



WEEK THREE

Breakfast Recipes



PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

BREAKFAST FRUIT & NUTS SALAD

INGREDIENTS

- 2 oranges, cut into small bits
- 1 banana, sliced
- 6 walnut halves
- 2 tablespoons dried grounded coconut

DIRECTIONS

1. Mix banana, oranges, and walnuts in a bowl. Sprinkle with coconut.



WEEK THREE

Breakfast Recipes



SERVINGS: 6

PREPPING TIME: 15 MIN COOKING TIME: 1 1/4 HRS

FRUIT SALAD

INGREDIENTS

- 2 fresh peaches, peeled and sliced (canned with juice if fresh not available)
- 1 large ~, peeled and large diced . .
- 1 large ~, peeled and large diced
- 1 kiwi, peeled and sliced
- 1/4 cantaloupe, cubed
- 2 cups watermelons, cubed
- 1 banana, sliced in rings
- 1 cup walnuts, rough chopped (or whole)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, fresh ground
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground ginger

DIRECTIONS

- Carefully combine all ingredients in a large bowl. Refrigerate at least one hour.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

GRILLED CHICKEN WITH CHERRIES

INGREDIENTS

- 1/2 cup chicken stock
- 1 cup fresh cherries, pitted
- 2 teaspoons balsamic vinegar
- 1 teaspoon blue agave
- 2 tablespoons butter
- 2 boneless skinless chicken breasts
- salt and pepper, to taste

DIRECTIONS

1. In a small saucepan, combine chicken stock, cherries, vinegar and blue agave, and bring to a boil.
2. Reduce heat and simmer until cherries soften, about 5 to 7 minutes. While glaze is simmering, season chicken with salt and pepper, and grill until done.
3. To serve, spoon cherry glaze on plate, place chicken breast in the middle and drizzle with more glaze.



WEEK THREE

Main Course Recipes



SERVINGS: 2-4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

TILAPIA AL AJILLO (GARLIC TILAPIA)

INGREDIENTS

- 1 1/2 tilapia fillets
- 4 cloves garlic, thinly sliced
- 3 tablespoons butter
- salt and pepper
- lemons, for serving
- chopped parsley (to garnish)

DIRECTIONS

1. Season tilapia fillets with salt and pepper. Heat butter in a skillet over medium heat.
2. Put fillets in first, and when they start to turn color a bit (after 1-2 minutes) add garlic slices.
3. Continue cooking about 4 minutes or so, then flip fillets. Saute until cooked through, and fish flakes easily with a fork- this will depend entirely on the thickness of your fillets, so you will need to watch them carefully. ~
4. The garlic should turn a dark golden brown. Serve with freshly squeezed lemon juice; garnish with chopped parsley



WEEK THREE

Main Course Recipes



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

CAJUN SALMON

INGREDIENTS

8 ounces salmon fillets
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons cajun spices
2 teaspoons oregano
Butter, to brush the pan

DIRECTIONS

1. Brush a little butter in a frying pan and preheat the pan.
2. Combine the spices for the salmon in a small bowl.
3. Turn the salmon fillets in the spices, covering all sides.
4. Place the salmon fillets (skin side under) in the hot frying pan.
5. Fry for 4 minutes before turning over and frying for another 3 minutes or until done



WEEK THREE

Main Course Recipes



SERVINGS: 2-4

PREPPING TIME: 20 MIN

COOKING TIME: 50 MIN

GARDEN TILAPIA

INGREDIENTS

4 tilapia fillets
1 teaspoon Old Bay Seasoning
1 teaspoon garlic powder
1 onion, sliced
4 cups spinach leaves
10 baby carrots
1/8 cup green onions, chopped
1/8 cup green peppers, diced
1 zucchini, sliced
1 teaspoon dried dill weed
1 tablespoon butter
1 yam, sliced in 1/4 inch slices, pre-cooked
salt and pepper

DIRECTIONS

1. Line a jelly roll pan with foil. Spray with cooking spray. Place filets on foil covered pan and sprinkle with Old Bay seasoning, and garlic powder.
2. Lay onion slices, sliced zucchini, sliced yam, spinach, baby carrots, green onions, green peppers, and any other veggies you may like, over the filets.
3. Sprinkle with dill weed. Divide the butter into quarters and place the dots randomly over the dish.
4. Cover tightly with foil. Bake at 350 degrees for approximately 30 minutes.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 11 MIN

MEDITERRANEAN SALMON

INGREDIENTS

2 tomatoes, seeded coarsely chopped
3 tablespoons olive oil
1 tablespoon red wine vinegar
1/2 cup nicoise olives, pitted and coarsely chopped
1/4 cup red onions, chopped
2 tablespoons capers, drained
3/4 teaspoon salt, divided
1/2 teaspoon pepper, divided
4 (6 ounce) salmon fillets
1/3 cup fresh basil, loosely packed thinly sliced

DIRECTIONS

1. Combine tomatoes, 2 tablespoons olive oil, red wine vinegar, olives, onion, capers, 1/2 teaspoon salt, 1/2 teaspoon pepper. Set aside. Brush both sides of the salmon with the remaining olive oil.
2. Sprinkle with remaining salt and pepper.
3. Heat a large non-stick skillet over medium-high heat. Saute salmon 3-4 minutes per side or until cooked through.
4. Add basil to reserved tomato mixture. Serve with salmon.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

FLOUNDER ALMANDINE

INGREDIENTS

- 1 lb flounder fillets
- 3 tablespoons butter
- 2 tablespoons water
- 1 tablespoon lemon juice, fresh squeezed
- 1/4 teaspoon salt
- pepper, freshly grated (to taste)
- 1/4 cup slivered almonds
- 2 tablespoons fresh parsley, minced

DIRECTIONS

1. Preheat oven to 450 degrees F. Melt butter in shallow baking dish in oven
2. Remove baking dish from oven and add the water, lemon juice, salt and pepper.
3. Arrange fish in baking dish; flip to coat with butter mixture.
4. Bake in 450 degree oven 10 minutes per side, 20 minutes total, or until fish flakes easily with fork. Remove fish from pan. Stir almonds and parsley into butter mixture. Spoon mixture over fish to serve.



WEEK THREE

Side Dish Recipes



COOKING TIME: 55 MIN

LENTIL SOUP

INGREDIENTS

- 1 Lb lentils
- 2 Tablespoons butter
- X Cup carrots, chopped
- X Cup onions, chopped
- X Cup celery, chopped
- 1 Can diced tomatoes
- 2 Quarts organic chicken broth
- Salt, pepper, thyme, oregano - to taste

DIRECTIONS

- 1 Saute onions, carrots, and celery in butter 6-7 minutes.
- 2 Add the remaining ingredients and cook over stove 30-45 minutes until tender



WEEK THREE

Dessert Recipes



PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

POACHED PEARS WITH BLACKBERRIES

INGREDIENTS

- 4 pears, peeled, but left whole
- 1/2 lemon, juice and zest of
- 8 7/8 ounces blackberries
- 1 1/3 cups water
- 1 Oz blue agave

DIRECTIONS

1. Put the pears in a saucepan with the lemon rind and the lemon juice.
2. Tip in half the blackberries, and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides.
3. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through, leaving the seeds behind.
4. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.



WEEK THREE

Dessert Recipes



CINNAMON BAKED APPLES

INGREDIENTS

- 2 cooking apples
- 2 tablespoons raisins
- 1 tablespoon blue agave
- 1/4 teaspoon cinnamon, Ground
- 1 teaspoon butter

DIRECTIONS

1. Core the apples and pare a 1-inch strip of skin from around the middle of each to prevent splitting.
2. Place the apples in two 10-oz custard cups. Pack the raisins into the apples.
3. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter.
4. Bake at 375°F for 30 minute



WEEK THREE

Dessert Recipes



SERVINGS: 8

PREPPING TIME: 10 MIN COOKING TIME: 1 1/4 HRS

VANILLA POACHED PEARS

INGREDIENTS

4 large pears, halved, peeled, and cored
or 8 smallish pears, peeled and left
whole
water, to cover
1 1/2 inches piece fresh vanilla beans
ground cinnamon
mint sprigs (to garnish)

DIRECTIONS

1. Place the pears in a large saucepan and pour water in to cover the pears.
2. Add vanilla bean and bring the pears to a simmer over medium heat. Simmer until tender, being careful not to burn.
3. Allow pears to cool, then serve in the center of a dessert plate. Spoon sauce over the pears, then sprinkle with cinnamon powder and garnish with a sprig of mint.
4. Enjoy.