

LIGHT AND TASTY LUNCHES

. QUINOA SALAD WITH ROASTED VEGETABLES

INGREDIENTS:

- 1 CUP QUINOA
- 2 CUPS WATER
- 1 ZUCCHINI, DICED
- 1 RED BELL PEPPER, DICED
- 1 RED ONION, DICED
- 2 TABLESPOONS OLIVE OIL
- SALT AND PEPPER TO TASTE
- JUICE OF 1 LEMON
- 1/4 CUP CHOPPED MINT LEAVES

INSTRUCTIONS:

1. RINSE THE QUINOA UNDER RUNNING WATER.
2. IN A POT, BRING THE WATER TO A BOIL AND ADD THE QUINOA. COOK FOR 15 MINUTES OR UNTIL THE WATER IS ABSORBED. SET ASIDE.
3. PREHEAT THE OVEN TO 400°F (200°C).
4. IN A BAKING SHEET, MIX THE ZUCCHINI, BELL PEPPER, AND ONION WITH OLIVE OIL, SALT, AND PEPPER. ROAST FOR 20 MINUTES.
5. MIX THE QUINOA WITH THE ROASTED VEGETABLES, LEMON JUICE, AND MINT.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 250
- PROTEIN: 8G
- CARBOHYDRATES: 40G
- FAT: 8G
- FIBER: 6G

. WHOLE WHEAT CHICKEN AND AVOCADO WRAP

INGREDIENTS:

- 1 GRILLED CHICKEN BREAST, SHREDDED
- 1 AVOCADO, SLICED
- 1 TOMATO, SLICED
- 1/4 CUP CHOPPED LETTUCE
- 2 TABLESPOONS GREEK YOGURT
- JUICE OF 1/2 LEMON
- 2 WHOLE WHEAT WRAPS
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. IN A BOWL, MIX THE SHREDDED CHICKEN WITH YOGURT, LEMON JUICE, SALT, AND PEPPER.
2. SPREAD THE CHICKEN MIXTURE OVER THE WHOLE WHEAT WRAPS.
3. ADD SLICES OF AVOCADO, TOMATO, AND LETTUCE.
4. ROLL UP THE WRAPS AND CUT IN HALF TO SERVE.

NUTRITIONAL INFORMATION (PER WRAP):

- CALORIES: 350
- PROTEIN: 25G
- CARBOHYDRATES: 30G
- FAT: 15G
- FIBER: 7G

. LENTIL SOUP WITH SPINACH

INGREDIENTS:

- 1 CUP RED LENTILS
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, CHOPPED
- 2 CARROTS, CHOPPED
- 1 POTATO, CHOPPED
- 4 CUPS VEGETABLE BROTH
- 2 CUPS FRESH SPINACH
- 1 TABLESPOON OLIVE OIL
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. HEAT THE OLIVE OIL IN A LARGE POT AND SAUTÉ THE ONION AND GARLIC UNTIL SOFT.
2. ADD THE CARROTS AND POTATOES AND COOK FOR 5 MINUTES.
3. ADD THE LENTILS AND VEGETABLE BROTH. COOK FOR 20 MINUTES OR UNTIL THE LENTILS AND VEGETABLES ARE SOFT.
4. ADD THE SPINACH AND COOK FOR ANOTHER 5 MINUTES.
5. SEASON WITH SALT AND PEPPER TO TASTE.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 250
- PROTEIN: 12G
- CARBOHYDRATES: 40G
- FAT: 5G
- FIBER: 15G

. GRILLED CHICKEN BREAST WITH MANGO SALAD

INGREDIENTS:

- 2 CHICKEN BREASTS
- 1 TABLESPOON OLIVE OIL
- SALT AND PEPPER TO TASTE
- 1 MANGO, DICED
- 1/2 RED ONION, SLICED
- 1/2 RED BELL PEPPER, DICED
- JUICE OF 1 LEMON
- 1/4 CUP CHOPPED FRESH CILANTRO

INSTRUCTIONS:

1. SEASON THE CHICKEN BREASTS WITH OLIVE OIL, SALT, AND PEPPER.
2. GRILL THE CHICKEN BREASTS UNTIL WELL COOKED.
3. IN A BOWL, MIX THE MANGO, ONION, BELL PEPPER, LEMON JUICE, AND CILANTRO.
4. SERVE THE GRILLED CHICKEN WITH THE MANGO SALAD.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 350
- PROTEIN: 30G
- CARBOHYDRATES: 25G
- FAT: 12G
- FIBER: 5G

. ZUCCHINI NOODLES WITH PESTO

INGREDIENTS:

- 2 LARGE ZUCCHINIS
- 1/2 CUP FRESH BASIL
- 1/4 CUP WALNUTS
- 1/4 CUP GRATED PARMESAN CHEESE
- 2 CLOVES GARLIC
- 1/4 CUP OLIVE OIL
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. USE A SPIRALIZER TO CUT THE ZUCCHINIS INTO SPAGHETTI-LIKE NOODLES.
2. IN A FOOD PROCESSOR, BLEND BASIL, WALNUTS, PARMESAN CHEESE, GARLIC, AND OLIVE OIL UNTIL SMOOTH.
3. IN A LARGE SKILLET, HEAT THE PESTO OVER LOW HEAT.
4. ADD THE ZUCCHINI NOODLES AND COOK FOR 2-3 MINUTES UNTIL TENDER.
5. SEASON WITH SALT AND PEPPER TO TASTE AND SERVE.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 200
 - PROTEIN: 6G
 - CARBOHYDRATES: 10G
 - FAT: 16G
 - FIBER: 4G
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CHAPTER 4: COMFORTING DINNERS

. BAKED FISH WITH HERBS AND LEMON

INGREDIENTS:

- 2 WHITE FISH FILLETS (TILAPIA, SEA BASS)
- 2 TABLESPOONS OLIVE OIL
- JUICE OF 1 LEMON
- 2 CLOVES GARLIC, CHOPPED
- 1 TABLESPOON FRESH HERBS (PARSLEY, CHIVES, THYME)
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. PREHEAT THE OVEN TO 350°F (180°C).
2. IN A BOWL, MIX THE OLIVE OIL, LEMON JUICE, GARLIC, AND HERBS.
3. SEASON THE FISH FILLETS WITH SALT AND PEPPER.
4. PLACE THE FILLETS ON A BAKING SHEET AND DRIZZLE WITH THE HERB MIXTURE.
5. BAKE FOR 15-20 MINUTES OR UNTIL THE FISH IS COOKED AND TENDER.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 250
- PROTEIN: 30G
- CARBOHYDRATES: 2G
- FAT: 14G
- FIBER: 0G

. CHICKPEA AND PUMPKIN CURRY

INGREDIENTS:

- 1 TABLESPOON OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, CHOPPED
- 1 TABLESPOON GRATED GINGER
- 1 TABLESPOON CURRY POWDER
- 1 CAN CHICKPEAS, DRAINED AND RINSED

- 2 CUPS DICED PUMPKIN
- 1 CAN COCONUT MILK
- 1 CUP VEGETABLE BROTH
- SALT AND PEPPER TO TASTE
- CHOPPED FRESH CILANTRO FOR SERVING

INSTRUCTIONS:

1. HEAT THE OLIVE OIL IN A LARGE POT AND SAUTÉ THE ONION, GARLIC, AND GINGER UNTIL SOFT.
2. ADD THE CURRY POWDER AND COOK FOR 1 MINUTE.
3. ADD THE CHICKPEAS, PUMPKIN, COCONUT MILK, AND VEGETABLE BROTH.
4. COOK OVER MEDIUM HEAT UNTIL THE PUMPKIN IS TENDER, ABOUT 20 MINUTES.
5. SEASON WITH SALT AND PEPPER TO TASTE AND SERVE WITH FRESH CILANTRO.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 300
- PROTEIN: 8G
- CARBOHYDRATES: 40G
- FAT: 12G
- FIBER: 10G

. LENTIL MEATBALLS IN TOMATO SAUCE

INGREDIENTS:

- 1 CUP COOKED LENTILS
- 1/2 CUP WHOLE WHEAT BREADCRUMBS
- 1/4 CUP GRATED PARMESAN CHEESE
- 1 EGG
- 2 CLOVES GARLIC, CHOPPED
- 1 TABLESPOON CHOPPED PARSLEY
- SALT AND PEPPER TO TASTE
- 2 CUPS HOMEMADE TOMATO SAUCE

INSTRUCTIONS:

1. IN A LARGE BOWL, MIX THE LENTILS, BREADCRUMBS, PARMESAN CHEESE, EGG, GARLIC, PARSLEY, SALT, AND PEPPER.
2. FORM BALLS WITH THE MIXTURE AND PLACE THEM ON A BAKING SHEET.
3. PREHEAT THE OVEN TO 350°F (180°C) AND BAKE THE MEATBALLS FOR 20 MINUTES.
4. HEAT THE TOMATO SAUCE IN A LARGE POT AND ADD THE BAKED MEATBALLS.
5. COOK FOR ANOTHER 10 MINUTES AND SERVE.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 280
- PROTEIN: 12G
- CARBOHYDRATES: 40G
- FAT: 8G
- FIBER: 10G

. LETTUCE TACOS WITH LEAN GROUND BEEF

INGREDIENTS:

- 250G (8.8 OZ) LEAN GROUND BEEF
- 1 TABLESPOON OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, CHOPPED
- 1 TEASPOON GROUND CUMIN
- 1 TEASPOON PAPRIKA
- SALT AND PEPPER TO TASTE
- LARGE LETTUCE LEAVES
- CHOPPED TOMATO, FOR SERVING
- SHREDDED CHEESE, FOR SERVING
- GREEK YOGURT, FOR SERVING

INSTRUCTIONS:

1. HEAT THE OLIVE OIL IN A LARGE SKILLET AND SAUTÉ THE ONION AND GARLIC UNTIL SOFT.
2. ADD THE GROUND BEEF AND COOK UNTIL BROWNED.
3. SEASON WITH CUMIN, PAPRIKA, SALT, AND PEPPER.
4. SERVE THE GROUND BEEF ON LETTUCE LEAVES, TOPPED WITH TOMATO, CHEESE, AND GREEK YOGURT.

NUTRITIONAL INFORMATION (PER TACO):

- CALORIES: 200
- PROTEIN: 20G
- CARBOHYDRATES: 8G
- FAT: 10G
- FIBER: 2G

VEGETABLE SOUFFLÉ

INGREDIENTS:

- 1 CUP CHOPPED BROCCOLI
- 1 CUP GRATED CARROT
- 1 CUP GRATED ZUCCHINI
- 4 EGGS
- 1/2 CUP SKIM MILK

- 1/2 CUP GRATED PARMESAN CHEESE
- SALT AND PEPPER TO TASTE
- 1 TEASPOON BAKING POWDER

INSTRUCTIONS:

1. PREHEAT THE OVEN TO 350°F (180°C).
2. IN A LARGE BOWL, MIX THE VEGETABLES, EGGS, MILK, PARMESAN CHEESE, SALT, PEPPER, AND BAKING POWDER.
3. POUR THE MIXTURE INTO A GREASED BAKING DISH.
4. BAKE FOR 25-30 MINUTES OR UNTIL GOLDEN AND FIRM.

NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 180
- PROTEIN: 12G
- CARBOHYDRATES: 12G
- FAT: 8G
- FIBER: 4G