

CORE FOOD PLAN MEAL IDEAS AND RECIPES

BREAKFASTS

- 1-2 omega 3 rich eggs, scrambled with olive oil (1 tsp or olive oil spray) and onions and peppers and cilantro garnish. One apple or pear with herbal or decaf tea
- ½ to 1 cup old fashioned or steel-cut oats. Mix in 2 Tb walnuts, 1t.flaxseed oil or 1- 2 T. ground flax seed, 1/2 cup berries. almond or rice milk to taste
- 1 cup plain organic yogurt with 2-3 Tbs. walnuts or pecans, 1t stevia (if desired), 1 tsp. Cinnamon, 1/2 cup berries or 1 small apple, cut into chunks. Cover fruit in 1T lemon juice before adding to yogurt if desired.
- Berry smoothies* (see recipes)

LUNCHES

- 4oz chicken breast, sautéed with 1 tsp or spray olive oil (salt and pepper, fresh-squeezed lime juice and cilantro. One cup cooked black beans, topped with guacamole* (see recipe).
- Large salad with 2-3 cups spring mix. Add red onion slices, 2 Tbs. pumpkin or sunflower seeds, cucumber, broccoli and top with 2-3 oz lean meat or 1 hardboiled egg and ½ cup beans. Add 2T healthy oil based salad dressing *(see recipe) and a side of fruit - apple, orange or pear.
- Bowl of chicken and rice soup with vegetables. Add a side salad with 1-2 cups of greens, 1-2T olive oil and balsamic vinegar dressing and an apple or orange on the side.
- 4-6oz. sautéed chicken breast with side of slaw made with cabbage and/or broccoli slaw, zesty Italian dressing and toasted slivered almonds. Add an orange or apple to the side.
- 1-2 cups Vegetable soup*(see recipe-easy to make ahead on a weekend and eat on all week), whole grain rice cake, 1 Tbs. almond butter sprinkled with 1 Tbs. sunflower seed nuts and/or ½ cup blueberries on top.

DINNERS

- 4-6oz sirloin, cooked to preference, ½ to 1 cup brown rice with side of roasted Brussels sprouts* (see recipe)
- 4-6oz salmon filet, sautéed or broiled with 1 tsp. olive oil per fillet, lemon slice and salt and pepper to taste. Sautéed broccoli with garlic and ½ to 1 cup wild rice (if desired) to the side.
- 4-6oz Lamb chop, 1 baked sweet potato, side of spinach and garlic salad* (see recipe)
- Chicken or beef fried rice - Cook brown rice and once done, add to cooked cut up chicken or beef then sauté one egg into the rice with some 2-3 tsp sesame oil. Add broccoli and other vegetables to taste.

SNACKS

- ¼ cup nuts plus 2T dried fruit
- 1 apple with 1-2T almond butter
- Rice cakes with 1-2 T. almond or cashew butter
- Hummus or guacamole and vegetables, corn chips or crackers *(see recipes)
- Homemade pickles - cucumber and onion slices with 1 tsp. Sea salt and 1-2 tsp. Fresh or dry dill, 1/2 apple cider vinegar and 1/2 water mixture
- Cinnamon apples - cut up an apple and add cinnamon and stevia and microwave for 45 seconds
- Balsamic vinegar and fruit *(see recipe)

DRINKS

Filtered water, sparkling mineral water, seltzer water and misc. teas esp. green tea and herbal tea

OTHER LUNCH and DINNER OPTIONS:

- Vegetarian Spaghetti Squash* (see recipe- may use 2 large -29 oz. canned petite diced tomatoes for the 10 fresh roma tomatoes if desired. Low sodium or no salt added if possible)
- Portobello Steaks * (see recipe) serve with roasted or grilled veggies or a baked sweet potato.

RECIPES

BREAKFAST

Nut Butter Oatmeal: Place 1 cup water, 1/3 cup steel cut or old fashioned oats and 2-3 chopped dates or 2T raisins in small saucepan. Bring to a boil. Reduce heat and simmer, stirring occasionally, for about 5 minutes. Add 1-2T peanut or almond butter and mix well. Serve with 1 grated apple and a dollop of plain yogurt if desired.

Apple Oatmeal: Place 1 cup steel cut or old fashioned rolled oats, 2 cups water, 2 small apples, washed and cut into bite sized pieces, 1/4 cup raisins or no sugar added dried berries and 1 tsp cinnamon if desired together in a saucepan. Cover and cook over low heat for 20 minutes stirring occasionally. (This makes 2-3 servings)

Homemade Granola: Mix together the following: 1 pound rolled oats, 2 cups oat bran, 1 cup grated coconut, 1 cup chopped pecans, 1/4 cup sesame seeds, 1/2 cup sunflower seeds, 1/3 cup oil, 1/2 cup agave nectar or stevia to taste. Spread a thin layer about 1/2" thick on an un-oiled cookie sheet and bake at 350 degrees F for 20 min or until golden brown. Stir occasionally during the baking to assure even browning. Remove from oven and add non sweetened dried fruit if desired; mix well. Let cool before storing. (This makes many servings and limit to 1/2 cup portion per meal. Serve dry or with almond or rice milk.)

Berry Smoothie: Blend in a blender: 1 cup rice or almond milk, 1-2 scoop powdered protein of choice to equal approx. 15-25 grams protein, 1/2 cup ice cubes if not using frozen fruit, 1/2 cup strawberries, 1/2 cup blueberries, 1-2 T gd. Flax seed, 1 -2 T (optional) nut butter.

Super Smoothie: 1 cup Cran Water (Diluted 100% natural cranberry Juice), 1/4 cup fresh or frozen cranberries, 3/4 cup frozen blue berries, 1 scoop whey protein, 1 Tbs. flax oil, 1 Tbs. ground flax seed, stevia to taste if desired. Combine all ingredients in the blender. Mix until smooth and creamy or about 1-2 minutes. (Change to strawberries and raspberries instead of blueberries for variety and/or add 1/2- cup plain yogurt instead of whey protein if desired)

Oat Crepes: Place 1/3 cup rolled oats, 1/3 cup almond or rice milk and 1 egg in the blender and blend until smooth. The batter will be thin. Drop the batter by the 1/4 cup or less onto a hot lightly oiled skillet or crepe pan. Cook over medium-high heat until set and golden brown on the bottom. Turn over and cook briefly on the other side. Top with fresh berries and plain yogurt and 2 Tb. Pecans, walnuts or almonds if desired.

LUNCH and DINNER

Spinach and Garlic Salad: Place 1-2 garlic cloves into an ovenproof dish and add 2T olive oil. Roast in a 375 degree F oven for 15-20 min. Transfer the garlic and 2T olive oil into a salad bowl and add 1# organic spinach, 1/2 cup chopped walnuts, and 2 t lemon juice and toss well to coat the salad and season with salt and pepper to taste.

Stir-Fried Greens: Cut up 8 scallions, 2 celery stalks, 1 cup white radish and 1 1/2 cup sugar snap peas or snow peas into strips. Shred 1 1/2 cups Napa cabbage and 6oz. Bok Choy or spinach. Heat 1T olive oil and 1T sesame oil together in a wok and add the garlic. Add the other cut vegetables to the wok and stir-fry for about 2 minutes. Then add the cabbage and Bok Choy or spinach to the skillet and stir-fry for another minute or so. Add 1t finely grated fresh gingerroot and pepper to taste and cook another minute. This is great with kale and other misc. greens of your choosing.

Rice and Beans: Cook 1 cup brown or wild rice according the package directions and set aside. Heat 2T olive oil in a skillet and add green and red peppers one each, chopped, and one onion and cook for 5 minutes or until soft. Add 1 small red or green chili chopped and 2 chopped tomatoes and cook for another 2-3 minutes. Add this vegetable mixture and 1 cup canned red kidney beans, rinsed and drained, to the rice and blend. Add 1T chopped fresh basil and 2 t chopped fresh thyme and 1t Cajun spice (such as Tony Chachere's) and mix well. Sea salt and pepper to taste.

Black Bean Soup: In a 3 qt pot, heat 1T olive oil over medium heat, add 1 medium c hopped onion and 2 minced garlic cloves and cook until tender. Stir in 2t chili powder, 1t ground cumin, 2 cans black beans, rinsed and drained, 1 can organic vegetable broth and 1 cups water and heat to boiling. Reduce heat to low and simmer for 15 minutes. Use a handheld mixer to blend the soup together to a creamy consistency. Garnish with 1/2 cup chopped cilantro and lime wedges. Add avocado for garnish as well, if desired.

Hot Lentil Salad: Cook one cup brown or green lentils according to package instructions. Heat 4T olive oil in a pan and cook one small sliced onion with 4 stalks of sliced celery, 2 garlic cloves, crushed or grated, 2 diced zucchini and 3/4 cup fresh green beans cut into small lengths. Cook for 5 minutes, then add 1/2 each of red bell pepper and yellow bell pepper, diced, into the pan and cook for another minute. Stir in 1t Dijon mustard and 1T balsamic vinegar. Pour the warm mixture over the cooked lentils and toss together well. Season with salt and pepper to taste.

Chicken Jambalaya: Cook 3 oz brown rice as directed on package and set aside. Heat 1-2T olive oil in a heavy skillet and cook two large (6-8oz) chicken breasts, diced, until brown, about 3 minutes on each side. Add another 1-2T olive oil to the pan and cook 2 cloves crushed garlic and 1 small red onion, chopped, for approx. 2-3 minutes. Add 1 diced eggplant, 1 diced green bell pepper, 1/2 cup frozen peas and 1 cup broccoli florets and cook for another 5 minutes. Stir in 1 cup organic vegetable broth, 8oz fresh or canned chopped tomatoes, 1T tomato paste, 1t Creole seasoning and 1/2t chili flakes. Add salt and pepper to taste and cook for 15-20 minutes. Stir in the rice and chicken and cook until hot.

Stuffed Peppers: Cut 4 green peppers in half and place in an oven-safe dish. Mix together 2 cups cooked long grain brown or wild rice, 1 can organic stewed tomatoes, one small onion, chopped, 1 cup chopped fresh mushrooms, 2T fresh basil and salt and pepper to taste. Stuff the pepper halves with the rice mixture so that each pepper contains an even amount of the rice mixture. Bake in the oven at 350 degrees for 30 minutes or until peppers are tender.

Vegetable Soup: In a large saucepan, sprayed with nonstick cooking spray, sauté 1 cup sliced carrots, 1 cup diced onion and 2-4 garlic cloves, minced, over low heat until soft, about 5 minutes. Add 4 cups (32 oz.) organic beef, chicken or vegetable broth, 2-3 cups diced green cabbage, 1 cup green beans, 1/2-1 can no salt added tomato paste, 1/2 t dried basil, 1/4 t oregano and 1/4 t salt; bring to a boil. Lower heat and simmer, covered, about 15 minutes or until beans are tender. Stir in 1/2 cup diced zucchini and heat 3-4 minutes. Serve hot. Add other vegetables, legumes etc. as desired.

Portobello Steaks:

6 Portobello mushroom caps
1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.

Grilled Vegetables: Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

Roasted Vegetables: Take a variety of raw non-starchy vegetables, washed and prepared in med sized portions. Fill 9 by 13 or roasting pan. Drizzle olive oil, minced garlic, small amt of sea salt, pepper to taste. Roast at 375-400 degrees for 20-30 min stirring every 15 min until desired tenderness. Enjoy!!

Baked Sweet Potatoes: Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour. Less time may be needed if potatoes are small.

Vegetarian Spaghetti Squash: Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely(may use 2- 40 oz. Petite diced or crushed tomatoes, use no salt added if possible)
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)
Sea salt to taste

Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. Approx. 6 servings.

SNACKS

Hummus: In a food processor, combine 2, 15oz cans garbanzo beans, drained and rinsed; 4 cloves mashed garlic, 2/3 cup tahini, 1/2 cup water, 1/4 cup olive oil and the juice of one large lemon. Blend until smooth. Add salt starting at 1/2t and add to taste. Place this hummus mixture into a serving dish and sprinkle with toasted pine nuts and chopped parsley. This can be served with carrots, celery, cucumbers, jicama, bell peppers or any other vegetables as well as blue corn chips or any type of healthy crackers. .

Guacamole: Cut two avocados in half and remove the pit. Scoop out flesh with a spoon and place in a food processor. Add 1/2 cup fresh cilantro, 1 clove garlic, juice of half a lemon and puree in the food processor. Add 4-5 chopped cherry tomatoes and season with sea salt to taste.

Homemade Pickles: Chop one large cucumber into slices and add half of a small sliced yellow onion and mix with 3-4T fresh dill. Place these ingredients in a mixture of one 1 cup apple cider vinegar and 1 cup water into a container with a tight lid. Let the cucumber and onion marinate for at least 4 hours in the refrigerator before eating. This will keep in the refrigerator for at least one week. Add sea salt and pepper to taste.

Cinnamon Apples: Cut up one medium red apple into cored slices and place in a microwave-safe dish. Add 1t cinnamon mixed with 1T water and pour over chopped apples and microwave for 45-60 seconds. Add one packet of stevia to the warmed apple if desired and enjoy.

Balsamic Vinegar and Fruit: Quarter 3-4 of your favorite stone fruits, such as peaches, plums or nectarines, removing the pit, and place in an oven-safe dish. Drizzle balsamic vinegar over the fruit and bake at 400 degrees for 15-20 minutes. Remove fruit and garnish with fresh mint leaves.

Roasted Nuts: Take 2 cups of your favorite nuts, preferably walnuts or pecans, and lightly coat with 1T olive oil. Spread nuts out onto a baking sheet and place in the oven for 10-12 min at 350 degrees. Stir nuts halfway through baking for even browning. Watch nuts carefully, they burn easily. Let nuts cool and add a small amount of sea salt to taste if desired. They are great even without salt.