

**“Quick, Easy and  
Yummy Recipes to  
Lose Weight With.”**



**Great Recipes to Help  
You Lose Weight  
[YummyFitness.com](http://YummyFitness.com)**



# “Quick, Easy and Yummy Recipes to Lose Weight With.”



The majority of these recipes have an approximate ratio of 40% protein, 40% carbohydrates, and 20% fat. This should provide a balanced distribution of macronutrients to help optimize your weight loss.

Many of these recipes not only taste great, but they are the same recipes that many figure competitors and bodybuilders use to shed pounds fast before their competitions. I think you will be very happy with the results you get with both your taste buds and with your weight loss. Enjoy!

While it's not required that you eat "specific" foods to lose weight, these should help you get started losing weight quickly. If you'd like to learn how to break outside the dieting "box" and be able to lose weight without worrying so much about the foods you eat, or specific recipes you can read my story here: <http://www.yummyfitness.com/wing-it-weight-loss>

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## **Breakfast Items**

### **Eggs, Omelets, and Breakfast Sandwiches**

**Avocado and Tomato Omelet****Ingredients:**• ½ medium tomato• 6 egg whites• 1 Tbsp avocado• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ medium orange

**Preparation:**Set the bread aside, and slice the tomatoes and the avocado and set aside. In a separate bowl, beat the egg whites and add the spices. Next add a small amount of oil, or cooking spray into the skillet and cook the eggs over low to medium heat. Lift up edges of the eggs making sure there is no part of the egg white that is left uncooked and then layer the vegetables on one half of omelet, and fold over serve with bread and orange on the side.

### **Crustless Quiche Base**

#### **Ingredients:**

- 4 whole eggs
- 10 egg whites
- 10 oz fat free cottage cheese
- Salt
- Black Pepper
- Vegetables of your choice

#### **Preparation:**

Blend the eggs, whites and cottage cheese until well combined. Add salt and pepper and stir well. Fill muffin cups with a vegetable mixture of your choice and top with egg mixture. Place in a preheated 400 degree oven for about 15-20

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minutes or until just set. If you are using a large baking dish cook for about 20-30 minutes or until just set. Let this cool then pop out of pan. This can be stored in the fridge for about 4-5 days.

## **Egg Pocket**

### **Ingredients:**

- ½ pocket pita pocket, whole-wheat
- ¼ cup onion
- ½ medium tomato
- 5 egg whites
- 1 tsp oil, high oleic safflower
- ½ oz cheese, cheddar- nonfat

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp dried basil

### **Preparation:**

Set the pita bread aside. Dice the tomato and onion and sauté them in a pan with oil until they are tender. Season them with basil and add the egg whites, salt, and pepper and scramble until the egg whites are cooked thoroughly. Grate the cheese on top and it stuff into the pita, and serve.

## **Egg White Oatmeal Snack**

### **Ingredients:**

- 5 egg whites
- 4 tsp almonds, ground
- 4 Tbsp oatmeal, ground

### **Preparation:**

Cook the egg whites in pan. Add the ground oatmeal and also the ground almonds to hot the egg whites. Add salt to taste.

## **Egg White Sandwich**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- 1 oz cheddar cheese, low-fat
- 4 egg whites
- 1 tsp oil, high oleic safflower

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper

### **Side Dish:**

- ½ medium orange

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## **Preparation:**

Cook the egg whites in a pan with oil. Season the egg whites with salt and pepper, to taste. Place seasoned egg whites on half of bread, grate cheese on top and put the other half of the bread on top of that to construct a sandwich. Serve with the oranges on the side.

## **Egg Whites, Apples and Nuts**

### **Ingredients:**

- 3 almonds, whole
- 8 Tbsp applesauce, unsweetened
- ½ medium apple
- ½ medium tomato
- 1 Tbsp walnuts, chopped
- 6 egg whites

### **Preparation:**

Boil eggs for approximately 15 minutes, and let cool. Cut the eggs in half and discard the egg yolks. Season if desired and serve with sliced tomatoes on egg whites along with the remaining ingredients on the side.

## **Egg Whites, Orange and Nuts**

### **Ingredients:**

- 3 almonds, whole
- 1 medium orange
- 1 Tbsp peanuts
- 1 tsp raisins
- ½ medium tomato
- 5 egg whites

### **Preparation:**

Boil the eggs for about 15 minutes and let them cool. Cut the eggs in half and remove the egg yolks. Season the eggs if desired serve with the sliced tomatoes on the egg whites along with any remaining ingredients on the side.

**Fajita Omelet****Ingredients:**• ¼ cup bell pepper• ¼ cup onion• 6 egg whites• 1 tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**• ¼ medium orange• 1 slice bread (rye, pumpernickel, flourless)

**Preparation:**Set the bread and oranges aside. Chop the vegetables, sauté in an oiled pan, and then set aside placing it into a separate bowl. Using the same pan, add the egg whites and cook over low to medium heat, lifting up the edges so the

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entirety of the eggs becomes cooked. Place the vegetables on one half and fold over, toasting with salsa. Serve the bread and oranges on the side.

**Frittata with Spinach and Ham****Ingredients:**• ¼ cup scallions• ½ cup spinach, boiled• 5 egg whites• 1 tsp garlic• ½ slice ham, lean• 1 tsp oil, high oleic safflower  
**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**

• ½ slice bread (rye, pumpernickel, flourless)• ½ medium orange

**Preparation:** Peel the orange and set aside. Squeeze any excess moisture from the spinach chop, and set aside. Heat the oil into a skillet and stir in the finely sliced scallions, and cook for 3-4 minutes. Add the minced garlic and the diced ham and stir until the garlic is golden. Stir in the spinach and cook until heated through, and season with salt and pepper. Turn up the heat and pour in the egg whites quickly mixing them into the other ingredients, and cook over moderate heat for 5 to 6 minutes or until the frittata is puffed and golden brown, flip it over using a large plate, and place it upside down over the pan, holding it carefully and firmly with oven mitts. Continue cooking until golden brown on the other side. Remove from the heat and serve with bread and oranges on the side.

**Greek Omelet****Ingredients:**• 2 medium olives, black• ¼ cup onion• ½ cup spinach, boiled• ¼ medium tomato• 5 egg whites• 1 tsp oil, high oleic safflower  
**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**• ¼ medium apple• 1 slice bread (rye, pumpernickel, flourless)

**Preparation:** Set the bread and apple aside. Chop the vegetables place into a bowl and microwave for 2 minutes. Beat the egg whites in a separate bowl. Add oil to skillet and cook eggs over low to medium heat, pour the vegetables on one half and fold over. Serve with the bread apple on side.

## Scrambled Egg Breakfast Tortilla

**Ingredients:**

- 1 oz cheese, low-fat
- ¼ cup mushrooms
- ¼ cup onion
- ½ medium tomato
- 1 tortilla, corn
- 5 egg whites
- ½ tsp oil, high oleic safflower

**Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper

**Preparation:**

Set the tortilla and cheese aside Mix the chopped vegetables, egg whites, and remaining ingredients together Add the oil to a skillet and pour in mixture. Cook over medium heat, until done. Spice this to taste. Scoop this mixture into the center of a warmed tortilla with the cheese layered on the bottom.

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## Scrambled Eggs with Toast

### Ingredients:

- 1 Tbsp milk, low-fat , 2%
- 6 egg whites
- 1 tsp oil, high oleic safflower

### Spices / Flavoring:

- ¼ tsp salt, light
- ¼ tsp black pepper

### Side Dish:

- 1 slice bread (rye, pumpernickel, flourless)
- ¼ cup grapes

### Preparation:

Set bread and grapes aside mix the seasoned egg whites and milk in a separate bowl Add the egg mixture to a preheated and oiled skillet, Cook mixture over low to medium heat and Serve the toasted bread and grapes on the side.

**Shrimp and Mushroom Omelet**Ingredients:• ¼ cup mushrooms• ¼ cup onion• 1 oz shrimp• ¼ medium tomato• 4 egg whites• 1 tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp black pepper• ¼ tsp cayenne pepper

**Side Dish:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ cup grapes

**Preparation:**Set the bread and the grapes aside. In a medium non-stick sauté pan, heat oil. Sautee the shrimp and vegetables for about 3 to 5 minutes, adding desired spices. Remove from heat and set aside. In another pan, spray with non-stick cooking spray and cook the egg whites until opaque, pour shrimp mixture on one half of the eggs, fold and place onto a serving plate with the bread and grapes on the side.

## Toast and Poached Eggs

### Ingredients:

- 1 slice bread (rye, pumpernickel, flourless)
- 4 egg whites
- ½ tsp oil, high oleic safflower
- ½ oz cheese, cheddar- nonfat

### Spices / Flavoring:

- ¼ tsp salt, light
- ¼ tsp black pepper

### Side Dish:

- ½ cup grapes
- 6 almonds, whole

### Preparation:

Toast the bread and place it on a serving Plate. Add ¼ cup of water into a small bowl or cup and microwave it on high until it is hot. Add the egg whites and oil to

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the water and pierce it with a fork a few times. Cover this with plastic wrap and cook it until it is done (approximately 1 minute – times may vary.) Spice to taste. Serve any remaining ingredients on side.

## **Veggie Scramble**

### **Ingredients:**

- ¼ cup broccoli
- ¼ cup cauliflower
- ¼ cup onion
- ¼ medium tomato
- 5 egg whites
- ¼ cup bell pepper
- 1 tsp oil, high oleic safflower

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper

### **Side Dish:**

- 1 slice bread (rye, pumpernickel, flourless)

### **Preparation:**

Set the bread aside add all the chopped vegetables (except for the tomatoes) to an oiled skillet, sauté on medium heat for approximately a minute. Add the seasoned egg whites and tomatoes to the skillet, cook until the eggs are done. Serve with the bread on the side.

## **Bars and Muffins**

**Apple Cinnamon Bar**  
**Ingredients:**• 3 Tbsp applesauce, unsweetened• ½ medium apple• ¼ tsp cinnamon• ¼ tsp vanilla extract• 3 Tbsp oatmeal, uncooked• 1 tsp oil, safflower• 1 Tbsp protein powder, vanilla• 5 egg whites• 1 tsp Splenda (optional)

**Preparation:**Cut apple into wedges. Mix uncooked oatmeal with the remaining Ingredients: Spray the baking dish with non-stick cooking spray, and pour in the mixture and microwave on high for 2 to 3 minutes. Make sure it is thoroughly cooked, baking time may vary. Let Apple Cinnamon Bars cool 2 to 3 minutes before consumption.

## **Apple Cinnamon Muffin**

### **Ingredients:**

- 5 Tbsp protein powder, vanilla
- ¼ tsp baking soda
- 1 tsp Splenda (optional)
- 3 tsp almonds, ground

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- 3 Tbsp oatmeal, ground
- 1 piece apple, dried

## **Spices / Flavoring:**

- ¼ tsp cinnamon

## **Preparation:**

Add 1/2 cup water, to all the ingredients, mix and microwave without the lid for about 2 minutes. Let mixture cool. For a hot cereal, add 1/2 cup of warm water and eat with a spoon.

## **Blueberry Bar**

### **Ingredients:**

- 3 Tbsp applesauce, unsweetened
- ¼ tsp vanilla extract
- 3 Tbsp oatmeal, uncooked
- 1 Tbsp protein powder, vanilla
- 5 egg whites
- 1 tsp oil, high oleic safflower
- ¼ cup blueberries

## **Preparation:**

Thaw the blueberries and drain the juice. Mix the egg whites, uncooked oatmeal and the remaining ingredients together, spray a microwave safe bowl with non-stick cooking spray and pour mixture into the bowl. Microwave this on high for 2 to 3 minutes. The baking time may vary be sure this is thoroughly cooked before consuming. Let cool 2 to 3 minutes.

## **Chocolate Bar**

### **Ingredients:**

- 3 Tbsp applesauce, unsweetened
- ¼ tsp vanilla extract
- 4 Tbsp oatmeal, uncooked
- 1 Tbsp protein powder, vanilla
- 5 egg whites
- 2 tsp Splenda (optional)
- 1¼ tsp oil, high oleic safflower
- ½ tsp cocoa, unsweetened

## **Preparation:**

Mix the egg whites, uncooked oatmeal and remaining ingredients together Spray a baking dish with non-stick cooking spray. Pour in mixture and microwave it on high for 2 to 3 minutes. The baking time may vary make sure it is thoroughly cooked and let the mixture cool 2 to 3 minutes

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**Chocolate Cherry Bar****Ingredients:**• 2 Tbsp applesauce, unsweetened• ¼ tsp vanilla extract• 3 Tbsp oatmeal, uncooked• 1 Tbsp protein powder, vanilla• 5 egg whites• 2 tsp Splenda (optional)• 1 tsp oil, high oleic safflower• 2 tsp cherries, dried• ½ tsp cocoa, unsweetened

**Preparation:**Mix the egg whites, uncooked oatmeal and remaining ingredients together, and spray a microwave safe bowl with non-stick cooking spray. Pour in the mixture and microwave on high for about 3 minutes. Baking time may vary.

**Chocolate Cherry Muffin****Ingredients:**• 5 Tbsp protein powder, chocolate• ¼ tsp baking soda• 2 tsp Splenda (optional)• 3 tsp almonds, ground• 3 Tbsp oatmeal, ground• 3 tsp cherries, dried• ½ tsp cocoa, unsweetened

**Preparation:**For a muffin, add 1/2 cup water, mix and microwave without lid for about 2 minutes and serve. For a warm cereal, add 1/2 cup warm water and serve.

## **Chocolate Coconut Bar**

### **Ingredients:**

- 3 Tbsp applesauce, unsweetened
- ¼ tsp vanilla extract
- 3 Tbsp oatmeal, uncooked
- 1 Tbsp protein powder, vanilla
- 5 egg whites
- 2 Tbsp coconut, slivered
- 1 tsp Splenda (optional)
- ½ tsp oil, high oleic safflower
- ½ tsp cocoa, unsweetened

### **Preparation:**

Mix the egg whites, uncooked oatmeal and the remaining ingredients together. Spray a baking dish with a non-stick cooking spray. Pour in the mixture and microwave it on high for 2 to 3 minutes. The baking time may vary make sure it is cooked thoroughly before consuming. Let this cool for 2 to 3 minutes.

**Chocolate Coconut Muffin****Ingredients:**• 5½ Tbsp protein powder, chocolate• ¼ tsp baking soda• 2 Tbsp coconut, slivered• 2 tsp Splenda (optional)• 1 tsp almonds, ground• 3 Tbsp oatmeal, ground• ½ tsp cocoa, unsweetened

**Preparation:**For a muffin, add 1/2 cup water, mix and microwave without lid for about 2 minutes and serve. For a warm cereal, add 1/2 cup of warm water and serve.

## **Chocolate Muffin**

### **Ingredients:**

- 4½ Tbsp protein powder, chocolate
- ¼ tsp baking soda
- 2 tsp Splenda (optional)

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- 3 tsp almonds, ground
- 4 Tbsp oatmeal, ground
- ½ tsp cocoa, unsweetened

### **Preparation:**

Add ½ cup water and the entirety of the ingredients together. Mix and microwave this without a lid for about 2 minutes, let it cool. For a hot cereal, add ½ cup of warm water and eat it with a spoon.

### **Chocolate Peanut Butter Bar**

#### **Ingredients:**

- 3 Tbsp applesauce, unsweetened
- ¼ tsp vanilla extract
- 4 Tbsp oatmeal, uncooked
- ½ Tbsp peanut butter, natural
- 1 Tbsp protein powder, vanilla
- 4 egg whites
- 1 tsp Splenda (optional)
- ½ tsp cocoa, unsweetened

### **Preparation:**

Mix the egg whites, applesauce, uncooked oatmeal, and the remaining ingredients together. Spray the baking dish with a non-stick cooking spray. Pour in the mixture and microwave it on high for 2 to 3 minutes. The baking time may vary, be sure that it is thoroughly cooked before consuming. Let it cool for 2 to 3 minutes.

**Chocolate Strawberry Muffin**  
**Ingredients:** • ¼ tsp baking soda • 1 tsp Splenda (optional) • ¼ cup strawberries • 3 tsp almonds, ground • 4½ Tbsp protein powder, strawberry • 3½ Tbsp oatmeal, ground • ½ tsp cocoa, unsweetened

**Preparation:** For a muffin, add 1/2 cup water, mix and microwave without lid for about 2 minutes and serve. For a warm cereal, add 1/2 cup warm water and serve.

### **Cinnamon Raisin Bran Muffin**

#### **Ingredients:**

- 4½ Tbsp protein powder, vanilla
- 2 tsp raisins
- 1 Tbsp all bran cereal
- ¼ tsp baking soda
- 1 tsp Splenda (optional)
- 3 tsp almonds, ground
- 2½ Tbsp oatmeal, ground

#### **Spices / Flavoring:**

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- ¼ tsp cinnamon

## **Preparation:**

Add 1/2 cup water to ingredients, mix and microwave without lid for approximately two minutes. Let cool For a warm cereal, add one half cup of warm water and eat with a spoon.

**Mocha Muffin Ingredients:**• 4½ Tbsp protein powder, chocolate• ¼ tsp baking soda• 2 tsp Splenda (optional)• 1 tsp coffee• 2½ tsp almonds, ground• 4 Tbsp oatmeal, ground• ½ tsp cocoa, unsweetened

**Preparation:**For a muffin, add 1/2 cup water, mix and microwave without a lid for about 2 minutes.

For a warm cereal, add 1/2 cup warm water and serve.

## **Raisin Nut Bar**

### **Ingredients:**

- ¼ tsp vanilla extract
- 3 Tbsp oatmeal, uncooked
- ½ Tbsp protein powder, vanilla
- 2 tsp raisins
- 5 egg whites
- 1 tsp Splenda (optional)
- 1½ Tbsp almonds, slivered
- 2 Tbsp applesauce, unsweetened

### **Spices / Flavoring:**

- ½ tsp cinnamon

## **Preparation:**

Mix the egg whites, uncooked oatmeal and other remaining ingredients together, Spray a baking dish with non-stick cooking spray. Pour in the mixture and microwave on high for approximately 2 to 3 minutes. The baking time may vary, be sure that it is thoroughly cooked before consuming. Let this cool 2 to 3 minutes.

**Strawberry Chocolate Bar Ingredients:**• 2 Tbsp applesauce, unsweetened• ¼ tsp vanilla extract• 4 Tbsp oatmeal, uncooked• 1 Tbsp protein powder, vanilla• 5 egg whites• 1 tsp Splenda (optional)• 1 tsp oil, high oleic safflower• ¼ cup strawberries• ½ tsp cocoa, unsweetened

**Preparation:**Drain the juice from thawed strawberries Mix egg whites, uncooked oatmeal and remaining Ingredients: together Spray baking dish with non-stick cooking spray. Pour in mixture and microwave on high for 2 to 3 minutes. Baking time may vary, let it cool 2 to 3 minutes before eating.

**Strawberry Coconut Muffin Ingredients:**• ¼ tsp baking soda• 1 Tbsp coconut, slivered• 1 tsp Splenda (optional)• ¼ cup strawberries• 2 tsp almonds, ground• 4½ Tbsp protein powder, strawberry• 3½ Tbsp oatmeal, ground

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**Preparation:** For a muffin, add 1/2 cup water, mix and microwave without a lid for about 2 minutes and serve. For a warm cereal, add 1/2 cup of warm water and serve.

## French toast Pancakes and Waffles

**Banana French toast Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ tsp vanilla extract• ½ Tbsp milk, low-fat, 2%• 3 Tbsp protein powder, vanilla• 2 egg whites• 1 tsp Splenda (optional)• 1 tsp oil, high oleic safflower• ½ Tbsp orange juice

**Spices / Flavoring:**• ¼ medium banana

**Preparation:** Mix egg whites with all Ingredients except for the bread & banana. Soak the bread in the mixture and for about 1 minute and then put into the oiled skillet. Cook over medium heat, cooking both sides until golden brown, and serve with a sliced banana on top.

**Blueberry Belgian Waffles Ingredients:**• 1 Tbsp buttermilk• 5 egg whites• 2 Tbsp all bran cereal• ¼ tsp baking soda• 1¼ tsp oil, high oleic safflower• ¼ tsp vanilla extract• 1 Tbsp protein powder, vanilla

**Spices / Flavoring:**• 1 tsp syrup, light• ½ cup blueberries

**Preparation:** Set aside the blueberries. Crush the All Bran cereal, and mix with the egg whites and remaining ingredients. Coat the waffle iron with non-stick cooking spray, and pour the mixture into waffle iron. When waffles are cooked, top with the blueberries, and light syrup

## **Blueberry Crepes**

### **Ingredients:**

- 5 egg whites
- 3 Tbsp all bran cereal
- 1 tsp Splenda (optional)
- 1 tsp oil, high oleic safflower
- ¼ tsp vanilla extract
- 1 Tbsp protein powder, vanilla
- ½ tsp cocoa, unsweetened

### **Spices / Flavoring:**

- 1 tsp syrup, light
- ½ cup blueberries

### **Preparation:**

Thaw blueberries, drain juice, and set aside. Crush All Bran cereal; mix with the egg whites and remaining ingredients. Pour the mixture into pancake form in an oiled skillet. Cook over medium heat until golden and then flip over. Place the crepe in a serving dish, add blueberries to the crepe, next roll up the crepe and pour syrup over top.

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**Blueberry French toast**  
**Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ tsp vanilla extract• 1 Tbsp milk, low-fat, 2%• 4 Tbsp protein powder, vanilla• 1 egg white• 1 tsp Splenda (optional)• 1 tsp oil, high oleic safflower• 1 Tbsp orange juice

**Spices / Flavoring:**• ¼ cup blueberries

**Preparation:**

Set the bread & the blueberries aside. Mix the egg whites with the remaining ingredients. Soak the bread in the mixture for about 1 minute and then put it into the oiled skillet. Cook over medium heat, making sure to cook both sides until golden brown, serve with the blueberries.

## **Cinnamon Raisin French toast**

**Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- ¼ tsp cinnamon
- ¼ tsp vanilla extract
- 1 Tbsp milk, low-fat, 2%
- 3 Tbsp protein powder, vanilla
- 1 tsp raisins
- 2 egg whites
- 1 tsp Splenda (optional)
- 1 tsp oil, high oleic safflower
- 1 Tbsp orange juice

**Preparation:**

Set the bread aside. Mix the egg whites with any remaining ingredients. Place the bread into the mixture and let it soak for about 1 minute. Pour the bread and the rest of the mixture into an oiled skillet. Cook it over medium heat, flip this over when golden brown. Scoop out excess liquid onto bread so it will not burn, continue to cook other side.

## **Oatmeal Pancakes with Fresh Strawberries**

**Ingredients:**

- 2 cups rolled oats
- 2 cups carb control milk (fat free), or regular full fat milk if you want (Mix these two ingredients together and let sit for an hour or overnight.)
- 2 eggs lightly beaten
- 1/2 cup buckwheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 2 Tablespoons Splenda
- Fresh strawberries, chopped

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## **Preparation:**

Preheat a griddle to a medium high setting and stir eggs into the oatmeal until well blended. In another bowl, mix the flour Splenda, baking powder, soda, and cinnamon, and add the oats and mix. The batter should be thick. Put large spoonfuls of batter on the griddle. Serve with warmed and chopped strawberries or maple syrup.

**Orange French toast**  
**Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ tsp vanilla extract• 1 Tbsp milk, low-fat, 2%• 1 tsp oil, safflower• 3 Tbsp protein powder, vanilla• 2 egg whites• 1 tsp Splenda (optional)• 1 Tbsp orange juice  
**Spices / Flavoring:**• ¼ medium orange

**Preparation:**Set bread & the orange aside. Mix the egg whites with the remaining Ingredients. Soak the bread in the mixture for about 1 minute and then put it into the oiled skillet. Cook over medium heat, making sure to cook both sides until golden brown, serve with the oranges on top.

## **Peach Crepes**

### **Ingredients:**

- ¼ tsp vanilla extract
- 1½ tsp oil, safflower
- 1 Tbsp protein powder, vanilla
- 5 egg whites
- 2 Tbsp all bran cereal
- 1 tsp Splenda (optional)
- 1 tsp cocoa, unsweetened

### **Spices / Flavoring**

- ½ cup peach slices, light canned

## **Preparation:**

Drain the juice from the peaches, and set them aside. Crush the All Bran cereal, and mix with the egg whites and the remaining ingredients. Pour the mixture into pancake form in an oiled skillet. Cook this over medium heat until the pancake is golden, flip it over. Place the crepe in a serving dish, and add the peaches to the crepe. Roll the crepe up and serve.

## **Raspberry French toast**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- ¼ tsp vanilla extract
- 1 Tbsp milk, low-fat, 2%
- 3 Tbsp protein powder, vanilla
- 2 egg whites
- 1 tsp Splenda (optional)

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- 1 tsp oil, high oleic safflower
- 1 Tbsp orange juice

## **Spices / Flavoring:**

- ½ cup raspberries

## **Preparation:**

Set the bread and raspberries aside. Mix the egg whites with the remaining ingredients. Place the bread into the mixture and let it soak for approximately 1 minute. Pour the bread and the rest of mixture into an oiled skillet. Cook over medium heat; flip over when the bread is golden brown. Scoop the excess liquid onto the bread so it will not burn, continue to cook the other side. Serve this with raspberries on top.

**Strawberry Crepes Ingredients:** • 5 egg whites • 3 Tbsp all bran cereal • 1 tsp Splenda (optional) • 1½ tsp oil, high oleic safflower • ¼ tsp vanilla extract • 1 Tbsp protein powder, vanilla • ½ tsp cocoa, unsweetened

**Spices / Flavoring:** • 1¼ tsp syrup, light • ¾ cup strawberries

## **Preparation:**

Drain the juice from the strawberries, and set aside. Crush All Bran cereal; mix with egg whites and remaining ingredients. Pour mixture into pancake form in oiled skillet. Cook over medium heat until golden brown on both sides, place crepe in serving dish, add strawberries, roll up and pour syrup over the top.

## **Strawberry French toast**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- ¼ tsp vanilla extract
- 1 Tbsp milk, low-fat, 2%
- 3 Tbsp protein powder, vanilla
- 2 egg whites
- 1 tsp Splenda (optional)
- 1 tsp oil, high oleic safflower
- 1 Tbsp orange juice

### **Spices / Flavoring:**

- ¼ cup strawberries

## **Preparation:**

Set the bread and strawberries aside. Mix the egg whites with the remaining ingredients. Place the bread into the mixture and let it soak for about 1 minute. Pour the bread and the rest of mixture into an oiled skillet. Cook this over medium heat, and flip it over when it becomes golden brown. Scoop the excess liquid onto the bread to make sure it does not burn; next continue to cook on other side. Serve with the strawberries on top.

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**Strawberry Peanut Butter Waffles**  
**Ingredients:** • ¼ tsp vanilla extract • ½ Tbsp peanut butter, natural • 1 Tbsp protein powder, vanilla • 1 Tbsp buttermilk • 5 egg whites • 2 Tbsp all bran cereal • ¼ tsp baking soda • ½ tsp oil, high oleic safflower  
**Spices / Flavoring:** • ½ cup strawberries • 1½ tsp syrup, light  
**Preparation:** Set aside the strawberries. Crush the All Bran cereal, and mix the egg whites, and remaining ingredients. Using non-stick cooking spray, coat the waffle iron. Pour the mixture into the waffle iron. When cooked, top with strawberries and light syrup.

## Oatmeal and other Cereals

### **Peach Oatmeal with Egg Whites**

#### **Ingredients:**

- 1 tsp oil, safflower
- 5 egg whites
- ¼ cup peach slices, light canned
- ¾ cup oatmeal, cooked

#### **Spices / Flavoring:**

- 1 tsp Splenda (optional)

#### **Preparation:**

Cook the oatmeal. Pour the seasoned egg whites into an oiled skillet, cook until well done. Mix the oatmeal with rest of the ingredients serve with eggs.

### **Peach Oatmeal**

#### **Ingredients:**

- 1 tsp oil, safflower
- 5 Tbsp protein powder, vanilla
- ¼ cup peach slices, light canned
- ½ cup oatmeal, cooked

#### **Spices / Flavoring:**

- ¼ tsp cinnamon
- 1 tsp Splenda (optional)

#### **Preparation:**

Drain the juice from peaches, set peaches aside. Combine the cooked oatmeal with peaches & remaining ingredients. Mix well & serve immediately.

### **Strawberry Oatmeal**

#### **Ingredients:**

- 1 tsp oil, safflower
- ½ cup strawberries
- 5 Tbsp protein powder, strawberry

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- ¾ cup oatmeal, cooked

## **Spices / Flavoring:**

- 1 tsp Splenda (optional)

## **Preparation:**

Thaw strawberries and drain juice. Combine the cooked oatmeal with the strawberries and the remaining ingredients. Serve this immediately.

## **Shakes and Smoothies**

### **Banana Berry Smoothie**

#### **Ingredients:**

- ¼ medium banana
- 1¼ tsp oil, safflower
- 5 Tbsp protein powder, vanilla
- 3 Tbsp all bran cereal
- 1 tsp Splenda (optional)
- ¼ cup blueberries
- ½ cup strawberries

#### **Preparation:**

Add ice cubes, ½ cup water and all ingredients to a blender. Blend until desired consistency is reached. Add additional ice and water if it is desired.

### **Banana Shake**

#### **Ingredients:**

- ½ medium banana
- ½ tsp oil, safflower
- 4½ Tbsp protein powder, vanilla
- 5 Tbsp yogurt, low fat-plain
- 2 tsp almonds, ground

#### **Spices / Flavoring:**

- 1 tsp Splenda (optional)

#### **Preparation:**

Add ice cubes, ½ cup water and the remaining ingredients to a blender. Mix until desired consistency is achieved, add additional ice and water if desired.

**Berry Smoothie****Ingredients:**• 1¼ tsp oil, safflower• 5 Tbsp protein powder, vanilla• 2½ Tbsp all bran cereal• ½ cup blueberries• ½ cup strawberries• ½ cup raspberries

**Spices / Flavoring:**• 1 tsp Splenda (optional)

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**Preparation:** Put several ice cubes, 1/2 cup water, and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

**Blue Moon Soy Smoothie**  
**Ingredients:**• ½ tsp oil, safflower• 3½ Tbsp protein powder, vanilla• 8 Tbsp soy milk• 2 tsp Splenda (optional)• ½ cup blueberries• ½ tsp cocoa, unsweetened

**Preparation:** Put several ice cubes and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

**Chocolate Banana Shake**  
**Ingredients:**• ½ medium banana• 1½ tsp oil, safflower• 5½ Tbsp protein powder, chocolate• 2 tsp Splenda (optional)• 6 Tbsp yogurt, nonfat-plain• ½ tsp cocoa, unsweetened

**Preparation:** Put several ice cubes, 1/2 cup water, and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

## **Chocolate Banana Soy Smoothie** **Ingredients:**

- ¼ medium banana
- ½ tsp oil, safflower
- 3½ Tbsp protein powder, vanilla
- 8 Tbsp soy milk
- 2 tsp Splenda (optional)
- ½ tsp cocoa, unsweetened

## **Preparation:**

Add ice cubes and ingredients to a blender. Mix until desired consistency is achieved. Add additional ice cubes if needed.

**Chocolate Raspberry Shake**  
**Ingredients:**• 1½ tsp oil, safflower• 5 Tbsp protein powder, chocolate• 2 tsp Splenda (optional)• 1 cup raspberries• 8 Tbsp yogurt, nonfat-plain• ½ tsp cocoa, unsweetened

**Preparation:** Put several ice cubes, 1/2 cup water, and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

## **Chocolate Shake** **Ingredients:**

- 1½ tsp oil, safflower
- 3½ Tbsp protein powder, chocolate
- 6 Tbsp all bran cereal
- 2 tsp Splenda (optional)
- 8 Tbsp yogurt, nonfat-plain

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- ½ tsp cocoa, unsweetened

## **Preparation:**

Add ice cubes and all ingredients to a blender. Mix until the desired consistency is achieved. Add additional ice if needed.

**Double Berry Soy Smoothie****Ingredients:**• ½ tsp oil, safflower• 4 Tbsp protein powder, vanilla• 8 Tbsp soy milk• 2 Tbsp all bran cereal• ¼ cup strawberries• ¼ cup raspberries

**Preparation:**Put several ice cubes and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

## **Peanut Butter Banana Shake**

### **Ingredients:**

- ½ medium banana
- ¼ tsp vanilla extract
- ½ tsp oil, safflower
- ½ Tbsp peanut butter, natural
- 5 Tbsp protein powder, vanilla
- 4 Tbsp yogurt, nonfat-plain

### **Preparation:**

Add some ice cubes and ingredients to a blender. Mix until the desired consistency is achieved. Add additional ice if needed.

## **Peanut Butter Chocolate Shake**

### **Ingredients:**

- ½ tsp oil, safflower
- ½ Tbsp peanut butter, natural
- 4 Tbsp protein powder, chocolate
- 6 Tbsp all bran cereal
- 2 tsp Splenda (optional)
- 7 Tbsp yogurt, nonfat-plain
- ½ tsp cocoa, unsweetened

### **Preparation:**

Add ice cubes and all ingredients to blender. Mix until desired consistency is achieved. Add additional ice if necessary.

**Peanut Butter Shake****Ingredients:**• ¼ tsp vanilla extract• ½ tsp oil, safflower• ½ Tbsp peanut butter, natural• 3 Tbsp protein powder, vanilla• 6 Tbsp all bran cereal• 7 Tbsp yogurt, nonfat-plain**Spices / Flavoring:**• 1 tsp Splenda (optional)

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**Preparation:** Put several ice cubes and all Ingredients into the blender. Mix until desired consistency is achieved. Add additional ice if necessary.

## Raspberry Shake

### Ingredients:

- 1¼ tsp oil, safflower
- 4½ Tbsp protein powder, vanilla
- 4 Tbsp yogurt, low fat-plain
- 3 Tbsp all bran cereal
- 1 cup raspberries

### Spices / Flavoring

- 1 tsp Splenda (optional)

### Preparation:

Add ice cubes and ingredients to a blender. Blend until desired consistency is achieved. Add additional ice cubes if needed.

## Strawberry Banana Shake

### Ingredients:

- ½ medium banana
- 1¼ tsp oil, safflower
- 5½ Tbsp protein powder, vanilla
- 3 Tbsp yogurt, low fat-plain
- ¼ cup strawberries

### Spices / Flavoring:

- 1 tsp Splenda (optional)

### Preparation:

Add ice cubes, ½ cup of water and ingredients to a blender. Mix until desired consistency is achieved. Add additional ice and water if necessary.

## Strawberry Soy Smoothie

### Ingredients:

- ½ tsp oil, safflower
- 8 Tbsp soy milk
- 2 Tbsp all bran cereal
- ½ cup strawberries
- 3½ Tbsp protein powder, strawberry

### Preparation:

Add ice cubes and listed ingredients to a blender. Mix until the desired consistency is achieved, add additional ice if needed.

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**Strawberry Raspberry Shake****Ingredients:**• 1½ tsp oil, safflower• 5 Tbsp protein powder, vanilla• 3 Tbsp all bran cereal• 1 cup strawberries• ¾ cup raspberries

**Preparation:** Put several ice cubes, 1/2 cup water, and all Ingredients into the blender. Mix until desired consistency is obtained, and then add the additional ice if necessary.

## Yoghurts, Cottage cheese, and Parfaits

### **Apricot Parfait**

#### **Ingredients:**

- ¼ tsp cinnamon
- 1 Tbsp oatmeal, uncooked
- ½ tsp oil, safflower
- 4 Tbsp protein powder, vanilla
- ½ Tbsp walnuts, chopped
- 6 Tbsp yogurt, low fat-plain
- ¼ cup apricots, light canned

#### **Spices / Flavoring**

- 1 tsp Splenda (optional)

#### **Preparation:**

Combine the uncooked oatmeal with the remaining ingredients. This can be served immediately or chilled and then served.

**Blueberry Cottage Cheese****Ingredients:**• 11 Tbsp cottage cheese, low-fat• 3 Tbsp oatmeal, uncooked• ¾ tsp oil, safflower• ½ cup blueberries

**Spices / Flavoring:**• ½ tsp almond extract

**Preparation:** Mix ingredients, and serve.

### **Chocolate Yogurt w/ Bananas**

#### **Ingredients:**

- ¼ medium banana
- ¼ tsp vanilla extract
- 4 Tbsp protein powder, vanilla
- ½ Tbsp walnuts, chopped
- 10 Tbsp yogurt, low fat-plain
- 3 tsp Splenda (optional)
- 1 tsp cocoa, unsweetened

#### **Preparation:**

Mix ingredients together until the desired Consistency is achieved. Serve immediately or chilled.

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## **Cottage Cheese and Pears**

### **Ingredients:**

- 10½ Tbsp cottage cheese, low-fat
- 3 Tbsp oatmeal, uncooked
- 1 tsp oil, safflower
- ¼ cup pear halves, light canned
- ½ tsp almond extract

### **Preparation:**

Drain the juice from pears. Mix the ingredients, serve this immediately or chilled.

## **Cottage Cheese Peaches & Strawberries**

### **Ingredients:**

- 11½ Tbsp cottage cheese, low-fat
- ¼ tsp vanilla extract
- 1½ Tbsp oatmeal, uncooked
- 1 tsp oil, safflower
- ¼ cup peach slices, light canned
- ½ cup strawberries

### **Preparation:**

Drain juice from the thawed fruit Mix all ingredients together Serve immediately or chilled.

## **Pear Parfait**

### **Ingredients:**

- ¼ tsp vanilla extract
- 1 Tbsp oatmeal, uncooked
- 1 tsp oil, safflower
- 5 Tbsp protein powder, vanilla
- 2 Tbsp yogurt, low fat-plain
- ½ cup pear halves, light canned

### **Preparation:**

Cut the pears into bite-sized pieces. Combine them with the remaining ingredients. Mix this well and serve.

## **Strawberry Nut Yogurt**

### **Ingredients:**

- ¼ tsp vanilla extract
- ¼ tsp oil, safflower
- 4 Tbsp protein powder, vanilla
- ½ Tbsp walnuts, chopped
- 12 Tbsp yogurt, low fat-plain

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- ½ cup strawberries

## **Spices / Flavoring**

- 1 tsp Splenda (optional)

## **Preparation:**

Thaw the strawberries and drain the juice. Mix all the ingredients together serve this immediately or chilled.

## **Lunch and Dinner Items**

### **Appetizers**

#### **Antipasto**

##### **Ingredients:**

- ¾ cup artichoke hearts
- 2 tsp vinegar, balsamic
- 1 cup bell pepper
- ½ cup broccoli
- ¼ cup carrots
- ½ cup cauliflower
- ½ slice ham, lean
- ½ tsp oil, olive
- 2 medium olives, black
- ¼ cup radish
- ½ medium tomato
- 3 slices turkey breast, deli-style
- ½ oz cheese, mozzarella, non-fat

##### **Spices / Flavoring:**

- ¼ tsp dried basil

##### **Preparation:**

Mix the oil, vinegar, and basil. Set the mixture aside. Chop and/or julienne the vegetables and meat, and place all on a platter. Drizzle the dressing over the top and serve.

#### **Eggplant Parmesan**

##### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- 6 tsp parmesan cheese
- 1½ cups eggplant
- 1 tsp oil, olive
- ¼ cup onion
- ½ medium tomato

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- 1 Tbsp tomato sauce
- 1 egg white
- ½ tsp garlic
- 1½ oz cheese, non-fat

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp dried basil
- ½ tsp Italian seasoning

### **Preparation:**

Dry the bread out in a 250 degree oven. When all the moisture is gone, crumble the bread into crumbs and set it aside. Meanwhile, trim the ends of the eggplant and slice it crosswise into circles of equal thickness (about ¼”). Lay the slices on a paper towel and sprinkle it with salt. Let the eggplant “drain” for about 15 minutes. Sauté the garlic and the onion in a saucepan until tender. Add the tomato, tomato sauce, salt, basil, and pepper. Simmer this for 10 minutes on low, adding water if needed. Whisk the egg white with 1 tablespoon of water. Dip the eggplant in the egg white and then dredge it through the mixture of the salt, pepper, bread crumbs, and Italian seasonings. Fry this in olive oil on both sides and layer it on a baking dish, making sure to alternate the eggplant with sauce then grated cheese(s). Bake this or microwave it until the cheese melts.

**Tofu Eggplant Gumbo**  
**Ingredients:**• ¼ cup bell pepper• ¼ cup carrots• 1 cup chick/veggie stock• 1 Tbsp corn kernels, boiled• ¼ cup eggplant• ¼ cup okra• ½ cup onion• ¼ cup squash, yellow• 10 oz tofu, extra firm• ¼ medium tomato• 1 tsp garlic• 1 tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp parsley, dried• ¼ tsp paprika• ¼ tsp dried basil• 1 tsp Tabasco sauce

**Preparation:**In a large saucepan, combine the minced onion, the vegetable stock, the diced tomato, the sliced carrots, and the chopped celery. Bring all to a boil and simmer for 10 minutes. Chop the okra, the bell pepper, the eggplant, and the squash, and add to the saucepan along with the corn, the garlic, and the seasonings. Continue simmering for another 10 minutes. Cube the tofu and add it into the saucepan, and simmer an additional 5 minutes.

## **Beef**

**Beef and Asparagus**  
**Ingredients:**• 4 spears asparagus• 2½ oz beef lean• ½ tsp oil, olive• ½ cup rice, brown cooked

**Preparation:**Sauté beef in pan or grill. Steam or boil the asparagus, and serve with cooked rice.

**Beef and Bean Burrito**  
**Ingredients:**

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- ¼ cup beans, black
- 3½ oz beef, ground lean
- 1 tortilla, corn
- ½ tsp oil, high oleic safflower
- ½ oz cheese, cheddar- nonfat

### **Spices / Flavoring:**

- ¼ tsp salt, light

### **Preparation:**

Cook the meat in a pan until brown, season with light salt and Pepper. Add remaining ingredients (except for cheese). Top with the grated cheese. Place the mixture into the center of a warmed tortilla and roll into a burrito.

**Beef and Lentil Stew**  
**Ingredients:** • ½ cup beef stock • 1¾ oz beef lean • ¼ cup carrots • ¼ cup celery • ¼ cup lentils • ¼ cup mushrooms • ¼ cup onion • 3 tsp sherry • 1 medium tomato • 1 tsp garlic • ¾ tsp oil, high oleic safflower  
**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • 1 tsp parsley, dried • 1 bay leaf

**Preparation:** Cook and stir the meat, onion and the garlic in a Dutch oven until the meat is brown and drain off the excess fat. Stir in the mushrooms, and the remaining ingredients heating to boil. Then reduce the heat, cover, and simmer, stirring occasionally, until the lentils are tender, usually about 40 minutes. Remove the bay leaf and serve.

### **Beef and Shells with Cheese**

#### **Ingredients:**

- 1 pound ground round beef
- 1 small white onion chopped
- 1 small can chopped green chilies
- 1 cup grated reduced fat cheddar cheese, divided
- 12 oz. Jar picante sauce (mild or medium)
- 1 small can tomato sauce
- 1 small can French fried onion rings, divided
- 24 large pasta shells (stuffable kind)

#### **Preparation:**

Cook the pasta shells and set aside. Preheat the oven to 350F. In a bowl, combine the tomato sauce, picante sauce and one cup of water. Brown the meat with onions, salt and pepper, and add the chilies, 1/2 cup of cheese, half a can of onion rings, and ½ cup of the prepared sauce. Stuff the shell with meat concoction, and pour the remaining sauce over shells. Bake uncovered for 30 minutes. Sprinkle the remaining onion rings and cheese over the top, and bake for 5 minutes, or until cheese is bubbly.

### **Beef Kebabs with Mushroom**

#### **Ingredients:**

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- 2 lb lean beef
- 2 tsp Dijon mustard
- 2 tsp chopped fresh rosemary
- 3 tbsp olive oil
- 1/3 cup red wine
- Black pepper
- 1 red capsicum
- 16 (approx 200g) button mushrooms
- 14 skewers (pre soaked in water)

### **Preparation:**

Cut the beef into 2cm chunks. Mix the mustard, rosemary, oil, red wine, and pepper together, and place beef in the mixture to marinate for an hour, in the refrigerator. Cut capsicum in half, remove seeds and dice to 2cm (¾ inch). Wipe mushrooms clean and cut in half. Drain excess marinade to be used later during cooking, and thread ingredients onto skewers. Place kebabs on oiled barbecue grill, and cook for 12 minutes, turning 3-4 times.

### **Beef Steak and Onions**

#### **Ingredients:**

For the grill:

- 1 pound lean round steak
- 1 large Spanish onion, sliced 1/4-inch thick
- 1/8 tsp ground allspice
- 1/8 tsp ground nutmeg
- 1 bay leaf
- 1/2 cup beef broth
- 2 tbsp Worcestershire sauce

#### **Preparation:**

Combine the broth, allspice, nutmeg, bay leaf, and Worcestershire sauce in large zip-top, heavy duty plastic bag. Add the steak and onions, seal and marinate in refrigerator 8 hours, or overnight, turning occasionally. Spray unheated grill rack and remove steak from bag, reserving the onion and marinade. Cook 5 minutes on each side or to desired doneness. In large skillet, heat the onion and marinade mixture to a boil, reducing the heat, simmer another 5 minutes or until onion is tender. Transfer steak to serving platter and spoon the onion mixture over steak.

### **Beef Steak with Madeira-Mushroom Sauce**

#### **Ingredients:**

- 1/2 pound boneless sirloin beef steak or boneless top round steak
- 2 tsp olive or vegetable oil

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- 1/2 cup each sliced white mushrooms and shiitake mushrooms
- 2 tsp all-purpose flour
- 1/2 cup canned ready-to-serve low-sodium beef broth
- 1/4 cup dry Madeira wine
- Dash pepper

### **Preparation:**

Preheat broiler. Arrange the beef steak on rack in broiling pan and broil 5 to 6 inches from heat source, until medium-rare, 3 to 4 minutes on each side, or until done to taste. In 10-inch skillet heat the oil and add mushrooms, and cook over medium-high heat, stirring frequently, until lightly browned, 1 to 2 minutes. Sprinkle with flour and stir quickly to combine. Continuing to stir, add remaining ingredients; cook, stirring frequently, until mixture thickens, 3 to 4 minutes. To serve, thinly slice steak diagonally across the grain and arrange on serving platter; top with mushroom mixture.

### **Beef Stir Fry**

#### **Ingredients:**

- 1/2 cup beef stock
- 1 3/4 oz beef lean
- 1 cup broccoli
- 1/2 Tbsp cornstarch
- 1/2 cup mushrooms
- 1/2 tsp oil, sesame
- 1/4 cup rice, brown cooked
- 1/4 cup scallions
- 2 tsp sherry
- 1/4 cup snow peas
- 2 tsp soy sauce, light
- 1 tsp garlic
- 1/4 tsp ginger
- 1/2 tsp oil, high oleic safflower

#### **Spices / Flavoring:**

- 1/4 tsp black pepper

### **Preparation:**

Prepare the rice as directed on the package while you are stir frying slice the beef into thin strips and marinate it for at least 10 minutes in soy sauce, sesame oil, sherry, and cornstarch. Slice the broccoli into smaller pieces. Heat the wok or deep pan and add the high oleic oil and stir it to coat the sides. Add the meat (with marinade). Stir this and fry until barely pink - approximately 30 seconds to 1 minute. Set the meat aside. Add the minced ginger and garlic to the wok. Stir briefly. Add the vegetables. Stir for 2 minutes over high heat. Add the beef stock, cover and lower the flame/temperature. Simmer for 5 minutes. Increase the

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flame/temperature; add the meat to the vegetables. Toss until the juice is thickened. Serve over hot rice.

## Beef Stroganoff

### Ingredients:

- 12 oz boneless beef sirloin steak, cut 1/2-inch thick
- 8 oz light sour cream
- 2 tbsp all-purpose flour
- 1 tbsp reduced-sodium tomato paste
- 1/2 cup cold water
- 1 tsp instant beef bouillon granules
- 1/8 tsp pepper
- 6 oz fettuccine
- 2 cup sliced mushrooms
- 1/2 cup chopped onion
- 1 tbsp chopped parsley

### Preparation:

Partially freeze the beef; thinly slice across the grain into bite-size strips. In small bowl, mix the sour cream, flour and tomato paste, slowly stir in the water, bouillon and pepper, and set aside. Cook the fettuccine according to package directions, omitting oil and salt. Drain well. Preheat skillet over medium heat and add the beef, stir-fry 3 to 4 minutes to desired doneness and remove to a plate. Add the mushrooms and onion to skillet; stir-fry 3 to 4 minutes until the onion is tender, and add the sour cream mixture, cook until thickened and bubbly. Return the meat to the skillet, and cook another 2 minutes. Serve over fettuccine. Sprinkle with parsley.

**Beef Vegetable Soup**Ingredients:• 1½ cups beef stock• 1½ oz beef lean• ¼ cup carrots• ¼ cup celery• 1 Tbsp corn kernels, boiled• ¼ cup onion• ¼ cup peas• ¼ cup potato• ¼ medium tomato• ½ tsp garlic• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• 1 tsp parsley, dried

**Preparation:**In a pan, over medium heat, sauté the garlic and onion in oil until tender, adding the ground beef cook until brown, stirring to break up the meat. Drain the fat, and add the tomatoes, chopped carrots, salt, pepper, and beef stock to the meat and cook for 5-10 minutes. Add the remaining diced vegetables, and simmer until the vegetables are tender.

## Hawaiian Beef Stir-Fry with Rice

### Ingredients:

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- 1/2 tsp cornstarch
- 2 tbsp Worcestershire sauce, divided
- 1 lb top sirloin grilling steak, cut into 3/4" cubes
- 1/4 cup ketchup
- 1 tbsp sugar
- 1 pineapple chunks
- 1 green or red sweet pepper, cut into 3/4" pieces
- 2 cloves garlic, minced or 1/2 tsp garlic powder

### **Preparation:**

In medium bowl, dissolve cornstarch and 1 tbsp Worcestershire Sauce, add the beef cubes and toss to coat. Drain the pineapple, and place juice in small bowl for the sauce mix the ketchup, sugar and remaining Worcestershire sauce. Brown the beef in a large oiled skillet over medium-high heat remove and set aside. In the same skillet heat 2 tbsp water over medium-high heat; add peppers and garlic cook and stir 3-4 minutes or until water evaporates and peppers are crisp-tender. Reduce the heat and stir in the sauce mixture, along with the pineapple and beef as well as any juices. Heat through and serve over hot rice.

### **Marinated Beef Steak**

#### **Ingredients:**

- 1 1/2 pounds flank beef steak, 1 inch thick
- Pepper to taste

#### **Marinade:**

- 2 tbsp vegetable oil
- 3 tbsp tarragon or wine vinegar
- 1/2 cup dry red wine
- 3 cloves garlic, crushed
- 3 tbsp minced fresh parsley
- 1 tbsp chopped fresh oregano or 1 tsp dried oregano
- 1 tbsp chopped fresh tarragon or 1 tsp dried tarragon
- 1 bay leaf
- 1/2 tsp freshly ground black pepper

### **Preparation:**

Place the beef steak in a baking dish. In a small bowl, combine the marinade ingredients and pour over steak, turning to coat. Cover and refrigerate at least 8 hours, turning occasionally. Preheat the broiler. Remove the steak from the marinade, pat dry and sprinkle with additional freshly ground pepper. Broil 4 to 6 inches from heat 4 to 7 minutes on each side for medium-well done, or 3 to 5 minutes on each side for medium-rare. Slice thin diagonally across the grain and serve.

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## **Marinated Veal Chops with Sage**

### **Ingredients:**

- 1/4 cup dry white table wine
- 1 tablespoon balsamic or red wine vinegar
- 2 garlic cloves, minced
- 4 to 5 fresh sage leaves, chopped
- 2 veal loin chops (5 ounces each)
- 2 teaspoons each olive or vegetable oil and all-purpose flour

### **Preparation:**

In shallow glass or stainless-steel mixing bowl combine first 4 ingredients, mixing well; add veal and turn to coat. Cover with plastic wrap and refrigerate overnight or at least 30 minutes. In 10-inch skillet heat oil; transfer chops to skillet, reserving the marinade. Cook over medium heat until medium, or until done to taste, 3 to 4 minutes on each side. Transfer chops to plate and set aside. Add flour to reserved marinade, stirring to dissolve flour. To same skillet add marinade-flour mixture and cook over high heat, stirring frequently, until mixture thickens, 2 to 3 minutes. Return chops to skillet, turn to coat with the mixture, and cook until heated through, about 1 minute. To serve, on serving platter arrange chops and top with sauce.

## **Pot Roast with Vegetables**

### **Ingredients:**

- 3 lb blade or cross rib pot roast
- 1 cup beef stock
- 14 oz stewed tomatoes
- 1/4 tsp cayenne
- 1 bay leaf
- 1 tbsp Worcestershire sauce
- 3/4 cup each chopped onions and celery
- 1 each red and green pepper, chopped
- 6 carrots, cut into chunks
- 6 potatoes
- 1 cup each frozen corn and okra (optional)

### **Preparation:**

In a large, lightly oiled pot, brown the roast on all sides. Reduce heat and add remaining ingredients (except corn and okra). Simmer covered on stove or in 325F oven for 2-1/2 hours. Season the roast with salt to taste. Add corn and okra and cook covered for another 15 minutes. Remove the roast and vegetables (discard bay leaf). Thicken the remaining juice left in pot with a paste made from 2 tbsp each of flour and water. Slice roast and serve with vegetables and sauce.

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## **Sauce with Beef Tenderloin**

### **Ingredients:**

- 1 1/2 tsp cracked pepper
- 1 1/2 lb tenderloin oven roast
- 1/4 cup milk
- 2 tbsp brandy

### **Preparation:**

Mix pepper and mustard; brush on all sides of roast. Place in small roasting pan or metal baking dish, roast in 325F oven about 20 to 25 minutes per pound. Remove the roast, tent with foil, and add 3/4 cup water, milk, brandy and sauce mix to roasting pan. Bring to boil, whisking constantly; reduce heat and simmer 1 minute. Serve the sauce over thinly sliced tenderloin.

## **Sichwan Beef with Rice Stick Noodles and Mushrooms**

### **Ingredients:**

- 2 ounces dry rice stick noodles
- 1/2 pound beef sirloin
- 1 tbsp Chile puree with garlic
- 2 tbsp soy sauce
- 1 tbsp chopped fresh ginger root
- 1 tsp vegetable oil
- 3 large mushrooms, sliced
- 3 cups shredded Chinese cabbage
- 2 green onions, sliced

### **Preparation:**

Cook and drain noodles as directed on package. Cut into 2-inch pieces. Trim the fat from the beef, and cut the beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. Spray wok or 12-inch skillet with cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add the beef; stir-fry 2 to 3 minutes or until brown.

Add the chili puree, soy sauce, gingerroot and the oil, stir until well incorporated. Add mushrooms, cabbage and onions, and stir-fry 1 to 2 minutes or until cabbage is crisp-tender. Serve over noodles.

## **Chicken**

### **Bruschetta with Chicken**

#### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- 1 oz chicken, broiled

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- 1 tsp oil, olive
- 4 Tbsp ricotta cheese, non-fat
- 1½ medium tomatoes
- 1 tsp garlic
- 1 tsp dried basil

## **Spices / Flavoring**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp parsley, dried

## **Preparation:**

Mix the ricotta cheese with salt, pepper, and parsley. Set this aside.

Toast the bread under broiler until the top becomes crusty. Spread the ricotta mixture on top of the bread. Mix minced garlic, olive oil, diced broiled chicken, diced tomatoes, and basil (use fresh basil if you can) and season with salt and pepper. Spread the tomato mixture on top of bread and serve.

## **Buffalo Chicken Breast**

### **Ingredients:**

- Chicken Breasts
- Hot Sauce of your choice (preferably a hot sauce with a good amount of vinegar.)
- Kosher Salt

### **Preparation:**

Place the chicken and a generous amount of hot sauce together to marinate for an hour or more. Place the breasts on a rack fitted inside a pan. Salt both sides of the chicken. Roast the chicken on the rack at 400 degrees for 15-25 minutes (depending on size and thickness) or sear them in a hot pan for 7 minutes on the first side and 5 minutes on the second side. After cooking, brush them with more hot sauce and let the chicken breasts rest for about 10-15 minutes before cutting or serving.

**Chicken and Spinach Stir Fry**  
**Ingredients:**• ¼ cup bell pepper• 2½ oz skinless chicken breast• ½ Tbsp cornstarch• ¼ cup rice, brown cooked• ¼ cup scallions• 3 tsp sherry• 3 tsp soy sauce, light• 1½ tsp garlic• ¼ tsp Splenda (optional)• ½ tsp ginger• 1½ tsp oil, high oleic safflower• 4 cups spinach, raw

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Preparation:**Cook the rice and set aside. Cut the chicken into pieces and set in a shallow dish. Make the marinade by mixing the soy sauce, corn starch, sherry, Splenda, and salt in small bowl. Stir the marinade over the chicken, cover and let stand 10 minutes. Rinse the spinach and pat dry until completely dry. Heat the oil in the wok, and add the spinach leaves and cook until the leaves are deep green and crisp, usually about 3 minutes. Transfer to serving plate using slotted

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spoon. Add the ginger and the garlic to the wok and stir-fry until aromatic, about 30 seconds and then add the chicken with the marinade cooking for about 5 minutes. Add the bell peppers, then green onions and the ground pepper and cook until the chicken is cooked through, for about 2 minutes. Transfer the chicken to the platter with spinach and serve with rice.

### **Chicken and White Bean**

#### **Ingredients:**

- 3 16 oz cans Great Northern beans un-drained
- 1 14 oz can fat-free chicken broth
- 1 tbsp dried onion flake
- 1 1/2 tsp cumin
- 1 tsp sweet basil
- 1 lb chicken, cubed
- 3/4 cup pasta of your choice

#### **Preparation:**

Combine all ingredients (except chicken) into a large pot, and bring to a boil. Add the chicken, and simmer for 25 minutes. Add pasta during the last 15 minutes.

### **Chicken Avocado Breakfast Tortilla**

#### **Ingredients:**

- 1/2 Tbsp avocado
- 1/4 cup bell pepper
- 1 oz chicken, broiled
- 1/4 cup onion
- 1/4 medium tomato
- 1 tortilla, corn
- 4 egg whites
- 1/2 tsp oil, high oleic safflower

#### **Spices / Flavoring:**

- 1/4 tsp black pepper

#### **Side Dish:**

- 1/4 cup grapes

#### **Preparation:**

Set the tortilla and the avocado aside. Chop the vegetables and sauté in an oiled pan. Mix the egg whites with vegetables and scramble them over medium heat then add thoroughly cooked chicken. Scoop the mixture into the center of a warm tortilla and top it with the avocado, serve with grapes.

### **Chicken Breast with Salsa**

#### **Ingredients:**

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- 4 chicken breasts without skin and bone
- Pinch of celery salt and cayenne pepper
- 2 tbsp vegetable oil
- Fresh coriander, to garnish
- Corn chips, to serve
- For the Salsa:
- 10 oz watermelon
- 6 oz cantaloupe melon
- 1 small red onion
- 1 green chilies
- 2 tbsp lime juice
- 4 tbsp chopped fresh coriander
- Pinch of salt

### **Preparation:**

Preheat the grill. Slash the chicken breasts deeply to speed up the cooking time. Season the chicken with celery salt and cayenne, brush with oil. Place on grill for about 15 minutes. To create the salsa, finely dice the flesh of the melons, and onion, split the chilies (discarding the seeds) and chop. Mix all ingredients together adding the lime juice and chopped coriander, and season with a pinch of salt. Plate the chicken and salsa with corn chips and serve.

**Chicken Broccoli Bisque****Ingredients:**• ½ cup broccoli• 1 cup chick/veggie stock• 2¼ oz chicken, broiled• 3 Tbsp sour cream, light• ½ lime

**Spices / Flavoring:**• ¼ cup onion• ¼ tsp curry powder• ¼ tsp salt, light• ¼ tsp black pepper• 1 tsp chives

**Side Dish:**• 1½ high fiber crackers

**Preparation:**Place the cut broccoli into a large saucepan along with the broth, onion, salt, curry powder, and pepper. Bring all to a boil. Reduce the heat and simmer, covered, for about 8 to 12 minutes or until broccoli is just tender. Place 1/2 of the mixture at a time into a blender. Cover and blend until smooth. Pour into bowl or another large pan. Repeat with remaining mixture. Stir in the squeezed lime juice and shredded chicken. Ladle soup in bowl and garnish with sour cream and chives. Serve with crackers on the side.

**Chicken Broccoli Stir Fry****Ingredients:**• ½ Tbsp almonds, slivered• ¼ cup bean sprouts• ½ cup broccoli• ¼ cup carrots• ½ cup chick/veggie stock• 2 oz chicken, broiled• ½ Tbsp cornstarch• ¼ cup mushrooms• ¼ cup rice, brown cooked• ¼ cup scallions• 2 tsp sherry• 2 tsp soy sauce, light• 2 tsp garlic• ¼ tsp ginger• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp black pepper

**Preparation:**Cook the rice and set aside. In large skillet toast the almonds, and set aside. Place the chicken, sherry, scallions, cornstarch, and soy sauce in a bowl and stir until the chicken is coated marinating for about 15 minutes. Heat the oil in the wok over high heat and add the chicken and stir fry until browned

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and remove. Add the ginger, garlic, broccoli and carrots to the wok and stir fry 2 minutes. Add the mushrooms and bean sprouts. Return the chicken to the wok stirring in the chicken broth. Cover and cook gently for 5 minutes or until vegetables are crisp and tender, and sprinkle almonds on top. Serve with the rice.

### **Chicken Cauliflower Curry**

#### **Ingredients:**

- ¼ cup cauliflower
- 3½ oz skinless chicken breast
- ½ cup chicken/vegetable stock
- ¼ cup onion
- ¼ cup rice, brown cooked
- ¼ medium tomato
- 1 Tbsp tomato paste
- 1 Tbsp tomato sauce
- 3 Tbsp yogurt, low fat-plain
- 2 tsp garlic
- ½ tsp ginger
- 1½ tsp oil, high oleic safflower

#### **Spices / Flavoring:**

- ¼ tsp cilantro
- 1 tsp curry powder
- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp cayenne pepper

#### **Preparation:**

Cook the cauliflower in boiling water for 3 minutes. With a slotted spoon remove the cauliflower and place it in a bowl. Prepare the rice as directed on its package and keep it warm. Heat one half of the oil in a skillet, and add the onion and garlic and sauté it until it is softened. Stir in the stock, cauliflower, curry powder, salt, ginger, tomato sauce, and tomatoes. Cover this and let simmer for 8 minutes. Remove the cover and let it cook for 3 to 5 minutes longer or until enough of the liquid evaporates and the cauliflower is tender. In a different skillet, cook the chicken breasts (seasoned with salt and black pepper), in the other half of oil over a moderately high heat, turning once, until golden, approximately 4 minutes per side. Add in the cauliflower mixture and, add the yogurt and tomato paste. Cover and cook this over a low heat for 15 minutes. Uncover this and cook until the sauce is thickened, stirring occasionally. Season this with salt and cayenne. Spoon the chicken and the sauce onto plates, and garnish it with cilantro and serve with rice.

### **Chicken Florentine**

#### **Ingredients:**

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- 3/4 cup dry bread crumbs
- 1/4 cup Parmesan cheese
- 3 whole chicken breasts, skinned, boned and split
- 1/2 cup sliced green onion
- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 1 10-ounce package frozen chopped spinach, thawed

### **Preparation:**

Combine breadcrumbs and cheese. Dip chicken breast halves in crumb mixture to coat lightly. Arrange in baking dish. In a saucepan, cook onion in butter until tender. Blend in flour. Stir in milk all at once. Cook and stir until thick and bubbly. Cook and stir 1 minute more. Stir in spinach. Spoon the spinach mixture over chicken and sprinkle with rest of crumb mixture. Bake uncovered at 350° F for 40-45 minutes.

**Chicken Lettuce Wrap Ingredients:** • 2 oz cheese, low-fat • 1 1/2 oz chicken, broiled • 1/2 cup cucumber • 1 cup lettuce, romaine • 1 medium tomato

**Spices / Flavoring:** • 1/4 tsp black pepper • 1/4 tsp dried basil • 1/4 tsp lemon herb seasoning

**Side Dish:** • 1 1/2 high fiber crackers

**Preparation:** Set the crackers and the lettuce aside. Chop the vegetables and combine with the remaining ingredients. Scoop the mixture into the center of the lettuce leaves and fold edges together. Serve with the crackers on the side.

### **Chicken Patties**

#### **Ingredients:**

- 2 oz chicken, broiled
- 1 tsp lemon juice
- 3 Tbsp oatmeal, uncooked
- 1 egg white
- 1 tsp oil, high oleic safflower
- 1 slice onion, red

#### **Spices / Flavoring:**

- 1/2 tsp Lawry's salt free 17
- 1/4 tsp salt, light
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

#### **Side Dish:**

- 1/2 medium orange

### **Preparation:**

Peel an orange and set it aside. Spread oil in a pan. Combine the remaining ingredients with the spices and spoon the mixture into a heated pan (with oil) to form the patties. Cook on low to medium heat until patties are golden brown, then

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flip them over and cook thoroughly on the other side. Serve with the orange on the side.

**Chicken Pineapple Pizza**  
**Ingredients:** • ½ cup bell pepper • ¼ pocket pita pocket, whole-wheat • 1 tsp Parmesan cheese • 2 oz chicken, broiled • 1 tsp oil, olive • ½ cup pineapple • ½ medium tomato • 1 Tbsp tomato sauce • 1 tsp garlic • ½ oz cheese, non-fat • ½ slice onion, red

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp dried basil • ½ tsp Italian seasoning

**Preparation:** Set the pita and the grated cheese aside. Combine the diced vegetables, chicken, and the remaining ingredients and seasonings, spread on the pita, sprinkle with cheese place under the broiler until cheese melts and serve.

## Chicken Pizza

### Ingredients:

- ½ pocket pita pocket, whole-wheat
- 1 tsp parmesan cheese
- 1 oz chicken, broiled
- ½ cup mushrooms
- ½ tsp oil, olive
- 2 medium olives, black
- 1 cup spinach, boiled
- ¼ medium tomato
- 1 Tbsp tomato sauce
- ½ tsp garlic
- ¼ oz cheese, non-fat

### Spices / Flavoring:

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp oregano
- ¼ tsp dried basil

### Preparation:

Set the pita and grated cheese aside. Combine the diced vegetables, chicken, and the remaining ingredients and seasonings. Spread on top of the pita and sprinkle with cheese. Cook under broiler until cheese melts. Enjoy!

## Chicken Quesadillas

### Ingredients:

- 1 Tbsp avocado
- 1½ oz cheddar cheese, low-fat
- 1½ oz chicken, broiled
- 1 Tbsp salsa

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- 1 tortilla, corn

## **Spices / Flavoring:**

- ¼ tsp salt, light

## **Side Dish:**

- ¼ medium orange

## **Preparation:**

Peel the orange and set it aside. Place the tortilla in a pan. Grate the cheese on top of the tortilla and add the chicken, avocado, and salsa. Cook this over low to medium heat until the cheese melts and the tortilla begins to become crisp. Fold the tortilla over in half and serve with the orange on the side!

## **Chicken Salad**

### **Ingredients:**

- ½ cup bell pepper
- ¼ cup celery
- 1¾ oz chicken, broiled
- 2 tsp lemon juice
- 1 cup lettuce, romaine
- 2 tsp mustard, Dijon
- 1 tsp oil, canola
- ¼ cup pasta
- ½ medium tomato
- 2 tsp vinegar, red wine
- 2 Tbsp yogurt, nonfat-plain
- 1 slice onion, red

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp dried dill

## **Preparation:**

Cook the pasta, drain, and set it aside. Combine the mustard, yogurt, dill, vinegar, lemon juice, salt and pepper to construct a dressing. Chop the vegetables and toss them with chicken, pasta, the dressing and lettuce.

**Chicken Sandwich Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• 2 oz chicken, broiled• ½ cup cucumber• ½ cup lettuce, iceberg• 2 tsp mustard• 1 tsp oil, safflower• ½ medium tomato

**Spices / Flavoring:**• ¼ tsp black pepper• ¼ tsp dried dill

### **Side Dish:**

- ¼ medium orange

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**Preparation:**Mix the oil, mustard and the seasonings, and spread onto the bread. Layer the sliced tomato, cucumber, and the chicken on top and serve.

## **Chicken Sausage and Veggies**

### **Ingredients:**

- Chicken or Turkey Sausage(preferably low fat variety)
- 1 small onion
- 1 red or green pepper
- 1 cup asparagus, pre cooked
- 1 cup baby spinach
- Kosher salt
- Fresh ground pepper

### **Preparation:**

Cut all vegetables into similar size pieces. Cut the sausage into slices and sauté on medium heat in a non stick pan. Add onions and sauté until translucent for about 5 minutes. Add peppers and asparagus and heat completely through. Put in the spinach at the end and just toss together until wilted.

**Chicken Tortilla Soup****Ingredients:**• 1 Tbsp avocado• ¼ cup bell pepper• 1 cup chick/veggie stock• 2 oz chicken, broiled• 1 Tbsp corn kernels, boiled• ¼ lime• ¼ cup onion• ½ Tbsp chili peppers• ¼ medium tomato• ½ tortilla, corn• 1 tsp garlic• ½ tsp oil, high oleic safflower• ½ oz cheese, cheddar- nonfat

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp cilantro

**Preparation:**Bake the tortilla in the oven until crisp, and break into chips, and set aside.In medium saucepan, sauté the onion, and garlic in oil until onion is tender.Stir in broth, corn, bell pepper, chilies, cilantro, salt, pepper, and the diced tomato. Bring all to a boil, and then reduce heat and simmer, uncovered for about 10 minutes. Ladle into serving bowl and top with the tortilla chips, chicken, squeezed lime juice, avocado, and cheese.

## **Chicken with Shiitake Tomato Sauce**

### **Ingredients:**

- 1 tbsp olive oil
- 4 boneless, skinless chicken breast halves
- 1 (3 1/2 oz) container shiitake mushrooms, (stems discarded, large caps)
- Salt and pepper
- 1/3 cup red or white wine (optional)
- 1 can (15 ounces) tomatoes, un-drained
- 1 tbsp chopped fresh Italian (flat leaf) parsley
- 1 small garlic clove, minced
- 1 strip (2x 1/2-inch) orange zest
- 1 tbsp torn fresh basil leaves, (optional)

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## **Preparation:**

Heat the oil in large skillet over medium heat, and add the chicken and mushrooms, turning the chicken occasionally, until lightly browned, (about 5 minutes per side). Sprinkle with salt and pepper. Transfer to dish. (Chicken will only be partially cooked.)

Add the wine, to the hot skillet and boil, until reduced by half, and then add tomatoes, parsley, garlic and orange zest and bring to a boil. Return the chicken, shiitake and juice to the skillet. Cover and cook, over medium heat, 10 minutes, or until chicken is cooked thoroughly. Transfer the chicken to a warmed platter; cover with foil. Turn heat to high and boil tomato mixture, uncovered, until thickened, about 5 minutes. Season the sauce with salt and pepper, and spoon over chicken. Serve with rice or pasta.

## **Creamy Lemon Chicken with Vegetables**

### **Ingredients:**

- 4 skinless, boneless chicken breast halves
- 1/4 tsp pepper
- 1 tbsp butter or margarine
- 1 can (10 3/4 ounces) reduced-fat cream of chicken soup
- Grated peel and juice of 1 large lemon
- 1 can (14 1/2 ounces) mixed peas and diced carrots, drained
- 2 tbsp chopped fresh parsley or dill

### **Preparation:**

Sprinkle chicken on both sides with pepper. In large nonstick skillet over medium-high, melt butter. Add chicken and cook 3 minutes per side, until well browned and no longer pink in the center. Add soup, lemon peel and juice, and stir to mix with the pan drippings. Reduce the heat to medium-low, cover and simmer 5 minutes, stirring 2 or 3 times. Stir in the vegetables and parsley; cover and simmer another 2 to 3 minutes until heated through.

**Garlic Chicken Pasta****Ingredients:**• 1/4 cup broccoli• 1/4 cup carrots• 3 tsp Parmesan cheese• 1 3/4 oz chicken, broiled• 1/2 tsp oil, peanut• 1/4 tsp oil, sesame• cups pasta• 1 tsp sherry• 2 tsp vinegar, red wine• 1 tsp soy sauce, light• 1 tsp garlic

**Spices / Flavoring:**• 1/4 tsp black pepper• 1/4 tsp ginger

**Preparation:**Cook the pasta and drain setting aside, stir-fry vegetables in skillet with garlic, vinegar, and soy sauce until vegetables are slightly tender. Add the sherry and continue to stir-fry until the liquid is reduced by half tossing in remaining ingredients, and seasonings, serve over the cooked pasta.

**Garlic Chicken with Artichokes****Ingredients:**• 1/4 cup artichoke hearts• 3 tsp Parmesan cheese• 3 oz skinless chicken breast• 1/4 cup chick/veggie stock• 1/4

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cup couscous, cooked • 2 tsp lemon juice • ½ cup mushrooms • ¼ cup onion • 3 tsp sherry • 2 tsp garlic • 1 tsp oil, high oleic safflower

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp parsley, dried

**Preparation:** Prepare the couscous and set aside. Season the chicken with salt and pepper. In a large frying pan, warm the oil over medium heat. Add the garlic the onion and cook until tender. Add chicken and cook until lightly browned, and remove. Add the mushrooms and cook until tender, add the artichokes and cook until heated through. Add the chicken stock, parsley, sherry and lemon juice and bring to a boil. Stir continuously until the mixture thickens slightly, and pour over the chicken, sprinkle parmesan cheese on the top and serve over couscous.

### **Ginger Chicken**

#### **Ingredients:**

- 2 tbsp lemon juice
- 2 tbsp light sugar
- 1 tsp grated fresh ginger root
- 2 tsp soy sauce
- 8 chicken drumsticks, skinned
- Black pepper
- Crusty bread, to serve

#### **Preparation:**

Mix lemon juice, sugar, ginger, soy sauce and pepper together.

Slash the chicken drumsticks about three times through the thickest parts, and then toss into the glaze to coat. Cook the chicken on a hot grill or barbecue, turning occasionally and brushing with the glaze, until the chicken is golden and when pierced the juice runs clear, not pink. Serve on a bed of lettuce, with crusty bread.

### **Low Fat Barbecue Chicken Dinner**

#### **Ingredients:**

- 4 lg. chicken breasts, cubed
- 1 green pepper, cut up
- 1 onion, cut up
- 1/2 to 3/4 c. barbecue sauce
- 1 to 2 bags Minute Rice, boil-in-bags

#### **Preparation:**

Combine chicken with green pepper and onion in skillet and barbecue sauce and cover. Let simmer about 15 minutes.

Prepare the rice while the chicken is cooking. When done, place rice in center of plate and place the chicken in center.

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**Mandarin Chicken with Couscous****Ingredients:**• ¼ cup couscous, cooked• ¼ tsp honey• 1 tsp soy sauce, light• 1 Tbsp coconut, slivered• ½ Tbsp almonds, slivered• 2 oz chicken, broiled• 2 Tbsp orange juice

**Spices / Flavoring:**• ¼ tsp cinnamon• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp ginger

**Preparation:**Cook the couscous and set aside. Combine the liquid ingredients, seasonings, and simmer over medium heat until the liquid is reduced by half. Then add the remaining ingredients, and serve over the couscous.

## **Mango Chicken Kebabs**

### **Ingredients:**

- 1 1/4 lb boneless chicken breasts, skinned
- finely grated rind of lime
- 2 tbsp lime juice
- 1 tbsp rum or sherry
- 1 tbsp sugar
- 1 tsp ground cinnamon
- 2 mangoes, peeled and cubed
- Rice and salad, to serve

### **Preparation:**

Cut the chicken into bite-sized pieces and place into a bowl with the lime rind and juice, rum, sugar and cinnamon. Toss, and cover to let stand an hour.

Save the juice and thread the chicken on to four wooden skewers, alternating with the mango cubes. Cook the skewers under a hot grill or barbecue for 10 minutes, turning occasionally and basting with the juices, until the chicken is tender and golden brown.

Serve with rice and salad.

## **Marinated Chicken Breasts**

### **Ingredients:**

- 1/2 cup broth
- 2 pounds chicken breasts, boned and skinned (8 halves)
- 1 tbsp olive oil
- 3 tbsp balsamic vinegar
- 2 tsp Dijon mustard
- 1/2 minced garlic cloves or 1 to 2 tsp garlic powder
- 2 tsp sugar
- 1 tsp crushed thyme
- 1/4 tsp black pepper
- Salt to taste

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## **Preparation:**

Place all ingredients (except chicken breasts) in a jar with a tight-fitting lid and shake well to coat. Rinse chicken breasts and pat dry with paper towels and place in a locking plastic bag, with the marinade making sure the chicken is coated well. Marinate the chicken in the refrigerator for several hours, turning occasionally. Grill chicken or place under the broiler for around 10 minutes per side. Cooking time will vary depending on the thickness of the chicken.

**Parmesan Glazed Chicken**  
**Ingredients:**• 2 tsp Parmesan cheese• 1¾ oz chicken, broiled• ½ cup pasta• 3 tsp vinegar, red wine• 1 tsp soy sauce, light• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• 1 tsp garlic• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**• ½ Tbsp almonds, slivered• ¼ cup green beans

**Preparation:**Cook the pasta drain and set aside. Sauté the garlic, and mushrooms in oil until soft. Then add the soy sauce, vinegar, chicken, and spices, and serve over pasta. Sprinkle with Parmesan cheese. Microwave the green beans with one tablespoon water on high until heated through and garnish with almonds and serve.

## **Pasta in Tomato Cream Sauce**

### **Ingredients:**

- 1 tsp parmesan cheese
- 2 oz chicken, broiled
- cups pasta
- ½ medium tomato
- 1 Tbsp tomato sauce
- 2 Tbsp yogurt, low fat-plain
- 1 tsp oil, high oleic safflower

### **Spices / Flavoring:**

- ½ tsp Italian seasoning
- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp dried basil

## **Preparation:**

Cook the pasta in boiling water until “al dente.” Drain the water from pasta and set it aside. Dice the tomato and combine it with the remaining ingredients and seasonings (except the parmesan cheese). Serve the cream sauce over the pasta and sprinkle it with parmesan cheese.

**Pasta Primavera with Chicken**  
**Ingredients:**• ¼ cup broccoli• ¼ cup carrots• 3 tsp Parmesan cheese• 1½ oz chicken, broiled• ½ cup mushrooms• cups onions•

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¼ cup pasta • ¼ cup snow peas • ¼ cup squash, yellow • ½ medium tomato • ½ cup zucchini • 1 tsp garlic • ¼ tsp salt, light • 1 tsp oil, high oleic safflower

**Spices / Flavoring:** • ½ tsp Italian seasoning • ¼ tsp black pepper

**Preparation:** Cook the pasta drain and set aside. Sauté the diced vegetables, and seasonings together in oil until tender, and then add the remaining ingredients, (except for the parmesan) and heat through. Serve over pasta and sprinkle with Parmesan cheese.

### Santa Fe Chicken Burrito

#### Ingredients:

- 1½ oz chicken, broiled
- 4 Tbsp corn kernels, boiled
- ½ tsp oil, canola
- ¼ cup onion
- ½ Tbsp chili peppers
- 1 Tbsp salsa
- ½ medium tomato
- 1 tortilla, whole wheat

#### Spices / Flavoring:

- ¼ tsp salt, light

#### Preparation:

Set the tortilla aside. Chop vegetables and mix both the vegetables and remaining ingredients together. Place mix in the center of the tortilla. Microwave on high for 30 second segments until the cheese melts. Wrap the tortilla with the mix into a burrito and enjoy!

### Sizzling Beans with Chicken

#### Ingredients:

- 1¼ cups green beans
- 1¾ oz chicken, broiled
- ¼ cup pasta
- 1 Tbsp peanuts
- ½ tsp jalapeno pepper
- 1 tsp soy sauce, light

#### Spices / Flavoring:

- ¼ tsp ginger
- ½ tsp Lawry's salt free 17

#### Preparation:

Cook pasta in boiling water until pasta becomes “al dente.” Drain the water from pasta and set it aside. Combine the remaining ingredients and seasonings in a saucepan and cook until the liquid is reduced by half. Serve over pasta.

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**Spanish Pilaf with Chicken**  
**Ingredients:** • ¼ cup bell pepper • 2¼ oz chicken, broiled • ¼ cup onion • ¼ cup rice, brown cooked • 1 Tbsp salsa • ½ medium tomato • 1 Tbsp tomato sauce • 1 tsp garlic • 1 tsp oil, high oleic safflower

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp chili powder

**Preparation:** In a skillet, cook the chopped onion, bell pepper, and garlic in oil until tender, stir in chicken, diced tomato, sauce, rice, chili powder, salsa, black pepper, salt, and 1 cup water. Cover and simmer until the rice is tender and most of the liquid is absorbed. Serve warm.

## **Stuffed Tomato with Chicken**

### **Ingredients:**

- ¼ cup bell pepper
- 1 slice bread (rye, pumpernickel, flourless)
- 1 tsp parmesan cheese
- 2 oz chicken, broiled
- ¼ cup mushrooms
- 1 tsp oil, olive
- ¼ cup onion
- ¼ cup scallions
- ½ medium tomato
- 1 tsp garlic

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp parsley, dried
- ¼ tsp dried basil

### **Preparation:**

Dry the bread out in a 200 degree oven and, once it is cooled, crumble the bread to make bread crumbs. Set the bread crumbs aside. Preheat an oven to 350 degrees. Cut tomatoes in half and remove the seeds. Drain upside down on paper towels while you are preparing the stuffing. To make the stuffing, combine the basil, parsley, scallions, diced chicken, onion, mushrooms, garlic, bread crumbs, parmesan cheese, salt and pepper. Partition the stuffing between the tomato halves. Place the tomatoes in a baking pan. Drizzle oil on the tops of the tomatoes. Bake for 25-30 minutes, or until the filling is crisp and golden, serve hot.

## **Thai Chicken Lettuce Wrap**

### **Ingredients:**

- 1 tsp vinegar, balsamic
- ¼ cup bean sprouts
- 2 oz chicken, broiled
- ½ Tbsp peanut butter, natural
- ¼ cup water chestnuts

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- 1 tsp soy sauce, light
- 2 cups lettuce, romaine

### **Spices / Flavoring:**

- ¼ tsp black pepper
- ¼ tsp ginger
- ¼ tsp cilantro

### **Side Dish:**

- 1 high fiber cracker
- ¼ cup mandarin oranges

### **Preparation:**

Set the crackers, mandarin orange, and lettuce aside. Combine the peanut butter, vinegar, pepper, soy sauce, and ginger to make a sauce. Combine the chopped vegetables, remaining ingredients, and peanut sauce. Scoop the mixture into the center of the lettuce leaves and wrap. Serve with crackers and the mandarin orange on the side!

**Szechwan Chicken in Peanut Sauce**  
**Ingredients:**• ¼ cup carrots• ¼ cup celery• 3 oz skinless chicken breast• ½ tsp oil, sesame• ½ Tbsp peanut butter, natural• ¼ cup rice, brown cooked• 2 tsp vinegar, red wine• ¼ cup water chestnuts• 1 tsp soy sauce, light• 2 tsp garlic• ½ tsp Splenda (optional)• ½ tsp ginger• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp cayenne pepper• ¼ tsp garlic powder

**Preparation:**Prepare the rice. To make the sauce start by mixing soy sauce, Splenda, sesame oil, peanut butter, vinegar, garlic powder and cayenne pepper in a small bowl until smooth. Heat the wok or frying pan over medium heat and add the high oleic oil coating the pan. Add the chicken, chopped celery, garlic, ginger, carrots and water chestnuts. Stir-fry until the chicken is cooked and then pour the peanut sauce over mixture and serve over rice.

### **Thai Chicken Pasta**

#### **Ingredients:**

- 3 tsp vinegar, balsamic
- ¼ cup bok choy
- 1¾ oz chicken, broiled
- ½ cup lettuce, iceberg
- ¼ cup pasta
- ½ Tbsp peanuts
- ½ Tbsp peanut butter, natural
- ¼ cup water chestnuts
- 3 tsp soy sauce, light

#### **Spices / Flavoring:**

- ¼ tsp black pepper
- ¼ tsp ginger

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## **Preparation:**

Cook the pasta in boiling water until it becomes “al dente.” Drain the water from the pasta and set it aside. Combine the vinegar, peanut, soy sauce, butter, and ginger to construct a sauce. Toss the sauce with remaining ingredients and serve over the pasta. Spice this to taste.

## **Lamb**

**Braised Lamb Ingredients:** • 2 tsp sherry • ½ medium tomato • 1 Tbsp tomato paste • ¼ cup beef stock • ¼ cup carrots • ¼ cup celery • 1 tsp oil, olive • ¼ cup onion • 3 oz Lamb, trimmed to 1/4 fat

**Spices / Flavoring:** • 2 tsp garlic • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp thyme • ¼ tsp allspice  
**Side Dish:** • ¼ cup rice, brown cooked • 1 tsp lemon juice • ¼ cup broccoli

**Preparation:** Heat half of the olive oil in a heavy flame-proof casserole and then add the onion and sauté for about 3 to 4 minutes or until soft. Next, add the garlic and cook for another 2 minutes and add the tomato paste, carrots, tomatoes, sherry, beef stock, and seasonings. Bring all to a boil. Heat the remaining olive oil in a frying pan and brown the lamb on either side. Add the lamb to the casserole, cover and cook at 350 degrees for 1 1/2 to 2 hours, stirring from time to time, until the meat separates away from the bone easily. Lower the oven temperature to 225 degrees and strain the sauce from the casserole into a saucepan leaving the lamb in the casserole dish to keep warm. Boil the strained sauce steadily until it is reduced by about half, stirring, until thickened. Place the lamb on a warmed serving plate and pour on the sauce. Garnish with thyme. Steam the broccoli and drizzle the lemon juice over it. Serve on the side with cooked rice.

## **Pork**

### **Eggplant and Pork**

#### **Ingredients**

- 2 cups eggplant
- ½ tsp oil, olive
- 5 oz pork chops, lean
- ½ cup rice, brown cooked

#### **Preparation:**

Sauté the pork in a pan or grill, then sauté the eggplant with olive oil. Serve this with cooked rice.

### **Gingered Pork Chops in Orange Sauce**

#### **Ingredients:**

- 1/4 cup all-purpose flour
- 2 tsp ground ginger

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- Salt to taste
- 1/2 tsp ground black pepper
- 4 tbsp olive oil
- 4 thick cut pork chops
- 1 onion, halved and thinly sliced
- 1 tbsp brandy
- 1 1/2 cups orange juice

### **Preparation:**

Preheat the oven to 350F. Place the flour, ginger, salt and pepper into a plastic bag, place the chops in the bag, and shake to coat. Heat the oil in a frying pan over medium-high heat, until browned on both sides. Transfer the chops to a baking dish. Place the onion in the hot frying pan, and cook until limp, and then add the brandy and stir to incorporate the mixture. Pour the mixture over the pork chops as well as the orange juice into the baking dish. Cover and bake for 45 minutes, or until chops are no longer pink. Serve with the orange sauce from the baking dish.

**Ham Lettuce Wrap Ingredients:**• 4 slices ham, lean• 1/2 cup lettuce, romaine• 2 tsp mustard• 1 tsp oil, safflower• 1/4 cup onion• 1/4 medium tomato• 3/4 oz cheese, non-fat• 1/2 cup cucumber

**Spices / Flavoring:**• 1/4 tsp black pepper• 1/4 tsp dried dill

**Side Dish:**• 1/4 cup grapes• 2 high fiber crackers

**Preparation:**Set the crackers and grapes aside. Layer the remaining ingredients into the lettuce and roll into a wrap serve with crackers and grapes on the side.

### **Pork Chops in Apple Brandy Sauce**

#### **Ingredients:**

- 4 pork loin chops, bone in
- 1 tsp dried thyme
- 1 tsp unsalted butter
- 1 tsp olive oil
- 1 apple, peeled, cored and thinly sliced
- 2 shallots, thinly sliced
- 1/2 cup apple juice
- 1/2 cup evaporated skim milk
- 2 tbsp apple brandy

#### **Preparation:**

Season the pork with the thyme and pepper. Melt the butter and oil in a heavy skillet over medium high heat. Cook the pork chops about 3 minutes, and then turn them over and add the apple and shallots to skillet. Season the concoction with the salt, and cook another 3 minutes or until chops are browned and apples are softened. Stir in the remaining ingredients and bring all to a boil. Reduce the

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heat to medium low and cook for about 8-10 minutes, or until chops and apples are tender and sauce is thickened.

### **Pork Chops in Tomato Sauce**

#### **Ingredients:**

- 4 pork chops
- 1 pinch garlic salt
- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 stalks chopped celery, with leaves
- 12 ounces tomato paste
- 15 oz can tomato sauce
- 3 cups water

#### **Preparation:**

In a large skillet, heat oil over medium high heat. Add chops seasoned pork chops and brown for about 4 to 6 minutes on each side. Remove from the skillet and set aside.

Sauté onion and celery until translucent, and add the tomato paste and heat until liquid is bubbling. Return the pork chops to skillet, let simmer until meat is very tender and sauce thickens (about 1 1/2 to 2 hours), add water as needed.

### **Pork Chops in Wine Sauce**

#### **Ingredients:**

- 2 pork loin chops(5 ounces each)
- 2 tsp olive oil or vegetable oil
- 1 cup chopped red bell pepper
- 1 small garlic clove, minced
- 1/4 cup dry white table wine
- 1/2 tsp powdered mustard
- 1 tbsp rinsed drained capers
- 1 tsp Italian seasoning
- 2 large plum tomatoes, blanched, peeled, seeded, and finely chopped

#### **Preparation:**

Preheat broiler. Arrange the pork chops on rack and broil 6 inches from heat source, until browned, about 5 minutes on each side. While chops are broiling prepare sauce, in a 9-inch skillet heat the oil and add the onions, mushrooms, pepper and garlic and cook over medium-high heat, stirring frequently, about 3 minutes. Combine in 1 cup liquid measure the wine and mustard, stirring to combine and mix into skillet, add the capers and Italian seasoning until mixture comes to a boil. Reduce the heat to low and stir in the tomatoes. Add the pork chops turning to coat, cover and let simmer until flavors blend, about 5 minutes.

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## **Pork Chops with Mushroom Sauce**

### **Ingredients:**

- 6 pork chops
- 1 tsp salt
- 1/4 tsp ground black pepper
- Garlic powder to taste
- 2 tbsp butter
- 2 large onions, finely chopped
- 4 cups thinly sliced potatoes
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 1/4 cups milk

### **Preparation:**

Preheat oven to 350F. Rub the pork chops with the salt, pepper and garlic powder. Melt butter in a skillet, and add the pork chops browning them on both sides. Put the sliced potatoes in the buttered 2 quart baking dish. Remove the pork chops from skillet and arrange them in the baking dish. Place the onions in skillet and brown, then mix in the mushroom soup, and milk. Pour soup mixture over chops in the baking dish. Cover the baking dish and bake in oven for 30 minutes. Uncover, and bake for 30 to 40 minutes until potatoes are done.

## **Pork Chops with Sour Cream Sauce**

### **Ingredients:**

- 6 pork chops
- Salt and pepper to taste
- Garlic powder to taste
- 1/2 cup all-purpose flour
- 1 large onion, sliced 1/4 inch thick
- 2 cubes chicken bouillon
- 2 cups boiling water
- 2 tbsp all-purpose flour
- 1 (8 ounce) container sour cream

### **Preparation:**

Season the pork chops with salt, pepper and garlic powder then cover in flour. In a skillet over medium heat, lightly brown the pork chops in a small amount of oil, and place in slow-cooker and top with onion slices. Dissolve the bouillon cubes in boiling water and pour over chops. Cook on low 7 to 8 hours. After the chops have cooked, remove from slow-cooker and keep warm. In a bowl blend 2 tbsp flour with the sour cream; mix into meat juices. Turn slow-cooker to high for 15 to 30 minutes until sauce is slightly thickened. Serve with the sauce over the pork chops.

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## **Pork Meatballs in Pineapple Sauce**

### **Ingredients:**

- ¼ cup bell pepper
- 1 Tbsp cornstarch
- ¼ cup onion
- ¼ cup water chestnuts
- 1 egg white
- 3 tsp soy sauce, light
- 1 tsp garlic
- ¼ cup pineapple, chunks in juice
- 3 oz ground pork
- 1 tsp oil, high oleic safflower

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp ginger

### **Preparation:**

Mix together the ground pork, diced water chestnuts, garlic, onion, egg white, salt, 1 teaspoon cornstarch, and 1 teaspoon soy sauce. Blend all the ingredients together well. Shape mixture into 1-inch in diameter balls. Heat the oil in a pan, sauté meatballs for 10 minutes, or until browned on all sides. Set aside. Drain pineapple juice into saucepan. Mix in ginger, the remaining cornstarch and remaining soy sauce. Bring to a boil, making sure to stir constantly, until mixture thickens. Stir in the pineapple chunks and green pepper. Add meatballs. Cook through and serve.

## **Pork with Savory Sauce**

### **Ingredients:**

- ¾ cup homemade Chicken stock
- ¼ cup raspberry or balsamic vinegar
- 4 teaspoons olive oil
- 2 tablespoons port wine
- ½ teaspoon coarsely ground black pepper
- ½ teaspoon dried oregano
- 1 garlic clove, minced
- 1 teaspoon cornstarch
- 2 tablespoons cold water
- 1 ¼ pounds pork tenderloin, all visible fat removed, cut into ¼ inch medallions

### **Preparation:**

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In a small saucepan, combine the stock, vinegar, 2 teaspoons oil, wine, pepper, oregano and garlic. Cook the mixture uncovered, over medium-high heat about 20 minutes, or until liquid is reduced to 1/2 cup. Combine the cornstarch and water and stir to fully dissolve and add to the pan, stirring to mix well. Heat over medium heat, stirring until mixture thickens, another minute. Cover, and remove from the heat and set aside. Heat the remaining oil in a skillet over medium-high and add the pork and sauté 3 to 4 minutes on each side, or until pork is no longer pink. Pour 2 tablespoons of sauce over each piece and serve.

### **Roast Pork with Raisin-Onion Sauce**

#### **Ingredients:**

- 1/2 pound pork tenderloin
- 1/2 tsp cracked pepper
- 1 tsp vegetable oil
- 1/4 cup sliced onion
- 2 tsp all-purpose flour
- 1/2 cup canned low-sodium chicken broth
- 1/4 cup each dark raisins and port wine

#### **Preparation:**

Preheat oven to 425 F. Rub all sides of pork with pepper and set on rack in roasting pan. Roast about 15-18 minutes. While the pork is roasting prepare raisin-onion mixture. In a 6-inch skillet heat oil, and add the onion and cook over medium-high heat, stirring, until softened, sprinkle with flour and stir quickly to combine, add chicken broth, raisins, and wine. Reduce the heat to medium-low and cook, stirring, until mixture thickens, about 10 minutes. To serve, slice pork diagonally and arrange on serving platter, top it off with the raisin-onion mixture.

### **Spicy Pork Taco**

#### **Ingredients:**

- 1/4 cup bell pepper
- 1/4 cup lettuce, iceberg
- 1/4 cup onion
- 1 Tbsp salsa
- 1/4 medium tomato
- 1 tortilla, corn
- 1/4 oz cheese, non-fat
- 3 1/2 oz ground pork
- 1/2 tsp oil, high oleic safflower

#### **Spices / Flavoring:**

- 1/4 tsp cumin
- 1/4 tsp salt, light

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## **Preparation:**

Sauté the pork in oil over medium heat until it is cooked thoroughly. Dice the vegetables and add to the pork with salsa and the seasonings, to taste, and simmer. Spoon the filling into the center of each warmed tortilla. Top the tortillas with the cheese and lettuce. Fold the sides together and serve.

## **Szechwan Pork**

### **Ingredients:**

- ¼ cup bell pepper
- ¼ cup broccoli
- ¼ cup carrots
- ¼ cup onion
- 3 oz lean pork tenderloin
- ¼ cup rice, brown cooked
- 3 tsp sherry
- ¼ cup snow peas
- 2 tsp vinegar, red wine
- 2 tsp soy sauce, light
- 1 tsp garlic
- ½ tsp oil, high oleic safflower

### **Spices / Flavoring**

- ¼ tsp chili powder

## **Preparation:**

Heat oil in a skillet and stir-fry the vegetables with garlic and ginger for 1-2 minutes. Set the vegetables aside. Cut the pork into strips. Stir-fry the slivers of pork for 1 to 2 minutes and mix with the vegetables. Add the remaining ingredients and seasonings (to taste). Stir while heating thoroughly. Serve immediately with cooked rice.

## **Salads**

### **Antipasto Salad**

#### **Ingredients:**

- ¼ cup artichoke hearts
- 2 tsp vinegar, balsamic
- ¼ cup bell pepper
- ¼ cup garbanzo beans
- 4 slices ham, lean
- 1 tsp lemon juice
- 1 cup lettuce, iceberg

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- ¼ tsp oil, olive
- 5 medium olives, black
- ¼ medium tomato
- 1 slice turkey breast, deli-style
- ¼ oz cheese, mozzarella, non-fat
- 1 slice onion, red

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp dried basil

### **Preparation:**

Combine the lemon juice, balsamic vinegar, salt, garlic, basil, pepper, and oil to make the dressing. Set dressing aside. Julienne meats and cheese and chop up vegetables. Toss all the ingredients together with the dressing and serve.

**California Salad Ingredients:**• ½ tsp oil, almond• ½ Tbsp avocado• ¼ cup bean sprouts• ¼ cup garbanzo beans• ½ high fiber cracker• ¼ cup cucumber• 2 tsp lemon juice• ½ cup lettuce, romaine• ¼ medium tomato• 2 tsp vinegar, red wine• 5 egg whites• 1 Tbsp yogurt, nonfat-plain• ½ slice onion, red

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp parsley, dried• ¼ tsp dried basil

**Preparation:**Set the cracker aside. Hard boil the eggs and set aside to cool. Remove the egg shells, and slice in half discarding the egg yolks. Combine the yogurt, oil, vinegar, lemon juice and seasonings to make a dressing. Chop the vegetables and combine with the remaining ingredients. Serve hard boiled eggs on the side or slice and place on top of salad. Drizzle the dressing on top of salad and enjoy with crackers on the side.

### **Chicken Caesar Salad**

**Ingredients:**• 1 tsp lemon juice• ½ cup lettuce, romaine• 1 tsp mustard, Dijon• ½ tsp oil, olive• ¼ medium tomato• 2 tsp vinegar, red wine• 1 tsp Worcestershire sauce• 1 tsp garlic• ¼ tsp salt, light• 1 slice bread (rye, pumpernickel, flourless)• 2 tsp Parmesan cheese• 2 oz chicken, broiled• ½ slice onion, red

**Spices / Flavoring:**• ½ tsp Lawry's salt free 17

**Side Dish:**• ¼ cup grapes

**Preparation:**Set the grapes aside. Cut the bread into crouton-sized pieces, and toss with Lawry's seasoning. Bake at 300 degrees until the bread becomes hard and toasted, and set aside. Make the dressing by combining the garlic, salt, oil, vinegar, mustard, Worcester sauce, and lemon juice. Dice the vegetables and toss with the chicken, lettuce, dressing and Parmesan cheese, serve with grapes.

### **Chinese Chicken Salad**

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## Ingredients:

- 1 Tbsp almonds, slivered
- ¼ cup celery
- 2 oz chicken, broiled
- 2 cups lettuce, iceberg
- ¼ cup mandarin oranges
- ½ tsp oil, sesame
- ¼ cup scallions
- 2 tsp vinegar, red wine
- ¼ cup water chestnuts
- 1 tsp soy sauce, light
- ¼ cup pineapple, chunks in juice
- ½ tsp Splenda (optional)
- ¼ tsp salt, light
- 1 slice onion, red

## Spices / Flavoring:

- ¼ tsp black pepper
- ¼ tsp ginger
- ¼ tsp cilantro

## Preparation:

Construct the dressing by mixing the soy sauce, vinegar, cilantro, Splenda, oil, minced ginger, salt, and pepper. Dice the vegetables and toss them with the remaining ingredients and dressing.

**Egg and Kidney Bean Salad**  
**Ingredients:**• 3 tsp vinegar, balsamic• ¼ cup kidney beans• ¼ cup celery• ½ cup lettuce, iceberg• 2 tsp mustard, Dijon• 1 tsp oil, safflower• 1 slice pickle, dill• 2 tsp relish, dill• 5 egg whites• 2 slices onions, red

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp chili powder• ½ tsp Lawry's salt free

**Preparation:**Hard boil the eggs, and set aside the egg whites. Make the dressing by combining the mustard, relish, vinegar, oil, chili powder, salt, and Lawry's seasoning, and toss with chopped vegetables and the remaining ingredients. Garnish the salad with the sliced egg whites and serve.

## Honolulu Seafood Salad

### Ingredients:

- 1 Tbsp avocado
- 1 tsp lemon juice
- 1 cup lettuce, iceberg
- 1 tsp mustard, Dijon
- ¼ cup pasta

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- ¼ cup scallions
- 3 oz shrimp
- ½ tsp Tabasco sauce
- ½ Tbsp walnuts, chopped
- 1 tsp Worcestershire sauce
- 2 Tbsp yogurt, low fat-plain
- ¼ cup pineapple, chunks in juice

### **Preparation:**

Cook the pasta and drain into a colander. Rinse pasta with cold water. Drain the pasta again and set it aside. Slice the avocado crosswise and brush it with lemon juice to prevent any darkening. Combine the cooked pasta, pineapple chunks, lettuce, avocado slices, and cooked shrimp, in a mixing bowl. For the dressing, stir the mustard, yogurt, Worcestershire sauce, diced scallions, and Tabasco together. Spoon the dressing over the seafood mixture and toss it gently to coat. Cover the mixing bowl and chill it in the refrigerator for at least 2 hours. Sprinkle this with broken walnuts and serve.

**Mexican Chicken Salad****Ingredients:**• ¼ cup beans, pinto• 1¾ oz chicken, broiled• 1 cup lettuce, iceberg• 6 medium olives, black• 1 Tbsp salsa• ¼ medium tomato• 1 tortilla, corn• ½ oz cheese, cheddar- nonfat

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp chili powder• ¼ tsp cilantro

**Preparation:**Bake the tortilla in the oven until crisp and set aside. Grate the cheese and set aside, toss the remaining ingredients and seasonings together. Break the tortilla up into small pieces and sprinkle on top of salad, with the cheese.

### **Pineapple Waldorf salad**

#### **Ingredients:**

- ¼ medium banana
- ¼ cup mandarin oranges
- 4½ Tbsp protein powder, vanilla
- 1½ Tbsp walnuts, chopped
- ¼ cup pineapple, chunks in juice
- ¼ cup strawberries
- 3 Tbsp yogurt, nonfat-plain

#### **Preparation:**

Slice up the fruit and combine all ingredients. Serve.

**Spinach Mushroom Salad****Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• 1 tsp Parmesan cheese• 3 tsp lemon juice• ½ cup mushrooms• 1 tsp

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mustard, Dijon • 1 tsp oil, olive • ½ medium tomato • 1 tsp garlic • 1 slice onion, red • 2 cups spinach, raw

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp dried basil • ½ tsp Lawry's salt free 17

**Side Dish:** • 5 egg whites

**Preparation:** Cut the bread into crouton size pieces, and place onto a baking sheet and sprinkle with Lawry's. Bake in oven until bread is toasted, and set aside. Hard boil the eggs, peel, remove yolks, and set aside. Next, chop the vegetables and place on the spinach leaves. Make the dressing by mixing the garlic, mustard, lemon juice and the oil and pour onto the salad and toss with Parmesan cheese and croutons. Serve with the hard boiled eggs sliced on top.

**Taco Salad Ingredients:** • ¼ cup beans, pinto • 3 oz beef, ground lean • 1 cup lettuce, iceberg • ¼ cup onion • 1 Tbsp salsa • ¾ medium tomato • ½ tortilla, corn • ½ tsp oil, high oleic safflower • ½ oz cheese, cheddar- nonfat

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp chili powder • ¼ tsp cilantro

**Preparation:** Toast tortilla in oven until crisp and set aside. Sauté the onions in oil until tender, add meat with seasonings, as desired, and continue to cook until the beef is browned and cooked thoroughly. Stir in salsa, lettuce, diced tomatoes and seasoned meat together. Break the tortilla into pieces and sprinkle on the top.

### Triple Berry Fruit Salad

#### Ingredients:

- ¼ tsp vanilla extract
- ¼ cup grapes
- 5 Tbsp protein powder, vanilla
- 1 Tbsp walnuts, chopped
- 1 tsp Splenda (optional)
- ¼ cup blueberries
- ¼ cup strawberries
- ¼ cup raspberries
- 4 Tbsp yogurt, nonfat-plain

#### Spices / Flavoring:

- ¼ tsp cinnamon

#### Preparation:

Thaw fruit and drain juice, mix with remaining ingredients. Sprinkle salad with cinnamon and serve.

### Turkey, Apple, and Avocado Salad

#### Ingredients:

- ½ medium apple

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- 1 Tbsp avocado
  - ¼ cup celery
  - 2 tsp lemon juice
  - 1 cup lettuce, iceberg
  - ¼ medium orange
  - 4 tsp raisins
  - ¼ cup scallions
  - ½ medium tomato
  - 8 slices turkey breast, deli-style
  - 1 Tbsp yogurt, nonfat-plain
- Spices / Flavoring:**
- ¼ tsp curry powder
  - ¼ tsp salt, light

## **Preparation:**

Peel the orange and set it aside. Construct the dressing by mixing the yogurt, lemon juice, curry powder, and salt. Set this aside. Chop up the turkey, apple, and vegetables. Toss all the ingredients together with the dressing. Serve with the orange on the side.

## **Waldorf salad**

### **Ingredients:**

- ¼ cup grapes
- 2 tsp raisins
- 1½ Tbsp walnuts, chopped
- ½ medium apple
- 12 Tbsp yogurt, nonfat-plain

### **Spices / Flavoring:**

- ¼ tsp vanilla extract

### **Side Dish:**

- ½ cup cottage cheese, non-fat

## **Preparation:**

Chop the apples and combine with raisins, walnuts, grapes, yogurt, and vanilla extract, combine to taste. Serve with cottage cheese.

## **Pizzas Pitas and Sandwiches**

**Black Bean Pita**  
**Ingredients:**• ¼ cup beans, black• ¼ cup bell pepper• ¼ pocket pita pocket, whole-wheat• ½ cup lettuce, iceberg• ¼ cup onion• 2¾ oz salmon, cooked• 1 tsp oil, high oleic safflower

**Spices / Flavoring:**• ½ tsp Lawry's salt free 17• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp lemon herb seasoning

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**Preparation:** Sauté the black beans, onion, bell pepper, salmon, and seasonings in oil until onion and pepper become tender. Next stuff the pita with bean mixture and shredded lettuce and serve.

## Cucumber-Tomato Pita

### Ingredients:

- ½ pocket pita pocket, whole-wheat
- ¼ cup cucumber
- ½ cup lettuce, iceberg
- 1 tsp oil, safflower
- ½ medium tomato
- 2 Tbsp yogurt, low fat-plain
- 1 slice onion, red

### Spices / Flavoring:

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp dried basil
- ¼ tsp dried dill

### Side Dish:

- 5 egg whites

### Preparation:

Set the pita aside. Hard boil the eggs, peel them, and discard the egg yolk. Set the egg whites aside. Toss the chopped vegetables together with the remaining ingredients and seasonings, to taste. Stuff mixture into the pita bread and serve with the egg whites on the side.

## Hawaiian Pizza

### Ingredients:

- ¼ cup bell pepper
- ¼ pocket pita pocket, whole-wheat
- 2 tsp parmesan cheese
- 4½ slices ham, lean
- ½ tsp oil, olive
- 2 Tbsp tomato sauce
- 1 tsp garlic
- ¼ cup pineapple, chunks in juice
- ½ oz cheese, non-fat
- 1½ slices onions, red

### Spices / Flavoring:

- ¼ tsp black pepper
- ¼ tsp dried basil
- ½ tsp Italian seasoning

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## **Preparation:**

Set the pita and grated cheese aside. Dice the ham and vegetables. Combine the ham, grated cheese and vegetables with the remaining ingredients and seasonings (as desired) and spread on a pita. Sprinkle the grated cheese on top and cook under a broiler until cheese melts.

## **Mediterranean Pizza**

### **Ingredients:**

- ¼ pocket pita pocket, whole-wheat
- 1 tsp capers
- 1 tsp parmesan cheese
- 1 oz chicken, broiled
- ½ cup mushrooms
- 7 medium olives, black
- 1 cup spinach, boiled
- 1 medium tomato
- 4 Tbsp tomato sauce
- 1 tsp garlic
- ½ oz cheese, non-fat

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp oregano
- ¼ tsp dried basil

## **Preparation:**

Set the pita and the grated cheese aside. Combine the remaining ingredients together and spread them over the pita. Sprinkle the cheese on top and cook under broiler until the cheese Melts, serve.

## **Mexican Pita Pocket**

### **Ingredients:**

- 1 Tbsp avocado
- ¼ cup beans, pinto
- ¼ pocket pita pocket, whole-wheat
- ½ cup lettuce, iceberg
- ¼ cup onion
- 1½ Tbsp salsa
- ¼ medium tomato
- ½ oz cheese, cheddar- nonfat
- 2¼ oz beef, ground X lean

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp chili powder

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## **Preparation:**

Sauté onions, salsa, and pinto beans until the onions become tender. Add the ground beef and seasonings, to taste, and continue to cook until the ground beef is thoroughly cooked. Put into a pita along with the tomato, cheese, and lettuce.

## **Spicy Grilled Cheese**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- 3 oz cheddar cheese, low-fat
- ½ tsp jalapeno pepper
- 1 Tbsp salsa
- 1 tsp oil, high oleic safflower

### **Side Dish:**

- ½ medium orange, or apple

## **Preparation:**

Spread the oil in a pan and place one half of the bread on top. Dice the jalapeno peppers and mix with the salsa. Spread the mixture on half of the bread and layer the sliced cheddar cheese on top. Lay other half of bread on top. Grill the sandwich on medium heat until golden brown. Flip over and grill other side. Serve with orange or apple on the side.

## **Seafood**

### **Ahi Tuna Tonnato**

#### **Ingredients:**

- 1 tsp capers
- ½ lemon
- 8 medium olives, black
- ½ cup pasta
- 4 oz tuna steak
- 1 Tbsp yogurt, nonfat-plain

#### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp parsley, dried

## **Preparation:**

Cook the tuna under a broiler until flaky. Meanwhile, cook the pasta until it is “al dente” and set it aside. Puree the tuna in a food processor. Transfer it into a mixing bowl. Add the other ingredients. Mix this well and toss it with the hot pasta.

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**Baked Emerald Tuna**  
**Ingredients:**• 1 lemon• ¼ cup onion• 3 tsp sherry• 1 cup spinach, boiled• 1 medium tomato• 2½ oz tuna steak• 2 tsp garlic• ½ tsp oil, high oleic safflower  
**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp parsley, dried• ¼ tsp oregano

**Side Dish:**• 1 Tbsp almonds, slivered• ¼ cup green beans

**Preparation:**In large skillet, sauté the onions in the oil until soft, and add the garlic, tomatoes, parsley, oregano, salt, and the pepper. Simmer for 10 minutes. Sprinkle the fish lightly with salt and lemon juice. Arrange tomato mixture in the baking dish, and then lay the fish over the top and arrange spinach around it pouring sherry over all. Cover the dish with aluminum foil and bake at 350 for 30 minutes. Uncover and continue baking for another 15 minutes. Steam the green beans until fork-tender and toss with almonds, salt and pepper. Serve with the fish!

## Broiled Fish Steaks

### Ingredients:

- 6 fish steaks, approximately 1/2 inch thick, about 5 ounces each
- 2 tbsp reduced-calorie mayonnaise
- 1 tbsp Lemon herb seasoning
- Paprika to taste

### Garnish:

- 1 lemon, sliced thin
- 6 sprigs fresh parsley

### Preparation:

Preheat broiler. Rinse the fish and pat dry, then lightly coat both sides of each fish piece with mayonnaise. Place in a shallow baking dish. Sprinkle with half of the lemon herb seasoning and paprika. Broil 3 to 4 minutes. Turn fish and sprinkle with remaining seasonings. Broil for another 3 to 4 minutes, or until fish flakes when tested with a fork or is no longer translucent. Garnish with lemon slices and a sprig of fresh parsley, and serve.

**Grilled Halibut Dijon**  
**Ingredients:**• 3 oz halibut• 1 lemon• 3 tsp mustard, Dijon• 1 tsp oil, olive• 2 Tbsp yogurt, nonfat-plain

**Spices / Flavoring:**• 1 tsp chives• ¼ tsp black pepper• ¼ tsp parsley, dried• 1 tsp tarragon

**Side Dish:**• ¼ cup rice, brown cooked• ½ lime• ¼ cup broccoli• ¼ cup cauliflower

**Preparation:** Cook the rice and set aside. Combine the lemon juice, mustard, yogurt, tarragon, and the chives in a small mixing bowl and slowly whisk in the olive oil until blended and add the pepper. Arrange the halibut pieces in a large, shallow glass dish and pour the marinade over, all the pieces evenly. Marinate 1/2 to 2 hours. Prepare the barbecue for medium heat grilling. Steam the cauliflower, and the broccoli until it can be pierced with a fork, and toss with lime

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juice and pepper. Grill the fish about 3 inches from flame for between 5 to 7 minutes per side or until done, and serve with rice and vegetables.

## Grilled Sea Scallop and Vegetable Kabobs

### Ingredients:

- 10 oz Sea Scallops or as many as you need for 4-6 Skewers
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp fresh thyme
- Salt and pepper fresh ground
- 4 Shallots peeled
- 2 Green peppers
- 6 Cherry tomatoes
- 1/2 Zucchini

### Preparation:

Combine 1 Tbsp of the olive oil with lemon juice, thyme, salt and pepper, and coat the scallops with this mixture. Cover and let this sit in the marinade for about 15-30 minutes. Cut the peeled shallots in half and cut the peppers and cut into 1-2 inch pieces. Slice the zucchini into 3/4 inch rounds. Preheat the grill on med/high (if you don't have a grill you can do this in the broiler on a pan). Place the Scallops and vegetables alternating onto skewers. Brush kabobs with the remaining olive oil and season them generously with salt and pepper. Grill for 2-3 minutes per side. Let them rest and serve on a bed of baby lettuce.

## Grilled Tuna Balsamico

**Ingredients:**• 4 tsp vinegar, balsamic• ½ cup bell pepper• 1 tsp oil, olive• ¼ cup rice, brown cooked• 5 oz tuna steak• 1 tsp garlic• 1 slice onion, red

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp parsley, dried• ¼ tsp lemon herb seasoning

**Preparation:**Cook the rice and set aside. Form a marinade by whisking together the vinegar, oil, parsley, garlic, salt and pepper. Place tuna steaks in a suitable marinating container and pour the marinade over the tuna. Cover and refrigerate for about 2 to 4 hours, turning the steaks occasionally. Prepare the grill or broiler. Sauté the pepper strips and onion in 1 tablespoon of the marinade until tender, and set aside. Grill the steaks for 2 minutes on each side while basting with the marinade. Place the tuna steaks on the cooked rice and garnish with the onion and pepper strips.

**Linguine with Clam and Tomato Sauce****Ingredients:**• 2 tsp Parmesan cheese• 2½ oz clams• 1 tsp oil, olive• ¼ cup onion• ¼ cup pasta• 1 medium tomato• 1 tsp garlic• ½ tsp Splenda (optional)

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp parsley, dried• ¼ tsp dried basil

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**Preparation:** Cook the pasta until al dente. Heat the oil in the skillet and add the minced garlic and the onion. Cook over moderate heat until the onion is tender and add the liquid from the clams, add the diced tomato, a pinch of Splenda, and the seasonings to the skillet while continuing to stir and continuing to cook until the sauce thickens slightly. A few minutes before removing from heat, stir the clams in the tomato sauce and pour onto the drained pasta and sprinkle with grated cheese.

**Mushroom Topped Fillets Ingredients:** • ½ slice bread (rye, pumpernickel, flourless) • ½ oz cheese, Swiss • 1 lemon • 3 Tbsp milk, low-fat, 2% • 1 cup mushrooms • ¼ cup onion • ½ Tbsp yogurt, low fat-plain • ¼ tsp oil, high oleic safflower • 3 oz fish

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp parsley, dried • ¼ tsp paprika

**Preparation:** Toast the bread, once cooled, crumble to make bread crumbs, and set aside. Whisk the yogurt and milk together until well blended to make a cream and set aside. Sauté the onion in oil until tender and then add the mushrooms, parsley, salt, and pepper. Cut the fish into serving size pieces and place into the bottom of a shallow baking dish. Spoon the mushroom mixture on top and drizzle with lemon juice and cream mixture. Next, sprinkle with bread crumbs, grated cheese, and paprika and bake at 450 degrees allowing 10 minutes cooking time per inch or thickness measured at the thickest part or until the fish flakes easily.

### Oatmeal Tuna Snack

#### Ingredients:

- 1 tsp parmesan cheese
- 3 Tbsp oatmeal, uncooked
- 2½ oz tuna, canned in water
- 3 Tbsp yogurt, low fat-plain
- ½ tsp oil, high oleic safflower

#### Spices / Flavoring:

- ¼ tsp salt, light
- ¼ tsp lemon herb seasoning

#### Side Dish:

- 1 medium apple

#### Preparation:

Set the apple aside Mix all the ingredients into a bowl and season. Serve this with the apple on the side

### Salmon Burgers with Fresh Rosemary and Capers

#### Ingredients:

- 2 pounds wild salmon (not farmed or “Atlantic”)
- 1 cup flax meal
- 1/2 cup minced red onion

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- 1 tablespoon Dijon mustard
- 2 teaspoons prepared horseradish
- 2 eggs, or 3 whites
- Juice and zest of 1 lemon
- 1 Tbsp minced fresh rosemary
- 3 Tbsp drained and dried capers
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil

### **Preparation:**

Prepare the salmon by cutting it into strips, cutting the strips crosswise, and chopping the fish until it is well minced. In a large bowl, mix the minced salmon with the flax meal, red onion, Dijon mustard, horseradish, capers, eggs, lemon juice and zest. Season the mixture with rosemary, salt, and pepper. Chill for at least 30 minutes in a refrigerator. Preheat an outdoor grill or cast iron pan at medium-high heat. Form the salmon mixture into 6 or more burger patties and lightly coat each patty with olive oil. Place salmon patties on the grill or in a pre-heated cast iron pan, and cook 4 or 5 minutes on each side.

**Salmon Lettuce Wrap Ingredients:** • 1/4 cup cucumber • 1 tsp lemon juice • 1 cup lettuce, romaine • 1/4 tsp oil, safflower • 3 oz salmon, cooked • 1/2 medium tomato • 3 Tbsp yogurt, low fat-plain

**Spices / Flavoring:** • 1/4 tsp salt, light • 1/4 tsp black pepper • 1/4 tsp dried dill • 1/4 tsp lemon herb seasoning

**Side Dish:** • 8 Tbsp applesauce, unsweetened

**Preparation:** Set the applesauce and the lettuce aside. Chop the vegetables, and combine with the remaining ingredients. Scoop the mixture into the center of the lettuce leaves and wrap together, serve with applesauce on the side.

### **Salmon Patties**

#### **Ingredients:**

- 1 tsp lemon juice
- 1 1/2 oz salmon, cooked
- 4 egg whites
- 1/2 tsp oil, high oleic safflower
- 1 Tbsp oatmeal, ground
- 1 slice onion, red

#### **Spices / Flavoring:**

- 1/4 tsp salt, light
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp dried dill

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- ¼ tsp lemon herb seasoning

### **Side Dish:**

- 8 Tbsp applesauce, unsweetened

### **Preparation:**

Spread the oil in a pan; mix all ingredients together, except the applesauce, with spices. Spoon the mixture into a heated pan with oil and spread it to form patties. Cook the patties on low to medium heat until one of the sides is golden brown. Flip over and cook the patties thoroughly on other side. Serve with applesauce on the side.

### **Salmon Rice with Wine**

#### **Ingredients:**

- 2 tbsp butter
- 1 small bunch spring onions, chopped
- 1/2 cucumber, peeled, seeded and chopped
- 1 1/4 cups risotto rice
- 3 3/4 cups fish stock
- 2/3 cup dry white wine
- 1 lb salmon filet, skinned and diced

#### **Preparation:**

Melt the butter in a large saucepan, and add in the spring onions and cucumber. Cook for about 3 minutes and add the rice, fish stock and wine and return to the boil. Simmer the wine and stock mixture for about 10 minutes, being sure to stir occasionally. Add the diced salmon and tarragon, and continue to cook for another 5 minutes, cover and let stand for another 5 minutes before serving.

### **Salmon Salad Lettuce Wrap**

#### **Ingredients:**

- 2 tsp lemon juice
- 2 cups lettuce, romaine
- ½ tsp oil, safflower
- ¼ cup onion
- ¼ medium orange
- 3 oz salmon, cooked
- ¼ medium apple
- ¼ cup celery
- 2 Tbsp yogurt, nonfat-plain

#### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp lemon herb seasoning

#### **Side Dish:**

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- 1 high fiber cracker

## **Preparation:**

Set the lettuce, peeled orange, and the crackers aside. Finely chop up the apple and vegetables. Combine this with all the remaining ingredients and spices (as desired). Scoop the mixture into the center of the lettuce leaves and roll it into a wrap. Enjoy this with crackers and serve with the orange on the side.

**Salmon Salad Ingredients:**• 1¼ medium apples• ¼ cup celery• ¼ cup cucumber• 1 tsp lemon juice• 1 cup lettuce, iceberg• ½ tsp oil, safflower• ¼ cup onion• 3¼ oz salmon, cooked• 1 Tbsp yogurt, low fat-plain

**Side Dish:**• ½ medium orange

**Preparation:** Peel the orange and set aside. Next dice the apple and vegetables and mix with remaining ingredients, (except lettuce) and the seasonings. Serve on top of the lettuce and serve with oranges on the side.

## **Salmon Sandwich**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- ¼ cup cucumber
- ¼ cup lettuce, iceberg
- 1 tsp mustard, Dijon
- ½ tsp oil, safflower
- 2½ oz salmon, cooked
- ½ medium tomato
- 1 Tbsp yogurt, nonfat-plain

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp dried dill
- ¼ tsp lemon herb seasoning

### **Side Dish:**

- ¼ medium orange

## **Preparation:**

Combine the salmon, mustard, yogurt, oil and spices together. Spread the mixture on half of bread. Top off with the sliced vegetables followed by other half of the bread to make a sandwich. Serve with oranges on the side!

**Salmon Stir Fry Ingredients:**• 1½ cups broccoli• ¼ cup carrots• ¼ cup celery• ¼ cup mushrooms• ¼ cup rice, brown cooked• 2½ oz salmon, cooked• ¼ cup scallions• ¼ cup snow peas• ¼ cup water chestnuts• 2 tsp soy sauce, light• 1 tsp garlic• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp black pepper• ¼ tsp garlic powder

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**Preparation:** Cook the rice and set aside. Heat a large skillet or wok over medium heat and coat with the oil. Add the bell pepper, scallions, and garlic and cook for about 15 seconds and then add the julienned carrots, celery, water chestnuts, snow peas, broccoli florets, and the mushrooms. Stir fry until vegetables are crisp but tender. Combine the soy sauce, garlic powder, and ginger stirring until well mixed and pour into the skillet or wok. Cook over high heat, stirring frequently until sauce is slightly thickened. Next, add the salmon, stirring to coat well and serve with the rice.

**Shrimp and Vegetable Stir-Fry Ingredients:** • ¼ cup bok Choy • ½ cup chick/veggie stock • ½ cup mushrooms • ½ tsp oil, sesame • ¼ cup rice, brown cooked • ¼ cup scallions • 3½ oz shrimp • ¼ cup snow peas • 1 tsp soy sauce, light • 2 tsp garlic • ¼ tsp ginger • 1 tsp oil, high oleic safflower

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper

**Preparation:** Prepare rice as directed. Peel the shrimp, and make a shallow cut lengthwise down the back of each shrimp making sure to wash out the sand vein. Cut the shrimp again lengthwise almost into halves, and toss into a bowl with the soy sauce, sesame oil, and the black pepper. Cover the marinating shrimp and place into the refrigerator for 10 minutes. Heat the wok or large skillet and add the high oleic oil coating all sides of your cooking surface, then add the garlic and minced ginger and stir-fry until the garlic is light brown. Next add the shrimp and cook until the shrimp is pink, and remove the shrimp. Add the sliced bok Choy stems and mushrooms and cook for about 1 minute. Stir in chicken broth and bring to a boil. Stir in the soy sauce mixture, adding in the shrimp and pea pods, cooking for about 30 seconds. Garnish with some green onions and serve with rice.

**Stuffed Tomato with Tuna Ingredients:** • ¼ cup bell pepper • 1 slice bread (rye, pumpernickel, flourless) • 1 tsp Parmesan cheese • ¼ cup mushrooms • 1 tsp oil, olive • ¼ cup onion • ¼ cup scallions • ½ medium tomato • 3 oz tuna, canned in water • 1 tsp garlic

**Spices / Flavoring:** • ¼ tsp salt, light • ¼ tsp black pepper • ¼ tsp parsley, dried • ¼ tsp dried basil

**Preparation:** Toast the bread, once cooled, crumble to make bread crumbs, and set aside. Preheat the oven to 350 degrees. Cut the tomatoes in half and remove the seeds, and place upside down on paper towels to drain, and place in a baking pan. To make the stuffing, combine the oil, bread crumbs, basil, parsley, tuna, onion, mushrooms, garlic, parmesan cheese, salt and pepper. Divide the stuffing between the tomato halves, spooning 2 Tbsp olive oil over the tops of the tomatoes. Bake 25-30 minutes or until filling is crisp and golden.

### Tuna and Crackers

#### Ingredients:

- 3 high fiber crackers

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- 2 tsp mustard, Dijon
- ½ tsp oil, safflower
- 1 medium tomato
- 3 oz tuna, canned in water
- 1 Tbsp yogurt, nonfat-plain

### **Side Dish:**

- 8 almonds, whole

### **Preparation:**

Set the crackers, sliced tomato, and almonds aside Mix all of the remaining ingredients in a Bowl. Place the tuna mixture and the tomatoes on top of the crackers Serve this with the almonds on the side.

### **Tuna and Crackers**

#### **Ingredients:**

- 3 high fiber crackers
- 2 tsp mustard, Dijon
- ½ tsp oil, safflower
- 1 medium tomato
- 3 oz tuna, canned in water
- 1 Tbsp yogurt, nonfat-plain

#### **Side Dish:**

- 8 almonds, whole

### **Preparation:**

Set the crackers, sliced tomato, and almonds aside Mix all of the remaining ingredients in a Bowl. Place the tuna mixture and the tomatoes on top of the crackers serve this with the almonds on the side.

**Tuna Avocado Snack**  
**Ingredients:**• 1½ Tbsp avocados• 3 high fiber crackers• ½ tsp mustard, Dijon• ½ medium tomato• 4 oz tuna, canned in water• 1 Tbsp yogurt, nonfat-plain

**Preparation:**Set the crackers and the sliced tomatoes aside. Mix all remaining ingredients in a bowl and place the tuna mixture and the tomatoes on top of crackers, and serve.

### **Tuna Dijon**

#### **Ingredients:**

- 1 cup broccoli
- 1 cup cauliflower
- 3 tsp mustard, Dijon
- ¼ cup pasta
- 2 oz tuna, canned in water
- 3 Tbsp yogurt, low fat-plain
- 1 tsp oil, high oleic safflower

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## **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp parsley, dried
- ¼ tsp garlic powder
- ¼ tsp dried dill

## **Preparation:**

Boil the pasta in water until “al dente.” Drain the water from the pasta and set it aside. Combine any remaining ingredients and seasonings and toss them with the pasta.

**Tuna Pita Ingredients:**• 1½ Tbsp avocados• ¼ cup bean sprouts• ½ pocket pita pocket, whole-wheat• ½ cup lettuce, romaine• ¼ medium tomato• 3 oz tuna, canned in water• 2 Tbsp yogurt, low fat-plain• ½ slice onion, red

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp dried dill• ¼ tsp lemon herb seasoning

**Preparation:**Heat the pita in the microwave until slightly warm. Mix the tuna, yogurt, avocado, and seasonings together. Dice the vegetables and stuff into the pita with the tuna mixture, lettuce, and sprouts.

**Tuna Salad Lettuce Wrap Ingredients:**• ¼ cup cucumber• 1 egg (egg white)• ½ tsp lemon juice• 1 cup lettuce, romaine• ½ tsp oil, safflower• ¼ cup onion• ½ medium tomato• 2 oz tuna, canned in water• 4 Tbsp yogurt, low fat-plain• ¼ cup carrots• ¼ cup celery

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp paprika• ¼ tsp lemon herb seasoning

**Side Dish:**• 1 high fiber cracker

**Preparation:**Set the crackers and lettuce aside. Hard boil the egg(s) and dice the egg whites. Combine with the tuna, chopped vegetables and the spices. Scoop the mixture into the center of the lettuce leaves and wrap together, serve with crackers on the side.

**Tuna Sandwich Ingredients:**• 1 slice bread (rye, pumpernickel, flourless)• ¼ cup cucumber• ½ cup lettuce, iceberg• 1 tsp mustard, Dijon• 1 tsp oil, canola• ¼ medium tomato• 3 oz tuna, canned in water• 1 Tbsp yogurt, nonfat-plain

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper• ¼ tsp dried dill

**Side Dish:**• ¼ medium pear

**Preparation:**Combine the tuna, yogurt, mustard, oil, and spices together. Spread the mixture on half of the bread, and top off with sliced vegetables followed by the remaining bread to make a sandwich, with pears on the side.

## **Tuna Stir Fry**

### **Ingredients:**

- ¼ cup bell pepper

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- ½ cup broccoli
- ¼ cup carrots
- ¼ cup celery
- ½ cup mushrooms
- ¼ cup rice, brown cooked
- ¼ cup scallions
- ¼ cup snow peas
- 2½ oz tuna, canned in water
- ¼ cup water chestnuts
- 3 tsp soy sauce, light
- 1 tsp garlic
- ¼ tsp ginger
- 1½ tsp oil, high oleic safflower

### **Spices / Flavoring:**

- ¼ tsp black pepper
- ¼ tsp garlic powder

### **Preparation:**

Prepare the rice as directed on package and keep it warm. Heat a large skillet or wok on medium heat and coat with the oil. Add the bell pepper, scallions, garlic and stir fry 15 seconds. Add julienned carrots, water chestnuts, celery, snow peas, broccoli florets, and mushrooms. Stir fry until the vegetables are crisp tender. (Do not overcook the vegetables.) Combine the soy sauce, garlic powder, and ginger, stirring until everything is well mixed. Add everything, except the tuna, to a skillet or wok. Cook over high heat, stirring frequently until the sauce is slightly thickened. Add the tuna, stirring to coat well. Serve with rice.

### **Tuna Tortilla**

#### **Ingredients:**

- ½ medium apple
- ½ cup celery
- ¼ cup cucumber
- ½ cup lettuce, iceberg
- 1 tsp oil, safflower
- 1 tortilla, corn
- 4 oz tuna, canned in water
- 2 Tbsp yogurt, low fat-plain

#### **Spices / Flavoring**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ½ tsp Lawry's salt free 17

### **Preparation:**

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Set the tortilla aside. Chop the vegetables and combine them with the remaining ingredients. Scoop the mixture into the center of a warmed tortilla. Roll the tortilla and serve.

## Turkey

### **Mini Turkey Meatloaf**

#### **Ingredients:**

- 1 1/2 lbs Ground Lean Turkey
- 1 large yellow onion (diced and cooked)
- 1 Tbsp minced fresh garlic
- 1 egg white
- 1 whole egg
- 1 Tbsp Dried Thyme
- 1 Tbsp Dried Oregano
- 1 1/2 tsp Kosher Salt
- 1 tsp ground black pepper

#### **Preparation:**

Dice onion, sauté lightly until translucent and let cool. Combine all the ingredients in a large bowl, and let sit for 1 hour. Spray with not stick spray or olive oil and fill silicone or lined muffin cups about 3/4 full with mixture. Bake in a preheated 375 degree oven for about 30-45 minutes. Let it rest for about 1/2 hour before removing from pans.

**Turkey and Bean Stew****Ingredients:** • 1/4 cup green beans • 1/4 cup bell pepper • 1/4 cup carrots • 1/4 cup celery • 1/4 cup chick/veggie stock • 1/4 cup onion • 1/4 cup peas • 1/4 cup potato • 2 3/4 oz turkey, lean ground • 1 tsp garlic • 1/4 tsp oil, high oleic safflower

**Spices / Flavoring:** • 1/4 tsp salt, light • 1/4 tsp black pepper • 1/4 tsp marjoram • 1 tsp Tabasco sauce

**Preparation:** Brown the ground turkey in Dutch oven (or saucepan) and pour off excess fat. Add the onion and oil and cook until the onion becomes tender. Add the remaining ingredients and seasonings, to the pot and simmer over low to medium heat for about 30 minutes.

### **Turkey and Black Beans**

#### **Ingredients:**

- 1/4 cup beans, black
- 1 cup broccoli
- 1 Tbsp tomato sauce
- 2 oz skinless turkey breast
- 1 1/2 cups zucchini
- 1 tsp garlic
- 1 1/2 tsp oil, high oleic safflower

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- 2 slices onions, red

## **Spices / Flavoring:**

- ½ tsp Lawry's salt free 17
- ¼ tsp salt, light
- ¼ tsp cayenne pepper

## **Preparation:**

Heat the oil in a skillet and add the chopped vegetables and the remaining ingredients. Cook until the vegetables become tender and sauce becomes thick. Season to taste and serve.

## **Turkey and Crackers**

### **Ingredients:**

- 1 Tbsp avocado
- 3 high fiber crackers
- 1½ Tbsp cream cheese, non-fat
- ½ medium tomato
- 7 slices turkey breast, deli-style

### **Preparation:**

Layer the crackers with the turkey, sliced tomato and all remaining ingredients.

**Turkey Avocado Wrap**  
**Ingredients:** • 1 Tbsp avocado • ¼ cup cucumber • 1 cup lettuce, iceberg • 1 tsp mustard, Dijon • ¼ cup onion • ¼ medium tomato • ½ tortilla, 8 in. flour • 6 slices turkey breast, deli-style • 1 Tbsp yogurt, low fat-plain

**Side Dish:** • 1 egg white

**Preparation:** Hard-boil the eggs, cool, peel, discard the yolks and set aside. Mix the yogurt, avocado, and the seasonings together and spread onto the warmed tortilla(s). Layer the turkey, sliced vegetables, and the lettuce onto the top, and roll into a wrap and serve with egg whites on the side.

## **Turkey Burger**

### **Ingredients:**

- 1 slice bread (rye, pumpernickel, flourless)
- ½ cup lettuce, iceberg
- 2 tsp mustard
- ¼ medium tomato
- 2½ oz turkey, lean ground
- 1 egg white
- 1 slice onion, red

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp dried dill

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## Side Dish:

- ¼ medium orange

## Preparation:

Spread the oil in a pan, set this aside. Combine the egg whites, turkey, and seasonings. Spread to form a patty in the heated, oiled pan. Cook over medium heat until patty is brown. Flip over and cook thoroughly on the other side. Spread mustard on half of the bread and top with the patty, lettuce, sliced tomato, and onion. Serve with the oranges on the side.

## Turkey Chili

### Ingredients:

- 24 oz Extra Lean Ground Turkey
- 1 Can Black Beans
- 1 Can Dark Red Kidney Beans
- 1 Can Diced Tomatoes
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Jalapeno
- 1 Large Onion
- 2 Tbsp Chili Powder
- 1 Tbsp Paprika
- 1 Tbsp Cumin
- Salt and Pepper
- 1 Bunch Fresh Cilantro

### Preparation:

Dice the onion and bell peppers and put them in a non-stick pan and sauté until soft. In a large pot add the tomatoes and beans and bring up to a simmer. Put the cooked peppers and onions in with beans and tomatoes. Chop the jalapeno and put it in with tomatoes and beans. Sauté the ground turkey in a non-stick pan and add spices and salt and pepper to the turkey when it's almost cooked. Add the cooked turkey to the pot with the tomatoes and peppers. Let simmer for a few minutes and then add the chopped cilantro and serve.

**Turkey Scaloppini**Ingredients:• ½ cup bell pepper• 2 tsp lemon juice• ½ cup pasta• 3 Tbsp tomato sauce• 2 oz skinless turkey breast• ½ oz cheese, non-fat• 1½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ½ tsp Italian seasoning• ¼ tsp salt, light• ¼ tsp black pepper

**Preparation:**Cook the pasta, drain and set aside. Grate the cheese and set aside.Sauté the bell pepper in oil until tender, and add diced turkey, tomato sauce, lemon juice, and seasonings and heat through. Serve over the pasta and sprinkle with cheese

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**Turkey Scramble****Ingredients:**• ¼ cup mushrooms• ¼ medium tomato• 1 oz turkey, lean ground• ¼ cup zucchini• 4 egg whites• ½ tsp oil, high oleic safflower

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Side Dish:**• 5 Tbsp applesauce, unsweetened• 1 slice bread (rye, pumpernickel, flourless)

**Preparation:**Set the bread and the applesauce aside, and add the turkey and all of the vegetables, (except for the tomatoes) to the oiled skillet and cook until turkey is done, add the seasoned egg whites and tomatoes to the skillet and cook on medium heat until egg whites are done. Serve with the applesauce on the side.

## **Turkey Stroganoff**

### **Ingredients:**

- 1 tsp parmesan cheese
- 1½ cups mushrooms
- ¼ cup onion
- ¼ cup pasta
- 2 oz turkey, lean ground
- 2 tsp soy sauce, light
- ½ tsp oil, high oleic safflower
- 3 Tbsp yogurt, nonfat-plain

### **Spices / Flavoring:**

- ¼ tsp black pepper

### **Preparation:**

Boil the pasta until “al dente.” Drain the water from the pasta and set side. Sauté the diced vegetables and turkey in oil until the turkey is cooked thoroughly and the vegetables are tender. Remove this from heat and blend in the soy sauce, yogurt, and pepper. Serve this over pasta and sprinkle with parmesan cheese.

**Turkey Tostada****Ingredients:**• ½ Tbsp avocado• ½ Tbsp cream cheese, non-fat• ½ cup lettuce, iceberg• 1 Tbsp salsa• 1 medium tomato• 1 tortilla, corn• 2¼ oz turkey, lean ground• ½ oz cheese, cheddar- nonfat

**Spices / Flavoring:**• ¼ tsp salt, light• ¼ tsp black pepper

**Preparation:**Place tortilla into the oven until crisp. Cook the turkey in a pan, and toss together turkey, avocado, and salsa. Spread a thin layer of softened cream cheese on tostada shell, and spoon on chicken/salsa mixture. Top with lettuce, tomato, and cheddar cheese.

## **Deserts**

### **Chocolate Peanut Butter Mousse**

#### **Ingredients:**

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- ½ medium banana
- ¼ tsp vanilla extract
- ¼ tsp oil, safflower
- ½ Tbsp peanut butter, natural
- ½ Tbsp protein powder, chocolate
- 8 oz tofu, extra firm
- 1 tsp Splenda (optional)
- 2 Tbsp yogurt, nonfat-plain
- ½ tsp cocoa, unsweetened

### **Preparation:**

Squash tofu and bananas with fork Add all the remaining ingredients, stir Until mixture is smooth, serve chilled.

### **Chocolate Pudding**

#### **Ingredients:**

- ¼ tsp vanilla extract
- 1 Tbsp protein powder, chocolate
- 1 tsp Splenda (optional)
- 1½ tsp oil, high oleic safflower
- 15 Tbsp yogurt, nonfat-plain
- 1 tsp cocoa, unsweetened

### **Preparation:**

Mix all of the ingredients into a bowl. Serve this chilled. For a cold desert put pudding in a freezer for approximately 1 to 2 hours.

### **Chocolate Banana Dip**

#### **Ingredients:**

- ½ medium banana
- 5 Tbsp protein powder, chocolate
- 4 tsp almonds, ground
- 4 Tbsp yogurt, nonfat-plain

### **Preparation:**

Set the Banana aside. Mix the remaining ingredients into a bowl Slice the banana and dip into chocolate Dip.

### **Italian Custard with Blueberries**

#### **Ingredients:**

- ¼ tsp vanilla extract
- 1 tsp oil, safflower
- 1 Tbsp protein powder, vanilla

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- 7 Tbsp ricotta cheese, non-fat
- ½ cup blueberries
- 1 Tbsp oatmeal, ground
- 3 Tbsp yogurt, nonfat-plain

### **Spices / Flavoring:**

- ¼ tsp cinnamon

### **Preparation:**

Thaw blueberries and drain juice, mix all the ingredients together and sprinkle cinnamon on top. Serve immediately or serve chilled.

### **Italian Custard with Pears**

#### **Ingredients:**

- ¼ tsp vanilla extract
- 1¼ tsp oil, safflower
- 1 Tbsp protein powder, vanilla
- 7 Tbsp ricotta cheese, non-fat
- ¼ cup pear halves, light canned
- 1 Tbsp oatmeal, ground
- 3 Tbsp yogurt, nonfat-plain

#### **Spices / Flavoring:**

- ¼ tsp cinnamon

### **Preparation:**

Drain the juice from the pears, mix all of the ingredients together and sprinkle cinnamon on top. Serve immediately or chilled.

**Italian Custard with Pineapple**  
**Ingredients:**• ¼ tsp vanilla extract• 1 Tbsp oatmeal, uncooked• 1¼ tsp oil, safflower• 1 Tbsp protein powder, vanilla• 7 Tbsp ricotta cheese, non-fat• ¼ cup pineapple, chunks in juice• 3 Tbsp yogurt, nonfat-plain

**Spices / Flavoring:**• ¼ tsp cinnamon

**Preparation:** Drain the juice from the pineapple, and mix all ingredients together. Sprinkle cinnamon on top and serve immediately or chilled

**Italian Custard with Strawberries**  
**Ingredients:**• ¼ tsp cinnamon• ¼ tsp vanilla extract• 1¼ tsp oil, safflower• 3 Tbsp protein powder, vanilla• 3 Tbsp ricotta cheese, non-fat• ¾ cup strawberries• 1 Tbsp oatmeal, ground• 3 Tbsp yogurt, nonfat-plain

**Preparation:** Set aside the strawberries. Mix all other ingredients together, sprinkle cinnamon on top and serve.

**Strawberry Apple Dip**  
**Ingredients:**• ¼ tsp cinnamon• ½ cup strawberries• 4 tsp almonds, ground• 4 Tbsp protein powder, strawberry• 6 Tbsp yogurt, nonfat-plain

**Side Dish:**• 1 medium apple

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**Preparation:** Slice apple into wedges and set aside, crush the strawberries and stir into the yogurt with all of the remaining ingredients.

**Strawberry Coconut Pudding Ingredients:** • ¼ tsp vanilla extract • 1 tsp Splenda (optional) • ½ tsp oil, high oleic safflower • ¼ cup strawberries • 4½ Tbsp protein powder, strawberry • 2 Tbsp ground coconut • 10 Tbsp yogurt, nonfat-plain

**Preparation:** Mix all the ingredients in a bowl, and serve chilled.

**Strawberry Chocolate Mousse Ingredients:** • ½ medium banana • ¼ tsp vanilla extract • 1 tsp oil, safflower • 8 oz tofu, extra firm • 1 tsp Splenda (optional) • ½ cup strawberries • 1 Tbsp protein powder, strawberry • 2 Tbsp yogurt, nonfat-plain • ½ tsp cocoa, unsweetened

**Preparation:** Set aside the strawberries and combine the tofu with the bananas mixing them together with a fork, and add all of the remaining ingredients, stir until smooth and serve.

## Strawberry Pudding

### Ingredients:

- ¼ tsp vanilla extract
- 1 tsp Splenda (optional)
- 1½ tsp oil, high oleic safflower
- ¼ cup strawberries
- 3 Tbsp protein powder, strawberry
- 14 Tbsp yogurt, nonfat-plain

### Preparation:

Mix all the ingredients into a bowl. Serve this chilled. For a cool desert put into a freezer for approximately 1 to 2 hours

## Snacks

**Cheese, Apple and Walnuts Ingredients:** • ½ medium apple • 3 high fiber crackers • 1¼ Tbsp walnuts, chopped • 2¾ oz cheese, cheddar- nonfat

**Preparation:** Place sliced apple, crackers, cheese, and nuts on plate

## Cheese, Oranges and Nuts

### Ingredients:

- 3 almonds, whole
- 3 high fiber crackers
- ¼ medium orange
- 1 Tbsp walnuts, chopped
- 2½ oz cheese, cheddar- nonfat

### Preparation:

Place the sliced cheese on the crackers

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Serve with oranges and nuts.

## **Power Snack**

### **Ingredients:**

- 1 oz cheese, low-fat
- 3 high fiber crackers
- 4 medium olives, black
- ½ medium tomato
- 6 egg whites

### **Spices / Flavoring:**

- ¼ tsp salt, light
- ¼ tsp black pepper

### **Preparation:**

Boil the eggs for about 15 minutes and let the eggs cool. Cut the eggs in half and discard the egg yolks. Season as desired and Place on plate along with the crackers, olives, cheese and sliced tomatoes.