



Dr. Tague's

**Center for Nutrition**  
& Preventive Medicine P.A.

# Lean Protein Recipes

*for Long Term Success*

*Serving patients in the pursuit of weight control  
and Optimum Health since 1996.*

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# Eggs

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## WAFFLE EGG SAMMIE

**Tiny Waffle Maker**

**1-2 packets Natural Pancake Mix**

**1 egg**

### **DIRECTIONS:**

Make waffles from natural pancake mix in tiny waffle maker (use less water to make batter thicker than pancake batter).

Spray one side of each waffle with spray butter.

Cook egg in skillet w/ 1 tsp oil to desired hardness.

Make a sandwich with waffle and egg and voila!

## EGG WHITE CASSEROLE

**3 eggs**

**9 egg whites**

**2/3 cup low-fat cottage cheese**

**3/4 cup frozen spinach, thawed**

**1/2 cup mushrooms, diced**

**1/2 cup broccoli florets, chopped**

**1/2 cup red bell pepper, diced**

**1 tsp garlic powder**

**1/2 tsp onion powder**

**Salt and pepper to taste**

### **DIRECTIONS:**

Preheat oven to 375°F. Prepare a casserole dish (8.5 inch by 5.5 inch) by spraying with avocado oil spray and set aside.

Drain the spinach in a colander, then place in a clean towel or in-between paper towels and ring out excess water.

In a large mixing bowl, mix together the eggs, egg whites and cottage cheese until combined. Add the spinach, mushrooms, broccoli, bell pepper, garlic powder, onion powder, salt and pepper. Mix together and transfer to the prepared casserole dish.

Bake 40-45 minutes or until the eggs are set in the center. Remove from the oven and cool 5 minutes before slicing into 8 servings and enjoying.

Store the egg bake in the refrigerator up to 5 days.

# Pasta

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## PASTA SALAD

1 package of Pasta Supreme  
2-3 oz of grilled chicken or shrimp, chopped  
4-5 sliced cherry tomatoes  
1/4 cup of chopped cucumbers  
Chopped onion to your liking  
1/4 cup of raw spinach  
1 Tbsp of Walden Farms Italian dressing  
Parsley to taste

### **DIRECTIONS:**

Prepare pasta according to instructions on package. Mix prepared pasta with all other ingredients. Refrigerate. Serve Chilled.

## SPAGHETTI WITH MEAT SAUCE

1 package of Pasta Supreme or 1 serving of Palmini noodles (if approved)  
2 oz of lean ground beef (95%-97% lean)  
1/2 can of tomato paste

### **DIRECTIONS:**

Cook noodles, set aside. Brown ground beef, drain. Season to taste with favorite Italian seasoning. Add tomato paste, then water to desired thickness (approx 1/2 can). Top noodles with sauce. May top with low-fat mozzarella cheese if desired.

# Cottage Cheese

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*1/2 cup Cottage Cheese is equal to 1 Lean Protein serving*

## WHIPPED LEMON MOUSSE

2 cups Cottage Cheese  
Stevia to taste  
Zest from one lemon  
1 Tbsp lemon juice

### **DIRECTIONS:**

Mix all ingredients in a blender/food processor until smooth.

## WHIPPED PUMPKIN MOUSSE

2 cups Cottage Cheese  
1 cup Pumpkin Puree  
3/4 tsp Pumpkin Pie Spice  
Stevia to taste

### **DIRECTIONS:**

Mix all ingredients in a blender/food processor until smooth.

## WHIPPED CHOCOLATE MOUSSE

1 cup Cottage Cheese  
2 Tbsp Cocoa Powder  
1-3 Tbsp Stevia

### **DIRECTIONS:**

Mix all ingredients in a blender/food processor until smooth.

## COTTAGE CHEESE SALSA

1/2 cup cottage cheese  
6 Tbsp Salsa

### **DIRECTIONS:**

Mix together and enjoy with celery or Dr. Tague chips!

## BUFFALO CHICKEN CASSEROLE/DIP

**2 cups shredded cooked chicken** (*rotisserie chicken is easy*)

**1 cup plain Greek yogurt**

**1/2 cup 1% plain cottage cheese**

**1/2 cup Frank's Original Red Hot Sauce**

**1/4 cup sliced green onion**

**1/2 teaspoon garlic powder**

**1/2 teaspoon onion powder**

**2 teaspoons dried parsley**

*For Topping*

**1/4 cup reduced fat feta cheese**

**2 Tbsp sliced green onion**

**Jalapeno peppers**

### **DIRECTIONS:**

Preheat the oven to 375 degrees F.

In a large bowl, shred the chicken. Add the Greek yogurt, cottage cheese, and hot sauce. Mix together until combined.

Add the green onion, garlic powder, onion powder and dried parsley. Mix until evenly distributed.

Add dip mixture to an 8x8 baking dish. Bake for 20-25 minutes.

Top with crumbled feta cheese, additional sliced green onions and a few slices of jalapeno pepper, if desired.

Serve warm with Dr. Tague chips, or veggies.

## VEGGIE DIP

**2 cups Cottage Cheese**

**1 Tbsp Lemon or Lime Juice**

**1/4 tsp Paprika**

**1/4 tsp Salt**

**1/8 Ground Black Pepper**

**1 tsp Garlic Powder**

**1 tsp Dried Dill**

**1/2 tsp Onion Powder**

### **DIRECTIONS:**

Add all ingredients to a blender/food processor and blend until smooth. Serve with celery, carrot sticks, or Dr. Tague chips!

# Chicken, Turkey, & Pork

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## SHEET PAN BALSAMIC CHICKEN

3 chicken breast diced into small pieces	2 Tbsp balsamic vinegar
1 zucchini, chopped	1 Tbsp dijon mustard
1/2 cup brussel sprouts, sliced in half	4 cloves garlic
1 red pepper chopped	2 tsp Italian seasoning
1 Tbsp extra virgin olive oil	Salt, pepper

### DIRECTIONS:

Stir all ingredients in mixing bowl to coat all ingredients, then bake on sheet pan at 450°F for 15 minutes or until chicken is fully cooked, stirring halfway through. Divide into 4 servings.

## LEMON CHICKEN BREASTS

1/8 cup extra virgin olive oil	1 1/2 tsp dried oregano
3 Tbsp minced garlic (9 cloves)	1 tsp minced fresh thyme leaves
1/3 cup dry white wine (or substitute chicken broth)	Kosher salt and freshly ground black pepper
1 Tbsp grated lemon zest (2 lemons)	4 boneless chicken breasts, skin on (6 to 8 ounces each)
2 Tbsp freshly squeezed lemon juice	1 lemon

### DIRECTIONS:

Preheat the oven to 400°F. Warm the extra virgin olive oil in a small saucepan over medium-low heat. Add the garlic and cook for 1 minute, but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 tsp salt. Pour into a 9 x 12-inch baking dish.

Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with extra virgin olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck them among the pieces of chicken.

Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.

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## CHICKEN CHILI

4 cups chopped yellow onions (3 onions)  
1/4 cup extra virgin olive oil, plus extra for chicken  
1/8 cup minced garlic (4 cloves)  
2 red bell peppers, cored, seeded, and large-diced  
2 yellow bell peppers, cored, seeded, and large-diced  
1 tsp chili powder  
1 tsp ground cumin  
1/4 tsp dried red pepper flakes (or to taste)  
1/4 cayenne pepper (or to taste)  
2 tsp kosher salt, plus more for chicken  
2 (14-ounce) cans whole peeled plum tomatoes in puree, undrained  
1/4 cup minced fresh basil leaves  
4 split chicken breasts, bone in, skin on  
Freshly ground black pepper

### DIRECTIONS:

Preheat the oven to 350°F.

Cook the onions in the oil over medium-low heat for 10 to 15 minutes, until translucent. Add the garlic and cook for 1 more minute. Add the bell peppers, chili powder, cumin, red pepper flakes, cayenne, and salt. Cook for 1 minute. Crush the tomatoes by hand or in batches in a food processor fitted with a steel blade (pulse 6 to 8 times). Add to the pot with the basil. Bring to a boil, then reduce the heat and simmer uncovered for 30 minutes, stirring occasionally.

Rub the chicken breasts with extra virgin olive oil and place them on a baking sheet. Sprinkle generously with salt and pepper. Roast the chicken for 35 to 40 minutes until just cooked. Let cool slightly. Separate the meat from the bones and skin and cut it into 3/4-inch chunks. Add to the chili and simmer uncovered for another 20 minutes. Serve with the toppings or refrigerate and reheat gently before serving.

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## CHICKEN FAJITA SALAD

2-3 oz of sliced lean chicken, cooked and seasoned with your favorite Mexican seasonings

Spinach or mixed greens to your liking

Grilled onions to your liking

Pico (*diced tomatoes, diced onion, cilantro, lime juice, lemon juice, garlic powder or fresh minced garlic, salt. All to taste.*)

Favorite sugar free salsa

### DIRECTIONS:

Assemble ingredients and serve.

## ZA'ATAR CHICKEN SHEET PAN DINNER

3 lb Chicken thighs and legs, bone in skin on

3 Tbsp Extra virgin olive oil

4 tsp Salt, divided

2 Tbsp Za'atar spice blend

1 head cauliflower, cut into small florets

3 large shallots, quartered

### DIRECTIONS

Preheat oven to 425°F.

Using a paper towel, pat chicken down until dry.

In a small bowl mix together extra virgin olive oil, 2 tsp of the salt and za'atar spice blend.

On a large baking sheet toss cauliflower and shallots with half of the za'atar mixture. Coat chicken with remaining mixture and arrange between cauliflower. Sprinkle chicken with remaining salt and bake for 35-40 minutes.

Serve with optional fat-free or reduced-fat feta.

### WHAT IS ZA'ATAR?

*Za'atar is an irresistible Middle Eastern spice blend that is worth getting to know, because it will make just about anything in your kitchen taste extra delicious! Za'atar is so flavorful, it's essentially the only spice we're using on this simple cauliflower and chicken sheet pan dinner recipe. Like most spice blends, the exact combination of spices in a container of za'atar varies a bit from jar to jar, but typically it's made of up of at least:*

- Dried oregano
- Thyme
- Toasted sesame seeds
- Marjoram
- Sumac

# RED CURRY SHEET PAN CHICKEN WITH CARROTS AND CRISPY KALE

1 pound carrots, sliced

1 medium red onion cut into wedges

2 large garlic cloves minced

1-inch knob fresh ginger peeled and minced (*about 1 Tbsp*)

Extra virgin olive oil

Sea salt

2 tsp Thai red curry paste (*see note*)

2 Tbsp fresh lemon juice

1 whole chicken separated into parts (*see note*)

1 bunch Lacinato Tuscan or Dinosaur kale, thick stems removed and roughly chopped

## DIRECTIONS:

Preheat the oven to 425°F.

On a large rimmed baking sheet, toss the carrots, red onion, garlic and ginger with 1 Tbsp of extra virgin olive oil and 1/2 tsp salt. Arrange in an even layer on the sheet pan.

In a small mixing bowl, whisk together the curry paste, lemon juice, 2 Tbsp extra virgin olive oil and 1/2 tsp salt until combined.

Arrange the chicken pieces in an even layer on top of the vegetables. Drizzle the chicken with half the red curry mixture and using your hands or a brush, rub the marinade all over the meat. Transfer the sheet pan to the oven and roast for 40 minutes or until the skin is beginning to brown.

While the chicken roasts, prep the kale. In a large mixing bowl, combine the chopped leaves with the remaining red curry mixture. Toss until fully coated.

Remove the pan from the oven and nestle the marinated kale among the other vegetables (it's okay if it covers the chicken). Return to the oven and cook for another 10 minutes or until the kale is wilted and the top leaves are beginning to crisp.

Serve the chicken straight from the pan for a rustic presentation.

## SHEET PAN HARISSA CHICKEN + VEGGIES

5-6 bone-in, skin-on chicken thighs  
2 carrots, peeled and cut into 8 sticks  
1/2 head cauliflower, cut into florets  
1 lb. brussel sprouts, woody ends removed  
and halved  
1/2 red onion, diced large  
3 Tbsp extra virgin olive oil

1 tsp curry powder  
1/4 tsp ground cumin  
Salt and pepper, to taste  
2+ Tbsp. mina harissa  
1/2 cup fresh dill leaves, for serving  
1/2 cup fresh cilantro leaves, for serving

### DIRECTIONS:

Preheat oven to 425°F. Place chicken, carrots, cauliflower, brussel sprouts, and onion on a large sheet pan. Drizzle with extra virgin olive oil and, using your hands, toss to coat evenly.

Season with the curry powder, cumin, and plenty of salt and pepper. Toss once more to coat evenly and spread contents across the sheet pan evenly. Brush harissa on the tops (skin side) of the chicken thighs to coat the top.

Bake for 45 minutes, checking at 30 minutes and gently tossing the veggies at that time. Remove sheet pan when cook time is complete. Garnish with fresh cilantro and dill. Serve and enjoy!

## PORK CHOPS WITH DIJON HERB SAUCE

1 tsp extra virgin olive oil  
4 pork chops, 22 oz with bone, fat removed,  
1 inch thick, trim all visible fat  
1/2 tsp salt  
Fresh ground pepper

3 Tbsp chopped onion  
3/4 cup chicken stock or broth  
1 Tbsp Dijon mustard  
2 Tbsp chopped fresh herbs like parsley or chives

### DIRECTIONS:

Pour extra virgin olive oil in a large skillet on moderately low heat. Season the pork with salt and pepper.

Raise heat to medium, add the chops to the pan and sauté for 7 minutes. Turn and cook until chops are browned and done to medium, about 7-8 minutes longer. Remove the chops and cover to keep warm.

Add the onion to the pan and cook, stirring until soft, about 3 minutes. Add the stock and boil until it reduces to 1/2 cup, about 2 to 3 minutes. Stir in the mustard, herbs, and 1/8 tsp pepper.

Put the chops on a platter and pour the sauce over the meat.

## HOMEMADE TACO SEASONING

1 tsp chili powder  
1 tsp paprika  
1 tsp garlic powder  
1 tsp cumin

1 tsp kosher salt  
Boneless, skinless chicken breasts, shrimp, or  
lean ground beef

### DIRECTIONS:

Cook the protein first, then add seasoning. Add about 1/4 c water and continue to cook until most of the water is absorbed. Add less or more water depending on preference. Serve with sautéed onions, red pepper, yellow pepper, yellow squash, garlic, and zucchini!

Enjoy Dr. Tague's BBQ chips dipped in your favorite sugar free salsa as a side!

## GREEK TURKEY BURGERS

1 lb ground lean turkey  
4 cloves garlic  
1/4 cup fresh chopped parsley  
1/4 cup minced red onion

1/4 cup crumbled low-fat feta cheese  
1 tsp dried oregano  
1 egg, beaten  
Salt, pepper

### DIRECTIONS:

Mix all ingredients together, then form into patties. Grill and serve over lettuce with a sliced onion and tomato. Optional: Add a dollop of greek yogurt on top.

## BELL PEPPER TURKEY MELT

2 red bell peppers  
8-12 slices thin cut deli turkey  
Low-fat feta or low-fat mozzarella  
4 tsp spicy mustard  
optional toppings: sliced jalapeños, yellow pepper rings, pickles, etc.

### DIRECTIONS:

Preheat oven to 400°F.

Slice bell peppers from core through the stem to create four halves. Scoop out seeds, stem and pith and discard. Spoon mustard into each bell pepper and smooth into an even layer.

Stack 2-3 pieces of thinly sliced deli turkey into each bell pepper. Top each pepper with desired toppings, then lay cheese slice on top. Place onto sheet pan lined with foil.

Bake for 15 minutes or until cheese is melted. Let cool slightly before serving!

## TURKEY TACO SALAD

1 lb ground turkey  
1/2 onion  
2 garlic cloves  
1 tsp cumin, 1 tsp paprika, and 1 tsp chili powder  
8 oz tomato sauce  
1 tsp extra virgin olive oil  
1/4 cup of chicken broth  
1 head romaine lettuce

### DIRECTIONS:

Heat extra virgin olive oil in a non-stick skillet over medium-high heat. Add onion and sauté 2 minutes. Add turkey and garlic, season with salt and pepper and cook, tossing and breaking up turkey until cooked through, about 5 minutes.

Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced. Serve mixture over lettuce leaves with desired toppings.

## HERB-ROASTED TURKEY BREAST

1 whole bone-in turkey breast (6½ to 7 pounds)  
2 Tbsp extra virgin olive oil  
1 Tbsp minced garlic (3 cloves)  
2 tsp freshly squeezed lemon juice  
2 tsp dry mustard  
1 Tbsp chopped fresh rosemary leaves  
1 Tbsp chopped fresh sage leaves  
1 tsp chopped fresh thyme leaves  
1½ tsp kosher salt  
½ tsp freshly ground black pepper  
¾ cup dry white wine  
(or substitute chicken broth)

### DIRECTIONS:

Preheat the oven to 325°F.

Place the turkey breast on a rack in a roasting pan, skin side up.

In a small bowl, combine the extra virgin olive oil, garlic, lemon juice, mustard, rosemary, sage, thyme, salt, and pepper. Rub the mixture evenly all over the skin of the turkey breast. (You can also loosen the skin and smear half of the paste underneath, directly on the meat.) Pour the wine into the bottom of the roasting pan.

Roast the turkey for 1 ½ to 1 ¾ hours, until the skin is golden brown and an instant-read meat thermometer registers 165 ° when inserted into the thickest and meatiest area of the breast. Check the breast after an hour or so; if the skin is over browning, cover it loosely with aluminum foil.

When the turkey is done, remove from the oven, cover the pan with aluminum foil, and allow the turkey to rest at room temperature for 15 minutes. Slice and serve warm with the pan juices.

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## INSTANT POT TURKEY PUMPKIN CHILI

1 Tbsp extra virgin olive oil  
1 medium yellow onion finely chopped  
1 ½ tsp kosher salt divided  
2 pounds ground turkey  
1 tsp granulated garlic powder  
1 tsp cumin  
½ tsp mild chili powder  
1 tsp smoked paprika  
1 medium yellow red bell pepper finely chopped  
1 15-oz can tomato sauce  
1 15-oz can pumpkin puree (not pumpkin pie filling)  
1 cup chicken stock  
1 Tbsp fresh lime juice  
Optional toppings: chopped scallion chopped cilantro, sliced jalapeno

### DIRECTIONS:

Add the extra virgin olive oil to an electric pressure cooker. Turn to saute, add the onion and ¼ tsp salt, and saute for 6 minutes, stirring occasionally.

Add the turkey, sprinkle with ¼ tsp kosher salt and stir to break into chunks. Saute for an additional 4 minutes, until lightly browned.

Sprinkle in the garlic, cumin, chili powder, and smoked paprika, saute 1 minute until the spices are fragrant.

Add the bell pepper, tomato sauce, pumpkin, chicken stock and 1 tsp salt, stirring to combine. Secure the lid, select the manual setting, and set it to high pressure for 10 minutes.

When the pressure cooker timer is done, quick release the pressure. Remove the lid and add the lime juice. Taste and add additional salt if desired. Serve with additional toppings if you like.

### STOVE TOP VARIATION:

Heat a large pot or Dutch oven over medium heat. Follow steps 1-3, omitting the stock. Bring to a high simmer, cover, reduce the heat to low, and simmer 20-30 minutes until thick. Add the lime juice and serve.

### SLOW COOKER VARIATION:

Heat a large pan oven over medium heat. Add the onion and ¼ tsp salt and saute for 6 minutes, stirring occasionally. Add the turkey, sprinkle with ¼ tsp kosher salt and stir to break into chunks. Saute for an additional 4 minutes until lightly browned. Sprinkle in the garlic, cumin, chili powder, and smoked paprika and sauté 1 minute until the spices are fragrant.

To a 6-quart slow cooker, add the cooked turkey and onion mixture, bell pepper, tomato sauce, pumpkin, chicken stock and 1 tsp salt, stirring to combine. Cook on high for 3-4 hours or low for 6-7. Remove the lid and add the lime juice. Taste and add additional salt if desired. Serve with additional toppings if you like.

## TURKEY TENDERLOIN OVER CHERRY TOMATOES AND SWEET PEPPERS

1½ pounds of turkey tenderloin

½ tsp salt

1 Tbsp of olive oil

4 cups of sliced sweet mini peppers

1 serrano pepper, halved, seeded, sliced thinly

1 medium onion

3 cloves of garlic

1 pint of cherry tomatoes

¼ cup of balsamic vinegar

2 Tbsp of fresh basil

### DIRECTIONS:

Preheat oven to 425.

Season the turkey with salt and pepper. Place turkey in a skillet, add extra virgin olive oil. Cook on stove for 2–3 minutes per side over medium heat. Remove turkey from skillet. Add bell peppers, chili, onion and garlic to the skillet. Cook 3–5 minutes. Stir in tomatoes and vinegar.

Return the turkey to skillet and place in oven. Cook for 25–30 minutes. Top with basil.

Makes several servings, so this is good to be shared with the family or used as meal prep for the week.

## SLOPPY JANE

1 Tbsp extra virgin olive oil

1 cup yellow onion, finely diced

1 cup green bell pepper, finely diced

2 cloves garlic, minced

1 pound lean ground beef or grass-fed beef

1 tsp kosher salt

½ tsp black pepper

2 Tbsp tomato paste

1 Tbsp yellow mustard

¼ tsp red pepper flakes

½ tsp chili powder

⅛ cup coconut aminos

### DIRECTIONS:

Preheat oven to 400°F. Heat oil in a large skillet over medium-high heat. Add the onions, bell pepper, and garlic and sauté until slightly tender, about 4–5 minutes.

Add the ground beef and cook, breaking up the meat with the back of a spoon, until the meat is browned and cooked through (no longer pink). Season with the salt and pepper while browning.

Add the tomato paste, mustard, chili powder, and red pepper flakes to the skillet and cook, stirring, until well combined.

Pour in the coconut aminos and cook, stirring, until it has reduced. Remove from oven and serve sloppy joe mixture over roasted carrots!

## STUFFED PEPPERS

4-6 bell peppers

1 lb ground turkey or chicken

1/2 onion

8 oz mushrooms

1 tsp garlic powder

1 tsp onion powder

1 tsp paprika

1 tsp cumin

1/2 cup salsa

2 pkgs of cooked Pasta Supreme Fusilli, optional

### DIRECTIONS:

Preheat oven to 350°F.

Remove and discard top and inside seeds of any colored pepper – arrange in baking dish.

Cook desired ounces of ground turkey or chicken with chopped onions and mushrooms. Add any desired spices. Add 1/2 cup salsa to cooked mixture. Add cooked Pasta Supreme Fusilli for more protein if desired. Spoon mixture inside peppers.

Bake for one hour or until pepper is soft.

## VEGGIE AND CHICKEN STIR-FRY

1 yellow squash

1 zucchini

8 oz mushrooms

1 bell pepper

1/2 onion

1 lb chicken breast

1 tbsp extra virgin olive oil

### DIRECTIONS:

Saute in skillet with non-stick spray or extra virgin olive oil on medium high heat for 15 minutes or until chicken is fully cooked through.

# Fish & Seafood

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## TUNA SALAD

2 5-ounce cans light tuna in water, drained  
2 celery stalks, minced (about 1/4 cup)  
2 Tbsp minced red onion  
1/3 cup 2% Greek yogurt  
2 Tbsp lemon juice

1 Tbsp Dijon mustard  
1/4 tsp salt  
1/4 tsp black pepper  
1 Tbsp chopped parsley

### DIRECTIONS:

In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, pepper and parsley until well combined. Add the drained tuna on top, along with the celery and red onions. Gently stir until well combined.

*Use shredded chicken instead of tuna if desired. Eat plain, serve on lettuce wraps, or use as a dip to eat with veggies or any flavor of Dr. Tague's chips or pretzel twists.*

## GRILLED HERB SHRIMP

3 garlic cloves, minced  
1 medium yellow onion, small-diced  
1/4 cup minced fresh parsley  
1/4 cup minced fresh basil  
1 tsp dry mustard  
2 tsp Dijon mustard

2 tsp kosher salt  
1/4 tsp freshly ground black pepper  
1/8 cup extra virgin olive oil  
Juice of 1 lemon  
2 pounds jumbo shrimp (16 to 20 per pound),  
peeled (tails left on) and deveined

### DIRECTIONS:

Combine the garlic, onion, parsley, basil, mustards, salt, pepper, olive oil, and lemon juice. Add the shrimp and allow them to marinate for 1 hour at room temperature or cover and refrigerate for up to 2 days.

Prepare a charcoal grill with hot coals. Brush the grilling rack with oil to prevent the shrimp from sticking. Skewer the shrimp with 5 or 6 shrimp on a 12-inch skewer.

Grill the shrimp for 1-1 1/2 minutes on each side.

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## SALMON WITH FRESH GREEN BEANS

3 oz of baked salmon

1-2 tsp lemon juice

1/2 tsp of garlic powder

Salt to taste

Pepper to taste

Parsley

1 serving of fresh green beans

Rosemary

Garlic salt

Pepper

### **DIRECTIONS:**

Season salmon with lemon juice, garlic powder, salt, and pepper. Sprinkle with parsley and bake at 350° for 15 minutes or until done.

Sauté fresh green beans with rosemary, garlic salt, and pepper until desired doneness.

# Vegetables

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## VEGETABLE SOUP

2 Tbsp extra virgin olive oil

1 large onion, diced

3 cloves garlic, minced

3 medium carrots, diced

3 stalks celery, diced

1 head of cauliflower

2 tsp Italian seasoning

4 cups vegetable broth + 1 cup water

2-15oz can diced tomatoes

1 bay leaf

1/4 cup parsley, chopped

1 Tbsp freshly squeezed lemon juice, more to taste

1 1/2 tsp kosher salt, more to taste

Freshly ground black pepper

### DIRECTIONS:

Heat oil in a large dutch oven over medium-low heat. Once hot, add onion, garlic and a tsp of kosher salt and cook about 8 minutes. Add carrots, celery, cauliflower and cook for 5 more minutes, stirring often. Add Italian seasoning and cook for one more minute.

Add broth, water, tomatoes, bay leaf, and several grinds of pepper. Bring to a boil, then reduce the heat to low and simmer, covered, until the vegetables are tender, about 35 minutes.

Remove from heat and stir in parsley and lemon juice. Remove bay leaf and season to taste with salt and pepper.

*(Optional: add ground turkey or shredded chicken breast)*

## CURRY OVER CAULIFLOWER RICE

1 package of Savory Coconut Curry

2-3 oz of grilled chicken or shrimp

1/2 bag of frozen cauliflower rice, cooked in 1-2 Tbsp rice vinegar and seasoned with salt, pepper and lemon pepper seasoning to taste

1/4 bag of frozen/fresh stir-fry veggies

### DIRECTIONS:

Prepare Savory Coconut Curry according to directions. Stir in cooked vegetables and serve over cooked cauliflower rice.

## AIR FRYER ZUCCHINI CHIPS

1 zucchini

1 tbsp extra virgin olive oil

1/4 tsp salt

1/8 tsp pepper

1/2 tsp italian seasoning

### DIRECTIONS:

Slice zucchini thin and cook in air fryer at 325° for 8–10 minutes with spray butter and seasonings of your choice.

## STUFFED CAPRESE MUSHROOMS

8 cremini mushroom caps

2 light mozzarella sticks, sliced

1/4 cup diced tomatoes

8 basil leaves

Balsamic vinegar

Salt and pepper to taste

### DIRECTIONS:

Preheat oven to 425°. Place sliced mozzarella in mushroom cap, bake until cheese melts and mushrooms start to soften.

Top with fresh diced tomatoes, diced basil, salt and pepper. Drizzle with balsamic vinegar.

## BURNT BROCCOLI

4 broccoli crowns, cut into small florets

2 Tbsp extra virgin olive oil

3/4 tsp fresh lemon juice

3/4 tsp sea salt

1/2 tsp garlic powder

1/4 tsp chili powder

1/4 tsp ground cumin

1/4 tsp onion powder

1/8 tsp ground cinnamon

1/8 tsp ground coriander

1/8 tsp ground pepper

### DIRECTIONS:

Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.

Spread the florets out on the tray and drizzle with the extra virgin olive oil and lemon juice. Sprinkle the spices all over the broccoli. Toss to coat.

Roast the broccoli for 15 minutes or until desired doneness.

*Tips:* Don't overcrowd the tray or the broccoli will steam and not get crispy. If needed, use 2 trays. Triple or quadruple the spice mix and store the leftovers in a jar!