

Weeks 7 & 8

### **Breakfast: various “smashed” toasts**

A big trend in healthy breakfasts right now is “smashed” toasts. Basically, it’s toasted bread with something delicious and healthy on top of it.

Yield: 1 serving per toast

#### INGREDIENTS:

##### *Avocado smashed toast:*

- One slice of your favorite whole grain or sprouted bread, toasted
- ½ avocado, ripe
- 1 tsp. olive oil
- 1 tsp. honey
- Flaked or coarse sea salt
- Dried chili flakes, if desired

#### RECIPE:

- To assemble, mash the avocado on top of the toasted bread, drizzle with olive oil, honey, sea salt and chili flakes (if using).
- If you prefer a savory version, omit the honey and sprinkle with fresh ground black pepper

##### *Almond butter with mixed berries toast:*

- One slice of your favorite whole grain or sprouted bread, toast
- 1 tbsp. almond or peanut butter
- ½ cup mixed berries
- 1 tsp. fresh lemon juice
- 1 tsp. chopped fresh mint or tarragon
- Drizzle of honey (optional)

#### RECIPE:

- Toss berries with lemon juice and chopped herb.
- Spread almond butter onto toast, top with berry mixture and drizzle with honey.

##### *Mediterranean egg toast*

- One slice of your favorite whole grain or sprouted bread, toasted
- 1 tbsp. hummus, try roasted red pepper
- ¼ cup sliced roasted red pepper (from a jar, drained and patted dry)
- 1 egg, fried or scrambled
- Avocado, pickled jalapeno and/or tomato for topping
- Feta, optional

RECIPE:

- Spread hummus onto toast, and top with the red pepper slices. Top with the avocado, jalapeno, tomato and feta (if using).

## **Lunch: Brown Rice, shiitake mushroom and snap peas in parchment**

This recipe is great for lunch or even a light dinner. The brown rice does have to be cooked prior to putting the pouches in the oven, so keep that in mind during prep time. Maybe cook rice the night before, or if you have a rice cooker, set it an hour or so before you plan on cooking.

Yields: 3-4 servings

### **INGREDIENTS:**

- 1 ½ cups water
- 2/3 cups short grain brown rice
- Course salt and freshly ground black pepper
- 10 ounces shiitake mushrooms, stemmed and thinly sliced (about 4 cups)
- 2 cups snap peas
- 8 sprigs of thyme
- 2-3 tbsp. olive oil
- 1 cup mixed greens, such as arugula, spinach or watercress
- Lemon wedges for serving

### **RECIPE:**

- Cook rice according to package instructions
- Preheat oven to 425. Cut 3-4 12x17 inch pieces of parchment paper. Fold each in half crosswise to make a crease, then unfold and lay flat. Divide brown rice evenly among parchment pieces, creating a bed on one side of the crease. Top with mushrooms, snap peas and thyme. Season with salt and pepper, and drizzle with olive oil. Fold parchment over ingredients, creating a half moon shape. Make small overlapping pleats to seal the open sides.
- Bake on two, rimmed baking sheets until packets are puffed, 20-25 minutes. Open packets; add green, dividing evenly, and squeeze a lemon wedge over each one. Eat/serve immediately.

## Dinner: Mix and Match power bowl

If you attended our nutrition seminar, then you are familiar with this concept. Basically, I will give you a list of ingredients and portion sizes, and you can mix and match your grains, protein, veggies and sauces and you put them together as you like! Be creative!

### RECIPE:

- Start with a base of a complex carbohydrate, such as whole grains, and/or starchy vegetable (no more than 1 cup of this!)
- Cooked and/or raw greens and veggies (veggies are super low in calories, so go nuts!)
- Add your 3-5 oz. of lean protein, whether it is animal or vegetarian (tofu, tempeh, seitan, beans, lentils)
- Add whole unprocessed fats,
- Top with herbs, spices or condiments of your choice!

| CARBOHYDRATES            |                 | PROTEIN                | FATS                     | CONDIMENTS           |
|--------------------------|-----------------|------------------------|--------------------------|----------------------|
| <u>Whole Grains</u>      | <u>Greens</u>   | <u>Vegetarian</u>      | <u>Nuts and Seeds</u>    | <u>Herbs</u>         |
| Brown rice               | Kale            | Kidney beans           | Sunflower seeds          | Cilantro             |
| Quinoa                   | Collards        | Black beans            | Pumpkin seeds            | Rosemary             |
| Millet                   | Bok Choy        | Garbanzo beans         | Almonds                  | Thyme                |
| Farro                    | Swiss Chard     | Cannellini beans       | Cashews                  | Basil                |
| Whole grain pasta        | Spinach         | Lentils                | Walnuts                  | Flat leaf parsley    |
| Buckwheat (soba noodles) | Lettuce         | Red lentils            |                          | Mint                 |
| Kamut                    | Brussels sprout | Seitan                 | <u>Cold pressed oils</u> |                      |
|                          |                 | Tofu                   | Olive oil                | <u>Spices</u>        |
| <u>Starchy Veggies</u>   | <u>Veggies</u>  | Tempeh                 | Coconut oil              | Chili powders        |
| Potatoes                 | Broccoli        |                        | Flaxseed oil             | Cumin                |
| Sweet potatoes           | Asparagus       | <u>Animal</u>          |                          | Curry powder         |
| Yams                     | Cabbage         | Grilled chicken        | <u>Other</u>             | Garlic powder        |
| Butternut squash         | Carrots         | Canned tuna or salmon  | Avocado                  | Onion powder         |
| Spaghetti squash         | Cauliflower     | Ground turkey, chicken | Greek yogurt             |                      |
| Winter squash            | Mushrooms       | or lean beef           | Grated cheeses           | <u>Other</u>         |
|                          | Onions          | Eggs                   | (use sparingly)          | Dressings and sauces |
|                          | Peppers         |                        |                          | Fresh salsas         |
|                          | Tomatoes        |                        |                          | Vinegars             |
|                          | Garlic          |                        |                          | Homemade dressings   |
|                          | Beets           |                        |                          | Lemon and lime juice |
|                          | Turnips         |                        |                          |                      |

## **Snack: Warm white bean and spinach dip**

This is a great alternative to your typical spinach dip, at only 55 calories per ¼ cup!  
This goes great with raw (or roasted) veggies!

Yields: 3 cups

### **INGREDIENTS:**

- 3 cups baby spinach
- 1 cup fresh ricotta
- 1 ½ cups cannellini beans, drained and rinsed
- 1 tbsp. fresh chives, chopped, plus more for serving
- 1 ½ tsp. grated lemon zest
- Course salt and freshly ground pepper
- Pinch of red pepper flakes and minced garlic (optional)

### **RECIPE:**

- Preheat oven to 350. Rinse the spinach, and with the water still clinging to the leaves, place in a large saucepan over medium heat. Cover and cook until wilted, stirring once, about 4 to 6 minutes. Squeeze out excess liquid, and then coarsely chop the spinach.
- Pulse the ricotta and beans in a food processor until smooth. Transfer to a bowl, and add chives, lemon zest, salt and pepper, and red pepper flakes and garlic, if you are using. Stir in spinach. Bake in 1 quart baking dish until bubbling, about 30 minutes. Top with additional chives and extra pepper. Serve warm with veggies.