

12-Minute Pork Chops

Ingredients:

- 6 pork chops (~5 oz. each raw)
- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 2 cups rice (measured dry)
- 1 red pepper, finely chopped
- ½ (14.5 oz) can beef broth
- ¼ cup balsamic vinaigrette dressing
- ¼ tsp dried rosemary



Making it:

1. Heat oil in large non-stick pan on medium-high heat.
2. Add chops; cook 6 min. Turn after 3 minutes. Remove from skillet and cover to keep warm.
3. Add onions to same pan. Cook 5 min. stirring occasionally.
4. Stir in rice, peppers, broth, dressing and rosemary. Reduce heat to medium-low. Simmer 15 min.
5. Serve chops over rice, quinoa or barley dish and some colorful vegetables.

Tips and Hints:

- 1 serving has 16 mg of iron.

NUTRITION FACTS

Servings: 4
 Serving Size: 1 pork chop
 with 1 cup cooked rice

Total Calories	481
Carbohydrate	53 g
Total Fat	12 g
Protein	35 g
Fiber	1 g

Prep Time: 10
 Cook Time: 21

3-Grain Breakfast Cereal with Nuts and Dried Fruit

Ingredients:

- 1/2 cup maple syrup
- 1/3 cup honey
- 3 tbsp canola oil
- 1 1/2 tbsp vanilla extract
- 4 1/2 cups regular oats
- 1 cup quick-cooking barley, uncooked
- 3/4 cup chopped walnuts or pecans
- 1/2 cup wheat germ
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Cooking spray
- 1 (7 oz.) package dried mixed fruit, chopped (such as Sun-Maid brand)



Making it:

1. Preheat oven to 325 F.
2. Spray baking sheet with cooking oil spray.
3. Combine first 4 ingredients, stirring with a whisk.
4. Combine oats, barley, walnuts, wheat germ, cinnamon, and nutmeg in a large bowl. Add syrup mixture; stir well to coat. Spread oat mixture evenly onto a baking sheet.
5. Bake at 325 F for 30 min. or until browned, gently turning mixture every 10 minutes so grains baked evenly.
6. Remove and stir in chopped dried fruit. Cool completely.
7. Note: Store in an airtight container for up to 5 days.

Tips and Hints:

- This is a budget friendly and healthier alternative to many store-bought granolas.
- Serve with milk or yogurt to boost up protein and make a complete breakfast.
- To increase carbohydrate you increase the portion and/or add fruit like berries or bananas.

NUTRITION FACTS

Servings: 24
Serving Size: 1/3 cup

Total Calories	185
Carbohydrate	31 g
Total Fat	5 g
Protein	5 g
Fiber	4 g

Prep Time: 10
Cook Time: 30

Baked Coconut Shrimp

Ingredients:

- ½ cup cornstarch
- ½ to 1 tsp ground red pepper
- ¼ tsp salt
- 1 tbsp honey
- 1 tbsp lime juice
- 3 egg whites
- 1 cup shredded coconut flakes
- 1 ½ lbs large raw shrimp, peeled and deveined, rinsed and patted dry OR you can use pre-cooked shrimp peeled with tails off.
- cooking spray



Making it:

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with butter flavored cooking spray.
3. In a small bowl combine cornstarch, pepper and salt.
4. In a small microwave safe dish heat up honey approximately 30-45 seconds (careful not to overheat).
5. Add lime juice to honey and stir.
6. Slowly add in egg whites and continue to stir.
7. Place coconut in a thin layer on a plate.
8. Take each shrimp and first dip it into cornstarch mixture then in egg white mixture and finally roll in the coconut then place on very greased baking sheet.
9. Bake 10-15 minutes or until shrimp is pink and the coconut is lightly toasted. Cooking time will be less with pre-cooked shrimp.

Tips and Hints:

- Serve with Hawaiian rice and grilled vegetables for a truly tropical meal.
- To unthaw frozen shrimp quickly, place bag of shrimp in sink full of cold water. Keep around 4^o C.
- After unthawing, open bag and place shrimp on plate lined with several sheets of paper towel. Pat dry with additional paper towels.
- In a pinch you can toss ingredients 2-6 in a blender, blend, pour into a bowl and dip the shrimp in before the coconut. Work fine, just requires a slightly more delicate handling.

NUTRITION FACTS

Servings: ~12
Serving Size: 6-8 shrimp

Total Calories	111
Carbohydrate	8 g
Total Fat	3 g
Protein	13 g
Fiber	0 g

Prep Time: 30-45
Cook Time: 15-20

Celery with Feta and Mint

Ingredients:

- 6 large celery stalks, cut into 1/2 " slices
- 1/2 small red onion, thinly sliced
- 1 cup cherry tomatoes sliced in half
- 6 tbsp crumbled feta cheese
- 2 tbsp olive oil
- 2 tbsp lemon zest
- 2 tbsp lemon juice
- 3 tbsp thinly sliced mint leaves
- Salt and pepper to taste



Making it:

1. Toss all ingredients together and serve.

Tips and Hints:

- A simple side dish, this salad goes great with broiled fish, kebabs or grilled chicken.

NUTRITION FACTS

Servings: 4

Serving Size: 1 cup

Total Calories	142
Carbohydrate	7 g
Total Fat	11 g
Protein	4 g
Fiber	2 g

Prep Time: 10

Cook Time: 0

Quick and Easy Chicken and Barley Stew (on a dime)

Ingredients:

1 cup uncooked quick-cooking (Mother's or Quaker) or regular pearl barley
 3(14oz) can chicken broth
 1 tbsp olive oil
 1 $\frac{3}{4}$ cups chopped onion
 1(10 oz) package frozen mixed vegetables
 1 cup chopped cooked chicken
 $\frac{1}{4}$ tsp dried thyme
 $\frac{1}{4}$ tsp black pepper
 1 bay leaf
 Salt and pepper to taste



Making it:

1. Bring barley and broth to a boil in a large saucepan. Reduce heat, and simmer 5 minutes.
2. While barley cooks, heat oil in a large nonstick pan over medium-high heat.
3. Add onion, sauté 3 min.
4. Add mixed vegetables, sauté 2 min.
5. Add vegetable mixture, chicken, salt, thyme, and pepper to barley mixture and simmer 4 min.

Tips and Hints:

- A budget friendly, timesaving batch recipe that can be frozen and reheated too.
- Quick cooking barley can usually be found in the healthy cereal section or health food section of the grocery store (small health food stores or Whole Foods). If you cannot find quick cooking you can use regular (can be found with the rice or in bulk section). It takes a little longer to cook.
- Frozen vegetables are quick and easy and sometimes less expensive than fresh. For a fresh version of this recipes add bell peppers, celery, zucchini, broccoli, mushrooms...basically any vegetables you want.
- For a little flavor punch add a few drops of Tabasco sauce.

NUTRITION FACTS

Servings: 4
 Serving Size: 1 $\frac{3}{4}$ cups

Total Calories	356
Carbohydrate	51 g
Total Fat	7.5 g
Protein	23 g
Fiber	12 g

Prep Time: 10
 Cook Time: 20

Chickpea Salad



Ingredients:

- 1 (7 oz) can chickpeas, rinsed
- 3 cups cucumber, peeled, seeded and diced
- 2 cups grape tomatoes, halved (or cherry tomatoes)
- ¼ cup crumbled reduced-fat feta cheese
- ¼ cup red onion, diced
- ½ cup light dill ranch dressing (if you want to make your own dressing recipe follows or us plain light ranch and add fresh dill)
- Freshly ground pepper, to taste

Dill Ranch Dressing

- small shallot, peeled
- ¾ cup nonfat cottage cheese
- ¼ cup reduced-fat mayonnaise
- 2 tbsp milk powder
- 2 tbsp white-wine vinegar
- ¼ cup nonfat milk
- 1 tbsp fresh dill, chopped
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

Making the dressing:

1. With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, milk powder and vinegar. Process until smooth, scraping down the sides as necessary (~3 min). Pour in milk while the processor is running. Scrape down the sides; add dill, salt and pepper and process until combined.

Making it:

1. Place chickpeas and chopped cucumber, tomatoes, cheese, onion, dressing and pepper in a medium bowl.
2. Mix with dressing until coated.

Tips and Hints:

- You can add many other vegetables to chick peas salad. Try adding carrots, peppers, green or red pepper, broccoli or cauliflower.
- For a protein boost you can add cooked lean back bacon or chicken breast.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 cup

Total Calories	157
Carbohydrate	29 g
Total Fat	2 g
Protein	6 g
Fiber	5 g

Prep Time: 10
 Cook Time: 0

Chilaquiles Casserole

Ingredients:

- 1 tbsp vegetable oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 (19oz.) can black beans, rinsed
- 1 (14oz) can diced tomatoes, drained
- 1 ½ cups corn, frozen (thawed) or fresh
- 1 tsp ground cumin
- ½ tsp salt
- 12 corn tortillas OR 3-4 whole-wheat tortillas, quartered
- 1 (19oz) can mild red or green enchilada sauce
- 1 ¼ cups shredded reduced-fat Cheddar cheese



Making it:

1. Preheat oven to 400°F. Lightly coat a 9 x 13" baking pan with cooking spray or similar.
2. Pan: Heat oil in over medium-high heat. Add onion, stir often until start to brown (~ 5 min.). Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook. Stir occasionally, until the vegetables are heated through (~3 min).
3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake for 15 min. with foil. Remove foil and continue baking until the casserole is bubbling around the edges and the cheese is melted (~ 10 min).

Tips and Hints:

- Boost up protein by adding cooked extra lean ground beef or cooked shredded chicken breast to the vegetable mixture before layering.
- Even though this dish is not particularly high in fat you can also use a light ricotta cheese to decrease energy and fat intake should this compliment your nutrition plan.
- To increase energy intake for higher energy needs add more beans, corn, cheese and serve yourself a larger portion.

NUTRITION FACTS

Servings: 10
 Serving Size: ~1 cup, or
 1/10 of casserole dish

Total Calories	243
Carbohydrate	30 g
Total Fat	10 g
Protein	9 g
Fiber	5 g

Prep Time: 25
 Cook Time 25

Couscous Salad with Chicken and Apricots



Ingredients:

- 1 ½ cups instant whole grain couscous
- ¼ tsp ground cinnamon
- ¼ tsp ground cumin
- 1 cup fresh parsley leaves, finely chopped
- 1 cup fresh mint leaves, finely chopped
- 6 tbsp olive oil
- 4 Chicken breasts, rub with cayenne pepper, paprika, garlic powder
- 3 fresh apricots (or ripe nectarines, peaches, or plums), pitted and cut into bite-size chunks
- 1 small shallot, thinly sliced in rings
- ½ cup unsalted pistachio nuts, shelled
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

Making it:

1. Bowl: Place the couscous in a medium bowl.
2. Pot: Bring 1 1/2 cups water to a boil and stir in the cinnamon, cumin, 1/2 tsp salt, and 1/4 tsp pepper. Pour the mixture over the couscous.
3. Cover and let stand until the couscous is soft, about 5 minutes. Uncover and fluff with a fork.
4. Stir in the parsley, mint, and 2 tablespoons of the olive oil. Set aside.
5. Grill chicken: Mix spices such as salt, pepper, cayenne, paprika, garlic powder, to taste and rub on chicken. Place chicken in oven or on grill and cook, flipping once. Cut into bite-size pieces and place in a medium bowl.
6. Add the apricots, shallot, and pistachios.
7. Drizzle with the vinegar and the remaining olive oil. Season with salt and pepper to taste. Divide the couscous among 6 dinner plates. Arrange the chicken salad over the couscous. If you want to get fancy garnish with the parsley sprigs and serve.

Tips and Hints:

- To make this recipe very quick grill or baked a few chicken breast each week and keep in fridge or freezer for use in other recipes such as this one.
- To increase carbohydrate simply increase the amount of couscous.

NUTRITION FACTS

Servings: 6
 Serving Size: ~1.25 cup

Total Calories 613

Carbohydrate	41 g
Total Fat	24 g
Protein	55 g
Fiber	4 g

Prep Time: 15
 Cook Time: 25

Easy Whitefish with Lemon and Herbs

Ingredients:

- 6 white fish fillets, about 1 1/2 lbs total (cod, halibut, sole, haddock)
- 6 cloves garlic, minced
- 1 tbsp dried rosemary
- 3 large lemon, thinly sliced, seeded, end pieces discarded
- 1 tbsp olive oil
- Salt and pepper to taste



Making it:

1. Preheat oven to 450 F. Place a baking sheet in oven to preheat as well.
2. Cut 4 large rectangles of foil and place a fish fillet in the center of each piece.
3. Bowl: Combine oil, spices and garlic and stir well.
4. Spread mixture evenly over fish, lay several lemon slices on top, and fold the edges of the foil or paper up over each fillet, crimping edges tightly.
5. Place packaged fish on preheated baking sheet and bake 13-15 minutes, until fish is just cooked through (should flake). Serve fish in packages.

Tips and Hints:

- Serve with rice, quinoa or yams and some delicious vegetables like steamed beans or a spinach salad.
- Get creative with leftover fish and give fish tacos a try. Simply sauté onions and white cabbage, chop cilantro and toss together with fish and salsa on a whole wheat tortilla or corn.
- Budget friendly option - look for white fish on sale in the frozen section of your grocery store. Thaw in fridge.

NUTRITION FACTS

Servings: 6
Size: 1 fillet

Total Calories	123
Carbohydrate	4 g
Total Fat	5 g
Protein	17 g
Fiber	1.5 g

Prep Time: 10
Cook Time: 20

Feta & Dill Quinoa Salad

Ingredients:

- 1-1 ½ handful size bunch of dill, washed and chopped
 - 1 English cucumber, chopped
 - 2 large ripe tomatoes, diced
 - 1 block (~ 175g) light feta cheese, crumbled
 - 1 cup sliced Kalamata olives
 - 2 tbsp lemon juice
 - 2 tbsp olive oil
 - 1 ½ cup quinoa (dry) + 3 cups water (to cook)
- Salt and pepper to taste.



Making it:

1. Rise quinoa if needed. Most quinoa comes pre-rinsed.
2. Pot: bring quinoa to a boil with 3 cups of water. Once boiling, turn to low heat and cook for approximately 20 minutes. Once cooked, uncover, fluff with fork and allow it to cool.
3. Bowl: In a large bowl, toss the tomatoes, olives tomato, olives, cucumber, dill, feta and lemon juice, olive oil, salt and pepper. Add cooled quinoa to the mixture and toss well.

Tips and Hints:

- You can add almost any vegetables to quinoa salad. Try adding carrots, peppers, green or red onions or mushrooms.
- If you are in a rush place cooked quinoa in freezer for a 10 minutes to speed up cooling - just don't forget about it.
- If you prefer a little more flavour or are looking to increase sodium intake to aid in hydration add 1 cube chicken or vegetable bouillon or the quinoa water.

NUTRITION FACTS

Servings: 6
 Serving Size: ~ 1 cup

Total Calories	232
Carbohydrate	23 g
Total Fat	13 g
Protein	9 g
Fiber	3 g

Prep Time: 15
 Cook Time: 15

Ginger Pear Muffins

Ingredients:

- 1 ½ cups self-raising flour
- 1 cup whole-wheat flour
- 1 tbsp baking powder
- 2 tsp ground ginger
- ¾ cup brown sugar
- 2 tbsp margarine, melted
- ¾ cup milk
- ¾ cup low fat plain yogurt
- 1 large egg
- 2 large, ripe pears, peeled and grated



Making it:

1. Preheat oven to 180°C (350°F).
2. Lightly grease a 12-hole muffin pan.
3. Sift flours, baking powder, salt and ground ginger into a large bowl.
4. Stir in sugar and make a well (hole) in the centre.
5. In a small bowl, whisk margarine, milk, yogurt, egg and pear together then add to flour mixture.
6. Stir gently until mixture is just combined but do not over mix (about 13 big spoon mixes is ideal).
7. Spoon mixture into pan.
8. Bake for 20-25 minutes or until muffins are well risen and spring back to the touch. Leave in pan for a few minutes to cool then tip out of pan using butter knife if necessary. Best leave to cool on wire rack if you have one.

Tips and Hints:

- For add a zestness to your muffins try adding dried crystallized ginger pieces to muffin batter at the final mixing stage. You can find this item in bulk or dried food section.

NUTRITION FACTS

Servings: 12
 Serving Size: 1 muffin

Total Calories	205
Carbohydrate	40 g
Total Fat	3 g
Protein	5 g
Fiber	3 g

Prep Time: 20
 Cook Time: 20-25

Grilled Salmon and Avocado Pitas

Ingredients:

1 tbsp	wasabi paste
2 tsp	soy sauce
2 tsp	rice vinegar
¼ cup	mayonnaise (or similar)
½ lb.	salmon or arctic char fillet
2 tsp	olive oil
1 tsp	salt
2	whole wheat pita rounds
½	ripe avocado, diced
2 cup	loosely packed arugula (or any salad greens)
1	medium tomato, seeded and diced

Making it:

1. Bowl: In a small bowl, combine the wasabi paste, soy sauce, vinegar, and mayonnaise. Set aside.
2. Preparing Salmon: Brush salmon with olive oil and sprinkle with salt.
3. Grill (either oiled charcoal or gas grill, 450° to 550°). Lay salmon on an; close lid on gas grill.
4. Grill 6 to 8 minutes depending on thickness, turning over once, until just barely done (cut to test; flesh will be a darker shade of pink in the center). Remove from grill and quickly toast pita rounds on grill, about 2 minutes, turning once.
5. Cut or flake salmon into 1-in. cubes.
6. Cut pita rounds in half and spread wasabi mayonnaise on insides. Fill each pita half with salmon, avocado, arugula (or salad greens) and tomatoes, dividing equally.

Tips and Hints:

- Make sure the grill is very hot before placing salmon on. You should only be able to hold a hand 5" above for 2-4 seconds.
- To ensure salmon is cooked, test the salmon with a fork after the correct amount of time. The grilled salmon is cooked when it flakes easily with a fork. It will also look opaque and feel slightly firm.

NUTRITION FACTS

Servings: 4 sandwich halves
 Serving Size: 1/2 pita with filling

Total Calories	371
Carbohydrate	26 g
Total Fat	23 g
Protein	18 g
Fiber	6 g

Prep Time: 15

Cook Time: 25

Grilled Steak and Onion Salad

Ingredients:

- 1 red onion, cut crosswise into 1/2 " thick slices
- 1 lb skirt flank steak, cut into 4 pieces
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 3 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 8 cups any of the following: arugula or salad greens
- Salt and pepper to taste



Making it:

1. Pan or cast iron skillet: heat to medium high heat.
2. Cooking the steak: Season steak with salt and pepper. Drizzle onions with 1 tbsp oil, salt and pepper. Grill steak with onions until steak is medium-rare and onions tender, flipping once (~5-7 min). Let stand 5 min then slice thinly against the grain.
3. Bowl: whisk together mustard, vinegar, and 2 tbsp oil.
4. Add salad greens and season with salt and pepper.
5. Add onions, steak and toss to combine.
6. Serve immediately.

Tips and Hints:

- To increase carbohydrate add croutons. You can easily make your own croutons by cutting bread into 1/2" cubes, lay on a pan, toasting in oven for 10 min.
- This salad can also easily be turned into a steak salad sandwich. To create a spread place cooked onions in food processor and spread on bread. Layer green, dressing and streak between slices.
- Mushrooms sautéed in balsamic also go nicely with this recipe.

NUTRITION FACTS

Servings: 4
Serving Size: 2 cup green
+ 1/4 of steak (150 g
uncooked)

Total Calories	236
Carbohydrate	8 g
Total Fat	10 g
Protein	29 g
Fiber	2 g

Prep Time: 15
Cook Time: 5-7

Grilled Stuffed Portobello Mushrooms

Ingredients:

2/3 cup chopped plum tomato
 1/4 cup shredded part-skim mozzarella cheese
 1 tsp olive oil, divided
 1/2 tsp finely chopped fresh or 1/8 teaspoon dried rosemary
 1/8 ground black pepper
 1 clove garlic, crushed
 4 (5-inch) portobello mushroom caps
 2 tbsp fresh lemon juice
 2 tsp soy sauce
 2 tsp minced fresh parsley
 Cooking spray



Making it:

1. Prepare grill and make sure it is clean. Spray grill with cooking spray before turning on.
2. Bowl: Combine the tomato, cheese, 1/2 tsp oil, rosemary, pepper, and garlic.
3. Prepping the mushrooms: Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems and discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps.
4. Grilling the mushrooms:

Step #1 - Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

Step #2 - Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

Tips and Hints:

- Serve with lean protein such as chicken, lean cut of steak or vegetarian alternative. Also, don't forget high carb to you're your training. Quinoa or barley goes great this the mushrooms.
- Leftovers go great in a grilled veggies pita sandwich.
- Notes: Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

NUTRITION FACTS

Servings: 4	
Serving Size: 1 mushroom	
Total Calories	83
Carbohydrate	10 g
Total Fat	3.5 g
Protein	5.4 g
Fiber	2.5 g
Prep Time: 15	
Cook Time: 25	

Pasta Shells with Roasted Cauliflower, Chickpeas and Ricotta



Ingredients:

- ¼ cup olive oil, plus a little extra for serving
- 1 head cauliflower (~ 2 lbs), cut into florets
- 1(15.5 oz) canned chickpeas, rinsed and drained
- 4 slices bread (whole wheat, spelt etc.) cut into ½ inch pieces to make your own croutons
- 4 cups (1 lb) whole wheat pasta shells or similar (elbow, rigatoni or penne work well)
- 3 tbsp fresh parsley, chopped
- ½ cup ricotta made with part-skim cheese
- Salt and pepper to taste

Making it:

1. Preheat oven to 425 F with rack in upper and lower 3rd.
2. Rimmed baking sheet: Toss 2 tbsp oil, cauliflower, chickpeas, salt and pepper. Arrange in layer and roast until cauliflower is tender and chickpeas are crunchy (~25 min).
3. Second rimmed baking sheet: arrange bread in single layer and toast until crisp (~10 min).
4. Pot: while waiting for steps 2 and 3 boil large pot of water and cook pasta. Add dash of salt and tbsp of olive oil in pasta water.
5. Drain pasta and mix cauliflower mixture, 2 tbsp oil and parsley.
6. Season with salt, pepper, and top with croutons and ricotta. You can drizzle with a little extra olive oil if you want.

Tips and Hints:

- If you cannot find any whole wheat or similar pasta shells you can use any whole wheat pasta shapes such as penne.
- To increase protein you can mix cooked chicken breast and the flavour will not change much.
- Making croutons is a great way to use up bread that is past just past expiry date.

NUTRITION FACTS

Servings: 6
 Serving Size: ~1.25 cup

Total Calories	556
Carbohydrate	92 g
Total Fat	14 g
Protein	21 g
Fiber	12 g

Prep Time: 25
 Cook Time: 35

Pineapple Thai Chicken Curry



Ingredients:

- 2 cups uncooked jasmine rice or rice noodles
- 4 cups water (for rice)
- 1 tbsp vegetable oil
- 1/4 cup red curry paste
- 2 (13.5 oz.) cans light coconut milk
- 2+ skinless, boneless chicken breast halves, cut into thin strips
- 3 tbsp fish sauce (optional)
- 1/4 cup white sugar
- 1/2 cup sliced bamboo shoots, drained
- 1 red bell pepper, chopped finely
- 1 green bell pepper, chopped finely
- 1 medium onion, chopped
- 1 cup pineapple chunks, drained

Making it:

1. Pot #1: Bring rice and water to a boil in a pot. Reduce heat to low, cover, simmer 25 min.
2. Pan: Heat oil, add chicken and sauté lightly until cooked through.
3. Pot #2: Whisk together curry paste and 1 can coconut milk. Mix in remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots. Bring to a boil. Simmer 15 min.
4. Mix the red bell pepper, green bell pepper, and onion. Cook 10 more min.
5. Remove from heat. Stir in pineapple. Serve over the cooked rice.

Tips and Hints:

- To boost fiber, antioxidants, and perhaps use up some vegetables in the fridge you can add extra vegetables.
- To decrease fat and calorie density, try using 1 can of coconut milk and substitute the other with skim milk. Be sure not to burn the milk by simmering on low heat.
- Easy to portion curry into Tupperware and freeze for a meal later.
- Add curry paste slowly and taste as you cook. For more mild palates add less.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 cup curry sauce on 1 cup rice

Total Calories	530
Carbohydrate	78 g
Total Fat	16 g
Protein	22 g
Fiber	5 g

Prep Time: 20
 Cook Time: 35
 Servings: 6



Quick Garden Omelette

Ingredients:

- 1 tsp vegetable oil or similar
- 1 small potato (~1/2 cup) or yam sliced into thin wedges, then coarsely chopped
- 1/4 cup sliced cremini (or any type) mushrooms
- 4 large eggs (2 yolk and 4 whites), separate 2 of the 4 yolks and discard
- 2 cup bagged baby spinach leaves, coarsely chopped
- 2 tbsp crumbled goat cheese (feta or cheddar work great too)
- Salt and pepper to taste

Making it:

1. Pan: Heat pan or skillet over medium-high heat. Add oil, heat then add potatoes. Sauté 10 min. stirring occasionally.
2. Stir in mushrooms and sauté 8 min. or until potatoes are tender, stirring occasionally. Remove from pan and set aside.
3. Pan: Wipe pan clean with paper towels. Spray with cooking oil if needed and heat to medium high heat.
4. Bowl: Combine eggs, a couple of shakes of salt and pepper in a bowl and whisk until eggs are frothy. Pour mixture into pan, and stir briskly with a heatproof spatula or wooden spoon until egg starts to thicken (~ 20 sec.).
5. Arrange half of potato mixture, 1 cup spinach, and 2 tbsp cheese over omelet.
6. Run spatula around edges and under omelet to loosen it from pan. Fold omelet in half and continue heating until all egg is cooked. Slide omelet onto a plate. Cut in half crosswise and enjoy.

Tips and Hints:

- While cooking omelet carefully loosen set edges of omelet with spatula, tipping the pan to pour uncooked egg to the sides. Continue this procedure for about 10 to 15 seconds or until almost no runny egg remains.
- To boost up an already very high protein breakfast you can add more egg whites.
- To increase carbohydrate you can add any or the following; whole wheat or spelt bread or bagel, fruit such as banana orange, 100% fruit juice.
- Has 27 mg of iron.

NUTRITION FACTS

Servings: 1
 Serving Size: 1 omelet

Total Calories	344
Carbohydrate	31 g
Total Fat	14 g
Protein	29 g
Fiber	4 g

Prep Time: 20
 Cook Time: 20



Quick Gourmet Crepes

Ingredients:

- 1 cup whole wheat flour (can also use buckwheat or spelt flour but may need to adjust liquid a little)
- 2 eggs
- 1 cup nonfat milk
- ½ tsp salt
- 2 tbsp butter, melted
- Nonstick cooking spray

Flavour boosters to add into batter:

- Zesty peel: Grated lemon, orange or grapefruit peel
- Sweetener: agave, sugar, honey or similar
- Spices & flavors: cinnamon, ginger or vanilla extract

Fillings:

- Cottage cheese and apple butter or sauce
- Plain yogurt and berries
- Maple syrup
- Nut butter and banana
- Nut butter and honey
- Yogurt and sliced banana
- Chopped apple, ricotta cheese, cinnamon and honey
- Pumpkin puree, honey, cinnamon, vanilla yogurt

Making it:

1. Place flour in a large mixing bowl.
2. Add your milk and egg whites.
3. Add the vanilla.
4. Mix well.
5. Pour the batter onto a hot non-stick pan over medium heat. Gently turn pan in a circular motion to spread out batter into crepe form.
6. When cooked, put crepe on a plate. Add any of the following Roll so sides overlap holding the crepe together and enjoy.

Tips and Hints:

- A really fast way to make these is toss all ingredients in a blender Pour batter directly from blender onto pan.
- More filling ideas:
 - Tex Mex breakfast crepe: scrambled egg whites and/or eggs, avocado, diced tomato, onion , salsa
 - Sweet breakfast or dessert crepe: Peanut butter, 1 banana thinly sliced, honey
 - Dinner crepe: 3 oz. ground lean meat, cheese, marinara sauce
- These also freeze very well if you layer with wax paper between and wrap in plastic wrap or place in zip-lock.
- Note: nutrition information does not include toppings or filling.

NUTRITION FACTS

Servings: 4
 Serving Size: 4 5" crepes

Total Calories	218
Carbohydrate	26 g
Total Fat	9 g
Protein	10 g
Fiber	4 g

Prep Time: 10
 Cook Time: 10

Quinoa Pancakes

Ingredients:

1 cup cooked quinoa (or brown rice)
 ¾ cup whole-wheat flour
 2 tsp baking powder
 ½ tsp salt
 1 large egg, plus 1 large egg white
 1 tbsp unsalted butter melted
 ¼ cup milk
 2 tbsp maple syrup, agave or honey
 Serve with yogurt, fruit, cottage cheese, pumpkin puree applesauce...



Making it:

1. Bowl #1: whisk together quinoa, flour, baking powder and salt.
2. Bowl #2: whisk together egg, egg whites, butter, milk and syrup (or similar).
3. Whisk wet and dry mixtures together until fully combine.
4. Skillet or pan: Lightly coat with cooking spray or butter. Drop batter by heaping tablespoons full. Cook until batter bubbles across the to then flip. Should be golden brown on each side.

Tips and Hints:

- Grill cooking surface and re-grease as needed.
- You can add fruit to the batter such as chopped apples, blueberries, bananas, and mangoes.
- Option to freeze cakes between sheets of wax paper in zip-lock bags. Reheat in the toaster.
- Note: nutrition information does not include toppings such as yogurt fruit etc. Adding the toppings suggested in ingredient list will increase fiber, antioxidants and protein.

NUTRITION FACTS

Servings: 4 (makes ~12 total)

Serving Size: 3 pancakes

Total Calories	188
-----------------------	------------

Carbohydrate	23 g
--------------	------

Total Fat	8.7 g
-----------	-------

Protein	5.7 g
---------	-------

Fiber	2 g
-------	-----

Prep Time: 15

Cook Time: 20

Roasted Chicken with Black Beans and Yams

Ingredients:

- 3 to 4 chicken leg quarters or breasts
- 1 (29 oz) can black beans (or any beans), reserve liquid.
- 1 large yam, peeled and chopped into 2" chunks
- 1 tbsp chopped garlic, fresh or jar
- 1 tbsp cumin
- 1 bay leaf (optional) or favorite dried herbs (experiment).
- Salt and pepper to taste



Making it:

1. Preheat oven to 350 F.
2. Drain black beans reserving liquid. Add beans and half a cup of the bean liquid to bottom of a large baking pot or dish.
3. Peel and chop yam into large 2" pieces. Place chopped yams on the black beans. Sprinkle and mix garlic and cumin over yams and beans.
4. Place chicken on top and season with salt and pepper. Remove skin from chicken for a lighter version.
5. Cook covered for 1 hour. Uncover and continue cooking for 45 min.
6. A couple of fresh lime slices are colorful garnishes and a drizzle of lime juice brightens this Latin style entree.

Tips and Hints:

- Serve with white or brown rice to stretch this budget entree even further.
- If you use chicken breasts, white meat needs less time, so cook uncovered ~ 30 min. or less.
- You can add the rest of the bean liquid if you would like towards the end of cooking to create more sauce. The dark meat renders quite a bit of liquid so you can pour some of it for lower energy needs.

NUTRITION FACTS

Servings: 4
 Serving Size: 1 piece chicken with ¼ cup beans, a few chunks of yam

Total Calories	450
Carbohydrate	44 g
Total Fat	10 g
Protein	43 g
Fiber	10 g

Prep Time: 15
 Cook Time: 1 hr 45 min.

Quick Southwestern Turkey Chili

Ingredients:

- 1 cup green pepper, chopped
- 1 ½ cups onion, chopped
- 2 carrots, chopped
- 2 cloves garlic
- 2 tbsp olive oil
- 2 (28 oz) cans kidney beans, rinsed and drained
- 1 (28 oz) can diced tomatoes
- 3 cups extra lean ground turkey (or lean ground beef)
- 1 tbsp chili powder
- 2 tbsp fresh cilantro, minced
- 1 tsp crushed red pepper
- ½ tsp salt



Making it:

1. In a large saucepan or soup pot, heat oil over medium heat. Sauté pepper, onion and garlic for about 5 minutes. Add meat and heat until cooked through.
2. Add beans, tomatoes, turkey, chili powder, cilantro, crushed red pepper and salt.
3. Bring to a boil, reduce heat and simmer uncovered for 20 minutes.

Tips and Hints:

- To increase carbohydrate add cooked corn kernels or serve with whole wheat dinner roll.
- To boost fiber, antioxidants, and perhaps use up some vegetables in the fridge you can experiment by adding a variety of vegetables such as red peppers or mushrooms.
- Easy to portion into Tupperware and freeze for a meal later.
- Spice it up with a chopped jalapeno pepper.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 cup

Total Calories	340
Carbohydrate	23 g
Total Fat	15 g
Protein	28 g
Fiber	7 g

Prep Time: 20
 Cook Time: 30
 Servings: 8

Teriyaki Beef Wrap

Ingredients:

- 1 tbsp soy sauce or Bragg's
- 1 tsp fresh ginger, finely chopped
- 1 clove garlic, chopped
- ½ jalapeño pepper, finely chopped
- 4 oz. lean round steak, trimmed of excess fat and cut into strips
- 1/4 tsp garlic powder
- 2 tbsp cottage cheese or reduced-fat sour cream
- ½ whole-wheat flour tortilla
- 1 tsp sesame seeds
- 1 green onion, sliced
- Salt and pepper to taste



Making it:

1. Marinade beef: In a large zip lock bag, combine the soy sauce, ginger, garlic, and jalapeño pepper, then add the steak. Seal the bag and shake well. Place in the refrigerator for 4-8 hours turning several times.
2. Bowl: combine the garlic powder and cottage cheese. Stir well and set aside.
3. Remove the meat from the bag, brush off the seasonings. Discard marinade.
4. Skillet or pan: On medium-high heat, cook the meat until just pink inside. Transfer to a plate and set aside.
5. In same skillet, heat the sesame seeds, stirring quickly, for 10 to 20 seconds. Remove from the skillet and set aside.
6. Lay the tortilla on plate. Spread the cottage cheese mixture onto the middle, top with the steak strips and scallions, season with salt and pepper to taste, and sprinkle with the toasted sesame seeds.
7. Roll up the wrap, folding the ends toward the center and enjoy.

Tips and Hints:

- Since you went to the trouble of making your own marinade, use it to marinate extra beef for a stir fry.
- Much easier to cut steak into thin strips when partially frozen.
- Contains 14 mg of iron.

NUTRITION FACTS

Servings: 1
Serving Size: 1 wrap

Total Calories 437

Carbohydrate 25 g

Total Fat 14 g

Protein 53 g

Fiber 12 g

Prep Time: 10

Cook Time: 10

* marinade time not included in prep time.

Thai Style Curry

Ingredients:

- 2-4 tbsp green curry paste
- 1 (13 oz) can light coconut milk
- 2 chicken breasts (5 oz. uncooked)
- 1 cup trimmed green beans
- 1 red bell peppers, sliced
- 3 green onions (scallions)
- 2 red chilies, sliced
- 1 tbsp peanut or vegetable oil
- Cilantro to taste
- Juice of half a lime

See notes for more ingredients



Making it:

Ideally you want to use a wok for curry, but a large skillet or pan will work.

1. **Preparing the sauce:** Heat a wok until very hot then add a tbsp of oil. When the oil is hot, add the green curry paste and stir for about 30 sec. Add coconut milk and stir until starts to simmer and paste is dissolved.
2. **Adding chicken and vegetables:** While the sauce simmering wash and chop the vegetables. Chop the chicken breasts into small strips. Add to the sauce and stir to combine the ingredients. Stir occasionally, while simmering until the meat and vegetables are cooked (~20-20 min). Add chilies.
3. **Finishing the curry:** Add chopped fresh cilantro 5 min. before the end of cooking time and stir into the curry. When finished cooking add the juice of half a lime and stir in. Serve with plenty of boiled or steamed rice. I use ordinary rice cooked with bay leaf, but it is common to use jasmine rice for this recipe.

Tips and Hints:

- Curry is a great way use up leftover or wilting vegetables. Almost anything can go into a curry. You are free to add almost any vegetable. Some that work well include: onions, carrots, potatoes, squash, zucchini, yams, green bell peppers, cabbage, broccoli, mushrooms.
- Lemongrass is traditionally added to Thai style curry. It is minced and added to the sauce. Lime juice can be substituted which it is in this recipe. Lemon grass can be found fresh or in the freezer at Asian grocery stores.
- The nutrition information is based on the recipe above and will vary slightly with the addition of other vegetables.

NUTRITION FACTS

Servings: 2 large
 Serving Size: ~1 cup
 sauce, + 1 cup rice cooked

Total Calories	573
Carbohydrate	75 g
Total Fat	23 g
Protein	32 g
Fiber	9 g

Prep Time: 20
 Cook Time: 20-30

The New Noodle Casserole

Ingredients:

2 bunches scallions (a.k.a. green onions), trimmed
 8 oz. extra lean ground beef (or turkey)
 1 ½ tsp vegetable oil
 ½ cup bulgur
 2 cloves garlic, minced
 2 (8oz) cans tomato sauce
 ½ cup water
 6 oz. no-yolk whole-wheat egg noodles
 1 cup low-fat cottage cheese
 1 cup reduced-fat sour cream
 1/4 cup shredded extra-sharp cheddar cheese
 Salt and pepper to taste



Making it:

1. Preheat oven to 350°F.
2. Baking dish: Coat a 2-quart baking dish with cooking spray.
3. Large pot: large pot of water on to boil. While simmering Pan ingredients below you can cook noodles until just tender (6 to 8 min.). Drain and rinse under cold water.
4. Separate white and green parts of scallions; thinly slice and keep separately.
5. Pan: Cook beef in a large pan or skillet over medium-high heat, breaking up clumps with a wooden spoon, until no longer pink (3 to 5 min.). Transfer to a plate lined with paper towels to drain excess fat.
6. Pan: Wipe out with paper towel, add oil and reduce heat to medium-low. Add bulgur, garlic and the scallion whites. Cook and stir until the scallions soften (5 to 7 min.). Add tomato sauce, water and the beef; bring to a simmer. Cover and simmer until the bulgur is tender and the sauce is thickened (15 to 20 min.). Season with salt and pepper.
7. Food processor or blender: Puree cottage cheese until smooth. Transfer to a medium bowl; stir in sour cream and scallion greens.
8. Baking dish: Layer half of the noodles, half the cottage cheese mixture and half the meat sauce. Repeat with the remaining ingredients. Sprinkle Cheddar over the top.
9. Bake casserole until bubbly, 30 to 40 min. Let stand for 10 min. before serving.

Tips and Hints:

- Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. It simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.
- For higher energy needs you can use higher fat dairy.

NUTRITION FACTS

Servings: 10
 Serving Size: 1 cup, or 1/6
 of casserole dish

Total Calories	337
Carbohydrate	41 g
Total Fat	14 g
Protein	22 g
Fiber	5 g

Prep Time: 35
 Cook Time 1 hr 30 min

Tomato, Egg and Feta Wrap

Ingredients:

- 1 whole wheat tortilla, 8 to 12"
- 1 cup chopped fresh spinach
- 2 eggs, scrambled
- 2 tbsp light feta cheese
- 1 tomato, diced
- 4 halves sun-dried tomato in oil & spices, chopped
- Salt and pepper to taste



Making it:

1. Spray pan with nonstick spray or lightly oil. Heat medium.
2. Add chopped spinach and all tomatoes. Stir and cook for 1 minute.
3. Add the sun dried tomatoes and spices and cook for 30 seconds. Removed from heat. Remove from pan and set aside.
4. Add scrambled eggs to pan, flip and fold until firm. Make into a patty shape. Heat tortillas in the microwave until slightly warm.
5. Place veggies, cheese and egg in the center of each tortilla.
6. Wrap the tortilla up envelope style.
7. Place the wrap in a warm oven or toaster oven. 2 minutes.

Tips and Hints:

- To increase protein add extra egg whites.
- You can also add mushrooms, peppers, or last nights left over grilled veggies to this wrap.
- Nutrition information based on 10" wrap. For higher energy needs go for a larger wrap and visa versa for lower needs.
- If you don't have wraps in the kitchen this also goes well stuffed in a pita.

NUTRITION FACTS

Servings: 1

Serving Size: 1 wrap

Total Calories	436
Carbohydrate	50 g
Total Fat	19 g
Protein	25 g
Fiber	9 g

Prep Time: 15

Cook Time: 10

Trail Mix Cookies

Ingredients:

- 1/2 cup applesauce
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 1/2 teaspoons vanilla extract
- 2 egg whites
- 1 cups whole-wheat or spelt flour
- 1/4 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 3/4 tsp ground cinnamon
- 1 1/4 cups quick cooking oats
- 1/2 cup semisweet chocolate chips
- 1/2 cup chopped walnuts
- 1/3 cup dried cranberries



Making it:

1. Preheat oven to 350 °F (175 °C). Grease 2 baking sheets.
2. Bowl #1: Beat applesauce, white sugar, brown sugar, and vanilla in a large bowl.
3. Bowl #2: Use an electric mixer to beat egg whites until they are frothy and begin to firm up. Fold egg whites into applesauce mixture. Combine the flour, baking soda, salt, and cinnamon. Fold into the egg mixture. Stir in the oats, chocolate chips, walnuts, and cranberries.
4. Drop by heaping teaspoons on prepared baking sheets.
5. Bake ~10 minutes.
6. Remove immediately and place on wire racks or plate to cool.

Tips and Hints:

- You can add any type of dried fruit. Try chopped dried mangoes, apricots or pineapple.
- You can freeze and unthaw at a later date.
- Higher energy needs? Make each cookie larger.
- Great quick grab snack for a high-carb bite before or after training.

NUTRITION FACTS

Servings: 36
 Servings Size: 1 cookie

Total Calories	80
Carbohydrate	16 g
Total Fat	1.7 g
Protein	1.5 g
Fiber	1.1 g

Prep Time: 20
 Cook Time: 10

Turkey and Oat Burgers

Ingredients:

- 1 cup regular oats
- 1 cup Vidalia onion, finely chopped
- 1 tbsp chili powder
- 1 ¼ tsp salt
- 2 large egg whites, lightly beaten
- 1(14.5 oz) can tomatoes, drained and chopped
- 1 ½ lbs ground turkey
- Cooking spray
- 6 whole-wheat buns, toasted
- 6 lettuce leaves
- 6 slices tomato



Making it:

1. Combine first 7 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
2. Heat either a pan, grill or grill pan coated with cooking spray to medium-high heat. Add patties and cook 6 min. on each side or until done.
3. Place 1 patty on bottom half of each bun. Top each serving with lettuce leaf, tomato slice, and top half of bun.

Tips and Hints:

- This recipe is a sort of mini meat loaf recipe on a bun and has higher carbohydrate compared to a regular plain patty.
- A grill pan works best for these patties but it is not something that most people have in the kitchen. You can use a regular pan or cook directly on a grill. Remember to spray with cooking oil before heating.
- This burger has loads of flavor on its own but you can add regular burger toppings such as mustard, relish, etc... as you like.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 patty + bun

Total Calories	394
Carbohydrate	44 g
Total Fat	13 g
Protein	26 g
Fiber	5 g

Prep Time: 20
 Cook Time: 12-20

Beta-Carotene Blast: Yam and Carrot Bake

Ingredients:

- 2 large yams
- 3 large carrots
- 1 tbsp butter
- 1/4 cup milk
- dash nutmeg
- dash cinnamon



Making it:

1. Preheat oven 425 F.
2. Peel and cut yams and carrots into 1" chunks.
3. Boil in salted water until soft enough to mash.
4. Drain, place in bowl and mash with potato masher (if you do not have a masher use the bottom of a cup). Mix in spices, 1/2 tsp butter, milk. Spoon into baking dish.
5. Cut remaining butter and scatter on top.
6. Bake until top is lightly crispy. ~ 10 min.

Tips and Hints:

- You can add boiled and mashed apples to this recipe too or maple syrup for a flavour boost.
- Serve with a protein such as roasted chicken

NUTRITION FACTS

Servings: 4
Serving Size: 1 cup

Total Calories	178
Carbohydrate	2.3 g
Total Fat	38 g
Protein	3 g
Fiber	6 g

Prep Time: 10
Cook Time: 30