



Core Diet Recipes

KALE SOUP

- 1 tablespoon canola oil
- 8 large garlic cloves, minced
- 1 medium yellow onion, chopped
- 4 cups chopped kale
- 4 cups low-fat, chicken broth
- 2 (15 ounce) cans white beans, cannelloni or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley

In large pot, heat oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomatoes, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

TURKEY MEATLOAF

- 1 ½ pounds ground turkey
- 1 10 ounce package frozen chopped spinach, thawed and excess water removed
- ½ cup minced onion
- ½ cup seasoned dry bread crumbs
- ¼ cup chopped fresh parsley
- 1 teaspoon dried oregano
- 2 egg whites
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 ounces grated part-skim mozzarella cheese

Preheat oven to 375F. In large bowl combine turkey, spinach, onion, bread crumbs, parsley, oregano, egg whites, salt and pepper. Mix well. Press half mixture into 8-inch loaf pan. Top bottom half with grated cheese. Press remaining turkey mixture over the top, bake 1 hour.

TOMATO, BASIL, AND WHITE BEAN SALAD



- 2 cans (19ounces each) cannelloni beans, drained
- ½ pound small plum tomatoes cut into 1 inch pieces
- ½ cup fresh basil leaves, torn into ½ inch pieces
- 1 teaspoon coarse salt
- Freshly ground pepper
- ¼ cup extra-virgin olive oil
- 3 small garlic cloves, minced

Combine beans, tomatoes, basil, and salt in a bowl, and season with pepper. Heat oil in a skillet over medium heat. Add garlic, and cook, stirring, until fragrant but not browned, 1 ½ to 2 minutes. Pour over bean mixture gently toss. Let stand 30 minutes before serving, can refrigerate up to 4 hours.

BALSAMIC MUSHROOMS

- ¼ cup olive oil
- 12 ounce white mushroom, halved
- 3 tablespoons balsamic vinegar
- 1 teaspoon coarse salt
- ¼ teaspoon red-pepper flakes
- Freshly ground pepper

Heat oil in skillet over med-high heat. Add mushrooms, and cook until golden brown, about 5 min. Stir in vinegar, salt, and red-pepper flakes, and season with pepper. Cook 1 minute more.

TURKEY SAUSAGE & BROCCOLI

- 1 lg bunch broccoli
- 12 Oz hot Italian turkey sausage
- 1 pint grape tomatoes cut in half
- ½ cup chopped basil leaves
- ¼ cup grated Romano cheese

Thinly slice sausage and cook in pan with oil on medium 7-8 minutes. Add tomatoes and cook 5 minute longer. Steam broccoli separately and then add to sausage and tomato mixture. Remove from heat and sprinkle with Romano cheese.

SPINACH SALAD WITH SPICED SHRIMP AND MANGO



- ½ medium red onion, very thinly sliced
- ½ cup plus 1 tablespoon fresh lime juice
- 8 ounces baby spinach
- 1 large mango
- 10 ounces large shrimp, peeled and deveined
- 1 teaspoon coarse salt
- Fresh ground pepper
- 1/8 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 3 tablespoons coarsely chopped cilantro leaves

Combine onion and ¼ cup plus 1 tablespoon lime juice, cover and let stand for 3 hours. Place spinach in large bowl, peel mango, cut into 1/8 inch thick slices and add to spinach. Cut remaining mango from pit and puree in a food processor or blender with remaining ¼ lime juice. Strain onion and add to spinach, reserve juice. Toss shrimp with reserved lime juice, salt, pepper, and cayenne. Heat oil in a skillet over medium heat. Add garlic, cook until soft about 1 ½ minutes, add shrimp and cook until opaque, about 2 minutes. Add mango puree, toss, and heat through. Add cilantro. Remove from heat, and toss with spinach, onion, and sliced mango.

GRILLED CHILI-LIME CHICKEN WITH STRAWBERRY-AVOCADO SALSA

- Juice of 1 ½ limes
- 1 tablespoon of canola oil
- 1 tablespoon honey
- 1 large clove garlic, minced
- 1 ½ teaspoons chili powder
- ½ teaspoons coarse salt
- 4 boneless skinless chicken breasts
- 8 large strawberries hulled and diced
- ½ avocado diced
- 1 medium white onion, diced (approx. 1/3 cup)
- 1 tablespoon freshly chopped cilantro

In medium bowl, whisk together 2 tablespoons lime juice, oil, honey, garlic, 1 teaspoon chili powder and salt. Marinate chicken in this mixture for 4 hours or overnight. Heat grill to med-high, grill chicken for 12 minutes, turning once. Prepare salsa, in small bowl, toss strawberries, avocado, onion, cilantro, and remaining lime juice and chili powder, season with salt and pepper serve with chicken.



BAKED SWEET POTATO CHIPS

- Sweet potatoes, cut into slices about 1/8" thick
- Spray canola oil
- Adobo seasoning

Preheat oven to 400F, line sweet potato chips on baking sheet spray with canola oil and sprinkle with Adobo seasoning. Bake about 20 minutes (the thinner they are the quicker they will cook, so check them often) Sprinkle with coarse salt if desired.

SWEET POTATO SALAD

- 2 cups cooked sweet potatoes, cut into chunks
- 1 medium apple. Diced
- ½ cup diced celery
- ¼ cup chopped walnuts
- ¼ cup raisins
- ¼ cup 2% FAGE yogurt
- ¼ cup fat-free mayonnaise
- 2 tablespoons skim milk

Combine sweet potatoes, apple, celery, walnuts, and raisins in a medium bowl. In a small bowl blend yogurt, mayo, and milk. Fold yogurt mixture into sweet potato mixture, chill.

SALMON WITH CITRUS SAUCE

- Olive oil
- Several cloves minced garlic
- Parmesan cheese
- Salt and pepper

Add these to salmon and grill.

- ½ cup orange juice
- ¼ cup fresh lime juice
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 2 tablespoons olive oil
- Coarse salt and pepper

In small skillet over high heat, boil ½ cup fresh orange juice and ¼ cup fresh lime juice until reduced to ½ cup, 8-12 minutes.



Remove from heat, whisk in 2 teaspoons sugar, 2 teaspoons Dijon mustard and 2 tablespoons olive oil. Season with coarse salt and ground pepper. Use this as a sauce for the salmon.

SAUTEED SHRIMP ON WARM BLACK BEAN SALAD

- 1 ¼ large shrimp, shelled and deveined
- 2 teaspoons olive oil
- 1 lime
- 1 small onion chopped
- 1 medium red pepper chopped
- 1 teaspoon ground cumin
- 1 can (15 to 19oz) black beans, drained
- 2 tablespoons chopped fresh cilantro leaves

Sprinkle shrimp with ¼ teaspoon salt and 1/8 teaspoon ground pepper, heat in skillet on medium with 1 teaspoon oil until opaque, about 6 minutes. Grate 1 teaspoon of lime peel and squeeze 2 tablespoons juice, set aside. Transfer shrimp to small bowl, in same skillet heat remaining oil and add onion and pepper, cook 8 minutes or until tender. Stir in cumin, cook 1 minute. Add black beans, lime peel and juice, ¼ teaspoon salt, and ¼ teaspoon of pepper. Cook 3 minutes or until heated through. Spoon black bean mixture onto plates and top with shrimp, sprinkle with chopped cilantro.

ORANGE-CURRY GRILLED TURKEY TENDERLOINS

- 3 ½ pounds turkey tenderloins
- 1 cup orange juice
- 1 ½ tablespoons curry powder
- ½ teaspoons dried tarragon
- ½ tablespoon Dijon mustard
- Canola oil cooking spray
- ¼ cup mango chutney (available @ most grocery stores or can be made on your own)

Cut each turkey tenderloin into large cubes (turkey tips). Combine orange juice, curry powder, tarragon, and mustard in a bowl; stir and pour over turkey. Cover and marinate 2-4 hours in refrigerator. Cook tenderloins on grill 9 minutes on each side, basting frequently with left over marinade. Serve with mango chutney.

MACADAMIA-CRUSTED SEA BASS WITH THAI RED CURRY SAUCE



SEA BASS

- 2 ounces macadamia nuts
- ½ cup flour plus extra for coating
- 2 egg whites
- 6 ¼ pound fillets Chilean sea bass
- Salt and pepper
- ¼ cup olive oil

THAI RED CURRY SAUCE

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 tablespoon Thai red curry paste
- 2 cups chicken broth
- ½ cup canned light coconut milk
- Juice of 1 lime
- 3 garlic cloves, minced
- 1 teaspoon minced ginger
- 1 tomato, chopped
- ¼ cup cilantro leaves, chopped
- 1 teaspoon fish sauce
- 1 teaspoon sugar
- Salt

Grind nuts and ½ cup flour in a food processor. In bowl, lightly beat egg whites. Season fish with salt and pepper. Dust fillets with flour and dip into egg whites, then into nut mixture, Chill for 1 hour.

To make sauce, heat 1 tablespoon olive oil in saucepan, add onion; sauté until golden brown. Add broth and coconut milk. Boil for 3 minutes, then stir in remaining ingredients; simmer 20 minutes, strain. Heat olive oil in skillet add Sea Bass cook until golden brown about 12 minutes. Spoon curry onto plates and top with fish.

TURKEY CHILI

- Canola oil
- 1 ½ pounds onion, finely chopped
- 6 cloves garlic, minced
- 2 teaspoons kosher salt
- ½ teaspoons ground pepper
- 3 pounds ground turkey



- ½ cup chili powder
- 1 ½ tablespoons oregano
- 1 ½ tablespoons cumin
- 1 tablespoon paprika
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 2 cans (14 ounce) diced tomatoes, juices drained
- 2 cans (3 ounce) tomato paste
- 3 tablespoons red wine vinegar
- 3 cans (15-16 ounce) beans, drained, rinsed (black, pinto, kidney whichever you prefer)

Coat the interior of a slow cooker with canola oil cooking spray. Heat skillet over med-high heat add canola oil; sauté onions and garlic until soft. Season with ¼ teaspoon salt and ½ teaspoon pepper. Place in slow cooker.

In same skillet cook ground turkey until browned, stir in remaining salt and pepper, chili powder, oregano, cumin, and paprika; cook until spices are fragrant. Transfer mixture to slow cooker, add red, yellow, and green peppers. Stir in tomato paste, diced tomatoes, beans, and red wine vinegar. Cook on low setting for 6 hours or high setting for 3 hours.

APPLE SALAD

- 6-8 apples cored and chopped into bite sized pieces (I like to use different apples for varied tastes and colors)
- 1 cup fage 2% yogurt
- 1/2 cup walnuts coarsely chopped
- 1/2 cup raisins
- 2 stalks of celery chopped
- 1/2 tsp cinamon
- honey to taste

Combine apples, celery, yogurt, and raisins. Sprinkle with cinamon and drizzle honey to taste. Top with walnuts (if you prepare this ahead of time, wait to add walnuts until ready to serve). Serve chilled.

TZATZIKI

- 1 large container of 2% Fage Yogurt (roughly 16 ounces)
- 4-5 cloves of pressed garlic (i.e. extract using handheld garlic press)
- 2 tablespoons of extra virgin olive oil



- 1 tablespoon of vinegar
- 1 cucumber
- Salt & pepper

Prepare cucumber by slicing in half and scraping out the pulp. Finely chop the remainder. Combine yogurt, pressed garlic, oil, vinegar, chopped cucumber in a large electric mixer. Add salt & pepper to taste. Mix vigorously for 30 seconds

Makes enough dip for 4 large servings. Serve with chopped vegetables, or serve as a dip with grilled chicken. (Greek dish Chicken Souvlaki is essentially a seasoned chicken breast, a side of tzatziki and a side of grilled vegetables). To add some bulk to the dish, add a second cucumber.

Incredible on pita chips....if you are in a post workout window!

NUT BLEND RECIPE

In order to help get your fat intake up which will support tissue repair among other things, have a nut blend each day consisting of:

- Macadamia (0.5 cups)
- Walnut (1.5 cups)
- Almond (1.0 cup)
- Brazil Nut (0.5 cup)
- Sun Flower Seeds (1 cup)
- Raisins or chopped dates (1.25 cups)

Break this mixture into 17 equal servings of 1/3 cup and have a bag each day. The content is approximately 20C, 20F, 8P.

FRUIT SMOOTHIE RECIPES

CORE PERIODS

- ½ cup of unsweetened apple juice
- ½ cup vanilla soy milk or 1% milk
- 1 scoop of vanilla protein powder
- ½ frozen banana
- 5 frozen strawberries
- Blend for 30 sec

Nutrition Breakdown: Carbs - 40gm, Protein – 24gm, Fat – 4gm



- 1 cup vanilla soy milk or 1% milk
- 1 scoop of chocolate protein powder
- 1 frozen banana
- 1 teaspoon of Naturally More peanut butter
- Blend for 30 sec

Nutrition Breakdown: Carbs - 33gm, Protein – 31gm, Fat – 9gm

POST WORKOUT (ENDUROX REPLACEMENT)

- 1 cup of unsweetened apple juice or grape juice
- 1 scoop of vanilla protein powder
- 1 cup of frozen blueberries
- Blend for 30 sec

Nutrition Breakdown: Carbs - 50gm, Protein – 17gm, Fat – 2gm

- 1 cup vanilla soy milk or 1% milk
- 1 scoop of vanilla protein powder
- 1 banana
- 1 tablespoon of honey
- Hand full of ice
- Blend for 30 sec

Nutrition Breakdown: Carbs - 52gm, Protein – 24gm, Fat – 4gm

SALMON BURGERS

- 2 tablespoons reduced-sodium soy sauce
- 1 1/2 teaspoons wasabi powder
- 1/2 teaspoon honey
- 1 pound salmon fillet, skinned
- 2 scallions, finely chopped
- 1 egg, lightly beaten
- 2 tablespoons minced peeled fresh ginger
- 1 teaspoon toasted sesame oil

Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.



Pulse Salmon in a food processor until fine (or chop fine). Add scallions, egg, ginger and oil; stir to combine. Form the mixture into 4 patties. The mixture will be moist and loose, but holds together nicely once the first side is cooked.

Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn and continue to cook until firm and fragrant, about 3 minutes. Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more. Serve immediately with tomato and red onion.

Alternate sauce: 1/2 cup of 2% Fage, 1 tablespoon chopped fresh dill, salt and pepper.

HALIBUT

- 6 1 1/2 inch thick halibut or snapper
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 6 kiwi, peeled and sliced
- 1 1/2 cups fresh blackberries
- 1/2 cup white port
- Zest from 1 lemon
- 3 teaspoons cornstarch
- 1 cup chopped pecans

In a blender, puree blackberries. In a medium heavy saucepan, heat wine, blackberries, cornstarch, and lemon peel over medium heat. Simmer for 5-10 minutes, stirring occasionally, until it starts to thicken. Remove from heat. Sauce will thicken when removed from heat. Pour 1/2 cup in a small container to use as marinade. Heat grill to medium high. Wipe grill with a vegetable oil, but not too heavy or fish will burn. Salt and pepper fish. Brush fish with marinade while grilling. Grill 4-5 minutes on each side. Insert a metal skewer into side of fish, all the way to center. If it inserts easily, fish is done. Remove from grill. Place fish on platter and pour remaining blackberry glaze over fish. Garnish with kiwi slices and sprinkle with pecans.

CHUTNEY CHICKEN

- 3 Whole Skinless Boneless Chicken Breasts
- Salt, Pepper, Paprika to taste
- 1 1/2 Tablespoons light butter (I use Land o Lakes Light w/ Canola Oil)
- 1 medium apple, cored and diced
- 1 teaspoon curry powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon thyme leaves



- ¼ teaspoon ground ginger
- ¼ cup mango chutney (look for sweet vs. hot)
- 1 can (11 oz) mandarin oranges in light syrup
- ¾ cup seedless red grapes

Season chicken with salt, pepper, and paprika; arrange in a 9-by-13- inch baking pan and dot with ½ Tablespoon of light butter. Broil about 6 inches below heat until browned, 10 to 12 minutes. Melt remaining light butter in pan over medium high heat. Add apple, curry powder, cinnamon, thyme, ginger and chutney. Drain half of the liquid from oranges into pan (reserve the fruit until later) and cook until slightly reduced. Pour apple mixture over chicken; bake, uncovered, @ 350F for 15 minutes. Top with oranges and grapes; bake 5 to 10 minutes more, or until chicken is tender. Place chicken and fruit on plate and pour juices over them.

CHICKEN TAGINE

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 1 Tablespoon ginger
- 1 teaspoon ground cumin
- ¼ teaspoon cinnamon
- 1 14-ounce can diced tomatoes
- ½ cup low-sodium chicken broth
- 1 cup frozen peas (thawed) or canned
- 1/3 cup raisins
- 10 ounces cooked chicken breast diced (about 2 cups)
- 1 15-ounce can chickpeas, drained

Heat oil in large skillet over med-high heat. Add onion, ginger, cumin, and cinnamon; cook, stirring frequently, for 4 to 5 minutes. Add tomatoes, chicken broth, peas, and raisins; simmer 7 to 8 minutes. Add the cooked chicken and chickpeas; cook 3 to 4 minutes, or until chicken is heated through.

CHICKEN FAJITAS

- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- ½ tsp. dried thyme
- 1/8 tsp. ground cayenne
- ½ tsp. salt



- 1 pound chicken tenderloins or stir fry strips
- 1 green pepper cut into strips
- 1 red pepper cut into strips
- ½ red onion cut into strips
- 1 Tbsp fresh lime juice
- 4 Josephs low carb wraps
- 1 cup salsa
- 1 container 2% Fage yogurt

Combine spices in a small bowl; rub half mixture over the chicken. Cook chicken on grill or in grill pan for 6 to 7 minutes until cooked through. Let sit 5 minutes and cut into thin strips. Heat canola oil in pan and add veggies, lime juice and remaining spice mixture; cook until veggies are soft; 5 to 6 minutes. Top each wrap with chicken, veggies, salsa, and yogurt. Roll closed; serve.

SWEET CHICKEN

- Nonstick cooking spray
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 boneless, skinless chicken breast halves
- 1/4 cup fat-free chicken broth
- 1 cup all-fruit apricot preserves
- 1 tablespoon honey mustard

Preheat oven to 350; line a 9X13-inch baking pan with foil, spray with non-stick cooking spray. In a small bowl crush the spices, combine with salt and pepper, and rub over both sides of chicken breasts. Place in prepared pan; pour broth into pan. Bake for 20 minutes. In a small bowl mix preserves and mustard, brush or spoon over chicken and bake an additional 10-15 minutes until done.

TURKEY STEAKS WITH SPINICH, PEARS, & BLUE CHEESE

- 4 Turkey cutlets
- 1 tsp sage
- 1 tsp thyme
- 1 tsp marjoram



- 1 Tbsp light butter
- 1 6-oz pkg fresh spinach
- 1 pear, cored and thinly sliced
- ¼ cup blue chesse

Make a rub by combining sage, thyme, and marjoram. Rub the turkey cutlets and sprinkle with salt and pepper. In large skillet cook the turkey over medium heat (use spray canola oil) about 12 minutes, turning once. Remove from skillet and add spinach to skillet and cook until wilted. In a small skillet cook pear slices in 1 Tbsp light butter over medium heat stirring occasionally for 5 minutes or until tender and lightly browned. Serve the turkey with spinach and pears, sprinkle with blue cheese.

SPRINGTIME CHICKEN

Chicken

- 1 8 oz container 2% Fage yogurt
- 3 Tbsp balsamic vinegar
- 1 pkg thin sliced chicken breast

Tomato-Mozzarella Topping

- 1 Tbsp canola oil
- 1 med size sweet onion cut into 16 wedges
- ¼ cup balsamic vinegar
- 2 Tbsp water
- 1 pound plum tomatoes, cored seeded and diced
- 1 tsp salt
- ½ tsp black pepper
- 8 oz fresh mozzarella cheese cut into ½ inch dice
- 1 cup fresh basil leaves, chopped

In a small bowl, whisk together yogurt and balsamic vinegar until well blended. Combine chicken and yogurt mixture and coat chicken; marinate in refridge for 20 minutes. In a large skillet heat oil over med heat. Add onion; sauté 5 minutes or until slightly softened. Add balsamic vinegar and water. Bring to a simmer. Reduce heat to med-low; cook about 7 minutes, or until liquid is reduced and onion is tender. Increase heat to med-high and add tomato, salt, and pepper, cook for 2 minutes. Remove skillet from heat; let cool for 2 minutes. Stir in mozzarella and basil. Heat grill or grill pan to med-high. Remove chicken from marinade and grill turning once for 6 to 8 minutes per side. Serve immediately with topping.



ROASTED ARTICHOKE SALAD

- 4 cans artichoke hearts, drained
- Good olive oil
- Kosher salt and freshly ground black pepper
- 1 shallot, minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 5 tablespoons white wine vinegar, divided
- 1/2 cup chopped fresh basil leaves
- 6 tablespoons capers, drained
- 2 jars roasted red peppers, sliced thin
- 1/2 cup minced red onion
- 1/2 cup chopped fresh parsley leaves

Preheat the oven to 350 degrees F. Place the artichoke hearts in a bowl sprinkle with olive oil, 1 teaspoon salt and 1/2 teaspoon pepper and toss until the artichoke hearts are coated. Dump the artichoke hearts onto a sheet pan and spread out into 1 layer; roast in the oven for 20 minutes. Meanwhile, make the vinaigrette. Place the minced shallot, lemon juice, mustard, 1 tablespoon vinegar, 1 teaspoon salt, and 1/2 teaspoon pepper in the bowl of a food processor fitted with the steel blade or into a blender. Process for 5 seconds. Add the basil leaves and process into a green puree. With the processor running, slowly pour 1/8 cup olive oil into the bowl through the feed tube until the ingredients are finely pureed. Set aside. Place the roasted artichoke hearts in a bowl and toss with enough vinaigrette to moisten. Add the capers, red peppers, red onion, parsley, 4 tablespoons vinegar and toss gently. Sprinkle generously with salt and pepper and let stand for 30 minutes for the flavors to blend. Serve at room temperature.

CORN AND WHITE BEAN SOUP

- 1/2 tablespoon canola oil
- 1/2 cup sliced green onions
- 3/8 cup chopped cooked ham (about 4 ounces)
- 1.5 cups fresh corn kernels (about 5 ears)
- 1/4 teaspoon salt
- 1 (15-ounce) can navy beans, rinsed and drained
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 1 (4.5-ounce) can chopped green chiles, undrained



Heat canola oil in a Dutch oven over medium heat. Add onions and ham, and cook 3 minutes, stirring frequently. Stir in corn and remaining ingredients. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated (59P, 129C, 15F).

HUMMAS

- 2 cloves of garlic
- 16oz of chick peas
- 1/4 cup of olive oil
- 1/8 cup of canola oil
- juice of 1 lemon
- 1 tsp of sesame oil
- 1/4 cup of water
- 1 tsp of cumin
- pinch of salt and pepper

Combine all ingredients in a blender and blend until smooth. Serve with fresh veggies.

BANANA NUT BREAD (POWER BAR REPLACEMENT)

- 2 whole eggs
- 2 egg whites
- 1/3 cup of skim milk or soy milk
- 1.5 cups of banana (very ripe)
- 1 cup of honey
- 3 tablespoons of smart balance oil or canola
- 3 tablespoons of unsweetened apple sauce
- 3/4 teaspoon of salt
- 1.5 teaspoons of cream of tartar
- 1 teaspoon of cinnamon
- 2 cups of whole wheat flour
- 3 scoops of vanilla whey protein powder
- 3/4 teaspoon of baking soda
- 2 teaspoons of baking powder
- 1/4 cup of chopped walnut

Pour banana bread batter into 1 greased loaf pan; bake at 325° for about 1 hour, or until a toothpick inserted in center comes out clean. Let cool 10 minutes in pan and 10 minutes on wire rack. Cut loaf into 10 even sized slices. Nutrition breakdown per slice: Carbs - 50gm, Protein - 12gm, Fat - 10gm



PUMPKIN BREAD (POWER BAR REPLACEMENT)

- 1 1/3 cup of whole wheat flour
- 1/2 Cup quick-cooking rolled oats
- 1 cup of honey
- 1 tsp baking soda
- 3 scoops of vanilla whey protein powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 Cup unsweetened applesauce
- 2 whole eggs
- 1 Cup canned pumpkin (not pumpkin pie mix)

Pour pumpkin bread batter into 1 greased loaf pan; bake at 325° for about 45 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes in pan and 10 minutes on wire rack. Cut loaf into 10 even sized slices. Nutrition breakdown per slice: Carbs - 40gm, Protein – 10gm, Fat – 2gm

DESSERT (POST WORKOUT WINDOW)

- 1/2 cup reduced-fat peanut butter
- 1/3 cup vanilla low-fat yogurt
- 1 tablespoon orange juice
- 2 ripe bananas, sliced
- 4 (8-inch) fat-free flour tortillas
- 2 tablespoons honey-crunch wheat germ
- 1/4 teaspoon ground cinnamon

Combine peanut butter and yogurt, stirring until smooth. Drizzle juice over bananas; toss gently to coat. Spread about 3 tablespoons peanut butter mixture over each tortilla, leaving a 1/2-inch border. Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture. Combine wheat germ and cinnamon; sprinkle evenly over banana slices. Roll up. Slice each roll into 6 pieces.

DESSERT (POST WORKOUT WINDOW)

- 1 Container of Medjool dates
- 1/2 cup of Walnuts

Remove pits from dates, and replace with a 1/2 walnuts. Serve 5-6 dates per person.

