

HEALTHY RECIPES

BREAKFAST

LOW CARB PANCAKES



Serving Size: 4 pancakes
Calories: 125 cal per pancake
Protein: 10 g, Fat: 10g, Carbs: 1g

INGREDIENTS

2 (20g each) scoops protein powder of your choice
1 tbsp. coconut flour
1/8 tsp. cinnamon
1/4 tsp. baking powder
1/4 tsp. salt
2 eggs

INSTRUCTIONS:

1. In two clean bowls, separate the eggs carefully so none of the yolk gets into the egg whites. Beat the egg whites on high for 2 minutes until they form soft peaks. (It is important that your bowl or beaters don't have any oil, fat or yolks on them, or the egg whites won't form peaks. Soft peaks are defined as barely holding their shape. The peaks flop over immediately when the beaters are lifted.)
2. Add the remaining ingredients to the egg yolks and beat until smooth. Gently fold 1/3 of the egg white mixture with the coconut flour. Fold half of the remaining eggs whites into the mixture and finally the last portion until everything is well combined.
3. Heat a skillet over low heat. Scoop 1/4 c. of the mixture onto the skillet and cook for 60-90 seconds on each side.
4. Serve immediately.
5. OPTIONAL: Top with fresh fruit and/or 1/3 c. plain non-fat Greek yogurt mixed with 1 Tbsp. honey

OATMEAL PROTEIN PANCAKES



Serving Size: 3-4 pancakes
Calories: 269 cal per pancake
Protein: 35 g, Fat: 3g, Carbs: 23g

INGREDIENTS:

1/4 cup raw oats
1/4 cup cottage cheese
1/2 scoop protein powder
1/2 cup egg whites

INSTRUCTIONS:

Blend all the ingredients until a batter forms. Pour over a hot griddle. Flip when the edges start browning. Serve with a tablespoon of natural peanut butter and top with almonds.

GLUTEN FREE QUICHE LORRAINE



Serving Size: 4-5
Calories: 460 cal approx
Protein: 15 g, Fat: 34g, Carbs: 23g

CRUST

1 cup Bisquick™ Gluten Free mix
1/3 cup plus 1 tablespoon shortening
3 to 4 tablespoons cold water

FILLING

8 slices bacon, crisply cooked, crumbled
(1/2 cup)
1 cup shredded Swiss cheese (4 oz)
1/3 cup finely chopped onion
4 eggs
2 cups whipping cream or half-and-half
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground red pepper (cayenne)

INSTRUCTIONS

1. Heat oven to 425°F. In medium bowl, cut shortening into Bisquick mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
2. Gather pastry into a ball. In ungreased 9-inch quiche dish, press pastry evenly in bottom and up sides. Bake 12 to 14 minutes or until pastry just begins to brown and is set.

CRUSTLESS SPINACH QUICHE



Serving Size: 5-6
Calories: 360 cal approx
Protein: 20 g, Fat: 24g, Carbs: 5g

INGREDIENTS:

1 tablespoon vegetable oil
1 onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
5 eggs, beaten
3 cups shredded Muenster cheese
1/4 teaspoon salt
1/8 teaspoon ground black pepper

INSTRUCTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

TEX MEX OMELLETE



Serving Size: 1
Calories: 510 cal approx
Protein: 30g, Fat: 35g, Carbs: 9g

INGREDIENTS:

2 large eggs
1 tablespoon 1% low-fat milk
1/2 teaspoon salt
1/2 teaspoon black pepper
3/4 tablespoon unsalted butter
1 1/2 ounces ground beef
1 1/2 ounces green bell peppers (finely diced)
1/2 teaspoon ground cumin
1/4 teaspoon ground ancho chili pepper (ancho chili powder)
1 garlic clove (minced)
1/2 medium tomatoes (diced)
1/2 tablespoon extra virgin olive oil

INSTRUCTIONS:

1. In a bowl, whisk together the milk, only half of the salt and half of the pepper, and the two eggs. Do not whisk until it becomes frothy; just until it comes together without any dark bands of egg yolk. It should look even in its color.
2. In a non-stick skillet, melt the butter over medium-high heat.
3. Add the ground beef, the remaining half of the salt and the remaining half of the pepper, the ground cumin, and the chili powder to the hot butter. When the meat is mostly brown, add the minced garlic clove and diced bell pepper. Saute until the meat is fully brown and the spices are fully incorporated on the meat.
4. Add the diced tomato, stir through the meat and peppers, and remove from the skillet.
5. Reduce the heat to medium. Making sure that there is still a thin sheen of butter in the skillet, remove any stuck on bits with a spatula or wooden spoon. Add the extra-virgin olive oil to the skillet.
6. Add the whisked eggs to the skillet and spread the liquid out in the pan by tilting it from side to side.
7. When most of the egg has set (only a few, tiny patches of liquid remain), add the meat and tomato mixture onto the flat disk of mostly-cooked egg. Add this

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- towards one edge.
8. Sprinkle bits of the goat cheese over the meat.
 9. With a spatula, fold the eggs over on themselves, starting with the edge closest to the meat. Fold again and -if there is still space left- again. Fold until you've rolled up the eggs into an omelet.
 10. Serve.
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LUNCH AND DINNER

SALMON WITH SPAGHETTI SQUASH



Serving Size: 1
Calories: 495 cal approx
Protein: 32g, Fat: 28g, Carbs: 28g

INGREDIENTS:

One 3 1/2-pound spaghetti squash, halved lengthwise
2 tablespoons vegetable oil, plus more for brushing
2 tablespoons fresh lime juice
2 tablespoons fresh orange juice
2 small garlic cloves, minced
1 small red chile, minced
1/2 teaspoon finely grated orange zest
1/4 teaspoon finely grated lime zest
Salt and freshly ground pepper
1 1/2 pounds skinless center-cut salmon fillet, cut crosswise into thin slices
2 large kirby cucumbers—halved lengthwise, seeded and cut into thin half moons
2 tablespoons shredded mint

INSTRUCTIONS:

1. Preheat the oven to 500°. In a large pot of boiling salted water, cook the squash until al dente, about 12 minutes.
2. Meanwhile, combine the 2 tablespoons of oil with the lime and orange juices, garlic, chile and orange and lime zests. Season with salt and pepper.
3. Carefully transfer the squash halves to a large bowl and let cool. Using a fork and starting at 1 end of each piece of squash, scrape up and separate the strands. Pat dry with paper towels.
4. Spread the salmon slices on a rimmed baking sheet. Brush lightly with oil and season with salt and pepper. Roast the salmon for about 3 minutes, or until barely cooked through.
5. In a medium bowl, toss the cucumbers, mint and dressing with the squash strands. Mound the salad on plates, top with the salmon and serve.

STEAK OR/AND FAJITAS



Serving Size: 8
Calories: 150 cal approx
Protein: 6g, Fat: 6, Carbs: 18g

INGREDIENTS:

^{3/4} lb. top sirloin steak
2 tablespoons olive oil
1 tablespoon lime juice
1 garlic, finely minced
^{1/2}teaspoon chili powder
^{1/2}teaspoon cumin
^{1/2}teaspoon hot pepper flakes
^{1/2}teaspoon black pepper
^{1/2}teaspoon salt
8 corn or coconut (8 inch/20 cm)
1 -2 onion,
2 small sweet peppers, of your choice
(green, red, or yellow)

INSTRUCTIONS:

1. Slice steak into thin strips.
2. In bowl, mix together 1 tbsp olive oil, lime juice, garlic, chili powder, cumin, hot pepper flakes, black pepper & salt.
3. Add beef strips and stir to coat, set aside.
4. Wrap tortillas in foil and place in 350° oven for 5-10 minutes or until heated through.
5. Cut onions in half lengthwise and slice into strips, cut your peppers into strips.
6. In large non-stick skillet over medium high heat, heat remaining tablespoons of olive oil.
7. Add onions & peppers stirring for 3-4 minutes, until softened; transfer to a bowl and set aside.
8. Add beef to skillet, cook, stirring for 3-4 minutes or until they lose their red color.
9. Return onions and peppers to skillet; stir for about one minute.
10. To serve, spoon a portion of the beef mixture down the center of each tortilla, top with your desired toppings, fold bottom of tortilla up over filling, fold the sides in, overlapping.

COBB CHICKEN OR TURKEY SALAD



Serving Size: 1
Calories: 525 cal approx
Protein: 32g, Fat: 40, Carbs: 10g

INGREDIENTS:

6 slices bacon
3 eggs
1 head iceberg lettuce, shredded
3 cups chopped, cooked chicken meat
2 tomatoes, seeded and chopped
3/4 cup blue cheese, crumbled
avocado - peeled, pitted and diced
3 green onions, chopped

INSTRUCTIONS:

1. Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. Divide shredded lettuce among individual plates.
4. Evenly divide and arrange chicken, eggs, tomatoes, blue cheese, bacon, avocado and green onions in a row on top of the lettuce.
5. Drizzle with your favorite dressing and enjoy.

PEPPER AND PINEAPPLE SPICY SHRIMP KABOBS



Serving Size: 1 kabob
Calories: 160 cal approx
Protein: 20, Fat: 5, Carbs: 15g

INGREDIENTS:

Pineapple-Lime Marinade

2 tablespoons olive or vegetable oil
1 teaspoon grated lime peel
2 tablespoons lime juice
2 tablespoons reserved pineapple juice from can of pineapple
1/4 teaspoon salt
1/4 teaspoon red pepper sauce
2 cloves garlic, finely chopped

Kabobs

3/4 lb uncooked deveined peeled large shrimp, thawed if frozen
1 can (8 oz) pineapple chunks in juice, drained, 2 tablespoons juice reserved for marinade
1 orange bell pepper, cut into 12 pieces
4 medium green onions, cut into 1 1/2-inch pieces.

INSTRUCTIONS:

1. In shallow glass or plastic dish or resealable food-storage plastic bag, mix marinade ingredients. Add shrimp, pineapple, bell pepper and onions; stir to coat. Cover dish or seal bag; refrigerate 15 to 30 minutes, turning once or twice
2. Heat gas or charcoal grill. Carefully brush vegetable oil on grill rack. On each of 4 (12- to 14-inch) metal skewers, thread shrimp, pineapple, bell pepper and onions alternately, leaving small space between each piece. Reserve marinade.
3. Place kabobs on grill over medium heat. Cover grill; cook 5 to 7 minutes, turning and brushing with marinade once, until shrimp are pink and vegetables are tender. Discard any remaining marinade.

GROUND TURKEY CHILLI



Serving Size: 6 servings

Calories: 625 cal approx

Protein: 60, Fat: 21g, Carbs: 50g

INGREDIENTS:

1 tablespoon olive oil
2 pounds turkey meat, white and dark combined
2 cups coarsely chopped onions
2 tablespoons chopped garlic
1 large sweet red pepper, cored, deveined and coarsely chopped
1 cup chopped celery
1 jalapeno pepper, cored, deveined and finely chopped
1 tablespoon fresh oregano, chopped, or 1 tablespoon, dried
2 bay leaves
3 tablespoons chili powder
2 teaspoons ground cumin
3 cups canned diced tomatoes
2 cups chicken broth, fresh or canned
Salt and freshly ground pepper to taste
2 15-ounce cans of red kidney beans, drained
2 cups shredded cheddar cheese
1 cup sour cream (optional)
Sliced lime for garnish (optional)

INSTRUCTIONS:

1. Heat the oil over high heat in a large heavy pot and add the turkey meat. Cook until lightly browned, about 5 minutes, chopping down and stirring with the side of a heavy kitchen spoon to break up any lumps.
2. Add the onions, garlic, sweet pepper, celery, jalapeno pepper, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.
3. Add the tomatoes, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.
4. Add the drained beans and cook, stirring occasionally, for 10 minutes longer. Serve in bowls with cheddar cheese, and sour cream and lime wedges, if desired.

STUFFED PEPPERS



Serving Size: 1 pepper

Calories: 390 cal approx

Protein: 30, Fat: 17, Carbs: 30g

INGREDIENTS:

4 large bell peppers (any color)
1 lb lean (at least 80%) ground beef
2 tablespoons chopped onion
1 cup cooked rice
1 teaspoon salt
1 clove garlic, finely chopped
1 can (15 oz) Muir Glen™ organic tomato sauce
¾ cup shredded mozzarella cheese (3 oz)

INSTRUCTIONS:

1. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.
2. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.
3. Heat oven to 350°F.
4. Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.
5. Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

NODDLE-LESS ZUCCHINI LASAGNA



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Like Mother Like Daughter

Serving Size: 8 servings
Calories: 495 cal approx
Protein: 41g, Fat: 27, Carbs: 23g

INGREDIENTS:

2 large zucchini
1 tablespoon salt
1 pound ground beef
1 1/2 teaspoons ground black pepper
1 small green bell pepper, diced
1 onion, diced
1 cup tomato paste
1 (16 ounce) can tomato sauce
1/4 cup red wine
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
Hot water as needed
1 egg
1 (15 ounce) container low-fat ricotta cheese
2 tablespoons chopped fresh parsley
1 (16 ounce) package frozen chopped spinach, thawed and drained
1 pound fresh mushrooms, sliced
8 ounces shredded mozzarella cheese
8 ounces grated Parmesan cheese

INSTRUCTIONS:

1. Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan.
2. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
3. To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
4. Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.
5. To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the

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zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

6. Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes. Let stand for 5 minutes before serving.
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SNACKS

Cottage Cheese or Greek Yogurt with Raw nuts or berries

Recommended brands: Fage 2%, do not get fat-free dairy.
Stick to raw nuts.

Raw nuts with string cheese

Do organic dairy whenever possible

Piece of fruit with nuts

Stick to "crunchy" fruits, they have less sugar and more fiber: apple, pear, peaches, berries, etc.
Stick to raw nuts

Hard boiled eggs

Do organic whenever possible

Protein shake

Recommended brand: Biosteel
Mix with water or almond milk