
  - 1 oz fat-free cream cheese, warmed in microwave
  - 1/3 cup water
- Cheesecake:**
- 2 cups lowfat cottage cheese
  - 1/2 package (52 g) powdered Jell-O instant pudding, cheesecake flavor
  - 3 oz. fat-free cream cheese
  - 3 scoops vanilla or strawberry whey protein powder
  - 2 cups sliced strawberries

INSTRUCTIONS

Mix crust ingredients in a large bowl. Stir this mixture until it is all the same consistency, and then press into a 9-inch pie pan coated with olive oil olive oil cooking spray, stretching the crust up the sides of the pan. Blend the remaining ingredients except the strawberries on high until smooth and creamy. Stir in the sliced strawberries, then pour the mixture into the crusted pan, and refrigerate for 1 hour.

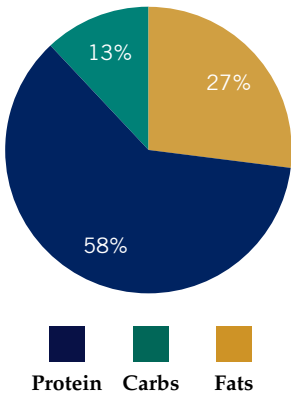
**Prep Time – 25 minutes, plus 1 hour refrigeration**

**Difficulty Level – Medium**

**Servings – 4**

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	408
Protein (g)	58
Carbohydrates (g)	14
fiber (g)	4
sugars (g)	7
Fat (g)	12
SFA (g)	3.6
MUFA (g)	4.5
PUFA (g)	3.9
omega-3 (g)	0.59
omega-6 (g)	3.03



## ZUCCHINI BREAD (PW)

### PRELUDE

Have you ever noticed that zucchini bread sounds like it should be healthy, but it is typically full of sugar, enriched flour, and bad fats? We're taking a great concept, avoiding the bad ingredients, and adding a host of good ones that provide not only protein, but vitamins and micronutrients from the zucchini, fiber from the whole wheat flour and flax meal, and omega-3's from the flax. But don't get lost in the technicalities of this recipe – it tastes great!

### INGREDIENTS

#### Wet Ingredients:

5 large whites (1 cup)

1 shredded zucchini (medium)

1 tbsp flax oil

#### Dry Ingredients:

1 large apple, shredded

1/2 cup flax meal

1/2 cup whole wheat flour

4 scoops vanilla whey protein powder

Splenda, to taste (0.5 cup granulated/ or about 10 packets for me)

1.5 tsp cinnamon

1/2 tsp baking powder

1/2 tsp baking soda

**Prep Time – 1 hour**

**Difficulty Level – Medium**

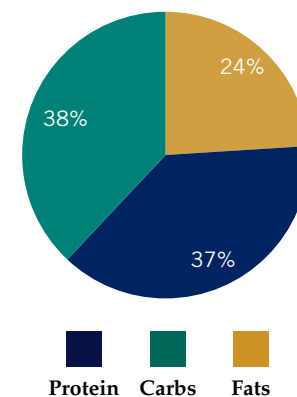
**Servings – 6**

### INSTRUCTIONS

Place zucchini in separate bowl; fold beaten egg mixture and flax oil into zucchini. Stir dry ingredients; add to zucchini mixture. Mix well. Pour batter into greased 8 x4 inch loaf pan. Bake at 325 degrees for approximately 45-50 minutes or until tester comes out clean. \*Be sure not to overcook, or it will become hard and dry as stone.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	234
Protein (g)	22
Carbohydrates (g)	23
fiber (g)	5
sugars (g)	9
Fat (g)	6
SFA (g)	1
MUFA (g)	1
PUFA (g)	4
Omega-3 (g)	2.8
Omega-6 (g)	0.8



## RICE PUDDING (PW)

### PRELUDE

Here's a tasty little treat that is also well suited for that second jolt of fast-acting carbs and protein after your post exercise shake. Or you can split it up for a couple of desserts for later. Long grain Indian rice – basmati – is used in this recipe. The quality/fragrance/taste of basmati is far superior to most others. Sure the GI is higher than brown rice, but in this case the taste just doesn't compare. That's why we recommend eating it for one of the post workout meals.

### INGREDIENTS

1 cup dry basmati rice, rinsed and drained

2 cups skim milk

2 scoops vanilla protein powder (try to find a brand that doesn't taste like powdered chicken feet, and depending on the brand, you might add some Splenda to get the desired sweetness).

2 tablespoons sugar-free instant Jell-O vanilla pudding

Salt, dash

**Prep Time – 20 minutes, plus refrigeration**

**Difficulty Level – Easy**

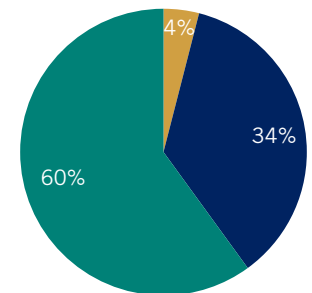
**Servings – 3**

### INSTRUCTIONS

Bring the basmati rice to a boil in the milk, cover and simmer on low heat for 15 minutes, remove from heat and fluff with a fork. Add the protein powder (and Splenda if necessary), and a dash of salt, stir, cover and put in fridge until it cools. Add Jell-O mix to cooled mixture, stir, and you're all set.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	267
Protein (g)	23
Carbohydrates (g)	39
fiber (g)	1
Sugars (g)	9
Fat (g)	1.3
SFA (g)	0.8
MUFA (g)	0.4
PUFA (g)	0.1
Omega-3 (g)	0
omega-6 (g)	0



■ Protein ■ Carbs ■ Fats

PEANUT BUTTER FUDGE BARS (ANYTIME)

PRELUDE

If you like the health benefits of flax, but can't stand the taste of the oil, this recipe combines flax with chocolate and peanut butter for a tried and true taste combination. The simplicity and ease of these bars makes them an instant hit.

INGREDIENTS

- 4 scoops chocolate protein powder
- 2/3 cup flax meal
- 4 tablespoons chunky natural peanut butter
- 1/4 cup water
- Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

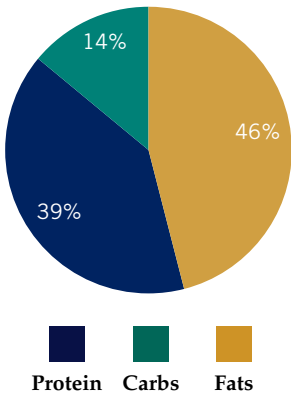
Servings – 4

INSTRUCTIONS

Mix everything together in a large bowl and start stirring. At first, it will seem like it's not enough water, but keep stirring, and it will eventually become a sticky blob of dough. If you have to, add some water 1 tablespoon at a time. Divide the mixture in four equal portions, and put them into separate pieces of plastic wrap, shaping into a bar within the wrap. It's easier to shape them by laying plastic wrap in one side of a small casserole dish, pressing the dough into the natural shape of the dish. Put the bars into the fridge, or store them in the freezer. You can eat them chilled, or even frozen, or you can eat it right out of the bowl if you're feeling impatient.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	283
Protein (g)	29
Carbohydrates (g)	11
fiber (g)	6
sugars (g)	2
Fat (g)	15
SFA (g)	3
MUFA (g)	5
PUFA (g)	6
omega-3 (g)	2.9
omega-6 (g)	2.9



## APPLE COBBLER PROTEIN BARS (PW)

### PRELUDE

We took great pains to create a protein bar that is not as dry and chewy as Fido's rubber bone. These bars provide a multi-layer gooey goodness that appeases even the most finicky of eaters. Just leave out the "protein bars" in the title if you're feeding them to a disbeliever.

### INGREDIENTS

1 cup oat flour  
 1 cup whole wheat flour  
 6 scoops strawberry or vanilla whey protein powder  
 2/3 cup nonfat plain yogurt  
 1 omega-3 egg  
 1 cup oat bran  
 1 cup granulated Splenda  
 1 cup applesauce, unsweetened  
 2 tbsp honey  
 1 large apple, cored and chopped  
 2 tsp vanilla extract  
 2 tsp cinnamon  
 1/2 teaspoon salt  
 1 tbsp olive oil

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 12**

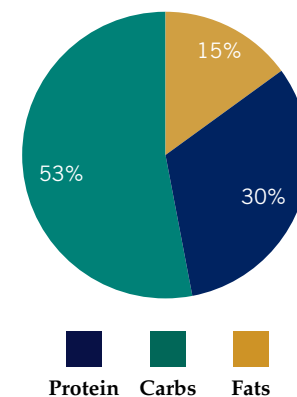
### INSTRUCTIONS

Combine these in a large bowl: oat flour, whole wheat flour, salt, 1 teaspoon cinnamon, and most of the Splenda, leaving a couple of tablespoons for later. Stir these dry ingredients together. Put the yogurt, egg white, vanilla extract, and olive oil in a blender, and turn it on low. Add the protein powder 1 scoop at a time, until thoroughly blended. Pour this mixture into the bowl, and stir together until it has the consistency of dough.

Coat a 9 x 13 inch baking pan with olive oil cooking spray, then pour the mixture into the pan, flattening it up to the edges. Next, mix the applesauce, 1 teaspoon cinnamon, chopped apple, and honey together, and pour over the top of the dough mixture in the pan, spreading evenly. Sprinkle the oat bran over the top, until thoroughly and evenly covered, and then sprinkle the remaining Splenda over the top. Bake for 15 minutes at 350-degrees F, and then switch to broil for 3-4 minutes, just until top is slightly browned. Be careful not to overcook.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	200
Protein (g)	17
Carbohydrates (g)	29
fiber (g)	5
sugars (g)	9
Fat (g)	4
SFA (g)	1
MUFA (g)	2
PUFA (g)	1
omega-3 (g)	0.1
omega-6 (g)	0.7



## CRANBERRY OAT BROWNIES (PW)

### PRELUDE

These are simple, quick, and delicious bars for those of you who are looking for a quick meal on the go, without having to worry about getting a load of sugar. This is yet another version of a protein bar utilizing the complex carbs from our friend *Avena sativa*, a.k.a. oats. Baking powder gives this recipe a brownie texture, and the tartness of the dried cranberries provides a great balance to the chocolate and oats.

### INGREDIENTS

1.5 cups rolled oats, ground into a powder in a food processor  
 1 cup whole wheat flour  
 5 scoops chocolate protein powder  
 1 cup granulated Splenda  
 1/3 cup dried cranberries  
 2 tsp baking powder  
 1 tsp cinnamon  
 1/2 tsp salt  
 2/3 cup nonfat plain yogurt  
 1/3 cup applesauce  
 2 tbsp honey  
 1 tbsp olive oil or flax oil

**Prep Time – 20 minutes**

**Difficulty Level – Medium**

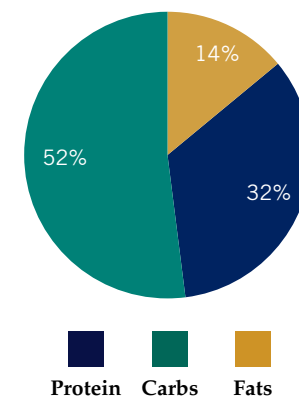
**Servings – 6**

### INSTRUCTIONS

Combine the dry ingredients in a large bowl, mixing briefly. Add the yogurt, applesauce, and oil to a food processor, and mix on low. Add the protein powder into this mixture, while blending, one scoop at a time, until thoroughly blended. Pour this mixture into the dry ingredients, add the honey, and stir together until everything is mixed well. Pour the dough into a 8x12 inch cooking dish, and bake at 350-degrees F for 10-12 minutes (don't cook it too long or it will lose it's chewy texture and moisture).

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	306
Protein (g)	26
Carbohydrates (g)	41
fiber (g)	6
sugars (g)	10
Fat (g)	5
SFA (g)	1
MUFA (g)	1
PUFA (g)	3
Omega-3 (g)	1.3
Omega-6 (g)	1.0





## GINGER APRICOT SCONES (PW)

### PRELUDE

Have you seen those seemingly innocent scones sitting in the cases at your local coffee shop? Be afraid. Be very afraid. It's amazing how much bad fat and empty calories they can stuff into those funny-shaped biscuits. Well, we chose to stuff ours with protein and healthy carbs from whole grains. They've also got plenty of vitamins and fiber.

### INGREDIENTS

1 cup whole-wheat flour, plus 1/2 cup of flour, set aside  
 1 cup rolled oats  
 1 cup oat flour  
 6 scoops strawberry whey protein powder  
 3/4 cup dried apricots, chopped  
 1/2 cup applesauce  
 2-inch cube of fresh ginger root, peeled and chopped  
 1/4 cup granulated Splenda  
 1.25 tsp baking powder  
 1/4 tsp salt  
 1/4 cup nonfat dry milk powder  
 1/2 cup water  
 1/2 tbsp canola or olive oil

### INSTRUCTIONS

Combine the dry ingredients in a large bowl (except the 1/2 cup whole wheat flour). To make the oat flour, process 1 cup of rolled oats in a blender on high, until transformed into a fine powder.

Add the applesauce and water, and mix until a soft dough is formed. Spoon out 1/3 of the dough and place on a floured surface. Sprinkle flour over the top of the pile, and flatten into a 3/4 -inch thick circular patty. Cut the circle into four wedges (twice crosswise). Place each wedge on a cookie sheet coated with olive oil cooking spray. Repeat for the remaining 3rds of the dough.

Cook for 10-12 minutes at 350 degrees F.

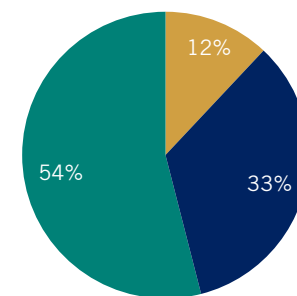
**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 12**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	176
Protein (g)	15
Carbohydrates (g)	25
fiber (g)	4
sugars (g)	7
Fat (g)	2
SFA (g)	0.7
MUFA (g)	0.9
PUFA (g)	0.6
omega-3 (g)	0.1
omega-6 (g)	0.5



■ Protein ■ Carbs ■ Fats

## PRE-BED SNACK (ANYTIME)

### PRELUDE

How many times have you heard people recommend eating cottage cheese before bed because casein (the protein in cottage cheese) is digested slowly, feeding those hungry muscles during your nocturnal dream quest? In theory, this sounds great. In practice, spooning those curds down your gullet can be rather bland or downright disgusting, depending on your tolerance for cottage cheese. Put your worries behind you because we've not only devised a way to make cottage cheese taste great, but we've also added a healthy dose of essential fatty-acids from peanuts and flax, together with fiber to ensure that everything is absorbed at glacial speed during the wee hours of the night.

### INGREDIENTS

1/2 cup lowfat cottage cheese (2%)  
 2 tbsp flax meal  
 1 tbsp natural peanut butter  
 1 scoop chocolate whey protein with casein (e.g., Low-Carb Grow!)  
 Splenda, to taste

**Prep Time – 1 minute**

**Difficulty Level – Easy**

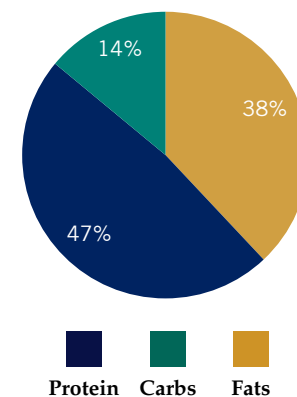
**Servings – 1**

### INSTRUCTIONS

This one is truly designed for the tired and weary who want nothing to do with a complex recipe that requires cooking and cleaning. We've made it simple – grab a bowl and a spoon, put everything in it, and stir until you have a smooth texture. Oh yeah, spoon it in your mouth.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	364
Protein (g)	44
Carbohydrates (g)	14
fiber (g)	5
sugars (g)	6
Fat (g)	16
SFA (g)	4
MUFA (g)	6
PUFA (g)	5
omega-3 (g)	2.2
omega-6 (g)	2.8



## CHOCOLATE CHIP COOKIE DOUGH BARS (PW)

### PRELUDE

These bars are designed to fill a slot during the post-workout period. Using a 2:1 ratio of carbs to protein, they are perfect for rushing protein to hungry muscles after a taxing workout. Two types of high-GI carbs are used (dextrose and maltodextrin) to maximize insulin response, magnifying the anabolic effect. If you had to choose just one of these carbohydrate powders, dextrose would be a better choice because it tastes sweeter than maltodextrin.

But don't let all of this technical discussion make you think that we have neglected taste for nutrition. It took a lot of trial and error to develop a recipe that people would actually eat. In fact, these bars taste great!

### INGREDIENTS

6 scoops vanilla whey protein (120 g protein)  
 1 cup dextrose  
 1 cup maltodextrin  
 1/4 cup malt-sweetened chocolate chips  
 1/2 cup puffed rice cereal  
 Splenda, to taste (about 1/2 cup granulated, or 12 packets)  
 1 tsp vanilla extract  
 1/2 tsp butter salt  
 1/2 cup water

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 6**

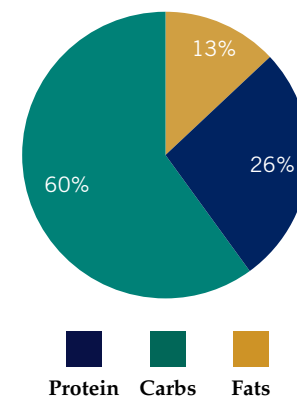
### INSTRUCTIONS

In a large bowl combine the whey, dextrose, maltodextrin, chocolate chips, Splenda, and butter salt. Mix completely and then add water and vanilla extract. Mix completely; press into an 8x8-inch baking dish coated with olive oil cooking spray. The dough will be very sticky, so the best method for spreading evenly into the baking dish is to use two large spoons coated with olive oil cooking spray. Push the bottom of the spoons onto the dough and push them in opposite directions, until the dough is spread evenly.

Just before baking, press the puffed rice cereal into the top of the dough. Do not mix the Rice Crispies into the dough earlier, or they will become soggy and lose their crisp.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	336
Protein (g)	22
Carbohydrates (g)	51
fiber (g)	1
sugars (g)	26
Fat (g)	5
SFA (g)	3
MUFA (g)	1
PUFA (g)	1
Omega-3 (g)	0.01
Omega-6 (g)	0.6



## GRANOLA BARS (PW)

### PRELUDE

These aren't your regular old hippy fare. Packed with protein, complex carbs, and EFA's, these designer granola bars were formulated to feed those hungry muscles without all of the sugary nonsense that is typical of most other granola bars. The taste of these bars is incredible, so go ahead and indulge in some guilt-free, whole food goodness.

### INGREDIENTS

2 cups rolled oats  
 1/2 cup crushed walnuts  
 1/2 cup unpacked raisins (2 oz.)  
 4 tbsp whole flax seeds  
 4 scoops vanilla whey  
 2 tbsp honey  
 1/4 tsp salt  
 1/4 tsp vanilla extract  
 1/2 cup sugar free maple syrup

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 8**

### INSTRUCTIONS

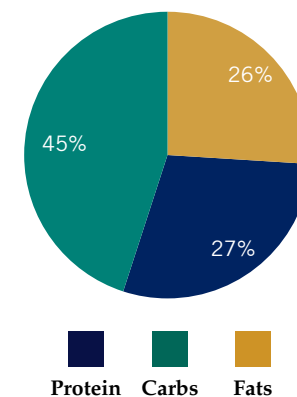
In a large bowl combine the oats, walnuts, flax seeds, raisins, and whey. Add the honey, syrup, vanilla, and salt. Stir until everything is thoroughly mixed. At first, it will seem too dry, but continue stirring and it will eventually blend.

Coat a clean, dry 8x8-inch baking dish with olive oil cooking spray, then press the mixture into the bottom of the dish. The mixture should extend to all corners evenly, and it should be about 1-inch thick. You can also use a smaller baking dish for thicker, chewy bars.

Bake at 350-degrees F for 10 minutes.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	241
Protein (g)	18
Carbohydrates (g)	28
fiber (g)	5
sugars (g)	10
Fat (g)	7
SFA (g)	1.3
MUFA (g)	1.5
PUFA (g)	4.2
omega-3 (g)	1.56
omega-6 (g)	2.62



## MOCHA ESPRESSO BARS (PW)

### PRELUDE

Coffee has its advantages and disadvantages. The advantages include increased energy and mental clarity. The disadvantages include decreased insulin sensitivity. While it's probably advisable to get your caffeine from healthier sources, such as green tea, we realize that many of us will give up coffee only when they pry it from our cold, dead hands. So here's a coffee recipe for you die hards. Coffee beans are used here to provide texture, flavor, and a nice energy boost that's best suited for the morning and/or before a workout.

### INGREDIENTS

Ingredients

1 cup oat flour (110 grams)  
 1 cup whole wheat flour  
 5 scoops chocolate whey protein  
 1/2 cup whole espresso beans  
 1/2 tsp salt  
 Splenda, to taste (about 1 cup granulated)  
 1 omega-3 egg plus one egg white, beaten  
 2 tbsp honey  
 1 cup chocolate 2% Carb Countdown dairy beverage

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 6**

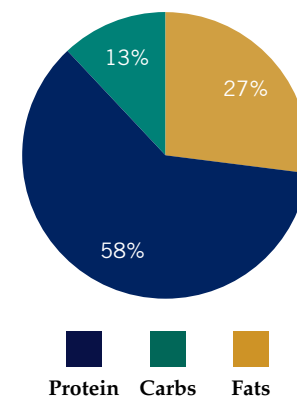
### INSTRUCTIONS

Combine all of the dry ingredients in a large bowl, stir, and then add the eggs, honey and Carb Countdown. Mix well, and then pour the dough into an 8x12 inch cooking dish. Bake at 350-degrees F for 12-15 minutes, or until a fork stuck into the center comes out dry. Be sure not to overcook or it will become chewy and tasteless.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	300
Protein (g)	26
Carbohydrates (g)	40
fiber (g)	6
sugars (g)	10
Fat (g)	4
SFA (g)	1
MUFA (g)	1
PUFA (g)	2
omega-3 (g)	0.04
omega-6 (g)	0.33

\*Each bar has approximately 180 mg of caffeine



## SHAKES

This section provides recipes for making shakes that serve as meal replacements, snacks, or desserts. These require a blender and various ingredients and can be prepared quickly for a meal or snack. These shakes can be extremely versatile in terms of taste and ingredients.

However, don't make the mistake of replacing too many of your real meals with shakes. Even though they are healthy, you still need veggies, fruit, and protein from whole food sources.

Biotest Surge

Chocolate Peanut Butter Shake

Nuts and Flax Shake

Peanut Butterscotch Shake

Almond Coconut Shake

Mixed Berry Shake

Strawberry Banana Shake

Apple-Cinnamon Shake

Apricot Yogurt Shake



## BIOTEST SURGE (DURING AND POST-WORKOUT SHAKE)

### PRELUDE

Post-workout shakes are more science than artwork, and they should consist of high-GI carbs like dextrose and maltodextrin and a quick-digesting protein like whey hydrolysate, at a ratio of 2:1 or 3:1. There are a few pre-made products that meet these criteria you can choose from. Or you can make your own by purchasing these ingredients separately. If you can afford it, the pre-made post-workout powders are superior if for taste alone, as whey hydrolysate tastes incredibly bad without major flavoring.

Of the workout drinks on the market, Biotest Surge tops the list.

### INGREDIENTS

Surge, 2 rounded scoops

**Prep Time – 1 minute**

**Difficulty Level – Easy**

**Servings – 1**

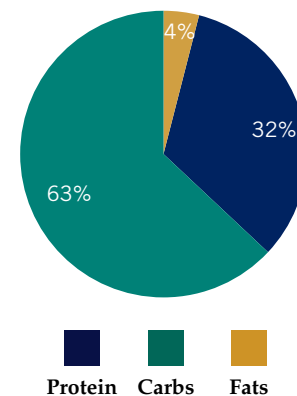
### INSTRUCTIONS

Add 2 scoops to a shaker bottle together with 32oz cold water, shake, and sip during and after workout.

To pick up some Biotest Surge, click this link below:  
<http://www.t-nation.com/>

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	350
Protein (g)	25
Carbohydrates (g)	49
fiber (g)	0
sugars (g)	45
Fat (g)	1.5
SFA (g)	1
MUFA (g)	-
PUFA (g)	-
omega-3 (g)	-
omega-6 (g)	-





## THERE'S NO SUCH THING AS A BAD FOOD

**"There's no such thing as a bad food – only bad times to eat certain foods."**



Sitting in undergraduate nutrition class – an embarrassingly long time ago – I heard a quote that I keep with me to this day. The quote was issued by a nutrition professor of mine. Now this professor wasn't exceptional. She wasn't hip to any of the latest nutrition ideas or research. Yet this quote was exceptional – and it has stuck with me to this day.

"There's no such thing as a bad food – only bad times to eat certain foods."

Now, although I think there are definitely bad foods out there – like overly processed foods with a laundry list of crazy artificial ingredients and far too many trans fats – when talking natural foods, I think the professor was bang on.

Take sugar, for example. When combined with protein and taken during and/or after intense exercise, sugar is a great food. It's only when sugar is ingested outside of the "workout window" that it becomes "bad." So the right time to eat sugar is during and immediately after exercise. And the wrong time is the rest of the day.

What about alcohol? Most people consider alcohol "bad." But again, there are good times and bad times to drink alcohol. In my No Nonsense Nutrition DVD I discuss the idea that 90% of your diet should be eating the best foods while 10% can come from "lesser" foods. Therefore alcohol ingested during your 10% is probably ok. Alcohol ingested the rest of the time – probably bad. Same thing with most natural foods.

So don't get caught up in the idea that some foods are "bad." Most natural foods aren't good or bad – it's when you eat them that's critical.

# CHOCOLATE PEANUT BUTTER SHAKE (ANYTIME)

## PRELUDE

This shake is a great one to satiate a sweet tooth, without getting a big dose of fats and sugars together. Instead, a healthy dose of protein and monounsaturated fats are provided in a nice frosty package.

## INGREDIENTS

- 1 cup Carb Countdown Dairy Beverage, Chocolate 2%
- 1/2 cup 2% cottage cheese
- 2 tbsp natural peanut butter
- 1.5 cup ice
- Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

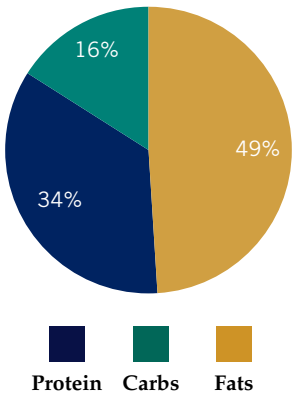
Servings – 1

## INSTRUCTIONS

Add all of the ingredients to a blender and process on medium to high for 30 seconds, until smooth and creamy.

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	402
Protein (g)	35
Carbohydrates (g)	17
fiber (g)	3
sugars (g)	8
Fat (g)	23
SFA (g)	7
MUFA (g)	9
PUFA (g)	6
omega-3 (g)	0.02
omega-6 (g)	4.6



## NUTS & FLAX SHAKE (ANYTIME)

### PRELUDE

This shake provides the great taste and monounsaturated fatty acids of mixed nuts together with omega-3's from flax and protein from whey and casein for a healthy meal perfect for a nightcap.

### INGREDIENTS

1 scoop vanilla whey protein  
1/3 cup lowfat cottage cheese  
2 tbsp flax seeds  
1/2 ounce almonds  
1/2 ounce walnuts  
1 cup ice  
1/4 cup water  
Splenda, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

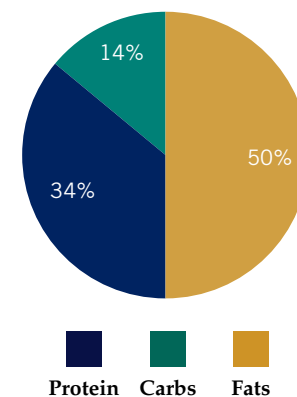
**Servings – 1**

### INSTRUCTIONS

Add the flax seeds, cottage cheese, whey, Splenda, ice and water into a blender, in that order. Blend on medium-high for about a minute, until smooth and creamy. Use as little water as possible for a thick shake. If your blender won't mix, then add 1 tbsp of water at a time until it begins blending properly. Add the almonds and walnuts and blend for an additional 15 seconds, just until the nuts have been crushed and still provide a crunchy texture.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	470
Protein (g)	42
Carbohydrates (g)	18
fiber (g)	10
sugars (g)	4
Fat (g)	28
SFA (g)	4
MUFA (g)	8
PUFA (g)	14
omega-3 (g)	5.7
omega-6 (g)	8.2



## PEANUT BUTTERSCOTCH SHAKE (ANYTIME)

### PRELUDE

Combining peanut butter and butterscotch really makes this shake sing, and brings out the nutty flavor of flax seeds, making this a very popular meal. Again, this shake is suitable for any time outside of the post-workout window, and is particularly useful for an end-of-the-day essential fatty acid boost.

### INGREDIENTS

1 scoop chocolate whey protein  
 1/3 cup lowfat cottage cheese  
 2 tbsp flax seeds  
 1 tbsp natural peanut butter  
 1 tbsp sugar free instant Jell-O, butterscotch flavor  
 Splenda, to taste  
 1 cup ice  
 1/4 cup water

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

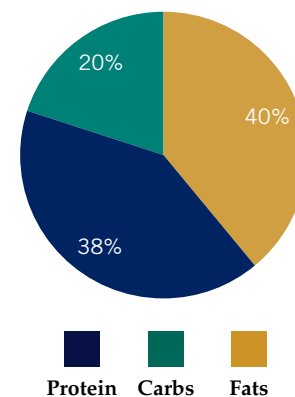
**Servings – 1**

### INSTRUCTIONS

In a blender, add the flax seeds, cottage cheese, peanut butter, whey protein, Jell-O, Splenda, ice, and water, in that order. Blend on medium-high for about 60 seconds, or until the shake is smooth and creamy. Use as little water as possible for a thick shake. If your blender won't mix, then add 1 tbsp of water at a time until it begins blending properly.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	414
Protein (g)	41
Carbohydrates (g)	21
fiber (g)	8
sugars (g)	5
Fat (g)	19
SFA (g)	4
MUFA (g)	6
PUFA (g)	8
Omega-3 (g)	4.4
Omega-6 (g)	3.3



# ALMOND COCONUT SHAKE (ANYTIME)

## PRELUDE

The taste harmony of almond and coconut has long been known by candy makers. Now you can enjoy these two flavors without all the sugar, and with whey protein for a balanced meal.

## INGREDIENTS

- 1 scoop chocolate whey protein
- 1 cup chocolate 2 % Carb Countdown dairy beverage
- 6 almonds
- 1 tbsp grated coconut
- Splenda, to taste
- 1/2 tsp almond extract
- 1 cup ice

Prep Time – 5 minutes

Difficulty Level – Easy

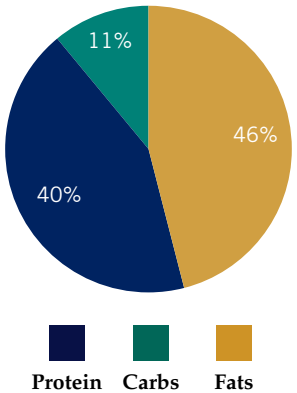
Servings – 1

## INSTRUCTIONS

Combine all of the ingredients except the almonds in a blender and process on medium-high for about a minute, until the shake is smooth and creamy. Add the almonds and process on low, just until they are chopped but not entirely pulverized.

## NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	351
Protein (g)	37
Carbohydrates (g)	11
fiber (g)	5
sugars (g)	5
Fat (g)	19
SFA (g)	11
MUFA (g)	5
PUFA (g)	2
Omega-3 (g)	0
Omega-6 (g)	1.1



## MIXED BERRY SHAKE (PW)

### PRELUDE

Berries are an incredible source of antioxidants, and should not be neglected in any healthy diet.

This shake provides a berry fix, together in a delicious, refreshing shake with, you guessed it, protein.

### INGREDIENTS

1 cup frozen strawberries  
 1/2 cup frozen blackberries  
 1/2 cup frozen blueberries  
 1/2 cup nonfat plain yogurt  
 1 scoop vanilla whey protein  
 1 tbsp honey  
 1 cup ice

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

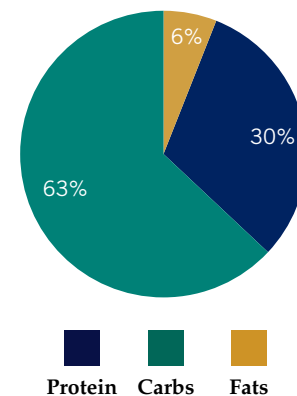
**Servings – 1**

### INSTRUCTIONS

Combine all of the ingredients in a blender and blend on medium-high until smooth and creamy. You may have to add a little water, but do so one tablespoon at a time, just until the shake starts blending. Splenda may be added for additional sweetness.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	382
Protein (g)	31
Carbohydrates (g)	64
fiber (g)	10
sugars (g)	53
Fat (g)	3
SFA (g)	1
MUFA (g)	1
PUFA (g)	1
Omega-3 (g)	0.2
Omega-6 (g)	0.3



BERRIES – SMALL FRUIT, BIG BENEFIT

“All the magic in the fruit family belongs to the berry.”



Another important addition to our dietary mainstay list is the berry. While no cartoon celebrities proclaim the benefits of blueberries, strawberries, raspberries, et al, these little healthy gems shouldn’t be ignored. Whether you can buy them fresh and in season or you have to buy them frozen and out of season, these fruits always have a place in your diet.

So, what’s so great about berries? Well, since these bad boys have some of the highest oxygen radical absorbance capacity scores around (ORAC; a measure of antioxidant power – see below), they should be your front line measure against oxidative stress and free radical damage.

**This table represents ORAC per 100g fruit.**

Prunes	5770
Raisins	2830
Blueberries	2400
Blackberries	2036
Strawberries	1540
Raspberries	1220
Plums	949
Oranges	750
Grapes	739
Cherries	670

**This table represents ORAC per 100g vegetable.**

Kale	1770
Spinach	1260
Brussels Sprouts	1260
Alfalfa Sprouts	930
Broccoli Florets	890
Red Peppers	840
Beets	710
Onions	450
Corn	400
Eggplant	390

And not only can you become free-radical proof with enough of these fruity delights, there’s evidence that nerves are protected and muscles may even grow if you’re eating berries!

While some say beans are the magical, musical fruit (musical, maybe) in our book, all the magic in the fruit family belongs to the berry.



## STRAWBERRY BANANA SHAKE (PW)

### PRELUDE

The wonderful flavors of strawberries and banana marry well in this shake that is surprisingly simple to make. Fresh strawberries can of course be used, and we encourage you to do so when they are in season. Otherwise, frozen berries are always a convenient way to enjoy one of Mother Nature's most delicious foods year-round.

### INGREDIENTS

1 medium banana  
1 cup strawberries  
1 cup skim milk  
1 scoop strawberry whey protein  
1 cup ice  
Splenda, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

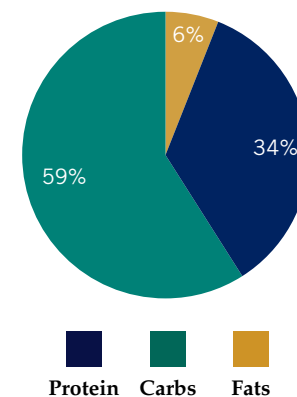
**Servings – 1**

### INSTRUCTIONS

Combine everything in a blender and process on medium-high until smooth and creamy. More ice may be added for a thicker texture.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	356
Protein (g)	32
Carbohydrates (g)	55
fiber (g)	6
sugars (g)	45
Fat (g)	3
SFA (g)	2
MUFA (g)	1
PUFA (g)	0.3
Omega-3 (g)	0.1
Omega-6 (g)	0.1



APPLE-CINNAMON SHAKE (PW)

PRELUDE

Toasted wheat germ balances the flavor of apples and cinnamon, and brings your favorite oatmeal flavor right into your cup.

INGREDIENTS

- 1 scoop vanilla whey protein
- 1 cup applesauce, unsweetened
- 1 tsp ground cinnamon
- 2 tbsp toasted wheat germ
- 1 tbsp honey
- 1 cup ice

Prep Time – 5 minutes

Difficulty Level – Easy

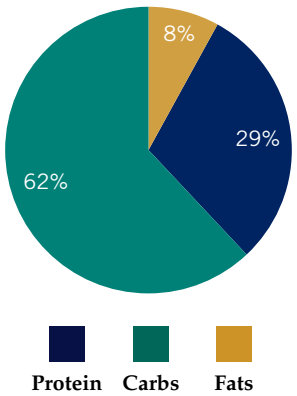
Servings – 1

INSTRUCTIONS

Combine all of the ingredients in a blender and process on medium-high until smooth and creamy. Add water a tablespoon at a time if necessary.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	339
Protein (g)	27
Carbohydrates (g)	56
fiber (g)	6
sugars (g)	42
Fat (g)	3
SFA (g)	1
MUFA (g)	1
PUFA (g)	1
Omega-3 (g)	0.1
Omega-6 (g)	0.8



APRICOT YOGURT SHAKE (PW)

PRELUDE

Apricots lend themselves to the creamy tartness of yogurt quite well. Combined into a shake, this makes a refreshing meal perfect for a hot summer day.

INGREDIENTS

- 10 dried apricot halves
- 1 cup nonfat plain yogurt
- 1 scoop vanilla whey protein
- 1 cup ice
- Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

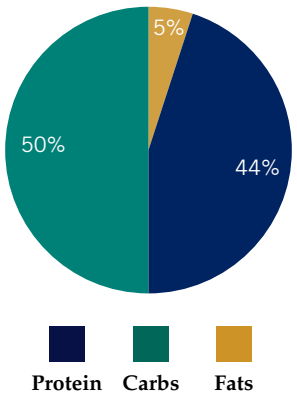
Servings – 1

INSTRUCTIONS

Combine everything in a blender and process on medium-high until smooth and creamy. More ice may be added for a thicker texture.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	330
Protein (g)	37
Carbohydrates (g)	42
fiber (g)	4
sugars (g)	38
Fat (g)	2
SFA (g)	1
MUFA (g)	1
PUFA (g)	0.1
Omega-3 (g)	0
Omega-6 (g)	0.04



## HAVE OTHERS COOK FOR YOU – FOOD PREPARATION SERVICES

**“There are lots of ways. One of them is simply letting others do the preparations for you.”**



Eating healthy takes forethought and discipline. But the best part about forethought is this – once you’ve thought in out in advance, you don’t really have to think much about it again. You know, it’s like the old saying – failing to plan is planning to fail. Planning, on the other hand, fosters success.

So, eating well entails having a plan – making sure you’ve got 5-6 healthy meals available each day. How can you do this? Well, there are lots of ways.

One of them is simply letting others do the preparations for you.

Nowadays, if you’re anywhere near a metropolitan area, you’ll be able to find dozens of food preparation companies who will make all of your weekly meals for you.

The two biggies are Atkins At Home (Atkins Diet) and Zone Nation (The Zone Diet). The Atkins At Home company delivers 3 meals and 1 snack to your door by 6 AM each morning. The cost of this is between \$35 and \$40 per day. Alternatively, the Zone Nation company delivers 3 meals and 2 snacks to your door by 6 AM each morning for the cost of \$35-40 per day, just like the Atkins company. We hear good things about both services.

Now, if you’re not interested in supporting the Atkins or Zone programs, there are many smaller companies who can assist you with your meal preparation needs. Just shop around and find one that best caters to your budget and food preferences.

# SECTION III – WHAT'S NEXT

## PART III: WHAT'S NEXT — SETTING THE RECORD STRAIGHT

**“New protein choices, new fruits and vegetables, and new grains should be added to keep things interesting – so long as the addition of these foods doesn’t compromise the new, healthy habits.”**

Recently, one of our readers e-mailed us and accused us of making “bland” and “redundant” food recommendations in our No-Nonsense Nutrition DVD.

While we disagree that the particular foods we chose were bland and/or boring, we will admit that they’re simple. Why?

Well, the meal plan laid out in the DVD is pretty simple because it’s designed to offer people a practical, usable system for purging their old habits and paving their way toward new ones.

However, once the new habits are formed, simplicity no longer rules the day. That’s right, there is light at the end of the tunnel.

New protein choices, new fruits and vegetables, and new grains should be added to keep things interesting – so long as the addition of these foods doesn’t compromise the new, healthy habits. After all – and don’t forget this – your habits are the very foundation of your success in your quest for an exceptional body.

You’ve heard that often in this book so far, eh?

Now, getting back to the boring food thing, unfortunately, it seems that a great many healthy eaters are absolutely convinced that to build a great body, you have to eat Spartan, bland, tasteless meals. It’s a shame that this is a common belief – especially because it’s flat out wrong!

And not only does this belief keep the healthy eater’s dining table void of variety, it often presents a roadblock for those who would like to start eating healthy. Those individuals on the brink of turning over a new nutritional leaf may never start down the path toward optimal eating, optimal health, and optimal body composition for fear that the world awaiting them is full of empty plates and dry chicken breasts.

How sad it is!

Hopefully this book goes a long way toward wrestling that myth into submission. In it, we hope we’ve set the record straight:

**You can build a great body AND eat great food.**

## PART III: WHAT'S NEXT — THE NEXT STEP TO OPTIMAL NUTRITION

**"There are several other ways that we can continue to provide you with all the information, motivation, and inspiration you need to succeed."**

Don't you always hate the feeling that you get when nearing the end of a good book – you just don't want it to end?

We'll that's how we feel about writing this book and, hopefully, that's how you feel about reading it.

But, while our journey today may be over, there are several other ways that we can continue this relationship – to continue to provide you with all the information, motivation, and inspiration to succeed.

### **The Fully Supported Coaching Program**

Do you want to have a trusted expert walk you through the process of helping you improve the way your body looks, the way it feels, the way it performs athletically or in daily life?

John Berardi and the experts of Science Link have developed a system to cut through all the confusing health, performance, and body composition information out there and provide you with a program that guarantees success. Register today for our Fully-Supported Coaching program and learn why athletes, clients, coaches, and colleagues all over the world are raving about this program. In just 4 short months, you'll be talking too!

**<http://www.johnberardi.com/services/indprogram.htm>**

### **The No Nonsense Nutrition DVD set**

We've discussed this product several times already and many of you, no doubt, own a copy. However, if you don't – join the other members of the johnberardi.com community in picking one up.

If you're looking for a sure fire way to improve your habits so that you can enjoy optimal body composition and optimal health – for the rest of your life – then this video is what you're looking for. Pick up a copy today by visiting the link below:

**[http://www.johnberardi.com/products/no\\_nonsense/index.htm](http://www.johnberardi.com/products/no_nonsense/index.htm)**

### **The One Hour Phone Consultation**

Here's your chance to talk directly to Dr Berardi and get the best advice in the field of human performance and nutrition.

Have a specific problem or concern? Need to talk to a trusted expert? Sign up today to have your questions answered by one of the most trusted experts in the industry:

**<http://www.johnberardi.com/services/phone.htm>**

## PART III: WHAT'S NEXT — THE NEXT STEP TO OPTIMAL NUTRITION

### The Supplement Lists

If you're interested in some of the nutritional supplements listed in this book and wondering which ones you can choose and where to find them, visit our "JB Approved" online resource. Here, you'll find a list of supplements we've used with success in the programs of our various athletes and recreational exercisers. Taking into account quality and efficacy, we've given them the JB stamp of approval.

**<http://www.johnberardi.com/articles/reviews/supplements.htm>**

### The Web Site

johnberardi.com is the web home of human performance and nutrition expert Dr. John Berardi, PhD. Simply put, this site is dedicated to the improvement of the human body. Here's some of what you'll find:

\*Free articles, numbering in the hundreds and growing monthly

\*Industry-leading consulting services used by clients from all walks of life to optimize their performance, their physique, and their general health.

**Visit us at: [www.johnberardi.com](http://www.johnberardi.com)**