

Breakfast

Apple "flapjack" Pancakes
Apple 'n' Oats Pancake
Banana Bread
Carrot Cake Mini Loaf
Café Mocha Cookie
Chocolate Banana Flapjacks
Chocolate PB Flapjacks
Chocolate Banana Mini Loaf
Crunchy Raisin Cookie
Gojiberry Oatmeal Cookie

Hot n Spicy Turkey Scrambler
Pineapple Not So Upside Down Oatmeal
Pumpkin Bread
Pumpkin Cherry Mini Loaf
Strawberry Banana Mini Loaf
Strawberry Cheesecake Oat Bread
Strawberry Crunch
Strawberry Smoothie
Yummy Banana Muffins

Apple "Flapjack" Pancakes

Ingredients

4 egg whites

3 scoops vanilla protein powder

1/3 cup wheat pancake mix

1 cup of splenda (or 20 packets)

1 ½ cups of 8th continent light soy milk (or use skim)

1 ½ cups old fashion oats

2 cups of apples chopped

1-2 tsp cinnamon

Directions

- In a large bowl, combine all ingredients and mix with whisk to make sure protein powder is completely blended.
- Spray Griddle with cooking spray and scoop mix on to griddle.
- When bubbles "pop" flip pancake over.

Nutritional Information: Makes anywhere from 10 to 20 pancakes (nutritional information is based on entire recipe. Divide total by the amount you make)

Calories: 1295 Total Fat: 15.4 g Total Carbohydrate: 150.8 g Protein: 122 g

Apple n Oats "Pancake"

Ingredients

1 scoop vanilla protein powder

½ medium apple (chopped)

1 egg white

4-5 Tbsp water (should be thick)

1/3 cup old fashion oats

3 packets of splenda (optional)

1 Tbsp Cinnamon

Directions

- In a 14 oz Ziploc reusable bowl, combine all ingredients and mix with fork
- Cook in Microwave at 70% power for 2 ½ to 3 minutes.
- It should come out in one solid piece for easy portability.

This is perfect to make when on the go!!

Nutritional Information: Makes 1 serving

Calories: 260 Total Fat: 3.7 g Total Carbohydrate: 32.7 g Protein: 27 g

Banana Bread

Ingredients

2 cups Wheat Bran	½ oat bran (or ½ cup oats grinded)
2 Scoops of vanilla Protein Powder (you can use others)	2 medium bananas
6 egg whites	1 Tbsp sugar free fat-free banana pudding mix
1 cup splenda (or 20 packets)	Cinnamon and nutmeg to desired taste

Directions: Preheat oven to 350

- Combine all ingredients in large mixing bowl.
- In 4 mini loaf pans, divide mix as equally as possible.
- Bake at 350 for 35 to 40 minutes

Nutritional Information: Per Loaf- makes 4 loaves

Calories: 223 Total Fat: 1.8 g Total Carbohydrate: 41.1 g Protein: 22.55 g

"Carrot Cake" Mini Loaf

Ingredients

3 cups wheat bran	1 Tbsp sugar-free fat free Cheesecake pudding mix
2 scoop protein powder (I used toasted almond coconut)	1/2 cup splenda (or 20 packets)
1/4 cup skim milk (or 8 th continent light soymilk)	1 tsp rum extract (can use vanilla)
8 egg whites	1/4 cup Davinci's calorie free syrup- vanilla flavor
8 oz carrots shredded	Cinnamon and Nutmeg to taste

Directions

- In a large bowl, combine all ingredients and mix with whisk to make sure protein powder is completely blended.
- Spray 4 mini loaf pans with cooking spray.
- Divide the ingredients between the 4 loaves.
- Bake at 350 for 35 to 40 minutes.

Nutritional Information: Per Loaf- Makes 4 Loaves

Calories: 189 Total Fat: 1.05 g Total Carbohydrate: 30.6 g Protein: 23.15 g

Café Mocha Cookie

Ingredients

1/3 cup old fashion oats

1 Tbsp sugar free fat-free chocolate pudding mix

2 to 3 packets of splenda (optional)

1 scoop Dymatize café mocha protein powder

½ oz raisins (optional)

5-7 Tbsp water (should be thick)

Directions

- In a 14 oz Ziploc reusable bowl, combine all ingredients and mix with fork
- Smooth mixture over bottom of container.
- Cook in Microwave at 70% for 2 minutes (time may vary with different microwaves)

Nutritional Information:

Calories: 279 Total Fat: 3.6 g Total Carbohydrate: 37.9 g Protein: 26.7 g

Chocolate Banana Flapjacks

Ingredients

5 egg whites

4 scoops of chocolate protein powder

1/3 cup whole wheat pancake mix

1 cups splenda (20 packets)

1 ½ cups 8th continent light soy milk

1 ½ cups old fashion oats

1 medium banana

1 tsp banana extract (optional)

Directions

- In mixing bowl combine all ingredients and whisk to make sure protein powder is completely mixed.
- Spray griddle with cooking spray and pour batter.
- When bubbles "pop" flip pancakes over.

Nutritional Information: This recipe makes anywhere from 10 to 20 pancakes depending on desired size. The nutritional information is for the entire recipe.

Calories: 1377 Total Fat: 18.4 g Total Carbohydrate: 146.5 g Protein: 161 g

Chocolate Peanut Butter Flapjacks

Ingredients

5 scoops of chocolate protein powder
1/3 cup whole wheat pancake mix
2/3 cup 8th continent light soy milk
2/3 cup water

1 ½ cups oatmeal
6 egg whites
3 Tbsp natural peanut butter
1 cup splenda (20 packets)

Directions

- In mixing bowl combine all ingredients and whisk to make sure protein powder is completely mixed.
- Spray griddle with cooking spray and pour batter.
- When bubbles “pop” flip pancakes over.

Nutritional Information: This recipe makes anywhere from 10 to 20 pancakes depending on desired size. The nutritional information is for the entire recipe.

Calories: 1760 Total Fat: 41.1 g Total Carbohydrate: 143.7 g Protein: 202 g

Chocolate Banana Mini-Loaf

Ingredients

1 ½ cups wheat bran

1 medium banana

1 Tbsp sugar free fat-free banana pudding mix

1 cup splenda (20 packets)- optional

1 ½ scoops chocolate protein powder

6 egg whites

¼ cup sugar free vanilla syrup (Davinci's or similar)

1 tsp baking powder

Directions: preheat oven to 350 degrees

- In bowl mix all ingredients together making sure it is blended well
- Spray 3 mini loaf pans with cooking spray
- Divide batter evenly between the 3 loaf pans
- Bake for 35 to 40 minutes

Nutritional Information: Makes 3 mini loaves. Nutrition based on 1 loaf.

Calories: 190 Total Fat: 1 g Total Carbohydrate: 32 g Protein: 22.3 g

Crunchy Raisin Cookie

Ingredients

1 scoop protein powder (any flavor)

Small snack size box of raisins (1/2 oz)

Water to desired consistency (3-4 TBSP or more)

¼ cup old fashion oats

2 packets of splenda

*** you can also add 1 Tbsp of sugar-free fat free pudding (not prepared) for extra flavor

Directions

- Combine all ingredients in 14 oz Ziploc square disposable container
- Next add your water for desired consistency. If you want it crunchier, make it with less water.
- Smooth ingredients over bottom of container
- Microwave for 1 minute 20 seconds, flip it over and microwave it for another 25 seconds.
- Let it cool and enjoy! Should be nice and crunchy.

Nutritional Information: Makes one cookie

Calories: 240 Total Fat: 3.4 g Total Carbohydrate: 28.9 g Protein: 24.8 g

Gojiberry Oatmeal Cookie

Ingredients

1/3 cup old fashion oats
1/2 ounce gojiberries
5-7 Tbsp water

1 scoop vanilla protein powder
1 Tbsp sugar free fat-free cheesecake pudding mix
2 packets of splenda (optional)

Directions

- Combine all ingredients in 14 oz Ziploc square disposable container
- Next add your water for desired consistency. If you want it crunchier, make it with less water.
- Smooth ingredients over bottom of container
- Microwave for 1 1/2 minutes on 70% power. If it is too soft, cook it for longer
- Let it cool and enjoy!

Nutritional Information

Calories: 280 Total Fat: 3.6 g Total Carbohydrate: 36 g Protein: 26.7 g

Hot n Spicy Turkey Scrambler

Ingredients

8 oz 99% fat free ground turkey

12 egg whites

2 cups chopped red and green pepper

2 Tbsp chopped garlic

3 Tbsp hot pepper sauce

1 Tbsp olive oil

2 whole eggs

1 cup chopped onion

1 cup chopped raw mushrooms

2 Tbsp Worcestershire sauce

2 tsp ground turmeric

1.5 cups Kidney beans (for higher carb version)

- Coat a medium to large non stick skillet, with 1 tablespoon of olive oil (or use non stick cooking spray). Cook the ground turkey, peppers, mushrooms, and onions on medium heat.
- Add the spices, stir and let simmer until fully cooked. In a second pan coated with non stick spray, cook your eggs, either scrambled, or prepare 1/3 of the eggs as an omelet. If making a scramble, simply add the scrambled eggs into the large skillet when all ingredients are cooked and mix.
- If making an omelet, scoop one third of the mixture onto the eggs and then fold over to form your omelet. Repeat for two more omelets. Makes three servings of scramble or three omelets.

Nutritional Information: Makes 3 scramblers. Nutritional info is for one low-carb scrambler.

Calories: 270 Total Fat: 8.8 g Total Carbohydrate: 8.5 g Protein: 36.4 g

Pineapple Not So Upside Down Oatmeal

Ingredients

1 scoop vanilla protein powder

1/3 cup crushed pineapple

1 Tbsp sugar free fat-free cheesecake pudding mix

1/3 cup old fashion oats

3 packets of splenda (optional)

3-4 Tbsp water

Directions

- In a 14 oz Ziploc reusable bowl, combine all ingredients and mix with fork
- Cook in Microwave at 70% power for 2 ½ to 3 minutes.
- Mix it up and it's done!

* You could substitute cheesecake pudding mix for pistachio pudding mix for a yummy combination!

Nutritional Information: Makes 1 serving

Calories: 292 Total Fat: 3.7 g Total Carbohydrate: 36 g Protein: 28 g

Pumpkin Bread

Ingredients

1 ½ cups wheat bran

1 ½ scoops vanilla protein powder

5 egg whites

1 cup splenda (20 packets)

1 tsp baking soda

½ cup old fashion oats grinded

1 cup pumpkin

1 Tbsp sugar free fat-free vanilla pudding mix

Cinnamon and nutmeg to taste

Directions: Preheat oven to 350 degrees

- In bowl mix all ingredients together making sure it is blended well
- Spray 3 mini loaf pans with cooking spray
- Divide batter evenly between the 3 loaf pans
- Bake for 35 to 40 minutes

Nutritional Information: Makes 3 mini loaves. Nutrition based on 1 loaf.

Calories: 227 Total Fat: 2.2 g Total Carbohydrate: 39.1 g Protein: 22 g

Pumpkin Cherry Mini Loaf

Ingredients

¼ oat bran (40g)
1/3 scoop vanilla protein powder
½ cup frozen cherries (any berry would suffice)
3-5 packets of splenda (optional)

¼ cup pumpkin
¼ cup egg whites (2 egg whites)
Cinnamon to taste (optional)

Directions: Preheat oven to 350 degrees

- In bowl mix all ingredients together making sure it is blended well.
- Spray mini loaf pan with cooking spray.
- Pour batter into mini loaf pan.
- Bake for 35 to 40 minutes.

Nutritional Information: Makes 1 mini loaf

Calories: 222 Total Fat: 3 g Total Carbohydrate: 31.4 g Protein: 22.2 g

Strawberry Banana Mini Loaf

Ingredients

2 cups wheat bran

6 egg whites

1 cup strawberries (blended)

5-7 packets of splenda (optional)

2 scoops protein powder

1 medium banana

1 Tbsp sugar free fat-free banana crème pudding mix

Directions: Preheat oven to 350 degrees

- In bowl mix all ingredients together making sure it is blended well.
- Spray 4 mini loaf pans with cooking spray.
- Pour batter into mini loaf pans as equally as possible.
- Bake for 35 to 40 minutes.

Nutritional Information: Makes 4 mini loaves

Calories for one loaf: 187 Total Fat: 1.4 g Total Carbohydrate: 32.1 g Protein: 20 g

Strawberry Cheesecake Oat Bread

Ingredients

1 cup old fashion oats grinded
1 cup strawberries (blended)
½ cup splenda (10 packets)

4 egg whites (or ½ cup)
1 scoop vanilla protein powder
1 Tbsp sugar free fat-free cheesecake pudding mix

Directions: Preheat oven to 350 degrees

- In bowl mix all ingredients together making sure it is blended well.
- Spray 4 mini loaf pans with cooking spray.
- Pour batter into mini loaf pans as equally as possible.
- Bake for 35 to 40 minutes.

Nutritional Information: Makes 4 mini loaves. Nutritional info is for one loaf.
Calories: 271 Total Fat: 4.1 g Total Carbohydrate: 37.1 g Protein: 22 g

Strawberry Crunch

Ingredients

½ cup cottage cheese
4 to 5 strawberries cut into pieces
5-7 packets of splenda (optional)

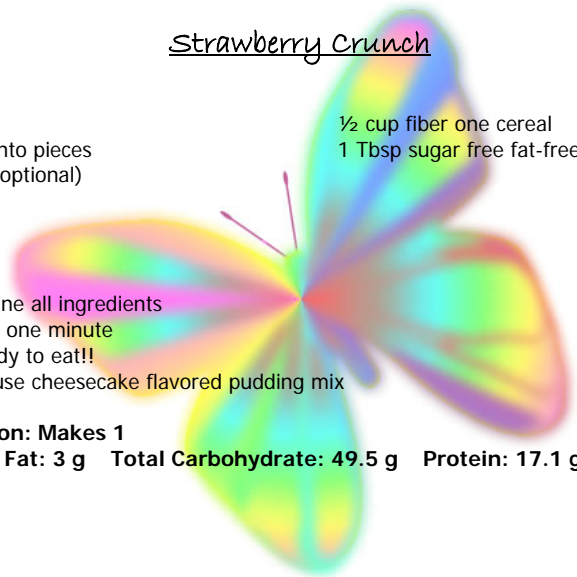
½ cup fiber one cereal
1 Tbsp sugar free fat-free vanilla pudding mix

Directions:

- In bowl combine all ingredients
- Microwave for one minute
- Stir and it ready to eat!!
- you can also use cheesecake flavored pudding mix

Nutritional Information: Makes 1

Calories: 225 Total Fat: 3 g Total Carbohydrate: 49.5 g Protein: 17.1 g



Strawberry Smoothie

Ingredients

1 ½ scoops vanilla protein powder
3 ½ cups orange sunrise crystal light
5-7 packets of splenda (optional)

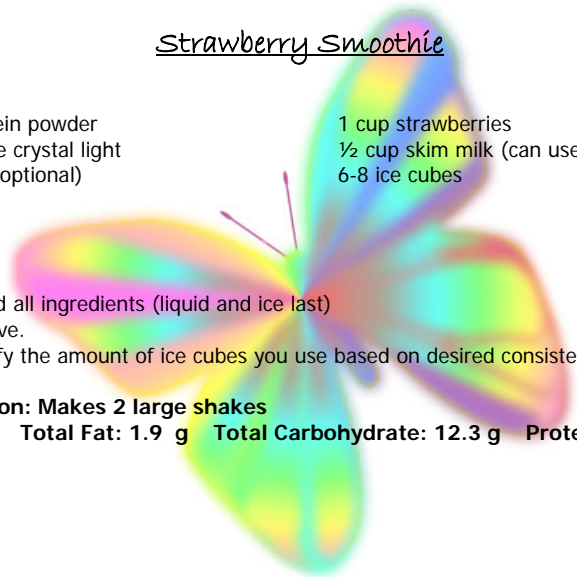
1 cup strawberries
½ cup skim milk (can use low fat yogurt)
6-8 ice cubes

Directions:

- In blender add all ingredients (liquid and ice last)
- Blend and serve.
- You can modify the amount of ice cubes you use based on desired consistency.

Nutritional Information: Makes 2 large shakes

Calories for one: 145 Total Fat: 1.9 g Total Carbohydrate: 12.3 g Protein: 23 g



Yummy Banana Muffins

Ingredients

3 medium ripe bananas
2 egg whites
½ cup of splenda (10 packets)
1 tsp salt

1/3 cup skim milk
1 ½ cups old fashion oats grinded
1 tsp baking soda

Directions: Preheat oven to 350 degrees


- Mash bananas, mix in egg whites, milk and splenda
- In a separate bowl combine grinded oats, baking soda, and salt.
- Add dry mix to the banana mixture and spoon the batter into a 12 count muffin pan.
Bake for 18-22 minutes

Have this and a shake for breakfast and you're set!

Nutritional Information: Makes 12 muffins

Calories: 85 Total Fat: .85 g Total Carbohydrate: 15.5 g Protein: 2.8 g

Lunches/Dinners



Asian Wraps w/ Brown Rice
Cherry Chicken Wraps
Chicken Cacciatore
Chicken Enchiladas
Crust-less Mushroom Quiche
Flat-out Pizza
Fruited Chicken Salad
Grandma Saucy Chicken
Grilled Salmon w/ Herb Crust
Grilled Tuna w/ Herbed Mayonnaise

Spinach and Tofu Dumplings
Dumpling Dipping Sauce
Stuffed Green Peppers
Tomato Baked Chicken
Tuna Taco Melt
Turkey Chili
Turkey Meatloaf
Turkey Patties Parmesan
Turkey Teriyaki

Asian Wraps w/ Brown Rice

Ingredients

1 carrot shredded

½ small cucumber (cut into matchsticks)

1 ½ cups cooked brown rice

12 Boston lettuce leaves

½ cup bean sprouts

3 green onions sliced

7 oz light firm tofu drained and cut into matchsticks

12 tsp low-fat, low sodium bottled peanut sauce

Directions

- Combine carrot, bean sprouts, onions and cilantro.
- Divide rice, veggie combo and tofu evenly among lettuce leaves
- Fold the top and bottom of lettuce leaves. Roll and place seam side down on a serving plate.
- Serve with additional peanut sauce if desired.

* can use chicken in place of tofu

Nutritional Information: per serving- servings = 3 lettuce wraps

Calories: 158 Total Fat: 3 g Total Carbohydrate: 24 g Protein: 8 g

Cherry Chicken Wraps

Ingredients

½ cup nonfat lemon yogurt

1 tsp Worcestershire sauce

¼ tsp salt and ground pepper

1 ½ cups finely chopped cooked chicken breast (8 oz)

1/3 cup shredded carrots

4 whole wheat flour tortillas (8 to 10 inch)

1 Tbsp honey Dijon-style mustard

¾ tsp curry powder

1 cup dried tart cherries

½ cup seeded and finely chopped cucumber

¼ cup sliced green onions

Directions:

- Stir together yogurt, mustard, Worcestershire sauce, curry powder, salt and pepper.
- Gently stir in chicken, cherries, carrots, cucumbers, and green onion.
- Add filling to whole wheat tortilla and serve seam side up.

Nutritional Information: per serving- serves 4

Calories: 284 Total Fat: 5 g Total Carbohydrate: 33 g Protein: 23.75 g

Chicken Cacciatore

Ingredients

6 split boneless, skinless chicken breast
1 Clove garlic minced
2 Tbsp Green Bell Pepper
1/4 cup dry white table wine
1 bay leaf

2 Tbsp Canola Oil
1 medium onion chopped
4 fresh tomatoes peeled and chopped
1/4 tsp rosemary
1/4 tsp basil

Directions:

- Rinse chicken and pat dry.
- Set aside. Heat oil and garlic in a large non-stick skillet over med-high heat.
- Add chicken and cook it. Remove chicken, set aside.
- Add onion and green pepper to skillet and sauté until tender. Drain fat, return chicken to skillet add remaining ingredients.
- Cover and simmer over low heat for 30 minutes or until chicken is tender. Remove bay leaf before serving.

Nutritional Information: Serves 6

Calories: 227 Total Fat: 8.8 g Total Carbohydrate: 4.6 g Protein: 29 g

Chicken Enchiladas

Ingredients

1 ¼ lbs skinless, boneless chicken breasts
1 ½ Tbsp jalapeno pepper seeded and minced
8 (6 inch) whole wheat tortillas
½ c diced tomatoes
4 cup thinly sliced iceberg lettuce

1 ½ Tbsp chopped cilantro
3 (10 ounce) cans enchilada sauce, divide
1 ½ c(6 ounces)shredded low-fat sharp cheddar cheese
1/3 cup sliced ripe olives

Directions: Pre heat oven to 350 degrees

- Place chicken in a large saucepan, and cover with water. Bring to a boil. Reduce heat to medium and cook 15 minutes or until chicken is done. Drain: cool slightly. Shred chicken with two forks, set aside.
- Coat a large non stick skillet with cooking spray and place over medium heat until hot. Add onion, cilantro, and jalapeño, then sauté until onion is tender.
- Add shredded chicken and one can of enchilada sauce. Cook 5 minutes stirring occasionally.
- Pour remaining 2 cans sauce into small skillet. Dip tortillas into sauce one at a time, divide chicken mixture evenly amongst tortillas and roll up.
- Place enchiladas seam sides down into baking dish pour enchilada sauce over enchilada and sprinkle with cheese. Bake for 10 minutes. Sprinkle with tomatoes and olives and serve over ½ c lettuce.

Nutritional Information: Serves 8 (one enchilada each)

Calories: 272 Total Fat: 9.5 g Total Carbohydrate: 21 g Protein: 24.7 g

Crust-less Mushroom Quiche

Ingredients

2 cups sliced mushrooms

10 oz. pkg chopped spinach, thawed and pat dry

1/4 cup whole wheat bread crumbs

2 cups skim milk

8 egg whites

1 onion, diced medium

1/4 cup Parmesan cheese

1 tsp. garlic powder

1 tsp. Italian seasoning

1/2 tsp. fresh cracked black pepper

Directions: Preheat oven to 350

- In a nonstick skillet, sauté onion and mushrooms until almost tender.
- Add spinach and cook until all moisture is evaporated (about 4 minutes).
- Add bread crumbs, stir and place into a quiche pan which has been sprayed with nonstick cooking spray.
- Combine remaining ingredients in medium mixing bowl and pour over vegetables in quiche pan.
- Bake for 35 to 45 minutes or until firm in center. Allow to stand for 5 minutes before cutting and serving.

Nutritional Information: Makes 6 serving

Calories: 111 Total Fat: 2 g Total Carbohydrate: 12 g Protein: 13 g

Flat-out Pizza

Ingredients

3 oz 93% lean ground turkey- (cooked)
1 cup uncooked spinach
1 Flat-out (low carb) wrap

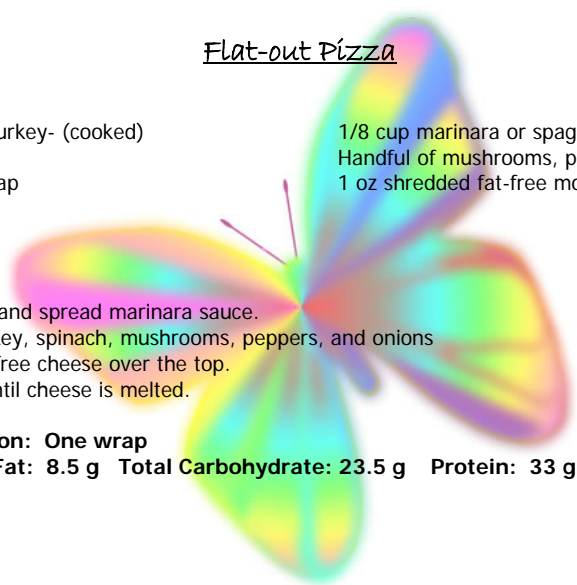
1/8 cup marinara or spaghetti sauce
Handful of mushrooms, peppers, onions (optional)
1 oz shredded fat-free mozzarella cheese

Directions:

- Lay out wrap and spread marinara sauce.
- Then add turkey, spinach, mushrooms, peppers, and onions
- Last, add fat-free cheese over the top.
- Toast wrap until cheese is melted.

Nutritional Information: One wrap

Calories: 260 Total Fat: 8.5 g Total Carbohydrate: 23.5 g Protein: 33 g



Fruited Chicken Salad

Ingredients

2 cups diced cooked chicken

2 Tbsp slivered almonds

1 Tbsp low-fat mayo

½ c canned unsweetened crushed pineapple (strained)

Lettuce (the amount you desire in salad)

1 cup halved seedless grapes

¼ cup light sour cream

1 cup chopped celery

½ tsp. salt

Directions:

- Combine all ingredients and mix well.
- * This would also be good in a wrap or tortilla.

Nutritional Information: 4 servings 1 cup each

Calories: 245 Total Fat: 8.3 g Total Carbohydrate: 24.1 g Protein: 19.2 g

Grandma's Saucy Chicken

Ingredients

6- 4ounce boneless skinless chicken breast
8 oz reduced fat sour cream
1 ½ Tbsp Worcestershire sauce

2 cans of 99% fat free cream of mushroom soup
½ cup fat free shredded cheddar cheese
Salt and pepper to taste

Directions: Preheat oven to 400

- Lay out uncooked chicken breast in a 9 X 13 pan. Sprinkle Garlic salt over the top and cook at 400 for 10 minutes.
- In a saucepan add all other ingredients and cook until cheese is melted.
- Take 9X13 back out of oven and pour sauce over the top and cover.
- Bake at 400 degrees for 30 minutes

Nutritional Information: Makes 6 servings. One serving is:

Calories: 221 Total Fat: 7.2 g Total Carbohydrate: 9 g Protein: 31 g

Grilled Salmon w/ Herb Crust

Ingredients

12 ounces fresh or frozen skinless salmon fillets, 3/4-inch thick, 4 portions

1/3 cup coarsely chopped fresh cilantro

1 clove garlic

2 teaspoons olive oil

1/8 teaspoon pepper

1/3 cup coarsely chopped fresh oregano

1/4 cup sliced green onion

1 Tbsp fresh lemon juice

1/4 teaspoon salt

Directions:

- Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Cut into 4 (3-ounce) pieces. Set aside
- In the bowl of a food processor or a mini-chopper combine remaining ingredients. Cover and process until chopped.
- Generously coat both sides of salmon with the herb mixture.
- Cook the salmon on the rack of an uncovered grill directly over medium-hot coals for 6 to 8 minutes or until the salmon just begins to flake easily with a fork.

Nutritional Information: 4 servings

Calories: 126 Total Fat: 5 g Total Carbohydrate: 2 g Protein: 17 g

Grilled Tuna w/ Herbed Mayonnaise

Ingredients

¼ cup fat free mayo
1 tsp chopped oregano
1 tsp lemon juice
¼ tsp pepper

¼ cup plain fat-free yogurt
1 tsp chopped tarragon
¼ tsp salt
4 (6 ounce) tuna steaks (about 1 inch thick)

Directions:

- Combine first 5 ingredients in a small bowl: stir well, and set aside.
- Sprinkle salt and pepper over tuna.
- Prepare grill. Place tuna on grill rack coated with cooking spray.
- Grill 3 minutes on each side or until tuna is medium rare or desired degree of doneness.
- Serve with mayonnaise mixture.

Nutritional Information: 4 serving

Calories: 267 Total Fat: 8.5 g Total Carbohydrate: 4.6 g Protein: 40.5 g

Spinach and Tofu Dumplings

Ingredients

5 oz baby spinach (5 packed cups)
2 ½ Tbsp cornstarch
1 ½ Tbsp soy sauce
Salt and freshly ground pepper

5 oz firm tofu, cut into 1/4" dice
2 small jalapeños, seeded and minced
1 ½ tsp Asian sesame oil
About 45 square wonton wrappers (from 1 package)

Directions:

- Bring a large saucepan of water to a boil. Add the spinach and cook for 20 seconds. Using a slotted spoon, transfer the spinach to a colander.
- When the spinach is cool enough to handle, squeeze it dry, then chop it up. Keep the water hot.
- Transfer the spinach to a medium bowl and stir in the tofu, cornstarch, jalapeños, soy sauce and sesame oil and season with salt and pepper.
- Working with 4 wonton wrappers at a time, dampen the edges and mound 1.5 tsp of filling in the center of each wrapper. Fold 1 corner of each up over the filling and seal to make triangles. Repeat with the remaining wrappers and filling.
- Return the water to a boil. Add the dumplings and simmer over moderate heat, stirring gently, until the edges are al dente, about 3 minutes. Carefully drain in a colander and transfer to a platter. Serve with the dipping sauce.

Nutritional Information: One dumpling

Calories: 32 Total Fat: .4 g Total Carbohydrate: 6 g Protein: 2 g

Dumpling Dipping Sauce

Ingredients

1/4 cup plus 2 Tbsp soy sauce
1 tsp honey

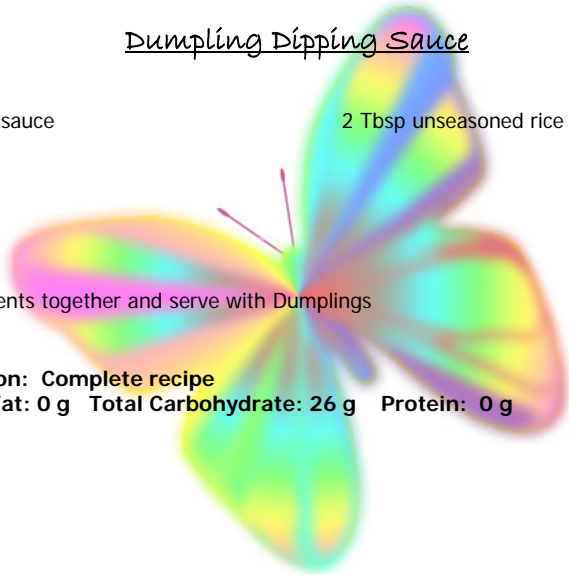
2 Tbsp unseasoned rice vinegar

Directions:

- Stir all ingredients together and serve with Dumplings

Nutritional Information: Complete recipe

Calories: 136 Total Fat: 0 g Total Carbohydrate: 26 g Protein: 0 g



Stuffed Green Peppers

Ingredients

3 cups brown rice (cooked)

6 Tbsp spaghetti sauce

1 large can of mushrooms (strained)

6 green peppers

12 oz 93% lean ground turkey breast (cooked)

2 cups frozen spinach

1 cup chopped onions

Directions: Pre heat oven to 375

- Sauté mushroom, onion and spinach.
- Mix with cooked rice and ground turkey
- Hollow out the green peppers and spoon mixture inside the peppers.
- Spoon 1 Tbsp of spaghetti sauce over the top. Cover with foil and bake for 40 minutes.

Nutritional Information: One Pepper (Serves 6)

Calories: 221 Total Fat: 5.6 g Total Carbohydrate: 25 g Protein: 20 g

Tomato Baked Chicken

Ingredients

4 boneless skinless chicken breasts
½ cup onion
½ tsp garlic powder
¼ tsp dried basil

12 ounce can whole tomatoes, drained and chopped
½ cup chopped green pepper
½ tsp dried oregano
¼ tsp pepper

Directions: Pre heat oven to 400 degrees

- Coat a baking dish with cooking spray and arrange chicken inside
- Combine tomatoes and remaining ingredients, stirring until well combined. Spoon over the chicken.
- Cover and bake at 400 degrees for 1 hour.

Nutritional Information: Serves 4

Calories: 192 Total Fat: 1 g Total Carbohydrate: 6 g Protein: 21.75 g

Tuna Taco Melt

Ingredients

1 small whole wheat tortilla (fajita size)
1 snack size can of tuna
¼ tsp pepper

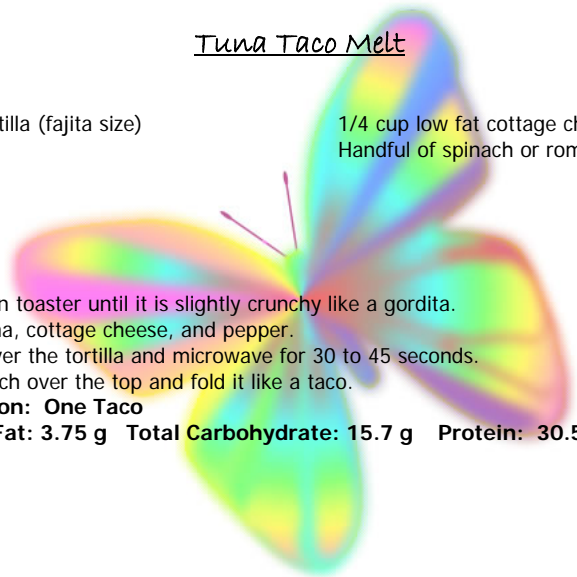
1/4 cup low fat cottage cheese
Handful of spinach or romaine

Directions:

- Toast tortilla in toaster until it is slightly crunchy like a gordita.
- Mix can of tuna, cottage cheese, and pepper.
- Spread mix over the tortilla and microwave for 30 to 45 seconds.
- Sprinkle spinach over the top and fold it like a taco.

Nutritional Information: One Taco

Calories: 180 Total Fat: 3.75 g Total Carbohydrate: 15.7 g Protein: 30.5 g



Turkey Chili

Ingredients

2 lbs 93% lean ground turkey
2 cans chili-style tomato sauce
Chopped celery (to your liking)
1 small jar of jalapenos (optional)

1 can of fat free chicken broth
4 Tbsp chili powder
Chopped carrots (to your liking)

Directions:

- Brown turkey over medium heat.
- Pour chicken broth and tomato sauce over meat.
- Add chili powder and veggies and bring to boil.
- Cover and reduce heat to low. Let simmer for 15 minutes

Nutritional Information: Serves 8

Calories: 150 Total Fat: 2 g Total Carbohydrate: 19 g Protein: 14 g

Turkey Meatloaf

Ingredients

2 lb 97% lean ground turkey
4 egg whites
1/2 cup uncooked oatmeal
1/2 tsp pepper
1/2 cup ketchup

1 cup chopped onions
1 cup chunky salsa
1 package Knorr vegetable soup mix
1/2 tsp garlic powder

***Directions:* Preheat oven to 350**

- Mix everything but ketchup in a bowl. (It's easiest to use your hands for this.)
- Place mixture in a meatloaf pan and cover with ketchup.
- Cover and bake for 1 hour. Serve.

Nutritional Information: Serves Eight

Calories: 152 Total Fat: 3 g Total Carbohydrate: 6 g Protein: 25 g

Turkey Patties Parmesan

Ingredients

1 lb lean ground turkey breast

1 tsp. Italian seasoning

5 Tbsp. shredded parmesan cheese

5 Tbsp shredded fat free mozzarella cheese

1/4 cup plain bread crumbs

1/4 cup finely chopped onion

1 cup spaghetti sauce

Direction

- Mix ground turkey, bread crumbs, Italian seasoning, and onion and shape mixture into 5 thin patties, each about 5 inches in diameter.
- Place 1 tablespoon parmesan cheese in center of each patty; gently fold each patty in half over cheese. Press edges to seal.
- Spray large skillet with nonstick cooking spray. Place patties in skillet and cook over medium heat 4 to 6 minutes on each side or until turkey is no longer pink in the middle. Spoon spaghetti sauce over patties. Cover; heat 5 minutes or until sauce is hot.
- Top each patty with 1 tablespoon mozzarella cheese; let stand until cheese begins to melt. Serve with additional spaghetti sauce, if desired.

Nutritional Information: Makes 5 servings

Calories: 266 Total Fat: 6 g Total Carbohydrate: 16 g Protein: 35 g

Turkey Teriyaki

Ingredients

1 lb turkey or chicken cutlets
2 Tbsp soy sauce
1 tsp ground Ginger

1 tsp brown sugar
2 Tbsp cooking sherry or apple juice
1 Tbsp oil preferably olive

Direction

- In a medium bowl, combine soy sauce, cooking sherry, ginger, oil and brown sugar. (Pepper, and garlic as desired) Add the turkey and mix well. Cover and refrigerate for several hours.
- Sauté in a non stick skillet or grill until the meal is no longer pink on the outside.
- This is wonderful to serve over a bed of brown rice with broccoli!

Nutritional Information: Makes 4 servings

Calories: 210 Total Fat: 7 g Total Carbohydrate: 2 g Protein: 35 g

Sides

Baked Sweet Potato Fries

Blue Cottage Cheese Dip

Caulifornia Mashers

Cream of Cauliflower Soup

Easy Herb Foccacia

Green Beans with Lemon Garlic Dressing

Mandarin Spinach Wheels

No Yolk Deviled Eggs

Parmesan Zucchini Strips

Potato and Egg White Salad

Sesame Garlic Spinach

Shrimp Bruchetta

Spicy Black Beans and Tomatoes

Tropical Carrot Raisin Salad

Baked Sweet Potato Fries

Ingredients

6 sweet potatoes
2 Tbsp canola oil

3 Tbsp taco seasoning mix
¼ tsp cayenne pepper

Directions: Preheat the oven to 425 degrees.

- In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread the fries out in a single layer on two large baking sheets. Bake for 30 minutes, or until crispy and brown on one side. Turn the fries over using a spatula, and cook for another 30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries may not take as long.

Nutritional Information: Makes 4 servings

Calories: 280 Total Fat: 7.5 g Total Carbohydrate: 51 g Protein: 3.2 g

Blue Cottage Cheese Dip

Ingredients

1 ½ cups 1% small curd cottage cheese
2 tsp finely chopped onion
¼ tsp salt
1/3 cup crumbled vegetarian blue cheese

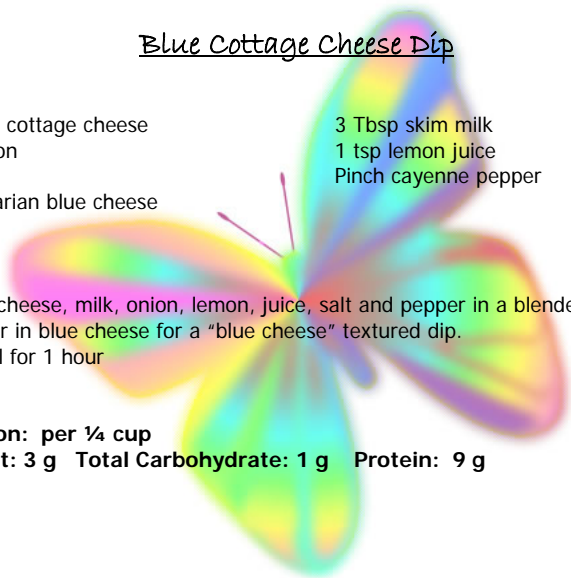
3 Tbsp skim milk
1 tsp lemon juice
Pinch cayenne pepper

Directions:

- Place cottage cheese, milk, onion, lemon, juice, salt and pepper in a blender
- Blend, then stir in blue cheese for a “blue cheese” textured dip.
- Cover and chill for 1 hour

Nutritional Information: per ¼ cup

Calories: 68 Total Fat: 3 g Total Carbohydrate: 1 g Protein: 9 g



Caulifornia Mashers

Ingredients

1 head of cauliflower
¼ cup fat free half and half
Ground pepper to taste

1/3 cup fat-free chicken broth
1 tsp garlic powder

Directions:

- Use a microwave safe steamer to steam your cauliflower and set your microwave to high and cook for 10mins until the cauliflower is soft.
- Break the cauliflower in to big pieces and place them in a food blender with the rest of your ingredients.
- Blend the ingredients until it becomes a smooth mash like mashed potatoes.
- Adjust the seasoning to your taste; the above Cauliflower Mashers Recipe will serve 4.

Nutritional Information: per serving- serves 4

Calories: 50 Total Fat: 0 g Total Carbohydrate: 10 g Protein: 4 g

Cream of Cauliflower Soup

Ingredients

2 cans of fat free chicken broth
Parsley (to sprinkle on top)
1 tsp salt

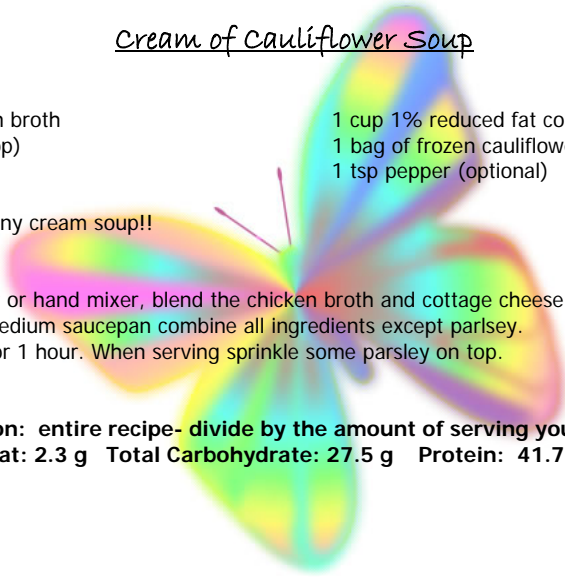
1 cup 1% reduced fat cottage cheese
1 bag of frozen cauliflower
1 tsp pepper (optional)

This is a great base for any cream soup!!

Directions:

- With a blender or hand mixer, blend the chicken broth and cottage cheese until smooth.
- Then with a medium saucepan combine all ingredients except parsley.
- Cook on low for 1 hour. When serving sprinkle some parsley on top.

Nutritional Information: entire recipe- divide by the amount of serving you desire
Calories: 365 Total Fat: 2.3 g Total Carbohydrate: 27.5 g Protein: 41.7 g



Easy Herb Focaccia

Ingredients

1 (16 ounce) package hot roll mix
2 Tbsp olive oil
1 tsp dried rosemary, crushed

1 egg
2/3 cup finely chopped red onion
2 tsp olive oil

Directions:

- Lightly grease two 9 inch round baking pans, a 15×10 baking pan, or a 14 inch pizza pan and set aside. Prepare hot roll mix according to package directions for basic dough, using the one egg and substituting the 2 tablespoons of oil for the margarine called for on the package.
- Knead dough and allow to rest as directed. If using the two round pans, divide dough in half. Roll dough out and place in pan(s).
- Cook onion and rosemary in a skillet in the 2 teaspoons of oil until tender.
- Top dough evenly with onion mixture. Cover and let rise in a warm place until nearly double, about 30 minutes. Bake in a 375°F oven for 15 to 20 minutes

Nutritional Information: Serves 28

Calories: 85 Total Fat: 2 g Total Carbohydrate: 14 g Protein: 2 g

Green Beans with Lemon Garlic Dressing

Ingredients

Fresh ground pepper
1 lb green beans, trimmed
¼ cup fat free mayo
Juice of one lemon

Pinch of cayenne pepper
2 cloves peeled garlic
1 tsp Dijon mustard

Directions,

- Blanch the green beans in salted water until they are crisp-tender, about 3 to 4 minutes.
- Drain the beans and immediately plunge them into a bowl of ice water to cool them quickly. Drain again. (This may be done in advance and stored in the refrigerator for 2 or 3 days.)
- Combine the mayonnaise, Dijon mustard, lemon juice, garlic, anchovy paste (if desired), cayenne pepper and plenty of black pepper in a blender or small food processor and puree. (can be done in advance)
- Toss the beans with the mayonnaise mixture and serve.

Note: This is a delicious side dish with grilled tuna.

Nutritional Information: Makes 4- ½ cup servings

Calories: 49 Total Fat: 3 g Total Carbohydrate: 11 g Protein 2 g

Mandarin Spinach Wheels

Ingredients

4 10-inch whole wheat tortillas

1/3 cup mandarin oranges, chopped and drained

1/4 cup sliced green onions

20 medium spinach leaves, washed and stemmed

4 ounces fat free cream cheese, softened

1/4 tsp red pepper

6 ounces deli turkey, thinly sliced

Directions,

- In bowl, mix cream cheese, oranges and red pepper.
- Layer tortillas with a quarter of the ingredients. Leave a 1-2 inch strip around edges free of toppings.
- First spread cream cheese mix on tortillas. Sprinkle with green onions, then layer with turkey and spinach leaves. Roll tightly.
- Slice ends (without topping) off and discard, and then slice each tortilla in 6 pieces. Refrigerate for up to 8 hours before eating.

Nutritional Information: Makes 24

Calories: 42 Total Fat: 1 g Total Carbohydrate: 5 g Protein 4 g

No Yolk Deviled Eggs

Ingredients

½ cup low fat cottage cheese

¼ cup finely minced celery

¼ tsp Mrs. Dash seasoning (use flavor of choice)

8 hard-boiled eggs, cut in half, yolks discarded

¼ cup fat free mayonnaise

¼ cup finely minced green onion

1 tsp Dijon mustard

2 Tbsp minced parsley

Directions:

- In a medium bowl, beat cottage cheese and mayonnaise until fluffy.
- Add next five ingredients and beat well
- Spoon cottage cheese mixture into hard-boiled egg halves and refrigerate.
- Before serving dust with parsley.

Nutritional Information: Serves 8

Calories: 40 Total Fat: 3 g Total Carbohydrate: 4 g Protein 6 g

Parmesan Zucchini Strips

Ingredients

1/2 cup egg substitute

1/3 cup fiber one cereal ground in blender

1/4 cup Parmesan cheese

4 small zucchini, quartered lengthwise

Directions Preheat oven to 450°F.

- Pour egg substitute into a shallow dish.
- Grind your fiber one cereal with Magic Bullet or Blender until it is a coffee ground consistency.
- Combine ground fiber one and cheese in another shallow dish.
- Dip zucchini quarters into egg, and then roll in fiber one mixture to coat.
- Place on a baking dish that has been sprayed with nonstick cooking spray.
- Bake 18 to 25 minutes, or until golden brown and tender.

Nutritional Information:

Calories: 119 Total Fat: 4 g Total Carbohydrate: 14 g Protein: 8 g

Potato and Egg White Salad

Ingredients

1 6 oz potato, cooked
1 Tbsp fat-free mayonnaise
pinch of dill weed

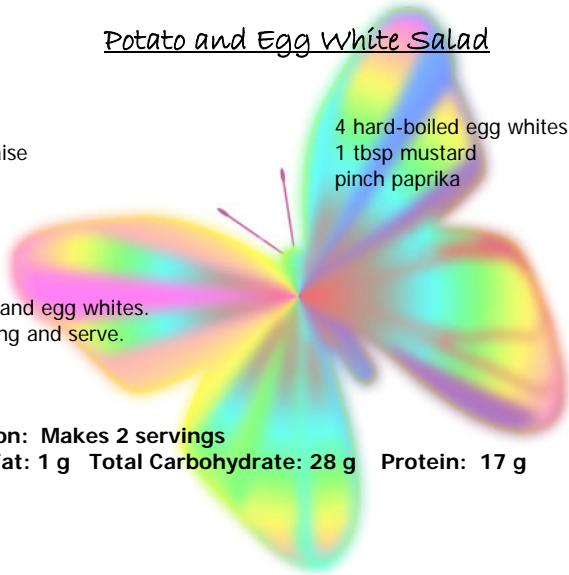
4 hard-boiled egg whites
1 tbsp mustard
pinch paprika

Directions:

- Dice potatoes and egg whites.
- Stir in seasoning and serve.

Nutritional Information: Makes 2 servings

Calories: 109 Total Fat: 1 g Total Carbohydrate: 28 g Protein: 17 g



Sesame Garlic Spinach

Ingredients

1 T sesame seeds ,toasted
2 lbs fresh spinach

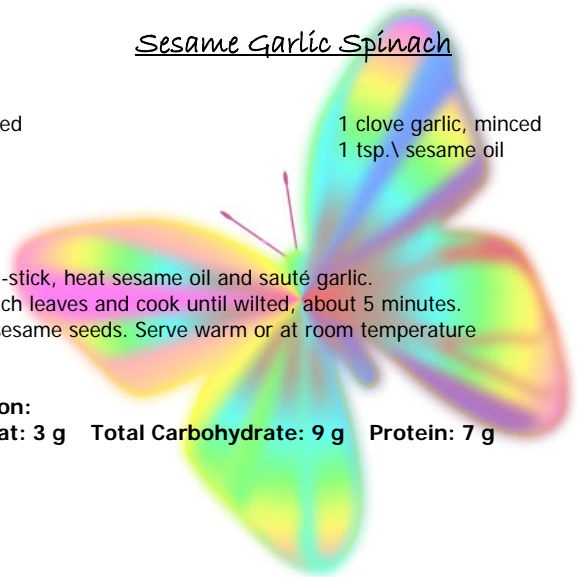
1 clove garlic, minced
1 tsp.\ sesame oil

Directions:

- In a large non-stick, heat sesame oil and sauté garlic.
- Add wet spinach leaves and cook until wilted, about 5 minutes.
- Drain; stir in sesame seeds. Serve warm or at room temperature

Nutritional Information:

Calories: 74 Total Fat: 3 g Total Carbohydrate: 9 g Protein: 7 g



Shrimp Bruschetta

Ingredients

6 oz. (about 1 cup) diced, cooked shrimp

3/4 cup chopped plum tomatoes (about 2 1/2 medium)

1/4 cup chopped scallions

1 tsp dried oregano

1 cup shredded fat-free mozzarella cheese

3/4 cup chopped fresh spinach

1 tsp crushed fresh garlic

1 long, thin loaf French bread

Directions:

- Combine all ingredients except bread in a medium bowl. Mix well and set aside.
- Slice bread into 24 1-inch slices. Arrange slices on a baking sheet and bake at 300 degrees F for 12-15 minutes or until crisp and dry.
- Spread each slice with 1 tablespoon shrimp mixture. Increase oven temperature to 400 degrees F and return to oven for five minutes or until cheese melts. Serve hot.

Nutritional Information: Serves 24

Calories: 68 Total Fat: 1 g Total Carbohydrate: 10 g Protein: 5 g

Spicy Black Beans and Tomatoes

Ingredients

1 tsp olive oil
2 (14.5 ounce) cans whole tomatoes chopped
½ tsp ground red pepper

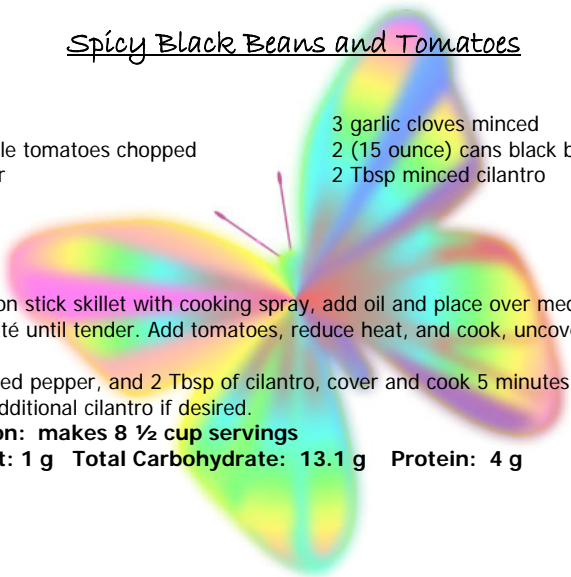
3 garlic cloves minced
2 (15 ounce) cans black beans, drained
2 Tbsp minced cilantro

Directions:

- Coat a large non stick skillet with cooking spray, add oil and place over med-high heat until hot.
- Add garlic, sauté until tender. Add tomatoes, reduce heat, and cook, uncovered, 6 minutes or until slightly thick.
- Stir in beans, red pepper, and 2 Tbsp of cilantro, cover and cook 5 minutes until thoroughly heated
- Garnish with additional cilantro if desired.

Nutritional Information: makes 8 ½ cup servings

Calories: 74 Total Fat: 1 g Total Carbohydrate: 13.1 g Protein: 4 g



Tropical Carrot Raisin Salad

Ingredients

¼ cup vanilla low fat yogurt
1 ½ Tbsp creamy peanut butter
2 cups shredded carrots
1 (8 ounce) can crushed pineapple, drained

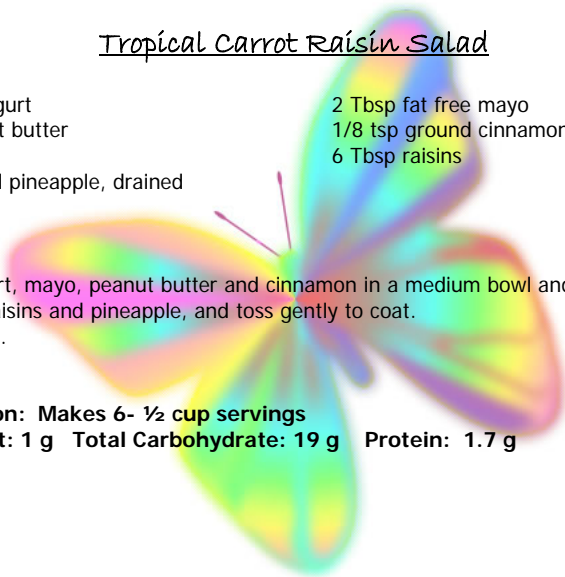
2 Tbsp fat free mayo
1/8 tsp ground cinnamon
6 Tbsp raisins

Directions:

- Combine yogurt, mayo, peanut butter and cinnamon in a medium bowl and stir well.
- Add carrots, raisins and pineapple, and toss gently to coat.
- Cover and chill.

Nutritional Information: Makes 6- ½ cup servings

Calories: 85 Total Fat: 1 g Total Carbohydrate: 19 g Protein: 1.7 g



Desserts

Apple Cobbler on a Diet

Butter Nutty Brownie

Café Mocha Cookie

Circus Peanut

Chocolate Banana Dessert

Chocolate Trifle

Crunchy Raisin Cookie

Diet Sprite Cake

Good For You Brownies

Mixed Berry Delite

No-Bake Protein Bars

Oatmeal Protein Cookies

Peach Delite

Peanut Butter Ice Cream

Pistachio-Pineapple Delite

Protein Brownie

Strawberry Dream

Sugar-Free Pineapple Pie



Apple Cobbler on a Diet

Ingredients

6 granny smith apples, peeled and sliced
1 12 ounce can of diet 7-up or diet sprite

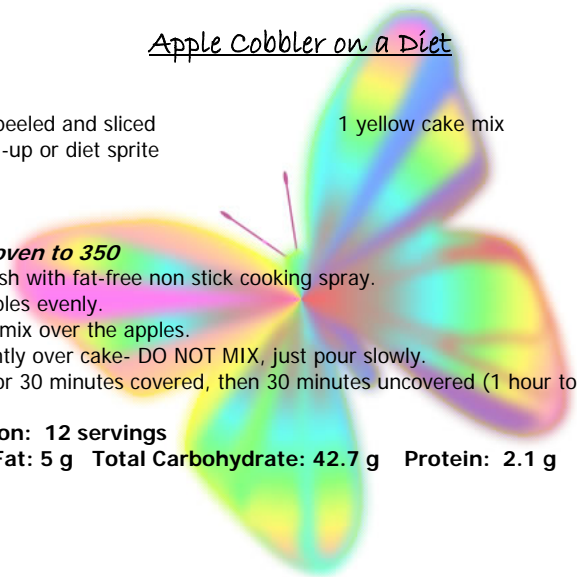
1 yellow cake mix

Directions: Pre heat oven to 350

- Spray 9X13 dish with fat-free non stick cooking spray.
- Add sliced apples evenly.
- Sprinkle cake mix over the apples.
- Pour soda gently over cake- DO NOT MIX, just pour slowly.
- Bake at 350 for 30 minutes covered, then 30 minutes uncovered (1 hour total).

Nutritional Information: 12 servings

Calories: 219 Total Fat: 5 g Total Carbohydrate: 42.7 g Protein: 2.1 g



Butter Nutty Brownie

Ingredients

One scoop chocolate protein powder
½ ounce walnuts

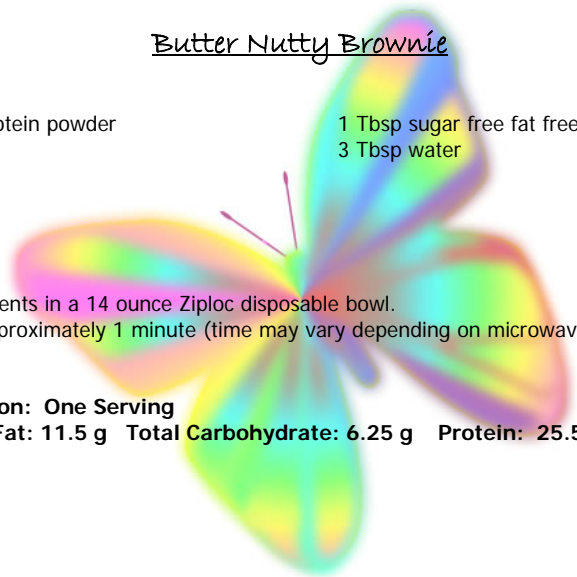
1 Tbsp sugar free fat free Butterscotch pudding mix
3 Tbsp water

Directions:

- Mix all ingredients in a 14 ounce Ziploc disposable bowl.
- Microwave approximately 1 minute (time may vary depending on microwave)

Nutritional Information: One Serving

Calories: 210 Total Fat: 11.5 g Total Carbohydrate: 6.25 g Protein: 25.5 g



Café Mocha Cookie

Ingredients

1/3 cup old fashion oats
1 Tbsp sugar free fat-free chocolate pudding mix
2 to 3 packets of splenda (optional)

1 scoop Dymatize café mocha protein powder
1/2 oz raisins (optional)
4-6 Tbsp water (should be thick)

Directions

- In a 14 oz Ziploc reusable bowl, combine all ingredients and mix with fork
- Smooth mixture over **bottom** of container.
- Cook in Microwave at 70% for 2 minutes (time may vary with different microwaves)

Nutritional Information:

Calories: 279 Total Fat: 3.6 g Total Carbohydrate: 37.9 g Protein: 26.7 g

Circus Peanut

Ingredients

1 scoop vanilla protein powder

1 tsp sugar free fat free butterscotch pudding mix

2-3 Tbsp water (should be pasty thick)

2-3 splenda packets

Directions:

- Mix all ingredients in a 14oz Ziploc disposable bowl.
- Smooth it out on the bottom of the bowl.
- Microwave on high for 1 minute 20 seconds (may need more depending on microwave)

The texture should be similar to a circus peanut...DRY!

Nutritional Information: Makes

Calories: 128 Total Fat: 2 g Total Carbohydrate: 4 g Protein: 27 g

Chocolate Banana Dessert

Ingredients

1 cup 1% low-fat cottage cheese

1 Tbsp sugar free fat free Dutch chocolate pudding mix

1 medium banana

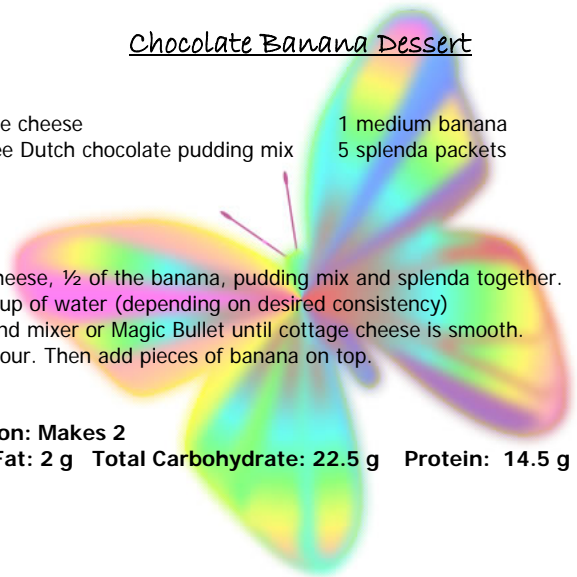
5 splenda packets

Directions:

- Mix cottage cheese, $\frac{1}{2}$ of the banana, pudding mix and splenda together.
- Add $\frac{3}{4}$ to 1 cup of water (depending on desired consistency)
- Blend with hand mixer or Magic Bullet until cottage cheese is smooth.
- Freeze for 1 hour. Then add pieces of banana on top.

Nutritional Information: Makes 2

Calories: 150 Total Fat: 2 g Total Carbohydrate: 22.5 g Protein: 14.5 g



Chocolate Trifle

Ingredients

1 box devils food cake mix
2 boxes fat free instant pudding mix
Strawberries (optional)

1 can diet coke
2 containers fat free cool whip

Directions:

- Combine cake mix with diet coke (no other ingredients) and bake as box indicates. Let cool.
- While cooling prepare pudding according to box (use skim milk) and set aside.
- Cut cake into little squares and lay it on the bottom of bowl (glass with make it nice for presentation)
- Then layer pudding, then cool whip. Repeat starting with cake, pudding, and then cool whip.
- You could garnish the top with strawberries, or just more cool whip.

Nutritional Information: Makes 12 large servings

Calories: 275 Total Fat: 4 g Total Carbohydrate: 54 g Protein: 2.7 g

Crunchy Raisin Cookie

Ingredients

1 scoop protein powder (any flavor)

Small snack size box of raisins (1/2 oz)

Water to desired consistency (3-4 Tbsp or more)

¼ cup old fashion oats

2 packets of splenda

*** you can also add 1 tbsp of sugar-free fat free pudding (not prepared) for extra flavor

Directions

- Combine all ingredients in 14 oz Ziploc square disposable container
- Next add your water for desired consistency. If you want it crunchier, make it with less water.
- Smooth ingredients over bottom of container
- Microwave for 1 minute 20 seconds, flip it over and microwave it for another 25 seconds.
- Let it cool and enjoy! Should be nice and crunchy. This is also great for breakfast!

Nutritional Information: Makes one cookie

Calories: 240 Total Fat: 3.4 g Total Carbohydrate: 28.9 g Protein: 24.8 g

Diet Sprite Cake

Ingredients

1 box yellow cake mix

1 box sugar free fat free lemon jello

1 can of diet sprite

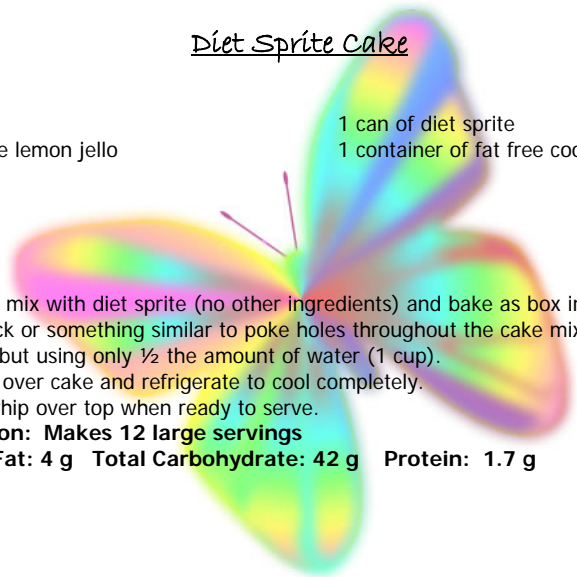
1 container of fat free cool whip

Directions:

- Combine cake mix with diet sprite (no other ingredients) and bake as box indicates. Let cool.
- Use a chopstick or something similar to poke holes throughout the cake mix.
- Prepare jello, but using only $\frac{1}{2}$ the amount of water (1 cup).
- Pour jello mix over cake and refrigerate to cool completely.
- Spread cool whip over top when ready to serve.

Nutritional Information: Makes 12 large servings

Calories: 210 Total Fat: 4 g Total Carbohydrate: 42 g Protein: 1.7 g



Good For You Brownies

Ingredients

3/4 cup oats (grounded into a powder)

1 cup splenda or other sugar substitute

1/2 cup fat-free milk or water

1/2 tsp salt

3 eggs (could use egg beater for lower calories)

1/4 cup plus 2 tbsp cocoa powder

1 package sugar free fat free chocolate pudding mix

1/4 tsp baking soda

1/3 cup unsweetened applesauce

1 tsp vanilla

Directions: Pre heat oven to 350 degrees

- Combine flour, pudding mix, cocoa, Splenda, baking soda and salt, mix well.
- Stir in applesauce, eggs, milk (or water) and vanilla. Mix Well
- Spray 8X8 with cooking spray, spread batter evenly into pan.
- Bake for 20-25 minutes

Nutritional Information: Entire Batch!!!

Calories: 776 Total Fat: 24 g Total Carbohydrate: 102 g Protein: 38 g

Mixed Berry Delite

Ingredients

1 cup 1% low-fat cottage cheese
1 Tbsp sugar free fat free cheesecake pudding mix

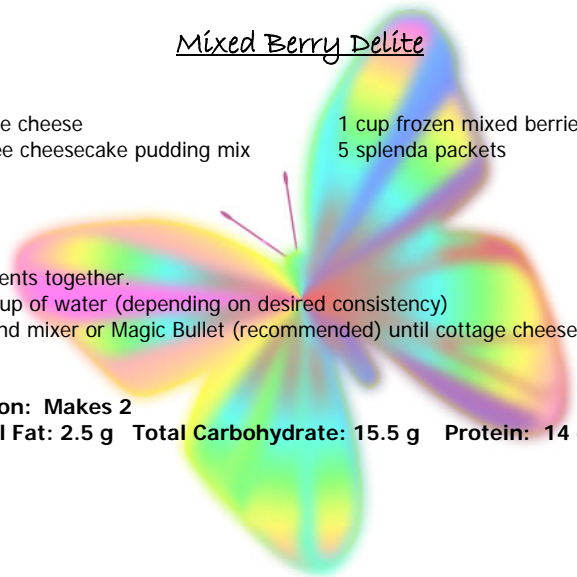
1 cup frozen mixed berries
5 splenda packets

Directions:

- Mix all ingredients together.
- Add $\frac{3}{4}$ to 1 cup of water (depending on desired consistency)
- Blend with hand mixer or Magic Bullet (recommended) until cottage cheese is smooth.

Nutritional Information: Makes 2

Calories: 137.5 Total Fat: 2.5 g Total Carbohydrate: 15.5 g Protein: 14 g



No Bake Protein Bars

Ingredients

5 tbsp natural peanut butter (chunky or smooth)
1/2 cup oat flour (if you do not have- grind up oats)
1 teaspoon vanilla
1 cup non-fat dry milk

1/2 cup old fashion oat (uncooked)
6 scoops chocolate whey protein (132 g)
2 tablespoons flax seeds (optional)
1/2 cup water (you will be tempted to use more)

Directions:

- Spray 8X8 baking dish with cooking spray.
- Combine dry ingredients in a medium bowl and mix. Add PB then water and vanilla. It will be dry.
- Using a wooden spoon or rubber spatula, mix everything until dough forms. The dough will be sticky. Spread dough into pan using a clean wooden spoon or spatula that has been sprayed with non-stick cooking spray. Refrigerate a few hours (or freeze for an hour) and cut into 9 squares. Wrap bars individually (use sandwich bags or plastic wrap) or store in covered container between sheets of wax paper. Keep refrigerated.

Nutritional Information: Makes 9

Calories: 197 Total Fat: 7.2 g Total Carbohydrate: 13.7 g Protein: 21 g

Oatmeal Protein Cookies

Ingredients

1 cup whole wheat flour
1 ½ cup old fashion oatmeal
1 ½ tsp cinnamon
¾ cup applesauce
1/2 splenda brown sugar

¾ cup vanilla protein powder
1 tsp. salt
Pinch of nutmeg
2 egg whites
1 tsp vanilla extract

Directions:

- In a large bowl, combine and mix flour, protein powder, oatmeal, salt, baking soda, cinnamon, nutmeg and raisins (optional).
- In separate bowl mix together the applesauce, egg whites, brown sugar and vanilla
- Combine applesauce mixture with dry ingredients.
- Roll and flatten out cookies on a parchment lined cookie sheet.
- Bake at 350 for 10 minutes

Nutritional Information: each (not including raisins)

Calories: 76 Total Fat: .4 g Total Carbohydrate: 17.6 g Protein: 1.8 g

Peach Delite

Ingredients

1 cup 1% low-fat cottage cheese
1 Tbsp sugar free fat free vanilla pudding mix

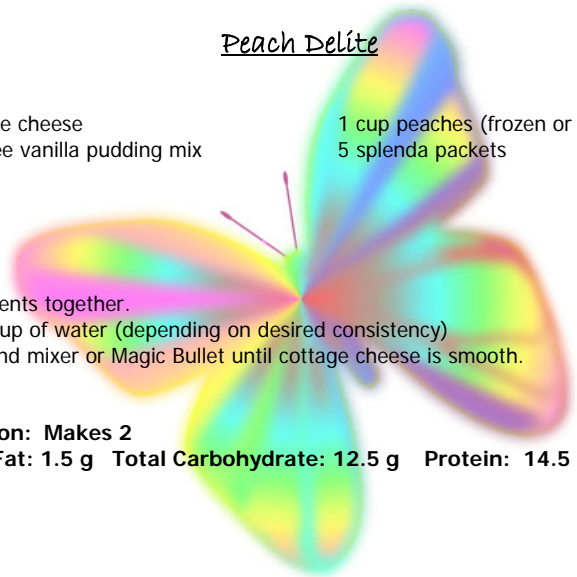
1 cup peaches (frozen or fresh)
5 splenda packets

Directions:

- Mix all ingredients together.
- Add $\frac{3}{4}$ to 1 cup of water (depending on desired consistency)
- Blend with hand mixer or Magic Bullet until cottage cheese is smooth.

Nutritional Information: Makes 2

Calories: 133 Total Fat: 1.5 g Total Carbohydrate: 12.5 g Protein: 14.5



Peanut Butter Ice Cream

Ingredients

½ Cup 1% cottage cheese

1 Tbsp Sugar free fat-free butterscotch pudding mix

1 Tbsp Creamy Peanut Butter

5 splenda packets

Directions:

- Combine all ingredients together and add ½ cup of cold water. Use a hand blender or Magic Bullet (recommended) to blend until smooth. Freeze for 1 to 2 hours. Yummy!

* **You can also use chocolate pudding mix**

Nutritional Information:

Calories: 210 Total Fat: 9 g Total Carbohydrate: 11 g Protein: 17 g

Pistachio -Pineapple Delite

Ingredients

1 cup 1% low-fat cottage cheese

1 Tbsp sugar free fat free pistachio pudding mix

½ cup pineapple (frozen, fresh or canned)

5 splenda packets

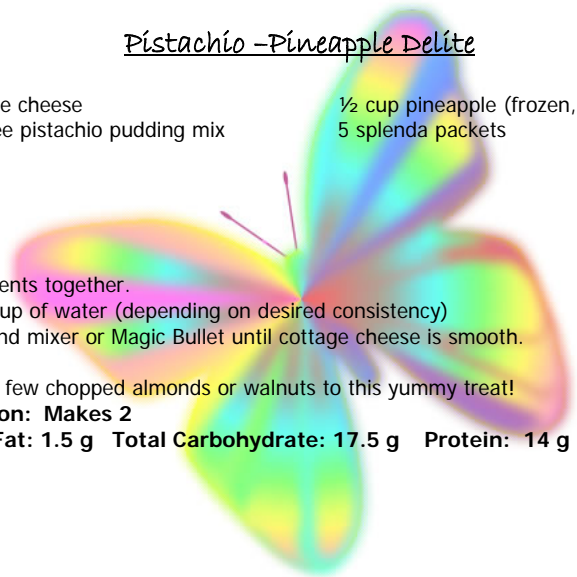
Directions:

- Mix all ingredients together.
- Add ¾ to 1 cup of water (depending on desired consistency)
- Blend with hand mixer or Magic Bullet until cottage cheese is smooth.

You can also add a few chopped almonds or walnuts to this yummy treat!

Nutritional Information: Makes 2

Calories: 138 Total Fat: 1.5 g Total Carbohydrate: 17.5 g Protein: 14 g



Protein Brownie

Ingredients

1 scoop Chocolate Protein Powder

1 tsp sugar free fat free pudding mix (flavor of choice)

2 to 3 Tbsp of water (should be thick)

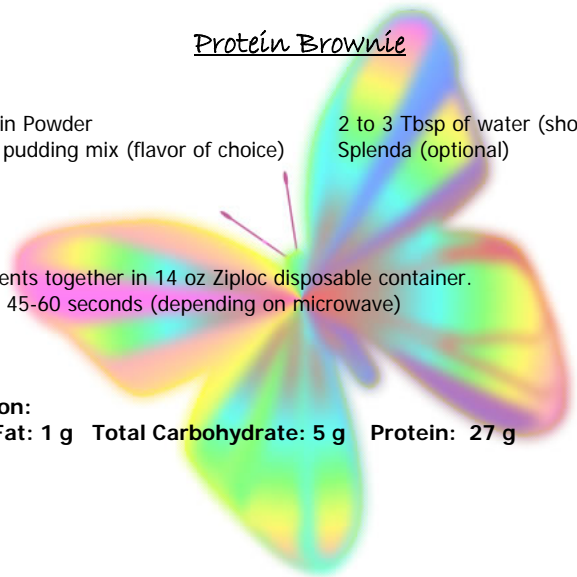
Splenda (optional)

Directions:

- Mix all ingredients together in 14 oz Ziploc disposable container.
- Microwave for 45-60 seconds (depending on microwave)

Nutritional Information:

Calories: 135 Total Fat: 1 g Total Carbohydrate: 5 g Protein: 27 g



Strawberry Dream

Ingredients

1 cup 1% low-fat cottage cheese
1 Tbsp sugar free fat free cheesecake pudding mix

1 cup strawberries (frozen or fresh)
5 splenda packets

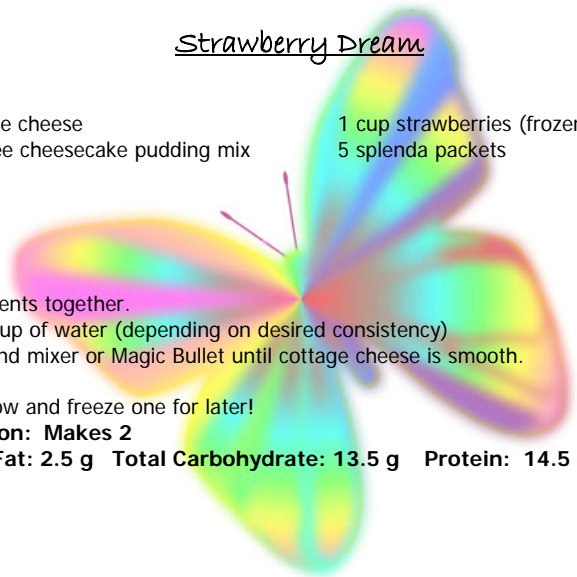
Directions:

- Mix all ingredients together.
- Add $\frac{3}{4}$ to 1 cup of water (depending on desired consistency)
- Blend with hand mixer or Magic Bullet until cottage cheese is smooth.

You can eat one now and freeze one for later!

Nutritional Information: Makes 2

Calories: 128 Total Fat: 2.5 g Total Carbohydrate: 13.5 g Protein: 14.5 g



Sugar-Free Pineapple Pie

Ingredients

1 graham cracker crust
2 small packages instant sugar-free vanilla pudding mix
Fat Free cool whip (1 container)

1 16 oz carton fat free sour cream
8 oz can crushed pineapple in it's own juice

Directions:

- Mix sour cream, dry pudding mix, and pineapple (with juice) together in mixing bowl with mixer.
- Pour into graham cracker crust and top with fat free cool whip.
- Refrigerate at least 30 minutes to set.

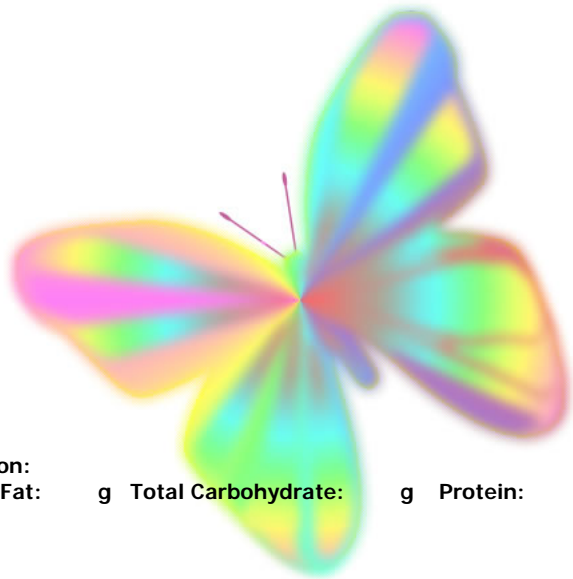
You can change this up as you wish. You could try chocolate with banana!

Nutritional Information: 12 servings

Calories: 47.7 Total Fat: .7 g Total Carbohydrate: 9.5 g Protein: .9 g

Ingredients

Directions:



Nutritional Information:

Calories: **Total Fat:** **g** **Total Carbohydrate:** **g** **Protein:** **g**

