

WWLW



*50 Low Calorie
Recipes*



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Breakfast Recipes



Breakfast Bake

Directions

Preheat oven to 450 degrees F. Put peppers into a baking dish, toss with 1 teaspoon olive oil, sprinkle with salt and fresh-ground black pepper, and put the dish in the oven and bake 20 minutes. While the peppers cook, heat the rest of the olive oil in a non-stick pan, add the sausages and cook over medium-high heat until they're nicely browned on all sides, about 10-12 minutes. Remove to cutting board, line them up, and cut sausages into thirds. When the peppers have cooked for 20 minutes, stir in the sausages and bake 5 minutes more. Remove from oven, turn oven to BROIL, sprinkle the grated Mozzarella over the sausage-pepper combination and put back in oven and broil 1-2 minutes, or until the cheese is nicely melted and starting to brown.

Ingredients

1 large green bell pepper, chopped
1 large red bell pepper, chopped
1 1/2 TSP olive oil
salt and black pepper to taste
12 links turkey breakfast sausage
1/2 cup low-fat Mozzarella, grated



Makes 4 Servings

128 Calories

7 Fat

7 Carbs

11 Protein

Pancakes

Directions

Put all ingredients in a blender or magic bullet. Blend until smooth.

Let rest for 2 minutes so the bubbles can settle. Pour 1/4 of the batter into a hot pan greased with butter or pam spray. Cook for 2 minutes until golden, flip and cook 1 minute on the other side.

Ingredients

2 oz cream cheese

2 eggs

1 TSP Splenda

1/2 TSP cinnamon



Makes 2 Servings
190 Calories
15 Fat
8 Carbs
8 Protein

Hash

Directions

Heat the oil in a large skillet over medium-high heat; add the cauliflower and onion in an even layer and let it cook without stirring until it takes on a little colour on the bottom, about 2 to 3 minutes. Give it a stir, then add the paprika, salt, black pepper, and water. Cover the skillet and cook until the cauliflower is fork-tender but not mushy, and has taken on a golden colour, about 3 to 5 minutes. Turn the heat down to low, add the garlic, and cook 2 minutes, stirring constantly. Stir in the lemon juice and cook until evaporated, about 30 seconds. Serve with a fried egg.

Ingredients

2 TBSP olive oil
3/4 lb. cauliflower, chopped into small pieces
1 medium onion, diced
1/4 TSP paprika
1/4 TSP salt
1/8 TSP black pepper
3 TBSP water
1 large clove garlic, minced
2 TSP lemon juice
2 Fried eggs, for serving



Makes 2 Servings
261 Calories
19 Fat
17 Carbs
10 Protein

Crepes

Directions

Heat a large nonstick skillet over medium-high heat. You can coat your pan with cooking spray if it needs it. Combine all ingredients in a food processor and blend them until thoroughly combined. Pour the batter into a hot skillet and swirl it around to create a large, thin circle. Let the crepe cook until bubbles in the batter begin to pop, gently easing up the sides every few moments, about three minutes or less. Flip the crepe (it should be slightly golden) and cook the other side until it's firm when touched, another two minutes or so.

Ingredients

1/4 cup coconut flour
2 TBSP ground flaxseed
2 eggs
3 egg whites
1/4 cup unsweetened almond milk
1/2 TSP baking soda



Makes 2 Servings
247 Calories
10 Fat
12 Carbs
26 Protein

Stuffed Peppers

Directions

Pre-heat oven to 350 degree F.
Cook ground turkey in a large skillet until it starts to brown. Add onion and garlic and mix very well. Cook for about 3 minutes. In a bowl whisk eggs, cheese, parsley, salt and pepper. Add ground turkey to the bowl and mix well. Pour mixture in the bell peppers and place them in a shallow baking dish. Bake for 35-40 minutes or until the eggs are thoroughly cooked.

Ingredients

1/2 lb. ground turkey
1/2 small onion, chopped
2 garlic cloves, minced
6 eggs
1/2 cup shredded fat free mozzarella cheese
handful of fresh parsley, chopped
3 large bell peppers, tops cut off and seeded
salt and pepper to taste



Makes 3 Servings
345 Calories
17 Fat
7 Carbs
40 Protein



Chicken Recipes



Chicken Patties



Ingredients

1 lb. ground chicken
1/3 cup chopped onion
1 TBSP chopped fresh dill
1 clove garlic, minced
1/4 cup chopped parsley
salt & pepper
cooking spray

Directions

Combine all ingredients in a large bowl. Form into 4 patties.

Spray a skillet with cooking spray and cook patties over medium heat for 4-5 minutes per side or until thoroughly cooked.

Serve on lettuce as a burger or on it's own topped with salsa.

Makes 4 Servings
186 Calories
1 Fat
2 Carbs
26 Protein

Chicken Salad

Directions

Preheat oven to 450F. Arrange chicken in a glass baking dish large enough to hold it in a single layer. Pour broth around the chicken. Bake the chicken until no longer pink in the centre 30 to 35 minutes or until thoroughly cooked. Transfer the chicken to a cutting board until cool enough to handle, then cut into cubes. (Discard broth or save for another use.) Meanwhile, spread walnuts on a baking sheet and toast in the oven until lightly golden and fragrant, about 6 minutes. Let cool. Stir greek yogurt, mayonnaise, tarragon, salt and pepper in a large bowl. Add celery, grapes, the chicken and walnuts; stir to coat. Refrigerate until chilled, at least 1 hour.

Ingredients

2 lbs boneless, skinless chicken breast, trimmed
1 cup reduced-sodium chicken broth
1/3 cup walnuts, chopped
2/3 cup 0% Plain Greek Yogurt
1/2 cup low-fat mayonnaise
1 TBSP dried tarragon
1/2 TSP salt
1/2 TSP freshly ground pepper
1 1/2 cups celery, diced
1 1/2 cups red seedless grapes, halved

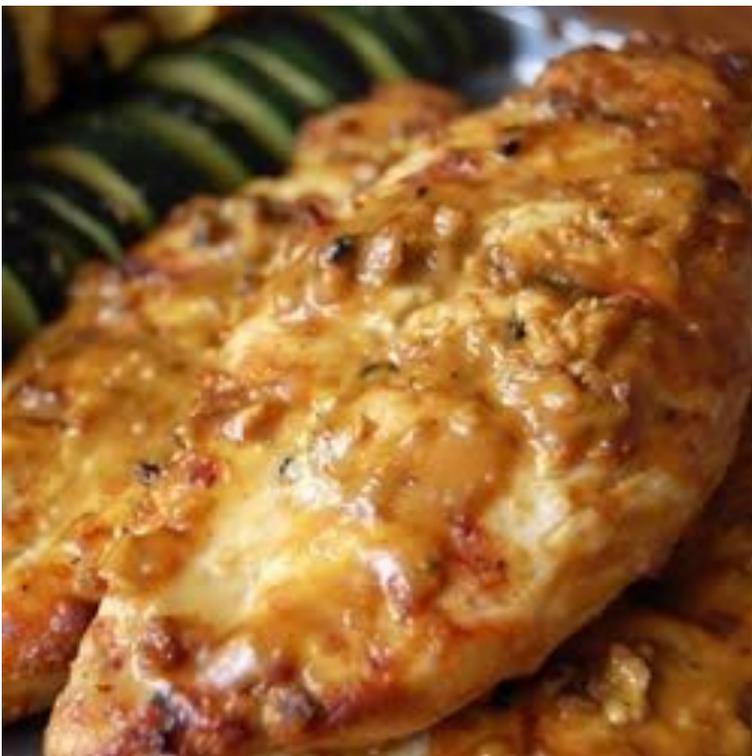


Makes 8 Servings
184 Calories
7 Fat
8 Carbs
24 Protein

Chicken Breast in Peanut Butter Sauce

Directions

Combine first 5 ingredients in a bowl. Rub spice mixture evenly over chicken. Heat a grill pan over medium-high. Coat pan with cooking spray. Add chicken to pan; cook 5 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Cut into slices. Combine peanut butter and next 6 ingredients (through garlic) in a bowl, stirring with a whisk. Spoon peanut butter mixture over chicken; sprinkle with cilantro.



Ingredients

2 TSP light brown sugar
1/2 TSP chili powder
1/2 TSP garlic powder
1/2 TSP grated lime rind
1/2 TSP salt
4 boneless, skinless chicken breast
Cooking spray
1/4 cup creamy natural peanut butter
1 1/2 TBSP rice vinegar
1 TBSP water
1TBSP olive oil
2 TSP Sriracha chili sauce
1 TSP fresh ginger, minced
1 garlic clove, minced
1/4 cup cilantro leaves

Makes 4 Servings
264 Calories
15 Fat
9 Carbs
27 Protein

Chicken Fajitas



Ingredients

1 lb. boneless, skinless chicken, thinly sliced
2 bell peppers, thinly sliced
1/2 onion, thinly sliced
2 cloves garlic, minced
2 TBSP Italian seasoning
2 TBSP extra-virgin olive oil
salt
Freshly ground black pepper
4 TBSP Colby Jack cheese, shredded

Directions

Heat grill to medium-high. In a large bowl, toss together chicken, peppers, onion, garlic, Italian seasoning, and olive oil and season with salt and pepper. Place chicken mixture in foil packs. Fold up packs and grill, 10 minutes or until chicken is no longer pink and thoroughly cooked. Open packs, top with cheese, and cover grill to melt, 2 minutes. Serve on it's own or in a small wrap as a fajitas

Makes 4 Servings
267 Calories
9 Fat
4 Carbs
35 Protein

Chicken Skewers

Directions

If using wooden or bamboo skewers soak eight in cold water for about half an hour. Cook the potatoes in boiling salted water for 10-12 minutes, until just tender, drain and leave to cool. Mix the herbs, oil, lemon juice, salt and pepper in a large bowl and add the chicken and potatoes. Mix well until everything is glistening. Cut the onion into 6 wedges, then separate the layers on each wedge. Add the onion and the pepper to the marinade and mix thoroughly. To make the relish, halve and seed the tomatoes, then chop the flesh finely. Mix the tomatoes, chillies, garlic, oil, vinegar, salt and pepper and spoon into a small dish. Thread the chicken, potatoes, peppers and onion onto 8 skewers, finishing each with a lemon wedge. Barbecue directly over a medium high heat for 5-6 minutes on each side, until the chicken is cooked. Serve piled on a serving platter with the tomato relish.

Ingredients

500g tiny new potatoes
3 TBSP each of parsley, mint and chives, chopped
6 TBSP olive oil
2 TBSP lemon juice
500g boneless, skinless chicken breasts, cut into chunks
1 red onion, peeled
1 pepper, seeded and cut into chunks
1 lemon, cut into 8 wedges
For the relish
8 ripe tomatoes
2 green chillies, seeded and finely chopped
2 small garlic cloves, finely chopped
4 TBSP olive oil
2 TBSP white wine vinegar



Makes 8 Servings
230 Calories
9 Fat
16 Carbs
18 Protein

Chicken & Zucchini



Ingredients

2 Sweet Banana Peppers
4 Boneless, skinless Chicken Breast
2 TBSP Whole Grain Mustard
2 Cup Zucchini, sliced
3 TBSP Shallots, chopped
1 1/2 Cups Cherry Tomatoes, halved
4 TSP Extra Virgin Olive Oil
1 TBSP Thyme, fresh and chopped
1/2 TSP Salt
1/4 TSP Pepper

Directions

Heat grill to medium-high. To prepare packets for grilling, start with eight 20- to 24-inch-long pieces of foil. Layer two sheets for each of four packets (the double layers will help protect the contents from burning). Place a chicken breast on one of each double layer. Toss zucchini, peppers, shallots, tomatoes, oil, thyme, salt and pepper in a large bowl. Place about 1 1/4 cups of the vegetable mixture on top of each piece of chicken.

Fold the foil over the ingredients and tightly seal the packets by crimping and folding the edges together. Grill over medium heat for 14 to 16 minutes, rotating the packets to another spot on the grill about halfway through to ensure even cooking.

Makes 4 Servings
171 Calories
9 Fat
10 Carbs
17 Protein

Thai Chicken



Ingredients

1 head Chinese leaf, shredded
2 boneless, skinless chicken breasts, cooked chicken, shredded
1 mango, peeled, stoned and thinly sliced
1 bunch mint
6 spring scallions, diagonally sliced
3 TBSP salted peanut, roughly chopped
For the dressing
juice from 4 limes
4 TBSP sesame oil
pinch of sugar
splash of fish sauce
2 large red chillies, deseeded and finely chopped

Directions

To make the dressing, mix together all the ingredients and stir to dissolve the sugar.

In a large bowl, mix all the salad ingredients except the nuts. Toss with the dressing and season with black pepper. Scatter with the nuts to serve.

Makes 4 Servings
356 Calories
22 Fat
24 Carbs
20 Protein

Saucy Chicken

Thighs Ingredients



- 1 1/2 TBSP olive oil
- 8 boneless, skinless chicken thighs
- 3/4 TSP salt
- 1/4 TSP black pepper
- 1/4 cup shallots, thinly sliced
- 2 TBSP water
- 1 TBSP fresh lemon juice
- 1 TBSP honey
- 1 TBSP fresh oregano, chopped

Directions

Heat a large skillet over medium-high. Add oil to pan; swirl to coat. Sprinkle chicken with salt and pepper. Add chicken to pan; cook 4 to 5 minutes on each side or until browned and done. Transfer to a plate; keep warm. Add shallots to pan; reduce heat to medium, and cook 2 minutes or until beginning to brown and soften, stirring frequently. Add 2 tablespoons water, juice, and honey to pan; bring to a boil. Cook 1 minute, scraping pan to loosen browned bits. Return chicken to pan, turning to coat. Sprinkle evenly with fresh oregano and serve immediately.

Makes 8 Servings
273 Calories
12.1 Fat
7 Carbs
33 Protein

Chicken Salad with a Citrus Vinaigrette

Directions

For vinaigrette, whisk together the first 7 ingredients. In a large bowl, combine remaining ingredients and top with citrus vinaigrette.

Ingredients

2 TSP Dijon mustard
Salt
Pepper
2 TBSP lemon juice
2 TBSP olive oil
1/3 Cup orange juice
1TBSP honey
3 Cups boneless, skinless
chicken breasts, cooked, diced
1 Cup red grapes, cut in half
1 can Mandarin oranges, drained
1 bunch green onions, chopped
1/3 Cup pecan halves, toasted
1/2 Cup chopped celery
2 Cups shredded Napa cabbage



Makes 8 Servings
230 Calories
5 Fat
10 Carbs
28 Protein

Chicken Orzo Salad

Directions

In large a bowl, combine the orzo, chicken, tomatoes, corn, red onion, and green onion. In small a bowl, mix together the Dijon, lime juice, olive oil, jalapeño, chili powder, and cumin. Pour the dressing over pasta mixture, tossing to mix.

Ingredients

4 Cups cooked orzo pasta
2 Cups boneless, skinless chicken breast, cooked and chopped
1 Cup tomatoes, chopped
1 Cup frozen corn, thawed
1/4 Cup red onion, chopped
1/2 Cup green onion, chopped
1 TBSP Dijon mustard
2 TBSP lime juice
1 TBSP olive oil
1 TBSP jalapeño, chopped
1/2 TSP chili powder
1/2 TSP ground cumin



Makes 8 Servings
281 Calories
7 Fat
35 Carbs
20 Protein



Beef Recipes



Beef and Veggie Kabobs

Directions

If using wooden or bamboo skewers soak eight in cold water for about half an hour. Thread the steak, peppers, mushrooms, tomatoes and onion onto 4 skewers. Barbecue directly over a medium high heat for 5-6 minutes on each side, or until steak is at desired doneness.

Ingredients

1 lb boneless sirloin steak, trimmed and cut into 1-inch cubes
1 yellow bell pepper, cut into 8 pieces
8 small mushrooms
2 green onions, cut into 8 pieces
8 cherry tomatoes
1 TSP salt
1/2 TSP dried thyme
1/4 TSP freshly ground black pepper



Makes 4 Servings
251 Calories
9 Fat
10 Carbs
34 Protein

Steak with Tomato Topping

Directions

Preheat broiler. Combine 1 teaspoon cumin, 1/2 teaspoon salt, and red pepper; sprinkle evenly over steak. Place steak on a broiler pan coated with cooking spray; broil 10 minutes or until desired degree of doneness, turning once. Cut steak diagonally across grain into thin slices. Heat oil in a large nonstick skillet over medium heat. Add garlic and jalapeño to pan; cook 1 minute. Add remaining 1/4 teaspoon cumin, remaining 1/4 teaspoon salt, and tomatoes to pan; cook 3 minutes or until tomatoes begin to soften. Remove from heat; stir in cilantro. Serve tomato topping with steak.

Ingredients

1 1/4 TSP ground cumin, divided
3/4 TSP salt, divided
1/8 TSP ground red pepper
1 lb flank steak, trimmed
Cooking spray
1 TSP olive oil
1 TSP minced garlic
1 jalapeño pepper, seeded and minced
2 cups cherry tomatoes, halved
1/4 cup chopped fresh cilantro



Makes 4 Servings
194 Calories
8 Fat
5 Carbs
25 Protein

Spicy Orange Beef

Directions

Combine garlic, pepper, and beef, tossing well. In a separate bowl, combine rind, juice, cornstarch, and soy sauce, stirring with a whisk. Heat oil in a large nonstick skillet over medium-high heat. Add beef mixture and onions; sauté 2 minutes. Add juice mixture; cook 2 minutes or until sauce thickens, stirring frequently.

Ingredients

1 TSP garlic, minced
1/2 TSP crushed red pepper
1Lb boneless sirloin steak, cut into 1/4-inch strips
1/2 TSP grated orange rind
1/4 cup fresh orange juice
1 TBSP cornstarch
2 TBSP low-sodium soy sauce
1 TSP dark sesame oil
3/4 cup green onions, sliced diagonally



Makes 4 Servings
252 Calories
8 Fat
8 Carbs
36 Protein

Beef with Red Onion

Directions

Preheat broiler. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion to pan. Cover and cook 3 minutes. Add vinegar, honey, and 1/4 teaspoon salt to pan. Reduce heat, and simmer, uncovered, 8 minutes or until slightly thick, stirring occasionally. Sprinkle remaining 1/4 teaspoon salt, thyme, and pepper evenly over beef. Place beef on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness. Serve with onion mixture.

Ingredients

Cooking spray
1 large red onion, sliced and separated into rings
2 TBSP red wine vinegar
2 TBSP honey
1/2 TSP salt, divided
1 TSP dried thyme
1/4 TSP freshly ground black pepper
4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)



Makes 4 Servings
289 Calories
11.4 Fat
12.6 Carbs
32.5 Protein

Swiss Steak

Directions

Heat the oil in a skillet over medium heat. In a bowl, mix the flour, salt and pepper, and paprika. Dredge the steaks in the flour mixture, and place in the skillet. Brown steaks on both sides, and remove from heat. In a slow cooker, alternate layers of steak, green bell pepper, red bell pepper, onion, and tomatoes. Cover, and cook 6 to 8 hours on Low, until steaks are very tender.

Ingredients

1 TBSP Olive oil
2 cups all-purpose flour
salt and pepper to taste
paprika to taste
2 lbs beef cube steaks
3 green bell pepper, sliced into rings
3 red bell pepper, sliced into rings
4 onions, sliced into rings
4 cans crushed tomatoes



Makes 8 Servings
435 Calories
14 Fat
35 Carbs
40 Protein

Beef Stir Fry

Directions

Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

Ingredients

1 lb., Beef Top Sirloin Steak
1 cup sugar snap peas
1 cup Frozen Broccoli Florets
1 Bell Pepper
2 medium Carrots, cut into strips
1 clove, Garlic, raw
1/8 TSP Crushed red pepper flakes
2 cups cooked rice
1/2 cup Stir-fry Sauce
2 TBSP Peanuts



Makes 4 Servings
442 Calories
18 Fat
39 Carbs
26 Protein

Honey Steak and Onions

Directions

Preheat grill to medium-high. Microwave honey in a small bowl on High for 10 seconds. Stir in 1 tablespoon oil, paprika, salt and ½ teaspoon pepper. Brush on both sides of steak. Thread onion slices onto skewers. Brush the onions with the remaining 2 tablespoons oil and season with pepper. Grill the steak and onions, turning once, 6 to 7 minutes total for medium-rare steak, 12 minutes total for lightly charred and tender onions. Transfer the steak to a clean cutting board to rest for 5 minutes, then thinly slice against the grain. Serve with the onions.

Ingredients

2 TBSP honey
3 TBSP olive oil, divided
1 TSP smoked paprika
3/4 TSP salt
1 lb. steak
2 medium red onions, sliced into rings



Makes 4 Servings
392 Calories
24 Fat
12 Carbs
30 Protein

Beef and Melon Salad

Directions

Preheat grill to medium. Sprinkle both sides of steak with salt and pepper. Grill the steak about 5 minutes per side for medium-rare and 6 minutes per side for medium. Transfer the steak to a clean cutting board and let rest for 5 minutes before thinly slicing crosswise. Meanwhile, whisk lime juice, fish sauce, sugar, garlic and crushed red pepper to taste in a small bowl. Cut melon into enough 5-inch-long matchsticks to make 4 cups. (Reserve any remaining melon for another use.) Cut bell peppers into 2-inch-long matchsticks. Combine the melon and peppers in a large bowl along with lettuce, onion, cucumber, cilantro and mint. Add the sliced beef to the salad. Whisk the dressing, pour it over the salad and gently toss to combine.



Ingredients

12 ounces beef sirloin, or other boneless steak, about 1 inch thick, trimmed
1/4 TSP salt
1/4 TSP freshly ground pepper
1/4 Cup lime juice
3 TBSP fish sauce
2 TSP sugar
1 clove garlic, minced
1 TSP crushed red pepper
1 medium-to-large firm ripe melon
1 small green bell pepper
1 small red bell pepper
6 cups lightly packed torn Boston lettuce, (about 1 head)
1/2 cup slivered red onion
1/2 cup thin cucumber slices, halved
1/2 cup cilantro leaves
1/2 cup fresh mint leaves

Makes 6 Servings
149 Calories
3 Fat
18 Carbs
15 Protein

Beef and Cabbage Soup

Directions

Heat oil in a Dutch oven over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavours. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.



Ingredients

- 1 TBSP olive oil
- 1 lb. lean ground beef
- 1 TSP dried thyme
- 1 bell pepper, chopped
- 1 medium onion, chopped
- 1 medium Golden Delicious apple, unpeeled, diced
- 6 cups reduced-sodium beef broth
- 1 15-ounce can crushed tomatoes
- 1 1/2 TBSP honey
- 1 TBSP paprika
- 3 cups coarsely chopped green cabbage
- 1-2 TBSP cider vinegar
- 1/4 TSP salt
- Freshly ground pepper to taste

Makes 6 Servings
174 Calories
5 Fat
14 Carbs
19 Protein

Grilled Steak Salad

Directions

Puree parsley, 1 tablespoon oil, vinegar, garlic and ¼ teaspoon salt in a blender. Pat 1 tablespoon of the mixture on each side of steak. Put the steak on a plate, cover and refrigerate at least 1 hour and up to 24 hours. Add 3 tablespoons oil to the herb mixture remaining in the blender; pulse to blend. Twenty minutes before you are ready to grill, preheat grill to medium-high. Cut each heart of romaine in half lengthwise, leaving the root end intact. Brush lettuce, bell pepper and onion with the remaining 1 tablespoon oil. Sprinkle with ¼ teaspoon salt. Sprinkle the steak with remaining ¼ teaspoon salt. Let the dressing come to room temperature if necessary while you grill. Take the steak, lettuce, bell pepper and onion out to the grill. Oil the grill rack. Put everything on the grill, placing the steak on the hottest part. Grill the steak, turning once, until desired doneness, 6 to 8 minutes per side for medium. Grill the pepper and onion, turning occasionally, until charred and tender, about 10 minutes total. Grill the lettuce, turning once, until lightly charred, about 2 minutes per side. Let the steak rest on a clean cutting board for 5 minutes, then thinly slice against the grain. Chop the bell pepper and onion. Divide the lettuce, steak, pepper and onion among 4 plates. Drizzle with the reserved dressing.

Ingredients

1 cup packed flat-leaf parsley leaves
5 TBSP extra-virgin olive oil, divided
1/4 cup white vinegar
1 small clove garlic, chopped
3/4 TSP salt, divided
1 lb. flank steak, trimmed
2 hearts of romaine
1 large bell pepper, quartered
1 small red onion, sliced ½ inch thick



Makes 6 Servings
174 Calories
5 Fat
14 Carbs
19 Protein



Pork and Fish Recipes



Grilled Pork and Apples

Directions

In a medium-sized bowl, combine apples, onion, almonds, vinegar, rosemary, lemon juice, and salt and pepper to taste. Set aside. Sprinkle pork chops with salt and pepper. Heat oil in a large nonstick pan over medium-high heat. Add pork and cook without moving for 3 to 4 minutes on each side, or until browned. Remove grilled pork chops from the pan and top with reserved apple-almond salsa.

Ingredients

1 cup green apple, chopped
1 cup red apple, chopped
1/2 cup red onion, diced
1/3 cup slivered almonds, toasted
2 TBSP white wine vinegar
2 TSP rosemary, minced
1 TSP lemon juice
Salt and pepper, to taste
8 4 oz boneless centre-cut pork chops
1 TBSP olive oil



Makes 4 Servings
287 Calories
12 Fat
14 Carbs
31 Protein

Salmon Kebabs

Directions

Soak 16 bamboo skewers in water for 1 hour. Prepare grill for medium heat. Mix oregano, sesame seeds, cumin, salt, and red pepper flakes in a small bowl to combine; set spice mixture aside. Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total. Brush with oil and season with reserved spice mixture. Grill, turning occasionally, until fish is opaque throughout, 5–8 minutes.

Ingredients

2 TBSP fresh oregano, chopped
2 TSP sesame seeds
1 TSP ground cumin
1 TSP salt
1/4 TSP crushed red pepper flakes
1 1/2 lbs skinless salmon fillet (preferably wild), cut into 1-inch pieces
2 lemons, very thinly sliced into rounds
2 TBSP olive oil



Makes 4 Servings
390 Calories
22 Fat
3 Carbs
44 Protein

Spicy Shrimp Salad

Directions

Whisk lime juice, fish sauce, oil, brown sugar and crushed red pepper in a large bowl. Add shrimp, bell pepper, cucumber and fresh herbs; toss to coat. Serve on top of a bed of lettuce

Ingredients

2 TBSP lime juice
4 TSP fish sauce
1TBSP Olive oil
2 TSP brown sugar substitute
1/2 TSP crushed red pepper
1 lb cooked and peeled small shrimp
1 cup red, yellow and/or orange bell pepper, thinly sliced
1 cup cucumber, seeded and thinly sliced
1/4 cup mixed chopped fresh herbs, such as basil, cilantro and/or mint
2 cups lettuce



Makes 4 Servings
251 Calories
7 Fat
29 Carbs
18 Protein

Pork and Peppers

Directions

Peel the oranges and cut them crosswise into slices about 1 cm thick. Stack the slices 3 or 4 at a time and cut into quarters. Set the orange slices and juice aside. Heat the oil in a large nonstick frying pan over medium-high heat. Cook the pork medallions, in batches, for 2–3 minutes on each side. Remove the meat with a slotted spoon and set aside. Reduce the heat to medium and add the onion, pepper strips, carrot and garlic to the pan. Cover and cook, stirring frequently, for 5–6 minutes or until the vegetables start to soften. Add 2 tablespoons water, then the orange juice and balsamic vinegar. Stir well to mix. Cover and cook for 3–4 minutes or until the vegetables are tender. Return the pork medallions to the pan. Add the olives, orange slices and their juice and the basil leaves. Cook for 1 minute to reheat the pork, stirring well. Add pepper to taste. Drizzle over any juices remaining in the pan and serve immediately.



Ingredients

- 2 oranges
- 1tbsp extra virgin olive oil
- 350g pork fillet, sliced across into medallions 1 cm thick
- 1large red onion, halved lengthwise and thinly sliced into half rings
- 1 red pepper, seeded and sliced into strips
- 1 yellow pepper, seeded and sliced into strips
- 1 large carrot, grated
- 1 garlic clove, finely chopped
- 1/3cup freshly squeezed orange juice
- 4 TBSP balsamic vinegar
- 1/4 cup pitted black olives, chopped or sliced
- 1/2cup fresh basil leaves
- Pepper, to taste

Makes 4 Servings
238 Calories
9 Fat
28 Carbs
11 Protein

Spiced Tilapia

Directions

Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

Ingredients

1 lb tilapia fillets
1 TSP Chinese five-spice powder
1/4 Cup reduced-sodium soy sauce
3 TBSP brown sugar substitute
1 TBSP Olive oil
3 scallions, thinly sliced



Makes 4 Servings
199 Calories
5 Fat
11 Carbs
22 Protein

Mustard Salmon

Directions

Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray. Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon. Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.

Ingredients

1 1/4 lbs center-cut salmon fillets, cut into 4 portions
1/4 TSP salt, or to taste
1/4 Cup reduced-fat sour cream
2 TBSP mustard
2 TSP lemon juice
Freshly ground pepper, to taste
Lemon wedges



Makes 4 Servings
198 Calories
8 Fat
2 Carbs
29 Protein

Halibut and Mango

Directions

Prepare grill. Combine first 7 ingredients. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic.

Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa.

Ingredients

2 cups plum tomatoes, seeded and diced
1 1/2 cups ripe mango, diced and peeled
1/2 cup onion, diced
1/2 cup fresh cilantro, chopped
2 TBSP fresh lime juice
1 TBSP cider vinegar
1 TSP sugar
1 TSP salt, divided
1 TSP black pepper, divided
2 cloves garlic, minced
4 (6-ounce) halibut fillets
1 TBSP olive oil



Makes 4 Servings
295 Calories
8 Fat
19.5 Carbs
37 Protein

Tuna Salad

Directions

Mix artichoke hearts, dill, olive oil, lemon juice, garlic, and black pepper together in a bowl; add spinach, tuna, and red bell pepper and toss.

Ingredients

1 (6 ounce) jar artichoke hearts, drained and chopped
1/4 cup fresh dill, chopped
1 TBSP olive oil
1 TBSP lemon juice
2 cloves garlic, minced
1/2 TSP ground black pepper
1 cup chopped fresh spinach
1 (5 ounce) can tuna, drained
1 red bell pepper, chopped



Makes 4 Servings
126 Calories
4 Fat
7 Carbs
9 Protein

Pork Tenderloin

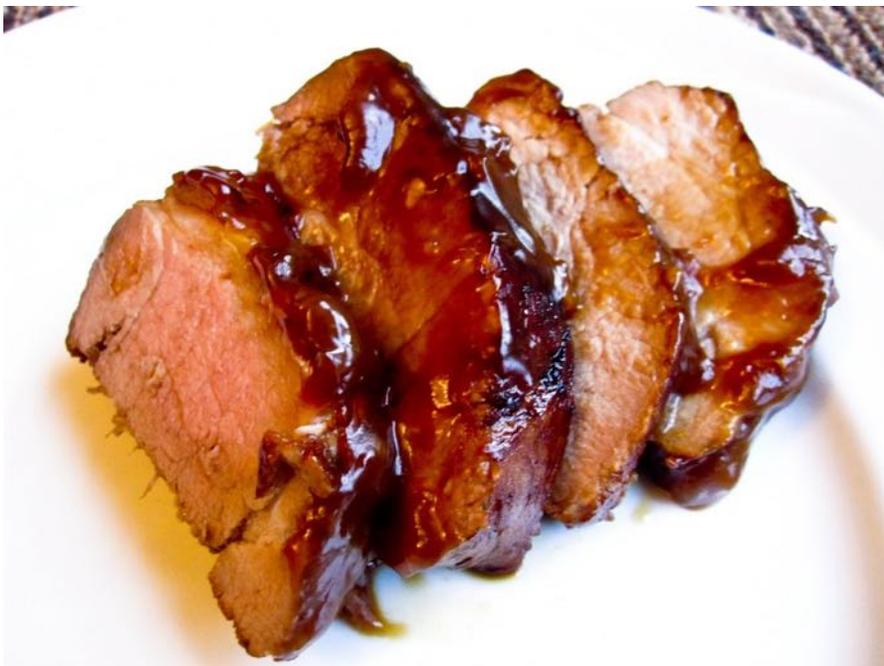
Directions

Place meat in a large resealable plastic bag. In a medium bowl, mix together honey, Dijon mustard, chili powder, and salt. Pour marinade over tenderloins, seal, and refrigerate for at least 4 hours. Prepare the grill for indirect heat.

Lightly oil grill grate. Remove meat from marinade, and discard liquid. Grill for 15 to 25 minutes or until thoroughly cooked

Ingredients

2 lbs pork tenderloin
2/3 cup honey
1/2 cup Dijon mustard
1/4 TSP chili powder
1/4 TSP salt



Makes 6 Servings
295 Calories
3 Fat
36 Carbs
31 Protein

Halibut Steaks

Directions

Preheat oven to 450 degrees F. Lightly grease a shallow baking dish. Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper. Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.



Ingredients

- 1 TSP olive oil
- 1 cup zucchini, diced
- 1/2 cup onion, minced
- 1 clove garlic, peeled and minced
- 2 cups fresh tomatoes, diced
- 2 TBSP chopped fresh basil
- 1/4 TSP salt
- 1/4 TSP ground black pepper
- 4 (6 ounce) halibut steaks
- 1/3 cup crumbled feta cheese

Makes 4 Servings
388 Calories
27 Fat
7 Carbs
28 Protein



Side Dishes



Grilled Veggies

Ingredients



2 TBSP extra-virgin olive oil
2 TBSP fresh basil, chopped
1/2 TBSP fresh marjoram,
chopped
1/2 TSP salt
Cooking spray
1 red bell pepper, halved
lengthwise, stemmed and seeded
1 small eggplant, cut into 1/2-inch-
thick rounds
1 medium zucchini, halved
lengthwise
4 plum tomatoes, halved
lengthwise
1 medium red onion, cut into 1/2-
inch-thick rounds
1 TBSP red-wine vinegar

Directions

Preheat grill to medium-high. Combine oil, basil, marjoram and salt in a small bowl, set aside. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and charred in spots, about 5 minutes per side for bell pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion. Transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with the vinegar and the herb mixture.

Makes 4 Servings

141 Calories

8 Fat

16 Carbs

4 Protein

Summer Slaw

Ingredients



3 TBSP mango chutney
200g bag radishes, sliced
1 cucumber, sliced
small bunch mint, roughly
chopped
juice 1 lemon

Directions

Mix the radish and cucumber with the mint, remaining mango chutney and lemon juice. Transfer to a serving bowl.

Makes 4 Servings
42 Calories
0 Fat
11 Carbs
1 Protein

Chicken and Orzo Salad

Directions

In a large bowl, combine the orzo, chicken, tomatoes, corn, red onion, and green onion. In small a bowl, mix together the Dijon, lime juice, olive oil, jalapeño, Chilli powder, and cumin. Pour the dressing over pasta mixture, tossing to mix.

Ingredients

4 cup Orzo Pasta, cooked
2 cups Rotisserie Chicken, skinless and chopped
1 cup frozen corn, thawed
1/4 cup Red Onion, chopped
1/2 cup Green Onion
1 TBSP Mustard
2 TBSP Lime juice
1 TBSP Olive Oil
1 TBSP Jalapeño Peppers, chopped
1/2 TSP Chili powder
1/2 TSP Ground Cumin
1 Cup Tomatoes, chopped



Makes 8 Servings
241 Calories
7 Fat
30 Carbs
13 Protein

Refried Beans

Directions

Place the onion, rinsed beans, jalapeño, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed. Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Ingredients

1 onion, peeled and halved
3 cups dry pinto beans, rinsed
1/2 fresh jalapeño pepper, seeded and chopped
2 TBSP minced garlic
5 TSP salt
1 3/4 TSP fresh ground black pepper
1/8 TSP ground cumin
9 cups water



Makes 8 Servings
241 Calories
7 Fat
30 Carbs
13 Protein

Roasted Garlic Broccoli

Directions

Preheat the oven to 400 degrees F. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving.

Ingredients

2 heads broccoli, separated into florets
2 TSP extra-virgin olive oil
1 TSP sea salt
1/2 TSP ground black pepper
1 clove garlic, minced
1/2 TSP lemon juice



Makes 6 Servings
27 Calories
2 Fat
3 Carbs
1 Protein

Quinoa and Veggies

Directions

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in



Ingredients

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- 1/4 cup olive oil
- 1/2 TSP salt
- 1/4 cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup fresh parsley, chopped

Makes 4 Servings
318 Calories
16 Fat
38 Carbs
7 Protein

Roasted Red Pepper Hummus

Directions

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. Sprinkle the hummus with the chopped parsley before serving.

Ingredients

1 (15 ounce) can garbanzo beans, drained
1 (4 ounce) jar roasted red peppers
3 TBSP lemon juice
1 1/2 TBSP tahini
1 clove garlic, minced
1/2 TSP ground cumin
1/2 TSP cayenne pepper
1/4 TSP salt
1 TBSP chopped fresh parsley



Makes 8 Servings
62 Calories
2 Fat
11 Carbs
3 Protein

Vietnamese Rolls

Directions

Place noodles in a bowl and cover with boiling water. Leave for 10 minutes. Drain and refresh under cold water. Drain and set aside. Heat a frying pan over medium heat and spray with cooking spray. Pour in eggs and cook until the egg is set. Place the cooked eggs on a plate and when cool enough to handle, slice into thin strips. Fill a large bowl with warm water and working with one wrapper at a time, dip into water for 1 second to soften. Place a quarter of the noodles, egg and vegetables on the bottom third. Bring the bottom of the wrapper up and over the filling, fold the sides in and roll. Repeat with all wrappers. Serve with a small dish of soy sauce for dipping.

Ingredients

4 small Rice Paper Wrappers
2 large Egg, lightly whisked
1/2 Cucumber, thinly sliced
1/2 medium Carrots thinly sliced
1/4 Red Bell Pepper, seeds removed and thinly sliced
1/4 OZ rice vermicelli noodles
1 small handful bean sprouts
soy sauce to serve



Makes 1 Servings
211 Calories
10 Fat
17 Carbs
14 Protein

Kale and Avocado Salad

Ingredients

Directions

Place kale in a large bowl and drizzle with olive oil and a pinch of salt. Massage the oil and salt into the kale. Add the romaine, tangerines, and avocado to the bowl. Sprinkle with black sesame seeds. In a small jar with a tight-fitting lid, combine vinegar, sesame oil, soy sauce, honey, and pepper. Place the lid on the jar and shake vigorously until emulsified. If you don't have a jar, whisk the ingredients together in a medium bowl

3 cups kale, chopped
1/2 TBSP olive oil
pinch of salt
3 cups romaine lettuce, chopped
2 tangerines, peeled and divided into segments
1 large ripe avocado, sliced
1 1/2 TBSP black sesame seeds
3 TBSP rice wine vinegar
2 TBSP sesame oil
1 TBSP soy sauce
1 TSP honey
fresh cracked black pepper, to taste
coarse sea salt, to taste



Makes 4 Servings
219 Calories
16 Fat
18 Carbs
5 Protein

Butternut Squash and Pecans

Directions

Preheat oven to 425 degrees F. Arrange butternut squash in a single layer on a rimmed baking sheet; coat with cooking spray. Sprinkle evenly with salt and pepper. Bake at 425° for 15 minutes or until browned, stirring halfway through cooking. Place butter in a large bowl. Stir in squash, pecans, and sage; toss to combine.

Ingredients

22 ounces fresh butternut squash, peeled diced
Cooking spray
1/4 TSP salt
1/4 TSP black pepper
1 1/2 TBSP butter, melted
2 TBSP chopped pecans, toasted
1 TBSP finely chopped fresh sage



Makes 4 Servings
134 Calories
7 Fat
19 Carbs
2 Protein



Desserts



Cinnamon Pears

Directions

Preheat oven to 400 degrees F. Halve pears and scoop out some of the centre to fit the oatmeal crumble. Brush insides of pears with 2 tablespoons melted butter and sprinkle with cinnamon sugar. In a medium bowl, combine oats, almonds, brown Splenda, cinnamon, and a pinch of salt. Pour remaining melted butter into bowl and combine until fully coated. Spoon into pear halves. Bake until pears are soft, 35 to 40 minutes.

Ingredients

4 ripe pears
1/2 cup melted butter
1 TSP cinnamon sugar
1 cup old-fashioned rolled oats
1/2 cup Almonds, finely chopped
1/3 cup brown Splenda
1 TSP ground cinnamon
salt



Makes 8 Servings
265 Calories
15 Fat
30 Carbs
3 Protein

Apple Nachos

Directions

On a large plate, arrange apple slices on top of one another. Drizzle half the chocolate and caramel syrups, then top with pretzels. Drizzle with remaining chocolate and caramel. Serve immediately.

Ingredients

4 Apples
3/4 cup Walden's Farm Caramel Syrup
1/2 cup Pretzels, chopped
3/4 cup Walden's Farm Chocolate Syrup



Makes 4 Servings
169 Calories
1 Fat
41 Carbs
2 Protein

Watermelon Bites

Directions

Using a chef's knife, slice a small portion of the watermelon rind off. Use the flat edge to stabilize the watermelon on a cutting board. Slice the watermelon in 2" thick slices. Using a 3" biscuit cutter, cut small rounds out of the slices of watermelon. Place a dollop of Cool Whip onto each round

Ingredients

1 small watermelon
2 c. cool whip



Makes 6 Servings
82 Calories
4 Fat
9 Carbs
0 Protein

Gooney Brownie

Directions

Preheat oven to 325 degrees F and lightly grease a 6-inch casserole dish. In a medium bowl, whisk together the almond flour, cocoa powder, sweetener and baking powder. Stir in the water, oil, egg and vanilla extract until well combined. Pour batter into prepared skillet. Bake 13 to 16 minutes, or until puffed but not quite set. The brownie should jiggle a bit in the centre when shaken.

Ingredients

5 TBSP almond flour
3 TBSP cocoa powder
3 TBSP Splenda
1 TSP baking powder
3 TBSP water
2 TBSP coconut oil, melted
1 large egg
1/4 TSP vanilla extract



Makes 2 Servings
276 Calories
25 Fat
9 Carbs
8 Protein

Blueberry Clusters

Directions

Line a small baking sheet with parchment paper. In a medium bowl, mix melted chocolate with coconut oil. Spoon a small dollop of chocolate on parchment and top with 4 to 5 blueberries. Drizzle chocolate over blueberries. Freeze until set, 10 minutes. Serve.

Ingredients

1 1/2 c up semisweet chocolate chips, melted
1 TBSP coconut oil
2 cup blueberries



Makes 15 Servings
131 Calories
7 Fat
19 Carbs
0 Protein