

Menu for a healthy lifestyle And Recipes

Day One:

Breakfast

Oatmeal

Snack

Pear or apple

Lunch

Salad

Snack

1-2 TBSP -Nut butter (cashew, almond) spread on an apple

Dinner

Chicken and Artichoke Skillet

Day Two:

Breakfast

Fruit smoothie

Lunch

Turkey wrap

Snack

Handful of cashews or almonds

Dinner

Quinoa salad + salmon

Day Three:

Breakfast

Fruit smoothie

Lunch

Left over dinner

Snack

Hummus and vegetables (celery, broccoli...)

Dinner

Baked fish and vegetables

Day Four:

Breakfast

Cereal

Lunch

Fajitas

Snack

Apple or pear

Dinner

Pizza Chicken and steamed broccoli

Day Five:

Breakfast

Cereal/oatmeal/fruit smoothie

Snack

Apple/pear

Lunch

Chicken salad sandwich on Ezekial/yeast-free bread

Snack

Handful of nuts/ protein smoothie

Dinner

Green Bean Spaghetti

Day Six:

Breakfast

Fruit smoothie

Snack

Cherries/apple

Lunch

Salad

Snack

Carrot sticks/cucumber slices

Dinner

Oat Chicken and veggies

Breakfast Recipes:

Oatmeal

When boiling water, add ¼- 1/3 cup diced apple and ½ tsp cinnamon. Add a ½ cup chopped nuts when adding oats.

Fruit smoothie

1 ½ cups water or rice/almond milk

½ cup frozen blueberries, strawberries, raspberries

1 tbsp ground flax seeds

1 scoop of whey, egg white, rice or soy protein powder

Other combos: Chocolate protein powder with cherries or 1 TBSP of peanut butter and few ice

Protein powder Recommendations: Jay Robb protein powder (Whole Foods), Show me the Whey (Sunflower Mkt)

Cereal- 1 serving size, read box

Cereal low in sugar and high in fiber, preferably > 5g

Recommendations: Barbara's Cereal Puffin's (original, cinnamon, peanut butter), Organic oat flakes and raisen

Rice/almond/oat milk

Can sprinkle 1 tbsp of ground flax seeds over cereal

Lunch:

Salad

Use pre-packaged greens from store. Add chopped tomatoes, diced or sliced carrot, celery, peppers, nuts, sesame or sunflower seeds, green onion, any other fresh vegetables. Toss in salad dressing. Can add canned or pre-cooked chicken, fish or turkey.

Salad Dressing

Recommendations: Annie's Salad dressings, make your own dressing, sprinkle lime juice or salsa on your salad

Recipe suggestions: In a glass jar combine olive oil, 1-2 cloves of fresh garlic, lime juice and cilantro

Turkey Wrap

Spelt tortilla with a few slices of turkey, avocado, cucumber, tomatoes and sprouts

Fajitas

Frozen chicken, salmon or ahi tuna fajita mix from trader joes

Can dress up with refried beans, cilantro, avocado and wrap up in a spelt tortilla or over romaine lettuce.

Tuna Melt Casserole

1tsp oil; 1 can (6oz) albacore tuna, drained and mashed; 1 1/2 cup of shredded cheese (soy, rice options as well); 3 eggs; 3 tbsp ground flaxseed meal; 1 tsp garlic powder; 1/2 to 1 tsp of salt

Preheat oven to 400° and grease a 9 inch pie plate with oil

In large bowl, combine tuna, cheese, eggs, flaxseed meal, garlic, salt and mix well.

Pour tuna mixture into prepared pie plate and bake for 30 min or until browned

Dinner:

Chicken and Artichoke Skillet

4 boneless, skinless chicken breasts

1 can (14 oz.) quartered artichoke hearts, drained

½ red bell pepper, cut into strips

1 medium onion, sliced

1 clove garlic, crushed

¼ cup dry white wine

1 tsp dried thyme

1. Saute chicken breasts until they're golden. Remove from skillet
2. Toss artichoke hearts, pepper, onion, and garlic into the skillet. Saute for 3 minutes or so, stirring frequently.

Pour the wine and sprinkle the thyme over the vegetables. Place the chicken breasts over the vegetables, turn the heat to medium low, cover and simmer for 10 minutes.

Baked fish and vegetables and rice

½ lb. fish per person (salmon, halibut, tilapia)

1 small onion and zucchini sliced and placed in bottom of baking dish

Place fish on top and add a few cloves of garlic

Herbs to taste (tarragon- 1 tsp. dried, 1 tbsp fresh or use dill, thyme, basil, parsley or rosemary)

Cover and bake at 350° for 10-15 minutes per pound, depending on fish density

Options: Oriental fish- mix 1 tvsp olive oil with ½ tsp sesame oil and 1 tbsp fresh grated ginger. Rub into fish and bake. Mexican sauce- ½ cup tomato sauce, 3 tbsp chopped chiles, 1 tsp dried cilantro. Pour over fish and bake. Italian fish- chop one medium to large tomato, one half to one green or red pepper, 3 cloves garlic, 1 tsp dried basil, 1 tsp dried parsley, 1 bay leaf. Cover and bake.

Rice

1 cup brown rice, 2 ½ cup water or chicken stock, 3 tbsp chopped onion, 1 chopped tomato. Cover and bring to boil. Reduce heat and simmer on low heat for 45 min or until rice is cooked.

Oat Chicken

Dip chicken breast into egg whites and then dip into oats, with a pinch of salt and pepper

Bake chicken at 350°

Steam broccoli or other favorite vegetables

Quinoa Salad

Cook quinoa (1 part quinoa, 2 parts water)

After quinoa is cooked put in refrigerator to cool

Chop up Cucumbers, onions, cilantro and add to cooled quinoa
Add black beans to the salad and pour a vinaigrette dressing over

Homemade Pizza

Spelt dough (Spelt flour plus yeast)

Spread pesto over the dough

Add onion, broccoli, garlic, (plus any other veggies) cut up soy cheese and spread on top, can also cut up chicken, soy sausage (morning star) into small pieces and sprinkle on top

Bake

Shrimp and veggie kabobs

Cut and put fish/chicken, green peppers, onions, zucchini, butternut squash on a skewer

Can eat with quinoa salad, brown rice

Green Bean Spaghetti

1 package of frozen green beans (fresh preferable)

2 to 3 tbsp olive oil

1 small onion, chopped

1 green pepper, diced

4 or 5 medium mushrooms, sliced

1 lb. ground turkey

1 can (4oz.) plain tomato sauce

1 tbsp Italian seasoning

1. Cook green beans
2. While beans are cooking, put olive oil in large, heavy skillet over medium heat and saute the onion, green pepper and mushrooms until the onion is translucent.
3. Add the tomato sauce and the Italian seasoning. Bring to a boil, reduce to a simmer, and cook for about 5 minutes. Do not overcook.

Drain your green beans, pour the meat sauce over top

Pizza Chicken

3 chicken quarters, either legs or thighs

1 to 2 tbsp olive oil

1 can (8 oz.) plain tomato sauce

Mushrooms

½ cup dry red wine

1 green pepper, chopped

1 small onion, chopped

1 or 2 cloves garlic, crushed, or 1 to 2 tsp jarred garlic

1 to 1 ½ tsp dried oregano

1. Strip the skin off the chicken, and cut leg and thigh quarters in two at the leg joint.
2. Warm the olive oil in a bag, heavy skillet and brown the chicken in it over medium heat.
3. Pour in the tomato sauce, mushrooms and wine. Add the green pepper, onion garlic and oregano. Cover the whole thing, turn the burner to its lowest setting, and forget about it for 45 min to 1 hour.

Chicken Soup

1 pkg thighs- wash and put in pot

1 Lg yellow onion sliced in 4 quarters

Celery, carrots, 2 large tomatoes in fours, parsnip

Now add chicken broth- mix with water to top

Medium heat uncovered- 1hour once it starts boiling

Scoop foam out, then add dill and salt

Now put cover on ½ way- at medium heat or lower

Fish Tacos

Defrost and cook frozen fish: Turbid, mahi mahi

Add black beans, salsa, shredded cheese to corn tortilla

Crispy Parmesan Fish

1lb. cod fillets; 2 1/2 tbsp mayonnaise; 1 tsp Dijon mustard; 1 tsp Worcestershire sauce; 1 tbsp minced onion; 1 oz grated Parmesan cheese

Preheat oven to 350° and spray shallow baking dish with nonstick cooking spray and place fish in dish.

In small bowl combine all ingredients minus the parmesan and spread over fish evenly.

Sprinkle the filets with the Parmesan and bake uncovered for 30 min or until crispy

Fried Catfish

¼ cup ground almonds; ¼ cup finely ground hazelnuts; 2tbsp rice protein powder; 1 ½ tsp sea salt; 1 egg; 1 tbsp water; 1 lb. catfish fillets

On a plate combine the nuts, protein powder and salt and stir well.

In a shallow bowl, beat the egg with the water

Wash and dry the filets. Dip each one in the egg than the nut mixture, pressing it well into the fish.

Bake or cook in the frying pan with canola oil

Healthy fast food choices

Baja Fresh- Chicken tostada salad without the tostada, cheese and sour cream, grilled fish tacos

Pita Jungle- Variety of options

Sweet tomatoes

China lite- Healthy chinese food restaurant

Tott's Asian Diner

Gentle Strength's Café

Recommended Grocery Stores

Sunflower Market

Trader Joes

Whole Foods

Sprouts

Wild Oats

Side Note:

If you are trying to lose weight, limit the amount of grains you eat a day.

Always have protein at every meal and watch your portion size.

Drink ½ of your body weight in ounces of water daily.

Limit alcohol intake due to its high sugar content (empty calories) to 2 x week

Pick one day a week to eat something you enjoy.

Resources:

500 Low Carb Recipes- Dana Carpender

1000 Low Fat, Salt, Sugar and Cholesterol Recipes- Paragon Publishing

Dr. Nevel's kitchen