

STAGE 4

Menus & Recipes

Mixed Berry Shake

Combine all ingredients in a blender and blend until smooth. If you like a thicker shake, you can increase the yogurt and decrease the milk as desired.

- ¼ cup frozen mixed berries
- ½ cup nonfat yogurt (any flavor)
- 1 scoop vanilla protein powder
- ½ cup milk
- Splash of almond or vanilla extract (optional, to taste)

Nutrition info (per shake): Calories: 235 | Protein: 30 grams



Peanut Butterscotch Shake

Put cottage cheese in blender. Add additional ingredients in order written, blending for about 5-10 seconds after each addition. This prevents clumps from forming. If at any time the shake gets too thick, add one tablespoon of water to blender and mix in.

- ⅓ cup low-fat cottage cheese
- 1 Scoop protein powder (either chocolate or vanilla works well)
- 1-2 tablespoon PB2 (to taste)
- 1 tablespoon butterscotch instant pudding mix
- ½ cup milk
- Up to ½ cup ice (optional)
- Splenda (or other sweetener), to taste

Nutrition info (per shake): Calories: 235 | Protein: 34 grams

Hummus Among Us

Combine all ingredients in a food processor or powerful blender and blend until smooth. If mixture is too thick, add water by teaspoonful until desired consistency. Using Greek yogurt will boost protein content of this dip, but increases tangy taste as well.

- 1 (15 ounces) can of chickpeas, rinsed and drained
- ½ cup plain yogurt
- 1-2 teaspoon garlic powder, to taste
- ½-1 teaspoon cumin, to taste
- 1 tablespoon lemon juice
- salt, to taste

Nutrition info: Calories: 88 | Protein: 6 grams

Menus & Recipes

High-Protein Peanut Butter Truffles (from the Unjury website)

With a spoon, mix chocolate protein powder into peanut butter one scoop at a time, mixing well after each addition. It may be helpful to gently heat the peanut butter in a microwave for 10-12 seconds first. Using a melon baller or teaspoon, divide dough into 11 balls. Place on cookie sheet and freeze overnight.

- $\frac{3}{4}$ cup reduced-fat peanut butter
- 3 scoops chocolate flavored protein

Nutrition info (per Ball): Calories: 131 | Protein: 10 grams

High-Protein Hot Chocolate

Heat the milk in the microwave or on the stove top until thermometer measures 130-140 degrees. Do not mix protein powder into milk that is hotter than 140, or protein will clump. Mix in protein powder and chocolate syrup slowly, stirring constantly to avoid clumps. Top with whipped topping.

- 8 ounces skim or 1% milk
- $\frac{1}{2}$ scoop chocolate protein powder
- 1-2 tablespoon sugar-free chocolate syrup (optional, for a richer flavor)
- 1-2 tablespoon light whipped topping (optional, for a festive touch)

Nutrition info (per drink): Calories: 175 | Protein: 18 grams



High-Protein Pumpkin Pudding

Mix dry ingredients together. Stir in pumpkin, making sure no lumps form. Slowly add in milk, stir to combine. Divide into four servings of about $\frac{1}{2}$ cup each. Chill for at least five minutes. This pudding tastes best if left in the fridge for several hours to let flavors meld. Before serving, top each with two tablespoons of whipped topping and a sprinkle of cinnamon, if desired.

- 1 box (1.4 ounces) sugar-free instant butterscotch pudding mix (vanilla works, too)
- 1 scoop vanilla protein powder
- $\frac{1}{4}$ teaspoon cinnamon or pumpkin pie spice
- 2-4 packets Splenda (or other sweetener), sweeten to taste
- $\frac{1}{2}$ cup canned pumpkin
- 1 $\frac{1}{2}$ cup skim or 1% milk
- $\frac{1}{2}$ cup light whipped topping and extra cinnamon, for topping

Nutrition info (per serving): Calories: 115 | Protein: 8 grams

STAGE 4

Menus & Recipes

Iced Vanilla Latte

Mix first three ingredients well. Add ice.

- 1 scoop vanilla protein powder
- ½ cup decaf coffee
- ½ cup light vanilla soy milk
- Ice, to taste

Nutrition info (per latte): Calories: 135 | Protein: 13 grams



Greek Yogurt Chicken

4 SERVINGS

Preheat oven to 375 degrees. Combine Greek yogurt, cheese and seasonings in bowl. Line baking sheet with foil and spray with cooking spray. Coat each chicken breast in Greek yogurt mixture and place on foiled baking sheet. Bake for 45 minutes.

- 4 boneless skinless chicken breasts (4 ounces each)
- 1 cup plain Greek yogurt
- ½ cup grated parmesan cheese
- 1 teaspoon garlic powder
- 1 ½ teaspoons seasoning salt
- ½ teaspoon pepper

Nutrition info (per serving):

Total calories: 266 | Total fat: 4 grams | Saturated Fat: 3 grams | Total carbohydrates: 3 grams
Dietary Fiber: 0 grams | Sugars: 2 grams | Protein: 46 grams

Cottage Cheese High-Protein Pancakes

4 SERVINGS

Combine all ingredients in a large bowl. Heat a large skillet over medium heat and coat with cooking spray. Pour ⅓ cup of batter onto skillet at a time and cook until bubbles appear on the surface. Flip and cook on the other side until brown. Serve with low-calorie syrup.

- 1 cup low-fat cottage cheese
- 1 ½ tablespoons canola oil
- ⅓ cup all-purpose flour
- 3 eggs, lightly beaten

Nutrition info (per serving):

Total calories: 174 | Total fat: 9 grams | Total carbohydrates: 9 grams | Dietary Fiber: 1 gram
Sugars: 2 grams | Protein: 13 grams

STAGE 4

Menus & Recipes

Faux Fried Chicken

3 SERVINGS

1

In a large sealable container or plastic bag, combine buttermilk with paprika and mix well. Add chicken and coat completely.

2

Seal and refrigerate for at least one hour. Preheat oven to 375 degrees.

3

Prepare a large baking sheet by spraying it with nonstick spray. Set aside.

4

Using a blender or food processor, grind cereal to a breadcrumb-like consistency. Pour crumbs into a large bowl. Add panko breadcrumbs and onion soup mix. If you like, add a dash or two of salt. Mix thoroughly. One at a time, remove each piece of chicken from container/bag, give it a shake (to get rid of excess buttermilk), coat it evenly with the crumb mixture, and lay it flat on the baking sheet.

5

Bake in the oven for 10 minutes. Flip carefully (tongs work well!), and then bake for an additional 10 minutes, or until outsides are crispy and chicken is cooked through.

- 1/3 cup reduced-fat buttermilk
- 1/8 teaspoon paprika
- 12 ounces raw boneless skinless lean chicken breast tenders (about 10 pieces)
- 1/3 cup bran cereal (Original Fiber One® or similar type)
- 1/3 cup panko breadcrumbs
- 1 tablespoon dry onion soup mix
- Optional: salt, to taste

Nutrition info (1/3 recipe or about 3 pieces):

Total calories: 210 | Total fat: 3.5 grams | Total carbohydrates: 17 grams | Total Fiber: 3.5 grams
Sugars: 2 grams | Protein: 29 grams

STAGE 4

Menus & Recipes

Creamy Cauliflower Puree

4 SERVINGS

- 1 large (6-7" diameter) head of cauliflower
- 3 cloves of garlic (cooked/steamed with cauliflower)
- 1/3 cup low-fat buttermilk
- 4 teaspoons extra-virgin olive oil
- 1 teaspoon butter, salted
- 1/2 teaspoon of garlic salt
- 1/2 teaspoon of black pepper



1

Break cauliflower into 2" x 2" pieces (or smaller) and put in large microwave safe bowl with 1/4 cup water and three whole garlic cloves and cover.

2

Microwave for five minutes or until cauliflower is very tender.

3

Use garlic press to crush three garlic cloves and add them to food processor. Add cooked cauliflower to the food processor. Add buttermilk, 2 teaspoons olive oil, butter, garlic salt, and pepper. Process ingredients until smooth and creamy.

4

Drizzle the remaining 2 teaspoons of olive oil on top and serve.

Nutrition info (3/4 cup serving):

Total calories: 113 | Total fat: 6 grams | Total carbohydrates: 13 grams | Cholesterol: 3 milligrams
Sodium: 383 milligrams | Sugars: 6 grams | Protein: 5 grams

STAGE 4

Menus & Recipes

Creamy Slow Cooker Chicken

6 SERVINGS

- 6 skinless, boneless chicken breasts (2 ½ pounds)
- 1 10 ¾ ounce reduced fat cream of mushroom soup
- 1 cup pureed cottage cheese or plain Greek yogurt
½ cup chicken stock
- 1 -7 ounces envelope Italian dressing mix
- 1- 8 ounces package of mushrooms
- Cooking spray

Nutrition info (One six ounce serving):

Total calories: 128

Total fat: 1.68 grams

Sugars: 2.28 grams

Protein: 18.5 grams

1

Spray a large skillet with cooking spray. Cook chicken in batches over medium-high heat for two to three minutes on each side or until just browned. Transfer chicken to a 5-qt. slow cooker.

2

Add soup, cottage cheese or yogurt, chicken stock and Italian dressing mix to skillet. Cook over medium heat, stirring constantly, two to three minutes, or until cheese is melted and mixture is smooth.

3

Arrange mushrooms over chicken in slow cooker. Spoon soup mixture over mushrooms. Cover and cook on LOW four hours. Stir well before serving.

TO MAKE AHEAD:

Prepare recipe as directed. Transfer to a 13 x 9-inch baking dish, and let cool completely. Freeze up to one month. Thaw in refrigerator 8 to 24 hours. To reheat, cover tightly with aluminum foil, and bake at 325° for 45 minutes. Uncover and bake 15 minutes or until thoroughly heated.

STAGE 4

Menus & Recipes

Creamy Alfredo Sauce

6 SERVINGS

- 4 tablespoons fat-free margarine
- 1 cup fat-free sour cream
- ¼ cup egg substitute
- 1 cup grated parmesan cheese (or some other strong-flavored cheese)
- Pinch of ground nutmeg Salt and pepper to taste

Nutrition info (per serving):

Total calories: 105

Total fat: 4 grams

Protein: 8 grams

Cholesterol: 14 milligrams

Sodium: 387 milligrams

Sugar: 4 grams

1

Melt margarine over medium heat.

2

Add sour cream.Reduce heat to low and whisk until margarine is incorporated into sour cream. Add egg substitute and continue to whisk (if heat is too high, eggs will scramble!) When completely mixed, add cheese and continue stirring until cheese is melted into mixture.

3

Remove from heat. Add nutmeg and season to taste.

SERVING SUGGESTION:

Serve over pasta or as a topping for cooked boneless, skinless chicken breast, salmon or other fish.



STAGE 4

Menus & Recipes

Good Morning Casserole

4 SERVINGS

- 4 slices of bread, crust trimmed
- 1 ½ cups of egg substitute
- 1 ½ cups skim milk
- 4 slices cooked turkey bacon, crumbled
- ¼ cup (1 ounces) shredded reduced-fat cheddar cheese
- ¼ cup (1 ounces) shredded reduced-fat Swiss cheese
- ½ cup sliced mushrooms
- ¼ teaspoon seasoned salt
- ½ cup frozen hash brown potatoes, thawed

Nutrition info (¼ pan):

Total Calories: 253

Fat: 8 grams

Protein: 2 grams

Carbohydrate: 22 grams

Cholesterol: 18 milligrams

Sodium: 674 milligrams

Sugar: 7 grams

Fiber: 2 grams

- 1** Across bottom of lightly greased 9x9= inch baking dish, arrange bread slices, slightly overlapping. Set aside.
- 2** In large bowl, beat together egg substitute, milk, turkey bacon, 2 tablespoons each of cheddar and Swiss cheeses, mushrooms and salt.
- 3** Pour mixture over bread slices.
- 4** Sprinkle potatoes and remaining cheese over egg mixture.
- 5** Cover and refrigerate overnight.
- 6** Bake, uncovered, in pre-heated 350° F oven until lightly browned and knife inserted near center comes out clean (about 40-45 minutes).

STAGE 4

Menus & Recipes

Egg Muffin

12 SERVINGS

- 6 large eggs
- 12 slices pre-cooked turkey bacon (sliced into thirds)
- $\frac{3}{4}$ cup shredded low fat Swiss or Monterey jack cheese
- $\frac{1}{2}$ cup 1% milk
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon Italian seasoning

1

Spray muffin tin with nonstick cooking spray.

2

Preheat oven to 350° F.

3

Place 3 bacon pieces in the bottom of each muffin cup.

4

In a separate bowl, mix together all ingredients until well blended, except for $\frac{1}{4}$ cup of the shredded cheese. Fill each muffin cup with $\frac{1}{4}$ cup of the egg mixture. Sprinkle extra $\frac{1}{4}$ cup of cheese on top of the muffins.

5

Bake for 20-25 minutes or until eggs are set.

Nutrition info (1 muffin):

Total Calories: 98

Total Fat: 7g

Saturated fat: 2g

Total Carbohydrates: 1g

Total Fiber: 0g

Total Sugar: 1g

Protein: 8g



STAGE 4

Menus & Recipes

Magically Moist Chicken

4 SERVINGS

- 3 pounds skinless, boneless chicken breasts
- 1 and ¼ cups Italian bread crumbs
- ½ cup fat-free mayonnaise

Nutrition info (per serving):

Calories: 233
Fat: 5 grams
Protein: 37 grams
Carbohydrate: 8 grams
Cholesterol: 8 grams
Sodium: 268 milligrams
Sugar: 0 grams

1

Preheat oven to 425 degrees.

2

Brush mayonnaise on chicken.

3

Place bread crumbs in bag and shake one piece of chicken at a time.

4

Place chicken breasts in foil-lined pan and bake for 40-45 minutes.

Protein Packed Pesto

4 SERVINGS

Combine all ingredients in blender or food processor. Blend or process until smooth. Spoon ½ cup of mixture on poultry or fish.

- ½ cup water
- 10 oz package frozen, chopped spinach (thawed and well drained)
- ⅓ cup 1% cottage cheese
- ⅓ cup fresh basil (or 2 tablespoon dried basil) – fresh preferred
- 2 tablespoon grated parmesan cheese
- 1 tablespoon olive oil
- 2 cloves garlic, minced

Nutrition info (½ cup):

Calories: 77
Fat: 5g
Protein: 6g
Carbohydrate: 4g
Cholesterol: 3 mg
Sodium: 292 mg
Sugar: 1g

STAGE 4

Menus & Recipes

Slow Cooker Chicken Taco Filling

4 SERVINGS

- 16 ounces (1 lb) skinless, boneless chicken breasts
- 1 cup chicken broth
- 1 (1.25 ounce) package dry taco seasoning mix

Nutrition info (1 serving, 4 ounces):

Calories: 148 | Total Fat: 2.4 grams | Total Carbohydrates: 6 grams | Sugars: 0 grams
Protein: 23 grams | Sodium: 930 milligram (*use low sodium broth and seasonings to reduce sodium content*)

1

Mix chicken broth and taco seasoning in a bowl.

2

Place chicken breast in slow cooker.

3

Pour broth and seasoning mixture over chicken.

4

Cover and cook on low for six to eight hours.

5

Shred chicken.

6

Cook on low for additional 30 minutes to absorb excess juices.

7

Serve as filling for tacos, topping for a salad or by itself for a protein source.

Lemon-Broiled Orange Roughy

4 SERVINGS

- 3 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon margarine, soft, melted
- ¼ teaspoon ground pepper
- 16 ounces orange roughy fillets (4 ounces each)
- 8 medium lemon wedges

Nutrition info (per serving):

Calories: 114
Fat: 4 grams
Protein: 17 grams
Carbohydrate: 3 grams
Cholesterol: 23 milligrams
Sodium: 157 milligrams
Sugar: 0 milligrams

1

Combine first four ingredients, stirring well. Coat the rack of a broiler pan with nonfat cooking spray. Place rack on pan. Place fish fillets on rack.

2

Brush with half of the lemon juice mixture, reserving the remaining half.

3

Broil for five minutes or until fish flakes easily. Drizzle the reserved lemon juice mixture over the fillets and add pepper to taste. Serve with lemon wedges.

STAGE 4

Menus & Recipes

Baked Breaded Cod Fillet

4 SERVINGS

- Non-stick cooking spray
- 4 (6-ounce) pieces skinless cod fillets
- $\frac{3}{4}$ teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 3 tablespoons melted unsalted margarine
- divided juice of 1 lemon, divided
- $\frac{1}{4}$ cup dried whole wheat bread crumbs
- 3 tablespoons finely chopped parsley
- 2 tablespoon finely chopped chives

Nutrition info (6 ounce fillet):

Total Calories: 150 | Total Fat: 9 grams | Saturated Fat: 6 grams | Total cholesterol: 45 milligrams
Sodium: 530 milligrams | Total Carbohydrates: 6 grams | Dietary Fiber: 0 grams | Sugar: 1 grams
Protein: 11 grams

1

Preheat oven to 425°F.

2

Spray a 9x13-inch baking dish or medium oval baking dish with non-stick cooking spray.

3

Sprinkle cod with salt and pepper and arrange it in the dish.
Drizzle it with half the margarine and half the lemon juice.

4

In a small bowl, combine bread crumbs, parsley and chives.
Sprinkle the mixture over the cod and drizzle with remaining margarine and lemon juice.

5

Bake just until bread crumbs are crisped and cod flakes easily with a fork, about 12 minutes.

STAGE 4

Menus & Recipes

Turkey and Quinoa Meatloaf

6 SERVINGS

- ¼ cup quinoa
- ½ cup water
- 1 small onion, chopped
- 1 large clove garlic, chopped
- 1 (20 ounce) package ground turkey breast (Italian seasoning flavored)
- 1 tablespoon tomato paste
- 1 tablespoon hot pepper sauce
- 2 tablespoons Worcestershire sauce
- 1 egg
- 1 ½ teaspoons salt
- 1 teaspoon ground black pepper

Topping Paste (Optional)

- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon water

Nutrition info (156 grams or ⅙ of recipe):

Calories: 206 | Total Fat: 9 grams | Total Carbohydrates: 11 grams | Dietary Fiber: 1 grams
Protein: 19 grams

1

Bring the quinoa and water to a boil in a saucepan over high heat.

2

Reduce heat to medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.

3

Preheat an oven to 350°F (175 degrees C).

4

Use non-stick cooking spray to coat a pan for cooking onion. Cook onion until it has softened and turned translucent, about five minutes. Add the garlic and cook for another minute; remove from heat to cool.

5

In a large bowl mix together turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire sauce, egg, salt, and pepper until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet.

6

Combine the brown sugar, 2 teaspoons Worcestershire, and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.

7

Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160° F (70° C).

8

Let the meatloaf cool for ten minutes before slicing and serving.

STAGE 4

Menus & Recipes

Zucchini Boat

8 SERVINGS

- 4 medium zucchini
- 1 pound ground turkey breast
- ½ cup chopped onion
- 1 egg, beaten
- ½ pounds sliced mushrooms
- 1 large tomato— diced
- ¾ cup spaghetti sauce
- ¼ cup seasoned whole wheat bread crumbs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup (4 ounces) shredded low fat mozzarella cheese

Nutrition info (1 zucchini boat or ⅛ recipe):

Total calories: 195 | Total fat: 7.5 grams | Saturated Fat: 3 grams | Sodium: 294 milligrams

Total carbohydrates: 16 grams | Dietary Fiber: 4 grams | Sugars: 5 grams | Protein: 17.5 grams

- 1** Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat. Scoop out pulp, leaving ¼-in. shells. Set pulp aside.
- 2** Place shells in an ungreased 3-quart microwave-safe dish. Cover and microwave on high for three minutes or until crisp-tender; drain and set aside.
- 3** In a large skillet, cook ground turkey and onion over medium heat until meat is no longer pink; drain. Remove from the heat.
- 4** In a large bowl mix together zucchini pulp, beaten egg, spaghetti sauce, bread crumbs, mushrooms, tomato, salt, pepper, ½ cup cheese and cooked ground turkey.
- 5** Spoon about ¼ cup mixture into each shell. Sprinkle with remaining cheese.
- 6** Bake uncovered for 20 minutes at 350°F or until brown.

STAGE 4

Menus & Recipes

Turkey Turnover

24 SERVINGS

- 1 envelope dry onion soup
- 1 pound ground turkey (breast meat only)
- 1 cup shredded 2% low fat cheese
- 3 tubes reduced fat refrigerated crescent rolls (8 in each tube)

Nutrition info (2 Turnovers):

Calories: 155
Fat: 7 grams
Protein: 9 grams
Carbohydrate: 13 grams
Cholesterol: 14 milligrams
Sodium: 472 milligrams
Sugar: 3 grams

1

Preheat oven to 350 degrees

2

Mix soup with meat in skillet and brown well. Blend in cheese.

3

Unroll dough, separate rolls and cut each triangle in half.

4

Place spoonful of meat mixture in center of each triangle. Fold over, seal edges and place on cookie sheet.

5

Bake for 15 minutes. Freeze leftovers.

BBQ Roasted Salmon

4 SERVINGS

- ¼ cup pineapple juice
- 2 tablespoons fresh lemon juice
- 4 salmon fillets (6 ounces each)
- 2 tablespoons brown sugar
- 4 teaspoons chili powder
- 2 teaspoons grated lemon rind
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cinnamon

Nutrition info (per serving):

Calories: 225
Fat: 6 grams
Protein: 34 grams
Carbohydrate: 7 grams
Cholesterol: 88 milligrams
Sodium: 407 milligrams
Sugar: 6 grams

1

Preheat oven to 400°F degrees.

2

Combine first three ingredients in Ziploc bag. Marinate in refrigerator for one hour, turning occasionally. Remove salmon from bag and discard marinade.

3

Combine remainder of ingredients and rub over fish. Place fillets in baking dish coated with cooking spray. Bake for 12-15 minutes or until desired doneness. Serve with lemon slice garnish.

STAGE 4

Roasted Vegetables

Roasting Pointers

- Preheat the oven to 450°F. Roasting vegetables should be done at high heat so they caramelize on the outside. If the oven is too low, the vegetables will overcook before achieving the desired browning.
- A heavy 13x9x2-inch roasting pan works well for roasting vegetables, but you can also use a large baking pan. To keep cleanup to a minimum, you can line the pan with foil. Place the vegetables that take the longest to cook in the pan. Do not crowd the vegetables or they will steam instead of roast. If you like, add one or two heads garlic with the tops trimmed off, several sprigs of thyme and/or snipped fresh rosemary, oregano, or sage.
- Tossing the vegetables with a seasoned oil mixture keeps them from drying out and helps to flavor the vegetables. In a small bowl combine olive oil with lemon juice, salt and ground black pepper. Drizzle the seasoned oil over the vegetables in the pan and toss lightly to coat all of the vegetables. A basting brush also works well to help coat the vegetables with the oil.



Tip

If you prefer, you can omit the heads of garlic and fresh herbs from the vegetable mixture in the pan and add minced garlic and snipped fresh herbs or dried herbs (one tablespoon snipped fresh herb equals one teaspoon dried herb) to the oil mixture.

- Roast the vegetables, uncovered, about 30 minutes, stirring once. Remove the pan from the oven and add vegetables with shorter cooking times. Toss to combine and return to the oven. Continue to cook about 10 to 15 minutes more or until the vegetables are tender and brown on the edges, stirring occasionally. The timings here are approximate and will depend on the vegetables you choose.
- Preparation and approximate roasting times at 450° F. Roast vegetables until crisp-tender.



STAGE 4

Roasted Vegetables

Carrots

- Trim and peel or scrub baby carrots or regular carrots.
- Cut regular carrots into bite-size pieces or julienne strips.
- 40 to 45 minutes (julienne strips may cook faster)

Parsnips

- Trim and peel parsnips.
- Cut into bite-size pieces or julienne strips.
- 40 to 45 minutes (julienne strips may cook faster)

New potatoes or regular potatoes

- Whole tiny new potatoes, quartered, work especially well. For large potatoes, cut into bite-size pieces. Peeling is not necessary, but scrub well before using.
- 40 to 45 minutes

Sweet potatoes

- Scrub and peel
- Cut into bite-size pieces.
- 40 to 45 minutes

Onions

- Remove papery outer layer.
- Cut into fairly thin wedges.
- 30 to 45 minutes

Fennel

- Trim the stalks and cut a thin slice from the bottom of the bulb. Cut bulb into fairly thin wedges.
- 30 to 40 minutes

Brussels sprouts

- Trim stems and remove any wilted outer leaves; wash.
- Cut any large sprouts in half lengthwise.
- 30 to 40 minutes

Baby beets or regular beets

- Scrub and peel beets.
- Trim off stem and root ends. If desired, halve or quarter baby beets.
- Cut regular beets into 1-inch pieces.
- 30 to 40 minutes (you may want to cover the beets if they start to burn).





STAGE 4

Roasted Vegetables

Roma tomatoes

- Wash and halve lengthwise.
- 20 to 30 minutes

Zucchini, pattypan, or yellow summer squash

- Baby zucchini, pattypan, or summer squash can be roasted whole.
- For larger squash, cut into bite-size pieces or slices.
- 10 to 15 minutes

Eggplant

- Peel if desired.
- Cut into quarters lengthwise, and cut into ½-inch-thick slices.
- 10 to 15 minutes

Sweet peppers

- For regular-size peppers, wash, seed and cut into ½-inch-wide strips.
- For small peppers, if desired, roast whole, then remove stems and seeds.
- 10 to 15 minutes

Asparagus

- Wash and break off woody bases where spears snap easily.
- Leave spears whole or cut into 1-inch pieces.
- 10 to 15 minutes

Baby leeks

- Trim and halve lengthwise. Rinse well and pat dry with paper towels.
- 10 to 15 minutes

Cauliflower

- Wash and remove leaves and woody stem. Break into florets.
- 10 to 15 minutes

STAGE 4

Menus & Recipes

Zucchini Noodles or Ribbons

2 SERVINGS | PREP TIME: 15 MINUTES

- 2 medium-sized raw zucchini squash, washed, dried, and trimmed at both ends
- 2 tablespoon fresh-squeezed lemon juice
- Salt and pepper to taste
- Herbs of your choice

PREPARATION

1

Using the julienne blade of a mandolin or a spiral vegetable slicer, slice zucchini lengthwise into long, thin strands. Slice the zucchini just until you reach the seeds in the middle and then stop (the seeds will cause the noodles to fall apart).

NOTE:

If you don't have a mandoline or a spiral slicer, you can either use a vegetable peeler or a knife.

2

Separate the zucchini strands. Transfer zucchini strands to a colander set over a mixing bowl. Toss the zucchini strands with salt; let stand 15 minutes at room temperature.

3

After 15 minutes, gently squeeze the zucchini strands to extract any excess water. Transfer drained zucchini strands to a bowl and toss with lemon juice, salt, and pepper.

4

To serve, twirl small amounts of zucchini strands with a long-tined fork and slip off onto individual serving plates. Garnish with herbs of your choice.

SERVING IDEAS

- Top with pesto, tomato sauce, or guacamole sauce.
- Use in place of pasta for a delicious spaghetti dish.
- Top with grilled marinated shrimp.
- Top with grilled chicken and peanut sauce.
- Toss with pan-fried tofu.
- Let your imagination be your guide!

STAGE 4

Menus & Recipes

Skinny Funfetti Cupcakes

MAKES 24 CUPCAKES | 110 CALORIES PER FROSTED CUPCAKE

CUPCAKES:

- 1 package Pillsbury Funfetti Cake Mix (just the powder, not the recipe on the box)
- 1 (12 ounce) can Sprite Zero

FROSTING:

- 1 (8 ounce) container Fat Free Cool Whip
- 1 (1.5 ounce) pkg. Fat Free Vanilla Jello Instant Pudding (just the powder, not the recipe on the box)

1 Cupcakes:
Preheat oven to 350 degrees. Line 24 cupcake tins with paper liners. In a large bowl, combine cake mix and Sprite together. Continue to mix until the batter is smooth without any lumps. Pour approximately 1/4 cup of batter into every cupcake wrapper. Bake for 20 minutes. Let cool before frosting.

2 Frosting:
In a mixing bowl, add Cool Whip and pudding. Mix with a whisk by hand or an electric hand mixer until smooth. Spread over cooled cupcakes. Makes enough frosting for 24 cupcakes.

STAGE 4

Menus & Recipes

Skinny Peanut Butter Cookie Granola

10 SERVINGS | ESTIMATED TIME: 45 MINUTES

- 2 ½ cups rolled oats
- 2 tablespoons butter (Smart Balance™)
- ½ cup baking stevia OR 1 cup sweetener of choice that measures like sugar one
- ⅛ cup sugar-free honey
- ¼ cup mini chocolate chips
- ¼ cup and 2 tablespoons cup egg whites (or egg white substitute)
- ½ cup peanut butter
- 1 teaspoon baking powder
- Pinch Salt (to taste)

OPTIONAL ADD

- 1 scoop of protein powder for a protein packed version
- 1 NuNaturals More Fiber Stevia Baking Blend

NOTE:

If using packets of Stevia, use about 8-12, or adjust according to taste.

1

Preheat oven to 325°. Line a baking sheet with foil or parchment paper. (If using foil, spray with non-stick cooking spray).

2

Place peanut butter and butter in a microwave safe bowl, and microwave for 30 seconds, or until softened. Mix all of the ingredients together in a medium sized bowl and add softened butter and peanut butter. Stir until everything is well combined. Bake for 15 minutes, then remove from oven and stir to break granola apart. Return to the oven for another 10-15 minutes, or until granola is crisp.

3

Let cool completely, and store in an air-tight container for up to 7 days.

Nutrition info (½ cups):

Calories: 200 per ½ Cup

Carbohydrates: 34 grams

Protein: 7 grams

Fiber: 6 grams

Sugar: 3 grams

STAGE 4

Menus & Recipes

Peanut Butter Overnight Oats

1 SERVING

Mix all ingredients together. Place in Mason jar and let sit overnight. Ready to enjoy in the morning.

- ½ cup dry old fashioned oats
- ¼ cup low fat Greek yogurt
- 1 tablespoon PB2
- 1 teaspoon flax seed
- 1 teaspoon chia seed
- 1 tablespoon chocolate chips
- 2 packets sweetener
- milk (to cover)

Nutrition info (per serving):

Calories: 276

Total Fat: 7.6 grams

Saturated Fat: 3 grams

Sodium: 82 milligrams

Total Carbohydrates: 46.5 grams

Fiber: 4 grams

Sugar: 16.5 (coming from yogurt, milk and chocolate chips)

Protein: 13 grams



STAGE 4

Menus & Recipes

High-Protein Oatmeal or Cream of Wheat:

1

Make ¼ cup oatmeal (according to directions on package) and mix in one to two tablespoons of vanilla or unflavored protein powder.

- **Calories:** 70
- **Protein:** 10 grams

2

Note: You can add sugar-free coffee syrups, PB2 (powdered peanut butter) and/or Splenda and cinnamon to flavor oatmeal/cream of wheat.



Egg—tastic Eggs

1

Make an omlet with 1 egg and 1 tablespoon 2% reduced-fat cheese of your choice

Whole egg

- **Calories:** 125 | **Protein:** 11 grams

Egg Beater:

- **Calories:** 65 | **Protein:** 9 grams

OR

Scramble an egg or ¼ cup egg beater and add one wedge of flavored Laughing Cow cheese to add additional moisture.

Whole egg

- **Calories:** 135 | **Protein:** 9 grams

Egg Beater

- **Calories:** 65 | **Protein:** 7 grams

(Note: Try scrambling eggs in microwave for softer/more moist scrambled eggs).

Cottage cheese and fruit:

1

Mix 2 tablespoons of sugar free applesauce with 3 tablespoons of cottage cheese.

- **Calories:** 60
- **Protein:** 6 grams

