

# Apple Cinnamon Granola

Serves: 12  
Serving: 1/4 cup

Prep Time: 10 mins  
Cook Time: 30 mins

## Method

1. Pre-heat your oven to 325F. Line a rimmed baking sheet with a piece of parchment paper.
2. In a large mixing bowl, combine the oats with the oil, agave, cinnamon, salt, and all spice. Stir until the oats are uniformly coated with the seasonings.
3. Spread the oats on the prepared pan then bake for 15 minutes, remove from the oven and stir gently, then return to the oven to continue baking for an additional 15 minutes. The oats will be a toasty color and very fragrant but feel soft when stirred. Gently stir in the crushed apple chips.

## Notes

Allow the granola to cool completely before storing in a sealed container. Keep the granola in a cool dry cupboard, it should stay fresh for up to 2 weeks.

\*If you can't find Bare apple chips, look for any apple chips with no added ingredients – just dried apples.

Serve with yogurt, fruit, with applesauce, on an apple slice spread with nut butter, over ice cream

## Nutrition

1/4 cup: 99 calories, 3g fat, 17g carbohydrates, 2g fiber, 2g protein

Nutrition information provided for estimation only. Data may vary by location or product. Not for use in lieu of medical advice

## Ingredients

**2 cups old fashion oats**

**2 tablespoons grapeseed oil (may substitute other neutral flavored oil)**

**2 tablespoons agave (may substitute honey)**

**2 teaspoons cinnamon**

**½ teaspoon sea salt**

**¼ teaspoon ground all spice**

**1 cup Bare apple chips\*, Fuji & Reds, crushed into pieces ½ inch or smaller**

# Baked Chicken Marinara



Serves: 6  
Serving: 1 (4 oz) thigh

Prep Time: 10 mins  
Cook Time: 50 mins

## Method

1. Pre-heat the oven to 375F. Cover the bottom of a 13x9 glass or ceramic baking pan with a layer of onion slices. Place the chicken over the onions and sprinkle generously with pepper followed by a few small pinches of salt. Spoon a dollop of marinara over each piece of chicken.
2. Bake chicken in the preheated oven for 30-50 minutes until the thickest portions have reached an internal temperature of 165F. Remove from the oven to rest for 10 minutes before serving.

## Notes

May be served with: tossed salad, steamed vegetables, cauliflower puree, whole wheat pasta

## Nutrition

240 calories, 14g fat, 5g carbohydrates, 1g fiber, 23g protein

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## Ingredients

**1 medium onion, red or yellow, sliced into 1/4 inch rings**

**1 1/2 pounds (6) chicken thighs**

**3/4 tsp black pepper**

**1/8 tsp Kosher salt**

**1 cup (8 oz) marinara pasta sauce**

# Crock Pot Pulled Pork Tacos



Serves: 16  
Serving: 1/2 cup

Prep Time: 15 mins  
Cook Time: 8 hours

## Method

1. Peel the sweet potatoes and cut them into large 4 inch chunks, about 6 pieces per potato.
2. Place the sweet potato, onion and chilies in the slow cooker in an even layer. Add the vinegar over the top.
3. Split your roast into 2 pieces and pat the dry rub over all sides of both pieces. Set the roast on top of the vegetables. Cover and cook on low for 810 hours. The pulled pork is ready to serve when it easily pulls apart with a fork. Shred the pork into the potatoes.

## Notes

Serve hot on tortillas with shredded cabbage and your favorite taco toppings.

## Nutrition

235 calories, 16g fat, 8g carbohydrates, 1g fiber, 16g protein

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## Ingredients

**2lbs sweet potato (also called Red Garnet Yams) approximately 2 large or 3 medium**

**1 large yellow onion, sliced into 1/4 inch wedges**

**2 1/4-2 1/2 lbs pork butt roast**

**2 tablespoons brown sugar & chili dry rub (see recipe)**

**2-3 tbsp fire roasted green chilies**

**2 tbsp apple cider or white vinegar**

# Brown Sugar & Chili Dry Rub



Serves: 2 tablespoons

Prep Time: 5 mins

Cook Time: none

## Method

Measure all the ingredients into a small bowl, whisk with a fork to combine, then use as desired.

## Notes

Use dry rub in place of a marinade on pork or chicken

## Ingredients

**1 tablespoon dark brown sugar**

**1 teaspoon dry Italian herb blend**

**½ teaspoon cracked black pepper**

**½ teaspoon chili powder**

**½ teaspoon garlic powder**

**½ teaspoon smoked paprika**

**¼ teaspoon kosher salt**

# Ginger Soy Cod

Serves: 4  
Serving: 1 (6 oz) fillet

Prep Time: 10 mins  
Cook Time: 10 mins

## Method

1. Pat the fish dry. Arrange on a plate then lightly sprinkle both sides with salt, set fish aside.
2. In a large skillet with a lid, combine the liquid ingredients with the grated ginger then bring to a simmer over medium-high heat. Add the fish to the pan top side down, cook for 2 minutes then flip.
3. Reduce the heat to medium-low and cover the pan. Cook covered for 6-8 minutes until the fish is tender and flaky. Actual cooking time will depend on the thickness of your fish. The fillets are cooked when the meat is no longer translucent in the center.

## Notes

(may substitute other firm white fish)

## Nutrition

206 calories, 1g fat, 5g carbohydrates, 0g fiber, 39g protein

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## Ingredients

**4 (6 oz) pieces of cod**

**½ teaspoon kosher salt**

**2 tablespoons mirin, sweet cooking rice seasoning**

**2 tablespoons lime juice, approximately 1 lime**

**2 tablespoons lite soy sauce**

**2 tablespoons finely grated ginger root**

# Quick Coconut Rice

Serves: 6  
Serving: 1/2 cup

Prep Time: 5 mins  
Cook Time: 40 mins

## Method

1. In a rice cooker- combine rice with unsweetened shredded coconut, and salt. Add water and cook according to manufactures directions for brown rice.

## Notes

Fluff before serving.

## Nutrition

206 calories, 1g fat, 5g carbohydrates, 0g fiber, 39g protein

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## Ingredients

**1 cup jasmine brown rice**

**¼ cup unsweetened shredded coconut**

**½ teaspoon salt**

**1 ½ cups water**

# Easiest Asian Slaw

Serves: 10  
Serving: 3/4 cup

Prep Time: 5 mins  
Cook Time: none

## Method

1. Toss ingredients in a bowl. Serve cold.

## Notes

Serve immediately

## Nutrition

52 calories, 3g fat, 6g carbohydrates, 2g fiber, 1g protein

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## Ingredients

**7 cups of pre-shredded cabbage slaw**  
**4 tablespoons Mirin (sweet cooking wine)**  
**2 tablespoons sesame oil**  
**½ teaspoon salt**

# Curried Tuna Salad

Serves: 2  
Serving: 1/2 cup

Prep Time: 10 mins  
Cook Time: none

## Method

1. Mix together in a bowl. Serve with 1 ½ cups mixed salad greens and ½ cup cherry tomatoes.
2. If eating right away, soak the raisins for 5-10 minutes before hand to soften them. If taking to-go pack the curried tuna and greens in separate containers.

## Notes

\*may substitute 3 oz. diced chicken breast

May be served with: tossed salad, apple or pear slices, tortilla chips, or as a wrap in a tortilla

## Nutrition

128 calories, 1g fat, 11g carbohydrates, 1g fiber, 20g protein

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## Ingredients

- 1 (6 oz) can water packed tuna\***
- 1/3 cup plain Greek yogurt**
- ¼ cup diced celery**
- 2 tablespoons minced green onion**
- 2 tablespoons raisins**
- 1 teaspoon curry powder**
- 1 dash salt**
- 1 dash pepper**

# Sausage & Tomato Pita Pizza



Serves: 4  
Serving: 1 pizza

Prep Time: 15 mins  
Cook Time: 10 mins

## Method

1. Preheat the oven to 425F. Arrange the pitas 2 per rimmed baking pan. Lightly spray each pita with olive oil mist (or brush on) just around the edges then lightly sprinkle edges with garlic powder.
2. Spread each pita with an equal amount of sauce, sausage, tomatoes & cheese.
3. Bake for 7-10 minutes until the edges of the pitas are golden brown and toasty and the cheese is evenly melted.

## Notes

This recipe uses marinara sauce leftover from the marinara chicken & creates leftover tomatoes and sausage for the frittata.

## Nutrition

423 calories, 17g fat, 45g carbohydrates, 10g fiber, 31g protein

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## Ingredients

**4 (6-7 inch) whole wheat pitas, not the pocket kind**

**Olive oil spray**

**Garlic powder**

**½ cup marinara sauce**

**12 oz Italian chicken sausage, cooked and crumbled**

**1 cup cherry or grape tomatoes, halved**

**1 cup part-skim mozzarella cheese, shredded**

# Crock-Pot Pea Soup

Serves: 6  
Serving: 1 cup

Prep Time: 10 mins  
Cook Time: 20 mins

## Method

1. Rinse the dry peas in a mesh strainer and place into a 4 quart (or larger) slow cooker. Add the remaining ingredients, cover, and set heat to low. Leave to cook for 8 hours then serve hot.

## Notes

This recipe uses marinara sauce leftover from the marinara chicken & creates leftover tomatoes and sausage for the frittata.

## Nutrition

250 calories, 8g fat, 37g carbohydrates, 4g fiber, 13g protein

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## Ingredients

**2 cups (14 oz) dry yellow split peas**

**2 stalks of celery with leaves, diced**

**6 cups water**

**1 Tablespoon Dry Dill**

**½ tsp Salt**

**¼ tsp Pepper**

# Stove Top Mac & Cheese

the  
**1500**  
MEAL PLAN

Serves: 6  
Serving: 1 cup

Prep Time: 10 mins  
Cook Time: 20 mins

## Method

1. **Prepare the pasta:** Fill a 4 quart or larger pot with water. Add a couple of big pinches of salt to the water to enhance the pasta flavor. Cover and bring the water to a boil. Add the dry pasta and cook uncovered for 7 minutes then add the frozen vegetables. Return the water to a boil and cook for 5 more minutes or until the pasta is tender (pleasant to chew). Drain the water from the pasta but keep a tiny bit of water at the bottom of the pot - about 1 tablespoon. Return the pasta and vegetables to the pot.
2. **While the pasta cooks:** - place a medium sauce pan over medium heat and melt the butter in the pan. Whisk the flour into the melted butter and let it toast for about 1 minute. Remove the pan from the heat and whisk in the milk until there are no lumps of flour. Return the pan to the heat add the herbs, salt, and pepper. Use a wooden spoon to gently stir the sauce until it coats the back of the spoon - should take about 3 minutes. Stir in the chèvre and ¼ cup of mozzarella until they have fully incorporated into the sauce.
3. Fold the finished sauce into the pasta and vegetables and top with the remaining shredded cheese. Allow the finished dish to sit for 3-5 minutes before

## Notes

This recipe uses marinara sauce leftover from the marinara chicken & creates leftover tomatoes and sausage for the frittata.

## Nutrition

250 calories, 8g fat, 37g carbohydrates, 4g fiber, 13g protein

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## Ingredients

- 1 cup 1% milk (see recipe instructions)
- ½ lb (8 oz) dry multigrain pasta – try macaroni, bow-tie, little shells, or spirals
- 2 cups frozen mixed vegetables
- 1 TB unsalted butter
- 1½ tsp all purpose flour
- 2 oz plain chèvre (soft goat cheese)
- ½ cup shredded part-skim mozzarella cheese (divided)
- 1 tsp dried Italian herb blend
- ⅛ tsp Kosher salt (plus more for seasoning the pasta water)
- ¼ tsp black pepper

# Crispy Pan Seared Turkey Cutlets



Serves: 4  
Serving: 4 oz

Prep Time: 5 mins  
Cook Time: 8 mins

## Method

1. Measure breadcrumbs on to a dinner plate. Sprinkle over herbs, salt & pepper and mix gently.
2. Heat oil in a large skillet over medium high heat.
3. Lay each cutlet over the breadcrumbs and pat to coat. Flip to coat the other side. Lay the cutlet in the hot pan. Quickly repeat the steps until all the cutlets are coated and in the pan. Make sure to leave an inch or so around each cutlet – cook in batches if needed.
4. Cook each cutlet for 3 – 4 minutes per side, until the crumb coating is crisp and the meat turns from pink to white.

## Notes

This recipe uses marinara sauce leftover from the marinara chicken & creates leftover tomatoes and sausage for the frittata.

## Nutrition

205 calories, 5g fat, 10g carbohydrates, 1g fiber, 30g protein

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## Ingredients

- ½ cup dry bread crumbs**
- 1 teaspoon Italian herbs**
- ½ teaspoon kosher salt**
- ¼ teaspoon black pepper**
- 1 tablespoon grapeseed oil**
- 16 oz turkey breast cutlets**

# Sausage & Tomato Frittata

the  
**1500**  
MEAL PLAN

Serves: 4  
Serving: 1/4 frittata

Prep Time: 5 mins  
Cook Time: 12 mins

## Method

1. Move an oven rack to the top position and preheat oven to broil.
2. In medium bowl, whisk eggs with a few pinches of pepper and salt. Stir until the eggs are uniform in color.
3. Heat a large, 12-inch non-stick, oven-safe pan over medium high heat. Mist with oil or cooking spray. Kale to the pan and saute for 2 to 3 minutes until defrosted and soft. Sprinkle the kale with salt and pepper. Add sausage to the pan stir for 1 minute to let the sausage warm through. Pour egg mixture into pan and stir with rubber spatula. Drop in the crumbled goat's cheese and place the tomatoes on top cut side up. Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top. Sprinkle with fresh herbs.
4. Transfer the pan into the top rack of the oven then broil for 3 to 4 minutes, until the top is lightly browned and the eggs are fully set. Slide the frittata out of the pan and cut into 4 servings. Serve immediately.

## Notes

Adapted from Alton Brown's Frittata recipe on foodnetwork.com

## Nutrition

182 calories, 12g fat, 3g carbohydrates, 1g fiber, 15g protein

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## Ingredients

**6 large eggs**

**1 cup frozen kale, chopped**

**3/4 cup mild Italian chicken sausage, cooked & crumbled**

**1/2 cup cherry tomatoes, halved**

**1 oz soft goat's cheese, crumbled**

**Grape seed oil or non-stick spray**

**salt**

**black pepper**

**chopped fresh parsley or basil**