



# ELM Medicine

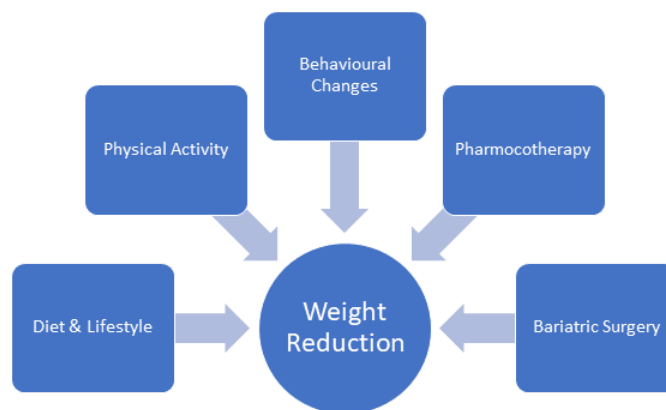
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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.  
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# Weight Management Program



## Patient Details:

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Patient Name:  
Start Date:  
Starting Weight:

## Included in this package:

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1. Introduction to Gut Microbiome & Weight Management
2. Phase 1 Diet
3. Healthy Plate Model
4. Portion Guide
5. Sample Meal Plans (2 weeks)
6. Food Charts
7. Plant-Based Protein
8. Meal & Snack Ideas
9. My Meal Plan
10. Recipes
11. Protein Powder
12. Resources



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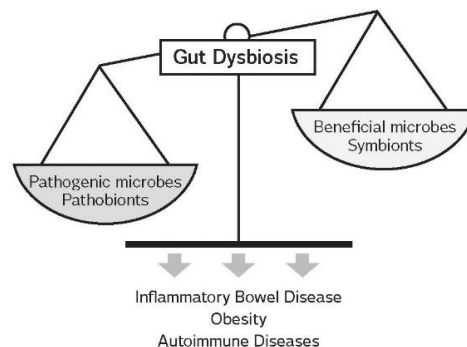
## Introduction to Gut Microbiome & Weight Management

The gut flora has a diverse ecosystem of microbes that help your body in many ways including:

- sending messages to your brain that make you feel full
- helps regulate blood sugar and insulin balance
- supports immune system
- helps regulate metabolism

In your gut there is a mix of bad/pathogenic microbes (pathobionts) and good/beneficial microbes (symbionts) and a balance between the two is important to ensure that your gut flora is healthy and supported to do what it needs to keep you healthy.

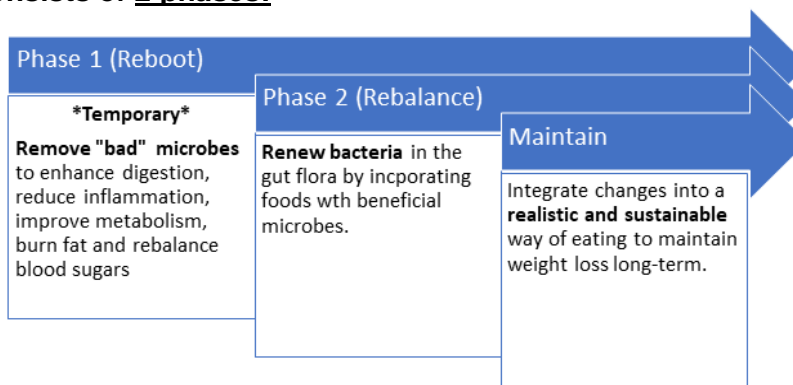
When that balance is shifted, and you have more of the pathogenic microbes than the beneficial ones that is known as **dysbiosis**.



## GUT DYSBIOSIS—CONSEQUENCES

The goal of this weight management program is to reboot, rebalance and renew your gut microbiome to support to create an environment that supports weight loss.

The program consists of **2 phases**:



Atreyi Mukherji MD, 2019

Reference: Gerald Mullin MD, Johns Hopkins Integrative Gastroenterology Clinic



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## Phase 1 Diet



### PHASE 1 FOOD PYRAMID

#### Objectives:

1. remove FODMAPs and starchy/refined carbohydrates that promote imbalance in the gut microbes
2. replace carbohydrates with low GI foods to rebalance blood sugars and reduce insulin resistance, fat accumulation and inflammation
3. consume foods that will enhance fat-burning, boost metabolism and support beneficial bacteria

#### Diet Components:

- low carbohydrates, reduce FODMAPs
- moderate fat
- higher protein

#### List of Superfoods:

1. Eggs	2. Chia Seeds	3. Cinnamon	4. Berries	5. Green Tea
6. Ginger	7. Avocado	8. Quinoa	9. Cayenne Pepper	10. Whey Protein

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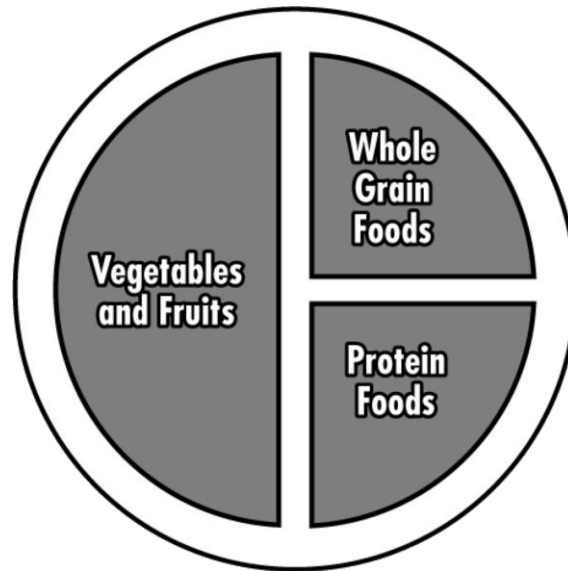
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## Healthy Plate Model



### Your Plate Breakdown (Phase 1):

#### Half (1/2) Plate: Vegetables & Fruit

- choose a variety of different vegetables and fruit (excluding “forget” options)
- choose a range of colours (i.e. dark green, orange, red, etc.)
- choose raw or frozen
- consume and prepare with little added salt and fat and no breading

#### Quarter (1/4) Plate: Protein

- choose fish more often (excluding “forget” options)
- choose lean meats (chicken, turkey, lean cuts of red meat) and whole eggs
- moderate intake of nuts and seeds

#### Quarter (1/4) Plate: Grains

- phase 1 - replace with more vegetables/fruits and protein more often
- choose whole grains
- choose gluten-free breads and products
- try different grains (i.e. oats, quinoa, rye, buckwheat)




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## Portion Guide

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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## Sample Meal Plan - Week 1

Week 1	BREAKFAST	LUNCH	SNACK	DINNER
<b>Monday</b>	Blueberry Protein Smoothie	Spiced Pumpkin Soup with Chicken	½ avocado mashed with 2 tablespoons onion-free salsa served with celery sticks or lettuce leaves	Orange Salmon with Bok Choy
<b>Tuesday</b>	Eggs to Go	Raspberry Mesclun Salad with Green Tea Dressing (with chicken or shrimp)	Fat Burning Tea: ½ cup protein shake mixed with 1 cup hot water with a pinch of cinnamon and cayenne (ground red) pepper	Spiced Pork Roast with Cauliflower Mash
<b>Wednesday</b>	2 scrambled eggs (or 4-ounce scrambled tofu (with 2 cups steamed broccoli	Green salad: mixed greens, tomatoes, celery, cucumbers, sliced/shredded almonds, grilled chicken, olive oil vinaigrette	2 hard-cooked eggs or 10 walnuts or almonds with Cilantro Green Drink or Basil Green Drink	Pesto Baked Cod with spaghetti squash
<b>Thursday</b>	Power Breakfast Bar	Crunchy Almond Tuna Salad	2 tablespoon of chia seeds mixed with ½ cup plain, unsweetened coconut milk and a drizzle of vanilla extract	Chicken Lettuce Wraps: cubed cooked chicken served in lettuce leaves spritzed with fresh lime juice and topped with 2 tablespoon unsweetened shredded coconut
<b>Friday</b>	Vanilla Spice Quinoa Breakfast Cereal	Greek Village Salad	Ginger-Crusted Kale Chips	Broiled cod or shrimp with black pepper and fresh lemon served over salad greens
<b>Saturday</b>	2 poached eggs on 2 cups raw spinach or arugula	Massaged Kale Salad with chicken or shrimp	4 teaspoons almond butter spread inside celery sticks	Slow-Cooker Chicken Piccata
<b>Sunday</b>	Breakfast Roll-Up: ½ chicken sausage link or ¼ cup chicken cooked with 1 egg rolled in 1 corn tortilla	Leftover Slow-Cooker Chicken Pizza	Coconut Joy Pudding	Grilled cod kabobs with cubed veggies served over ½ cup cooked quinoa tossed with herbs



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## Sample Meal Plan - Week 2

Week 2	BREAKFAST	LUNCH	SNACK	DINNER
<b>Monday</b>	Power Breakfast Bar	4 ounces smoked almond over baby greens over grilled zucchini, peppers	1 cup frozen edamame pods steamed with spices of your choice, such as black pepper, cumin, paprika, or hot chili powder	Steamed veggies and stir-fried chicken (no sauce)
<b>Tuesday</b>	Blueberry Protein Smoothie	Fast Gazpacho: 1 tomato, ½ cucumber, ½ green or red pepper bended with lemon or lime juice and a pinch of salt, topped with 1 cup cubed chicken/shrimp	½ cup whey protein powder blended with cold green tea	Take-out or homemade steamed veggies (such as broccoli, peppers, zucchini, or spinach) with chicken or shrimp (no sauce)
<b>Wednesday</b>	¼ cup dried quinoa flakes cooked according to package directions with ⅓ cup whey protein powder stirred in, ¼ cup of fresh or frozen berries, and a pinch of cinnamon or cloves	1 can spring water-packed tuna, drained, mixed with olive oil and paprika, served with cucumber and red bell pepper wedges or over greens	2 hard-cooked eggs with Cilantro Green Drink or Basil Green Drink	Take-out egg drop soup with a side of steamed broccoli
<b>Thursday</b>	Coffee - or Tea- Flavoured Smoothie: 1 cup cold coffee or tea blended with ½ cup berries, ⅓ cup whey protein powder	Crunchy Almond Tuna Salad	Unsweetened Iced Coffee: 1 cup cold coffee; 2 tablespoons, unsweetened coconut milk; pinch of cinnamon; 2 tablespoons whey protein powder	Roast chicken (no skin) with a side of green beans topped with nuts or olive oil
<b>Friday</b>	Vanilla Spice Quinoa Breakfast Cereal	Chicken Vegetable Soup	Ginger-Crusted Kale Chips	Orange Salmon with Swiss Chard
<b>Saturday</b>	Blueberry Protein Smoothie	½ dozen oysters with lemon juice, green salad with olive oil vinaigrette	¼ cup blueberries with 10 plain almonds or walnuts with ginger tea	Chicken breast cooked in the slow cooker for 2 hours on low, topped with freshly grated ginger, 1 tablespoon tomato paste, spices of your choice; served over cooked greens
<b>Sunday</b>	2 poached eggs on 2 cups steamed broccoli or 1 cup sautéed spinach	Chicken Vegetable Soup	Satay Veggie Dip: 2 tablespoons almond butter mixed with 2 tablespoons plain, unsweetened coconut milk and a pinch of cayenne (ground red) pepper; served with celery, sliced bell peppers, or cucumber wedges	Spiced Pork Roast with Cauliflower Mash



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## Food Chart

Use the foods in the food chart to make substitutions and to create your own meals.

Food Category	Favour	Few	Forget
Vegetables	Alfalfa sprouts, Bamboo shoots, Beans (green), Bean sprouts, Bok choy, Butternut squash, Capsicum, Celery, Chard (Swiss), Chives, Choy sum, Cucumber, Eggplant, Endive, Escarole, Greens (mustard, collard), Kabocha squash (Japanese pumpkin), Kale, Lettuce, Olives, Parsnip, Pumpkin, Radish, Silverbeet, Spaghetti squash (baked), Spinach, Spring onion (green part only), Squash (yellow, Zucchini, butternut), Turnips	Artichokes (globe and Jerusalem), Asparagus, Beetroot, Broccoli, Brussels sprouts, Button mushrooms, Cabbage, Carrot, Cauliflower, Fennel, Garlic, Green peas, Leek, Okra, Onions (mature, cooking), Shallots, Snap peas, Snow peas, Sweet corn, Sweet potato, Tomato juice (100%), Vegetable juice (100%)	All vegetables breaded, creamed, and fried Overcooked tempura Vegetable juices made with vegetables on Forget list and White potato
Fruits	Banana (green), Blueberry, Cantaloupe, Cherries (sour), Cranberries (whole), Honeydew melon, Kiwifruit, Lemon Lime, Passionfruit, Plums, Raspberries	Avocado, Grape, Grapefruit, Orange, Papaya, Pomegranate, Rhubarb, Starfruit, Strawberry, Tangelo, Tangerine, Tomato	Apples, Applesauce and apple cider, Apricots, Blackberries, Boysenberries, Mango, Nashi fruit, Nectarines, Peaches, Pears, Persimmon, Pineapple, Plantains, Tamarillo, Watermelon  Dried fruits (dates, figs, prunes, etc.), Fruit beverages, Fruit juices or fruit concentrates (100%), Fruits, canned in syrups
Baking Ingredients & Condiments	Baking powder (aluminum free), Baking soda, Coconut, shredded, Flavor extracts, 100% (almond, orange, maple extract, etc.), Mustard powder, Vinegars-clear, Wasabi powder (no	Arrowroot powder, Cocoa powder, Miso (gluten free), Sea salt, Soy sauce (gluten free), Tamari (gluten free)	Condiments with unacceptable ingredients: Chutney, Ketchup, Mayonnaise, Pesto, Sun-dried tomato paste

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	colorings)		
Beverages	Coffee, Teas (green tea; black, white, and herbal teas), Water		Apple cider, Chicory-based coffee, Fruit beverages and juice drinks or -ades, Sodas, regular and diet
Dairy	Butter, Cheese (Colby, Edam, feta, Gouda, Parmesan, Swiss), Cheese, ripened (blue vein, Brie, Cheddar), Fromage fraise		Cheese, soft (cottage, ricotta, cream cheese, mascarpone, crème fraîche), Cow's milk, Custard, Dairy desserts, Evaporated milk, Goat's milk, Ice cream, Milk powder, Sheep's milk, Sweetened condensed milk, Yogurt (cow's, sheep's, goat's)
Dairy-Free Alternatives		Almond, hemp, coconut, or rice non-dairy beverages, plain and unsweetened Coconut water Soymilk	
Fats & Oils	Canola oil (baking only), Extra-virgin olive oil	Almond, canola, flaxseed, grapeseed, olive, palm, pumpkin, safflower, sesame, sunflower, walnut oil, etc. Canola oil Coconut oil, 100% palm oil (dairy-free, nonhydrogenated shortening), Peanut oil	Corn oil, Cottonseed oil, Lard Shortening
Fish	Wild-caught favored over sustainably farmed seafood.  Salmon, tilapia, Atlantic or Pacific (US) cod, anchovy, butterfish, catfish, canned light tuna, flounder, haddock, herring, ocean perch, mussels, oysters, plaice, pollock, rainbow trout, rockfish, sardines, scallops, sea bass (black), shad (US), shrimp, sole, spiny lobster, striped bass, trout	Striped bass, carp, Alaskan cod, halibut, lobster, mahi-mahi, monkfish, perch (freshwater), sablefish, skate, snapper, tuna (canned chunk white, skipjack), and weakfish (sea trout), albacore or Yellowfin tuna (1 time weekly)	Shark, swordfish, king mackerel, or tilefish

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	(freshwater), wild eastern oyster, whitefish, and whiting.		
Meat (Organic, Pasture Fed and Raised)	Poultry (chicken, turkey, duck) without skin Whole eggs, Egg whites, Wild game	Lean cuts of meat (beef, lamb, pork); grass-fed, organic favored	Fatty cuts of meat (beef, pork, and lamb) Poultry with skin processed or aged meat and poultry products (hot dogs, deli meats, canned meat products, etc.)
Herbs & Spices	Fresh and/or dried herbs and spices: Cardamom, Cayenne (ground red) pepper, Cinnamon, Cumin, Ginger		Herb or spice mixes or seasonings with unacceptable food ingredients
Legumes (Vegetable Protein), Nuts, & Seeds	Almonds, Cashews, Chia seeds, Flaxseeds (linseed), Hazelnuts, Pistachios, Poppy seeds, Pumpkin seeds (pepitas), Sesame seeds, Soybeans (edamame, tofu), Sunflower seeds, Tahini  Natural nut butters made from almonds, Brazil nuts, pecans, walnuts  Natural seed butters made from chia, flaxseeds, hempseeds, pumpkin, sesame, sunflower  Nut and seed beverages	Baked beans, bean sprouts, black-eyed beans, borlotti beans, broad beans (fava beans), chickpeas (garbanzo beans), kidney beans, lentils, navy beans, peas, split peas  Highly processed soy foods or legume products (tofu hot dogs, soy chips, garbanzo bean chips, etc.) Baked beans, bean sprouts, black-eyed beans, borlotti beans, broad beans (fava beans), chickpeas (garbanzo beans), kidney beans, lentils, navy beans, peas, split peas Highly processed soy foods or legume products (tofu hot dogs, soy chips, garbanzo bean chips, etc.)	
Whole Grains & Flours	All grain and flour-based products must be labeled gluten free.	Buckwheat, Corn, Millet, Oat bran, Oats, Polenta, Quinoa, Rice, Sweet biscuit	Barley-, rye-, and wheat-based bread, crackers, pasta, cereal, couscous, gnocchi, noodles, croissants, muffins,

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		Gluten-free bread, cracker (plain, unseasoned), and cereal products*	crumpet
Other		Maple syrup- 100%, Stevia	Agave syrup, Brown rice syrup, Chocolate, cocoa products, Evaporated cane juice, Fruit sweeteners, Glucose, High-fructose corn syrup—containing foods and beverages, Honey, Mannitol, Maple syrup, artificial, Molasses, blackstrap, Sorbitol, Sucrose (table sugar), Xylitol



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## **Plant-Based Protein (Phase 1- FAVOUR & FEW)**

### Soy Products:

- Tofu (FEW): ½ cup = 10 g
- Edamame (FEW): ½ cup = 8.5 g

\*avoid highly processed soy foods

### Nuts:

- Almonds (FEW): ¼ cup = 8 g
- Almond Butter (FEW): ¼ cup = 9.5 g
- Cashews (FEW): ¼ cup = 6 g
- Hazelnuts (FEW): ¼ cup = 5 g
- Pistachio (FEW): ¼ cup = 6 g

### Grains (cooked):

- Brown rice (FEW): ½ cup = 2.5 g
- Wild Rice (FEW): ½ cup = 3.25 g
- Oats (FEW): ½ cup = 6 g
- Quinoa (FEW): ½ cup = 4 g
- Buckwheat (FEW): ½ cup = 3 g
- Millet (FEW): ½ cup = 3 g
- Polenta (FEW): ½ cup = 2.5 g

### Seeds (whole):

- Chia (FEW): 1 tbsp = 2 g
- Hemp (FEW): 1 tbsp = 5 g
- Flaxseeds (FEW): 1 tbsp = 2 g
- Pumpkin seeds (FEW): 1 tbsp = 2 g
- Sunflower seeds (FEW): 1 tbsp = 2 g

### Vegetables:

- Broccoli (FEW): 1 cup = 4 g
- Spinach (FAVOUR): 1 cup = 0.9 g - raw, 5 g - cooked
- Green peas (FEW): 1 cup = 8 g
- Asparagus (FEW): 1 cup = 4 g
- Brussel sprouts (FEW): 1 cup = 4 g
- Kale (FAVOUR): 1 cup = 2 g
- Sweet Potato (FEW): 1 potato = 2-3 g

### Other:

- Spirulina: 2 tbsp = 8 g (can be mixed in water, smoothies & fruit juice)
- Mycoprotein (fungus-based): ½ cup = 13 g



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## Meal & Snack Ideas

These are general meal ideas to support making healthy food choices during this phase. Specific ingredients chosen for these meals need to be in line with the foods outlined in the Food Chart provided with the package.

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Hard-boiled egg with gluten-free bread (few)</li><li>• Omelet with vegetables and swiss or feta cheese</li><li>• Oatmeal (few) with fortified soymilk and berries</li><li>• Chia seed pudding with soymilk (few) with cinnamon</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Dinner leftovers</li><li>• Sandwich: gluten-free bread (few) with chicken, swiss cheese and vegetables with salad or fruit</li><li>• Soup (chicken &amp; vegetables) with a salad or fruit</li><li>• Salad: mixed vegetables, including avocado with chicken/fish/eggs and vinaigrette dressing</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Roasted, grilled, broiled chicken/fish with mixed vegetables or salad</li><li>• Stew/Curry (mixed vegetables and chicken/fish) with quinoa</li><li>• Stir-fry (chicken/fish and mixed vegetables) with brown rice or quinoa</li><li>• Salad (mixed vegetables) with chicken/fish/eggs and vinaigrette dressing</li></ul>
<b>Snacks</b>	<ul style="list-style-type: none"><li>• Fruit and berries</li><li>• Vegetables sticks with hummus dip (few)</li><li>• Celery with peanut butter</li><li>• Edamame beans (few)</li><li>• Nuts/Mixed nuts - almonds, cashews, hazelnuts, pistachios (few)</li></ul>

### Healthy Eating Tips:

- Have breakfast daily
- Eats meals in the kitchen/dining area
- Practice mindful eating - avoiding distracted eating while doing other activities (i.e. watching TV and working on the computer)
- Avoid pots and bowls at the dinner table, plate your meal before seating to avoid second helpings
- Stop eating when you do not feel hungry anymore
- Pack leftovers from dinner for lunch or use leftover protein in salads, wraps and sandwiches

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## My Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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	BREAKFAST	LUNCH	SNACK	DINNER
Monday				
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## Recipes

### BREAKFAST

#### Blueberry Protein Smoothie

Tender and nutrient dense, spinach is a mild-tasting green to sneak into your breakfast foods. Blueberries and sweet-tasting stevia will mask any slight veggie taste, making it a good option to share with family members who don't always eat their veggies. For Phase 2, replace the coconut milk with 2% plain kefir or yogurt. Or for a flavor swap, use ½ teaspoon almond extract in place of the cinnamon.

**PREP TIME: 5 MINUTES TOTAL TIME: 10 MINUTES**

**SERVINGS: 2**

#### Ingredients:

- 1 cup leftover brewed green tea (cold);
- 1 cup plain, unsweetened coconut milk;
- ⅔ cup plain or vanilla whey protein powder;
- ½ cup fresh or frozen blueberries;
- ½ cup raw baby spinach;
- 2 tablespoons ground flaxseeds or chia seeds (or chia-flax flour);
- 1 tablespoon coconut oil;
- 2 teaspoons stevia powder;
- ½ teaspoon ground cinnamon;
- 8 ice cubes.

#### Directions:

1. In a blender, place the tea, coconut milk, protein powder, blueberries, spinach, ground seeds, oil, stevia, cinnamon, and ice. Process until smooth. Divide evenly into 2 glasses and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
<b>2 ½ cups</b>	261 kcals	20 g	Total: 18 g Fiber: 6g	Total: 14 g Saturated: 9g	115 mg

**HEALTHY KITCHEN TIPS:** Shop for coconut milk in the dairy aisle—it's much lower in fat than canned coconut milk and a perfect sub for all your favorite breakfast recipes. My favorite brands: So Delicious, Silk, Earths Own, Almond Breeze. Make your own "power powder" by grinding ½ cup flaxseeds with ½ cup chia seeds. Always purchase ground flaxseeds or grind the whole seeds yourself in a coffee grinder. Store flaxseeds in an airtight container in the fridge.





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## Eggs to Go (or Tofu substitute)

Eggs are not only a nutrient-dense source of vitamins such as B12 and B2, but they also deliver choline that protects your nervous system and may boost your mood. Shop for omega-3-fortified or pasture-raised eggs. For Phase 2, replace 1 cup of the greens with ½ cup beans, thinly sliced asparagus, or ½ cup pickled veggies.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 15 MINUTES**  
**SERVINGS: 4**

### Ingredients:

- 4 eggs;
- 4 egg whites;
- 3 tablespoons plain whey protein powder;
- ¼ teaspoon freshly ground black pepper;
- ¼ teaspoon paprika or a pinch of ground cloves;
- 2 tablespoons extra-virgin olive oil,
- 2 cups chopped greens (spinach or kale)
- 4 soft corn tortillas (6" diameter)

### Directions:

1. In a small bowl, whisk together the eggs, egg whites, protein powder, pepper, and paprika or cloves. Set aside.
2. Warm a large ceramic-coated or cast-iron skillet over medium-high heat and add 1 tablespoon of the oil. Add the greens and cook for 1 to 2 minutes, turning often, or until the greens wilt. Transfer the greens to a plate.
3. Return the skillet to medium heat and add the remaining 1 tablespoon oil and then the egg mixture. Cook for 2 to 3 minutes, stirring often, or until the eggs start to scramble. Add the greens and stir, cooking for 1 minute, or until the eggs are cooked through.
4. Set each tortilla on an 8" x 8" sheet of foil. Divide the eggs between the tortillas. Fold the tortillas and wrap the foil around them. Serve within 1 hour or store, refrigerated, until ready to eat.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 tortilla, 1 ½ cups eggs and greens	220 kcals	14 g	Total: 13 g Fiber: 2 g	Total: 12 g Saturated: 2 g Cholesterol: 186 mg	168 mg

**HEALTHY KITCHEN TIP:** Can't do eggs? Scramble protein-rich tofu instead. Cook the vegetables until tender, then crumble the tofu into the pan and warm through. Flavor the tofu with dried herbs or anti-inflammatory spices from here.



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## Vanilla Spice Quinoa Breakfast Cereal

Quinoa is a nutritious gluten-free seed. It's high in potassium, fiber, protein, and a long list of strength-building nutrients. Shop for prewashed quinoa, since saponin, a bitter-tasting compound, covers the outside of the seeds and needs to be thoroughly rinsed away. For Phase 2, replace ½ cup of the quinoa with ½ cup prebiotic dry old-fashioned rolled oats. For a flavor swap for Phase 2 or 3, swap out the berries listed and add in the same amount of strawberries, plus a pinch of cardamom.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES  
SERVINGS: 4**

### Ingredients:

½ cup dry quinoa, rinsed under cold running water;  
2 cups water;  
¾ cup plain or vanilla whey protein powder;  
½ cup shredded unsweetened coconut;  
¼ cup hemp seeds;  
1 teaspoon pure vanilla extract;  
1 teaspoon ground cinnamon; ¼ teaspoon ground cardamom;  
2 tablespoons ground flaxseeds or chia seeds or chia-flax flour;  
1 cup fresh or frozen raspberries or blueberries;  
¼ cup chopped walnuts.

### Directions:

1. In a large saucepan, place the quinoa and water and bring to a boil over high heat. Reduce to a simmer and cook for 15 to 20 minutes, or until the quinoa is tender and the centers of the grains are translucent.
2. Stir in the protein powder, coconut, hemp seeds, vanilla, cinnamon, and cardamom. Stir in the flaxseeds or chia seeds or seed flour. If the mixture is too thick, add another ¼ to ½ cup water to reach the desired consistency.
3. Divide the quinoa mixture into 4 bowls and top each with ¼ cup berries and 1 tablespoon walnuts. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 cup	233 kcals	15 g	Total: 15 g Fiber: 7 g	Total: 11 g Saturated: 4 g Cholesterol: 0 mg	47 mg



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## Power Breakfast Bars

Store-bought protein bars can be a hidden haven for sugar—as much as in a candy bar. This version contains good-quality protein, like quinoa (high in iron) and chia (high in plant-based omega-3s). For Phase 2, replace ½ cup of quinoa with ½ cup prebiotic dry old-fashioned rolled oats. For a flavor swap for Phase 2, swap out the berries listed and add in the same amount of strawberries, plus a pinch of cardamom, or chopped cherries with chopped 85% dark chocolate.

**PREP TIME: 15 MINUTES ■ TOTAL TIME: 25 MINUTES**

**SERVINGS: 8 Bars**

### Ingredients:

- ½ cup fresh or frozen blueberries;
- ⅓ cup almond butter;
- 2 eggs;
- 2 teaspoons stevia powder;
- 1 cup quinoa flakes;
- 1 cup unsweetened grated coconut;
- ⅔ cup vanilla whey protein powder;
- ¼ cup ground flaxseeds;
- 1 teaspoon pure vanilla extract;
- ½ teaspoon ground cinnamon;
- ¼ teaspoon ground cloves or cardamom.

### Directions:

1. Preheat the oven to 400 ° F. Line an 8" x 8" baking dish with foil. Coat the foil with cooking spray.
2. In a large bowl, combine blueberries, almond butter, eggs, and stevia. Mash gently with the back of a spoon. Add quinoa, coconut, protein powder, flaxseeds, vanilla, cinnamon, and cloves or cardamom. Mash well with a fork until a thick, crumbly mixture forms.
3. Transfer the mixture into prepared baking dish, pressing it into an even layer with a rubber spatula. Bake for 8 to 10 minutes, or until the top begins to brown and the edges are firm to the touch. Cool completely before cutting into 8 bars.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 bar	218 kcals	10 g	Total: 16 g Fiber: 5 g	Total: 13 g Saturated: 4 g Cholesterol: 46 mg	142 mg

**HEALTHY KITCHEN TIP:** looking to burn calories more efficiently? Look no further than your spice rack for tasty ways to perk up healthy ingredients and boost antioxidants in your diet. Think of your spice rack as a flavor savior that also helps you to burn more fat faster. Turmeric, Coriander, Cayenne, Paprika, Cardamom, Cloves to name a few! Pumpkin pie spice, for example, is a tasty, antioxidant-rich addition to breakfast cereals, bars, or smoothies.



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## LUNCH & DINNER

### **Greek Dressing**

**SERVINGS:** 4 (2 TABLESPOONS EACH)

#### **Ingredients:**

¼ cup extra-virgin olive oil  
¼ cup lemon juice  
2 teaspoons dried oregano  
1 teaspoon Dijon mustard  
⅛ teaspoon freshly ground black pepper

#### **Directions:**

1. In a blender, combine the olive oil, lemon juice, oregano, mustard, and pepper and process until smooth.
2. Transfer to an airtight container to store.

Serve over the Greek Village Salad or your own favorite medley of greens.



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## **Bulk Cooking Chicken**

**SERVING:** 12 CHICKEN BREASTS

**Cook chicken in bulk for fast mealtime salads.**

### **Ingredients:**

4 pounds boneless, skinless chicken breasts  
1 teaspoon salt (omit for low-sodium diets,)  
1 teaspoon salt-free garlic powder,  
1 teaspoon chili powder or mild paprika,  
½ teaspoon freshly ground black pepper.

### **Directions:**

1. Preheat the oven to 400 ° F. Cover a baking sheet with foil and set aside.
2. Sprinkle the chicken with the salt (if using), garlic powder, chili powder or paprika, and pepper.
3. Coat 2 large skillets with cooking spray and place over high heat for about 5 seconds. Place 3 or 4 breasts in each skillet without crowding them.
4. Reduce the heat to medium and cook for 2 to 3 minutes, or until the chicken begins to brown. Turn the breasts and cook for 3 minutes.
5. Transfer the chicken to the prepared baking sheet and repeat with the remaining breasts until the sheet is full.
6. Bake for 8 to 10 minutes, or until a thermometer inserted into thickest part registers 165 ° F and the juices run clear.
7. Let stand for 5 minutes before slicing. To store, allow chicken to cool completely, then place in resealable bags. Store in the fridge for up to 5 days or in the freezer for up to 3 months.

Note: Cooking for just one or two? Cut the ingredient amounts in half and cook in a small skillet or use a loaf pan to bake in your toaster oven



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## Greek Village Salad

Use leftover chicken or even salmon from other recipes to make this a quick dinner.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 20 MINUTES**  
**SERVINGS: 4**

### Ingredients:

¼ cup extra-virgin olive oil,  
¼ cup lemon juice,  
2 teaspoons dried oregano,  
1 teaspoon Dijon mustard,  
⅛ teaspoon freshly ground black pepper;  
½ pound cooked cubed chicken or medium shrimp,  
2 medium tomatoes, diced  
1 large cucumber, cubed  
1 red bell pepper, seeded and diced  
2 ounces feta cheese, cut into ½" cubes (about ½ cup)  
¼ cup pitted olives, such as Kalamata.

### Directions:

1. In a blender, combine the oil, lemon juice, oregano, mustard, and black pepper until smooth. In a large bowl, add the chicken or shrimp, tomatoes, cucumber, bell pepper, cheese, and olives.
2. Pour in the dressing, toss well, and serve.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cup	344 kcals	27 g	Total: 9 g Fiber: 2 g	Total: 22 g Saturated: 4 g Cholesterol: 91 mg	365 mg



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## Orange Salmon

If you're a fan of salty with sweet flavors, you'll adore this unique orange-olive combination that gives plain salmon something to sing about. Citrus not only adds plenty of flavor but also cuts the scent of fish for those who are salmon newbies.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES**  
**SERVINGS: 4**

### Ingredients:

1-pound bok choy or swiss chard,  
4 salmon fillets (4 ounces each), skin removed, thinly sliced  
1 tablespoon extra-virgin olive oil,  
¼ cup black or green olives, chopped  
½ teaspoon chili powder or ground coriander, mild or hot (optional),  
½ teaspoon fennel seeds,  
1 large orange, peel grated, then thinly sliced.

### Directions:

1. Preheat the oven to 400 ° F.
2. In an 11" x 7" baking dish, spread the bok choy or chard and place the salmon on top.
3. In a small bowl, place the oil, olives, chili powder or coriander, fennel seeds, and orange peel and mash with the back of a spoon to combine.
4. Spoon the mixture over the salmon and bake for 15 to 17 minutes, or until the fish is opaque and flakes easily.
5. Top with the orange slices and serve immediately.

Per 1 serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 salmon fillet & 1 cup greens	307 kcals	25 g	Total: 7 g Fiber: 2 g	Total: 20 g Saturated: 4 g Cholesterol: 62 mg	208 mg



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## Pesto Baked Cod Homemade

Pesto just takes minutes to whip together and tastes worlds above the jarred varieties. This basil pesto increases nutrition by 100 percent with the addition of spinach, a top superfood rich in vitamins A and C, folate, and fiber. For Phase 2, replace 1 cup of the baby spinach with 1 cup fresh or frozen (and thawed) green peas.

**PREP TIME: 15 MINUTES ■ TOTAL TIME: 45 MINUTES**  
**SERVINGS: 4**

### Ingredients:

- 2 cups baby spinach,
- 2 cups basil leaves,
- ½ cup grated Parmesan cheese,
- 3 tablespoons extra-virgin olive oil,
- 3 tablespoons walnuts,
- ¼ teaspoon salt,
- 4 cod fillets (4 ounces each,)
- 1 spaghetti squash (about 1 pound), cut in half lengthwise.

### Directions:

1. Preheat the oven to 400 ° F.
2. In a blender or food processor, combine the spinach, basil, cheese, oil, walnuts, and salt. Blend until a chunky mixture forms. Place the fish in an 11" x 17" baking dish. Spread the pesto in equal portions over each piece of fish. Bake for 15 to 18 minutes, or until the fish flakes easily.
3. While the fish is baking, prepare the spaghetti squash. Heat 4 inches of water in a large pot. Add a steamer basket and insert the squash. Steam for 10 to 15 minutes, adding ¼ cup water if the water level decreases, or until the squash is fork-tender. Transfer to a cutting board to cool. Remove the seeds and discard. Shred the flesh of the squash with 2 forks; you should have about 4 cups. Divide the squash between 4 plates, top each with a fillet, and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 cod & 1 cup squash	296 kcals	27 g	Total: 10 g Fiber: 3 g	Total: 17 g Saturated: 4 g Cholesterol: 58 mg	402 mg

**HEALTHY KITCHEN TIP:** Is your fishmonger out of cod this week? Then go for these two low-mercury choices: wild-caught Pollack or freshwater trout. Both Pollack and trout are sustainable fish and yummy!





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## Spiced Pumpkin Soup (has a vegetarian option)

It's easy to stick to your new eating plan when you feast on this velvety soup that's also appropriate for fall holidays. Rich-tasting, anti-inflammatory, fat-fighting spices like ginger, cinnamon, and coriander layer on serious flavor with hardly any calories and no sugar or salt. For Phase 2, add ¼ cup old-fashioned rolled oats before blending, along with ¼ cup water to adjust the thickness.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES**  
**SERVINGS: 4**

### Ingredients:

2 tablespoons extra-virgin olive oil or coconut oil,  
divided 4 chicken cutlets,  
1 clove garlic, minced,  
2 teaspoons minced ginger,  
¼ teaspoon freshly ground black pepper,  
1 quart low-sodium chicken broth,  
1 can (15 ounces) 100% pure pumpkin,  
½ teaspoon ground cinnamon or ground cloves,  
½ teaspoon ground coriander or garlic powder,  
¼ cup cilantro or parsley leaves (optional)

### Directions:

1. Heat a large pot over medium-high heat and add 1 tablespoon of the oil. Add the cutlets and sprinkle them with the garlic, ginger, and pepper. Cook for 4 to 5 minutes, turning occasionally, or until the chicken browns and the juices run clear. Transfer to a plate.
2. Reduce the heat to low and add the broth, pumpkin, cinnamon or cloves, coriander or garlic powder, and the remaining 1 tablespoon oil. Cover and simmer, stirring occasionally, until the soup thickens and becomes fragrant.
3. Divide the soup among 4 bowls. Shred the chicken and divide it between the bowls. Garnish with the parsley or cilantro, if using, and serve immediately.

Per 1 serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ¾ cup	235 kcals	24 g	Total: 12 g Fiber: 3 g	Total: 10 g Saturated: 2 g Cholesterol: 54 mg	172 mg

**HEALTHY KITCHEN TIP:** To give this soup a spring or summer makeover, use 15 ounces fresh spinach or zucchini in place of the pumpkin. For a vegetarian option, add 14 ounces extra-firm tofu instead of the chicken.



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## Raspberry Mesclun Salad with Green Tea

Dressing Raspberries and green tea bring sweet-tart flavors along with fiber and antioxidants that can boost your calorie burn more efficiently. For serious gourmets, opt for the vanilla protein powder for a fragrant yet savory dressing. For Phases 2 and 3, replace almonds with bright green pistachios, a fat-busting nut that also has visual appeal. Once you reach Phase 2, swap out the fresh radishes and cucumber for the pickled equivalent.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES**  
**SERVINGS: 4**

### Ingredients:

6 cups baby mesclun greens,  
2 cups bean sprouts, such as alfalfa,  
1 cup thinly sliced radishes or cucumber,  
1 cup fresh or frozen raspberries,  
thawed ¼ cup chopped almonds,  
⅓ cup cold green tea,  
3 tablespoons plain or vanilla whey protein powder,  
3 tablespoons extra-virgin olive oil,  
1 teaspoon grated lime peel,  
2 tablespoons fresh lime juice,  
¼ teaspoon salt,  
12 ounces cooked chicken breast (2 breasts) or ½ pound cooked shrimp.

### Directions:

1. In a large bowl, mix the greens, sprouts, radishes or cucumber, raspberries, and almonds.
2. In a blender, combine the tea, protein powder, oil, lime peel, lime juice, and salt. Blend until smooth. Drizzle over the greens.
3. Top with the chicken or shrimp and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ½ cups salad & chicken	288 kcals	25 g	Total: 12 g Fiber: 6 g	Total: 16 g Saturated: 2 g Cholesterol: 54 mg	290 mg

**HEALTHY KITCHEN TIP:** Save prep time but still get enough filling protein: Use 2 thinly sliced breasts of frozen cooked or grilled chicken without breading, no added fat, or high amounts of salt. Or use 2 cups thawed cooked shrimp. For a vegetarian option, add 12 ounces drained tofu.



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## Crunchy Almond Tuna Salad

This crisp and refreshing tuna salad is made primarily from pantry staples that you'll have on hand. Look for light spring-water-packed tuna—it's lower in mercury levels. For Phases 2 and 3, add ½ cup cooked quinoa or 1 cup pickled red cabbage.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 15 MINUTES**  
**SERVINGS: 4**

### Ingredients:

2–3 teaspoons grated lemon peel,  
3 tablespoons fresh lemon juice,  
2 tablespoons plain, unsweetened coconut milk,  
2 tablespoons chia seeds,  
1 tablespoon coconut oil,  
¼ teaspoon salt,  
4 cups baby spinach or watercress, chopped  
1 head broccoli, cut into florets (about 4 cups florets),  
2 cans (5 ounces each) light spring-water-packed tuna,  
drained ¼ cup chopped pecans or hazelnuts,  
¼ cup chopped fresh chives (optional).

### Directions:

1. In a blender, combine the lemon peel, lemon juice, coconut milk, seeds, oil, and salt. Blend until smooth.
2. In a large bowl, place the spinach or watercress, broccoli, tuna, pecans or hazelnuts, and chives (if using). Drizzle with the dressing and toss well. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ½ cup	244 kcals	24 g	Total: 15 g Fiber: 8 g	Total: 11 g Saturated: 1 g Cholesterol: 21 mg	461 mg

**HEALTHY KITCHEN TIP:** If you're on a low-sodium diet, omit the added salt in the dressing because tuna is naturally high in salt.



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## Massaged Kale Salad

Kale contains a world of nutrition, including incredibly high amounts of important anti-inflammatory nutrients like vitamins A and C. It also has lots of sulfur-based compounds that may combat several forms of cancers. For a Phase 2 or 3 flavor swap, substitute the nuts with 3 tablespoons chia or sesame seeds. For a Phase 2 fiber boost, add 1 cup chickpeas, cooked lentils, or black beans.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 1 HOUR 10 MINUTES  
**SERVINGS:** 4

### Ingredients:

- 1 bunch (10 ounces) kale, sliced into 1" chunks,
- 2 tablespoons extra-virgin olive oil,
- ¼ teaspoon ground cumin or freshly ground black pepper or ½ teaspoon cumin seeds,
- ¼ cup green or black olives,
- ¼ cup walnuts or almonds,
- ¼ cup crumbled feta cheese or thinly shaved Parmesan cheese,
- ¼ cup diced avocado,
- 2 cooked chicken breasts, cubed or sliced,
- ½ pound cooked shrimp, or 10 ounces firm tofu

### Directions:

1. In a large bowl, place the kale, oil, and ground cumin or pepper or cumin seeds.
2. Using clean hands, rub the oil into the kale leaves, gently squeezing the leaves to soften them. Sprinkle on the olives, nuts, cheese, and avocado.
3. Cover and refrigerate for at least 1 hour. Top with the chicken, shrimp, or tofu and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ½ cups	298 kcals	23 g	Total: 10 g Fiber: 3 g	Total: 19 g Saturated: 3 g Cholesterol: 62 mg	366 mg

**HEALTHY KITCHEN TIP:** This Mediterranean-inspired salad, with tangy feta and savory olives, is high in anti-inflammatory ingredients like spices and olive oil that are a perfect fit for Phase 2. This filling salad gets its rich taste from three good-quality, and antioxidant-rich fat sources—olives, nuts, and avocado—that also help you feel full.



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## Slow-Cooker Chicken Piccata

Tangy piccata relies on two great low-cal ingredients—fresh lemon and capers—to give it savory flavor. This simple slow-cooker recipe is the perfect way to make a lean protein juicy. For Phase 2, replace 1 cup of the lettuce with 1 cup sliced asparagus or cooked artichokes.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 1 HOUR 30 MINUTES  
**SERVINGS:** 4

### Ingredients:

2–3 teaspoons grated lemon peel,  
3 tablespoons fresh lemon juice,  
3 tablespoons extra-virgin olive oil,  
2 tablespoons capers, rinsed well under cold running water,  
¼ teaspoon freshly ground black pepper,  
1 teaspoon dried herbs, such as Italian seasoning, rosemary, or thyme,  
4 boneless, skinless chicken breasts,  
1 head romaine lettuce, thinly sliced  
¼ cup thinly sliced Parmesan cheese.

### Directions:

1. In a slow cooker, place the lemon peel, lemon juice, oil, capers, pepper, and dried herbs and stir well to combine. Add the chicken and turn to coat. Cover and cook on low for 1 to 1 ½ hours, or until a thermometer inserted in the thickest portion registers 165 ° F and the juices run clear.
2. Transfer the chicken to a cutting board and cool for 5 minutes before slicing.
3. Divide the romaine between 4 plates and top each with 1 tablespoon of the cheese. Top with the chicken and juices from the slow cooker. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
3 cups	320 kcals	39 g	Total: 5 g Fiber: 2 g	Total: 16 g Saturated: 3 g Cholesterol: 113 mg	406 mg

**HEALTHY KITCHEN TIP:** Have limited space in your kitchen cabinets but still want to harness the flavor of herbs? Shop for premixed herbs such as Italian seasoning—a dried herb blend that’s free of sugar and salt.



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## Chicken Vegetable Soup

Nothing is more soothing and nourishing than a hot bowl of soup, and this tasty version swaps out the customary onion for a gastrointestinal superfood, ginger. For a weekday shortcut, cook the veggies in oil, then add shredded rotisserie chicken, broth, and kale or spinach. Bring to a slow simmer, then serve. For Phase 2, add ½ cup prebiotic veggies such as asparagus.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES**  
**SERVINGS: 4**

### Ingredients:

2 bone-in chicken breasts, skin on  
¼ teaspoon freshly ground black pepper  
1 tablespoon extra-virgin olive oil,  
4 carrots, peeled and cut into 1" chunks,  
2 ribs celery, thinly sliced  
1 jalapeño chile pepper, seeded and finely chopped (optional)  
2 cloves garlic, finely chopped  
1 (1") piece fresh ginger, finely chopped  
1 teaspoon fresh or dried rosemary leaves,  
1 quart low-sodium chicken broth,  
2 cups chopped kale or spinach.

### Directions:

1. Sprinkle the chicken with the black pepper. Heat a large pot over medium heat. Add the oil and chicken, skin side down. Cook for 1 to 2 minutes, or until the skin starts to brown.
2. Scatter the carrots, celery, chile pepper (if using), garlic, ginger, and rosemary around the chicken and cook for 5 minutes. Turn the chicken and stir the vegetables. Increase the heat to high and add the chicken broth. Bring to a simmer, then reduce the heat to low and cover. Cook for 10 minutes, or until a thermometer inserted in thickest portion registers 170 ° F and the juices run clear. Turn off the heat. Let stand for 20 minutes.
3. Transfer the chicken to a cutting board and cool slightly for 5 to 6 minutes. Discard the skin and shred the meat. Return the meat to the soup along with the kale or spinach and cover for 5 minutes to wilt the greens. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cups	194 kcals	20 g	Total: 8 g Fiber: 2 g	Total: 8 g Saturated: 1 g Cholesterol: 113 mg	294 mg

**HEALTHY KITCHEN TIP:** Kids love soups. To make this a complete kid's meal, add ½ cup cooked whole grain pasta or quinoa to each bowl. Out of kale or spinach? For Phase 2, add broccoli florets or Swiss chard.



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## Spiced Pork Roast with Cauliflower Mash

Pork loin is a lean, tender cut that makes a perfect weekend roast for a family gathering. Serve leftovers over salad greens or use as a fast no-cook lunch. For Phase 2, replace 1 cup of the greens with 1 cup sauerkraut, your favorite pickled vegetable, or a few teaspoons of jarred prepared horseradish.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 50 MINUTES**  
**SERVING: 4**

### Ingredients:

2 teaspoons grated fresh ginger,  
1 teaspoon chili powder, mild or hot  
½ teaspoon ground turmeric,  
2 tablespoons extra-virgin olive oil,  
divided 1-pound lean pork loin, trimmed of excess fat,  
½ head cauliflower, cut into florets (about 3 cups florets)  
¼ cup chopped cilantro,  
2 tablespoons wasabi powder or grated fresh horseradish.

### Directions:

1. Preheat the oven to 400 ° F.
2. In a small bowl, place the ginger, chili powder, turmeric, and 1 tablespoon of the oil. Mix well with a spoon or small spatula.
3. Place the pork in an 11" x 7" baking dish. Spread the oil mixture over the loin and bake, uncovered, for 25 to 30 minutes. Let stand for 5 minutes on cutting board before slicing.
4. While the pork is baking, prepare the cauliflower mash. Heat 4 inches of water in a large pot. Add a steamer basket and insert the florets. Steam for 5 to 6 minutes, or until fork tender. Transfer to a large bowl and mash with the cilantro, wasabi or horseradish, and the remaining 1 tablespoon oil. Serve immediately with the pork.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cups	213 kcals	26 g	Total: 6 g Fiber: 2 g	Total: 10 g Saturated: 2 g Cholesterol: 74 mg	162 mg

**HEALTHY KITCHEN TIP:** don't have a steamer basket? Just add the cauliflower florets directly to the pot and steam. Add additional water as needed, ¼ cup at a time.



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## DESSERT/SNACKS

### Ginger-Crusted Kale Chips

Kale chips are all the rage. They have a wonderful flaky texture and crunch that any chip lover will enjoy. These are crusted with a super root—a heavy hitter when it comes to quenching inflammation. For Phases 2, add 2 tablespoons ground flaxseed to boost the fiber.

**PREP TIME: 5 MINUTES ■ TOTAL TIME: 15 MINUTES**  
**SERVINGS: 4**

#### Ingredients:

1 bunch (10 ounces) curly kale, stems trimmed,  
¼ cup chopped pumpkin seeds or pecans,  
¼ cup chia seeds,  
2 tablespoons finely grated fresh ginger,  
½ teaspoon chili powder or paprika,  
¼ teaspoon salt,  
2 egg whites.

#### Directions:

1. Preheat the oven to 400 ° F. Coat 2 baking sheets with olive oil cooking spray. Rinse the kale under cold water. Dry well with paper towels or a dry dishtowel.
2. On a sheet of waxed paper or a plate, place the pumpkin seeds or pecans, chia, ginger, chili powder or paprika, and salt. Mix well with your fingertips. It may clump slightly.
3. In a large bowl, whisk the egg whites with a wire whisk for about 10 seconds, or until foamy. Dip the edges of the kale leaves into the egg whites, then place on the prepared baking sheets. Sprinkle on the seed mixture. Spread the kale so the leaves don't touch. Coat the tops of the leaves with another spritz of cooking spray.
4. Bake for 10 to 12 minutes, or until the leaves are crisp and the seeds and nuts are golden. Cool for 2 minutes before serving.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 cup	175 kcals	9 g	Total: 13 g Fiber: 4 g	Total: 12 g Saturated: 1 g Cholesterol: 0 mg	212 mg





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## Coconut Joy Pudding

No need to cook this sumptuous pudding, since protein-rich chia seeds swell when they come in contact with liquid. For a looser, creamier pudding, add an extra ¼ cup coconut milk to the oat and chia mixture before spooning into dessert dishes.

**PREP TIME:** 5 MINUTES ■ **TOTAL TIME:** 1 HOUR 5 MINUTES  
**SERVINGS:** 4

### Ingredients:

1 cup plain, unsweetened coconut milk,  
¾ cup plain or vanilla whey protein powder,  
⅓ cup chia seeds,  
1 cup cold water,  
¼ cup + 4 tablespoons shredded unsweetened coconut,  
4 tablespoons chopped or shaved 70% (or higher) dark chocolate.

### Directions:

1. In a large bowl, whisk together the coconut milk, protein powder, chia seeds, water, and ¼ cup shredded coconut. Combine well.
2. Set out 4 parfait glasses or 4 small airtight containers and add ¾ cup of the coconut mixture to each. Sprinkle each with 1 tablespoon shredded coconut and 1 tablespoon chocolate.
3. Cover the glasses with plastic wrap or close the container lids.
4. Place in the fridge and chill for 1 hour before serving.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
¾ cup	201 kcals	12 g	Total: 14 g Fiber: 8 g	Total: 14 g Saturated: 6 g Cholesterol: 0 mg	161 mg

**HEALTHY KITCHEN TIP:** Normally, saturated fat is a red flag for your health, but the saturated fat in this filling pudding comes from anti-inflammatory, heart-healthy sources like coconut and dark chocolate—so indulge!






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## Resources

### **Self- Monitoring:**

**1. My Fitness Pal (<https://www.myfitnesspal.com/>)**

Free website and application that can be used to track your diet, nutritional intake and exercise.

**2. Food Diaries**

Record daily intake and portions in a notebook to keep track of diet.

**3. Picture Journaling**

Take pictures of meals to keep a digital record of intake.

### **Healthy Meal Ideas**

**1. Eat This Much (<https://www.eatthismuch.com/>)**

Free website and application that automatically creates custom meal plans based on diet goals, budget and meal schedule.