RAPID FAT LOSS

Recipe & Meal Guide

DrFitnessUSA.com

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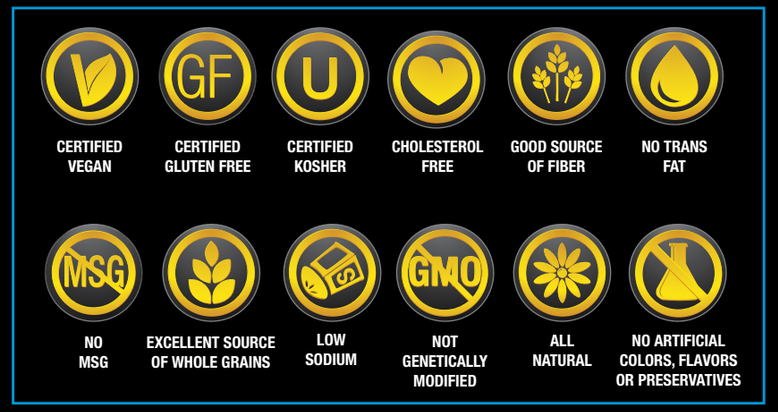


DAY 1

303 CALORIES

88 from fat
Serving: 1

BERRY BOK CHOY BREAKFAST

INGREDIENTS

2 Scoops PureNourish

½ Cup Almond Milk (Unsweetened)

1 Cup Strawberry

1 Cup Bok Choy with Leaves

½ Cup Peaches or Strawberries

1 Tbs Chia Seeds (Bloomed)*

1 Tbs Lemon Juice

3-4 Ice Cubes optional

Dash Cinnamon

INSTRUCTIONS

1. Blend Almond Milk on low. While blender is in motion, add PureNourish and blend for 10 seconds.
2. On medium speed, blend in fruits, bok choy and lemon juice; when blended, turn blender on high and add ice cubes, if desired, or a splash of water to keep blender moving.
3. With blender on low, blend in bloomed chia seeds. Serve in a tall glass with a healthy dash of cinnamon.

NOTE:
Though mild in flavor, Bok Choy has a higher concentration of beta-carotene and vitamin A than any other variety of cabbage.

Soak or bloom chia seeds in 1/3 cup of water for 15 minutes or longer to release nutrients before adding to shake.

TIP:
You may bloom chia seeds the night before, leaving them in the refrigerator, and they will be ready in the morning. Bloomed seeds last 4-5 days in the refrigerator

DAY 1

310 CALORIES

51 from fat / 350 with Fruit
Serving: 1

QUINOA TABBOULEH LUNCH

INGREDIENTS

½ Cup Rounded Quinoa

⅓ Cup Chopped Scallions

1 Cup Chopped Tomatoes

1 Cup Chopped Cucumbers

2 Cloves Garlic

½ Cup chopped Parsley

1 to 1½ Cups Chopped Romaine Lettuce

⅛ Cup or 2 Tbs Lime Juice

1 Tbs Hemp Seeds

½ tsp scant Curry Powder

Pinch Sea Salt or Herbamare (seasoned sea salt)

Sprinkle 2 Opened Capsules of Rejuveniix (optional)

1 Plum For Dessert (40 calories)

INSTRUCTIONS

1. Rinse ½ cup dry grains in cold water until clear. This will remove any possible bitterness.
2. Cook the quinoa in a covered saucepan with 1 cup of water and a bay leaf. This should yield 1 cup of cooked quinoa.
3. Measure ½ cup warm cooked quinoa in a container with chopped parsley, garlic and curry; cover and let the flavors meld. In another covered container, marinate the chopped cucumbers, scallions and tomatoes with a pinch of salt to draw out moisture and create a flavorful combination.
4. Rough chop the Romaine, adding and tossing all the vegetables and quinoa together with lime juice. Sprinkle hemp and Rejuveniix on top then serve.

DAY 1

250 CALORIES CREAMY WALDORF SALAD

71 from fat
Serving: 1

SNACK

INGREDIENTS

½ Cup Cottage Cheese

2 tsp Ground Walnuts, (2 walnuts) or 1 Tbs Hemp Seeds

1 Cup Chopped Apple

½ Cup Chopped Celery

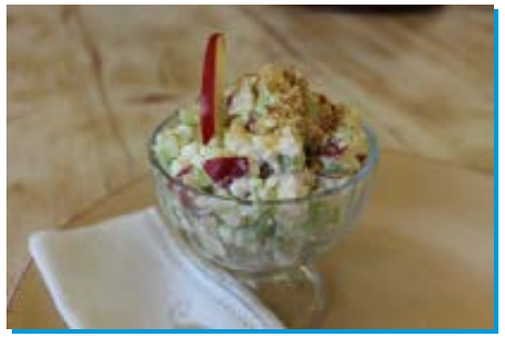
Squeezed Lemon Juice to Taste

Dash Allspice

INSTRUCTIONS

1. Toss the cottage cheese, chopped apple, and chopped celery with lemon juice; sprinkle with allspice and nuts (or hemp seeds) then serve.

NOTE:
This recipe used a regular cottage cheese to cut sugars. If a low fat cottage cheese is used, you may increase to 3 walnuts.



SNACK

DAY 1

256 CALORIES

40 from fat / 300 with Dessert
Serving: 1

ADUKI SPINACH TOSS

DINNER

INGREDIENTS

5 Tbs Shitake Mushrooms Chopped

¼ Cup Colored Bell Peppers Chopped

½ Cup Aduki Beans

2 Tbs Citrus Vinaigrette (Recipe Next Page)

1 tsp Walnut or your Favorite Oil

INSTRUCTIONS

1. Rub walnut oil into raw spinach with your fingers then toss in mushrooms and peppers, placing the aduki beans in the center of the salad.
2. Dress with vinaigrette and serve.

TIP:
Put your favorite oil in a spray bottle and spray your salad greens. This uses less oil and is sufficient for flavor.

DINNER

DAY 1

10
CALORIES PER Tbs

CITRUS VINAIGRETTE DRESSING
Yields 2 Cups

INGREDIENTS

½ Cup Orange juice

¼ Cup Lemon Juice

¼ cup Vinegar

3 Tbs Tamari

1 Cup Water

1 Clove Garlic minced

1 tsp Fresh Ginger Grated

½ tsp Guar Gum (Optional)

Dash Red Pepper Flakes

Sea Salt or Herbamare (seasoned sea salt) to Taste

INSTRUCTIONS

1. Blend or whisk all ingredients until thoroughly mixed.
2. Taste to adjust seasonings and store in an airtight jar for up to 2 weeks in refrigerator.

TIP:
Put your favorite oil in a spray bottle and spray your salad greens. This uses less oil and is sufficient for flavor.

DAY 1

44
CALORIES

BLUEBERRIES WITH LEMON GRANITA (DESSERT)

INGREDIENTS

6 Lemons Juiced to Equal ¼ cup

Zest from 2 Lemons

3 Cups of water

Stevia to taste

½ Cup Blueberries

INSTRUCTIONS

1. Stir water with lemon juice, zest and Stevia.
2. Freeze mixture in ice cube trays and store cubes in zip-lock bags in your freezer for future recipes. Cubes are great in shakes too.
3. Crush 3 or more lemon cubes in blender top with blueberries and serve.

DAY 2

295 CALORIES

80 from fat
Serving: 1

BERRY TOFU BREAKFAST

INGREDIENTS

2 Scoops PureNourish

½ Cup Chopped Cucumber

3 oz. Silken Tofu Soft

¼ Cup Lemon Juice

¾ Cup Mixed Frozen Berries

½-¾ Cup Coconut Milk

4-5 Ice Cubes

INSTRUCTIONS

1. Blend 1/2 cup coconut milk on low. With blender still in motion, add PureNourish and blend for 10 seconds.
2. Increase speed to medium and blend in berries, cucumber, tofu, and lemon juice until mixture is smooth.
3. Add ice on high speed or more liquid such as water or a ¼ cup more of coconut milk to create the right consistency. Serve.

DAY 2

350 CALORIES

100 from fat
Serving: 1

MUNG & CANELLINI BEAN SALAD

LUNCH

INGREDIENTS

1 Cup Yellow Summer Squash Slices

½ Cup Yellow Pear Tomatoes

¼ Cup Radicchio Leaves

1 to 1 ½ Cups Romaine Lettuce

¾ Cup Cannellini Beans

2 Tbs Tahini Dressing (recipe below)

2 tsp Coconut Oil

Herbamare to taste (seasoned sea salt)

1 small Kiwi (43 calorie unit) for Dessert

TAHINI DRESSING

½ Cup Water

¼ Cup Lemon Juice

2 Tbs Tahini (Sesame Butter)

2 tsp Tamari

Stevia to Taste

Herbamare to Taste

INSTRUCTIONS

1. Sauté yellow squash and mung bean sprouts in the coconut oil until just slightly softened, keeping the vegetables still crunchy.
2. Set aside and keep at room temperature.
3. Tear radicchio and romaine into bite size pieces and put them on a plate. Scatter the tomatoes, cannellini beans, sautéed squash and mung beans on top.
4. Drizzle the salad with the Tahini dressing and season with sea salt if desired.

TAHINI DRESSING

1. Whisk all ingredients in a bowl until thoroughly mixed and season to your taste. Keep in a covered jar in refrigerator for up to 7 days.

LUNCH

DAY 2

288 CALORIES

35 from fat
Serving: 1

ZESTY ORANGE SHAKE

SNACK

INGREDIENTS

- 2 Scoops PureNourish
- 1 Cup Orange Slices or 1 Medium Orange
- ½ Cucumber chopped
- ½ cup Spinach
- Zest of ½ Orange
- 2 Tbs Lemon Juice
- ½ Cup Water
- 4-5 Ice Cubes
- Dash Nutmeg

INSTRUCTIONS

1. Blend water and lemon juice on low speed. While blender is still in motion, add PureNourish and blend for 10 seconds.
2. Increase blender to medium speed and add cucumber and orange slices with orange zest, blending until thoroughly mixed.
3. Increasing blender to high speed, add desired amount of ice cubes. Sprinkle with Nutmeg and serve.

SNACK

DAY 2

305 CALORIES

34 from fat / 337 with Fruit
Serving: 1

TEMPEH RABE STIR-FRY

DINNER

INGREDIENTS

1 Cup Broccoli or Broccoli Rabe

¼ Cup Fennel Sliced Thin

3 Artichoke Hearts (3 quartered canned pieces)

3 oz. Marinated Tempeh (Marinade recipe next page)

2-3 tsp Polenta or Corn Meal

Pinch of Herbamare (seasoned sea salt)

2 Tbs Orange Glazed Sauce (recipe next page)

½ Small Grapefruit (32 Calorie unit) for Dessert

Dash Gram Marsala

INSTRUCTIONS

1. Remove 3 oz. tempeh from marinade and slice into strips.
2. Coat the strips with the dry polenta and sauté in a non-stick pan that has been sprayed with 2 quick sprays of coconut oil, browning on both sides.
3. Remove and set aside the tempeh. Using the same non stick pan, sauté broccoli and fennel until just slightly cooked but still crunchy.
4. Add a couple of tablespoons of water or vegetable broth, if needed, to cook the vegetables and season them with a pinch of Herbamare, if desired.
5. Arrange the broccoli and fennel on a plate and scatter the separated artichoke pieces evenly around.
6. Place the tempeh strips on top and drizzle the dish with the orange sauce, making sure the plate has 3 or so small orange segments.
7. Serve grapefruit with a dash of Gram Marsala for dessert.

DINNER

DAY 2

32
CALORIES

TEMPEH MARINADE

1 Cups Yield:

INGREDIENTS

1 Tbs White Mellow Miso

1 Tbs Vinegar (Balsamic or your choice)

1 Cup Vegetable Broth (low sodium)

1 Clove Garlic chopped

1 Tbs minced fresh Ginger (Optional)

1 Tbs Tamari

½ tsp Chipotle Tabasco (Optional)

INSTRUCTIONS

1. Blend all of the ingredients thoroughly.
2. Always steam the tempeh 20 minutes before pouring on the marinade. This cooks and plumps the tempeh so that it will absorb the marinade.
3. Keep the soaked tempeh in the refrigerator overnight or longer before using it in the recipe. It will store safely for up to one week.

TIP:
Keep a couple of pieces in the marinade to have ready for other recipes that week.

DAY 2

13
CALORIES/Tbs

ORANGE SAUCE

1 Cups Yield

INGREDIENTS

½ Red onion sliced thin

1 Clove Garlic minced

1 ½ Cups Orange Juice

2 Tbs Tamari Sauce

Red Pepper Flakes (Optional)

1 Rounded tsp Arrowroot Powder dissolved in 1 ½ Tbs water

1 Small Orange peeled & sliced & cut into small pieces

INSTRUCTIONS

1. In a small saucepan, combine the onion, garlic, orange juice, tamari and pepper flakes. Simmer for 15 minutes.
2. Whisk in the arrowroot mixture and cook until thickened.
3. Remove from heat and stir in orange segments.

DAY 3

337 CALORIES

66 from fat
Serving: 1

CHARD PEARS WITH KALE SHAKE

BREAKFAST

INGREDIENTS

3 Scoops PureNourish

½ - Almond Milk Unsweetened

¼ Cup Lime Juice

½ Cup Cucumber Chopped

1 Medium Pear Chopped

1 Cup Chard Chopped

½ Cup Kale Chopped

Grated Fresh Ginger to Taste

4-5 Ice Cubes

INSTRUCTIONS

1. Blend lime juice and almond milk on low speed. With the blender still in motion, add PureNourish and blend for 10 seconds.
2. On medium speed, blend remaining ingredients, adding one at a time until all are mixed. Add splashes of water if needed to keep mixture in motion.
3. Increase blender to high speed and add desired ice cubes.
4. Serve in a tall glass.

BREAKFAST

DAY 3

294 CALORIES

40 from fat / 294 with fruit
Serving: 1

KALE, KOHLRABI & SPLIT PEAS

LUNCH

INGREDIENTS

1 ½ Cups Kale Rough Chop (Steamed or Raw)

½ Cup Yellow Split Peas Cooked

¼ Cup Red Onion Chopped Thin Half Moons (Marinated)*

1 clove of garlic

1 bay leaf

1 Cup Kohlrabi Shredded (Raw)

Herbamare (seasoned sea salt)

1 tsp Walnut or Olive Oil

Lemon Juice to Taste

Apple (40 calories) for Dessert

INSTRUCTIONS

1. Cook ½ cup yellow split peas with 1 ½ cup to 2 cups of water, one bay leaf, a small piece of onion and a clove of garlic for flavor.
2. Bring to a boil and simmer until peas are soft but still have their shape (approximately 25-30 minutes).
3. Salt the peas at the end of cooking. Yield: 1 cup of peas.
4. *To marinate the onions put the chopped onion in a bowl of 1 cup of water and 2 Tbs. of Apple Cider Vinegar for 20-30 minutes.

LUNCH

DAY 3

250 CALORIES LENTIL PLATE SNACK

52 from fat
Serving: 1

INGREDIENTS

1 Cup Cooked Lentils

1 ½ tsp Orange Juice

1 tsp Prepared Mustard

4-5 or 2 Tbs Kalamata Olives Chopped

Dash Hot Sauce (Optional)

1 Tbs Hemp Seeds

½ Cup Cauliflower Buds

4 Stalks (3 inch long) Celery

INSTRUCTIONS

1. In a saucepan bring to a boil 1 ¼ cup of water with ½ cup of lentils.
2. Simmer on low until lentils are cooked. Drain, if necessary, and puree.
3. Add orange juice, mustard and olives with hot sauce and blend.
4. Serve in a bowl surrounded with cauliflower buds and celery sticks. Sprinkle hemp seeds on top of pate.

DAY 3

350 CALORIES

72 from fat / 366 with fruit
Serving: 1

TEMPEH SAVOY ROLES IN BROTH

DINNER

INGREDIENTS

Soy Tempeh Marinated & Grated (Marinade Recipe next page)

4 Tbs Onion Minced

4 Tbs Celery Minced

4 Tbs Mushrooms Minced

3 Tbs Carrot Grated

½ tsp Sesame Oil

1 Tbs Arrowroot powder

Herbamare to taste

Dash Red Pepper Flakes (Optional)

3 Large Savoy Cabbage Leaves Blanched

INSTRUCTIONS

1. Gently remove 3 large leaves from a head of Savoy cabbage. Dip the leaves one by one using tongs into boiling water for a few seconds just until pliable and soft enough to use as a wrapper.
2. Set aside and drain on paper towels. In a non-stick pan that has been coated by 2 short sprays of coconut oil, sauté the minced and grated vegetables until barely soft.
3. Grate the 3 oz. of tempeh and add it to the sauté pan. Sprinkle with the arrowroot powder and continue to cook for one or two minutes until everything is mixed and the vegetables are soft.
4. Turn the heat off and stir in the Sesame oil. Season according to taste.
5. Divide the mixture and place at the small end of the cabbage leaf rolling and tucking in the sides until completely wrapped.
6. Set aside to keep warm.

DINNER

DAY 3

FOR THE BROTH
Yields 1 Cup

INGREDIENTS

1 – 2 Cups Low Sodium Vegetable Broth

1 Chard Leaf Cut in Ribbons

3 Slices Red Bell Peppers

1 Scallion with Top Sliced Thin

4 Slices Poblano Peppers

1 Savoy Cabbage Leaf Cut into Bite-Size Squares

INSTRUCTIONS

1. Heat the broth in a saucepan with the vegetables until vegetables are wilted. Season with Herbamare, if needed.
2. Place the cabbage rolls (previous recipe) in a deep bowl. Pour the hot broth on top of the rolls and serve.
3. Serve 4 Sweet Cherries as an optional dessert (16 calorie unit).

DAY 3

32 CALORIES TEMPEH MARINADE
1¼ Cups Yield

INGREDIENTS

1 Tablespoons White Mellow Miso

1 Tablespoon Vinegar (Balsamic or your choice)

1 Cup Vegetable Broth (low sodium)

1 Clove Garlic chopped

1 Tbs minced fresh Ginger (optional)

1 tsp Tamari

½ tsp Chipotle Tabasco (optional)

INSTRUCTIONS

1. Blend all the ingredients well. Always steam the tempeh 20 minutes before pouring on the marinade.
2. This cooks and plumps the tempeh so that it will absorb the marinade. Keep the soaked tempeh in the refrigerator overnight or more before using in the recipe. It will store safely for up to a week.

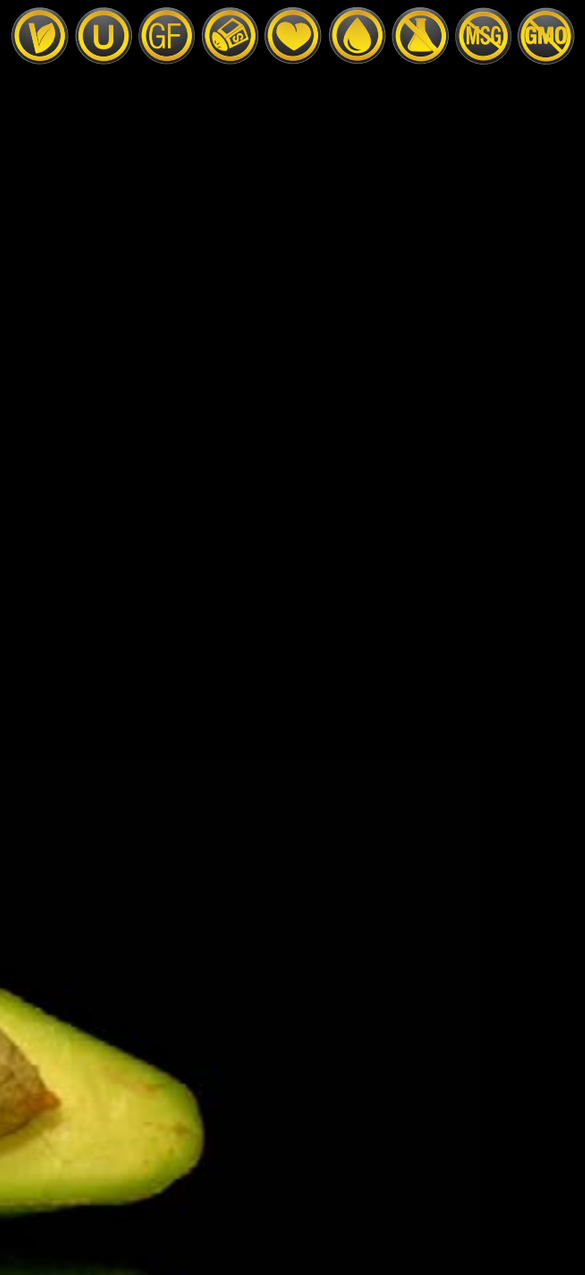
TIP:
Keep a couple of pieces in the marinade to have ready for other recipes that week.

DAY 4

347 CALORIES

80 from fat
Serving: 1

BLACKBERRY AVOCADO SPINACH



INGREDIENTS

2 Scoops PureNourish

½ Cup Water

1 Cup Blackberries

½ Cup Granny Smith Apple

¼ Cup Avocado

1 Cup Spinach

¼ Cup Parsley

1 Tablespoon Lemon Juice

2 Capsules Rejuveniix Opened (powder only)

4-5 Ice Cubes Optional

Dash Cinnamon

INSTRUCTIONS

1. Add water to blender then, with blender still in motion, pour PureNourish in slowly and blend for 10 seconds.
2. Add the next 7 ingredients on medium speed. If you desire, increase the speed to high and add in ice cubes.
3. Pour into a tall glass, sprinkle with cinnamon and serve. This is delicious!

DAY 4

313 CALORIES

40 from fat / 350 with fruit
Serving: 1

CHICKEN EGG DROP SOUP

LUNCH

INGREDIENTS

3 oz. Chicken Breast Boneless & Skinless Chopped Bite-size

3 Tablespoons Shallots Minced

1 Cup Chard Sliced Thin Ribbons

1/4 Cup Arugula or Escarole Rough Chop

2 Teaspoons Nutritional Yeast

3 Egg Whites Very Light Wisk

2-3 Carrot Ribbons

1 -2 Tablespoons Lemon Juice

2 ½ Cups Low Sodium Chicken Broth (Add sprouts to the broth)

Tamari to taste

Peach for Dessert (a 37 Calorie unit)

INSTRUCTIONS

1. Spray a sauté pan with Coconut oil. Cook scallions on low heat until softened.
2. In the same pan, add chard and arugula until they begin to breakdown. Add a few tablespoons of broth or water to help soften the vegetables.
3. Cover, set aside and keep warm. Fill a small saucepan with chicken broth. You want the broth to fill the saucepan at least half full.
4. Add the small bite-size chicken pieces and gently simmer for a few minutes until the chicken is soft and done.
5. Lightly whisk your egg whites with a fork so that no bubbles form. This takes about 4 or 5 turns of the wrist. The secret to the egg threads is to turn the simmering chicken broth off and begin pouring in the egg whites in a slow stream about 6 or 7 inches above the broth while at the same time stirring rapidly in one direction.
6. Begin stirring the minute you start pouring and continue to stir for 1 minute after all the whites are incorporated into the broth. Serve the broth with the warm vegetables and carrot ribbons for garnish.

LUNCH

DAY 4

249 CALORIES

45 from fat
Serving: 1

CHERRY KALE SHAKE

SNACK

INGREDIENTS

2 Scoops PureNourish

½ Cup Water

½ Cup Pitted Fresh Cherries

1 Cup Kale Chopped

½ Cup Chard Chopped

½ Cup Pear

Lemon Juice to Taste

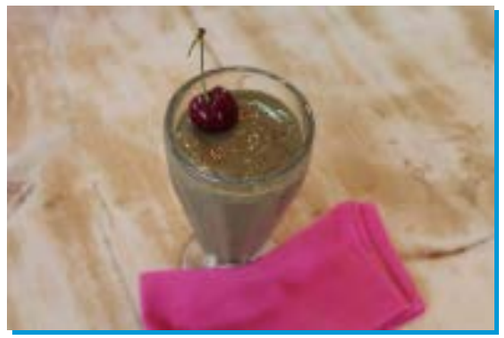
2 Capsules Rejuveniix Opened (powder only)

4-5 Ice Cubes (optional)

1 Tablespoon Hemp Seeds

INSTRUCTIONS

1. Add water to blender then, with blender still in motion, pour PureNourish in slowly and blend for 10 seconds.
2. Add the remaining ingredients (excluding hemp seeds) on medium speed. If you desire, increase the speed to high and add in ice cubes.
3. Serve in a tall glass and sprinkle hemp seeds.



SNACK

DAY 4

378 CALORIES

77 from fat / 400 with fruit
Serving: 1

LAMB STUFFED MUSHROOMS

INGREDIENTS

3 oz. Ground Lamb (rounded 1/3 cup)

2 Teaspoons Red Bell Pepper minced

2 Teaspoons Shallots Minced

¼ - ½ Teaspoon Fresh Rosemary minced

1 Medium to Large Clove Garlic Pressed

Dash Red Pepper Flakes or Tabasco Sauce (optional)

4 Large Mushrooms (fits perfectly in ¼ measure cup)

1 ½ Cups Raw Cauliflower Chopped and Steamed

2 Tablespoons Rice Dream

5 Spears Asparagus Steamed

Herbamare (Seasoned Sea Salt)

Pepper

INSTRUCTIONS

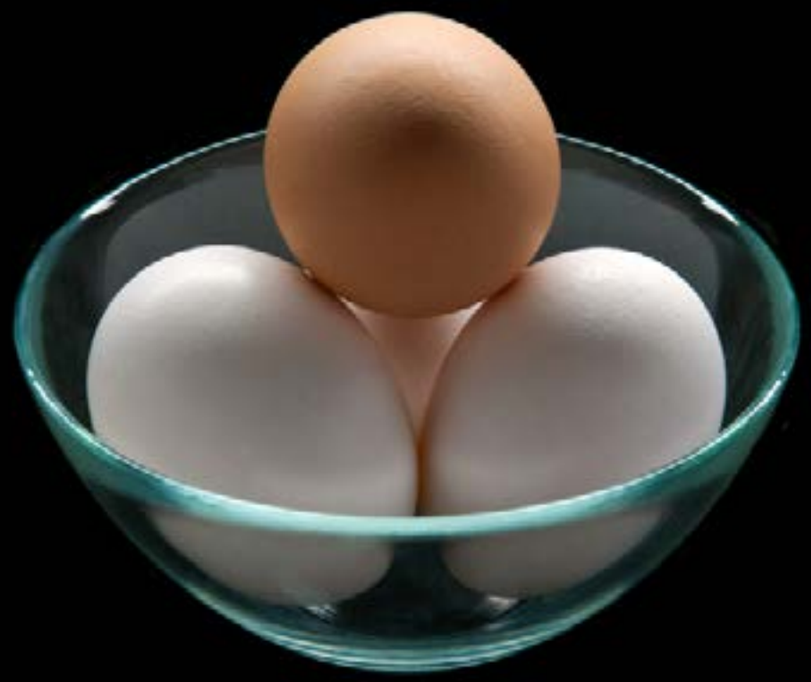
1. Preheat oven to 350 degrees Fahrenheit. Mix the first 6 ingredients with the back of a spoon until well blended. Stuff the mixture into the Mushrooms.
2. Place on a baking sheet and bake in the oven for 30-35 minutes.
3. Puree the steamed cauliflower with 1 to 2 tablespoons of the Rice Dream just enough to make a soft puree.
4. Season with Herbamare and pepper to taste. Plate the Cauliflower puree first and set the mushroom caps in the center of the plate.
5. Arrange the steamed asparagus spears around the mushroom caps and sprinkle with chopped olive and pimentos.

DAY 5

248 CALORIES

104 from fat
Serving: 1

SCRAMBLED EGG WITH PEAS



INGREDIENTS

- 2 Whole Eggs Beaten
- ½ Cup Green Peas
- 4-5 Tears of Soft Lettuce (Green Leaf)
- 5-6 Snow Peas Steamed
- 1 Tablespoon Rice Dream
- 1 Teaspoon Hemp Seeds

INSTRUCTIONS

1. In a frying pan, heat the lettuce, peas and snow peas on low until just wilted and soft. Set aside and keep warm.
2. Whisk eggs until frothy. Spray a frying pan with coconut oil and keep the heat on low, adding the eggs and slowly cooking them until almost done.
3. Add the rice dream and when it evaporates, quickly add the vegetables and stir. Keeping the heat on low, cooking slowly and adding the rice dream at the end will create a creamy cooked egg.
4. Sprinkle hemp seeds on top and serve. If you have one, you can use a diffuser on top of your burner. This is a very tasty dish.

DAY 5

301 CALORIES

60 from fat
Serving: 1

KIWI TAHINI SHAKE

LUNCH

INGREDIENTS

2 Scoops PureNourish

½ Cup Water

2 Teaspoons Lime Juice

1 Teaspoon Tahini

1 Thin Slice Ginger (size of a dime)

1 Cup Nappa Cabbage

¼ Cup Radish Greens

1 Cup Kiwi

2 Rejuveniix Capsules Opened (powder only)

4-5 Ice Cubes

Dash Cinnamon

INSTRUCTIONS

1. Add water to blender then, with blender still in motion, pour PureNourish in slowly and blend for 10 seconds.
2. Increase speed to medium and add remaining ingredients (excluding cinnamon) blending well.
3. If you desire, increase speed to high and add ice cubes. Pour in a tall glass and serve with a dash of cinnamon on top.

LUNCH

DAY 5

210 CALORIES

80 from fat
Serving: 1

GREEN PEA HUMMUS

SNACK

INGREDIENTS

¾ Cup Green Peas

1 Tablespoon Raw Tahini (Sesame Butter)

1 – 2 Teaspoons Lemon Juice

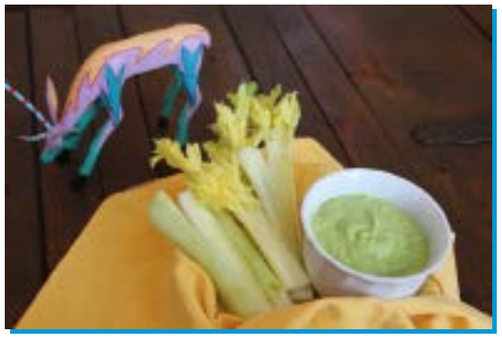
½ - 1 small Clove Garlic Pressed

Dash Red Pepper flakes (Optional)

8 – 10 Veggie Sticks

INSTRUCTIONS

1. If using frozen green peas there is no need to cook them. Put the peas in a zip-lock bag and soak them in hot water until soft. If not using frozen peas, cook them until soft.
2. Blend all the ingredients until the mixture is a creamy paste. A small based blender is good for this or a small mini food processor.
3. Add a touch of water or tamari, if needed, to move the mixture around.
4. Serve with celery and cucumber sticks.



SNACK

DAY 5

288 CALORIES

46 from fat / 354 with fruit
Serving: 1

ZUCCHINI PASTA WITH MEATBALLS

DINNER

INGREDIENTS

1 Pound lean Turkey or Chicken

1 Large Garlic Clove Pressed

½ Cup Grated Cauliflower Fine

3 Egg Whites Beaten

1/3 Cup Onion Chopped Fine

¼ Cup Celery Chopped Fine

1/3 Cup Bell Pepper Chopped Fine

¼ Cup Oats1 Teaspoon Dry Mustard

Pinch thyme

¼ Teaspoon cumin

1 Teaspoon Black Pepper

½ Teaspoon Salt

Chipotle Pepper Spice (Optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit Spray a 12 cup muffin pan with coconut oil.
2. Mix all of the ingredients thoroughly in one large bowl. Roll the mixture into balls and place in muffin pan.
3. Bake for 35-40 minutes. This recipe will yield exactly 12 meatballs for 57 calories each with 7 calories from fat.
4. These are great snack items and will keep in the refrigerator for 3 days or you may freeze them. *Serving is 3 or less.*

DINNER

DAY 5

FOR THE PASTA

1 Cups Yield:

INGREDIENTS

1 6 -7 inch Zucchini – yield 1 ½ Cups

½ Cup Pear Tomatoes or small Cherry Tomatoes

1 Tablespoon Nutritional Yeast

1 Teaspoon Walnut Oil

Herbamare (seasoned sea salt) for seasoning

INSTRUCTIONS

1. Lightly peel the zucchini and cut in half. Thinly slice julienne strips from the halves until you have 1 ½ cups of thin strips.
2. In a sauce pan, gently put the zucchini in with about a teaspoon of water or vegetable broth and let the zucchini become soft like spaghetti but not over cooked.
3. When they are finished, sprinkle on the walnut oil and ¼ to ½ teaspoon of oregano and season with Herbamare. Set aside and keep warm. Spray the tomatoes with coconut oil and place in a 350 degrees Fahrenheit oven until they have roasted a bit (about 20 minutes).
4. While they are hot sprinkle them with oregano and Herbamare .
5. Plate your spaghetti and arrange 3 meatballs on top. Sprinkle with nutritional yeast for a bit

DAY 5

66 CALORIES DESSERT FRUIT OF CHOICE

Eat 66 Calories or Less

DAY 6

279 CALORIES

53 from fat

Serving: 1 (3 Cakes)

PURENOURISH BLUEBERRY PANCAKES

INGREDIENTS

½ Cup Cottage Cheese

½ Cup uncooked Old Fashioned Oats

1 Scoop PureNourish

1 Teaspoon Baking Powder (Aluminum Free)

6 Egg Whites Beaten Medium Stiff

½ Cup Blueberries Blended

½ Cup Blueberries Whole

½ Teaspoon Vanilla

½ Teaspoon Cinnamon (Optional)

2 Opened Caps Rejuveniix (powder only) (Optional)

INSTRUCTIONS

1. Place cottage cheese, oats, PureNourish and baking powder into a blender or small mini food processor.
2. Pulse until all is uniform (this will be a very thick paste). You may add a dash of vanilla or splash of water to keep the mixture in movement.
3. At this point, the mixture almost resembles a cookie dough. Fold mixture into the beaten egg whites. At first it will remain like a glob but then will start to turn into a medium heavy batter. Just keep stirring (do not beat).
4. Heat griddle and cook on medium high. Stir the batter every time you spoon a cake to keep everything mixed. This yields exactly 6 good-sized cakes. Each cake is 71 calories, and this recipe allows you to eat three cakes, if you desire.
5. Mix the ½ cup blended blueberries with vanilla and dash of water, if needed, to make a sauce. You may blend in your Rejuveniix powder at this point. Pour the sauce and the remaining whole blueberries over the hot cakes. Sprinkle with cinnamon if desired.

TIP:

The remaining pancakes can be put in the refrigerator to use later. You can also roll a pancake around a slice of fruit, sprinkled with your favorite spice, to make a great low calorie snack.

DAY 6

246 CALORIES

40 from fat / 286 with fruit
Serving: 1

SALMON WRAPS LUNCH

INGREDIENTS

3 oz. Cooked Wild Caught Atlantic salmon (1/3 Cup Rounded)

½ Cup Hearts of Palm

2 Tablespoons of Scallions

1 Tablespoon Celery

1 Cup Bean Sprouts

4-5 Large Leaves Boston Lettuce

¾ Cup Field of Greens

½ Teaspoon Walnut oil

Squeeze Lemon Juice

Herbamare to Taste

Dash Red Pepper Flakes (Optional)

Paprika (Optional)

1/3 Cup Tamari Sauce

Wasabi Powder

Fruit for Dessert (40 calorie unit)

INSTRUCTIONS

1. Process the salmon and hearts of palm in a blender or mini food processor until mixture is paste-like. Stir in scallions and celery.
2. Season to taste with Herbamare, red pepper flakes and lemon juice. Divide paste into 4 or 5 equal parts and put portions in the center of a large Boston lettuce leaf.
3. Place a few pieces of mung sprouts on top of salmon. Roll burrito style, tucking in the sides. Put field of greens and the remainder of the bean sprouts on a plate drizzled with the walnut oil.
4. Place the salmon rolls on top of the salad. Make a dipping Sauce by mixing the tamari sauce with the desired amount of wasabi powder.
5. If you serve the rolls, cut paprika is a nice decoration to add to the plate.

DAY 6

257 CALORIES

42 from fat
Serving: 1

SUN DRIED TOMATO DEVILED EGGS

INGREDIENTS

2 Eggs Hard Boiled

4 Artichoke Hearts in Water

2 Sun Dried Tomatoes soaked 20 minutes (no oil)

2 Cherry Tomatoes

½ Garlic Clove Pressed

2 Teaspoons Balsamic Vinegar

Dash Red Pepper (optional)

Herbamare (Seasoned Sea Salt) to taste

Pimento or Olive slices garnish

1 Teaspoon Walnut Oil

INSTRUCTIONS

1. Peel and remove the yolk from the eggs, discarding the yolks.
2. Blend the remaining ingredients in a mini-food processor until smooth.
3. Adjust seasonings and vinegar to taste then stuff the mixture in the hollowed egg whites.
4. Top with pimento or olive slices. Serve on a plate of soft greens drizzled in walnut oil.

DAY 6

288 CALORIES

37 from fat / 300 with fruit

Serving: 1

TILAPIA EN PAPILLOTE WITH CHARD

INGREDIENTS

Parchment Paper (unbleached)

4 oz. Raw Tilapia Fillet yields 3 oz. Cooked

2 Teaspoons Leaks or Scallions Chopped fine

2 Tomato Slices ¼ inch

1 Teaspoon Capers

1 Squeeze Lemon Juice

Herbamare (Seasoned Sea Salt)

Pepper

½ Cup Yellow Summer Squash Sliced

1 Cup Chard

½ Teaspoon Lemon Zest

½ Teaspoon Walnut oil

4 Cherries with Lemon Granita (12 calories)

*Granita Recipe to follow

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Fold one sheet of parchment paper in half lengthwise, making a 13 or 14 inch square. Cut out half of a heart shape on the fold just like a paper valentine. Unfold your cut shape, and it should look like a heart.
3. Lightly spray the inside of the heart with coconut oil spray. Place the fish fillet on one side of the heart and give the fillet a quick spray as well.
4. Top the fish with the 2 tomato slices and sprinkle with leeks and capers. Season with Herbamare and pepper and a light squeeze of lemon juice.
5. Fold the paper over the fish so that the edges meet. Start at one end of the heart and roll the edges together by folding and pinching creating a closed and sealed packet.
6. Place the packet on a baking sheet and bake for about 12-14 minutes until the paper is puffed and browned.
7. Serve at once on individual plates, still wrapped in the parchment packet. Open from the center of the packages carefully, as steam will escape, and eat directly out of the pouch. Serve chard and summer squash on the side.
8. Place the packet on a baking sheet and bake for about 12-14 minutes until the paper is puffed and browned.
9. Serve at once on individual plates, still wrapped in the parchment packet. Open from the center of the packages carefully, as steam will escape and eat directly out of the pouch. Serve chard and summer squash on the side.

DINNER

DAY 5

GRANITA

INSTRUCTIONS

1. Sauté the chard with the walnut oil on medium heat until wilted adding a dash of water if needed to break down the vegetable. Set Aside.
2. Steam or sauté the squash and add it to the chard, toss and keep warm.

230 CALORIES

45 from fat
Serving: 1

CHILES RELLENOS DE HUEVOS CON SALSITA TOMATE

U GF MSG GMO

INGREDIENTS

1 Medium Whole Egg

2 Egg Whites

2 Chiles Poblanos Roasted or Canned

½ Cup Nopales Chopped

2 Tablespoons Salsa Mexicana Homemade or Commercial

Salsita Tomate (ingredients below)

1 Tablespoon Cilantro

SALSITA TOMATE

4 Thin Slices Green Bell Pepper

4 Thin Slices White Onion

2 Medium Roma Tomatoes Sliced

½ Cup Water

Sea Salt and Pepper to Taste

INSTRUCTIONS

1. Chop about 6 nopales into small squares and put into a saucepan covered with water. Boil until tender.
2. Drain, rinse and set aside.
3. In a quality non-stick pan on medium heat, sauté with a quick spray of coconut oil the green peppers and onions until slightly softened.
4. Add water and tomato slices, bringing the liquid up to a simmer. Adding a pinch of salt will help break down the tomatoes.
5. Cook until the vegetables are all broken down and the sauce has reduced. This is to be a thin sauce so add splashes water if needed.
6. Adjust seasonings to taste and set aside.
7. With the nopales and the salsita tomate finished, scramble the whole egg and egg whites together until soft. Fold in the cooked nopales and stuff into the two roasted chiles. Ladle the salsita tomate on a plate and place the two stuffed chilies on the plate. Top with Salsa Mexicana garnish with chopped cilantro and serve.

NOTE:
A 94 calorie fruit allowance to be split up in breakfast, lunch, and dinner.

DAY 7 MEXICAN FARE

320 CALORIES

40 from fat / 294 with fruit
Serving: 1

ORANGE SHRIMP CEVICHE WITH TOASTED GARBONZOS

INGREDIENTS

3-4 oz. Shrimp

1/3 Cup Roasted Onion

1/3 Cup Roasted Yellow Bell Pepper

½ Cup Roasted Tomato

1 Small Jalapeño Chopped

½ Cup Lime Juice

¼ Cup Orange Juice

4 Slices Red Onion

2 Teaspoon Scallions

1 Teaspoon Chives

1 Tablespoon Cilantro

1/8 Cup Tomato Juice

Tabasco to Taste

Salt to Taste

1 ½ Cups Soft Lettuce

1 Teaspoon Walnut Oil

¼ Cup Toasted Garbanzo Beans (recipe below

TOASTED GARBANZO BEANS

1 Can Garbanzo Beans
Calories: 64 per 1/4 cup

1 ½ Teaspoons Garlic powder
Fat Calories: less than 8

1 ½ Teaspoons Onion Powder

¼ Teaspoon White pepper

1 ½ Teaspoons Turmeric

½ Teaspoon Salt

1 Teaspoon Chili Powder

INSTRUCTIONS

1. Roast in your oven (350F) the allotted amounts of onion, tomato and yellow bell pepper (cut in quarters) until soft and caramelized.
2. Blanch the shrimp in boiling water for about 30 seconds then put in an ice water bath and drain. Combine the roasted vegetables in a blender with the fresh chopped jalapeno and blend until smooth.
3. In a large mixing bowl, combine the shrimp, blended vegetables, all the remaining vegetables (except lettuce), and juices. Season with salt and Tabasco to taste. Marinate this mixture for 2 hours.
4. Serve on soft lettuce that has been gently massaged with the walnut oil and toasted garbanzos on the side.
5. Rinse, drain and dry the garbanzo beans. Mix the spices and put on a plate.
6. Roll the beans in the mixture to absorb most of the spices. Put the beans on a baking sheet and cook at 350F for 45 minutes to 1 hour. Watch them toward the end of baking.
7. They crisp even further after they have cooled off. The U.S. brands have more water content in the bean and generally take the hour to crisp where the Mexican brands are a little drier and crisp faster.
8. Follow the amounts of the spice blend exactly because if you add more chili powder, it will burn. The flavors also concentrate as they cook, so extra salt will result in too much salt.
9. These are about 64 calories per each ¼ cup and less than 8 calories from fat. Because they are dried, they make a great snack with popular Mexican flavors when sprinkled with fresh lime and hot sauce and chili powders.

208 CALORIES

92 from fat
Serving: 1

PRIMO GUACAMOLE WITH TOASTED JICAMA CHIPS

INGREDIENTS

2.6 oz. Avocados* (about 1/3 cup chopped small) Choose a smooth skin avocado for less fat and less calories.

1 ½ Tablespoons Red Onion chopped fine

1/3 Cup White Cabbage shredded

¼ Cup Roma Tomatoes chopped small

1-2 Tablespoons Lime juice

1 Jalapeno pepper chopped fine

Sea Salt to taste

6-7 Toasted Jicama Chips (recipe below)

TOASTED JICIMA CHIPS

12 - 14 Jicama Slices (1/8-+ inch thick)

1 ½ Teaspoons Onion Powder

1 ½ Teaspoons Garlic powder

½ Teaspoon Salt

1 ½ Teaspoons Turmeric

1 Teaspoon Chili powder

INSTRUCTIONS

1. Blend the avocado until pureed. Gently stir in the remaining ingredients and season to taste. Serve with jicama chips.
2. To make jicama chips: slice the jicama with a mandolin if you have one. If using a knife, try and get the slices as even and thin as possible.
3. I cut a 5 inch circle with my mandolin about ⅛ inch thick. This 5 inch circle reduces to about a 2 inch chip when baked. You can buy a very large jicama and cut it in half, if you are using a knife, and just cut large ovals. No thicker than ⅛inch or just a smidge more because it will take the jicama too long to crisp.
4. Blend the powdered spices and place in a bowl. With the jicama slice in your hand, sprinkle ⅛ teaspoon of mixed spices on top of the jicama slice and massage the spice rub all over the jicama slice on both sides. If you put the jicama slice on top of all the spice rub in the bowl the moisture from the jicama will clump the powdered spice rub you have mixed, so it is best to keep the slice in your hands and rub the spices in.
5. Place the jicama slices very close together because they shrink on a baking sheet. Bake for 30 minutes at 350F then reduce heat to 225F to 250F. Turn the slices over and bake for one hour more or until crisp.
6. Total baking time will be about 1 hour and 30 minutes. Just watch them at the end of the baking time. When the chips come out of the oven they may be a little soft in the center, but they will crisp when cooled. These keep crispy in a Ziplock bag for days if they are dried out properly. If they become soft when in the bag, that means they were not baked long enough. All of the spices concentrate in flavor when baked so use the suggested amounts first and then adjust on your next batch if needed.

DAY 7 MEXICAN FARE

295 CALORIES

53 from fat
Serving: 1

TILAPIA IN HOJA SANTA

DINNER

INGREDIENTS

2 Hoja Santa Leaves

5 oz. Tilapia Fish

1 Tablespoon Roasted Garlic

3 Tablespoons Roasted Onion

1 Jalapeno Pepper chopped

¼ Cup Salsa Verde
(recipe below)

INSTRUCTIONS

1. Spray with coconut oil one garlic bulb with top cut off and one small white onion sliced into ½ inch thick circles. Place on a cookie sheet and roast at 350F for about 35 minutes or until soft.
2. If you are planning on using the semi-homemade Salsa Verde recipe below, now would be a perfect time to put the tomatillos on the cookie sheet and roast them as well.
3. Puree the roasted garlic and onion together in a mini processor. Remove 1 tablespoon of garlic puree and 3 tablespoons of onion puree, adding the chopped jalapeno pepper to make a paste.
4. Give a quick spray of coconut oil to both sides of the fish fillet and season with sea salt and pepper. Pat half of the onion/garlic/chili paste on one side of the fish and the other half on the other side.
5. Wrap the filet in a Hoja Santa leaf to enclose the fish. In a saucepan with a steamer basket, line one Hoja Santa leaf in bottom of the steamer basket and then place the wrapped fish on top of the other leaf in the basket.
6. Steam the fish covered for about 12 to 13 minutes.
7. Ladle the salsa verde on a plate; remove the Hoja Santa leaf and place the fillet on top of the salsa. Sprinkle with the pumpkin seeds and serve with a side-dish of sautéed acelgas.

DINNER

DAY 7

SALSA VERDE (SEMI-HOMEMADE)

Yield 1 ½ Cups

INGREDIENTS

2 Small Tomatillos (1/3 cup roasted tomatillos)

1 Teaspoon Serrano Chili chopped

1 Tablespoon Cilantro chopped

4-5 Tablespoons of Salsa Verde from a jar

INSTRUCTIONS

1. Puree the 1/3 cup roasted tomatillos with the chili and cilantro, adding the jarred salsa verde to taste.

DAY 7

ACELGAS (SIDE DISH)

INGREDIENTS

1 ½ Cups Acelgas (chard) chopped

2 Slices Red Bell Peppers in rings

½ Cup Chayote Squash sliced

1 Chili Guero sliced in rings

Sea Salt and Pepper to taste

INSTRUCTIONS

1. In a quality nonstick pan sprayed with a couple of quick sprays of coconut oil, sauté the peppers and squash on medium heat to soften.
2. Add the acelgas and sauté the vegetables until they are done to your liking.

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