



Delicious & Healthy Meal Prep within 40 Minutes or Less

Your Comprehensive Cookbook on
30 Time-Saving Yet Healthy Meal Prep Recipes
+ 4 Flexible Weekly Meal Plans



Juliana Landrum

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Chapter 1: Introduction

Fast pace of modern life has paved way for a culture of fast foods and aerated drinks. We have arrived at a point in time where the very mention of food brings the thoughts of burgers and fried chickens. Mankind, in its quest for modernity, has ignored the healthy options for long, resulting in increased prevalence of obesity, diabetes, cardio vascular diseases, hypertension, depression and a lot of other diseases which were rarely heard of so far.

In addition to unhealthy food habits, the sedentary lifestyle of the urban professional has exacerbated the issue. This is especially true in the case of those who work from 9 to 5 sitting at their desks in the office. The lack of strenuous physical activity to burn out their calories in addition to the fatigue the person feels at the end of the day rarely leaves someone time to plan out a healthy meal. This presents a dilemma to the working parents who want to ensure the health and wellbeing of their family along with inculcating healthy food habits in their children.

This book aims to help you address these issues. We bring you the ultimate guide to cooking which will guide you in your path to a healthy life. The recipes we provide you will give you mouthwatering dishes prepared in a small-time period using healthy raw materials and cooking methods. If you were to follow this book, you and your family will have a more fulfilling life with good health and wellbeing without compromising on the quality and taste of the food.

Chapter 2: The Basics of Kitchen Etiquette

Every year more than 80 million people all over the world get food poisoning. A person who eats contaminated food can have health issues like stomach ache, diarrhea, fever and vomiting. Most of these can be treated and cured with immediate medical assistance. However sometimes, food poisoning can be fatal too. Some germs which can spread through food are even known to cause paralysis, blood infection and kidney failure. Hence, we should practice good kitchen etiquette to avoid contamination of food since germs cannot be detected by taste or smell right after infecting the food.

Some common preventive measures which are the basic practices to ensure a healthy kitchen are:

Wash your hands with soap and water before and after handling food. This is especially relevant while handling seafood, fish, poultry and meat. Any utensil or surface which has been exposed to raw meat should be thoroughly cleaned with soap and water to avoid easy growth of germs. Special attention should be paid to this when utensils and tools used for handling raw meat is used for preparing raw vegetable and fruit salads.

Eat the food soon after cooking it. Hot foods should be kept at 140-degree F/ 60 degree C or above. Cold foods should be kept at 40 degree F/ 4 degree C or below. If the food is to be consumed later, refrigerate the food right away.

The fridge should be set at a temperature of 4 degree Celsius or below. All leftovers should be refrigerated as soon as possible. This is especially true in the case of salads with creamy dressings, eggs, potatoes and cream filled pastries.

Whenever food is reheated for consumption, reheat it thoroughly to kill off any germs which might have grown in the stored food.

Kitchen should be kept very clean at all times. All dishes, utensils and the kitchen counters should be thoroughly cleaned, daily.

Do not store food in the open in the kitchen, since it can be contaminated by insects, pets, rodents etc. Always use closed containers to store food.

Ensure that the water being used in the kitchen meets the highest standards of purity. If the water available to you is not up to the mark then either install water purifiers in the kitchen or boil your water thoroughly before use.

Chapter 3: Healthy Cooking Techniques

We are all familiar with the various cooking methods that enable us to have mouthwatering food which take our taste buds on a trip to paradise. However, in our quest for tasty food we often unintentionally forget or ignore the impact cooking methods can have on the nutrition provided by the cooked food.

Excess heat can destroy many nutrients from food like potassium, folate and Vitamin C. Some studies have shown that some foods have increased nutritional value as a result of cooking. It has been proven that tomatoes, spinach and carrots tend to release more antioxidants when exposed to heat. Hence, it is best to know which cooking methods will ensure maximum physical wellbeing.

Microwaving is known to have the most minimal loss in nutrients due to cooking. As the food gets heated from the inside out, there is no need to add extra oils to cook it. Drying out can be avoided by sprinkling water on the food before microwaving or by placing a wet paper towel over the dish. It can be used on all food groups and is known to preserve the nutrients in vegetables. The only thing to be kept in mind is to use a microwave safe dish to do the cooking using this method.

Boiling is another easy and healthy way to cook food. Some water and a dash of salt can give us well cooked and healthy food. However, boiling food at very high temperatures or in a large amount of water can result in loss of nutrients up to 70%. Hence, care must be taken to ensure minimal loss of nutrients with the process.

Steaming any food item will help the food to get cooked in its own juices. The moisture of the food and the nutrients within it are protected. It is best to season the food with salt or lemon juice before steaming. Foods like broccoli provide best benefits when steamed as it helps to release the glucosinolates which inhibit the growth of cancer cells.

Poaching, which involves cooking a food in small quantity of hot water is another healthy method of cooking fruits, eggs and fish can be cooked well using this method. Some experts are of the view that the longer time it takes to cook using this method can result in loss of nutrients in vegetables.

Broiling is an effective way to cook soft meats, though it is not good for cooking vegetables which can dry out easily. The direct high heat which is directed at the food for a short amount of time can result in fast and efficient cooking of the meat.

Grilling requires use of a minimal amount of oil or fats and it can be used to cook both vegetable and meats. It also imparts a smoky flavour to the dish thereby increasing the desirability of the cooking method. However, it should not be a regular method of cooking as research shows that regular consumption of charred food can increase chances of breast cancer and pancreatic cancer. It is best to use this method for cooking lean cut of meat which requires less cooking time.

Stir frying involves use of very small amount of oil to cook the food. It is best suited for cooking thinly cut vegetables and meat and grains like quinoa and rice.

Eating food raw, without any cooking can also provide food with no nutrient loss. However, it becomes possible only for plant-based food. Moreover, it has been proven that nutrients of some vegetables get enhanced while cooking.

Chapter 4: Calculating your Nutritional intake

Most of us do not give a second thought into what we are eating and how that impacts our live. There are more than twenty essential nutrients required for proper functioning of the human body. There is mounting evidence on the importance of micronutrients which is vital to have good immunity, aid cognitive development in children and help retain high energy levels throughout the day.

Eating more proteins has been proven to reduce appetite as well as reduce the number of calories the person can potentially consume. It will increase metabolism rate as it takes more energy to break down protein. They are also known to cut cravings. Hence, it is good to have a protein rich diet.

It is best to reduce intake of sugars and refined carbs as they keep a person away from fiber-rich carbohydrates which are good for the body.

An average man needs to consume 2500 calories per day to maintain his weight, and the average woman needs 2000 calories per day. This is further dependent on factors like activity, age, height, metabolism levels etc. when someone consumes more calories than what they actually require, they gain weight. Contrary to popular belief, eating right and leading a healthy lifestyle will help maintain an appropriate weight and ensure good health.

To calculate how much calories intake our body requires per day, simply multiply your current weight in kilograms by 29 to see how many calories you need to eat daily to lose weight, or multiply the current weight by 40 to see how many calories you need to consume per day to gain muscles.

Chapter 5: 30 Simple Recipes for a Healthy Life

Chicken Recipes

Homemade Frozen Chicken Fingers with Red Pepper-Basil Dipping Sauce

Time: 40 mins

Servings: 6

Calories per serving: 264



Ingredients:

For Chicken Fingers:

Chicken Tenders- 2 pounds

Egg Whites- of 2 large eggs

Corn flakes – 2 cups

Whole wheat Melba toast – 2 ounces

Parmesan, finely grated – 1/3 cup

Parsley, finely chopped- 1 tbsp

Sweet Paprika- 1/2 tsp

Salt to taste

For Red Pepper –Basil Dipping Sauce:

2% Greek Yogurt- ½ cup

Fresh Basil, chopped- 2 tbsps

Roasted Red Pepper, chopped- 2 tbsps

White Wine Vinegar- ½ tsp

Garlic clove, grated- 1

Salt to taste

Directions:

1. Take a large re-sealable bag and add the corn flakes, the Melba toast, parmesan, paprika, half a teaspoon of salt and parsley to it. Crush the contents into a coarse meal using a rolling pin or the bottom of a skillet. Transfer the crushed contents into a shallow dish.
2. Take a shallow dish and add the egg whites and 2 tablespoons of water to it. Whisk it well.
3. Dip the chicken tenders in the whisked egg whites. Shake off the pieces to remove the excess liquid. Coat the pieces with crushed mixture thoroughly and bake immediately or refrigerate it for an hour before baking.
4. If you want to cook it at a later point, arrange the coated chicken tenders in a baking sheets and freeze it for 1 or 2 hours till it turns hard. Then transfer it into a re-sealable bag and freeze it for maximum 1 month.
5. To bake the coated chicken tenders, preheat the oven to 425 degree F. Place the baking sheet on a baking rack and liberally spray it with cooking spray. Use the cooking spray over the fresh or frozen coated chicken tenders. Arrange them on the baking rack and bake them for 15-20 minutes, flipping them halfway, until the outer coating turns golden and gets a crispy texture.
6. To prepare the sauce, mix all the ingredients well in a bowl. Add one tablespoon water to it and mix well. Wrap it and refrigerate until it is ready to be served.

Sheet Pan Chicken Fajitas

Time: 30 mins

Servings: 4

Calories per serving: 470



Ingredients:

Chicken breast, boneless and skinless- 1 ½ pounds

Flour tortillas, fajita sized, warmed- 8

Extra virgin olive oil- 2 tbsps

Large yellow onion, halved, thinly sliced- 1

Baby bell peppers, halved, stemmed, seeded- 1 pound

Chili powder- 1 tbsp

Lime juice- of one lime

Lime wedges-3 or 4

Guacamole- for garnishing

Hot sauce-for garnishing

Sour cream- for garnishing

Monterey Jack Cheese, shredded- for garnishing

Directions:

1. Preheat the broiler with settings at high. The rimmed baking sheet should then be lined with foil.
2. In a small bowl, mix two teaspoons of salt, one teaspoon of pepper and one tablespoon of chili powder. Lay out the onions and peppers on the lined baking sheet. Season this half of the chili powder mixture and drizzle it with one tablespoon of oil. Broil this for about 10 minutes till they turn soft and start to char.
3. In the meanwhile cut the chicken into thick slices of about a quarter of an inch. Toss them in a large bowl with one tablespoon oil and the remaining chili powder mixture.
4. Scatter the chicken on top of the vegetables which have just started getting charred. Return the baking sheet to the broiler for approximately five minutes till the chicken gets properly cooked and starts turning brown. Drizzle lime juice on top of the cooked dish. Serve this with the tortillas, lime wedges, sour cream, hot sauce, guacamole and Monterey Jack Cheese.

Grilled Chicken with Avocado Pesto

Time: 30 mins

Servings: 6

Calories per serving: 370



Ingredients:

Chicken breasts, boneless and skinless, cut into 1-inch pieces- 2 ¼ pounds

Fresh basil leaves- 1 cup

Fresh parsley leaves- 1 cup

Pine nuts- ¼ cup

Extra virgin olive oil- 5 tablespoons

Lemon juice- 2 tbsp

Lemon zest- of one lemon

Garlic clove, crushed and peeled- 1

Ripe avocado, large-1

Black pepper, freshly ground- to taste

Salt-to taste

Directions:

To make this dish one needs to have twelve 6-inch bamboo skewers or six 12-inch metal skewers.

1. Get the grill pan or outdoor grill in place, with medium flame. Take a large bowl and mix the lemon zest and one tablespoon of oil. Add the chicken to this and toss to coat all the pieces evenly. Season this with ground pepper and salt. Portion to chicken and thread them into skewers.
2. Over medium flame keep a small skillet and toast the pine nuts by tossing them frequently for about 3 to 4 minutes till it turns light golden in color. Let this cool.
3. Take a food processor. Add the parsley, half a teaspoon salt, garlic, pine nuts and some peppers and process to make them a rough paste. To this add the lemon juice, three tablespoons of oil and avocado and process it to turn it into a smooth paste.
4. Grill the chicken till it is just cooked through by turning it frequently for around 5 to 7 minutes. Serve the chicken along with the tasty pesto.

Chicken Thighs and Couscous with Dill

Time: 20 mins

Servings- 4

Calories per serving: 600



Ingredients:

Chicken thighs, boneless, skinless and trimmed- 8

Couscous- 1 ¼ cup

Dill fronds, chopped- 1 cup

Grape tomatoes, each pierced halfway with a paring knife- 1 cup

Persian cucumbers, diced into ½ inch pieces

2 percent Greek yogurt- ½ cup

Olive oil- 2 tbsp

Lemon zest- 2 lemons

Lemon juice- of 3 lemons

Medium lemon cut into 4 wedges- 1

Dried oregano-1/2 tsp

Unsalted butter- 1 tsp

Black pepper, freshly ground- to taste

Salt- to taste

Directions:

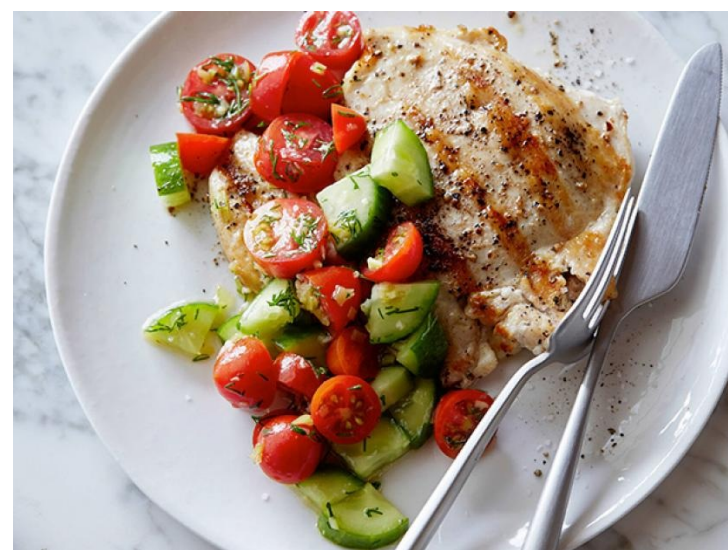
1. Keep the oven rack at least 4 inches away from the heat source of the broiler and preheat.
2. Place a medium sized sauce pan over medium high flame. Boil half a teaspoon of salt, a teaspoon of butter and one and a half cup of water to simmer after keeping it covered. As soon as it is removed from the heat, add the couscous to it and stir well and keep it aside, covered, for 5 minutes. Fluff the contents with a fork and then mix in dill to the couscous mixture and set it aside, covered, again.
3. In the meanwhile take a rimmed baking sheet and toss half a teaspoon of pepper, oregano, a teaspoon of salt, olive oil, lemon juice and zest, tomatoes and the chicken. Ensure that the chicken thighs are well covered by the marinade. Lay them flat on the sheet and broil them for around 10 minutes till the chicken turns brown and gets cooked. Make sure that you flip the tomatoes and chicken and rotate the pan half way through the broiling.
4. Place 2 chicken thighs and a few tomatoes in each plate. Add the juices from the pan to the dilled couscous. Put 1 $\frac{1}{4}$ cup of couscous on each plate. Add a dollop of yogurt, some chopped cucumbers or a lemon wedge to it before serving.

Grilled Chicken with Tomato- Cucumber Salad

Time: 25 mins

Servings: 4

Calories per serving: 203



Ingredients:

For Grilled Chicken:

Chicken paillards, around 4 ounce each-4

Olive oil spray

Black pepper, freshly ground- to taste

For the Salad:

Pear tomatoes, sliced in rounds- 1 cup

Kirby Cucumber, unpeeled, quartered lengthwise and sliced- 1

Pepperoncini peppers, stemmed and minced- 3

Lemon juice- 1 tbsp

Fresh dill, chopped-1 tbsp

Extra virgin olive oil- 1 tbsp

Garlic clove-1

Salt- to taste

Black pepper, freshly ground- to taste

Directions:

1. Crush the garlic clove and add one teaspoon salt to it. Mash it into a coarse paste with the help of the flat side of a large knife.
2. Take a large bowl and add the garlic paste to it along with lemon juice and olive oil and mix well. To this add dill, pepperoncini, cucumber and tomatoes and toss well. Add freshly ground pepper to it liberally. Toss this again and set it aside.
3. Place the nonstick skillet or a grill pan in medium high and preheat it. Meanwhile the chicken paillards should be spray with some olive oil and salt and black pepper should be sprinkled on top. Grill the chicken for about 2 minutes per side till it is cooked through. Place them on a plate and serve with the fresh salad.

Chicken Fingers with Curried Ketchup

Time: 35 mins

Servings: 4

Calories per serving: 330



Ingredients:

Chicken breasts, boneless, skinless, cut into 1 inch wide strips- 1 ½ pounds

Broccoli, cut into florets- 1 bunch

Ketchup- ¾ cup

Panko (Japanese breadcrumbs)- 2 cups

Large eggs-2

Curry powder- 2tbsp

Dijon mustard- 1 tbsp

Ground cumin- 1tsp

Juice of one lime

Non- stick cooking spray- as required

Salt to taste

Directions:

1. Preheat the oven to 400 degree F. On the baking sheet, place a rack and use the cooking spray on it. Take a shallow bowl and whisk together the cumin, mustard, eggs, a teaspoon of curry powder and a teaspoon of salt. In another bowl mix panko and half a teaspoon curry powder.
2. Immerse the chicken strips in the egg mixture and coat them with the panko mixture after letting the excess egg coating drip off. Arrange the chicken strips on the rack and use the cooking spray on it. Bake it for around 20 minutes till it is cooked and turns golden brown in color.
3. Take a large pot with a steamer basket and boil one inch of water in it. Steam the broccoli and cook it covered for 8 to 10 minutes till it turns soft and tender. In a small bowl mix the remaining half teaspoon curry powder, the lime juice and ketchup. Serve the naked chicken strips with steamed broccoli and the curried ketchup.

Mexican Chicken Stew

Time: 40 mins

Servings: 6

Calories per serving: 276



Ingredients:

Cooked chicken, shredded- 3 cups

Chicken stock- 3 to 4 cups

Chopped tomatoes- 1 can/ 28 ounces

White rice, cooked- 1 cup

Medium onion, roughly chopped-1

Olive oil- 4 tbsp

Large garlic cloves, roughly chopped- 4

Jalapenos, seeded and sliced- 2

Dried oregano- 1 tbsp

Dried cumin- 1 tsp

Worcestershire sauce- a few dashes

Lime-1

Sour cream- to garnish

Fresh cilantro leaves- to garnish

Salt to taste

Directions:

1. Place a saucepan in medium flame and heat oil in it. Sauté the onions in it for 1 to 2 minutes. Add jalapenos and garlic to this and let it sweat till it becomes translucent. After this add the spices and cook for around 2 minutes till it starts emitting its fragrance. Add the tock, Worcestershire sauce, chicken and tomatoes to this and simmer it and cook for another twenty minutes.
2. Extract the juice of the lime into another pot. To this, add the juiced halves also.
3. Add the cooked rice to the saucepan and cook for another 5 minutes so that the rice becomes hot as well. Add salt to taste and serve with sour cream and cilantro leaves as garnish.

Egg Recipes

Egg and Kimchi Rice Bowls

Time: 20 mins

Servings: 4

Calories per servings: 560



Ingredients:

Cooked brown rice- 6 cups

Large eggs-4

Bacon strips-4

Kimchi- 2 cups

Rice wine vinegar- 1/3 cup

Avocado, pitted, peeled and sliced- 1

Scallions, sliced- 2

Toasted sesame oil- 2 tsp

Vegetable oil- 1 tsp

Salt to taste

Directions:

1. Take vinegar, kimchi and half a cup of water in a blender and process it till it turns smooth.
2. In a medium bowl toss half of the kimchi sauce, rice and half a teaspoon salt. Cover this and microwave for about 4 minutes till it becomes hot. Check the dish halfway.
3. In the meanwhile place a large skillet over medium heat and cook bacon, about 4 minutes on each side, till it is brown and crispy. Place the cooked bacon on a plate lined with paper towel to drain the excess fat. Cut the bacon to small pieces then.
4. Wipe and clean the skillet in which bacon was cooked. Pour some vegetable oil into it and keep it over medium high flame. Crack eggs into it and season them with salt. Cook the egg till the whites have set but the yolk is still runny. Remove this from the heat.
5. Portion the rice and place them in the bowls. On top of the rice place the egg, bacon, avocado, scallion and the remaining kimchi sauce. Drizzle half a teaspoon of sesame oil in each bowl and serve.

Spicy Chard Soup

Time: 40 mins

Servings: 4

Calories per serving: 315



Ingredients:

Swiss Chard- 2 pounds

Hard boiled eggs, peeled and quartered- 4

Low sodium chicken broth- 6 cups

Pita chips, coarsely crushed- 2 cups

Garlic cloves, finely chopped-4

Extra virgin olive oil- 3 ½ tbsp

Medium onion, finely chopped-1

Tomato paste- 2 tbsp

Plain Greek Yogurt- ¼ cup

Lemon, halved- 1

Harissa or other hot sauce- 1 tbsp

Cumin seeds- 1 tsp

Caraway seeds- 1 tsp

Salt to taste

Directions:

1. Cut the chard leaves into 1-inch pieces and the stem into ½ inch pieces. Keep them both separate. In a skillet kept over medium flame toast the cumin seeds and caraway seeds. Cool them and grind them in a spice grinder.
2. Keep a large pot over medium flame and heat olive oil in it. Add the onion and the chard stems to it and cook for around 6 minutes till they get soft. Make space in the pan and add the ground spices, garlic, harissa and tomato paste. Cook this for 2 minutes and then mix it with the vegetables. To this add a cup of water, chicken broth and chard leaves. Bring this to simmer very fast and cook for around 10 minutes till the chard turns tender. Add the juice of half a lemon to this and sprinkle salt as required.
3. In a small bowl mix the juice of another half a lemon, a pinch of salt and the yogurt. Keep this aside.
4. After the soup is transferred to the serving bowl, add the pita chips, the eggs and put a dollop of the yogurt mixture on top. Drizzle this with some olive oil and serve.

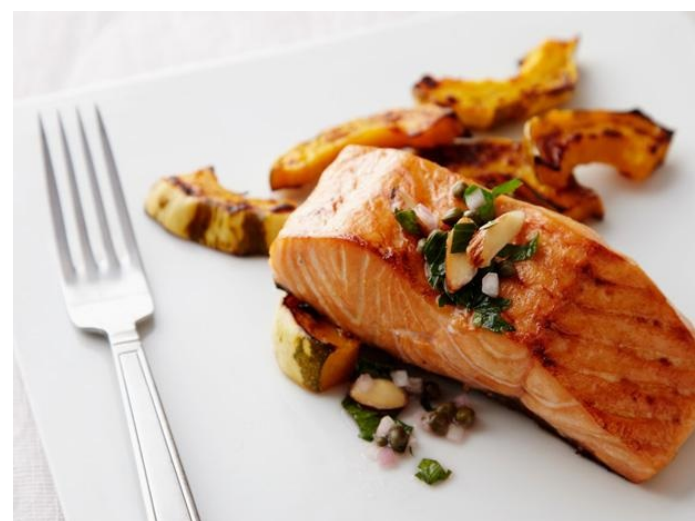
Fish Recipes

Oven Baked Salmon with Toasted Almond Parsley Salad

Time: 20 mins

Servings: 4

Calories per serving: 177



Ingredients:

For the Baked Salmon:

12 ounce salmon fillets- cut into 4 pieces

Black pepper, freshly ground- to taste

Coarse grain salt- to taste

For Toasted Almond Parsley Salad:

Toasted almonds- ½ cup

Fresh flat –leaf parsley- 1 cup

Capers, rinsed- 2 tbsps

Red wine vinegar- 1 tbsp

Shallot-1

Extra virgin olive oil- as required

Coarse grain salt – to taste

Directions:

1. Preheat the oven to 450 degree F.
2. Season the salmon with salt and pepper as required. Place the salmon filets, with their skin side down on a nonstick baking sheet, or in nonstick pan with an oven –proof handle.
3. Bake the salmon for around 2 – 15 minutes till it is cooked through. This can be served with baked squash or toasted almond parsley salad.
4. To make the salad, take a small bowl and placed the minced shallot in it. Add vinegar and a pinch of salt to it. Set it aside for 30 mins. Add roughly chopped almonds, parsley and capers to this. Add olive oil to this and mix it well.

Baked Salmon with Honey Mustard Sauce

Time: 30 mins

Servings: 4

Calories per serving: 346



Ingredients:

6-7 ounce salmon fillets with their skin on- 4 pieces

Low fat mayonnaise- ½ cup

Dijon Mustard- ¼ cup

Honey- ¼ cup

Chives, finely chopped- 2 tbsps

White pepper, freshly ground- to taste

Salt to taste

Directions:

1. Preheat the oven to 375 degrees F. On a large baking sheet place a nonstick silicon liner. Lay the salmon fillets on this with the skin side down. Keep the baking sheet aside.
2. Take a medium sized bowl. Mix the mayonnaise, mustard, honey and chives in it. Stir the mixture thoroughly to combine it well. Keep half of this sauce aside. Spread the remaining sauce on the top and side of the salmon fillets. Use a spoon to spread it evenly. Sprinkle salt and pepper on the salmon fillets after this.
3. Place the salmon fillets in the oven and roast it for around 7 minutes until the fish turns opaque in the center. Change the oven settings and broil the fish fillet for 6 to 7 minutes. Keep checking the fish intermittently to avoid overcooking. Sprinkle chives on top and serve it with the sauce which was kept aside.

Pan Seared Salmon with Kale and Apple Salad

Time: 40 mins

Serves: 4

Calories per serving: 620



Ingredients:

5 ounce center cut 1 inch thick salmon fillets- 4 pieces

Kale, ribs removed and leaves thinly cut- 6 cups

Dates- $\frac{1}{4}$ cup

Pecorino, finely grated- $\frac{1}{4}$ cup

Honey crisp apple-1

Lemon juice, fresh- 3 tbsp

Olive oil -3 tbsp

Almonds, toasted and slivered – 3 tbsp

Black pepper- to taste

Salt to taste

Whole wheat dinner rolls- 4

Directions:

1. Ensure that the salmon fillets are in room temperature ten minutes before cooking.
2. Take a large bowl. Whisk together the lemon juice, 2 tablespoons of olive oil and 1/4teaspoon salt in it. Add the kale and toss it. Set it aside for 10 minutes.
3. After the kale salad has been set aside, slice the dates into very thin pieces and apple into matchsticks. Add them to the kale salad along with the cheese. Season with pepper and toss it. Keep it aside.
4. Sprinkle grounded pepper and half a teaspoon salt on the salmon. Take a large nonstick skillet and heat the remaining 1 tablespoon oil in medium flame. Raise the temperature to medium high and place the salmon in the pan with the skin side up. Cook for about 4 minutes till the side turns golden brown in color. Flip the fillet and cook the other side for about 3 minutes till it feels firm to the touch. Take four plates and serve it evenly among four plates.

Honey Soy Grilled Salmon with Edamame

Time: 30 mins

Servings: 4

Calories per serving: 345



Ingredients:

Wild salmon fillets, 6 ounce each, center cut with skin on- 4

Edamame, cooked- 1 1/3 cups

Cilantro leaves, packed, finely chopped – ¼ cup

Honey- 2tsp

Vegetable oil- 2tsp

Low sodium soy sauce- 2 tsp

Fresh lime juice- 2 tsp

Scallions- 2

Grated ginger-1 tsp

Black sesame seeds- 1/4 tsp

Pepper, freshly ground- to taste

Salt- to taste

Lime wedges [optional for garnish]

Directions:

1. Direct heat on a medium high flame should be given to the grill to preheat it.
2. In a medium sized bowl add finely chopped scallions and cilantro. Add ginger and oil to it. Season this with salt and pepper.
3. Long slits of up to 3-inch length which go halfway into the salmon should be created on the bottom of the fillet. The herb mixture kept in the bowl should be stuffed into the slit. Sprinkle salt and pepper on top.
4. Take another bowl and mix soy sauce, honey and lime juice until it turns smooth. Place the salmon on the grill with its skin side up and cook for 3 to 4 minutes. Flip the fillet and cook it for another 3 to 4 minutes while simultaneously applying the sauce on top. After it is cooked through, transfer it to a plate. Sprinkle sesame seeds on it just before serving and serve it with lime wedges and edamame.

Roasted Salmon with Shallot Grapefruit Sauce

Time: 35 mins

Servings: 4

Calories per serving: 345



Ingredients:

Salmon fillets, 6 ounce each, skinless- 4

Ruby Red Grapefruits- 2

Shallots, minced- 1 tbsp

Basil leaves, thinly sliced- 2 tbsps

Cayenne pepper- a pinch

Honey- 2 ½ tsp

Ginger, freshly grated- 1 tsp

Olive oil- 2 tsp

Lemon juice- 2 tsp

Salt – to taste

Directions:

1. Preheat the oven to 350 degree F. Sprinkle $\frac{1}{4}$ tsp of salt on the salmon and spread it evenly. Place the seasoned salmon filets in a baking dish and cook it for around 18 minutes till it is cooked through.
2. When the salmon is being cooked, cut off the top and bottom of one grapefruit. Then cut the skin to get rid of the peel and pith. Using a paring knife separate each segment of the fruit from its section. Cut each of these segments in half and keep it aside. Extract the juice of the second grapefruit and keep it aside.
3. In a skillet kept over medium flame heat the oil. Sauté the minced shallots in it for 2 minutes till it is softened. Add honey, cayenne pepper, grapefruit juice and ginger to this and let it simmer. Cook for around 10 minutes till the sauce is reduced by half. Add lemon juice and salt.
4. Toss the basil and grapefruit pieces into the sauce right before serving. In a plate, apply sauce over the salmon and serve.

Mustard Maple Roasted Salmon

Time: 20 mins

Servings: 4

Calories per serving: 324



Ingredients:

5 ounce salmon fillets, skinless, center cut- 4

Dijon Mustard- 2 tbsps

Fresh cilantro, finely chopped- 2 tbsps

Light mayonnaise-1 tbsp

Pure maple syrup- 2tsp

Pepper, freshly ground- to taste

Salt- to taste

Directions:

1. After preheating the oven to 400 degrees F, take a rimmed baking sheet and line it with aluminum foil.
2. Take a bowl and mix the mustard, maple syrup, mayonnaise and 1 tablespoon of cilantro. Place the salmon fillets on the baking sheet and sprinkle a quarter teaspoon of salt and ground pepper on top. After this is spread well, apply some of the mustard mixture on top of the fillets.
3. Bake this for around 12 minutes till it is just cooked through. Garnish it with the rest of the cilantro and serve.

Shrimp Recipes

Grilled Shrimp in Lettuce Leaves with Serrano- Mint Sauce

Time: 25 minutes

Servings: 4

Calories per serving: 166



Ingredients:

For the Shrimp:

Large shrimp, peeled and deveined- 1 pound [i.e. approx. 36 shrimps]

Canola oil- 3 tbsp

Green curly lettuce leaves-12

Chili oil- to taste

Fresh cilantro- to taste

Black pepper, grounded- to taste

Salt to taste

For Serrano –Mint Sauce:

Mint leaves, tightly packed- 1 cup

White wine vinegar -1/4 cup

Fish sauce- 2tbsps

Serrano chilies, chopped- 2

Garlic cloves, chopped-4

Fresh ginger, peeled and chopped- 1 inch

Sugar- 2 tsp

Salt to taste

Directions:

1. Preheat the grill to medium high. Take a large bowl. Toss the shrimp in it in oil. Season it with salt and pepper. Grill the shrimps for 1 to 2 minutes on each side until it is just cooked through. Be careful not to overcook it as it can turn hard and rubbery. Remove it from the grill.
2. To make Serrano mint sauce, place all the ingredients, except for salt, in a blender and pulse it till it becomes smooth in texture. Season it with salt.
3. Take a plate and arrange lettuce leaves on it. Place around 3 shrimps in each lettuce leaf. Drizzle it with Serrano – mint sauce and chili sauce. Garnish it with a few cilantro leaves. Roll up the lettuce leaves and consume it immediately.

Grilled Shrimp with Lemon

Time: 10 mins

Servings: 4

Calories per serving: 120



Ingredients:

Jumbo sized Shrimp, raw and deveined with shell- 16

Extra virgin olive oil- ½ cup

Lemons, halved- 2

Black pepper, freshly ground- to taste

Coarse salt- to taste

Directions:

1. Preheat the griddle or grill pan over high heat. Butterfly the shrimp by slicing almost completely through it lengthwise. Leave the shell on the shrimp to keep it tender while grilling over the high heat.
2. Brush the shrimps with extra virgin olive oil. Season it with salt and pepper and grill it for 2 minutes on each side till the shells turn hot pink and the shrimp becomes opaque.
3. As the last step, place the halved lemons on the grill to help release its juice. Squeeze the grilled lemon wedges over the shrimp and serve.

Ribbony Shrimp and Pasta Scampi

Time: 30 mins

Servings: 4

Calories per serving: 368



Ingredients:

Medium Shrimp, peeled and deveined with tails removed- 1 pound

Whole wheat spaghetti- 8 ounces

Cherry tomatoes, halved- 1 cup

Low sodium vegetable or chicken broth- ½ cup

Yellow squash- 1

Zucchini-1

Olive oil- 2 tbsp

Garlic cloves, finely chopped- 4

Fresh chives, chopped- 2 tbsp

Black pepper, freshly ground-to taste

Red pepper flakes, crushed- a pinch

Salt- to taste

Directions:

1. Boil salted water in a large pot. Add the spaghetti and cook it al dente according to the instructions given on the package.
2. While the pasta is cooking cut off the top and bottom of the squash. Using a vegetable peeler, peel the squash into ribbons into a colander, turning the squash each time you peel. Discard the core and seeds.
3. Keep aside $\frac{1}{4}$ cup of the pasta water and drain the pasta over the pasta ribbons. Take a medium bowl and transfer the contents to it. Toss it to evenly distribute the pasta and squash ribbons.
4. In a bowl, toss the shrimp with half a teaspoon salt and some ground pepper. To a large skillet kept over medium high heat, add one tablespoon oil. Add shrimp to this and spread it into one layer. Cook it for around 2 minutes without stirring till it turns just pink around the edges.
5. Stir the shrimp. Add the garlic cloves, tomatoes and pepper flakes to this. Continue to cook it for around a minute till the tomatoes soften and the garlic becomes toasted.
6. Add the pasta and squash ribbons to this along with broth and the remaining 1 tablespoon of olive oil. Keep tossing and cooking this till the entire contents turn warm and most of the liquid is absorbed. If the noodles seem dry, add the pasta water, a small quantity at a time. Season the dish with more salt and pepper and serve it garnished with chives.

Shrimp and Snow Pea Salad

Time: 25 mins

Servings: 4

Calories per serving: 280



Ingredients:

Medium shrimp, peeled and deveined- 1 ¼ pounds

Snow peas- 12 ounces

Radishes, thinly sliced to half-moons- 6

Scallions, thinly sliced-4

Rice vinegar- 1/3 cup

Sesame seeds, toasted- 2 tbsps

Fresh ginger, grated- 1 tbsp

Toasted sesame oil- 1 tbsp

Canola oil- 1 tbsp

Salt to taste

Directions:

1. Boil water in a big saucepan with a steamer basket. Place the snow peas in the basket and cook it covered for 2 minutes. Remove the basket and immediately transfer the snow peas into a bowl of ice cold water to cool it. Drain and dry the snow peas.
2. To the same saucepan of water, add shrimp directly and cook it by boiling for 2 minutes. Drain the water and put the shrimp into ice cold water to cool it. Drain and at the shrimp dry.
3. Slice the shrimps in half, lengthwise and slice the snow peas diagonally into half inch pieces while discarding its ends. Take a large bowl and toss the scallions, radishes, snow peas and shrimp in it.
4. Take a small bowl and whisk half a teaspoon salt, ginger, sesame oil, canola oil and vinegar together. Add this to the salad and toss it right before serving it. Garnish with sesame seeds.

Shrimp and Cauliflower Grits

Time: 35 mins

Servings: 4

Calories per serving: 330



Ingredients:

Medium shrimp, peeled and deveined with tail on- 1 ¼ pounds

Cauliflower, trimmed and cut into small florets- 1 large head

Unsweetened almond milk without carrageenan- 1 ½ cups

Collard green leaves, stems removed, halved lengthwise and thinly shredded- 4 cups

Extra virgin olive oil- 4 tbsp

Nutritional yeast- 1/3 cup (optional)

Garlic cloves, minced- 2 large

Fresh flat leaf parsley, roughly chopped- ¼ cup

Lemon juice – of 1 lemon

Lemon wedges-2

Cayenne pepper- a pinch (optional)

Black pepper, freshly ground- to taste

Salt – to taste

Directions:

1. Transfer the cauliflower into a food processor and pulse it till they break down to the size of rice grains. Place this on a medium saucepan along with ground pepper, half teaspoon salt, one tablespoon of oil, and the almond milk and simmer it over medium high flame for around 10 minutes. Stir this mixture frequently till it turns soft and starts looking like grits. Remove from the flame and add nutritional yeast to it if you want. Add salt and ground pepper to it and cover it and keep it aside.
2. Take a large skillet and heat a tablespoon of oil over medium high flame. Add the collards and the salt and pepper to this, tossing intermittently while cooking for around 2 minutes till it becomes wilted and tender. Transfer it to a bowl and wipe the skillet for further use.
3. Sprinkle salt and pepper over the shrimp and heat 2 tablespoons of oil on the large skillet at medium high flame. Add the garlic, cayenne pepper and shrimp to this and cook while tossing for around 3 to 4 minutes till it turns pink and is just cooked through. Remove it from the flame and add a tablespoon of water, lemon juice and parsley and stir so that the shrimp will get coated in the sauce.
4. Portion the cauliflower grits into bowls. Put collards on top of it followed by shrimp and then the sauce. Serve the dish with lemon wedges.

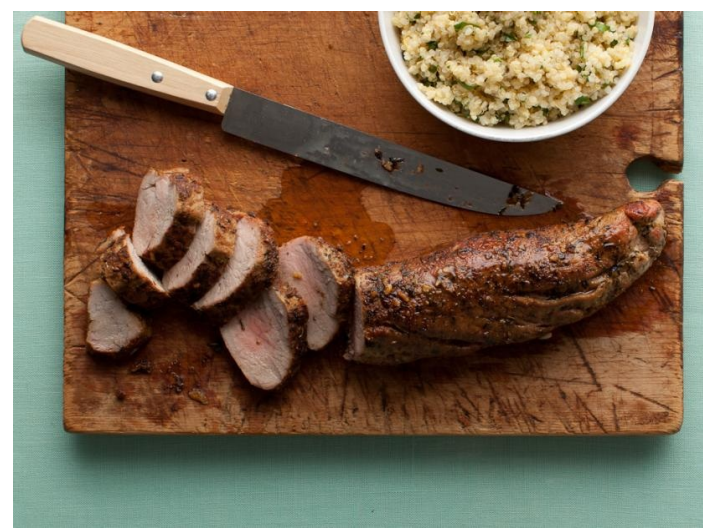
Pork and Turkey Recipes

Pork Tenderloin with Seasoned Rub

Time: 35 mins

Servings: 4

Calories per serving: 209



Ingredients:

Pork Tenderloin- 1 ¼ pounds

Olive oil- 1 tbsp

Dried thyme-1 tsp

Ground coriander- 1 tsp

Ground cumin- 1 tsp

Dried oregano- 1 tsp

Garlic powder- 1tsp

Garlic, minced- 1 tsp

Salt to taste

Directions:

1. Preheat the oven to 450 degree F.
2. In a medium sized bowl mix all the dry ingredients like salt, thyme, coriander, cumin, oregano and garlic powder. Combine them well to make a seasoning and sprinkle it over the tenderloin and rub it well with a dry hand by pressing gently.
3. Keep a large skillet over a medium high flame. Add olive oil to it and once it is hot add minced garlic to it and sauté for a minute. Place the tenderloin in the pan and sear all the sides by moving it with a tong for around 10 minutes. After this place this into a roasting pan and bake it for 20 minutes. Once it is done slice it and serve it.

Vietnamese Pork Chops with Ginger Rice

Time: 40 mins

Servings: 4

Calories per serving: 410



Ingredients:

Pork chops of about 4 ounce each, thin, bone in- 4

Jasmine rice- 1 cup

Fresh mint, roughly chopped- ½ cup

Ginger, peeled and grated- 2 tbsps

Persian cucumbers, diced-2

Garlic cloves, grated-2

Shallot, finely chopped-1

Fresh lemongrass, finely chopped- 2 tbsps or lemon zest, grated- 1 tbsp

Low sodium soy sauce- 2tbsps

Brown sugar, packed- 2 tbsps

Fish sauce- 1tbsp

Pepper, freshly ground- to taste

Salt – to taste

Directions:

1. Take a shallow dish and pour $\frac{1}{4}$ cup of water into it. Add shallot, garlic, lemongrass, fish sauce, soy sauce and brown sugar to it and mix it well. Add the pork chops to this and let it cover all them well. Let this marinate for 15 minutes.
2. In the meanwhile cook the rice according to the instructions provided on the packet. Add the grated ginger to its water.
3. Preheat the broiler and transfer the marinated pork chops into a broiler pan. Set the marinade aside for later use. Broil the pork chops for around minutes till it is charred and cooked through. Take a skillet and transfer the leftover marinade to it. Add a quarter up of water to it and bring it to boil over high heat. Let this sauce thicken for another 3 minutes on the high flame while stirring it occasionally.
4. Fluff the cooked rice with a fork and add the mint and cucumber to it. Sprinkle salt and pepper on top and serve it with the pork and the sauce from the skillet.

Mini Meatloaves

Time: 35 mins

Servings: 4

Calories per serving: 214



Ingredients:

Lean ground pork- 8 ounces

Lean ground turkey- 8 ounces

Large egg whites-2

Old fashioned oats- 1/3 cup

Fresh oregano, finely chopped- 13 teaspoons

Medium red onion, grated-1

Spicy brown mustard-1 tbsp

Ketchup- 4 tbsp

Soy sauce or Worcestershire sauce- 1 tsp

Black pepper, freshly ground- to taste

Salt- to taste

Directions:

1. Preheat the oven to 450 degree F and use aluminum foil or parchment paper to line the baking sheet. In a large bowl combine the turkey and pork gently by hand. In a small bowl combine one teaspoon of pepper, half a teaspoon salt, onions, egg whites, oregano, soy sauce, one tablespoon mustard, 2 tablespoons of ketchup and the oats. Add this to the large bowl containing the meat mixture and combine them by hand until they are just well combined.
2. Make small football shaped loaves out of the combined mixture to form roughly 4 inches long and one and a half inches thick loaves. Place the loaves in the lined pan. In a small bowl, mix together the remaining half a tablespoon mustard and two tablespoon ketchup and apply that on the meatloaves. Bake them for approximately 20 minutes till they are fully cooked. Garnish with some oregano and serve.

Steak Frites with Herb Mustard

Time: 40 mins

Servings: 4

Calories per serving: 460



Ingredients:

Flank steak, with excess fat removed- 1 ¼ pounds

Russet potatoes, large- 2 pounds

Egg whites- 2 large

Dijon mustard- 3 tbsp

Fresh chives, minced-2tbsp

Fresh tarragon, minced- 1 tbsp

Extra virgin olive oil- 1 tbsp

Paprika- 1 tsp

Cayenne pepper- a pinch

Olive oil cooking spray – as required

Black pepper, freshly ground- to taste

Salt to taste

Directions:

1. Preheat the oven to 450 degree F. In a small bowl whisk olive oil and mustard well. Apply two tablespoons of this mustard mixture on the steak. Sprinkle black pepper on it and set aside. Into the remaining mixture, add two tablespoons of cold water, tarragon and chives and whisk them well.
2. Cut the potatoes into quarter inch thick sticks and pat them dry. In a large bowl whisk together a quarter teaspoon of salt, cayenne pepper, paprika and the egg whites. Add the tomatoes to this mixture and toss. Apply the cooking spray on the rimmed baking sheet. After letting the excess of the egg mixture drip off it, spread the potatoes on the tray and spray the cooking spray on top. Bake them for around 25 minutes till they turn golden brown.
3. In the meanwhile take a large cast iron skillet and sprinkle quarter of a teaspoon of salt on it. Heat this over high flame until it becomes very hot. Add the steaks to the skillet and keep another heavy skillet on top to weigh down the steak. After it is seared for around 3 minutes per side till it turns brown, turn off the flame and let the steak rest in the pan for 5 to 8 minutes for it to be cooked medium rare. Slice the steak into thin pieces and serve them with the potato fries and herb mustard.

Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce

Time: 30 mins

Servings: 4

Calories per serving: 451



Ingredients:

For the Chimichurri sauce:

Fresh herbs like parsley, mint and cilantro- $\frac{1}{4}$ cup

Red wine vinegar- 1 tbsp

Extra virgin olive oil- 1 tbsp

Water- 1 tbsp

Garlic clove, small- $\frac{1}{2}$

Black pepper, freshly ground- to taste

Salt to taste

For the rest of the dish:

In inch thick strip steaks, with excess fat removed and halved- 1 ½ pounds

Green beans, trimmed- ¾ pound

Grape tomatoes, halved-1 pint

Olive oil-1 ½ tbsp

Pepper, freshly ground- to taste

Salt- to taste

Directions:

1. Take heavy duty foil as a double layer. Place it on a cutting board or tray and gather its edges to form a rim. Into this add one tablespoon of olive oil, tomatoes and green beans and toss. Sprinkle salt and pepper to this.
2. Preheat the grill on medium setting. Grease the grill grates with oil lightly and sprinkle salt and pepper on the steak. Keep the foil tray in the grill and cook it for around 15 minutes, by tossing it intermittently till the beans are cooked through and slightly charred.
3. Add the steaks in the mean while to the grill and cook them for 5 minutes per side to get medium rare or cook until you get the desired doneness. Let the cooked steak rest on a cutting board for 5 minutes. Slice the steak and serve it with the vegetables and chimichurri sauce.
4. To make the chimichurri sauce, take a food processor and add water, olive oil, herbs, vinegar and garlic to it and pulse it till is coarsely chopped. Sprinkle as much salt and pepper as required to this.

Pork Tenderloin Steaks with Wilted Cabbage and Apples

Time: 25 mins

Servings: 4

Calories per serving: 373



Ingredients:

Pork tenderloin, trimmed- 1 ¼ pounds

Fresh parsley leaves- 1/2 cup

Low sodium chicken broth-1/4 cup

Red or green cabbage- ½ head

Red wine vinegar- 2tbsp

Brown sugar- 1 tbsp

Red or green apple-1

Olive oil-2 tbsp

Dried thyme- ¼ tsp

Small whole grain dinner rolls-4

Black pepper, freshly ground- to taste

Salt- to taste

Directions:

1. Divide the pork tenderloin into steaks by slicing them at an oblique angle. Sprinkle quarter of a teaspoon pepper, half a teaspoon salt and thyme over the steaks.
2. Keep a large skillet with some oil in it over a medium high flame till it becomes very hot, but not smoking. Add the steaks to the skillet and cook for almost 7 minutes per side turning it once so that it becomes browned and gets a slight pink color in the center. Place the cooked steaks in individual plates to rest.
3. While the steaks are cooking slice the cabbage into thin slices and core and slice the apples. Take a small bowl and mix sugar, vinegar and broth in it together.
4. After the steaks are cooked and removed from the skillet, add quarter of a teaspoon pepper, quarter teaspoon salt, apples and cabbage to the same skillet. Cook and toss them for around 2 to 3 minutes till they get slightly wilted. Add the broth mixture to this and keep cooking for another 2 to 3 minutes till the cabbage turns tender and the liquid has reduced. Remove from the flame and add parsley leaves, ground pepper and salt to this. Stir well and combine. Serve this with the steaks in the plates.

Vegetarian Recipes

Kale and Apple Salad

Time: 30 mins

Servings: 6

Calories per serving: 151



Ingredients:

Kale, ribs removed and thinly sliced leaves- 1 bunch

Honeycrisp apple-1

Slivered almonds, toasted- ¼ cup

Dates- ¼ cup

Pecorino, finely grated- ¼ cup

Fresh lemon juice- 3tbsp

Extra virgin olive oil- 2tbsp

Black pepper, freshly ground- to taste

Salt- to taste

Directions:

1. In a large bowl, mix $\frac{1}{4}$ teaspoon of salt, olive oil and lemon juice and whisk it. Add kale and toss it to spread the liquid evenly. Set it aside for 10 minutes.
2. Meanwhile slice the dates into thin slivers and the apples into thin reeds like matchsticks. Add these, along with cheese and almonds to the kale. Sprinkle salt and pepper on top as required. Toss well and serve.

Hummus and Grilled Vegetable Wrap

Time: 25 mins

Servings- 4

Calories per serving: 320



Ingredients:

Whole wheat wrap bread of about 9 inches in diameter- 4

Medium zucchini, cut lengthwise into $\frac{1}{4}$ inch slices- 2

Baby spinach leaves-2 cups/ 2 ounces

Hummus, store brought- 1 cup

Red onion, thinly sliced to half-moons- $\frac{1}{2}$ cup

Pine nuts, toasted- $\frac{1}{4}$ cup

Fresh mint leaves- $\frac{1}{4}$ cup

Medium red bell pepper, thinly sliced- 1

Olive oil- 2 tsp

Salt- $\frac{1}{8}$ tsp

Black pepper, freshly ground- a pinch

Directions:

1. On medium flame preheat the grill or grill pan. On both sides of the zucchini apply oil and sprinkle salt and pepper on top. Grill them for about 4 minutes per side till they turn tender and slightly brown.
2. Spread a quarter cup of hummus over each slice of bread. Sprinkle a tablespoon of pine nuts on top. On top of this add 1 tablespoon of the mint, some sliced onions, half a cup of spinach, a couple of pieces of red pepper and three slices of zucchini. Roll each of the breads and cut them diagonally and serve.

Stuffed Sweet Potatoes with Pancetta and Broccoli Rabe

Time: 25 mins

Servings: 4

Calories per serving: 354



Ingredients:

Sweet potatoes, 8 ounce each- 4

Shiitake Mushrooms, stemmed and sliced- 8 ounces

Sliced pancetta- 2 ounces

Broccoli rabe, tough stems trimmed and roughly chopped-1 bunch

Parmesan cheese, finely grated- 1 tbsp

Ricotta cheese, part skim- ½ cup

Garlic cloves, thinly sliced-2

Red pepper flakes- 1/8 tsp

Nutmeg, freshly grated- to taste

Salt- to taste

Directions:

1. Use a fork on sweet potatoes to pierce a few spots on it. Place them on a microwave safe plate and microwave for up to 12 minutes till it turns soft.
2. In the meanwhile keep a large skillet over medium flame and cook the pancetta for about 4 minutes, by turning it once, until it becomes crisp. Remove it from the skillet and keep on a paper towel to drain the extra grease. Increase the flame to medium high and add quarter of a teaspoon of salt and the broccoli rabe to it. Cook this for around 3 minutes, stirring it intermittently. To this add red pepper flakes, garlic and mushrooms and cook for another 3 minutes by stirring them occasionally till it turns tender.
3. In a small bowl mix the nutmeg, parmesan and ricotta. Make a lengthwise incision on the sweet potatoes and fluff its flesh with a fork. Place one teaspoon of the ricotta mixture on the top of each sweet potato and then put the broccoli rabe mixture on top of it and then the remaining ricotta mixture. Sprinkle chopped pancetta evenly on the top and serve.

Vegetable Noodle Soup

Time: 30 mins

Servings: 4

Calories per serving: 200



Ingredients:

Rib celery, sliced- 1 cup

Medium carrot, sliced- $\frac{3}{4}$ cup

Medium onion, sliced- $\frac{1}{2}$ cup

Orzo/small pasta/ broken spaghetti- $\frac{1}{3}$ cup

Low sodium chicken broth- 4 cups

Fresh parsley leaves, basil or dill, chopped- 2 tbsp

Lemon juice- 1 tbsp

Garlic clove, smashed- 1

Extra virgin olive oil- 2 tbsp

Salt- $\frac{1}{4}$ tsp

Black pepper, freshly ground- to taste

Directions:

1. Place a medium sized sauce pan over medium flame and heat the olive oil. Add the onion, garlic, salt and vegetables to this and cook for about 6 minutes till it turns soft. Add the pasta to this and cook for about 2 minutes till it turns golden and slightly toasted. Add the broth to this and turn up the flame to flame to make it boil. Keep the saucepan covered and cook the dish for around 8 minutes till the pasta becomes tender.
2. To the sauce pan add the lemon juice and herb of your choice. Sprinkle ground pepper and salt as per your requirement.

Chapter 6: Weekly Meal Prep Menus

Week 1

	Breakfast	Lunch	Dinner
Monday	Hummus and Grilled Vegetable Wrap, 1 Apple, Milk 414cal	Pork Tenderloin with Seasoned Rub, Banana, Water, 328cal	Pan Seared Salmon with Kale and Apple Salad, Water 620cal
Tuesday	Baked Salmon with Honey Mustard Sauce, Milk/Water 398cal	Egg and Kimchi Rice Bowls, Water/ Juice 560cal	Chicken Thighs and Couscous with Dill, Water 600cal
Wednesday	Shrimp and Cauliflower Grits, Banana Milk Shake, 510cal	Spicy Chard Soup, 1 Pomegranate, Water 402cal	Mustard Maple Roasted Salmon, Water 324cal
Thursday	Grilled Chicken with Tomato-Cucumber Salad, Milkshake 320cal	Vietnamese Pork Chops with Ginger Rice, Water/ Coffee 410cal	Roasted Salmon with Shallot Grapefruit Sauce, Water 345cal
Friday	Grilled Chicken with Avocado Pesto, Milk, Fruits 430cal	Pork Tenderloin Steaks with Wilted Cabbage and Apples, Water 373cal	Grilled Shrimp in Lettuce Leaves with Serrano- Mint Sauce, Water/ Juice 166cal
Saturday	Oven Baked Salmon with Toasted Almond Parsley Salad, Fruits, Water 177cal	Ribbony Shrimp and Pasta Scampi, Water 368cal	Steak Frites with Herb Mustard, Water 460cal
Sunday	Vegetable Noodle Soup, Milkshake 200cal	Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce, Yogurt, Water, 490cal	Mexican Chicken Stew, Water 276cal

Week 2

	Breakfast	Lunch	Dinner
Monday	Grilled Shrimp with Lemon, 1 Apple, Water/ Juice 200cal	Honey Soy Grilled Salmon with Edamame, 1 Banana 420cal	Shrimp and Snow Pea Salad, Milk 322cal
Tuesday	Mini Meatloaves, Yogurt, Fruits 300cal	Sheet Pan Chicken Fajitas, Water 470cal	Grilled Shrimp in Lettuce Leaves with Serrano- Mint Sauce, Water 166cal
Wednesday	Grilled Chicken with Avocado Pesto, Milk 410cal	Baked Salmon with Honey Mustard Sauce, Water 346cal	Stuffed Sweet Potatoes with Pancetta and Broccoli Rabe, Yogurt, Water 400cal
Thursday	Mustard Maple Roasted Salmon, Water 324cal	Ribbony Shrimp and Pasta Scampi, Water/ Juice 368cal	Chicken Fingers with Curried Ketchup, Yogurt 330cal
Friday	Pan Seared Salmon with Kale and Apple Salad, Water 620cal	Hummus and Grilled Vegetable Wrap, Fruits, Water 400cal	Homemade Chicken Fingers with Red Pepper-Basil Dipping Sauce, Water 264cal
Saturday	Kale and Apple Salad, Milk Shake 260cal	Shrimp and Cauliflower Grits, Water 330cal	Vietnamese Pork Chops with Ginger Rice, Yogurt 450cal
Sunday	Grilled Chicken with Tomato-Cucumber Salad, Milk 243cal	Pan Seared Salmon with Kale and Apple Salad, Water 620cal	Mexican Chicken Stew, Yogurt, Water 316cal

Week 3

	Breakfast	Lunch	Dinner
Monday	Shrimp and Snow Pea Salad, Fruits, Milk/Water 410cal	Chicken Thighs and Couscous with Dill, Water 600cal	Honey Soy Grilled Salmon with Edamame, Water 345cal
Tuesday	Oven Baked Salmon with Toasted Almond Parsley Salad, Yogurt 177cal	Chicken Fingers with Curried Ketchup, Water/Juice 330cal	Pork Tenderloin with Seasoned Rub, Water 209cal
Wednesday	Vegetable Noodle Soup, Fruits, 300cal	Homemade Chicken Fingers with Red Pepper-Basil Dipping Sauce, Yogurt 304cal	Egg and Kimchi Rice Bowls, Water 560cal
Thursday	Baked Salmon with Honey Mustard Sauce, Fruits, Water 396cal	Grilled Shrimp with Lemon, 1 Apple, Water/ Juice 200cal	Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce, Water 451cal
Friday	Mini Meatloaves, Yogurt, Banana, Water 324cal	Roasted Salmon with Shallot Grapefruit Sauce, Water 345cal	Sheet Pan Chicken Fajitas, Water 470cal
Saturday	Kale and Apple Salad, Milkshake 271cal	Ribbony Shrimp and Pasta Scampi, Water 368cal	Mexican Chicken Stew, Juice/Water 276cal
Sunday	Homemade Chicken Fingers with Red Pepper-Basil Dipping Sauce, Fruits, Water 264cal	Steak Frites with Herb Mustard, Water 460cal	Grilled Shrimp in Lettuce Leaves with Serrano- Mint Sauce, Milk 266cal

Week 4

	Breakfast	Lunch	Dinner
Monday	Shrimp and Cauliflower Grits, Milk , Banana 480cal	Mustard Maple Roasted Salmon, Water 324cal	Spicy Chard Soup, Yogurt, Water 355cal
Tuesday	Grilled Chicken with Avocado Pesto, Fruits, Water/ Juice 430cal	Pork tenderloin Steaks with Wilted Cabbage and Apples, Water 373cal	Stuffed Sweet Potatoes with Pancetta and Broccoli Rabe, Yogurt, Water 354cal
Wednesday	Steak Frites with Herb Mustard, Fruits, Water 460cal	Pan Seared Salmon with Kale and Apple Salad, Water 620cal	Chicken Fingers with Curried Ketchup, Water 330cal
Thursday	Grilled Chicken with Tomato-Cucumber Salad, Fruits, Water 283cal	Vietnamese Pork Chops with Ginger Rice, Water 410cal	Oven Baked Salmon with Toasted Almond Parsley Salad, Yogurt, Water 237cal
Friday	Mini Meatloaves, Bread, Fruits, Water 374cal	Sheet Pan Chicken Fajitas, Water 470cal	Shrimp and Snow Pea Salad, Water 280cal
Saturday	Grilled Shrimp with Lemon,1 Apple, Water/ Juice 200cal	Honey Soy Grilled Salmon with Edamame, Water 345cal	Egg and Kimchi Rice Bowls, Water 560cal
Sunday	Roasted Salmon with Shallot Grapefruit Sauce, Yogurt, Fruits 440cal	Pork Tenderloin with Seasoned Rub, Water 209cal	Chicken Thighs and Couscous with Dill, Water 600cal

Chapter 7: Weekly Grocery Shopping Made Easy

To remind you what all you need to turn these easy recipes into tasty realities, we present you a list of items you will need to get each week to follow the suggested weekly menu plan.

Week 1

Whole Wheat Bread
Medium Zucchini
Baby Spinach Leaves
Hummus
Red Onions
Pine Nuts
Mint Leaves
Red Bell Pepper
Olive Oil Black Pepper
Pork Tenderloin
Banana
Dried Thyme
Coriander
Cumin
Dried Oregano
Garlic Powder
Garlic
Salmon Fillets
Apple
Kale
Dates
Pecorino
Lemon
Almonds
Whole Wheat Dinner Rolls
Low Fat Mayonnaise
Dijon Mustard
Honey
Chives
White Pepper
Egg
Kimchi
Brown Rice
Bacon Strips
Rice Wine Vinegar
Avocado
Scallions
Sesame Oil
Chicken Thighs
Couscous
Dill Fronds
Grape Tomatoes
Persian Cucumbers
Greek Yogurt
Unsalted Butter

Shrimp
Cauliflower
Collard Green Leaves
Almond Milk
Nutritional Yeast
Flat Leaf Parsley
Cayenne Pepper
Swiss Chard
Low Sodium Chicken Broth
Pita Chips
Harissa
Caraway Seeds
Pure Maple Syrup
Chicken Paillards
Pear Tomatoes
Kirby Cucumber
Pepperoncini Peppers
Pork Chops
Jasmine Rice
Shallots
Low Sodium Soy Sauce
Brown Sugar
Fish Sauce
Shallots
Ruby Red Grapefruits
Basil Leaves
Ginger
Ripe Avocado
Red/Green Cabbage
Canola Oil
Lettuce Leaves
Serrano Chili
Chili Oil
Capers
Red Wine Vinegar
Whole Wheat Spaghetti
Cherry Tomato
Yellow Squash
Red Pepper Flakes
Flank Steak
Russet Potatoes
Tarragon
Paprika
Extra Virgin Olive Oil
Rib Celery

Orzo/ Small Pasta

Green Beans

Grape Tomatoes

Worcestershire Sauce

Jalapenos

Sour Cream

Shrimp
Lemon
Extra Virgin Olive Oil
Coarse Salt
Black Pepper
Salmon Fillets
Edamame
Cilantro Leaves
Honey
Vegetable Oil
Low Sodium Soy Sauce
Scallions
Ginger
Black Sesame Seeds
Lime
Snow Pea
Radish
Rice Vinegar
Sesame Oil
Canola Oil
Lean Ground Pork
Lean Ground Turkey
Eggs
Oregano
Oats
Red Onion
Spicy Brown Mustard
Ketchup
Worcestershire Sauce
Chicken Breast
Flour Tortillas
Yellow Onion
Baby Bell Peppers
Lime
Guacamole
Hot Sauce
Sour Cream
Monterey Jack Cheese
Lettuce Leaves
Chili Oil
Garlic
Mint Leaves
White Wine Vinegar
Fish Sauce
Serrano Chilies

Basil Leaves
Parsley Leaves
Pine Nuts
Ripe Avocado
Low Fat Mayonnaise
Dijon Mustard
Chives
Honey
White Pepper
Sweet Potatoes
Shiitake Mushrooms
Pancetta
Broccoli Rabe
Parmesan Cheese
Ricotta Cheese
Red Pepper Flakes
Nutmeg
Pure Maple Syrup
Medium Shrimp
Whole Wheat Spaghetti
Low Sodium Chicken Broth
Cherry Tomatoes
Zucchini
Yellow Squash
Panko
Curry Powder
Nonstick Cooking Spray
Kale
Dates
Pecorino
Honey Crisp Apple
Whole wheat dinner Rolls
Almonds
Whole wheat wrap Bread
Baby spinach leaves
Hummus
Chicken tenders
Cornflakes
Whole wheat Melba Toast
Parmesan
Parsley
Sweet paprika
2 % Greek Yogurt
White wine vinegar
Cauliflower

Almond milk
Collard green leaves
Nutritional yeast
Flat leaf parsley
Pork chops
Jasmine rice
Persian cucumbers
Shallots
Lemongrass
Low sodium soy sauce
Brown sugar
Chicken paillards
Pear tomatoes
Kirby cucumber
Pepperoncini peppers
Dill
White rice
Jalapenos
Dried oregano
Dried cumin

Medium Shrimp
Snow Pea
Radish
Scallions
Rice Vinegar
Sesame Seeds
Ginger
Sesame Oil
Canola Oil
Chicken Thighs
Couscous
Dill Fronds
Grape Tomatoes
Persian Cucumbers
2% Greek Yogurt
Lemon
Extra Virgin Olive Oil
Unsalted Butter
Dried Oregano
Wild Salmon Fillets
Edamame
Cilantro
Honey
Lime
Almonds
Flat Leaf Parsley
Capers
Red Wine Vinegar
Shallots
Coarse Grain Salt
Chicken Breasts
Panko
Broccoli
Ketchup
Eggs
Curry Powder
Dijon Mustard
Nonstick Cooking Spray
Pork Tenderloin
Dried Thyme
Garlic Powder
Garlic
Coriander Powder
Rib Celery
Carrot

Onion
Orzo/Small Pasta
Low Sodium Chicken Broth
Chicken Tenders
Corn Flakes
Whole Wheat Melba Toast
Parmesan
Sweet Paprika
Red Pepper
Basil Leaves
White Wine Vinegar
Brown Rice
Bacon Strips
Kimchi
Avocado
Low Fat Mayonnaise
Chives
White Pepper
Jumbo Sized Shrimp
Strip Steaks
Mint Leaves
Green Beans
Grape Tomatoes
Lean Ground Pork
Lean Ground Turkey
Oats
Fresh Oregano
Spicy Brown Mustard
Worcestershire Sauce
Chicken Breasts
Flour Tortillas
Yellow Onion
Baby Bell Peppers
Chili Powder
Guacamole
Hot Sauce
Sour Cream
Monterey Jack Cheese
Dates
Honey Crisp Apple
Pecorino
Whole Wheat Spaghetti
Cherry Tomatoes
Chives
Zucchini

Yellow Squash

Low Sodium Chicken Broth

White Rice

Jalapenos

Flank Steak

Russet Potatoes

Tarragon

Lettuce Leaves

Serrano Chili

Fish Sauce Ruby Red Grapefruits

Shallots

Cayenne Pepper

Cumin

Red Onion

Medium Shrimp
Cauliflower
Almond Milk
Collard Green Leaves
Extra Virgin Olive Oil
Nutritional Yeast
Garlic
Flat Leaf Parsley
Lemon
Cayenne Pepper
Black Pepper
Salmon Fillets
Dijon Mustard
Cilantro Leaves
Light Mayonnaise
Pure Maple Syrup
Swiss Chard
Eggs
Chicken Broth
Pita Chips
Red Onion
Plain Greek Yogurt
Harissa
Caraway Seeds
Cumin Seeds
Chicken Breasts
Basil Leaves
Pine Nuts
Ripe Avocado
Pork Tenderloin
Red/Green Cabbage
Red Wine Vinegar
Brown Sugar
Whole Wheat Dinner Rolls
Red / Green Apple
Sweet Potato
Shiitake Mushroom
Pancetta
Broccoli Rabe
Parmesan Cheese
Ricotta
Red Pepper Flakes
Nutmeg
Flank Steak
Russet Potatoes

Tarragon
Chives
Paprika
Kale
Dates
Pecorino
Honey Crisp Apple
Broccoli
Panko
Ketchup
Curry Powder
Nonstick Cooking Spray
Chicken Paillards
Pear Tomatoes
Kirby Cucumber
Pepperoncini Peppers
Dill
Pork Chops
Jasmine Rice
Mint Leaves
Persian Cucumbers
Shallots
Lemongrass
Low Sodium Soy Sauce
Capers
Almonds
Lean Ground Pork
Lean Ground Turkey
Oats
Fresh Oregano
Spicy Brown Mustard
Worcestershire Sauce
Flour Tortillas
Yellow Onion
Baby Bell Peppers
Guacamole
Hot Sauce
Sour Cream
Monterey Jack Cheese
Snow Pea
Radish
Rice Vinegar
Scallions
Sesame Seeds
Sesame Oil

Canola Oil
Jumbo Sized Shrimp
Edamame
Wild Salmon Fillets
Brown Rice
Bacon Strip
Kimchi
Avocado
Ruby Red Grapefruits
Honey
Garlic Powder
Dried Oregano
Ground Coriander
Chicken Thighs
Couscous
Dill Fronds
Grape Tomatoes
Persian Cucumbers
2% Greek Yogurt
Unsalted Butter

Chapter 8: The Art of Storing Food

There are various ways in which food can get infected. Food from animal source can get infected easily with exposure to air. Fruits and vegetables can easily get infected with germs from the soil during harvest season. Infection is also likely to happen when the food is stored or transported. Hence, it is of utmost importance that scientifically correct and hygienically responsible practices be adapted to avoid contamination of food at all costs. We should be aware of the best ways to store, freeze, thaw and reheat food to be safe from avoidable food borne ailments.

Storing and Freezing Food

Food should be cooled and refrigerated ideally within 2 hours after cooking. They should be divided into portions before storing them. Refrigerated leftovers should be ideally consumed within 2 days.

All cooked food should be stored in closed airtight containers. Food items whose label shows that they need to be refrigerated should be kept in the fridge till it is taken out to be cooked. We should check the date of expiry of all our food items including those which we keep in the fridge and processed food that we buy from the market. All items which cross the date of expiry should be disposed immediately.

Open tin cans should not be stored in the fridge, as they are, since the food can develop a metallic taste. Transfer the contents into a container with a lid and store it.

The fridge should be set at 5 degree Celsius or below. The fridge should be periodically checked to ensure that everything is hygienic in it and that it is in good working order.

Before storing food in the freezer, cover them with airtight container or freezer bags to avoid drying out of the food. To freeze bananas, peel them and keep them in an airtight container. Fruits with high water content may go squishy after freezing.

Eggs are best stored in the refrigerator. They can also be stored in the freezer. To store eggs in the freezer for baking at a later time, separate the egg yolks and egg whites into separate containers and freeze them. If the eggs have to be used for making scrambled eggs and omelets at a later time, then beat the contents of the egg well, transfer to an airtight container and freeze them. Boiled eggs can be stored in the freezer or in the refrigerator.

Meat and poultry should always be kept in the fridge when they are not being used to avoid food poisoning. Raw meat and poultry should be stored in airtight sealed containers in the bottom shelf of the fridge to avoid accidental contamination of other stored food. Cooked meat and poultry should be kept far away from the raw uncooked meat and poultry in sealed containers.

Meat and poultry which is kept in the freezer should be kept in airtight containers only as exposure can bring 'freezer burn' to it making it very hard and inedible. Meat kept in the freezer should also have labels and date to show by which date it can be used. Ideally, meat should not be frozen for more than 3 to 6 months. Any frozen meat should be consumed within 24 hours after it is defrosted and cooked. If the meat is frozen for more than 6 months, then it should be marinated in herbs before cooking to make its texture more appealing.

Raw meat and poultry which has been defrosted should not be re-frozen unless they have been cooked. This is also applicable to fish. So, it is best to divide the meat, poultry and fish into portions before

freezing them.

Thawing and De-Frosting Food

Meat and fish should be thoroughly defrosted before cooking. This can be done in a microwave oven if it is to be used right away, or it can be defrosted by transferring the meat from the freezer to the fridge and leaving it there overnight. Defrosted fish and meat will emit a lot of water. So, they should be kept in rimmed vessels to avoid leaking and potential contamination of other food items. They should be cooked at very high temperatures for some time duration to ensure that all germs are dead.

Any defrosted food should only be reheated once as repeated freezing and reheating can increase chances of food poisoning. While reheating leftovers, it should be reheated at 70 degree Celsius for at least 2 minutes so that it would be steaming hot all throughout the food.

To reduce wastage as well as to ensure safety of the food, only that food which will be consumed within 24 hours should be taken out of the freezer. Even food which are typically frozen, like ice cream and frozen desserts should not be returned to the freezer if they have thawed.

Glossary

Combine: Mix the contents thoroughly

Sauté: Cook in a pan with a small amount of oil

Drain: Remove the liquid.

Marinate: Process of dipping and then letting the food rest in the paste or sauce

Broil: Cook (meat or fish) by exposure to direct heat.

Grill: Form of cooking that involves dry heat applied to the surface of food, commonly from above or below.

Conclusion

It is best to preplan meals to enjoy a balanced diet. We hope that with this book, we were successful in making your life easier and more fulfilling with our effort. These easy and time-saving recipes will ensure that you have a tasty yet healthy meal. Your nutritional needs will be met when you follow our suggested weekly menus. The very thought that this book can be of help to hardworking professionals and working mothers has brought be a lot of happiness. I hope this book helps you and your family making the best of your time and yet enjoy nutritious home cooked food.

Final Words

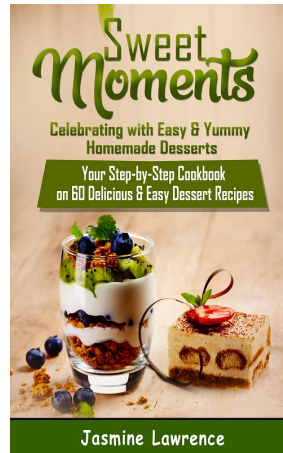
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-- *Juliana Landrum*

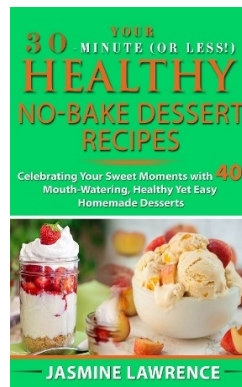
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