



Nutrition Resources & Recipes

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SUPPORTIVE EATING OPTIONS

By no means is this list complete, but it should be a reference to get you started.
And remember – no butter, cream, or other dense fats!

LEAN PROTEINS

Egg Whites
Chicken or Turkey Breast
Fat-Free Dairy Products
Flank Steak
Tofu
All types of Beans

Most Seafood, including:

Cobia	Salmon
Cod	Shellfish
Grouper	Shrimp
Halibut	Sushi / Sashimi
Lobster	Swordfish
Mahi-Mahi	Tuna
Marlin	Wahoo

STARCHY CARBS

Cereal – Oatmeal or Cream of Rice
Corn
Corn Tortillas
Couscous
All types of Beans

Potato – White or Sweet
Rice – Brown, Jasmine or Basmati
Tomato
Whole Grains (breads, tortillas, etc.)
All types of Beans

FIBROUS CARBS

All Fruits, Especially
Berries
Alfalfa Sprouts
Artichoke – Jerusalem
Arugula
Asparagus
Beans – String
Bok Choy
Broccoli
Brussels Sprouts
Cabbage

Carrots
Cauliflower
Celery
Cucumbers
Hijiki
Kale
Leeks
Lettuce – Romaine
Mushrooms

Parsley
Okra
Onions
Peppers – Green, Yellow or Red
Peppers – Sweet & Hot
Radishes
Spinach
Summer Squash
Turnips
Zucchini

WHAT'S IN BRIAN'S REFRIGERATOR & PANTRY?

Recently a client asked me what my regular diet consisted of...and of course I replied: "Lean Protein, Starchy Carbs & Fibrous Carbs".

Then she shot me a look as if she were trying to burn a hole in the back side of my brain!

So she then asked, "What, specifically, do you eat?"

Since I value my life, I made a list and sent it to her.

I thought I'd share the list with you as well:

1. General Mills Fiber One – Brand Cereal & Whole Grains
2. Post Shredded Wheat n Bran
3. Old Fashioned Oats (oatmeal)
4. Hodgson Mill Buck Wheat Pancake Mix
5. Instant Brown Rice – Uncle Ben's
6. Tumaros Whole Grain Tortillas (5 or 6 different flavors...I love these!)
7. Whole Grain Bagels – any variety (make sure the words "bleached" & "enriched" are not present in the ingredients)
8. Pepperidge Farm Whole Grain Bread – 15 Grain (make sure the words "bleached" & "enriched" are not present in the ingredients)
9. Black Beans/Kidney Beans/Navy Beans/Black-eye Peas
10. Fat Free Refried Beans
11. Tuna in foil pouches
12. Salmon in foil pouches
13. Pre-Cut broccoli, cauliflower & carrots (I get these from Sam's Club or Costco)
14. Pre-Cut Mix Salad Greens (Sam's Club, Costco or any Grocery Store)
15. Near East Couscous (many varieties of flavors)
16. Zatarain's New Orleans Style Red Beans and Rice
17. Racconto 100% whole wheat Rotini (and other varieties of quality pasta)
18. Contessa Shrimp Stir-Fry (frozen) also comes in chicken (go light on the sauce...about 50%...a little high on the sugar!)
19. Morning Star Veggie Dogs (you won't know it's not a pork hot dog...they're good...and very low in fat!)
20. Morning Star Garden Burgers – many varieties, another favorite of mine!
21. Low fat Cottage Cheese
22. Fat Free Milk
23. Low Fat Cheese – Many varieties
24. Meal Replacement Shakes
25. Tons of Water (half of my body weight in ounces per day).
26. Betty Crocker Chocolate Chip Oatmeal Cookie Dough (on my cheat day, of course!)

I hope this helps you out in some way!!

What's So Bad About Sugar?

Glucose. Fructose. Sucrose.

Translation: Sugar. Sugar. Sugar.

Sugar is not only going to affect your potential to release fat, it is, in a sense, chemically addictive. If you have more fat on your body than you'd like, and you experience frequent sugar cravings, you can be sure the two conditions are at some level related. The good news is...you can fix it. Let's take a look at what sugar does and how it relates to body composition.

When you ingest a *simple* sugar, even if it's in a "fat-free" cookie, all of that sugar gets absorbed into the bloodstream at once, so for the moment you experience a blood sugar elevation. That's OK. You can handle it. In response to the momentary hyperglycemic condition, your pancreas begins to increase its production of the hormone insulin. Insulin's job is to remove excess sugar from the bloodstream and store it in the muscles and in the liver as glycogen. There's another hormone produced by the pancreas. It's called glucagon. While insulin is a "storage" hormone, glucagon has an opposing action. It is a "release" hormone. Glucagon is, in fact, the hormone responsible for releasing body fat. When the pancreas suddenly has to crank out increased amounts of insulin to deal with sugar induced blood glucose elevations, it backs off on its production of glucagon. The result - fat release is crippled.

It gets worse. Your pancreas actually manufactures more insulin than you need. About 30-45 minutes after the sugar rush, you wind up with residual low blood sugar. In order to restore blood sugar to normal, you begin to get cravings for...you guessed it... sugar! So, if you eat sugar . . . you're pretty much guaranteed to crave sugar.

The trick is to stop the insulin / blood sugar roller coaster. If you eat "supportively" as I recommend, the starchy carbohydrates provide an ongoing slow release of sugars preventing those sudden blood sugar spikes and keeping the insulin/glucagon balance stable. Sugar addicts will usually experience a few days of severe cravings when they abandon their sugar intake. The first day you might experience a headache. The second day the headache may become worse and may be accompanied by insomnia. Get through three days, however, and those sugar cravings are quite likely to become a thing of the past. Blood sugar stabilizes, energy becomes consistent, and . . . fat release can take place all day long!

Below is a list of sugars and some additional information to begin the process of fully understanding sugar...

Sugar-Free labeled products might not be sugar free at all. Some dairy products make the claim "no sugar added," but they are made with milk which has lactose, a sugar, as a component. Other labels may read, "Sugar free, sweetened with fructose," which in essence means, "Sugar free, sweetened with sugar." Following you'll find a list of the various types of sugars and brief explanations. If any food is labeled sugar free, but contains any of the compounds listed, you'll know the label is, at best, misleading.

Beet sugar: sucrose originating in a sugar beet

Brown sugar: brown sucrose

Cane sugar: sucrose originating in sugar cane

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Carob powder: This extract of the carob tree is sold in many foods labeled "natural." Don't mistake that to mean, "without the presence of sugar." Carob powder, sometimes listed as carob flour is 75 percent sucrose, glucose, and fructose!

Corn Syrup: Plain and simple . . . it's sugar! Sugar produced from starch . . . but sugar just the same.

Dextrin: Dextrin and polydextrin are sugars, however, they are glucose molecules linked in chains. While their absorption might be slightly slower than simple glucose, they do break down into pure glucose and can have a dramatic effect on blood sugar. Combining Dextrin and Maltose chains to create maltodextrin structures the sugars in a way that more closely resembles complex carbs and slows the release of sugar.

Dextrose: another simple one. Glucose. Period.

Fructose: this may also be called fruit sugar or levulose. It is one of the most common natural sugars and is found in abundance in fruit and honey. While it is natural, so then is "sugar cane," so again, as in the case of carob powder, natural doesn't necessarily equate to "will not elevate blood sugar." Fructose is a simple sugar and a very ripe banana might affect your blood sugar levels in much the same way as a candy bar.

Glucose: this is actually the chemical sugar structure of blood sugar. It causes a rapid and substantial rise in blood sugar levels. All carbs ultimately break down into glucose. Putting pure glucose into the digestive tract is probably the quickest way to elevate blood sugar and throw the chances of stimulating fat release to the wind.

Glucose syrups: Corn syrup is a glucose syrup as are cane syrup and corn syrup solids. They are sugars produced from starch and contain a mixture of glucose and maltose molecules.

Grape sugar: another name for glucose

High-fructose corn syrup: Another syrup which is made from corn syrups. Read about corn syrup, read about fructose, and you'll understand, this is a sugar!

Honey: Yes, it's natural . . . but . . . its roughly 35 percent glucose, 40 percent fructose, and 25 percent water.

Lactose: This is milk sugar. It makes up 4.5 percent of cows' milk. It is hardly ever used commercially as a sweetener, is not as sweet as table sugar, and since it is contained in protein-laden foods it has less of a negative glycemic effect than most sugars mentioned here. If the goal is to become as lean as possible, for a period of several weeks while on a fat loss regimen, limiting intake of dairy products may help increase fat release by cutting back on lactose.

Maltose: Formed by two linked glucose molecules, maltose rapidly breaks down to glucose in the intestine.

Maple syrup: Sugar from the sap of maple trees. It's mostly sucrose.

Milk chocolate if this is included on the ingredient label, there is sugar present! Even if the big print says "Sugar Free!" Milk chocolate is made by mixing milk, sugar, and cocoa butter to bitter chocolate.

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Molasses: contains from 50 - 75% sugar.

Saccharose: sucrose

Sucrose: A naturally occurring sugar made from sugar cane or sugar beets. It's commonly referred to as "sugar" or "table sugar." It's made of equal parts glucose and fructose.

Sweetened condensed milk: If this is an ingredient, there is sugar present. This is made by cutting the water content in milk and then adding sugar until you have a substance containing 40-50% sucrose. Watch out, when examining meal replacements and protein supplements, for "Sweetened condensed whey." Many have learned to recognize whey as a protein source and they fail to take note of that first word . . . "sweetened."

Turbinado: sucrose

That's not even a complete list but it should illustrate that there are quite a variety of options for food manufacturers who wish to attempt to hide those words that we commonly recognize as sugars. This list should help you identify the foods that are best avoided if fat loss and energy are concerns.

Sugar Alcohols and Sugar Substitutes

I'm often asked about sugar substitutes. One of my clients asked me a question to which I provided a very complete answer on the topic. I'll share that Question and Answer with you here:

QUESTION: I noticed the sugar free gum that I chew every day has xylitol. Someone told me that is sugar alcohol. What exactly is it and is it bad for me, and if this is bad, are there any artificial sweeteners that are good?

ANSWER: Nothing is necessarily good or bad. Some "good" foods have potentially bad properties and vice versa. Where use of many of the artificial sweeteners such as aspartame and acesulfame-K replaces sugar with zero or negligible calories, sugar alcohol does provide sweetness, texture . . and calories! I'll explain what sugar alcohol is, the good and the bad, and then, in response to your question, I'll do something that I've been meaning to do for some time . . . provide the "real story" on all of the most oft-used artificial sweeteners.

Much of this information was gathered by interviewing Phil Kaplan and well regarded nutrition experts from around the country.

Sugar Alcohols

Sugar alcohols, also called polyols, are forms of natural sugars. In chemical structure they resemble both alcohols and sugars, although they are not actually classified as either. Keep in mind, alcohol is actually the simplest sugar in existence, with 7 calories per gram, so it shouldn't be so much of a leap to understand how these compounds can resemble both.

Sugar alcohols may be listed on the label by specific name. These names include sorbitol, mannitol, and xylitol.

When added to food products in place of sugar, these sugar alcohols provide sweetness, texture and help retain moistness. You'll find sugar alcohols in sugar-free candies, chewing gum, frozen desserts, cookies, cakes, and pastries.

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Where regular sugars contain 4 calories per gram, sugar alcohols contain an average of only 2.6, thus if you have equal amounts of sugar and sugar alcohol (i.e. sucrose and sorbitol) you'd only be getting about 60% of the calories of sugar with sugar alcohol in its place. It's important to note that while they may not bring about the same sudden rush of sugar into the bloodstream as simple sugars, sugar alcohols can have an effect on your blood sugar and ultimately insulin production, albeit less than sucrose would bring about.

Sorbitol and xylitol are found in plant foods such as fruit and berries, but keep in mind, sugar is extracted from a plant food, namely sugar cane. Although the sugar alcohols are present in certain fruits, the supply that is used in commercial product manufacture is usually synthetic . . . created in a laboratory.

Polyols are absorbed slowly when compared to sucrose. A percentage of the sugar alcohol ingested will not be absorbed. While that is presented as a benefit, in that you never transfer those calories through the gastrointestinal wall, an excessive amount remaining in your digestive tract can result in intestinal discomfort and diarrhea. The polite way of describing this on disclaimers is, "sugar alcohol may have a laxative effect." 30-50 grams of sorbitol would likely be enough to bring about that effect.

It's also important to note that sugar alcohols do not add sweetness to foods at the same level as sugar. Sorbitol, for example, is about 50-60% as sweet as sugar. In order to mimic or come close to the taste of a sugar laden food, greater amounts would be needed or the sugar alcohols would have to be combined with simple sugars and/or other artificial sweeteners.

Polyols have been loosely accepted by the AMA as "OK" for people with diabetes, mainly because the slow absorption keeps blood sugar spikes far lower than sucrose would. In other words, the glycemic response is lower. Again, that doesn't make it ideal. Although it is not absorbed completely, or as rapidly as simple sugars, a good amount of sugar alcohol ingested can be absorbed, those calories DO count, and a blood sugar spike is quite possible.

Other ingredient label indications of sugar alcohol present include Hydrogenated Starch Hydrolysates (HSH), erythritol, and mannitol

Xylitol is the sugar alcohol most commonly found in chewing gum. This is actually due more to the American Dental Association than any panel of nutrition experts! Xylitol does not allow mouth bacteria to ferment and cause decay, thus incidence of cavities may be reduced. Diabetics and those concerned with blood sugar irregularities should not see this as open license to chew xylitol sweetened gum. While small amounts may be OK, more than 60 grams per day can be hazardous for diabetics. When you begin to take in large amounts of xylitol, the liver converts the excess to glucose, simple sugar, and if enough insulin is not produced to handle the increase in glucose, high blood sugar and the associated risk factors are imminent. Even if you do not have blood sugar irregularities, the increase in glucose can hormonally alter insulin and glucagon levels to limit fat release.

Information put out by sugar sellers may isolate xylitol as a carcinogen, however, that information is the result of a single study where xylitol was fed to lab rats in excessive dosages.

In many supposedly sugar free candies, canned foods, and chocolates, sorbitol is used. It is used in some low sugar or sugar free "sports bars" since it does help keep certain ingredients moist and fresh.

Sugar alcohols are not limited to supermarket foods. You'll find them in cough drops, breath mints, toothpastes, mouthwashes, and even some pharmaceutical products.

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If you are ever confused by the apparent math that goes into calculating calories of foods containing sugar alcohols, note that while simple sugars provide 4 calories per gram, different polyols will throw off different numbers of calories. HSH for example presents 3 calories per gram, which is only 1 calorie short of actual sugars.

Aspartame

The next one to note would be aspartame since it is so widely used and so many misconceptions abound.

In case you don't recognize the name, Aspartame, there's no doubt you'll notice its commercial presence under the names of Equal and Nutrasweet. While many have heard that aspartame causes everything from headaches to seizures, and most health food stores avoid products sweetened with aspartame, aspartame is composed of two amino acids found in any health food store, Aspartic Acid and Phenylalanine. There is a condition known as phenylketonuria (PKU), a congenital condition that makes it impossible for the body to metabolize phenylalanine. If an individual with PKU ingests aspartame, or pure phenylalanine for that matter, they do run serious risks. Toxic compounds accumulate in the body and lead to nerve damage and, in some cases, severe brain damage. It appears that since aspartame has become such a threat to sugar sales, and the sugar lobby is so powerful in the U.S., the risks present in individuals with phenylketonuria have been used to steer the public away from aspartame use. The supposed research evidence that anti-aspartame groups usually quote is sketchy at best, the propaganda is presented in hyped up scare language, and while I don't encourage constant use of aspartame, my experience has never led me to anyone who suffered any of those dreadful side effects we hear about. It leads me to the opinion that, if it helps you enjoy a cola or diet soda once in awhile, and you strive to avoid sugar, aspartame, to my satisfaction, has proven OK. A 1-gram packet does yield four calories, however, aspartame is much sweeter than sugar. That influenced the FDA to allow food manufacturers to discount the calories present in aspartame on food labels. Since so little is needed, I don't know that in this case it's a major bone of contention. In fact, on this particular product I believe the FDA has acted admirably. The pressures the sugar lobby placed on the FDA throughout the 80's, 90's, and now into the next millennium did not cause the turnover of aspartame approval. That's likely why there is so much underground disparaging of aspartame attempting to "scare the masses" one person at a time. Some of that underground literature suggests that the amounts used in testing was negligible when compared with actual use. After several court visits, hearings, and reviews, the FDA reviewed data including clinical studies in which humans who received single doses of aspartame up to 200 mg/kg of body weight -- equal to consuming 70 cans of aspartame-sweetened soft drink in one sitting -- showed no ill effects whatsoever.

To date over 100 million people are reported to use aspartame. The CDC estimates 15,000 people in the US have PKU. It seems absurd to use such a small segment of the population to evidence supposed danger which has never been documented in conclusive research. Sure, people with PKU should avoid aspartame, but they should also avoid milk and meats, two foods that contain more phenylalanine than diet cola. You don't see the same effort going into pressuring the FDA to make the sale of milk and meat illegal. To further satisfy pressures without pulling this product from the market, the FDA required all products sweetened with aspartame to contain the words, "Phenylketonurics: Contains Phenylalanine."

Acesulfame-K

You might know acesulfame-K (acesulfame-potassium) commercially as Sweet One or Sunette. It is actually 200 times sweeter than sugar! It has received some bad press (again, I believe the "Sugar Powers" are to blame) in its chemical structure being compared to that of saccharin, a product that was once pulled from the shelves due to suggestions that it might be a carcinogen.

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While one study did show that acesulfame-K fed rats grew more tumors than those not fed the compound, more than ninety credible studies have shown that this potassium compound passes through the body unchanged. Because it is so sweet, such small amounts are used it has not been associated with any negative digestive concerns. It has an excellent shelf life, is unaffected at a wide range of temperatures and humidity, and can be used in baking so it is quite appealing for lowering or eliminating sugar content in foods. Studies on acesulfame-K have show no effect on blood sugar levels which makes it acceptable for diabetics. Despite pressures from "political groups" to step up testing, acesulfame-K has an excellent track record of safety. I don't want to scare you with the "carcinogen suggestion," so I'm going to balance it out with some pretty powerful evidence as to the apparent safety of this sweetener. To date, over 100 credible studies have been conducted.

The Joint Expert Committee on Food Additives (JECFA), the scientific advisory body to the World Health Organization and the Food and Agriculture Organization of the United Nations, reviewed the available research on acesulfame-K and concluded that it is safe. The Scientific Committee for Food of the European Union published a comprehensive assessment of sweetening agents in 1985. This committee of toxicological experts from member countries accepted acesulfame-K for use in foods and beverages. Acesulfame-K has been used in Europe since 1983, and in the U.S. since 1988, with no known documented adverse health effects.

Saccharin

I mentioned saccharin so I'll cover that one next. You know it as Sweet n' Low. This compound was discovered over 100 years ago. Those who discovered it found it to be intensely sweet. Food processors now recognize that saccharin can actually be hundreds of times sweeter than sugar. That allows them to cut food costs substantially. Since it also passes through the body unchanged, it found its way into the marketplace initially as a sweetener for diabetics. Of course the weight loss market soon jumped on the bandwagon and saccharin became quite popular. It always seemed to raise eyebrows with the FDA, consumer groups, and of course sugar concerns, and while it was banned early on, it was restored during the sugar-short years of World War I. For the next few decades, it was manufactured in foods, in powders, and in little tiny pills. It's only drawback was a slight metallic aftertaste. Food processors learned that if they added cyclamate to saccharin (I'll get to that one next), they could minimize that aftertaste. Of course consumer groups and scientists went to work feeding cyclamates to rats. In the 1960's two different studies suggested that cyclamate causes cancer . . . at least in rats. Testers went to work feeding those little furry creatures saccharin until they were able to surmise it might cause bladder tumors in rats. (Note that any time something threatens the sale of sugar, it sooner or later is considered unsafe or dangerous). The FDA moved to limit the use of saccharin, but Americans were consuming 2,500 tons of saccharin a year. That gave the saccharin manufacturers some money, some clout in Congress, and the ability to launch the politically oriented Calorie Control Council. They managed to hold off the FDA and keep saccharin on the market. The FDA did, however, remove it from their "Generally Recognized as Safe" list in 1972. Laws were finally passed that any products containing saccharin had to post the words "may be hazardous to your health" and "has been determined to cause cancer in laboratory animals" on their labels. The power of the saccharin groups held up and while it is classified by the FDA as a "weak carcinogen," Sweet'n Low sales soar.

Cyclamates

Cyclamates do not contain calories and offer sweetness 30 times that of sucrose. I won't go any further on this one since they were banned in the 1970's. There are efforts taking place to reintroduce it, but for now, you won't find cyclamates being sold commercially as a sweetener.

Sucralose (Splenda)

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Leave it to science. They've figured out a way to chemically make sugar 100 times sweeter. The end result . . . Sucralose, sold commercially under the brand name, Splenda. Because it's so sweet, such a tiny amount is needed it's relatively insignificant in terms of its ability to spike blood sugar. Of course, as all other sugar substitutes, it will get some bad press, but based on the information I've come across, I don't see any reason to avoid it.

Stevia

Whew! I told you that would be a long answer, but I believe that about covers it. One final note, stevia has not yet received full FDA approval. It is a natural sugar compound found in a plant, but is 100 times sweeter than sugar. It can act as a sugar replacement and is not likely to throw sugar levels out of whack due to the tiny amounts required. I won't get into blaming sugar politics for the slow approval (although I feel strongly that it is a fair representation of the delay), but I will let you in on a little secret. Many Oriental markets sell stevia. You might want to give it a try.

Adventure Boot Camp Recipes!

Nutrition for the Body You Love

*Recipes from personal trainers, nutritionists & dieticians from around the
country...and some wonderful clients too!*

Brian Calkins

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Note from Brian: What follows are a lot of great tasting, easy to prepare meals that can help you with “lean protein, starchy carb and fibrous carb”. Many of these meals come by way of the most respected fitness and nutrition experts from around the country...and some of my wonderful clients over the years.

Try these delicious recipes for yourself. Play around with the amounts and adjust to your own taste. Send in your own recipes that you create – we’d love to add them to this growing compilation. (Email them to brian@healthstylefitness.com).

Most of all, make your eating pleasurable, not a chore! Enjoy a cheat day if you need. If preparing food is just simply too cumbersome for you, a great way to make sure you're eating the right foods AND the right proportions of food is to get the help of a gourmet chef who understands fitness and eating for weight loss.

Sounds expensive, sounds like something only available to the rich and famous in Hollywood, right? Not any longer. There is now a gourmet food delivery service that charges \$7-10 per meal for freshly prepared healthy whole food meals created to help people lose weight and save time. For more information, please visit: www.briancalkins.com/pure-foods-for-fitness.htm.

Please send comments and feedback to me at brian@healthstylefitness.com.

See you at camp bright and early!!

Brian Calkins

Tips for adding flavor without adding the "bad stuff"

Before you get started on the recipes, you should know that adding flavor doesn't have to include exotic ingredients. These meals are simple to prepare yet taste as if they'd been worked on all day. Here are some items you can keep in your kitchen that allow for a fantastic and delectable mix of tastes without taking away the benefits you seek out from Supportive Nutrition.

Try adding to any recipe:

- Cilantro
- Balsamic Vinegar
- Horseradish
- Mustard
- Tabasco
- Lite Soy Sauce
- Lemon or Lime Juice
- Lemon Pepper Seasoning
- Yogurt
- Apple Sauce (no sugar added)
- Salsa

A "Fit" Secret:

You can always steam veggies to avoid using butter or oil or use chicken broth to boil veggies or chicken, shrimp, or meat!

Now, on with the recipes . . .

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Nutrition for the Body You Love – Breakfast & Egg Recipes

Veggie Pancakes

1 cup Spinach
3/4 cup Oats
6 Egg Whites
1 Egg Yolk (optional)
1/2 cup Mushrooms
1/2 cup Skim Milk
1/4 cup Non Fat Mozzarella Cheese

Use non-stick pan or spray pan with minimal amount of non-stick spray. In a large bowl mix eggs, skim milk, and oats. Put vegetables in pan, cook over medium heat until pan is warm. Stir in mixture from bowl. Cook until of solid consistency. Cover with non fat cheese. Fold in half

The Athlete's Breakfast

6 Egg Whites
2 Egg Yolks
3/4 cup frozen Hash Brown Potatoes (fat free)
Fat-Free Mozzarella Cheese
Chopped Onions
Chopped Green Peppers
Paprika
Black Pepper
Oregano
Whole Grain English Muffin

Use non-stick pan or use light coat of non-stick spray. Put frozen potatoes in pan on medium-high heat. When thawed, sprinkle lightly with black pepper and paprika. Add chopped onions and peppers. Stirring every few minutes, cook until potatoes are browned. Pour eggs on top, leaving yolks whole. Cover and cook on medium heat for 2 minutes. Sprinkle cheese and oregano on top and continue cooking until eggs are firm (yolks should remain soft inside - don't overcook).

Eat with whole grain **muffin**.

Whole Grain Pancakes

Whole Wheat Pancake Mix
Oat Bran
Apple Sauce
Egg Whites
Skim Milk

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Follow directions on package to make whole grain pancakes. For added nutrient value, replace 1/4 specified amount of mix with oat bran. Use skim milk instead of water. Add egg whites for additional protein. Apple sauce makes pancakes moist.

Mix ingredients in large mixing bowl. Spray pan with light coat of non-stick spray. Pour into round pancakes. Cook until edges are brown. Turn and cook until inside is cooked.

Serve with apple sauce and cinnamon, with vanilla non-fat yogurt, or with sugar free syrup.

For pancake varieties:

Mix in Frozen Strawberries

Mix in Frozen Blueberries

Mix in Diced Apple

Mix in Vanilla Flavoring and Cinnamon

Warm-Up Breakfast

1/4 cup Oatmeal
1/4 cup Cream of Rice
Lactose Free Non-Fat Milk
High quality Whey Protein
Vanilla flavor
Artificial Sweetener
Cinnamon

Bring 1/2 cup, 1/2 cup milk to boil. Mix in oatmeal and cream of rice. Remove from heat and stir until of a single consistency. Mix in powder and flavorings. Sprinkle cinnamon on top.

Egg, Spinach, Cheese English Muffin

3 Egg Whites
1 Yolk
Chopped Spinach
Non-Fat Cheddar Cheese
Whole Grain English Muffin

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Toast muffin. Use non-stick pan or spray with light coat of non-stick spray. Pour raw egg whites and whole uncooked yolk into pan. Try to position yolk in the middle. When sides of egg are solid, fold upward to cover yolk. Cook until whites are solid, yolk is still soft. Cover bottom half of muffin with spinach. Place cooked egg on top. Cover with cheese. Bake in oven for 5 minutes or until cheese is melted

Eggs "Up" with Low Fat Home Fries and ½ Grapefruit

Eggs
Potato
Onion (chopped)

Use one egg yolk for every three egg whites. Cook in non-stick pan until edges are solid, yolk unbroken. Cover and cook until yolks have light white film over them.

Punch holes in potato with fork. Cook potato in microwave 2 ½ minutes. Let stand in microwave 5 minutes. Slice potato into bite size pieces. Lightly coat pan with non stick spray. Cook onions until brown. Add potatoes. Sprinkle with black pepper and paprika. Cook until potatoes are browned.

Serve with half a grapefruit.

Plain Old "Boring" Egg Whites - With Spice!

Egg Whites
Green Onions
Chili Powder
Dry Mustard
Tabasco

Scramble egg whites in non-stick pan. While still soft, mix in chopped green onion. Sprinkle with chili powder, dry mustard, and add a dash of Tabasco.

Egg whites can also be mixed with salsa for a spicy and tasty breakfast!

Breakfast Crepes

½ Cup Unbleached Flour or Whole Grain Pancake Mix
1 ½ Cups Skim Milk
4 Egg Whites
1 Tsp Canola Oil
Fat-Free Cottage Cheese

Mix together flour, milk, egg whites, and oil (add ¼ tsp vanilla extract if desired). Refrigerate batter for 30-45 minutes. Spray bottom of non-stick pan

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with canola oil or corn oil non-stick spray. Heat pan over medium heat until warm. Pour $\frac{1}{4}$ cup batter into pan covering bottom with thin layer. When bottom is golden, turn and cook for additional minute. Repeat until all crepes are cooked. Spoon cottage cheese on half of crepe and fold over. If desired, fresh blueberries, raspberries, or strawberries can be added to cottage cheese.

Frittata Complete Breakfast Omelet

1 Serving Cooked Cream of Rice
6 Egg Whites
 $\frac{1}{4}$ Cup Skim Milk
Whole Egg
2 small Bell Peppers (red and green) - Cut Into Strips
 $\frac{1}{4}$ Cup Chopped Spinach
2 Small Red Potatoes Sliced Thinly

Mix egg whites, egg, milk, and cream of rice. Heat pan lightly coated with nonstick spray for 2 minutes. Cook peppers and onions until they begin to soften. Add potatoes, cook 5 minutes. Spread spinach inside pan. Pour in egg / cream of rice mixture and cover. Let cook for 5 minutes or until edges are browned and "omelet" is solid enough to turn. Turn over, cover, and cook until middle is of desired firmness.

Nutrition for the Body You Love – Dips and Appetizers

Artichoke Bean Dip

MAKES 12 SERVINGS (2 TABLESPOONS PER SERVING), 2 CUPS TOTAL

1 can (19 ounces) cannellini beans, drained and rinsed
3 tablespoons olive oil
1 teaspoon Italian Seasoning Blend
2 cloves garlic
2 tablespoons fresh lemon juice
1 can (14 ounces) artichoke hearts (8 to 10 small size), drained and pressed of liquid
¼ medium onion

1. Add ingredients to bowl of food processor or blender.
2. Pulse or blend until consistency is creamy. Adjust seasoning to taste.

Serve with whole grain crackers, whole wheat pita wedges, Baked Pita Chips or Toasted Baguette Slices. This recipe can also be used as a spread on vegetable sandwiches.

Avocado Yogurt Dip

MAKES 12 SERVINGS (2 TABLESPOONS PER SERVING), 1 ½ CUPS TOTAL

1 cup nonfat drained yogurt
3 tablespoons chopped cilantro
1 teaspoon ground cumin, toasted
1 clove garlic, minced
2 teaspoons minced jalapeno pepper
1 medium ripe avocado

1. Place all ingredients in a food processor bowl and blend until smooth.

Serve with baked tortilla chips, Homemade Tortilla Chips or vegetable dippers (red pepper slices are especially colorful for holiday parties).

Cincinnati Chili Party Dip

MAKES 24 SERVINGS (¼ CUP PER SERVING)

- 2 cups nonfat drained yogurt
- 1 can (15 ounces) Cincinnati-style chili without beans
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh chopped tomato
- 1 cup shredded romaine lettuce
- 1 cup reduced fat shredded cheddar cheese (about 4 ounces)

1. Spread drained yogurt evenly on bottom of 9x13 inch casserole dish.
2. In a microwave safe bowl, combine chili and black beans. Heat until bubbly. Or combine in a saucepan and heat.
3. Pour heated mixture over drained yogurt. Sprinkle shredded cheddar cheese on chili mixture.
4. Top with chopped tomatoes and shredded romaine lettuce.

Serve with baked tortilla chips or Homemade Tortilla Chips.

Herbed Yogurt Spread

MAKES 16 SERVINGS (2 TABLESPOONS PER SERVING), ABOUT 2 CUPS

- 2 cups nonfat drained yogurt
- 2 tablespoons minced green onion
- 2 tablespoons chopped fresh parsley (plus leaves for garnish)
- 1 tablespoon chopped fresh basil, or ½ teaspoon dried basil
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Place all ingredients in a medium bowl. Stir gently to combine.
2. If possible, refrigerate for 2 to 3 hours to enhance flavors.

Serve with whole grain crackers, Toasted Baguette Slices or party rye bread slices.

Hot Crab Dip

MAKES 12 SERVINGS (2 TABLESPOONS PER SERVING), ABOUT 1 ½ CUPS

½ cup nonfat cottage cheese
4 ounces reduced fat cream cheese
2 tablespoons minced garlic
¼ teaspoon Worcestershire sauce
¼ teaspoon OLD BAY® Seasoning
¼ teaspoon black pepper
½ pound crab meat
1 tablespoon lemon juice

1. Using a food processor or blender, blend cottage cheese and cream cheese until smooth.
2. Transfer mixture to a small saucepan; add garlic, Worcestershire sauce, OLD BAY® Seasoning and black pepper.
3. Heat over low heat stirring constantly until warm, about 2 to 4 minutes.
4. Add crab and lemon juice; stir well. Heat for 30 to 40 seconds until warm.
5. Transfer to heat-proof crock; keep warm on warming tray. Dip should be eaten or discarded within about an hour.

Serve with whole grain crackers, whole grain bread cubes or party rye bread slices.

Hummus

MAKES 8 SERVINGS (1/4 CUP PER SERVING), ABOUT 2 CUPS TOTAL

1 can (19 ounces) chickpeas, drained and rinsed (save bean liquid)
2 tablespoons tahini (sesame seed paste)
1 tablespoon olive oil
1 to 2 cloves garlic, minced
4 tablespoons fresh lemon juice
Pinch cayenne pepper
Salt to taste

1. Using a food processor or blender, puree the chickpeas, tahini, olive oil, garlic, lemon juice and cayenne pepper until smooth.
2. Add ¼ to ½ cup of the reserved bean liquid to thin the puree as necessary and process until smooth, the bean spread will thicken and the garlic flavor will intensify over time.

Serve with whole wheat pita bread wedges, Baked Pita Crisps or raw vegetable dippers. Can also be used as a spread on sandwiches.

Layered Mexican Chip Dip

MAKES 16 SERVINGS (¼ CUP EACH); ABOUT 4 CUPS

- 1 can (16 ounces) vegetarian refried beans
- 1 cup drained nonfat yogurt
- 1 tablespoon reduced sodium taco seasoning mix
- 1 cup salsa
- 1 cup (4 ounces) reduced fat shredded Monterey Jack-Cheddar cheese blend
- 1 medium tomato, chopped
- ¼ cup sliced green onion
- 2 tablespoons chopped ripe olives
- ¼ cup chopped fresh cilantro (optional)

1. Mix together refried beans and ¼ cup salsa. Spread in a small casserole dish or pie plate to form the bottom layer of the dip.
2. Mix together the drained yogurt and taco seasoning mix. Spread yogurt mixture on top of the bean layer. Top with the remaining salsa.
3. Spread the shredded cheese, chopped tomato, chopped onion, olives and cilantro evenly over the salsa.

Serve with baked tortilla chips or Homemade Tortilla Chips.

Spinach Dip

MAKES 24 SERVINGS (2 TABLESPOONS PER SERVING), ABOUT 3 CUPS

- 1 1/3 cups nonfat drained yogurt
- 1 package (10 ounces) frozen chopped spinach, drained and pressed
- 1 package (1.4 ounces) Knorr® Vegetable soup mix
- 1 can (8 ounces) water chestnuts, drained and diced
- 2 tablespoons lite mayonnaise

1. In a large bowl mix nonfat drained yogurt and drained spinach.
2. Add dry soup mix, diced water chestnuts and mayonnaise. Mix until well combined.

Serve with low fat whole grain crackers or whole grain bread cubes. This dip can be served in a bread bowl.

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Smoked Turkey Pinwheel

MAKES 80 PIECES

- 1 package (8 ounces) reduced fat cream cheese, softened
- 1 cup lite mayonnaise
- 1 teaspoon chili powder
- 10 large flour tortillas (each about 10 inches in diameter)
- 1 bunch fresh spinach leaves, washed (about 10 leaves per tortilla)
- 1 pound deli smoked turkey breast, thinly sliced
- 1 package (8 ounces) reduced fat shredded Mexican cheese blend

1. In a medium bowl, beat cream cheese on medium speed of a mixer until smooth.
2. Add mayonnaise and chili powder; mix until well blended.

To assemble pinwheels:

1. Place tortillas on a work surface; spread about 3 tablespoons of cream cheese mixture evenly over each tortilla.
2. Place a layer of spinach leaves over the cream cheese mixture.
3. Layer sliced turkey over the spinach to cover the tortilla.
4. Sprinkle approximately 3 tablespoons shredded cheese evenly over the turkey on each tortilla.
5. Roll the tortilla tightly, wrap in plastic wrap. Refrigerate for at least 2 hours and up to 24 hours, before slicing.
6. To serve, remove plastic wrap, slice each tortilla wrap into 1 to 1 ½ inch slices. Place on a tray with leaf lettuce if desired for serving.

Festive Vegetable Roll-Ups

MAKES 48 PIECES

- 6 large flour tortillas (each about 10 inches in diameter)
- ¾ cup reduced fat garlic and herbed cheese spread
- 1 red bell pepper, seeded and cut into thin strips
- 24 fresh sugar snap peas, blanched
- 1 package (10 ounces) fresh spinach leaves

1. Spread 2 tablespoons cheese spread over the bottom half of each tortilla.
2. Layer about 12 to 14 spinach leaves over the bottom half of each tortilla.
3. Place a row of red pepper strips and a row of blanched sugar snap peas across one end of each tortilla.
4. Beginning at the end with the vegetables, roll the tortilla tightly. Wrap in plastic wrap. For best results, refrigerate 2 to 3 hours before serving.
5. To serve, cut rolled tortillas into 1-inch pieces.

Tomato-Basil Bruschetta with Fresh Mozzarella MAKES 16 SERVINGS (1 PIECE PER SERVING)

½ of a 16-ounce baguette
2 tablespoons olive oil
4 ounces fresh mozzarella cheese
4 roma tomatoes
1 teaspoon black pepper
½ teaspoon salt
4 tablespoons fresh basil, sliced thin

1. Thinly slice baguette into 16 slices. Brush bread with olive oil.
2. Place slices on a cookie sheet and toast under a preheated broiler on both sides until lightly browned. Allow bread to cool.
3. Slice mozzarella cheese into 16 slices. Slice tomatoes to yield 16 slices total.
4. Top each bread slice with a piece of mozzarella cheese, followed by a tomato slice. Sprinkle with salt, pepper and fresh basil.
5. Serve immediately.

Oven Fried Zucchini MAKES 4 SERVINGS

3 medium zucchini, washed and trimmed
1 large egg
3 tablespoons water
¾ cup Italian-style dry bread crumbs
2 tablespoons grated Parmesan or Romano cheese
½ teaspoon onion powder

1. Preheat oven to 425°F. Spray a baking sheet with cooking spray.
2. In a medium bowl, mix egg and water.
3. In a separate shallow bowl (or use a paper plate), combine bread crumbs, grated cheese and onion powder.
4. Cut zucchini in half, crosswise. Then cut zucchini length-wise into 1/4-inch wide slices.
5. Dip each zucchini slice in egg wash; then coat with bread crumb mixture.
6. Lay breaded zucchini slices flat on prepared baking sheet. Before cooking, spray breaded zucchini with cooking spray to lightly coat.
7. Bake in 400° oven for 10 to 12 minutes. Removed from oven and turn zucchini slices.
8. Switch oven to broil. Return zucchini slices to oven and broil on high until lightly browned and crisp, about 2 to 3 minutes. Watch closely to prevent burning.

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Serve with marinara sauce for dipping, if desired.

Mushrooms Stuffed with Pesto

MAKES 8 SERVINGS (2 STUFFED MUSHROOM CAPS PER SERVING)

16 large mushroom caps, washed
¼ cup commercial basil pesto
2 tablespoons Italian-style dry bread crumbs
2 tablespoons grated Parmesan or Romano cheese
1 ½ tablespoons slivered almonds or pine nuts

1. Preheat oven to 425°F. Spray an 8x8 inch baking dish with cooking spray.
2. Place mushroom caps in prepared baking dish with tops down.
3. In a small bowl, mix pesto, bread crumbs and grated cheese. Fill each mushroom cap with about ½ teaspoon of pesto mixture.
4. Top with slivered almonds or pine nuts.
5. Bake in 425° oven for 7 to 10 minutes or until the mushrooms are heated thoroughly and the nuts are lightly browned.

Cranberry Meatballs

MAKES 60 MEATBALLS

Meatballs:

1 pound extra lean ground beef
1 pound lean ground turkey
1 cup corn flake crumbs
1/3 cup dried parsley flakes
2 large eggs or egg substitute equivalent
2 tablespoons reduced sodium soy sauce
¼ teaspoon black pepper
½ teaspoon garlic powder
2 tablespoon dried onion
1/3 cup ketchup

Cranberry Sauce:

1 can (16 ounces) whole cranberries
1 bottle (12 ounces) chili sauce
2 tablespoon brown sugar
1 tablespoon lemon juice

Meatballs:

1. Preheat oven to 350°F.
2. In a large bowl, mix all meatball ingredients. Make into walnut-sized balls.
3. Place meatballs in shallow baking pan; bake in 350° oven for 20 minutes.
4. Pour off any grease. Turn meatballs; bake 10 minutes longer.

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5. Transfer cooked meatballs to a chaffing dish or slow cooker to serve.

Cranberry Sauce:

1. Place all ingredients in a small saucepan: heat to gentle boil.
2. Pour over cooked meatballs; keep warm in chaffing dish or slow cooker.

Tomato Salsa with Black Beans

MAKES 18 SERVINGS (1/4 CUP PER SERVING)

2 cups chopped fresh tomatoes
1 can (15 ounces) black beans, drained and rinsed
1/3 cup diced red bell pepper
1/4 cup chopped green onion
1 clove garlic, minced
1 tablespoon jalapeno peppers, minced
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon dried basil
1/4 teaspoon black pepper
1/4 teaspoon salt
1 tablespoon olive oil
1 tablespoon red wine vinegar
4 tablespoons fresh lemon juice

1. Mix all ingredients in a bowl.
2. Marinate in the refrigerator for 2 to 3 hours to combine flavors.

Serve with baked tortilla chops. The salsa can be stored in the refrigerator in a sealed container for one week.

Marinated Black-eyed Peas

MAKES 15 SERVINGS (2 TABLESPOONS PER SERVING), ABOUT 2 CUPS

1 bag (16.5 ounces) frozen black-eyed peas, thawed
1 medium red bell pepper, chopped
2 green onions, sliced
2 jalapeño peppers, minced

Dressing Ingredients:

1/4 cup olive oil
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
2 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon granulated sugar
1/2 teaspoon salt

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¼ teaspoon black pepper
¼ teaspoon Tabasco sauce

1. In a large bowl, combine black-eyed peas, red bell pepper, green onion and jalapeno peppers.
2. In a small bowl or liquid measuring cup, combine dressing ingredients. Stir briskly with a small wire whisk or fork to mix.
3. Pour over black-eyed peas mixture; toss until well blended.
4. Marinate in the refrigerator for 3 or more hours to enhance flavor.

Serve with baked or reduced fat tortilla chips, whole grain crackers or Baked Pita Chips.

Fruit Salsa

MAKES 8 SERVINGS (½ CUP PER SERVING)

2 medium Granny Smith apples
1 kiwi
1 small orange
1 cup seedless red grapes
2 tablespoons brown sugar
2 tablespoons apple jelly

1. Peel, core and chop apples into small pieces.
2. Peel and chop kiwi and orange.
3. Cut grapes in half.
4. Combine all prepared fruit, brown sugar and apple jelly. Stir gently to mix. Refrigerate until ready to serve.

Serve with Homemade Cinnamon Tortilla Chips.

Homemade Chips and Crisps

BAKED TORTILLA CHIPS

4 whole wheat tortillas
Cooking spray
Seasonings (see variations)

1. Preheat oven to 400°F. cover cookie sheet with aluminum foil.
2. Place tortillas on prepared cookie sheet; lightly spray with cooking spray.
3. Sprinkle with seasonings of choice or lightly with salt.
4. Cut each tortilla into 12 wedges using a pizza cutter or kitchen shears.
5. Bake in 400° oven for 10 to 12 minutes or until lightly browned and crisp.

Variations:

Cinnamon Tortilla Chips: mix 4 tablespoons sugar with 2 teaspoons cinnamon. For the holidays use red and green decorative sugars instead of white sugar.

Mexican Chips: before cutting tortillas; sprinkle with ground cumin and salt, to taste.

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Nutrition for the Body You Love – Chicken Recipes

Chicken Francais

Chicken Breasts
Egg Whites
Wheat Flakes or Wheat Germ
Fat Free Parmesan Cheese
Red Peppers
Mushrooms
Onions
Capers
Lemon
Garlic

Mix wheat germ (or flakes) and cheese. Coat chicken breasts with egg whites. Cover chicken with even coat of wheat and cheese mixture. Cut up vegetables and place in broiler pan. Lay chicken on top of vegetables. Add lemon, capers, and garlic. Bake at 350 degrees for 45 minutes.

Ginger Chicken and Rice

Boneless Chicken Breast Cutlets Trimmed of Fat
Lite Soy Sauce
Honey (optional)
Garlic Cloves Finely Chopped
Ginger
Brown Rice
Onions
Salad Greens and Vegetables

Mix Soy Sauce, Honey, and Ginger. Submerge chicken in mixture and add garlic. Refrigerate and marinate for 2-3 hours. Cook brown rice. Place chopped onions in non-stick pan and cook over medium heat until brown. Mix in rice and add soy sauce. Bake chicken at 350 in baking pan. Serve chicken and rice with a side salad.

(Note: honey is a simple sugar and should be eliminated if you are striving for optimal leanness)

The Island Surprise

1/2 lb Chicken
3/4 cup Cilantro
3/4 cup of Spring Onions
1/2 cup of Mushrooms
1/4 pound of Rice Noodles

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Boil chicken in 9 cups of water for one hour until soft. Add cilantro, spring onions, and mushrooms, and boil for additional 5 minutes. Add rice noodles and boil additional 10 minutes. Add additional spices as desired.

Chicken Fajitalatas

Skinless Boneless Chicken Breasts
Corn Tortillas
Fat-Free Sour Cream
Green and Yellow Peppers
Onions
Mushrooms
Fat Free Cheddar Cheese
Salsa

Grill chicken breasts with desired seasoning. Slice into strips. Cut up and grill onions in non-stick pan. Place corn tortillas in microwave between two soft paper towels and heat until soft. Place chicken, onions, and mushrooms in tortilla, garnish with peppers, fat-free sour cream, and salsa and enjoy your healthy Mexican fiesta!

Broccoli / Shrimp & Chicken Stir Fry

Chicken Breast Cut for Stir Fry
Fresh Shrimp
Fresh Broccoli
Water Chestnuts
Sprouts
Boil in Bag Brown Rice
Fat-Free Chicken Broth
Low Sodium Soy Sauce
Ginger
Garlic Powder

Marinate chicken and shrimp in soy sauce mixed with ginger and garlic, cover and refrigerate for six hours. Steam broccoli until soft and mix into soy sauce marinade. Grill chicken, shrimp, and broccoli together in non-stick cookware until chicken pieces and shrimp are fully cooked.

Boil rice in chicken broth (instead of water) until soft.

Remove shrimp, chicken, and broccoli from pan and place water chestnuts and sprouts in pan over medium heat, stirring to prevent burning. Mix in rice, and then mix in chicken, shrimp, and broccoli. The only thing left to do is.....EAT!

Healthy Arroz con Pollo

- 4 Chicken Breasts (cut in bite size cubes)
- 1 Medium Onion
- ½ Large Red Pepper
- 2 Cloves of Garlic
- ½ Small Can of Tomato Paste
- 1 Large Package of Yellow Rice
- 4 Cups of Water
- (On the cheat days - try it with a bit of lite beer!)

In a large pot, brown onion, red pepper, and garlic. Add chicken and cook until brown. Next add tomato paste and mix well. Pour in 4 cups of water and bring to boil. Add rice and cover. Simmer for 25 minutes.

Broiled Chicken with a Great Taste

- White Meat Parts from 2 Whole Chickens (skinless)
- 2 tbsp Lemon Juice
- 1 clove Garlic (crushed)
- 3 tbsp Dark Mustard (Dijon)
- Black Pepper

Place chicken parts on foil covered broiler pan. Sprinkle lemon juice, pepper, and garlic on each piece. Broil chicken close to heating element until brown (approximately 12 minutes). Turn and broil again until chicken is lightly browned on other side. Remove pan, coat the chicken with mustard. Return to broiler for 2-3 additional minutes.

Serve with potato and broccoli.

Corn Flake Chicken

- 4 Whole Chicken Breasts (without skin)
- 3 Egg Whites
- 3 Cups Corn Flakes, crushed
- ¼ Cup Skim Milk
- ¼ tsp Cayenne Pepper
- Parsley

Mix egg whites and skim milk. Mix pepper, parsley, and crushed corn flakes on separate plate. Dip chicken in egg/milk mixture, then coat with spiced flakes. Bake in oven on 350 for 40-45 minutes.

Serve hot with boiled red potatoes and green salad or cold with low fat potato salad.

A Stir Fry Chicken Option

- ¼ Cup Orange Juice
- 2 tbsp Low Sodium Soy Sauce
- 1 Pound Skinless, Boneless Chicken Breasts Cut for Stir Fry
- ¾ Cup Fat Free Low Sodium Chicken Broth
- 1 Clove Garlic, Minced
- 1 ½ tbsp Ginger
- 1 ½ Cup Snow Peas
- 1 Medium Red Pepper Cut Into Strips
- ¾ Cup Sliced Green Onion
- 1 Cup Broccoli
- 1 Thinly Sliced Medium Carrot
- 2 Cups Cooked Brown Rice

Mix orange juice with 1 tablespoon soy sauce. In separate bowl, mix broth and remaining soy sauce. Marinate chicken in orange juice, soy sauce mix for 2-4 hours in refrigerator. Spray light coat of non-stick spray in pan and heat pan for 2 minutes over medium heat. Add garlic and ginger to pan with 1 tbsp water, mix over heat for 1 minute. Add chicken. Mix over heat for 3 minutes. Add vegetables. Cook, mixing occasionally, until chicken is cooked (about 5-7 minutes). Stir in broth/soy sauce mix.

Serve over brown rice.

Chicken, Peppers, and Rice

- 4 Skinless Boneless Chicken Breasts Cut Into Bite Sized Pieces
- 1 Large Red Bell Pepper
- 1 Large Green Bell Pepper
- 1 Medium Yellow Onion, Diced
- 1 Can (15 oz) Low Sodium Whole Tomatoes
- 1 Tbsp Minced Jalapeno Peppers
- 2 Cups Cooked Brown Rice
- 2 Cups Fat Free Low Sodium Chicken Broth

Lightly coat large pan with non-stick spray. Cook chicken until lightly browned (7-8 minutes). Place cooked chicken on plate. Mix peppers, onions, and jalapeno peppers in pan, still over heat. Cook for 5 minutes. Mix in rice. Continue cooking for 2 minutes, mixing every 30 seconds. Pour in tomatoes and break up with wooden spoon as you mix into rice and peppers. Add chicken broth and sprinkle with black pepper. Place cooked chicken in rice and increase heat until broth comes to boil. Reduce heat to low, cover pan, and let simmer for 15-20 minutes.

Lemon Chicken

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4 Skinless, Boneless Chicken Breasts Cut Into Cubes
¼ Cup Fat Free Reduced Sodium Chicken Broth
4 Green Onions
2 Tbsp Lemon Juice

In large non-stick skillet cook chicken pieces, stirring for even cooking, until brown. Pour in broth and lemon juice. Add onions. Continue cooking 2 minutes stirring so chicken is coated evenly.

Serve over brown rice.

Nutrition for the Body You Love – Turkey Recipes

Curry Flavored Turkey

- 4 Turkey Breast Cutlets
- 1 Onion, Chopped (½ cup when chopped)
- 1 tsp Curry Powder
- 1 tbsp Oat Bran Flour
- ½ cup Fat Free Low Sodium Chicken Broth
- ¼ cup Skim Milk

Spray pan with thin coat non-stick spray. Heat pan for 2 minutes on medium heat. Cook turkey cutlets 5 minutes on each side. Remove turkey from pan. Put onions in pan, still on medium heat, and sprinkle with curry powder. Stir in 1 tablespoon water and simmer until water evaporates. Stir in broth and skim milk. Simmer for one minute, and then add flour and mix slowly until thick. Place turkey back in pan and cook for 1 minute on each side.

Serve with any type of whole grain and vegetable.

Supportive and Tasty Meatloaf

- 1 lb Ground Turkey Breast Meat
- 1 boil-in-bag bag Success Brown Rice (cooked)
- 1 packet Knorr's Dehydrated Vegetable Soup
- Chopped Spinach

Mix all ingredients in large mixing bowl. Shape into loaf in backing pan. Bake in over at 375 for 40 minutes. Let cool.

Stuffed Peppers

- 1 lb Ground Turkey Breast Meat
- ½ cup chopped Onion
- 2 cups Wheat Flake Crumbs
- 2 cloves Garlic, minced
- 3 Egg Whites 1 Egg Yolk
- 4 large Green Bell Peppers
- 2 15 oz. cans Whole Tomatoes
- Brown Rice
- Oregano

Cut peppers in half and remove seeds. Mix turkey, crumbs, oregano, garlic and eggs in mixing bowl. Blend tomatoes in blender. Place 2 large teaspoons of soft cooked brown rice in bottom of pepper halves. Pour blended tomatoes over brown rice in each pepper. Cover with turkey mix. Spoon small amount of

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remaining tomato blend over top. Bake in oven in baking dish covered with foil at 350 for 45 minutes.

(Option: when cooked, cover with small amount of Parmesan cheese and Italian Bread crumbs and return to oven for 10 minutes without foil cover).

Turkey Spaghetti

½ lb Ground Turkey Breast
1 tsp. minced Garlic
1 Bay Leaf
1 bunch Scallions
1/8 cup Olive Oil
¾ cup Breakstone's Cottage Cheese
2 cup Mama Rizzo's Regular Spaghetti Sauce (in jar)

In large pan sauté chopped scallions in olive oil, add garlic, add turkey. Add sauce, bay leaf, and cottage cheese. Simmer for 10 minutes and serve over favorite pasta.

Barbecued Turkey Breasts

Skinless boneless Turkey Breasts
¼ cup Lite or Low Sodium Ketchup
White Horseradish
1 tbsp Honey (option)
¼ tsp Garlic Powder
¼ tsp Thyme
¼ tsp Black Pepper
3 tbsp Cider Vinegar

Prepare sauce by mixing all ingredients and boiling in saucepan mixing often. Let simmer over low heat, still stirring, 5 minutes after boil. Brush over chicken breasts and broil 5-7 minutes each side.

Serve with Corn on the Cob and Mixed Vegetables.

Turkey Pasta Sauce

1 lb Ground Turkey Breast Meat
One (1) 12 oz can of Tomato Paste
Two (2) 14 ½ oz cans Hunts Whole Tomatoes
1 Onion, chopped
3 small stalks of Celery with leaves
1 clove of Garlic, minced finely
Crushed Oregano

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Crushed Red Pepper
Garlic Powder
Dried Parsley Flakes
Bay Leaves
Thyme

Chop onions, celery, and garlic. Brown turkey meat in non-stick pan allowing onions to cook with turkey meat. Mix tomatoes and tomato paste in blender. Place tomato blend in pot. Add minced garlic and begin cooking over medium heat. Stir in turkey, onions, and celery after 5 minutes of slow boil. Bring to second slow boil and add bay leaves, parsley, red pepper, and thyme. Stir and after another 5 minutes add additional spices. Bring to final boil and let simmer over low heat 45 minutes - 1 hour.

Serve over vegetable based or whole grain pasta.

"Complete" Turkey Meatballs

1 lb 100% Ground Turkey Breast Meat
¾ cup cooked Brown Rice
Dehydrated Vegetable Soup (Knorr's or Health Valley)
Egg Whites
Chopped Celery
Chopped Broccoli
Finely Chopped Carrots
Finely Chopped Onion
Parsley
Oregano

Place moist, hot, brown rice in a large mixing bowl. Mix in Ground Turkey Breast Meat and 2 egg whites. Your hands will get messy, but it's best to get right in there and mix it up with your fingers until the mixture is of a single consistency. Make sure vegetables are chopped very finely and add vegetables, spices (in amounts dictated by taste and preference) and a small amount of soup mix and mix again. Form 6 evenly sized balls and place even distances apart on non-stick cooking sheet. Bake in oven at 350 for 40 minutes.

Important Note: Make certain you use 100% Turkey Breast Meat. Many companies package the fattier and less nutritious parts of the turkey under the label "Lean Turkey Meat." Inspect the nutrition label carefully.

Turkey Stew

1 lb Ground Turkey Breast
1 large Onion
1 bag Success Boil in the Bag Brown Rice
5 Egg Whites

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1 Whole Egg
1 large Tomato
½ cup Corn
½ cup Peas
Low Sodium, Low Sugar, Fat Free Pasta Sauce
Low Sodium, Low Sugar, Fat Free Barbecue Sauce
Garlic Pepper
Paprika
Sea Salt
Cayenne Pepper
White Pepper

Cook rice. Steam peas and corn. Cook turkey in pan until brown. Grind turkey into small pieces and put in large pot over medium heat. Mix in 1 chopped onion. Mix in 2 tbsp barbecue sauce. Mix in eggs. Stir in eggs and continue to stir. Add tomato, corn, and peas. Pour in pasta sauce continue to stir and cook for 5 minutes. Add rice into pot. Continue to stir. Add spices to taste.

E-Z and complete Turkey Mash

Ground Turkey Breast
Ore-Ida Instant Mash Potatoes
Fresh Cut Green Beans
Black Pepper
Tabasco

Brown ground turkey breast meat. Prepare mashed potatoes according to directions on package. Mix ingredients together in large bowl. Eat!

(Careful with the pepper and Tabasco - adds a little zing!)

Mushroom Turkey Cheeseburgers

½ lb. Ground Turkey Breast
3 Egg Whites
¼ cup Spiced Bread Crumbs (from whole grain bread)
Black Pepper, Tiger Sauce or Barbecue Sauce to taste
Mushrooms
Fat-Free Cheddar Cheese

Mix turkey, egg whites, bread crumbs and spice/sauce in large bowl. Form into burger patties. Broil on open flame. Turn when edges appear brown. Place mushrooms and cheese on top.

Serve on whole grain pita or whole grain muffin with mustard, spinach, and tomato.

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Turkey / Macaroni Bake

Whole Grain or Vegetable Based Pasta

Low Sugar, Low Sodium, Low Fat Marinara or Tomato Sauce

Ground Turkey Breast Meat

Fat Free Mozzarella Cheese

Oregano

Crushed Red Pepper

Black Pepper

Chopped Green Pepper

Cook Pasta according to directions on package. Mix Raw Ground Turkey with Sauce, Green Pepper, Red Pepper and Black Pepper. Place some pasta in baking dish to form 1 "layer." Cover with Ground Turkey Meat and Sauce Mixture. Add cheese to cover first layer completely. Put in remaining pasta to form second layer. Cover with remaining Ground Turkey Meat and Sauce Mixture. Cover completely with cheese. Sprinkle oregano on top. Bake at 425 for 45 minutes or until turkey meat is fully cooked.

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Nutrition for the Body You Love – Fish & Seafood Recipes

Tuna Quiche with Brown Rice Crust

350 g. Brown Rice
2 cups Water
50 g. Egg Whites
1 tsp Dill
1 tsp Mrs. Dash
330 g. Tuna (packed in water)
1 tbsp. Lemon Juice
100 g. Onion
1 tbsp. Chopped Parsley
150 g. Mushrooms sliced
150 g. Green Peppers chopped
10 tbsp Cap Tri

Cook rice according to package directions. Bring to room temperature. Mix with 2 egg whites, dill, and Mrs. Dash. Press into 9 inch pie pan to form a crust and bake at 350 degrees for 8 minutes and remove. Mix tuna with lemon juice, onion, parsley, and set aside. Mix green peppers and mushrooms. Stir remaining egg whites and set aside. Lightly sauté remaining ingredients in Cap Tri.

Assemble quiche by spooning vegetable mixture into pie crust. Spread tuna over vegetables. Pour egg white mixture over. Bake at 425 degrees for 10 minutes. Reduce heat to 350 degrees and bake for an additional 30 minutes. Quiche is done when center is firm. Serves five.

Salmon Steaks and Fiesta Rice

Salmon Steaks
Bread crumbs from whole grain (or crushed wheat flakes)
Lemon juice
Brown Rice
Chopped Onions
Chopped Tomato
Chopped Green Pepper
Corn Giblets
Tabasco
Black Pepper

Pour lemon juice over Salmon Steak and refrigerate for 15 minutes. Sprinkle bread crumbs, parsley, and Molly McButter on top. Bake in over 7-12 minutes. Prepare brown rice as per instructions on box. Mix chopped onions, green

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pepper, and tomato. Mix in corn. Add vegetable mix to rice. Mix in lemon juice, Tabasco, and black pepper.

Fish Sticks and Fries (Fish & Chips)

Flounder, tilapia, or white fish filets
Fat Free Italian Dressing
Whole Grain Bread Crumbs or Wheat Flakes
Potatoes
Egg Whites

Cut flounder, tilapia, or any white fish filets into strips. Marinate for several hours in fat free Italian Dressing. Roll in whole grain bread crumbs (or wheat flakes-chopped to crumbs). Punch small fork holes in potatoes and microwave on high for 1 minute. Cut potato into strips. Submerge strips in egg whites. Place potato strips in non-stick pan or pan lightly sprayed with non-stick cooking spray cook until brown and turn until brown again. Place fish strips and potato strips on separate baking sheets. Bake at 425 for 10-15 minutes (potatoes may need to cook longer).

Shrimp Marinara

2 cloves Garlic, minced
28 oz can Crushed Tomatoes
1 ½ cups - 2 ½ cups Water
1 tbsp Oregano
1/2 tsp Crushed Red Pepper
1 lb Shrimp, cleaned and de-veined
1 small Onion, diced
12 oz can Tomato Paste
1 tbsp Parsley
1/2 tsp Basil
1/4 tsp Black Pepper
Cooking Spray

Spray small amount of cooking spray in pot bottom. Cook onion and garlic until tender. Add tomatoes and tomato paste. Add water for desired consistency. Add all spices. Bring to boil, then reduce heat and simmer 45 minutes. Serve over whole grain or vegetable based pasta.

Tuna Croquettes

6 oz can of Tuna (white albacore in spring water)
Wheat
Bread Crumbs
1 Whole Egg
1 Egg White

Mix all ingredients in bowl. Spray pan with light coat of non stick spray. Form mixture into three round croquettes in pan. Cook until edges are brown, turn, cook until solid.

Serve with brown rice and salad.

Fish, Potato, and Veggie Stew

½ lb of Halibut filets
½ lb of Red Snapper filets
2 large Potatoes
1 14 ½ oz can Hunts Whole Tomatoes
1 can Low Fat, Low Sugar, Low Sodium Tomato Sauce
Baby Carrots
Celery cut to 1/4 to 1/2" pieces
1/2 cup Chopped Spinach
Chopped Onion
2 cloves of Garlic, **finely** chopped
1 Bay Leaf
Black Pepper
1 Lemon

Mix tomatoes and tomato sauce until of single consistency. Add garlic and onions. Place in pot and boil. Add potatoes, carrots, and celery, and bring to boil again. Cover and simmer over low heat for 1 hour. Add spices to taste and simmer additional 15 minutes. Cut fish into bit sized pieces and squeeze lemon over fish while on plate. Add fish to mixture and continue cooking 10-12 minutes stirring frequently.

Filet of Sole w/Almonds

3 tbsp Sliced Almonds
1 lb fresh Sole filets
Egg Whites
Crushed Wheat Flakes
Scallions, sliced
Lemon Juice

In non stick pan, cook almonds over low heat until "toasted." Put almonds aside. Mix pepper and wheat flakes. Dip filets in egg whites and cover with pepper/wheat flake mix. Lightly coat pan with non-stick spray and cook filets about 3 minutes. Turn. Cook another 2-3 minutes (until outside is browned and inside is cooked). Remove filets from pan. Put toasted almond slices back in pan and add scallions. Cook several minutes on low heat stirring and tossing. Pour scallion/almonds over filets and sprinkle with lemon juice. Serve with mashed potatoes mixed with fat free sour cream.

Citrus Shrimp Shish-ka-bob

1/4 cup Frozen Orange Juice Concentrate
2 tbsp. Lemon Juice
1 tsp. Dried Dill Weed
1/2 lb. uncooked fresh cleaned Shrimp
Green Pepper, chopped to bite size pieces
Onion, chopped to bite size pieces

Mix orange juice, lemon juice, and dill weed until liquid. Put in seal-tight plastic bag with 1/2 pound shrimp. Marinate in refrigerator for one hour. Fill skewers with shrimp, onions, and green pepper, and broil on grill or in oven until shrimp are cooked. Serve over brown rice (prepare additional citrus mix and heat in cup in microwave to pour over rice for citrus taste).

Fake "Fried Fish" and Cocktail Sauce

Orange Roughy filets (1 lb)
Whole Grain Fat Free Crackers
1 Egg White
2 tbsp Skim Milk

Low Sodium Ketchup
Horseradish Lemon

Crumble crackers into fine crumbs until 2 cups are **filled** (best with blender or food processor). Stir dry mustard in with crumbs and spread on plate. Beat egg whites with small amount of skim milk. Dip **fish** filets into egg white/milk mix then coat with crumbs. Place on baking sheet in oven at 425 for 15 minutes (or until coating is crisp and **fish** flakes with a fork).

Mix ketchup and horseradish to taste. Flavor with lemon. Cut **fish** with fork and dip into cocktail sauce.

Shrimp Jambalaya

1 lb. Shrimp (shelled)
1/2 cup chopped Onion
1/4 cup chopped Green Pepper
1 clove Garlic (minced)
1-16 oz. can Stewed Tomatoes
1/2 cup Water
2 Bay Leaves
1/2 tsp. Thyme

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1/4 tsp. Basil
1/4 tsp. Red Pepper
Dash Pepper
1 cup Rice (uncooked-use quick cooking rice)

In sauce pan, cook onion, pepper, and garlic with Pam vegetable spray till tender. Stir in undrained tomatoes, water, bay leaves, thyme, basil, red pepper, shrimp, and uncooked rice. Bring to a boil, reduce heat. Cover and cook over medium heat for 15 minutes. Stir frequently.

Cajun Sliced Fish Filets

4 thin, skinless White Fish Filets (flounder, tilapia, etc.)
1 1/2 tbsp Paprika
3 tsp Chili Powder
3/4 tsp Ground Black Pepper
1/4 cup Oat Bran Flour

Combine spices and oat bran on plate, spread out sparsely in thin layer. Lay **fish filets** in mixture, turning to coat. After all **filets** are coated, sprinkle any excess spice over top. Cook **fish** 3-4 minutes on each side.

Serve with any starchy and fibrous carbohydrates for a complete meal.

Stuffed Fish Rolls

(8) 4-oz. White Fish Filets (flounder, sole)
1 cup sliced Mushrooms
1/4 cup chopped Yellow Onion
Fresh Green Beans
1 cup cooked Brown Rice

Boil green beans in water for 3 minutes. Heat lightly coated pan (non stick spray) for 2 minutes. Put mushrooms and onions in pan. Add 1 tablespoon water and cook until water evaporates. Continue to cook, stirring every 30 seconds, for 5 minutes, adding water, if needed. Mix rice, mushrooms and onions, and green beans together in separate bowl. Lay fish filets flat, skin side down. Spoon vegetable/rice mix into center of filets. Roll filets up with vegetable/rice mix in center. Bake at 350 for 10 minutes or until fish is fully cooked.

Spicy Shellfish in Red Sauce

1 dozen Cherrystone Clams
1 lb Mussels (cleaned)
1/2 lb medium Shrimp, peeled and de-veined
1 clove Garlic

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2 cans (15 oz) Whole Tomatoes
1 can (8 oz) Tomato Paste
1/4 cup Lemon Juice
1/2 tsp Crushed Red Pepper
Dash of Tabasco Sauce
1/4 tsp Black Pepper
1/2 tsp Oregano
Spinach Linguini

Grill clams and mussels on grill or in broiler 10 minutes or until shells are open. Grill shrimp until cooked (about 3 minutes). (Shellfish can be boiled instead of grilled or broiled)

Blend tomatoes in blender. Place blended tomatoes in large pot and stir in tomato paste. Add spices and lemon juice.

Cook linguini.

Place shellfish in bowl, pour in linguini, and mix in sauce.

Scallop Shish Ka Bob

1 1/2 lb Scallops
1/3 cup Lemon Juice
1/3 cup Fat Free Reduced Sodium Chicken Broth
Large Mushrooms
Green Pepper cut into bite sized pieces
Red Pepper cut into bite sized pieces
Large Red Onion cut into bite sized chunks

Refrigerate scallops in lemon juice for several hours. Remove scallops from marinade and using meat skewers, assemble scallops and vegetables. Grill on barbecue grill turning occasionally or broil in oven (broiler) six inches from heat. Should be cooked in 7 - 10 minutes.

Tuna and Vegetable Rice Mix

2 cloves Garlic, minced
1 can Low Fat White Albacore Tuna in spring water
1 cup chopped Onion
2 cups Broccoli
1 cup uncooked Brown Rice
2 cups Fat Free Low Sodium Chicken Broth
1 cup Frozen Baby Lima Beans (thawed)
1 medium Red Bell Pepper, chopped (1/2 cup)
1 medium Green Bell Pepper, chopped (1/2 cup)

Lightly coat deep pan with non stick spray. Cook garlic and onion in 1 tbsp water until browned. Add rice and mix completely. Stir in broth and bring to a boil. Cover, reduce heat, and allow rice to cook until tender (about 30 minutes). Add vegetables, cover, cook additional 8-10 minutes. Stir and continue to cook over low heat 3-5 minutes, stirring occasionally. Remove from heat, and mix in drained tuna.

Pineapple Shrimp & Scallop Broil

Fresh Shrimp (peeled, cleaned, and de-veined)

Fresh Scallops

16 oz. Canned Pineapple Chunks (in its own juice-no sugar added)

2 tbsp Low Sodium Soy Sauce

Juice of one Lemon

Marinate fresh shrimp and scallops in Pineapple juice (set aside pineapple pieces), soy sauce, and lemon juice for 4 hours in refrigerator. Place on skewers alternating a shrimp, pineapple chunk, scallop, pineapple chunk, etc. Broil on barbecue grill or in broiler 5-7 minutes turning when necessary. Serve over brown rice with side salad.

Nutrition for The Body You Love – Pasta, Potatoes & Rice Recipes

Spaghetti and Meatballs

Ground Turkey Breast Meat
Chopped fresh Parsley
Garlic Powder
Finely chopped Onion
Black Pepper
Oregano
Spinach Spaghetti

1 28-oz can Italian Plum Tomatoes
2 tbsp fresh Basil
1 clove Garlic, minced
1/4 tsp Crushed Red Pepper
1 small can Tomato paste
1 tsp Basil

Mix turkey meat, onion, parsley, garlic, pepper, and oregano in large bowl. Shape into small balls. Bake in oven at 350 for 15 minutes turning once. Make certain meatballs are brown all through. If still pink in center, return to oven for additional 3-5 minutes, or until fully cooked.

Spread thin layer of virgin olive oil on bottom of pot or deep pan and heat for two minutes. Pour in garlic, add 1 tbsp water, cover, and sauté for 3 minutes. Pour tomatoes into pot or deep pan and crush as you mix in the spices. Continue to mix until liquid. Add tomato paste to create desired thickness.

Serve meatballs over cooked spaghetti and cover with sauce. Serve with side salad.

Baked Mashed Sweet Potato

4 large Sweet Potatoes (peeled)
1 tsp Vanilla
1 tsp Cinnamon
4 Egg Whites
1/4 cup Skim Milk
1/2 tsp Nutmeg
Dash of Molly McButter

Boil potatoes until they are soft enough to be mashed. Place in bowl; pour in milk, and mash. Add nutmeg, cinnamon, vanilla, and Molly McButter and mix thoroughly. Beat egg whites separately, until frothy. Pour egg whites into sweet potato mixture a

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little at a time mashing until of a single consistency. Bake in casserole dish at 350 for 40 minutes.

Turkey, Spaghetti Casserole

1 lb Ground Turkey Breast Meat
2 medium Zucchini, sliced
1 cup chopped Onion
2 cloves Garlic, chopped
1 can Stewed Tomatoes
3 oz Spinach Spaghetti, broken into 1" pieces

Cook spaghetti per package directions. Cook turkey meat until browned, leaving in small chunks. Drain any fat. Mix in zucchini and onion. Cook over medium heat, stirring continuously for 2 minutes. Add garlic, cook additional minute. Stir in tomatoes and 1/2 cup water. Transfer mixture to casserole dish and mix in spaghetti. Sprinkle parmesan cheese on top. Cover and bake at 350 for 15-20 minutes.

Rice, Beans, and Peppers

3/4 cup chopped Yellow Onion
3/4 cup chopped Green Bell Pepper
2 cloves Garlic, minced
1 cup (uncooked) Brown Rice
1 tsp Ground Cumin
2 cups cooked Black Beans or 1 can (15 oz.) Black Beans rinsed and drained
1 can Low-Sodium Whole Tomatoes
3/4 cup Water
1/4 tsp Tabasco

Preheat oven to 350. Add onions, peppers, and garlic to lightly coated (with non-stick spray) pan. Add 1 tablespoon water. Cook about 8 minutes, stirring occasionally. Add rice and cumin, cook, stirring, for 1 additional minute. Stir in beans, tomatoes, water, and Tabasco. Increase the heat and bring to boil. Transfer to baking dish. Cover and bake 30 minutes, until rice is tender.

Tuna & Broccoli Stuffed Potatoes

Large Potatoes
White Albacore Tuna Fish in Spring Water
Non-Fat Yogurt
Non-Fat Shredded Cheddar Cheese
Broccoli, cut and chopped
Mrs. Dash
Molly McButter
Paprika

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Wrap potatoes in foil and bake at 450 for 1 hour. Mix tuna, yogurt, and broccoli in mixing bowl until creamy and soft. Let potatoes cool only 5 minutes. Cut potatoes lengthwise and carefully scoop out inside leaving shell and small lining. Mix scooped potato in with tuna, yogurt, and broccoli. Mix in some cheddar cheese (for best results use mixer to blend). Add pepper, Mrs. Dash, and Molly McButter. Stuff mixture back into potato shells. Place additional cheddar cheese on top on sprinkle with paprika. Bake at 350 for additional 15- 20 minutes or until top appears golden.

Egg / Potato Salad

3 large Red Skin Potatoes, scrubbed
6 Hard Boiled Egg Whites
1 Hard Boiled Egg Yolk
1/2 cup Fat-Free Mayonnaise Substitute
Chopped Celery
Chopped Onion
3 tablespoons Mustard Pepper
Paprika

Microwave potatoes 6-10 minutes until cooked to preference. Wrap potatoes in foil and let cool for 1 hour. Chop potatoes into cubes or chunks. Chop egg whites and yolk. Mix all ingredients together in bowl. Refrigerate.

Black Beans & Rice

2 cups of Brown Rice
1 lb. Black Beans
Defatted Chicken Broth
Bay Leaves Pepper
Mrs. Dash
1/4 small Onion
Dash of Garlic Powder
Dash of Onion Powder
1/4 cup Salsa
Hot Sauce

Soak beans in large pot of water for 12 hours then drain. Add chicken broth, water, bay leaves, pepper, and Mrs. Dash. Bring water to boil and continue boiling for 15 minutes. Simmer over low heat for 2-3 hours until beans are soft. Add onion, garlic powder, onion powder, and hot sauce, and cook additional 15 minutes over low heat. Cook rice. Mix together and add salsa.

Spinach Lasagna

Lasagna Noodles (made from vegetables)

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- 1 lb Fat Free Mozzarella Cheese
- 1 lb Frozen Spinach (cut or chopped)
- Fat Free Shredded Mozzarella Cheese
- 2 lb Fat Free Ricotta Cheese
- 4 Egg Whites
- 4 cups Low Sugar, Low Sodium Spaghetti Sauce

Thaw and drain spinach. Combine ricotta cheese and egg whites. Add spinach to mixture. Cube mozzarella cheese. Cook lasagna noodles. Line lasagna pan with noodles. Spread half ricotta cheese mixture over noodles. Put half of cubed mozzarella cheese over ricotta mixture. Cover with half the spaghetti sauce. Layer lasagna noodles over 1st layer and repeat process. Bake at 350 for 1/2 hour. Remove from oven. Cover with shredded mozzarella cheese. Bake for another 15 minutes.

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Nutrition for The Body You Love – Supportive Dressings and Salads

A Note From Brian Calkins:

I remember being involved in a project with a restaurant. The restaurant wanted to have a "healthy" food theme, so the menu included a whole variety of salads. I decided we should bring in a registered dietitian to evaluate the menu and list nutrient values so the members can be a bit more educated in their food choices. Upon evaluation of the menu items, upper management decided against "nutrient inclusion." Most of the salads were more than 50% fat!

Bacon bits, cheeses, nuts, dressings, etc. made the "healthy" salads far less "supportive" than patrons believed them to be.

"A salad" is not "a salad." Some are, of course, very healthy and complete, while others might have all of the nutritional support of a large cheeseburger and fries! The following section will assist you in designing and developing some nutritionally complete salads!

Home Made, Delicious and Low Fat (& Sugar) Dressings

Berry Vinaigrette Salad Dressing

MAKES ABOUT 12 TABLESPOONS ($\frac{3}{4}$ CUP)

1 cup strawberries (about 6 large, thaw if frozen)
1 tablespoon balsamic vinegar
 $\frac{3}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ teaspoon granulated sugar
 $\frac{1}{4}$ teaspoon salt
2 tablespoons canola oil

1. Place berries, vinegar, pepper, sugar and salt in a blender or food processor; process until pureed.
2. Add oil and process until smooth.

Buttermilk Cucumber Salad Dressing

MAKES 12 TABLESPOONS ($\frac{3}{4}$ CUP)

$\frac{1}{4}$ cup low fat buttermilk
2 $\frac{1}{4}$ tablespoons low fat creamed cottage cheese
1 $\frac{1}{2}$ tablespoons lemon juice
1 teaspoon dried dill weed
1 clove garlic, minced
 $\frac{1}{8}$ teaspoon black pepper
 $\frac{1}{2}$ large cucumber, peeled and diced
 $\frac{1}{4}$ cup chopped green onion

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1. In a blender, combine buttermilk, cottage cheese, lemon juice, dill, garlic and pepper until smooth. Pour into storage or serving container.
2. Using a spoon, stir in cucumber and green onion. Chill at least 2 hours before serving.

Lemon Garlic Vinaigrette Dressing

MAKES 4 TABLESPOONS

½ teaspoon minced garlic
1/8 teaspoon salt
1 teaspoon Dijon mustard
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1/8 teaspoon granulated sugar
1/8 teaspoon black pepper

1. In a small bowl, combine garlic, salt, Dijon mustard and lemon juice; mix. Slowly drizzle oil into lemon juice mixture, using wire whisk to combine. Mix with wire whisk until ingredients are well combined.
2. Stir in sugar and black pepper. Taste to adjust seasonings.
3. Refrigerate until ready to use. Stir with a fork or wire whisk just before serving.

Mustard Salad Dressing

MAKES 12 TABLESPOONS (ABOUT ¾ CUP)

½ cup olive or canola oil
1/8 cup red wine vinegar
¼ cup chopped onion
1/3 cup granulated sugar
½ teaspoon salt
¼ teaspoon pepper
1 ½ tablespoons prepared mustard

1. Place all ingredients in blender. Blend until smooth.
2. Refrigerate, covered until ready to serve.

Tarragon Vinaigrette Dressing

MAKES 15 TABLESPOONS

¼ cup olive oil
2/3 cup tarragon vinegar
½ teaspoon salt

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¼ teaspoon black pepper
¼ teaspoon granulated sugar
½ teaspoon garlic powder
¾ teaspoon dried tarragon
1 teaspoon Dijon mustard

1. In a small bowl, combine dressing ingredients. Mix using a wire whisk until blended.
2. Refrigerate until ready to use. Stir with a fork or wire whisk just before serving.

White Wine Vinaigrette Dressing

MAKES 12 TABLESPOONS (ABOUT ¾ CUP)

½ cup olive oil
3 tablespoons white wine vinegar
1 tablespoon granulated sugar
1 tablespoon chopped fresh parsley
¼ teaspoon garlic powder
¼ teaspoon dried oregano
¼ teaspoon salt
1/8 teaspoon black pepper

1. In a small bowl, combine all dressing ingredients. Use a fork or wire whisk to combine.
2. Refrigerate until ready to use. Stir with a fork or wire whisk just before serving.

Supportive Salads

Cold Bean and Rice Salad

Green Beans cut in 1/2 inch pieces
Cooked Garbanzo beans
Cooked Kidney Beans
Red Cabbage
Mushrooms (sliced)
Sunflower Seeds (or sesame seeds)
Fat Free Italian Dressing
Success Boil in the Bag
Brown or Wild Rice

Cook rice according to directions (do not add spice if included in box). Marinate beans in refrigerator for 1 hour in Italian dressing. Mix rice with beans, mushrooms and cabbage. Sprinkle lightly with sesame or sunflower seeds. Refrigerate.

Chicken Tortilla Salad

Reduced Fat Corn Chips
Romaine Lettuce
Boiled Chicken white meat, shredded
1 Tomato, diced (seeds removed)
Salsa
Brown Rice (cooked)

Tear lettuce into bite-size pieces. Line bottom of bowl with lettuce pieces, mix brown rice and salsa in separate bowl and spoon into lettuce. Crumble chips and place in layer over brown rice. Mix chicken and tomato and add to make salad complete. Can serve with fat-free sour cream.

Cold Shrimp Salad

1 lb Shrimp (peeled, cleaned, deveined)
Romaine Lettuce
Spinach Leaves
1 package (9-10 oz) Frozen Snow Peas, thawed
1/4 cup Fat Free Reduced Sodium Chicken Broth
1 small Yellow Onion, chopped
1 clove Garlic, minced
2 tbsp chopped Cilantro
1/2 cup Cayenne Pepper
1/4 cup Water
2 tbsp extra virgin Olive Oil
2 tsp Curry Powder
2 tsp Cumin

Mix cayenne pepper, water, oil, curry, and cumin in blender or food processor. In non stick pot, heat broth over medium heat. Add onion and garlic. Cook, stirring constantly, until onions are soft, about 5 minutes. Stir in pepper, curry mix. Add shrimp, stirring constantly, and continue to cook for 3-5 minutes until shrimp appear cooked. Add snow peas, continuing to stir, until fully mixed, then remove from heat. Stir in cilantro. Spoon mixture over lettuce and spinach leaves.

Southwestern Bean Salad

MAKES 8 SERVINGS (1 ½ CUPS PER SERVING)

1 can (15 ounces) kidney beans, drained and rinsed
1 can (15 ounces) chickpeas, drained and rinsed
1 can (8.75 ounces) corn, drained and rinsed
½ red onion, chopped
1 medium cucumber, peeled and diced

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- 1 medium fresh tomato, chopped
- 1 medium green bell pepper, seeded and chopped
- 1 medium head romaine lettuce, chopped (about 3 cups)

Dressing:

- ½ cup plain nonfat yogurt
- ½ cup salsa

Topping:

- 1 cup baked tortilla chips, coarsely crumbled
 1. In a large bowl, combine kidney beans, chickpeas, corn, onion, cucumber, tomato, bell pepper and lettuce. Stir gently to combine.
 2. In a separate small bowl, add plain nonfat yogurt and salsa; stir to mix thoroughly.
 3. Add yogurt mixture to mixed vegetables; toss to combine.
 4. Refrigerate until ready to serve. Immediately before serving, top with crumbled chips. Or, allow individuals to add chips if desired.

Classic Chicken Salad

MAKES 6 SERVINGS (¾ CUP PER SERVING)

- 3 cups diced cooked chicken
- ¾ cup chopped celery
- ½ cup raisins
- ¼ cup sliced green onions
- 1/3 cup coarsely chopped walnut pieces or 1/3 cup toasted pine nuts

Dressing:

- 1/3 cup lite mayonnaise
- 1/3 cup plain nonfat yogurt

1. Combine diced chicken, celery, raisins, onions and walnuts or pine nuts in a medium bowl.
2. In a separate small bowl, combine the mayonnaise and yogurt.
3. Pour dressing over chicken mixture; stir gently to combine.
4. Serve immediately or refrigerate, covered until ready to serve.

Fat-Free Tuna Salad

- 1 can Low Fat Water Packed White Albacore Tuna
- 2 tsp plain Nonfat Yogurt
- 1 tsp Dijon Mustard
- 1 stalk Celery, chopped fine
- 1/2 medium Yellow Onion, chopped fine

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2 Hard Boiled Egg Whites

For complete meal, cut large baked potato in half, scoop out middle and place large spoonful of fat-free tuna salad in each half. Cover with fat free cheese and broccoli.

Nutritious, Delicious, "Everything" Vegetarian Salad

1 can kidney beans, drained, refrigerated
Red Onion
Chickpeas (soaked overnight)
Fresh Spinach Leaves
Brown Rice
Romaine Lettuce
Tomatoes
Large Mushroom caps halved
Red Cabbage
Celery
Chopped Green, Red, and Yellow Bell Peppers
Fresh Green Beans cut into pieces

This vegetarian salad is nutritious and delicious because it blends varied tastes while offering the right combinations for the complete proteins often lacking in vegetarian diets.

If you want to include some non-vegetarian components, you can vary this salad by adding:

Sliced broiled chicken breast
Shrimp
Hard Boiled Eggs (or whites)

If you are including some fruits in your program, the following add a bit of sweetness:

Chopped fresh strawberries
Mandarin orange slices

If you're not overly concerned with fat content, think about topping with toasted almonds or including walnuts.

For some more variety, consider sliced red beets.

When you learn to eat in a supportive manner, you begin to appreciate the tastes of fresh vegetables and desire for dressings is often minimized or eliminated, however, here are some additional "not so bad" dressing options:

Try squeezing fresh lemons over the salad.

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Mix raspberry vinegar, Dijon mustard, and a small amount of honey for an interesting raspberry dressing.

Mix cider vinegar with safflower oil, garlic powder, black pepper, mixed Italian seasonings, and water for a vinegarette dressing.

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Nutrition for The Body You Love – Additional Vegetarian Options

Supportive and Complete Rolled Cabbage

8 large Green Cabbage Leaves
2 cups Bulgar Wheat
1 cup chopped Mushrooms
1/2 cup chopped Onions
1 cup Kidney Beans

Cook wheat according to package directions. Mix in mushrooms, onions, and beans. Spoon mixture into center of each leaf. Roll up leaves and place in non-stick skillet. Cook over medium heat turning every 3-5 minutes. After 15 minutes, reduce to low heat, cover pan, and let cook additional 5 minutes.

Bean Mix and Couscous

Lentils
Baby Lima Beans
1 can ready to serve Kidney Beans
Couscous
Low Sodium Defatted Chicken Broth (water with Mrs. Dash or soup flavoring can be substituted for Chicken Broth)

Boil Lentils and lima beans 30-45 minutes or until tender. Boil chicken broth, stir in couscous, remove from heat and cover. After 5 minutes mix all beans into couscous, drain if necessary, and spice to taste.

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Nutrition for The Body You Love – Soups

Bean and Pasta Soup

4 cups Fat Free Reduced Sodium Chicken Broth
1 can (15 oz.) Whole Tomatoes blended into liquid
16 oz Vegetable Based Macaroni
1 can Kidney Beans, drained and rinsed
1 can White Navy Beans, drained and rinsed
2 cloves Garlic, minced
1 medium Zucchini, sliced
1 tbsp Lemon Juice
1 tsp Dried Thyme Black Pepper

Mix broth and tomatoes and bring to boil in large pot. Add macaroni and zucchini and reduce heat. When macaroni is soft, add additional ingredients. Simmer over low heat for 15 minutes. Use black pepper to taste.

Chicken, Spinach, Potato Soup

4 cups Fat Free Reduced Sodium Chicken Broth
1 cup boiled, Chicken Breast Meat, shredded into strips
2/3 cup chopped Yellow Onion
2 medium Potatoes, cleaned and diced
1 package Frozen Spinach (10 oz.)
Mixed Flaked Vegetables for Soup (sold in produce section)
Black Pepper and Garlic to taste

Mix all ingredients in large pot, boil, then cook covered over low heat for 1 hour, stirring every 10-15 minutes. Taste and add spices accordingly.

Spiced Chicken, Tomato and Vegetable Soup

3/4 pound skinless, boneless Chicken Breast, cut into bite sized pieces
4 cups Fat-Free Reduced Sodium Chicken Broth
1/2 cup High Protein Small Pasta Shells (option)
3/4 cup diced Tomatoes
1 cup chopped Onion
1/4 cup diced Green Pepper
1/4 cup chopped Cauliflower
2 cloves Garlic, minced
1/2 tbsp chopped Cilantro
1/2 tsp Oregano
1/2 tsp Chili Powder
1/2 tsp Basil
1/2 tsp Tarragon

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1/4 tsp ground Cumin
Dash of Tabasco

Combine everything in large pot and bring to boil. Cover, reduce heat, and let simmer until chicken pieces are fully cooked and pasta is of desired consistency. Raise heat for 5 minute periods if necessary.

Tortilla Soup

1/2 tsp extra virgin Olive Oil
2 large Spanish Onions, sliced
6 cloves Garlic, thinly sliced
1/2 cup diced Tomato
1 tbsp Sherry Vinegar
1/4 tsp Ground Black Pepper
1 tsp Oregano
2 tbsp chopped Cilantro
Reduced Fat Low Sodium Beef Broth
Reduced Fat Corn Tortilla Chips

In large pot, heat oil over medium heat. Add onions, cook until lightly browned. Add garlic, tomato, vinegar, and pepper. Cook for additional 4 minutes. Add broth and oregano. Bring to simmer, reduce heat to low, simmer for 10 minutes. Serve with corn chips.

(For complete meal, add cooked ground turkey breast meat)

Minestrone

1 Onion, chopped
2 medium Carrots, chopped
2 Potatoes cut into cubes
1 small Zucchini
3 chopped Garlic cloves
2 chopped Celery Stalks
4 Tomatoes cut into cubes
1/2 lb Green Beans
1 cup White Navy Beans
8 cups of Water
1 tbsp Basil
1/2 cup Whole Wheat Pasta Shells (optional)

Coat large pan with non-stick cooking spray or small amount of virgin olive oil. Add onion, 2 cloves garlic, carrots, and celery. Cook vegetables until onion is transparent or slightly browned. Add potatoes, tomatoes, zucchini, green beans, pepper, and water. Simmer for 20 minutes. Add white beans (and pasta). If

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soup is too thick, add additional water. Simmer additional 10 minutes. Blend basil, 1 clove of garlic, and 1 cup of soup from the pot. Return this mixture to the soup, mix in and serve.

(To add lean animal protein, add cooked ground turkey breast with white beans.)

Turkey Soup

Chopped Onion

Chopped Celery

Sliced Carrot

1 10-12 oz can of Defatted Low Sodium Chicken Broth

Cooked, chopped Turkey White Meat

Dry Barley

Chopped Parsley

Thyme

Mrs. Dash

Black Pepper

In large saucepan, over medium heat, cook onion, celery, carrot, and thyme in shallow water several minutes until water evaporates. Stir in chicken broth, 12 oz of water, and barley. Cook over low heat simmering about 30 minutes stirring occasionally. Add turkey, Mrs. Dash, pepper, and parsley, bring to boil, then return to slow simmer for 5-10 minutes.

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Nutrition for The Body You Love – Supportive “Snack” Foods

A Note From Brian Calkins:

“Snacking” is a term we usually associate with “the bad” foods. We’ve learned to consider “between meal consumption” snacking since we have been conditioned to think in terms of eating three meals per day. Snack foods, since they needed to be accessible, were usually prepackaged “snacks,” often loaded with sugar and fat.

Now, since you are striving to “fuel” your body with quality nutrients frequently, you are probably beginning to think more in terms of “meal one,” “meal two,” etc., than the traditional “breakfast,” “lunch,” “dinner,” and “snacks.” Still, we’ve come to enjoy certain foods such as Nachos and Pizza, foods that have not been associated with “healthy eating.”

“Snacking” with supportive foods is actually a very positive part of “supportive nutrition.”

Little Pita Pizzas

Whole Grain Pita Bread
Chopped Onions
Chopped Green Pepper
Fat-Free Mozzarella Cheese
Fat Free Low Sugar, Low Sodium Tomato Sauce
Oregano

Cover Pita Bread with Sauce. Sprinkle on chopped peppers and onions. Cover with cheese. Sprinkle with oregano. Bake at 350 until pita is crisp and cheese is melted.

Yam Muffins

1 medium to large Yam, grated (like hash browns) - remove skin before grating
3 Egg Whites
1 cup Applesauce
3/4 cup Molasses
2 1/2 cups Oat Bran

Mix all ingredients thoroughly and bake in muffin pan on 350 for 30-40 minutes (depends on size of muffins). Be sure to spray pan with vegetable spray. Serve warm or cold, plain, or with jam. Refrigerate to store.

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Deviled Eggs Stuffed Celery

8 Hard Boiled Eggs
2 Potatoes
Mustard
Non-Fat Plain Yogurt
4 Celery Stalks

Microwave potatoes until soft. Cut peeled eggs in half lengthwise. Mix two yolks with potatoes and mash. Add mustard and yogurt until creamy. Stuff mix in yolk holes. Fill celery stalks with excess potato/yolk mix. Discard unused yolks.

Nachos For The Fit and Healthy!

Ground Turkey Breast Meat
Tostitos Reduced Fat Corn Chips (1 gram of fat per 14 chips)
Chopped spinach (frozen)
Health Valley Fat-Free Chili (spicy vegetarian)
Jalapeno Peppers
Fat Free Cheddar Cheese
Fat Free Sour Cream
Salsa

Brown Turkey Meat in chunks in non stick pan. Thaw spinach in microwave or as package directions instruct. Spread Chips out in clusters on foil coated baking pan. Spread ground turkey meat over chips. Spread spinach over turkey. Add peppers. Generously cover with chili. Cover with cheddar cheese and bake in oven on 400 until cheese is melted. (some non-fat cheeses do not melt very well - it's helpful to sometimes use a combination of fat free cheeses mixing cheddar with mozzarella for example). When ready, remove from oven and add sour cream and salsa to the top or simply use them as dips.

Quickie Meals

Since you'll be eating quite frequently, full blown meals are not always accessible. The following should offer ideas for whipping together supportive quickie meals to make certain you don't miss out when a complete meal is not accessible or convenient.

Complete Shrimp Cocktail Quickie Meal

½ lb Shrimp (fresh, uncooked)
Low Sodium Tomato Ketchup
White Horseradish
Broccoli
Celery stalks
Carrots
Fresh Spinach Leaves
Wasa Whole Grain Bread Crackers

Boil water. Pour uncooked shrimp in boiling water and remove from heat. Pour into strainer in 3 minutes. Refrigerate shrimp with crushed ice. Mix ketchup and horseradish to create cocktail sauce (vary amount based on preference). Cover plate with spinach leaves. Surround edge of plate with vegetables. Peel shrimp and place in middle of the plate. Squeeze lemon over shrimp. Use sauce for dipping. Eat with crackers for complete supportive meal.

Blended Quickie Meal

Fat Free Vanilla Flavored Yogurt
Skim Milk or Water
Dry Evaporated Powdered Milk
1 Banana (just ripe – skin should not be black at all)
Frozen Strawberries

Mix it all together in blender. You can get creative and come up with some blended varieties. Keep in mind, the addition of some sugared ingredients makes it a bit less supportive, but as a quickie, variety once in awhile might be fun.

Blended Non-Fat Yogurt, Banana, Berries, and Almonds

Blended Non-Fat Yogurt, Frozen Lime Juice Concentrate, Graham Crackers, Vanilla Flavor

Blended Non-Fat Yogurt, Cinnamon, Frozen Apple Juice Concentrate, Egg Protein Powder

Complete Salads as Quickie Meals

It helps if you stay prepared for supportive nutrition. One tip that makes getting regular meals a bit easier is preparing moderate quantities of food that you can refrigerate and throw together into a quick salad. Marinating chicken breasts in fat-free Italian dressing, and grilling or broiling for 7-10 minutes allows you to very quickly have the "salad protein" accessible. These can be cut into slices and refrigerated. Hard boiled eggs are also quick to prepare and can be refrigerated to add protein to salads.

The fibrous carb part of salads is the easy part. Just buy fresh mushrooms, carrots, broccoli, and cauliflower and store in the refrigerator in Tupperware containers.

For starchy carbs, refrigerated brown rice, corn kernels, kidney beans, or peas make any salad delicious and complete.

EZ and Quick Yogurt Mini Meal

Fat Free Vanilla flavored yogurt
Oatmeal
Sugar free granola cereal
Dried rice cereal
Raisins

Mix cereals and oatmeal together. Mix in yogurt. Add raisins.

Quickie Pita Sandwiches

No unlike salads, quickie pita sandwiches can be quick and easy by preparing some meats or salads and vegetables in advance. Stuff some in a whole grain pita pocket and you're ready to go. These are ideal to take with you in a cooler for a couple of mid-day quickie meals.

A turkey sandwich on whole grain pita with some spinach leaves, tomatoes, sprouts, and a bit of mustard is a complete meal. It's important that the turkey is turkey breast meat off of the frame of the turkey. Most packaged meats are

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so processed and so filled with additives and fillers, their resemblance nutritionally to turkey is minimal at best.

Preparing tuna salad in advance makes it easy to whip up a tuna pita sandwich with grated carrots, cucumber slices, green pepper, and onion. The only challenge in preparing supportive tuna salad is the fat in the mayonnaise. Try using some non-fat plain yogurt instead of mayo. If that doesn't work for your taste buds, go with one of the low fat mayo substitutes.

Chicken white meat ground up in a blender with onions, celery, lemon juice, and black pepper makes a delicious chicken salad for a quickie pita sandwich. Try adding a bit of non-fat Italian dressing. A bit of miracle whip might add a bit of moisture and consistency.

Delicious egg salad can be made with 4:1 egg whites to yolk. Chop hard boiled egg whites and yolks with celery, onions, and green pepper. Add paprika and black pepper and mix with a bit of Miracle Whip and mustard.

Corn Tortilla Quickie Meals

Corn Tortillas offer starchy carbs and make a nice wrap for a quickie meal.

For a delicious and complete vegetarian option, combine brown rice, black beans, and any vegetables in mixing bowl. Serve in corn tortillas.

Strips of chicken breast, spinach leaves, and salsa make a complete "quickie" easy.

Quickie Meal Bar

The problem with most commercial "sports bars" on the market lies in the difficulty in manufacturing any such product without sugar or fat. There's sort of a trade off. If you minimize the fat, sugar becomes necessary for not only taste but for consistency. Here's a way to make your own "bars" without fat. Since it uses fruit, there is some fructose, the sugar inherent in fruit. It does, however, offer a more complete and supportive option than most commercially available bars. It takes a few hours in the oven to prepare, but preparation is simple and they can be stored individually in foil to make a quickie meal accessible at any time.

Rolled Oats

Canned Pineapple Chunks in its own juice (no added sugar)

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Dried Apple
Dried Banana
Dried Apricots
Raisins
Almonds
1/3 cup Powdered Evaporated Milk Powder

Pour can of pineapple, with juice into blender. Add 1/3 cup of each of the dried fruits. Add 1 2/3 cup oats. Add milk powder. Blend. Adjust consistency by adding more oats to thicken. When blended, it should be sticky enough to hold its shape. Put in large mixing bowl, add almonds and raisins and mix thoroughly. Place mixture in shallow baking pan and level so it creates a single layer. Bake in oven at 325 for 1 hour. Remove from oven and cut into bars. Put back in oven and bake another 45 minutes. Let cool and refrigerate overnight.

Nutrition for The Body You Love – The “Meal Replacement”

When a Meal Just Isn't Around...

Unless you live in a world where supportive meals grow on trees, and anytime it's “fuel time” you can just pick your meal off of the nearest branch, you'll likely find that even with all of these wonderful food options, there are times that a supportive meal just isn't possible.

For years, supplement manufacturers have been promoting supplements as “solutions,” and the fitness and weight loss market has been overrun with sellers of powders and “magic formulas” promising miracle muscle development. The true “magic,” as I'm sure you by now agree, comes from getting nutrients into your body, and your preferred source of nutrients should of course be healthful and natural foods. I'm careful not to mislead anyone into thinking that any supplement contains magic, there is, however, one type of nutritional product that has always been a great aid when supportive meal is a challenge. They're sometimes called meal replacements, sometimes called meal substitutes, and other times called nutrient powders. I'll make it simple. If you can't get to a supportive meal, having the nutrients that the meal would provide in a powdered or liquid form makes frequent nutrition simpler.

If you are shopping in the health food store for the best “nutrient powder,” don't be led astray by the labels' overblown claims. Look at the fine print and attempt to find a product that has a good quality complete protein (i.e. ion-exchange whey protein, milk protein isolates, egg protein, etc.), complex carbs without simple sugars, a complete profile of vitamins and minerals, and a small bit of fat from essential fatty acids. Oh, and hopefully one that tastes OK.

The Meal Replacement Formulas

I became so fed up with the hype and deception that existed in the supplement industry, I decided that the best way to direct clients to a truly supportive nutrient powder was to find out what the experts, PhD's in nutrition, recommended. The goal was to find a delicious formulation that would provide all of the nutrients we strive to obtain in supportive meals in the convenience of a powder. Two formulas consistently came in as top quality meal replacement shakes: EAT! and Beverly International. Neither of these formulas have any magic in them. They simply provide sound nutrition when a supportive meal is not easy to find. My customers and clients have found these formulas to make their nutrition programs far simpler to incorporate into busy lifestyles.

Muscle Provider

This has it all. High quality protein, complex carbs, vitamins, minerals, essential fats, and delicious chocolate taste. It comes with a scoop that is calculated to contain 100 calories. The chart on the label guides you in determining serving sizes based on your individual needs.

Ultimate Muscle Protein

This is the highest quality protein powder. It uses a cross-flow cold filtered ion exchange whey protein. It can be used as the “lean protein” portion of a supportive meal by combining it with a starchy carb and fibrous carb and its ideal for those who are on the ABC Program for making the protein days simpler. You’ find the vanilla taste incredible.

Meal Replacement Recipes

Many of my clients have found creative ways of varying the taste of the EAT or Beverly Nutrition Shakes. Keep in mind most of these do add some simple sugar. The shakes I recommend taste delicious on their own, however, feel free to experiment on occasion.

[To watch a video of these shakes being prepared, click here.](#)

Supportive Strawberry Milk Shake

Mix in frozen strawberries for a highly nutritious strawberry milk shake!

A Nutritious Creamsicle

Mix in a small amount of frozen orange juice concentrate. It tastes just like a creamsicle!

Peaches and Cream

Mix in some frozen peaches...peaches and cream?!?! Yumm!

The Ultimate Chocolate Shake

Mix 2 scoops of the Beverly Muscle Provider with 10 ounces of water in a blender with some crushed ice. You won’t believe this chocolate shake can actually be good for you!

A Note For Vegetarians

Years ago, if someone said they were vegetarian, we thought we understood that to mean they don't eat any animal foods. Today, the term vegetarian is not so clearly defined. There are several categories of vegetarianism, some of which claim to be the only "true" vegetarians. Here are three classifications:

1. Lacto-ovo Vegetarians
2. Non-meat eaters (fish OK)
3. Vegans

The greatest challenge for vegetarians on the ABC program is obtaining enough complete protein for muscle tissue growth and/or maintenance. Lacto-ovo vegetarians can usually obtain very complete proteins by incorporating egg whites, non-fat yogurt, and perhaps some non-fat cheese in their meals.

Non-meat eaters should find it simpler to obtain complete proteins by sticking with the fish dishes and/or substituting fish for the meat in some of the chicken and turkey meals.

Vegans will have the greatest challenge in obtaining "complete meals" to provide "supportive nutrition" in line with the nutritional demands the exercise in the ABC program suggest. Although many vegetables do have most or all of the essential amino acids necessary for muscle tissue growth, many are lacking in a single or even a few of the amino acids, and thus, the quality of the protein is dropped to the level of the lowest amino acid present. To compensate, it helps to combine whole grains with lentils or brown rice with black beans. These combinations actually complement each other to make more complete proteins.

Some nuts also provide quality proteins but are often a bit high in fat. Nuts can be incorporated effectively into the program, but if body fat reduction is a goal, concern should be made to limit per meal fat content down to 15% of calories or less. Vegans can benefit as well as anybody from this program, but may sometimes need to go through a bit more preparation than non-vegans.

The recipes and ideas in this book do include some meals that work for all categories of vegetarianism. Others can be adapted by preparing the dishes without the meat or by substituting Tofu for meats. If complete proteins are still lacking, consider the use of a protein supplement. Soy protein is the closest in its amino acid profile to animal protein (muscle protein), but should not be

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overused. Excesses of soy protein have been shown to bring about rises in thyroid hormone levels which may actually increase the breakdown of muscle tissue.

Vegetarians should also know that processing and refining often depletes not only the mineral content in produce, but also the amino acid quality. For vegetarians striving for metabolic advantages and higher levels of fitness, natural foods selections becomes even more important. Strive to obtain organically-grown chemical-free non-processed foods.

The "Supportive" Shopping List

Your best bet, if shopping in a traditional American supermarket, is to limit most of your time to the perimeter of the store. Processed, canned and refined foods are all over the middle aisles. You will have to venture into the canned tuna fish, but for the most part, you'll find the more supportive foods in the "outer store" sections. (These are tips and examples and this does not attempt to represent a complete list.)

Dairy Products

Look for non-fat choices

Skim milk

Non-fat yogurt

Eggs

Meats

Turkey breast meat (sliced or ground)

Chicken breast meat

Fish

Cod

Halibut

Shrimp

Water packed tuna (low-fat: be sure to compare cans)

White fish filets

Starchy Carbs

Oatmeal or cream of rice

Success Boil-in the Bag brown rice

Potatoes

Yams

Fresh corn on the cob

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Vegetable bases pastas

Breads made exclusively from whole grains

Vegetables

Fresh broccoli

Fresh cauliflower

Carrots

Celery

Spinach leaves

Onions

Green, red, yellow peppers

Miscellaneous Items

Buy condiments and spices free from sugar and salt

Canola oil or cooking spray

Virgin olive oil

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The Supermarket "Not So Bad" Options For "Once in Awhile" Ease

Don't misunderstand me here – these are not listed as optimal choices. It is, however, difficult to be "perfect" with your nutrition program, so many people on my programs and many competitive athletes have found these to be some "easy to grab in a bind" selections that allow them to pass up the "real bad" choices. Some of these do have some chemical preservatives, some have small amounts of sugar, and some have more sodium that is optimal, but again, we strive for ongoing improvement, not perfection. Allowances and ease of selection help make the nutritional programs realistic. So, when you go to the supermarket, you might sometimes consider these:

Proteins

Imitation crab or lobster meat made from Pollock
Fat free cheese slices with real cheese and reasonable serving sizes
Lean cuts of red meat that get 25% or less of calories from fat
Canned white chicken meat
Frozen shrimp
Unsalted nuts
The lowest fat content peanut butter

Starchy Carbs

Potato pierogies
Frozen sliced potatoes for French fries with less than 20% of calories from fat
Any low fat corn chips
Any rice cakes
Any cereals made from whole grains
Instant mashed potatoes with real potatoes as primary ingredient, low sodium, no MSG
Frozen whole grain waffles or pancakes with less than 20% of calories from fat and no refined flour

Fibrous Carbs

Frozen vegetable "medleys" and "mixes" made without added fat (no butters or cream sauces)
Canned vegetable soups (low sodium)
Dehydrated vegetable soups with real vegetables as ingredients
Fruit preserves made from real berries without added sugar
Dried fruits without added sugar
Resins

Doing it Right in Restaurants

Many people who start on one of my programs find it difficult to stick to it initially because they get a number of their meals regularly in restaurants. All is required is a bit of additional education to make restaurant food supportive. Here are some tips.

1. When you order chicken or fish, make sure it's baked or broiled, is not prepared with breading, and has not been marinated in oils. Most spices are fine. Order sauces "on the side" and use lightly to taste.
2. Most pastas in restaurants are cooked in water with oil added. Ask for pasta fresh cooked without oil. Cream sauces are usually much higher in fat than red sauces. It's best to order the sauce on the side and add only enough to provide the taste you like.
3. Most restaurants that offer rice dishes or potato dishes can easily prepare rice without sauces or butter and baked potatoes without the additions. Many physique athletes carry their own butter substitutes to sprinkle on baked potatoes in restaurants.
4. Many Chinese restaurants offer fresh white meat poultry or seafood with vegetables. Ask for the food "steamed" and any sauces prepared without corn starch. Avoid fried rice and ask for all meals prepared without MSG.
5. Mexican restaurants often add beef fat to their beans and butter to the rice. Avoid fried tortillas. It's fine to order chicken or shrimp in corn tortillas and rice without butter. Easy on the cheeses.
6. Watch out for "healthy" salads loaded with cheeses, nuts, and bacon bits. A broiled chicken breast cut up in a green salad with a baked potato is a supportive meal that can be prepared in almost every salad serving restaurant. Opt for non-fat dressings if available. Try substituting lemon juice for salad dressing.
7. Japanese restaurants offer sushi and sashimi. The white fish (yellow tail, grouper, marlin, etc.) are usually the leanest high quality proteins. If brown rice is available, it's better to order sashimi with brown rice on the side and a cucumber salad.
8. Be careful of menu items that say "low fat" and contain high fat ingredients. I've seen low-fat quesadillas (fried) with guacamole and cheese offering near 50% of calories from fat. Don't be afraid to order items that are not on the menu. If a restaurant has potato skins, it means they also have potatoes. Be sure to ask for what you want, not only what the menu suggests you should have.

Snacking Without Suffering for It

The “Cheat Day”

Cravings can be handled by choosing one day a week and using one half of the waking hours of that day as a “cheat day.” During that time, forget the rules. Eat anything you want to. Because a consistent program of supportive nutrition when combined with exercise will speed metabolism, the once-a-week allowance allows you to enjoy the foods you love without suffering for it.

If you are following one of my programs which suggest that you limit your intake of simple sugar in order to stabilize energy levels and release stored body fat, you may have reduced or eliminated your intake of fruit. You’ll notice in the 7-Days of Supportive Nutrition section, a fruit sneaks in every once in awhile. If you are training for an athletic event, attempting to shed as much body fat as possible, you may, in the few weeks before the event eliminate fruit completely. If, every once in awhile, a banana or piece of cantaloupe seems like a good idea, that’s fine. Just try, if you snack on fruit occasionally, to avoid fruits very concentrated in sugar. Bananas, for example, are closer to starches when they’re green and closer to very simple sugar when they’re overripe and black. If you choose bananas as an occasional snack food, don’t eat one that’s begun to turn black. It should be yellow. Melons, since they are so water dense, are on the “not as bad” list. If kept in moderation, fruits make wonderful snack foods once in awhile since they’re so high in their vitamin, mineral, and fiber content. Try, since you want to get all of the necessary nutrients whenever you eat, to consume a fruit with a protein and perhaps a grain. This will minimize the insulin spike that simple sugar causes when ingested alone. Snacking, with fruit, therefore, might be some chopped melon, cottage cheese, and a whole grain cracker.

Try to save the “empty calories” such as refined sugar and flour for the cheat day. These really have no place in a supportive nutrition program.

An occasional snack of nuts and raisins provides nutrients although sugar and fat may be a bit higher than optimal.

Non fat yogurts make a snack protein accessible by running into any grocery store (watch out for sugar content). Adding some crisped rice cereal adds starchy carbs for a healthy and supportive snack.

Watch out for high fat potato chips. There are now some “baked” potato chips that are low in fat, although the taste may not be quite what you’re used to. Some health food stores sell whole wheat pretzels with sesame seeds instead of

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salt. There are some good corn chips. Be sure to check ingredients and fat content. Dipped in salsa, **low fat** corn chips offer an excellent carb for snacking.

“Sugar free” cookies are not always sugar free. “Sweetened with honey,” or “sweetened with fructose” really means “sweetened with a simple sugar.” Cookies are not a wise snack option. Save them for the cheat day.

Air popped popcorn, without added butter (watch out for high fat butter flavor sprays labeled “fat free”) also offers a nice carb option for snacking.

Optimally, meals become “consumption of nutrients every three to three and one half hours: and the term “snacking” is saved for the cheat day. If you do feel the “snack need” become substantial at times, these tips should help.

Supportive Nutrition for Travelers

A great investment if you travel is a small soft food carrier. It's sort of like a foldable cooler that helps keep cold food cold.

Every hotel has an ice machine. Invest in some zip plastic lock plastic sandwich bags. If you fill a few of them up with ice, and put them in your travel cooler, you can keep food fresh all day.

Bring with you a hand held can opener. Tuna is always available at any grocery store.

Prepare for your trips in advance by preparing small containers of non-fat, sugar free cereals that can be carried in your cooler and mixed together at any time. You can always pick up some non-fat yogurt and mix it with cereal for protein/carb combo. Prepare some "Quickie Meal Bars" wrapped in foil to take with you in the car.

You may mix up some protein powder, water, and flavoring and carry it in a thermos.

Rice cakes are easy to keep in any hotel room, carry with you, and provide carbs anytime.

Find out the restaurants in the area you are traveling to. Many will prepare some "to go" sandwiches based on your guidelines that you can carry with you and opt for when it's meal time.

Drive through fast food restaurants are certainly not the best choice, however, if you feel there is no option, some of them have salads with grilled chicken breasts and baked potato. Try to familiarize yourself with the menus so you can make a "not so bad" choice in a bind.

There are many natural markets with deli counters that can package for you low fat salads, chicken breasts, etc. Know how many meals you'll need to have at your fingertips to keep your daily nutrition supportive and pick them up in the morning.

Baked potatoes and chicken breasts can be carried in your cooler and eaten cold. Vegetables are always accessible at any super market with a fresh produce section.

Bring food with you on airplanes. Airline menus are anything but ideal for your health and fitness.

Supportive Nutrition in the Office

If you spend a great deal of time in the office, and the habit is arrive, work, break for lunch, work, and leave at five, you've got to plan on making meals accessible.

A small refrigerator can be purchased for about \$100, a blender for under \$20, and a small microwave would also be a worthwhile investment. With those three tools accessible, supportive nutrition in the office becomes simple.

Cream of rice can be mixed with water at any time and prepared in 3 minutes in the microwave. Mix in some protein powder and you have a quick protein/carb meal.

Soups can be refrigerated and heated in the microwave.

Whenever you prepare "mix" type meals, such as stir fry, stew, etc., make three times as much as you're going to need. That allows you to, without any additional effort, have future meals which can be stored in plastic containers in the office refrigerator, and heated in minutes in the microwave.

When you prepare "salads for quickie sandwiches" always prepare three times as much as you're going to need. You can easily keep bread or whole grain crackers in the office and store the extra salad in the fridge for a couple of days.

Egg whites can be mixed with vegetables and in a microwave safe bowl, made into an omelet in a matter of minutes.

Every few days, cooking three or four chicken breasts and/or turkey burgers on a broiler or barbecue grill can give you two days worth of office protein. All you need is a fork to punch a few holes in potatoes or sweet potatoes to have a steaming hot carb right out of the microwave.

It helps to take a few minutes the night before, and make certain you have two supportive meals accessible in the office.

7 Days of Non-Repetitive Supportive Nutrition

Some of my clients are more disciplined and regimented than they are creative, and would prefer to eat the same things every day. That, however, is a small minority. The average person, me included, would get extremely bored with the same meals every single day. This section will show you how using the ideas in this book, you can go through a complete week of supportive nutrition

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without ever consuming the same meal twice. This is a very “real life” menu and does make several slight allowances for less than perfect adherence.

You should understand that it’s better to get a protein and a starchy carb, even if a fibrous carb is not available (rice cakes and fat free cottage cheese) than it is to miss a meal or have a high-sugar high-fat meal. As explained in the section on “snacking,” you’ll find some fruits included. This is meant to provide an example, not an individual prescription.

You should, by using this as a guide, find it simple to apply the supportive nutrition concepts enough to dramatically improve even the most stubborn body! Best of all, this doesn’t even make a dent in the variety of options you can come up with using only the information in this book. In fact, you can probably, with a bit of creativity, come up with a month of non-repetitive supportive nutrition. Oddly enough, most Americans limit 90% of their food intake to the same ten or twelve meals. You’ll be experiencing far more variety than even the most unsupportive diet provides for the average American!

Day 1

Meal 1

Blueberry Whole Grain Pancakes

Meal 2

EZ and Quick Yogurt Mini Meal (Yogurt, Cereal, and Raisins)

Meal 3

Chicken on Pita Quickie Sandwich

Meal 4

Blended Non-Fat Vanilla Yogurt, Cinnamon, Frozen Apple Juice Concentrate, Egg Protein Powder

Meal 5

Turkey and Rice Meatballs

Meal 6

Fat Free Cottage Cheese on Rice Cakes

Day 2

Meal 1

The Fitness Breakfast (Eggs, Potatoes, Fat-Free Cheese, Onions, Green Peppers)

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Meal 2

Quickie Meal Replacement Bar (From Oatmeals, Canned Pineapple, Powdered Milk, and Dried Fruits)

Meal 3

Tuna Salad on Pita

Meal 4

Complete Shrimp Cocktail Quickie Meal (Shrimp, Cocktail Sauce, Veggies, Whole Grain)

Meal 5

Turkey Chili and Brown Rice

Meal 6

Veggie Pancakes

Day 3

Meal 1

Cream of Rice with Protein Powder

Meal 2

Turkey on Pita Bread Quickie Sandwich

Meal 3

Grilled Chicken Salad and Baked Potato

Meal 4

Mushroom Turkey Cheeseburger on Whole Grain Muffin

Meal 5

Tuna and Broccoli Stuffed Baked Potato

Meal 6

Scrambled Egg Whites with Salsa And Oatmeal

Day 4

Meal 1

Egg, Spinach, Cheese English Muffin

Meal 2

Rice and Beans Tortillas

Meal 3

Fish Sticks and Fries (Fish And Chips – Without Frying)

Meal 4

Ginger Chicken and Rice

Meal 5

Fish, Potato, and Veggie Stew

Meal 6

Turkey Pasta Bake

Day 5

Meal 1

Spinach Egg White Omelet and Oatmeal

Meal 2

Chicken and Salsa Corn Tortillas

Meal 3

Whole Grain Spaghetti with Turkey Pasta Sauce

Meal 4

E-Z and Complete Turkey Mash

Meal 5

Salmon Steaks and Fiesta Rice

Meal 6

Fake “Fried” Fish and Cocktail Sauce

Day 6

Meal 1

Blended Non-Fat Yogurt, Banana, Berries, and Almonds

Meal 2

Fit and Healthy Nachos

Meal 3

Chicken Fajitas

Meal 4

Deviled Eggs Stuffed Celery

Meal 5

Shrimp Marinara

Meal 6

Minestrone with Turkey Meat

Day 7

Meal 1

Eggs "Up" With Fat Free Home Fries and ½ Grapefruit

Meal 2

Tuna Salad with Vegetables and Sweet Potato

Meal 3

Broiled Chicken Breast, Brown Rice, Green Salad

Meal 4

Citrus Shrimp Shish-Ka-Bob

Meal 5

Yam Muffin with Fat Free Vanilla Yogurt

Meal 6

Cold Bean and Rice Salad