

UNBEATABLE MIND



Secrets for developing the
Unbeatable Mind and Mental Toughness!

By Mark Divine

Unbeatable Body

Unbeatable Body Nutrition & Recipes

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Unbeatable Mind

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“Bite off more than you can chew, then chew it.” – Ella Williams

Eat the Right Food

An Unbeatable Mind requires a body fine-tuned toward optimal functioning. Besides physical training such as SEALFIT and Warrior Yoga, proper sleep, rest and recovery, diet plays a key role. A warrior needs a nutritional plan that supports peak athletic performance as well as daily functioning. The Unbeatable Body Diet is such a plan and it's based on the integration of ancient wisdom, cutting edge nutritional science and experimental biology. This is just an introduction to the plan but enough to get you started.

However, before we go into the types of food that are generally recommended as well as those that are not, it's important to consider diet not only in light of optimal biological functioning but in a more integral manner. Food not only affects how we feel and how our bodies' function but it also acts as mirrors to see the quality of our relationships. It begs the question what type of consciousness do we bring to our food and our meals.

- Do we break bread with other's in an intentional way or do we scarf down our fast food between meetings
- Are we conscious of where are food comes from i.e. processed industrial food or family farm?)
- Is food merely nourishment for the body or is it equally nourishment for the soul?
- Do we actually taste and enjoy our food or just eat like our mouth is a conveyor belt?

A warrior seeks the clarity and focus to be able to see through illusion, mass hallucinations and general bullshit. Part of the warrior's path as it relates to food is to start to de-condition themselves from what I will call 'food porn' and begin to relate to food in a consciousness and intentional way. Food porn is the culinary culture created from the interplay between Madison Avenue, government agencies and special interest groups, which leads to what is generally called SAD (Standard American

Diet) and all of its cultural manifestations. It's almost a misnomer to actually call it food since a lot of what is sold as 'food' has very little to do with real food. It's more like Franken food created in labs and field-tested on millions of unsuspecting Americans. The end results are increased number of those suffering from diabetes, heart disease, cancer, digestive disorders, autoimmune diseases, neurological impairments, etc

Warriors in all aspects of their lives but especially food need to ask not only what is possible but also what is appropriate. With an Unbeatable Mind, the impossible becomes possible but when it comes to food, it's more important to ask what is appropriate for human beings to not only survive but also thrive.

So, when it comes to the types of food you eat, one question that needs to be asked is what is actually appropriate for human beings. That's different than what is expedient, conventionally accepted and/or sold by Madison Ave (remember 'food porn'). As integral warriors, we must see SAD for what it is and it's pretty damn sad. To answer the question what is appropriate for human beings we must know what we were designed to eat in order to not only survive but also thrive. A dispassionate look at human biology suggests that the appropriate diet for human beings is one similar to what is today popularly called Paleo or Primal.

Nutrition Guide

Following is a quick run-down of what to eat, avoid and how. Two approaches to effective nutrition I support are the Pale and Zone modalities. I include the key details below, and as always, don't hesitate to communicate with me or our training staff with any specific questions through www.SEALFIT.com.

- Eat several small meals a day vs. three big ones
- Avoid processed carbs such as breads, pasta and cereals. We recommend a cheat meal once a week.
- Drink (water) fifty to sixty percent of your bodyweight in ounces each day
- Keep a ready supply of foods available to make Zone snacks and meals

Do the above eighty percent of the time, then cheat like a mother the other twenty. Life is too short to be perfect!

What is Paleo?

It is a nutritional plan based on the presumed ancient diet of wild plants and animals that various human species habitually consumed during the Paleolithic Era—a period of about 2.5 million years that ended around 12,000 years ago with the development of agriculture. It is known as the **Paleolithic diet** (abbreviated **paleo diet** or **paleodiet**), also popularly referred to as the **caveman diet**, **Stone Age diet**, **Primal** and **hunter-gatherer diet**.

As a general rule, paleo foods are foods that don't require any kind of advanced processing to be made edible. This leaves a wide variety of foods available like meat, fish, poultry and game; vegetables, nuts and seeds, fruit, and most naturally occurring fats and oils. What it rules out is most packaged, processed foods, dairy, any kind of grains or starches and legumes (mostly beans, peas, lentils and the like, but also extending to peanuts which is not technically a nut). All cooking methods are allowed, but most curing and preserving methods, which typically involve a large amount of salt and other chemicals, are discouraged.

Many people report favorable improvements in performance after “going Paleo”, even if it is just one part of Paleo. Any of the steps below are generally good for your health and diet... feel free to customize your Paleo Diet to eliminate the things you want to or are most sensitive to and keep in your diet the others. For instance, some people just eliminate wheat, thus are “gluten-free Paleo”.

7 Steps to Paleo and integrally informed eating:

Step 1: Eliminate wheat from your diet and increase your consumption of fresh vegetables, fruits, nuts and seeds. This can be a challenge since it means eliminating things like bread, cereal, and pasta from your diet.

Step 2: Eliminate dairy from your diet especially milk and highly processed cheeses and yogurts

Step 3: Eliminate all other starches (corn, rice, beans, etc). Use vegetables and seasonal fruits as your primary sources of carbohydrates.

Step 4: Eliminate junk food and highly processed food stuff including food laden with additives and preservatives (sugar, soda, high fructose corn syrup, msg, aspartame, etc)

Step 5: Eliminate vegetable oils and use olive oil and coconut oil for cooking

Step 6: Use eating as a meditative practice. Be aware of how you feel while you eat. Bring a calm mind and relaxed body with you to each meal.

Step 7: Use meal-time as a time to re-connect with your team (or yourself). Whether it's your work team, family, friends or military unit.

What is the Zone?

The Zone diet is a balanced approach to eating. When eating in the Zone your body is in proper hormone and caloric balance. In this place the human body is most efficient and doesn't store excess fat. Eating a balanced diet means each meal is comprised of 40% carbohydrates, 30% protein and 30% fat.

3 Steps to the Zone

Step 1: What is a block?

A block is the Zone unit of measurement for your portions.

- 1 block of carbohydrates = 9 grams of carbohydrate
- 1 block of protein = 7 grams of protein
- 1 block of fat = 1.5 grams of fat
- 1 Total Block consists of 1 block protein, 1 block fat & 1 block of carbs

Step 2: How do I determine my allotted blocks per day?

There are a couple different methods for calculating the optimum number of blocks you can consume each day.

Option 1: Most Accurate

Formula: Lean body mass x activity level / 7 = block requirements.

Activity Level

Sedentary - no formal sports or training activity	0.5
Light - light activity such as walking occasionally	0.6
Moderate - fitness training 3 times per week	0.7
Active - daily training	0.8

Very active - daily training and heavy weights	0.9
Elite athlete - daily intense sports training	1.0

Note: If you CrossFit consistently (5 days per week) your activity level is a 0.7.

Option 2: Moderately Accurate

Body Type	Total Blocks
Small female	10
Medium female	11
Large female	13
Athletic muscular female	14
Small male	16
Medium male	17
Large male	19
Extra large male	20
Medium male - difficult time gaining weight	21
Large male - difficult time gaining weight	23
Athletic muscular weight	25

90-day Meal Plan Recipes

Grilled Chicken Salad

Amount	Ingredient	C	P	F
6 oz	Deli chicken breast strips, grilled (skinless)			
2 c	Cucumber with peel on			
2 c	Lettuce (romaine)			
2 tsp	Olive oil			
2 ea	Orange			
½ c	Green bell peppers			
4 tsp	Apple cider vinegar (Preferably raw/unfiltered)			
	TOTAL GRAMS	42.7	43.5	15.7

Calories: 486 *Prep time:* 10 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Toss lettuce with bell pepper and cucumber. Mix dressing and toss with vegetables until well combined. Top with chicken. Have orange for dessert.

Baked Dill Salmon with Asparagus and Cherry Tomatoes

Amount	Ingredient	C	P	F
1 1/8 lb	Asparagus			
1 ¼ Tbs	Dill weed, dried			
1 ¼ Tbs	Lemon juice			
6 1/8 oz	Salmon (Atlantic wild caught)			
34 ea	Tomatoes, cherry			
	TOTAL GRAMS	61.8	63.5	15.3

Calories: 639 *Prep time:* 30 min *Cook time:* 30 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Place salmon, dill weed and lemon juice in a zip lock bag and marinate for at least 1/2 hour. Pre-heat oven to 375 degrees. Place salmon in a baking dish and bake for 20 minutes, or until flaky when

tested with a fork. While salmon is cooking, cook rice according to package directions. In another saucepan, cover asparagus with water, bring to a boil, reduce heat and cook until soft (about 10 minutes).

Chopped Tuna Salad - Real Simple

Amount	Ingredient	C	P	F
2 oz	Garbanzo beans (chickpeas), canned	12.7	2.8	.6
¼ c	Green beans, canned	2.5	0	0
½ oz	Carrots	1.3	.1	0
¼ Tbsp	Extra virgin olive oil	0	0	3.3
¼ sm	Red onion	3.1	.5	.1
1/8 tsp	Sea salt	0	0	0
1/8 tsp	Black pepper	.1	0	0
2 ¼ Tbs	Tomatoes	.8	.2	.1
1 ½ oz	Tuna, Albacore canned in water	0	9.1	2.3
3/8 tsp	Red wine vinegar	.1	0	0
	TOTAL GRAMS	22.4	13.2	6.5

Calories: 200 Prep time: 30 min SERVING SIZE: whole recipe

Preparation Instructions:

Mix thinly sliced onion and vinegar in a small bowl and cover. Set aside for 30 minutes, stirring halfway through. Combine diced fennel (about 1 cup), drained green beans, and diced carrots in large bowl. Drain chickpeas and add them to bowl with diced tomatoes and toss gently. Drain onion slices, reserving vinegar. Whisk reserved vinegar with oil. Add salt and pepper. Flake tuna, in large chunks in medium bowl. Toss tuna with onion slices and vinaigrette. Place vegetables in serving bowl and top with dressed tuna. Garnish with lemon wedge and or fresh parsley.

Easy Egg and Berry Breakfast.

Amount	Ingredient	C	P	F
1 ³ / ₄ c	Blackberries			
3 ea	Egg whites			
3 ea	Large whole egg			
1 ³ / ₄ c	Strawberries			
	TOTAL GRAMS	48	33.3	14

Calories: 451 *Prep time:* 10 min *Cook time:*10 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Boil eggs, remove half the yolks and discard. Eat fruit on the side.

Apples and turkey

Amount	Ingredient	C	P	F
³ / ₄ ea	Apple			
1 ea	Whole large egg			
1/8 oz	Nuts (pecans), raw			
1 ¹ / ₂	Turkey breast			
	TOTAL GRAMS	17.7	18.1	6.9

Calories: 205 *Prep time:* 10 min *SERVING SIZE:* whole recipe

Preparation Instructions: *Preparation Instructions:* Slice apple and cheese. Roll apple slices and cheese in the turkey slices.

Canadian Bacon and Eggs with Blueberries & Peaches

Amount	Ingredient	C	P	F
1 ¼ c	Blueberries			
2 oz	Canadian bacon			
2 ea	Egg white			
2 ea	Whole egg			
1 c	Peaches, canned (no syrup/sugars)			
	TOTAL GRAMS	41.7	37.9	16.5

Calories: 467 *Prep time:* 5 min *Cook time:*10 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Cook and season eggs as desired. Cook bacon as desired. (usually fry in non-stick pan). Enjoy peaches and Blueberries mixed together.

Best Homemade Chili Ever

Amount	Ingredient	C	P	F
28 oz	Kidney beans, red, canned			
1 ½ lb	Ground chicken (or turkey)			
2 ½ Tbs	Chili powder			
2 tsp	Cumin			
2 10 oz cans	Mushrooms			
2 tsp	Extra virgin olive oil			
1 c	Onions			
2 tsp	Black pepper			
½ cu	Green bell peppers			
2 tsp	Sea salt			
2 28 oz cans	Diced tomato			
	TOTAL GRAMS	228.3	187.5	71.5

Calories: 2,307 *Prep time:* 15 min *Cook time:*150 min *SERVING SIZE:* ¼ of recipe

Preparation Instructions:

In Crock-pot add olive oil, tomatoes, mushrooms, 2 tablespoons chili powder, 1 teaspoon cumin, 1 teaspoon salt and 1 teaspoon pepper. Turn on high. In a large skillet cook peppers and onions diced with ground chicken, add 1/2 tablespoon chili powder, 1 teaspoon cumin, 1 teaspoon salt and 1 teaspoon pepper.* Cook until chicken is white. Cooks very fast on medium to high heat. Add skillet mix to crock-pot put lid on and cook for two hours on high. Rinse and drain kidney beans, add to pot and cook another half hour. If you were to cook all day while you're at work I would put on low heat and when you get home add beans and let cook half hour. If you don't have crock-pot can be done in big sauce pan on stove cook on low to medium heat though.

*You can adjust spices to your preference.

Save the rest for leftovers. You could freeze it too!

Boiled Egg and Veggie Sticks

Amount	Ingredient	C	P	F
1 1/8 c	Carrots			
1 1/8 c	Celery			
1 lg	Whole egg			
1/2 oz	Turkey			
	TOTAL GRAMS	19	14	6.7

Calories: 192 Prep time: 5 min SERVING SIZE: whole recipe

Preparation Instructions: Boil egg. Cut veggies into sticks. Serve with turkey for a quick snack.

Mushroom Tomato Scramble

Amount	Ingredient	C	P	F
1 ½ tsp	Basil, dried			
4 ea	Whole egg, large			
3 1/3 c	Mushrooms			
27 ea	Cherry tomatoes			
	TOTAL GRAMS	43.7	32.6	16.9

Calories: 457 *Prep time:* 5 min *Cook time:*15 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Cut tomatoes in half. Chop mushrooms. Scramble together with eggs and basil.

Kale and Chicken Stir-up

Amount	Ingredient	C	P	F
1 ¾ Tbs	Carrots			
1 ¾ oz	Chicken breast			
1 ¾ ea	Garlic clove			
6 1/3 c	Kale			
1 7/8 c	Mushrooms			
2 ¼ tsp	Extra virgin olive oil			
1 7/8 c	Zucchini			
	TOTAL GRAMS	47.5	37.2	15.2

Calories: 476 *Prep time:* 10 min *SERVING SIZE:* whole recipe

Preparation Instructions: Dice carrots, zucchini, mushrooms and kale. Finely dice garlic. Wash and pat chicken dry and dice. Heat oil in a non-stick skillet. Add garlic and cook briefly until garlic starts to release fragrance. Add chicken and cook until no longer pink. Add vegetables and some of your favorite herbal seasoning (like Mrs. Dash) to taste and stir-fry until crisp tender and kale is wilted.

Berry special pork tenderloin (paleo)

Amount	Ingredient	C	P	F
7/8 c	Snapped green beans			
1/8 tsp	Cloves, ground			
2 3/4 Tbs	Cranberries			
3/4 Tbs	Honey, strained or extracted			
1/2 ea	Kiwi fruit			
12 1/4 oz	Pineapple, canned, crushed (no syrups/sugar)			
11 1/2 oz	Mushrooms, fresh			
1Tbsp	Extra virgin olive oil			
3 5/8 oz	Pork loin, tenderloin			
1/2 c	Strawberries			
	TOTAL GRAMS	67	44.5	23.8

Calories: 660 *Prep time:* 20 min *Cook time:*30 min *SERVING SIZE:* a regular serving size...

balance the protein and fruit on your plate

Preparation Instructions:

Preparation Instructions: Wash and pat pork dry. Make a pocket by cutting lengthwise, being careful not to cut all the way through and leaving 1 inch uncut on either end. Crush the cranberries and pineapple together and mix in cloves. Spoon the mixture into the pocket in the pork. Tie with string to hold together. Spoon honey on pork and spread evenly. Slice mushrooms and put in with pork loin. Roast at 425 degrees for 25 to 30 minutes. While meat is roasting, clean string beans and sauté in oil until crisp tender. Season with fresh herbs (I use Herbs de Provence or Herbs Fines). Slice strawberries and peel and dice kiwi and mix together. To Serve: Slice pork and serve with beans and fruit.

Simply Eggs and Strawberries

Amount	Ingredient	C	P	F
1 med	Egg white			
1 med	Whole egg			
2 c	Strawberries			
	TOTAL GRAMS	19.9	9.9	5.5

Calories: 169 *Prep time:* 5 min *Cook time:* 5 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Combine egg white and whole egg and prepare as desired. Enjoy strawberries on the side.

Eggs & Bacon

Amount	Ingredient	C	P	F
2 ³ / ₄ oz	Canadian bacon			
2 ea	Whole egg			
2 ³ / ₄ ea	Orange			
	TOTAL GRAMS	45.2	29.6	17.1

Calories: 454 *Prep time:* 5 min *Cook time:* 10min *SERVING SIZE:* whole recipe

Preparation Instructions: Peel and section the orange. Lightly coat a pan with no-stick spray. Cook the egg as desired, add bacon just to heat and enjoy with the orange.

Just Ground Beef and Grapefruit Snack

Amount	Ingredient	C	P	F
2 oz	Ground beef, 80-90% lean			
1 ea	Grapefruit			
	TOTAL GRAMS	18	17.6	7.1

Calories: 206 *Prep time:* 5 min *Cook time:* 5 min *SERVING SIZE:* whole recipe

Preparation Instructions: Peel grapefruit and separate wedge sections. Cook ground beef until done and season with salt and pepper if desired. Eat ground beef and grapefruit sections.

Fresh Tuna and Quinoa Salad

Amount	Ingredient	C	P	F
2 ½ tsp	Extra virgin olive oil			
4 ¾ Tbs	Quinoa			
5/8 tsp	Cajun seasoning			
1 ¼ c	Spinach			
1 ¼ c	Tomatoes			
3 5/8 oz	Tuna, yellow fin			
1 ¼ Tbs	Cider vinegar (raw, unfiltered is best)			
	TOTAL GRAMS	44.9	40.2	16.4

Calories: 488 *Prep time:* 5 min *Cook time:* 15min *SERVING SIZE:* 3 5/8 cups

Preparation Instructions: Cook quinoa according to package directions. Season fresh tuna with Cajun spices (you can substitute another herb blend) and pan sauté or grill in Foreman grill. Chop fresh spinach. Chop tomato.

To prepare salad: Place flaked tuna and drained quinoa in a bowl. Add tomatoes, spinach, salt and pepper to taste, vinegar and oil. Toss to mix.

Marinated Lemon Pepper Chicken and Veggies

Amount	Ingredient	C	P	F
2 1/3 c	Asparagus			
3 5/8 oz	Chicken breast			
1 1/4 ea	Garlic clove			
2 1/2 tsp	Lemon pepper			
3 1/2 tsp	Extra virgin olive oil			
1 1/4 tsp	Sea salt			
3 c	Summer squash (yellow)			
2 1/3 c	Strawberries			
3 c	Zucchini			
	TOTAL GRAMS	59.3	51	22.1

Calories: 640 *Prep time:* 15 min *Cook time:* 15 min *SERVING SIZE:* whole recipe

Preparation Instructions: Wash and slice veggies and put into Ziploc bag with olive oil; wash and cut chicken into bite size chunks and add to bag, add lemon pepper, garlic, and salt and toss until well coated. You may choose to let it sit and marinate in the spice or cook immediately. Thread chicken onto skewers and BBQ or sauté in pan. Sauté veggies in a non-stick skillet. Serve with strawberries. Use BBQ or pan and cook until done.

FUN and FAST Apple and Canadian Bacon Snack

Amount	Ingredient	C	P	F
1 1/4 med	Apples			
3 1/4 oz	Canadian bacon			
	TOTAL GRAMS	21.3	14.5	6.5

Calories: 202 *Prep time:* 1 min *SERVING SIZE:* whole recipe

Preparation Instructions: A fast and easy snack!

Simply eat apple and Canadian bacon. Great for an on-the-go snack!

Canadian Bacon and Eggs with Blueberries & Peaches

Amount	Ingredient	C	P	F
1 ¼ c	Blueberries			
2 oz	Canadian bacon			
2 ea	Egg white			
2 ea	Whole egg			
1 c	Peaches, canned (no syrup)			
	TOTAL GRAMS	41.7	37.9	16.5

Calories: 467 *Prep time:* 5 min *Cook time:*10 min *SERVING SIZE:* whole recipe

Preparation Instructions: Cook and season eggs as desired. Cook bacon as desired. (usually fry in non-stick pan). Enjoy peaches and Blueberries mixed together.

Super Simple Salmon Snack

Amount	Ingredient	C	P	F
½ tsp	Extra virgin olive oil			
1 c	Orange			
3 oz	Salmon, smoked, Chinook (king)			
	TOTAL GRAMS	20.8	16.9	6

Calories: 205 *Prep time:* 2 min *SERVING SIZE:* whole recipe

Preparation Instructions: Drizzle oil over salmon, peel orange, enjoy! You can add a shake of garlic powder or a squeeze of lemon juice if you wish.

Blackberry Turkey Spinach Salad

Amount	Ingredient	C	P	F
1 ¾ c	Blackberries			
2 ½ tsp	Extra virgin olive oil			
6 ¾ c	Spinach			
3 ½ oz	Turkey breast, deli			
3 ½ Tbs	Balsamic vinegar			
½ c	Water chestnuts, Chinese			
	TOTAL GRAMS	50.5	38.4	14

Calories: 481 Prep time: 10 min SERVING SIZE: 1 3/4 salad

Preparation Instructions: Clean spinach and put in a bowl. Top with sliced water chestnuts, chopped turkey and blackberries. Shake oil and WHITE balsamic vinegar in a small container. Season with salt and pepper (optional) and pour dressing on salad.

Sausage Stir Fry Breakfast

Amount	Ingredient	C	P	F
1 lg	Whole egg			
1 ¼ tsp	Extra virgin olive oil			
1/3 c	Onions			
¼ lb	Pork sausage, fresh			
2 ½ c	Spinach			
	TOTAL GRAMS	9.5	30.1	45.3

Calories: 566 Prep time: 5 min Cook time:15 min SERVING SIZE: 1 5/8 recipe

Preparation Instructions: This quick and easy breakfast recipe can be searched with the option of eggs or not eggs. It is a great choice for those looking for breakfast options that do not include eggs. 1. Add olive oil to a skillet. 2. Heat over medium. 3. Toss in diced onions, sauté until softening. 4. Add the sausage. Cook until browned, tossing frequently. 5. Add the greens, reduce the heat to medium-low and cover. 6. Serve when the greens are wilted and soft. 7. Other options: top with 1-2 eggs over easy, or serve with salsa. **Notes: Make certain that you use nitrate free organic or natural sausage

Easy Broiled Salmon and Fruit

Amount	Ingredient	C	P	F
2/3 c	Blueberries			
2 oz	Salmon (Atlantic, farmed)			
2/3 c	Strawberries			
	TOTAL GRAMS	19.1	13.8	7.7

Calories: 201 *Prep time:* 10 min *Cook time:* 8 min *SERVING SIZE:* whole recipe

Preparation Instructions: Season salmon with herbs of your choice. Broil for 8 minutes, or until flaky. Serve with berries. Enjoy for a simple quick meal.

Hummus Salad

Amount	Ingredient	C	P	F
2/3 c	Garbanzo beans (chickpeas)			
3 1/4 oz	Chicken breast			
1 1/4 ea	Garlic clove			
1 1/4 Tbs	Lemon juice			
5/8 tsp	Lemon pepper			
1 1/4 tsp	Extra virgin olive oil			
1/3 c	Red onions			
5/8 tsp	Sesame seeds			
2 2/3 c	Spinach			
1 1/4 tsp	Tahini			
	TOTAL GRAMS	47.6	40.9	14.5

Calories: 485 *Prep time:* 15 min *Cook time:* 10min *SERVING SIZE:* whole recipe

Preparation Instructions: Drain garbanzos, reserving some of the liquid. Season chicken with lemon pepper and grill (I use a Foreman grill). Cut into strips. Cut onion into very thin rings. Tear spinach into bite-size pieces. Mix tahini, pressed garlic, lemon juice and olive oil (salt and pepper to taste) and small amount of the reserved garbanzo liquid to make dressing. Toss garbanzos, spinach and red onions. Top with grilled chicken. Drizzle with tahini dressing.

Chicken and Veggies

Amount	Ingredient	C	P	F
1 ³ / ₄ c	Broccoli			
5 ¹ / ₄ oz	Chicken breast			
1 ³ / ₄ c	Mushrooms			
2 ¹ / ₂ tsp	Extra virgin olive oil			
7/8 c	Pineapple			
7/8 c	Snow peas			
7/8 c	Water chestnuts			
	TOTAL GRAMS	60	58.2	18.1

Calories: 636 *Prep time:* 10 min *Cook time:* 15 min *SERVING SIZE:* whole recipe

Preparation Instructions: In a medium frying pan, cook chicken in the olive oil until juices run clear.

Add water chestnuts, pineapple, and veggies (sliced or chopped as desired) to the pan and cook until tender.

Simply Tuna and Fresh Fruit

Amount	Ingredient	C	P	F
¹ / ₄ c	Blueberries			
¹ / ₂ ea	Kiwi fruit			
¹ / ₂ ea	Orange			
¹ / ₂ 6 oz can	Albacore tuna in water			
	TOTAL GRAMS	18.1	19.4	4.9

Calories: 194 *Prep time:* 5 min *SERVING SIZE:* whole recipe

Preparation Instructions: Drain off the water from tuna. Peel fruits and enjoy with the tuna.

Asparagus and Tuna

Amount	Ingredient	C	P	F
2/3 c	Asparagus			
1/3 c	Avocados			

1 c	Black beans, canned			
1 ¼ Tbs	Cashews			
2 ¾ oz	White tuna, canned			
	TOTAL GRAMS	47.2	37.6	15.9

Calories: 482 *Prep time:* 5 min *Cook time:*10 min *SERVING SIZE:* 2 cups

Preparation Instructions:

Cook asparagus as desired. Rinse canned black beans if necessary. Peel and smash avocado. Put all ingredients together and warm up in microwave and voila!

Grilled Cod Quinoa and Collards

Amount	Ingredient	C	P	F
4 5/8 oz	Atlantic cod			
14 oz	Frozen collard greens			
1 ½ Tbs	Lemon juice			
3 ½ tsp	Extra virgin olive oil			
4 ¾ Tbs	Quinoa			
	TOTAL GRAMS	63.6	47.5	21.6

Calories: 639 *Prep time:* 5 min *Cook time:*10 min *SERVING SIZE:* whole recipe

Preparation Instructions: Cook quinoa according to package directions. Season cod with herbs of choice and grill (I use a Foreman grill). Place olive oil in non-stick skillet. Add collards** and stir-fry until wilted. Toss in lemon juice. Season with salt and pepper to taste. You can also add a pinch of cayenne for bite if desired.

You can substitute 7 cups of fresh chopped collards for the frozen. The values are the same. They cook down a lot.

Apricot Walnut Chicken and Stir-fry Vegetables

Amount	Ingredient	C	P	F
2 ½ Tbs	Apricots, canned			
2 5/8	Asparagus			

1/3 c	Snapped green beans			
6 oz	Blueberries			
3/8 lb	Chicken breast			
3/8 Tbs	Lemon juice			
5/8 med	Lemons with peel			
1 Tbs	Walnuts			
1 3/8 tsp	Extra virgin olive oil			
2 1/2 Tbs	Orange juice (not from concentrate)			
1 3/8 tsp	Dried parsley			
5/8 med	Red bell pepper			
5/8 med	Yellow bell pepper			
2 3/4 tsp	Tarragon, dried			
1 3/8	Zucchini			
	TOTAL GRAMS	55.9	65.5	18.8

Calories: 655 *Prep time:* 15 min *Cook time:* 20min *Temp:* 325 *SERVING SIZE:* Whole recipe

Preparation Instructions: Crush walnuts and chop apricots into small cubes and mix together. Cut pocket in the chicken breast and stuff with apricot/walnut mixture. Set aside.

In a bowl, mix together the rind of the lemon and the juice from the same lemon. Add 1/2 the parsley (minced), 1/2 the tarragon and 1/2 of the olive oil. Add lemon mixture to hot frying pan along with the chicken breast. Cook for 5 minutes each side.

Heat oven to 325 degrees. Put small amount of water in roasting dish and then place the chicken breast on a grill above the water. Cook for a further 10 to 15 minutes until juices run clear.

Stir-fry chopped red and yellow peppers, beans and zucchini with left over tarragon, oil, and parsley and lemon juice in same pan chicken was cooked in. Steam asparagus separately to taste (or add to stir-fry).

Place stir-fried vegetables on plate along with asparagus. Place chicken on top of vegetables. Serve blueberries as dessert.

Scrambled Eggs and Fruit

Amount	Ingredient	C	P	F
6 ea	Egg whites			

2 ea	Whole eggs			
2 1/2 lg	Orange			
	TOTAL GRAMS	44	37.8	11.7

Calories: 432 *Prep time:* 5 min *Cook time:*10min *SERVING SIZE:* whole recipe

Preparation Instructions: Mix eggs and egg whites in a bowl, season to taste. In a nonstick skillet, cook eggs as desired. Peel and segment orange. Enjoy scrambled eggs with the orange on the side.

Dinner on a Stick

Amount	Ingredient	C	P	F
5 oz	Beef (round, eye of round)			
5 ea	Mushrooms			
1 1/4 Tbs	Extra virgin olive oil			
1 1/4 ea	Onions			
1/8 tsp	Black pepper			
1 1/4 sm	Green bell pepper			
1/8 tsp	Sea salt			
5 ea	Cherry tomatoes			
2 1/2 Tbs	Cider vinegar			
1 1/4 tsp	Worcestershire sauce			
1 1/4 sm	Zucchini			
	TOTAL GRAMS	55.7	52.9	23.6

Calories: 647 *Prep time:* 20 min *Cook time:*15 min *SERVING SIZE:* whole recipe

Preparation Instructions:

Cut beef into 1 to 1 1/2 inch cubes. Pierce with cooking fork or pound lightly with meat mallet to tenderize. Cut onion in quarters. Dice 1/4 of the onion and place in Zip-Lock bag. Add vinegar, oil, salt, pepper and Worcestershire sauce to the Zip-Lock bag. Add beef to bag and marinate for at least 3 hours in refrigerator. If using wooden skewers, soak in water while beef is marinating. When ready to assemble and grill, slice peppers and zucchini into chunks. Thread chunks of pepper, onion and zucchini, tomatoes, mushrooms and beef onto skewers. Baste with marinade. Grill on Foreman grill or outside barbecue to desired doneness, basting with marinade as necessary. Enjoy with some herbal iced tea.

Green Smoothie (double batch)

Amount	Ingredient	C	P	F
2 Tbsp	Dry roasted/raw almonds (no salt)			
1 c	Orange juice (not concentrated)			
2 scoop*	Protein powder * or the equiv. of 46g protein		46g	
2 c	Spinach			
2 c	Strawberries (fresh/frozen)			
	TOTAL GRAMS	50.1	55.2	15.1

Calories: 557 *Prep time:* 5 min *SERVING SIZE:* 7/12 of recipe

Preparation Instructions: Blend together for delicious green smoothie

Hard Boiled Egg, Canadian bacon and Fruit

Amount	Ingredient	C	P	F
1 ¾ oz	Canadian bacon			
1 ea	Whole large egg			
1 ea	Kiwi fruit			
1 6 oz cn	Vegetable juice cocktail, canned			
	TOTAL GRAMS	20.7	14.8	8

Calories: 214 *Prep time:* 5 min *SERVING SIZE:* whole recipe

Preparation Instructions: Have hard-boiled eggs already prepared for a fast and easy meal. Great for after Easter with all the colored eggs. Canadian bacon eat cold or heat up. Peel and slice kiwi and peel shell off egg.

Spicy Turkey Chili

Amount	Ingredient	C	P	F
3/8 tsp	Dried basil			
¼ 16oz can	Black beans			
¼ 16 oz can	Red kidney beans			
5/8 tsp	Chili powder			

1/4 sm	Garlic clove			
1/3 c	Onions			
1/4 tsp	Oregano			
1/8 tsp	Black pepper			
1/4 tsp	Sea salt			
1/4 tsp	Dried thyme			
3/8 16oz can	Stewed tomatoes			
3 oz	Ground turkey			
	TOTAL GRAMS	51	38/4	17.5

Calories: 515 *Prep time:* 10 min *Cook time:*30 min *SERVING SIZE:* whole recipe

Preparation Instructions: Heat oil in large saucepan. Add garlic, minced and pressed. Sauté 30 seconds. Add chopped onion, and cook over medium to high heat until onion begins to brown. Add turkey. Cook about 5 minutes, stirring until turkey is no longer pink. Add salt, basil, chili powder, thyme, oregano, and black pepper. Stir well. Add tomatoes. Add beans, drained and rinsed. Simmer 10 to 15 minutes. Serve hot.

Tuna Steak with Sautéed Veggies

Amount	Ingredient	C	P	F
3 tsp	Extra virgin olive oil			
¾ med	Onion			
1 ½ med	Orange			
¾ med	Green bell pepper			
4 ¾ oz	Fresh blue fin tuna			
3 med	Zucchini			
	TOTAL GRAMS	62.6	54	21.5

Calories: 660 Prep time: 10 min Cook time: 10 min SERVING SIZE: whole recipe

Preparation Instructions: Wash the tuna steak and pat dry. Cook in the pan with half the olive oil. Remove from the pan and set aside. Wash and chop all the veggies, add the remaining oil to the pan and sauté the vegetables until crisp-tender. Add spices if you like. Return the tuna to the pan and heat through, then serve with fruit as dessert.

Banana Snack

Amount	Ingredient	C	P	F
1/3 c	Bananas			
3 ea	Egg white			
1 ea	Egg yolk			
	TOTAL GRAMS	18.2	14	5.5

Calories: 178 Prep time: 5 min Cook time: 20 min SERVING SIZE: whole recipe

Preparation Instructions: Hard boil WHOLE eggs - cover with water, heat to start of boil, put on lid, turn heat down to low and simmer 18 minutes. Discard half of the egg yolks. Slice banana. Enjoy banana slices and hard-boiled egg.

African Plantain, Vegetable and Grilled Chicken Salad

Amount	Ingredient	C	P	F
5 ¼ oz	Chicken breast			
5/8 Tbs	Cilantro			
1/8 tsp	Garlic powder			
1 Tbs	Olive oil			
½ c	Red onions			
1/8 tsp	Black pepper			
1/8 tsp	Sea salt			
1/8 tsp	Paprika			
1 ¼ c	Plantains			
2/3 c	Spinach			
1/3 c	Tomatoes			
5/8 Tbsp	Balsamic vinegar			
	TOTAL GRAMS	65.1	50.9	20.1

Calories: 645 *Prep time:* 10 min *Cook time:* 15min *SERVING SIZE:* 4 cups

Preparation Instructions: To Prepare Plantains: Peel green plantains and cut into bite size pieces. Place pieces in a pot with enough water to cover them. Add salt and bring to boil over high heat on stove. Reduce heat and simmer on low for 10 to 15 minutes, or until plantains are soft. (Use a fork to test them). Drain and place in a large bowl. To Prepare Chicken: Wash and pat dry. Season with a little garlic powder and paprika and grill (I use a Foreman grill) until cooked through and juices run clear. Remove to plate or cutting board and cut into bite size pieces. Add to bowl. To Assemble salad: Slice onion into thin rings (I use a V-slicer). Chop tomato, fresh spinach and fresh cilantro and add all to bowl. Pour in oil and vinegar and add pepper. Toss until all ingredients are mixed well. You can grill chicken and serve separately on plate with salad as a side if you wish.

Canadian Bacon Eggs and Fruit

Amount	Ingredient	C	P	F
7/8 c	Blackberries			
3 1/4 oz	Canadian bacon			
1 2/3 c	Cherries			
3 ea	Egg whites			
2 ea	Whole large egg			
	TOTAL GRAMS	46.6	42.6	16.8

Calories: 509 *Prep time:* 10 min *Cook time:*15 min *SERVING SIZE:* whole recipe

Preparation Instructions: Scramble eggs and cook with bacon in non-stick pan. Combine Blackberries and cherries and serve on side.

Green and White eggs

Amount	Ingredient	C	P	F
2 1/4 Tbs	Avocados			
3 ea	Egg whites			
1 ea	Whole large egg			
3/4 c	Grapefruit sections, canned			
	TOTAL GRAMS	16.8	17.3	7.5

Calories: 204 *Prep time:* 5 min *Cook time:*15 min *SERVING SIZE:* whole recipe

Preparation Instructions: BOIL EGGS for 5 minutes. (Discard yolks from eggs to be used as egg whites). Dice hard-boiled eggs and avocado into bowl. Season as desired and serve with grapefruit sections.

Artichoke Spinach Frittata (triple batch)

Amount	Ingredient	C	P	F
4 ½ oz	Artichoke hearts			
3 c	Blueberries			
1 ½ c	Egg substitute (or just whip up eggs with mostly whites... about a cup worth)			
4 ½ oz	Mushrooms			
1 ½ oz	Dry roasted almonds, no salt			
1 ½ tsp	Olive oil			
1 ½ Tbs	Shallots (dried or fresh)			
1 ½ oz	Spinach			
	TOTAL GRAMS	73.2	55.7	31.5

Calories: 799 (makes 3 frittatas – 266 calories ea) *Prep time:* 5 min *Cook time:* 15min *SERVING*

SIZE: 2 ½ frittatas

Preparation Instructions: Preheat broiler.

Prep veggies: Mince one shallot, chop mushrooms and artichoke hearts, spinach.

Spray non-stick ovenproof skillet with olive oil, or put oil in pan and rub with paper towel to distribute evenly. Place skillet over low to medium heat. Add mushrooms and shallots, stirring until they start to sweat, about 1 minute. Add artichoke hearts, continue to stir until everything starts to soften, about 2 minutes more, spreading ingredients evenly over the bottom of the pan. Sprinkle with spinach, let spinach start to wilt, about 1 minute, then pour egg substitute over all. Tilt pan to let eggs spread over bottom of the pan, cook gently until bottom is set.

Transfer skillet to broiler, cook until the frittata puffs and turns golden, about 5 minutes.

Remove skillet from broiler, and slide frittata out onto plate. Cut into wedges. Serve with blueberries and almonds.

Note: Frittatas aren't just for breakfast. I love them for a light and easy dinner after a long day.

Hummus n Eggs n Strawberries

Amount	Ingredient	C	P	F
2 ea	Egg whites			
4 Tbsp	Hummus			
1 ½ c	Strawberries			
	TOTAL GRAMS	21.5	13.6	6.9

Calories: 203 (makes 4 egg halves, 50 cal ea) *Prep time:* 5 min *Cook time:* 15min *SERVING SIZE:*

4 egg halves

Preparation Instructions: Hard boil 1 egg. Cool, slice in half and discard yolk. Place hummus in the egg white. Enjoy with strawberries.

If you boil up several eggs at the same time, you can cut down on the prep time for the next time you prepare this snack.

Michaels Meatballs

Amount	Ingredient	C	P	F
1 ½ lb	Applesauce, unsweetened			
2 lb	Ground beef, 80 to 90 % lean			
2 Tbsp	Italian seasoning			
1 med	Onion			
1 tsp	Black pepper			
2 c	Brown rice, long grain/aromatic			
1 tsp	Sea salt			
1 ½ lb	Strawberries			
2 16oz cn	Tomato sauce			
2 Tbsp	Worcestershire sauce			
	TOTAL GRAMS	515.6	305.9	116.7

Calories: 4,336 (makes 6 meatballs – 723 calories ea) *Prep time:* 20 min *Cook time:* 60min

SERVING SIZE: 1 meatball

Preparation Instructions:

Combine beef, chopped onion, 1 cup of rice, salt, pepper and seasoning to make about 6 large meatballs. Place in 9x13 casserole dish. Pour tomato sauce, rest of rice and Worcestershire into dish. Bake covered with aluminum foil for 45 minutes at 350, then uncover and bake for 15 more min. Enjoy strawberries with applesauce for dessert.

Simply Eggs and Strawberries

Amount	Ingredient	C	P	F
1 med	Egg whites			
1 med	Whole eggs			
2 c	Strawberries			
	TOTAL GRAMS	19.9	9.9	5.5

Calories: 169 *Prep time:* 5 min *Cook time:* 5min *SERVING SIZE:* whole recipe

Preparation Instructions: Combine egg white and whole egg and prepare as desired. Enjoy strawberries on the side.

Chopped Tuna Salad – real simple

Amount	Ingredient	C	P	F
2 oz	Garbanzo beans (chickpeas)			
¼ c	Snapped green beans			
½ oz	Carrots			
¼ sm	Fennel bulb			
¼ Tbsp	Olive oil			
¼ sm	Red onion			
1/8 tsp	Black pepper			
1/8 tsp	Sea salt			
2 ¼ Tbs	Tomatoes			
1 ½ oz	Albacore tuna in water			
3/8 tsp	Red wine vinegar			
	TOTAL GRAMS	22.4	13.2	6.5

Calories: 200 *Prep time:* 30min *SERVING SIZE:* Whole recipe

Preparation Instructions: Mix thinly sliced onion and vinegar in a small bowl and cover. Set aside for 30 minutes, stirring halfway through. Combine diced fennel (about 1 cup), drained green beans, and diced carrots in large bowl. Drain chickpeas and add them to bowl with diced tomatoes and toss gently. Drain onion slices, reserving vinegar. Whisk reserved vinegar with oil. Add salt and pepper. Flake tuna, in large chunks in medium bowl. Toss tuna with onion slices and vinaigrette. Place vegetables in serving bowl and top with dressed tuna. Garnish with lemon wedge and or fresh parsley.

Notes: