



NEW PERFORMANCE

Nutrition
COOKBOOK

New Performance Nutrition is dedicated to helping individuals achieve their greatest wellness through nutritional and physical means. Many people associate healthy eating with boring and unsavory foods. Not so! This cookbook is designed to help you manage your nutrition without the loss of flavor and zest in your meals! Enjoy New Performance and Pure Nutrition by trying these delicious and simple recipes!

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BREAKFAST CHOICES

BREAKFAST CHOICES

SERVING SIZE

2 CARBS
1 FRUIT

- 2 4" pancakes with 1.5 cups strawberries
- 1 cup of oatmeal + 1 whole grapefruit
- 1 medium bran muffin + ½ banana + ½ cup applesauce
- 1 medium bagel + ½ banana + ½ cup applesauce
- 1 English muffin + ½ cup applesauce
- 1 cup Cream of Wheat with 1/8 cup of raisins

3 CARBS
1 FRUIT

- 1 ½ cups of Grape Nuts/Flakes and 1 medium banana
- 3" x 3" square cornbread + ½ Cantaloupe
- 1 ½ cups oatmeal and sliced banana on top
- ¾ cup of all natural Granola cereal with 1 cup of fresh berries

3 CARBS
2 FRUIT

- 1 large bran muffin and 1 whole medium papaya sliced
- 1 ½ cups bran flakes + ¼ cup raisins (up to 1 cup non-fat milk)
- 2 kiwis + 1 pineapple cut up mixed + 1 ½ cups Grapenuts cereal
- 2 cups grapes + 3 slices of whole wheat toast topped with jam

3 CARBS
1 PROTEIN
1 FRUIT

- 1 ½ cups of bran flakes + ½ cup applesauce + 1 hard boiled egg
- 3 egg whites scrambled between one bagel + ½ cup applesauce
- 1 cup white rice + 1 oz sirloin pieces + 1 cup watermelon
- 1 whole egg scrambled inside a warm whole wheat pita + ½ cup of Cream of Wheat topped with 1/8 cup of raisins
- Mix 1 ½ cups of cooked oatmeal with 1 tbsp peanut butter, top with a sliced banana

3 CARBS
2 PROTEIN
2 FRUIT

3- 4" pancakes + 3 egg white omelet mixed with 1 oz of chicken pieces
+ 1 whole grapefruit + ½ cup orange slices

3- 4" pancakes + 2 oz chicken breast + 1 cup orange slices

3 egg whites scrambled with 2 oz shrimp + 1 cup orange slice
+ 1 ½ cups cooked oatmeal

2 poached eggs + 1 large baked potato + 1 cup apple sauce

2 poached eggs over 1 sliced bagel + ½ cup apple juice + sliced banana

Note: When choosing pancake mix, use all natural brands, low-cal brands, lite or sugar free only.

WHEY PROTEIN SHAKES

MUDSLIDE

1 scoop chocolate whey
6-8 oz skim milk or water
1/2 c frozen banana
¼ c decaf coffee
Squirt low fat, low sugar whipped cream
Ice as needed

BANANA SPLIT

1 scoop chocolate or vanilla whey
1/8 c frozen banana
½ c frozen strawberries
1/3 c frozen pineapple
Ice as needed

APPLE PIE

1 scoop vanilla whey
½ c applesauce
Cinnamon and nutmeg to taste
Ice

COFFEE OR MOCHA

1 scoop chocolate or vanilla whey
1/2 c frozen banana
1 Tbsp decaf instant coffee crystals
Ice as needed

CHERRY MASH

1 scoop chocolate whey
½ c dark or bright red cherries (bright red work better – more tart)
1 squirt low fat, low sugar whipped cream
Ice as needed

CREAMCICLE

1 scoop vanilla whey
1 envelope orange Crystal Light
Ice

CHOC-NUT DELIGHT

1-2 scoops Chocolate Whey
½ frozen banana
1 tbsp peanut butter
Add ice for thickness

BERRY MADNESS

1 scoop Vanilla Whey
¼ c frozen strawberries
¼ c frozen blueberries
¼ c frozen raspberries



SNACK CHOICES

SNACK CHOICES

SERVING SIZE

BAKED APPLE

1 FRUIT

Peel the top and core a firm Pippin, Granny Smith or Red Delicious apple. Set upright in baking dish, pour about $\frac{1}{4}$ cup water into dish and cover with foil. Bake for 30 minutes at 350. Should test done when knife inserts easily. Top with cinnamon. Can brown under broiler for 2 to 3 minutes if desired.

BAKED POTATO WEDGES

3 CARB

In a microwave, cook a large russet or red potato for 5 minutes. Let cool and slice potato into quarter wedges. Spray a non-stick cookie sheet with vegetable cooking spray and place potatoes on sheet, sprinkling with garlic, paprika and basil. Bake approximately 40 minutes at 400 or until soft. Turn frequently while baking so as to not stick to the pan.

SHREDDED WHEAT AND APPLESAUCE

**1.5 CARB
1 FRUIT**

Place 1 $\frac{1}{2}$ large shredded wheat pieces in a bowl. Top with $\frac{1}{2}$ cup of applesauce and cinnamon.

BANANA AND PEANUT BUTTER

**1 FRUIT
1 FAT**

Slice lengthwise one medium banana and spread 1 tablespoon of peanut butter over top.

GRAHAM BANANAS

**1 FRUIT
2 CARB**

Slice a medium banana and top 2 graham crackers

CAKES

2 CARB

One small slice of Angel's food or Sponge cake

PEANUT BUTTER BAR

**1.5 CARB
1 FAT**

One 20 gram granola bar with 1 tbsp of peanut butter spread on top

FROZEN BANANA

1 FRUIT

Take a popsicle stick and insert into the end of a medium size peeled banana. Place in a plastic bag and freeze. Ready to eat when frozen. *This can be done with grapes in a bag or pineapple chunks in a bag using toothpicks.*

1 FRUIT

1 FAT

APPLE & PEANUT BUTTER

Slice any kind of large apple into quarters and spread peanut butter evenly onto each piece with 1 tablespoon peanut butter.

1.5 CARB

1 FAT

GRAHAM CRACKERS A LA MODE

Spread 1 tablespoons of peanut butter over 1 ½ graham crackers, and top with any sugarless jam spread.

1 FRUIT

BABY GOOD “STAGE 3”

Using only stage 3 by BeechNut enjoy any of the fruits, fruit combinations or tapioca.

1 CARB

RICE CAKES

Top 2 plain rice cakes with your favorite sugar-free jam.

1 FRUIT

1.5 CARB

SAUTEED BANANAS

Slice a medium banana and place in a non-stick skillet, set aside. In a small bowl mix 1 tbsp honey, 3 tbsp lite maple syrup, 1/8 cup water and drizzle evenly over banana. Sauté over medium heat and serve over Stage 3 tapioca pudding or ½ cup of white sticky rice mixed with 1 package of Stevia

3 CARB

POPCORN

3 cups of lite non-buttered popcorn, may use Molly McButter or Butter Bud's.



MAIN DISHES

EASY HEALTHY MEATLOAF

		PORTION SIZE				
1 FULL LOAF	CARB	6	MEAT	16	VEG	4
½ LOAF	CARB	3	MEAT	8	VEG	2
¼ LOAF	CARB	1.5	MEAT	4	VEG	1

INGREDIENTS

- 1 lb lean ground turkey or ground beef
- 1 egg
- 2 cups cooked white or brown rice
- 1 cup sliced mushrooms uncooked
- 1 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt
- 1 tsp thyme
- 1 tsp coriander
- 1 tsp dried onion
- ½ cup marinara sauce

INSTRUCTIONS

Combine all ingredients in a bowl and mix thoroughly. Put into loaf baking dish and cook for 1 hr at 325. Serve along side a garden salad, broccoli or summer squash. Allow for portion size variance due to cooking.

SAUCY FILET MIGNON

PORTION SIZE

CARB 2 PROTEIN 4 VEGETABLE 2

INGREDIENTS:

Vegetable cooking spray
Finely chopped shallot
4 cups fresh shitake mushrooms, stem removed
2 tbsp red wine
Cracked pepper
8 oz filet mignon steak
1 tbsp low sodium soy sauce
2 tsp cornstarch
1 tsp dried thyme
Fresh thyme sprigs
1 baked potato
½ cup cooked peas

INSTRUCTIONS:

1. In a non-stick skillet with cooking spray, sauté shallots and mushrooms over medium heat for 4 minutes.
2. Add 1 tbsp red wine and cook 5 minutes, stirring frequently.
3. Remove mushrooms and place in bowl. Sprinkle pepper over steaks.
4. Re-spray skillet and over medium heat, cook steaks 3 minutes on each side or until browned.
5. Reduce heat to medium low and cook 12 minutes on each side or until done. Place on platter and keep warm.
6. Combine soy and cornstarch, stir well.
7. Scrape skillet with wooden spoon to loosen brown bits and cook 1 minute.
8. Add mushroom mixture, thyme cornstarch and remaining wine.
9. For a complimentary side dish add ½ cup cooked peas and fresh garden salad.

HAMBURGER - PROTEIN STYLE

PORTION SIZE

CARB 2 PROTEIN 4 VEGETABLE 2

INGREDIENTS

2 tsp vegetable oil
¼ cup finely chopped onion
4 ounces lean buffalo, turkey or ground beef
1 tsp minced fresh thyme
Pepper
Vegetable cooking spray
Iceberg Lettuce Leaves
1 tomato sliced
2 onion slices

INSTRUCTIONS

1. Heat the vegetable cooking spray in skillet over medium heat. Sauté onion until tender.
2. Combine sautéed onion, meat, thyme, salt & pepper in a bowl and stir well.
3. Divide into two portions, shaping into patties.
4. Coat skillet with cooking spray and add patties. Cook over medium heat for 3 minutes. Turn over, reduce heat and cook 1 more minute. Wash crisp lettuce leaves and let them dry.
5. Serve patties wrapped up in the Iceberg lettuce leaves to add an extra crunch without the extra crab! Include a steamed vegetable on the side to make your meal satisfying and nutritious!

QUICK AND LEAN SPAGHETTI

PORTION SIZE

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

¾ cup cooked spaghetti
4 ounces cooked ground beef, turkey, or chicken
½ teaspoon olive oil
8 ounces mushrooms, sliced
1 cup bell peppers, chopped
½ cup onions, chopped
1 14 oz can crushed tomatoes, undrained
8 ounces no-salt-added tomato sauce
1-½ teaspoon salt
1 teaspoon oregano
1 teaspoon basil
¼ teaspoon black pepper

INSTRUCTIONS

1. Cook ground beef, chicken or turkey to your liking.
2. To prepare sauce, heat oil in a skillet, cook mushrooms, bell peppers, and onions until tender. Add tomatoes, tomato sauce salt, oregano, basil, and black pepper. Simmer all ingredients until bubbling or 15 minutes. Add meat to sauce. Let cool.
3. Pour sauce over pasta and voila, an enjoyable Italian meal! Be sure to serve along side a plate of steamed vegetables – eggplant would be a nice touch to the Tuscan meal!

HEARTY STUFFED TACOS

PORTION SIZE

CARB 3 PROTEIN 4 VEGETABLE 2

INGREDIENTS

- 2 6" corn tortillas
- 4 ounces lean ground beef
- 1 large tomato diced
- 3 cups lettuce
- 1/3 cup black beans, no salt added
- 2 Tbsp salsa

INSTRUCTIONS

1. Place tortillas in foil in oven at 200 to warm.
2. While warming, brown the beef in a non-stick skillet or treat with cooking spray.
3. Season with pepper and some of the salsa.
4. Drain any excess fat and add the black beans.
5. Chop up tomato and add to mixture.
6. When warm, place ingredients by spoonfuls onto tortillas and roll up. Top with remaining salsa and lettuce.
7. Serve with garden salad if so desired.

TASTY SIRLOIN WRAP

PORTION SIZE

CARB 2 MEAT 4 VEGETABLE 3

INGREDIENTS

4 ounces sirloin strips
1 medium green bell pepper, seeded and sliced
½ cup red onion, sliced
½ tsp minced garlic
1 large tomato, seeded and sliced into thin wedges
4 romaine lettuce leaves
1 tomato diced
2 - 6" corn tortillas, warmed to soften

INSTRUCTIONS

1. Cut sirloin into ½ in pieces. Spray a large skillet with cooking spray and heat meat until well cooked to your liking. Remove from heat and drain.
2. Add bell pepper, onion, red pepper, and garlic to skillet and sauté for 8 min or until tender.
3. Cut up the tomato and mix with the salsa.
4. Spoon into tortillas and roll up to eat.
5. Serve with Cajun spiced steamed vegetables

BLACKENED STEAK SALAD WITH BEANS

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

8 ounces top sirloin steak, fat trimmed
1 tbsp Cajun or blackening spice blend
1/3 cup salsa
2 tbsp lime juice
2 cups spinach leaves
1 cup black beans rinsed & drained
1 tomato cut up

INSTRUCTIONS

1. Pat steaks with spice blend to cover both sides evenly.
2. Heat a 10 inch skillet over medium heat and add steak.
3. Turn meat and cook until well browned
4. Meanwhile, blend salsa and lime juice in a blender until smooth.
5. Arrange spinach, beans and tomato in a large bowl
6. When meat is done, cut into thin strips and add to salad.
7. Mix salad thoroughly with salsa dressing. Add pepper to taste.

CHUNKY BEEF CHILI

PORTION SIZE

CARB 3 PROTEIN 4 VEGETABLE 2

INGREDIENTS

4 ounces chunky beef or sound steak
¼ cup water
½ tsp chili powder
½ tsp ground cumin
½ tsp dried oregano
½ tsp salt
½ tsp pepper
¼ tsp hot salsa
2/3 cup kidney beans drained (no salt added)
1/3 cup navy beans (no salt added)
2 whole tomatoes
Garden Salad

INSTRUCTIONS

1. Cook meat in large skillet until brown. Drain oil and return to pan.
2. Add remaining ingredients and bring to a boil.
3. Partially cover, reduce heat and simmer for 30 minutes or until thick. Stir occasionally.
4. Add salsa to taste. Serve with garden salad.

CHICKEN FRIED RICE

PORTION SIZE

CARB 3 PROTEIN 5 VEGETABLE 1.5

INGREDIENTS

1 cup white rice
4 ounce chicken breast
1 egg
1 cup mushrooms
1 cup bean sprouts
½ cup water chestnuts
1 tbsp chopped green onions
1/3 cup low sodium soy sauce
1 clove garlic crushed

INSTRUCTIONS

1. Cut chicken into small chunks and place on non-stick skillet over medium heat.
2. Add garlic and soy sauce and let simmer until cooked. Add mushrooms, sprouts and chestnuts. Cover and let simmer until tender.
3. In separate skillet, while vegetables are simmering, scramble one egg.
4. Add rice, egg and green onions to the chicken mixture and let simmer for 5 minutes. Serve Immediately.

TURKEY CORDON BLEU

Serves 4

PORTION SIZE FOR 1

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

1 Tbsp flour
¼ tsp ground black pepper
4 (4 ounce) boneless skinless turkey breast cutlets
1 tbsp olive oil
1 cup sliced mushrooms
1 onion chopped
¼ cup chopped lean ham
4 skim mozzarella cheese slices
2 cups potatoes or brown rice

INSTRUCTIONS

1. Preheat oven to 350 degrees; spray an 8" square baking dish with nonstick cooking spray.
2. In a gallon-size sealable plastic bag, combine the flour and pepper;; add turkey and shake to coat.
3. In a large nonstick skillet, heat the oil; add the turkey and cook till lightly browned, about 2 minutes on each side. Transfer to the baking dish.
4. In the same skillet, combine mushrooms, onion, and ham; cook stirring constantly, till softened, about 5 minutes.
5. Spoon evenly over turkey; top each cutlet with a slice of cheese.
6. Bake till turkey is cooked through, about 15 minutes.
7. Serve along side a steamed vegetable platter and garden salad.

SIMMERING VEGETABLE AND CHICKEN PASTA

PORTION SIZE

CARB 3 PROTEIN 4 VEGETABLE 2.5

INGREDIENTS

1 ½ cups cooked pasta shells
4 ounce chicken breast
1 cup stewed tomatoes
2 cups fresh mushrooms
1 cup steamed spinach
Fresh crushed garlic
Fresh basil
Pepper

INSTRUCTIONS

1. Cut chicken into pieces, sauté over medium heat in a non-stick sprayed skillet.
2. Sauté for 5 minutes and added mushrooms, garlic, pepper and basil. Mix well.
3. Add tomatoes and spinach, cover and simmer 3 minutes. Stir occasionally and repeat until vegetables are cooked to your liking (about 5 minutes). Mix into cooked pasta and eat. Serve with garden salad and fat free Italian Dressing.

CITRUS GRILLED CHICKEN BREAST

PORTION SIZE

CARB 1 PROTEIN 4 VEGETABLE 2

INGREDIENTS

4 ounce boneless skinless chicken breast
1 Lemon juiced
1 Orange juiced
1 Tsp grated orange peel
1 Tsp grated lemon peel
1 Garlic clove minced
1 Tbsp fresh basil
1/3 cup brown or wild rice
Steamed Vegetable
Garden Salad

INSTRUCTIONS

1. Mix together in a food processor lemon juice, orange juice, orange peel, lemon peel, garlic and basil. Place mixture in a plastic bag.
2. Add chicken to the marinated bag and leave to soak for an hour or more.
3. Discard marinade and place chicken on the grill. Cook until done. While chicken is grilling prepare white or wild rice.
4. Garnish the citrus chicken with a lime slice and serve with a steamed vegetable and garden salad. An additional fruit bowl on the table would add to the refreshment of the grilled entrée.

GRILLED CHICKEN SALAD

PORTION SIZE

CARB 2 PROTEIN 8 VEGETABLE 2

INGREDIENTS

½ cup balsamic vinegar
2 tbsp seedless sugarless raspberry jam
½ tsp grated lemon peel
8 ounce chicken breast
6 cups of lettuce, rinsed and crispy
¼ cup raspberries rinsed and drained
2 pita bread pieces
Pepper to taste

INSTRUCTIONS

1. Whisk together vinegar, jam and lemon peel until smooth. Reserve half the mixture then pour remaining amount into a bowl. Rinse chicken and pat dry.
2. Add chicken to vinegar mixture in a bowl and turn to evenly coat, cover and chill for 10 minutes.
3. Place chicken on a grill over medium heat. Brush chicken with a small amount of marinade. Cook about 6 minutes on each side.
4. While chicken is grilled, in a separate bowl toss the lettuce with the remaining vinaigrette. Mix in raspberries and top with chicken. Place inside pita if desired or eat pita separate.

ZESTY SANTA FE CHICKEN

PORTION SIZE

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

4 Ounce chicken breast
¼ Tsp pepper
1 Lime squeezed
1Tbsp sliced green onions
½ Cup black beans no salt added, undrained
Fresh cilantro chopped
1 Whole tomato chopped
Vegetables cooking spray

INSTRUCTIONS

1. Place chicken in shallow baking dish and sprinkle with lemon pepper and drizzle with lime juice.
2. Combine green onions, beans and tomato in bowl.
3. Place chicken on broiler pan coated with cooking spray. Broil for 6 minutes on each side or until done.
4. Place chicken on plates and spoon bean mixture over top of each breast. Garnish with cilantro and salsa to taste. Serve with fresh sliced tomato and a garden salad.

TANTALIZING CHICKEN MARSALA

PORTION SIZE

CARB 2 PROTEIN 4 VEGETABLE 1

INGREDIENTS

2 Tbsp flour
4 Ounce chicken breast
½ Tsp browning and seasoning sauce
¼ Tsp dried rosemary
¼ Tsp pepper
1 Tbsp balsamic vinegar
1 Tbsp water
2 Tbsp sweet wine
1/3 Cup mushrooms sliced
1 Cup tomato diced
1 Cup brown rice angel hair pasta
Steamed vegetable
Garden Salad

INSTRUCTIONS

1. Mix pepper, salt, and flour. Coat chicken with seasoned flour.
2. Spray a heavy-bottomed skillet, and place chicken breasts in skillet and brown on both sides. Remove chicken from skillet and set aside.
3. Add wine to the skillet and stir until heated. Stir water, tomato, and mushrooms. Reduce heat and cook for about 10 minutes until the sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over the chicken.
5. Cover and cook for five to 10 minutes or until chicken is done.
6. Serve chicken and sauce over angel hair pasta Garnish with chopped parsley. Serve with a steamed vegetable side or garden salad.

GENEROUSLY STUFFED CHICKEN

PORTION SIZE

CARB 1.5 PROTEIN 8 VEGETABLE 2

INGREDIENTS

2 4 oz chicken breasts
¼ cup dried breadcrumbs
Vegetable cooking spray
2 cups torn spinach
½ cup boiled corn
Chopped fresh basil
1 tsp balsamic vinegar
½ tsp pepper
Garden Salad

INSTRUCTIONS

1. Place each chicken breast half between 2 sheets of heavy duty plastic wrap. Flat to ¼ inch thickness.
2. Roll chicken in breadcrumbs covering completely.
3. Cook spinach until slightly wilted and drained. Place spinach in chicken, garnish with basil and pepper. Roll up chicken.
4. Place in baking dish sprayed with cooking spray, drizzle with balsamic vinegar and cook in 425 oven for 20 minutes. Serve with corn and garden salad.

MOUTH-WATERING MARINATED KABOBS

PORTION SIZE

CARB 3 PROTEIN 4 VEGETABLE 2

INGREDIENTS

4 Ounce chicken breast
½ Red bell pepper sliced
½ Cup pineapple sliced and drained
½ cup unsweetened orange juice
¼ cup low-sodium soy sauce
½ tsp Rosemary
1 clove minced garlic
Dash of pepper
1 cup cooked brown or white rice
1 Cup Broccoli
Garden Salad

INSTRUCTIONS

1. In large glass bowl, mix soy sauce, orange juice and seasonings. Mix well.
2. Cut chicken breast into chunks for skewers, add to bowl and set aside to marinate for at least 1 hour. (Prepare in the morning or night before and marinate in refrigerator)
3. Wash and dice pepper and pineapple and prepare for skewers. Prepare skewers by alternating the chicken and vegetable/fruit until all gone.
4. Grill on BBQ for 25 minutes or until done. You may broil in oven and turn occasionally if desired.
5. Cook rice and serve skewers along side or on top of rice.
6. Serve with fresh steamed vegetables and a garden salad.

DELICIOUS CHICKEN CATTIATORE

PORTION SIZE

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

¼ tsp black pepper
1/8 tsp salt
4 ounce chicken breast
1 tsp olive oil
2 cups sliced fresh mushrooms
¼ cup dry red wine
1 garlic clove minced
¼ tsp crushed red pepper
1 cup plum tomatoes, undrained and chopped
¾ cups hot cooked vermicelli or spaghetti

INSTRUCTIONS

1. Sprinkle pepper and salt over chicken and set aside.
2. Heat the olive oil in a large skillet over medium heat. Add chicken and cook 5 minutes on each side or until brown. Remove chicken from skillet, cover and set aside.
3. Add mushrooms, wine and garlic to skillet and sauté over medium heat for 6 minutes.
4. Add red pepper and plum tomatoes and bring to boil. Cook about 10 minutes or until sauce is slightly thickened, stirring occasionally.
5. Return chicken and the juices to skillet. Cover and cook for about 5 minutes. Turn chicken and then cover and cook for an additional 5 minutes. Serve over hot vermicelli spaghetti. Use a garden salad or vegetable as an appetizer, season with Italian spices.

HEALTHY HEARTY CHICKEN SOUP

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

½ cups unsalted corn, drained
½ cup tube pasta cooked
1 cup chopped green beans
½ cup chopped carrots
8 ounces shredded chicken breast
8 ounce can chicken stock (non-fat)
1 dinner roll

INSTRUCTIONS

1. Microwave the raw carrots and green beans on high for about 3-4 minutes.
Alter time depending on how crunchy you prefer your vegetables.
2. Place chicken stock in sauce pan, bring to boil, add pasta.
3. When cooked (about 5 minutes), add the corn, green beans, carrots and shredded chicken. Let simmer for 15 minutes, add pepper to taste.
4. When heated through, serve in a bowl with a dinner roll and a garden salad.

LUNCHBOX SANDWICH

PORTION SIZE

CARB 3 PROTEIN 2 VEGETABLE 1

INGREDIENTS

Whole Wheat Pita
2 ounces fresh turkey breast
Romaine Lettuce
1 tomato
1 tsp fat free mayonnaise
1 tbsp mustard
1 whole graham cracker

INSTRUCTIONS

Spread mayonnaise and mustard evenly on each piece of bread. Pepper to taste. Layer the turkey, lettuce and tomato evenly to create a sandwich. Enjoy the simplicity! And of course the graham cracker for dessert!

TOMATO SAGE CHICKEN

PORTION SIZE

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

1- 4 ounce boneless skinless chicken breast
½ cup chicken stock
Fresh minced garlic
1 - 8 ounce can crushed tomatoes
1 tsp balsamic vinaigrette
½ onion chopped
1 tsp fresh sage
Pepper
½ cup steamed mixed vegetables
½ cup cooked white rice

INSTRUCTIONS

1. In 4 quart saucepan warm the chicken stock. Add garlic, pepper and onion and simmer for 5 minutes until soft.
2. Add chicken and continue to simmer until chicken is golden on all sides.
3. Stir in tomatoes, vinegar and sage. Cover partially and simmer over medium heat for 20 minutes. Stir occasionally. If sauce needs to thicken, uncover while simmering. Serve over ½ cup cooked rice and vegetable.

EASY THANKSGIVING PLATTER

PORTION SIZE

CARB 3 PROTEIN 2 VEGETABLE 2

INGREDIENTS

2 Ounces turkey breast
1 Cup green beans
1 Cup asparagus
1 Cooked yam

INSTRUCTIONS

1. Place turkey breast on broiler in over and cook about 2 minutes on each side or until done.
2. Enjoy turkey with green beans, cooked asparagus and a hearty yam.

ROASTED SESAME CHICKEN SALAD

PORTION SIZE

CARB 0 PROTEIN 4 VEGETABLE 2

INGREDIENTS

2 tbsp rice wine vinegar
1 tsp dark sesame oil
½ tsp crushed red pepper
4 ounces roasted chicken no skin
½ cup cilantro leaves
2 tbsp sesame seeds
1 10 oz bag Italian blend salad or 6 cups

INSTRUCTIONS

Combine first 3 ingredients in a large bowl. Stir well and set aside. Shred chicken. Add the chicken, cilantro, sesame seeds, and greens to bowl and toss gently to coat mixture.

SATISFYING STUFFED PITA

PORTION SIZE

CARB 2 PROTEIN 4 VEGETABLE 1.5

INGREDIENTS

1 whole wheat pita
1 cup alfalfa sprouts
1 tomato
1 - 6 ounce can tuna in water (yields 4 oz after drained)
1 tsp non-fat mayonnaise
1 tbsp Dijon mustard
Lemon
Pepper

INSTRUCTIONS

Mix tuna, mayonnaise, mustard, lemon and pepper. Stuff into a pita bread and top with alfalfa sprouts and tomato.

SCRUMPTIOUS TUNA MELTS

PORTION SIZE

CARB 2 PROTEIN 6 VEGETABLE 2.5

INGREDIENTS

1/3 cup celery, chopped
3 tablespoons light mayonnaise
2 tablespoons mustard
2 teaspoons lime juice
1/2 teaspoon fresh coarse ground black pepper
1/2 (12 ounce) can tuna in water, drained
1 English muffins, split and toasted
1 tomato, cut into 8 slices
1/2 Cup shredded low-fat cheese
1 Cup cucumber
Garden Salad

INSTRUCTIONS

1. Preheat broiler.
2. Combine first 6 ingredients and spread 3 tablespoons of the mixture on each muffin half.
3. Top each half with 1 tomato slice and 1 tablespoon cheese.
4. Broil 5 minutes or until the cheese is melted. Serve along side with freshly cut cucumbers or garden salad.

PAN GRILLED MINT SALMON

PORTION SIZE

CARB	1.5	PROTEIN	4	VEGETABLE	2
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INGREDIENTS

½ cup rice vinegar
Vegetable cooking spray
4 ounce salmon fillets
¼ fresh mint leaves
Salt
1/3 cup peas
1/3 cup corn
2 cups beans, fresh and steamed
Garden Salad

INSTRUCTIONS

1. Coat a medium non-stick skillet with cooking spray. Place over medium heat until hot. Add fish skin down and cook 5 minutes.
2. Turn fish over and pour vinegar over fish, and cook for 5 minutes or until it flakes easily with a fork.
3. Place on plates and spoon pan juices over fish, garnish with mint leaves. While fish is cooking, steam vegetables. Serve with garden salad.

BRINY SEAFOOD PASTA

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

8 ounces shrimp
2 cups fresh mushrooms
1 cup fresh chopped broccoli
1 ½ cup cooked penne pasta
2-3 tbsp low sodium soy sauce

INSTRUCTIONS

1. Sauté shrimp over medium heat in a non-stick skillet treated with cooking spray. Cook until done, about 3 minutes. Place aside in bowl.
2. Next add the vegetables and sauté until just wilted, turn to cook evenly. Season with soy sauce, garlic and pepper. Add mushrooms and cover to simmer about 5 minutes. Careful not to let dry out by keeping lid tight.
3. Spoon into freshly cooked pasta and mix well.

TANGY HALIBUT

PORTION SIZE

CARB 2 PROTEIN 4 VEGETABLE 1

INGREDIENTS

2 tsp prepared horseradish
4 ounces Halibut Steak Fillets
4 cups red Swiss chard (stems removed) chopped
¼ cup balsamic vinegar
1 cup mashed potato

INSTRUCTIONS

1. In a 10 inch non-stick pan sprayed with vegetable spray cook fish over medium heat for 6 minutes.
2. Meanwhile, in a 6 qt pan, bring ¼ cup water to boil over high heat. Add chard, cover and cook for 3 minutes or until wilted.
3. Spoon chard onto plates and add fish.
4. Season to taste with vinegar and pepper.
5. Prepare potato in microwave. Top with horseradish if desired. Serve with a garden salad.

SWEET FIERY SNAPPER

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

1 cup summer squash chopped
1 cup sweet peppers chopped
¼ cup lime juice, plus wedges
1 tbsp minced fresh ginger
¼ tsp hot chili flakes
8 ounce snapper
1 cup cooked rice
Pepper

INSTRUCTIONS

1. In a bowl, combine sweet pepper, squash, lime juice, ginger and chili flakes.
Set aside.
2. Sprinkle fish with pepper. In a 10" non-stick skillet, cook fish over medium heat for 6 minutes or until brown.
3. Set onto plates. Spoon vegetable mixture over fish. Squeeze lime wedges over fish. Cook rice to accompany the snapper. Add a garden salad.

GRILLED MARINATED TUNA

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 3

INGREDIENTS

¼ cup water
¼ cup low sodium soy sauce
1 tsp peeled and minced ginger root
1 clove garlic minced
8 ounces fresh tuna steaks
2 cups chopped cabbage
1 cup green beans
Vegetable cooking spray
1 cup cooked wild rice

INSTRUCTIONS

1. Combine the water, soy sauce, ginger and garlic. Set aside.
2. Place tuna in a shallow dish. Pour soy sauce mixture over tuna (reserve some sauce). Cover and marinate in refrigerator for 30 minutes or up to 2 hours.
3. Combine the reserve soy sauce mixture, cabbage and green beans in a bowl. Toss to coat. Place on a sheet of aluminum foil, folding edges to form a pouch. Tightly seal edges.
4. Drain tuna and set aside. Reserve marinade.
5. Coat grill rack with cooking spray and place steaks on top of medium heat. Cook vegetables on rack for 3 minutes. Place tuna on rack for 3 minutes on each side. Serve with vegetables and one cup of cooked rice.

DILL ORANGE ROUGHY & SPINACH

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

2 Tbsp dry white wine
½ Cup water
1 Tbsp minced fresh dill
½ Tsp pepper
1 Sliced onion
8 Ounce Orange Roughy
2 Cups raw spinach
1 Baked potato

INSTRUCTIONS

1. Combine wine, water, dill, pepper and onion in a large skillet. Bring to boil. Cover and reduce heat and simmer for 5 minutes.
2. Add fish, cover and simmer for 10 minutes or until fish flakes easily.
3. Gently remove fish and set aside. Keep warm.
4. Bring cooking liquid to boil over high heat for 13 minutes or until liquid is reduced to ¼ cup.
5. Add spinach. Cover and cook over medium heat. Arrange fish and spinach on a plate and garnish with lemon slices. Accompanied by a baked potato.

GINGER-ORANGE STIR FRY SHRIMP

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 2

INGREDIENTS

8 ounces fresh peeled shrimp
2 cups sliced fresh mushrooms
1 cup chopped broccoli
3 tbsp reduced fat low sodium soy sauce
1 garlic clove minced
1 tsp of fresh grated ginger root
1 cup cooked white rice, no salt
Cooking spray

INSTRUCTIONS

1. Peel and de-vein shrimp. Use a large non-stick spray coated pan and place over medium high heat until hot.
2. Add shrimp and stir fry for 2 minutes. Remove from skillet and set aside.
3. Combine the cut up vegetables to the skillet. Stir fry 3 minutes over medium heat. Remove from skillet and set aside.
4. Add the garlic and ginger to skillet and sauté 30 seconds. Stir in the shrimp and vegetables. Add soy sauce and mix well. Serve with cooked white rice and a garden salad.

GRILLED HALIBUT WITH PINEAPPLE LIME SALSA

PORTION SIZE

CARB 3 PROTEIN 8 VEGETABLE 1

INGREDIENTS

8 ounce halibut
2 tbsp lime juice
¼ cup pineapple chunks, drained and unsweetened
1 garlic clove minced
1 cup cooked white or brown rice
Garden Salad

INSTRUCTIONS

1. Prepare grill or broiler. Place fish on rack or broiling pan and coat with cooking spray.
2. Cook about 3 minutes on each side or until tests flaky.
3. Prepare the lime juice, pineapple and garlic in a bowl. Spoon over fish and serve. Accompany with rice and a garden salad.

GINGERED FLOUNDER

PORTION SIZE

CARB 1.5 PROTEIN 4 VEGETABLE 2

INGREDIENTS

4 ounce flounder steak
1 tsp fresh grated ginger root
1 tsp low sodium soy sauce
1 cup cooked summer squash
1 cup broccoli
 $\frac{3}{4}$ cup corn

INSTRUCTIONS

1. Place ginger, soy sauce and lemon juice in a bowl. Add fish and marinade in refrigerator about 20 minutes, turning occasionally.
2. Remove fish and discard marinade. Place fish on a broiler pan coated with cooking spray and broil for 3 minutes until lightly browned.
3. Serve on plate with cooked vegetables and corn.

GRILLED ROSEMARY SWORDFISH

PORTION SIZE

CARB 1.5 MEAT 8 VEGETABLE 1

INGREDIENTS

8 ounce swordfish
1 tsp minced fresh rosemary
1 tsp grated lemon rind
1 clove minced garlic
Vegetable cooking spray
1 tbsp fresh lemon juice
¼ tsp pepper
Lemon wedges
Fresh rosemary springs (optional)
½ cup yam
1 cup cauliflower

INSTRUCTIONS

1. Arrange fish in large baking dish. Combine minced garlic, rosemary and lemon ring. Press evenly onto one side of steak. Refrigerate.
2. Coat grill rack with cooking spray. Place rack on grill over medium heat and place fish on rack. Combine lemon juice and pepper and brush over fish. Cook 5 minutes on each side or until done, basting frequently with lemon juice. Garnish with lemon wedges and rosemary sprigs. Serve with cauliflower and yams.

FREE FOODS LIST

You don't have to cut out flavor to stick to the program! Use a variety of flavorings to enhance your foods. In general, avoid sugar, fat and high sodium products. There are a variety of healthy low calorie condiments, spices, dressings and sauces at your market that create fabulous choices. This list is not exclusive. If you have any questions about any spices or sauces, read the labels and make sure there is minimal added sugar and that the product is low calorie, low sodium and low fat.

CONDIMENTS Up to 3 tbsp per day. Avoid honey mustard varieties.

NON-FAT SALAD DRESSINGS Up to 3 tbsp per day.

Kraft Fat-free Italian, Thousand Island, Catalina
Weight Watchers – Creamy Peppercorn, Caesar, Italian
Seven Seas – Red Wine Vinegar, Ranch
All Pritikin Dressings
Bernstein's Light varieties
Vinegars – Balsamic, White, Red Wine (unlimited amounts)
Lemon Juice

*** look for dressings that are fat-free and have under 16 calories per serving.

NON-FAT MAYONNAISE Up to 1 tsp per day

BUTTER SUBSTITUTES Up to 1 tbsp per day. Molly McButter, Butter Buds, I Can't Believe It's Not Butter Spray, Pam, Weight Watcher's non-stick cooking sprays

DRY SEASONING AND SPICES Unlimited amounts, any varieties low in sodium.

SAUCES 1/3 cup per day. Soy sauce – low sodium only. Salsas, tomato/marinara, any oil-free variety Hunts, Classico, Healthy Choice, fat-free chicken broth

JAMS AND JELLIES Up to 2 tbsp per day. All fruit, Smucker's Lite, Trader Joe's

SYRUPS Up to 2 tbsp per day. Log Cabin Lite, Butterworth's Lite

MILK 1 cup of Skim/Non-Fat milk daily

SWEETENERS Stevia, Agave, Splenda

ALCOHOL An occasional drink is permitted. Best Choice – red or white wine, Vodka.

Note: When choose peanut butter for this program, use only the all natural brands without any sugars added. Example: Ingredients should read: peanuts and salt. A perfect choice would be Laura Scudder's All Natural Old Fashioned Peanut Butter, smooth or nutty. Absolutely no Jif, Skippy, etc. or any low-fat versions which always contain added sugar!

TASTY MARINADES FOR BEEF, POULTY AND FISH

SPICY THAI MARINADE

¼ cup reduced sodium soy sauce
¼ cup oyster sauce
1 tbsp firmly packed brown sugar
1 tbsp minced garlic
1 tbsp minced ginger
½ - 1 tsp Asian red chili paste
2 tbsp minced cilantro
2 tbsp minced green onion

Mix all ingredients well. Add chicken or fish, cover and chill at least 30 min to one day. Drain and discard marinade. Grill over medium heat. Garnish with cilantro and onion.

HERB WINE MARINADE

1 cup dry white wine
½ cup lemon juice
2 cloves garlic minced
2 tbsp minced fresh oregano
2 tbsp minced fresh thyme

Mix all ingredients well. Add chicken and fish. Cover for at least 30 minutes or up to a day. Drain and disregard marinade. Grill over medium heat until done.

LEMON-MUSTARD MARINADE

½ cup lemon juice
3 tbsp Dijon mustard
2 tbsp honey
1 tbsp minced fresh rosemary

Mix all ingredients well. Add chicken or fish and cover and chill for 30 minutes to a day. Drain meat and discard remaining marinade. Grill until done.

CLASSIC CAESAR MARINADE

¼ cup lemon juice
2 tbsp Dijon mustard
½ tsp minced garlic
1 tbsp Worcestershire
4 tbsp Balsamic Vinegar
Pepper

Combine all ingredients. This marinade can be used as a dipping sauce as well.

NOTE: All marinades can be made fat-free. Use low calorie dressings like Catalina, Italian and Caesar.

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