

# FIT Meal Plan Ideas

- The following meals are suggestions for those who may need some extra help in where to start on their weight loss journey.
- To defray costs, do NOT make these meals in order! Pick your favorites, eat those along with leftovers on a particular week, and try different meals the next week.
- An *asterisk* indicates that there is a recipe for that item at the end of the page. Recipes are in alphabetical order for easy reference. Enjoy these FIT meals and snacks!

## Week 1

### Monday

**Breakfast:** 2-egg omelet with chopped vegetables, “green” smoothie (See green smoothie file for instructions and ideas)

**Snack #1:** 1 slice cinnamon raisin Ezekiel bread or other sprouted grain bread (*Sprouted grains are much easier for our bodies to digest. These breads can be found at many grocery stores and at most health food stores.*) with 1 tsp. almond butter

**Lunch:** 3 ounces sliced turkey breast in a whole-wheat tortilla with mixed greens, tomato, and 2 or 3 slices of avocado; mixed green salad with your dressing of choice

**Snack #2:** 1 cup berries mixed with 2 tablespoons plain yogurt (add raw honey or maple syrup if you like)

**Dinner:** Asian chicken salad: mixed greens, red onions, and tomato wedges; add cooked chicken breast, sliced; 1/2 cup mandarin orange sections; and 1 ounce cashews tossed with 1 tablespoon olive oil and vinegar

**Snack #3:** 1 piece fruit, 1 cup cottage cheese sweetened with raw honey

### Tuesday

**Breakfast:** Homemade \*granola with milk and berries

**Snack #1:** plain yogurt mixed with dried fruit and honey

**Lunch:** \*chicken guacamole with celery sticks

**Snack #2:** slices of cheddar cheese and turkey breast

**Dinner:** cooked brown rice (or quinoa or couscous), seasoned grilled shrimp, mixed green salad with dressing of choice

**Snack #3:** \*FIT Frosty

### Wednesday

**Breakfast:** 1 cup oatmeal with 2 tablespoons mixed dried or fresh fruit and nuts and 1 teaspoon cinnamon (add pure maple syrup if you like)

**Snack #1:** Homemade or store-bought Larabar (see file on forum dedicated to homemade date and nut bars for ideas and variations)

**Lunch:** Tuna salad: 3 ounces grilled or canned tuna, 5 small red potatoes, 1/2 cup string beans, and 5 to 8 olives on a bed of salad greens tossed with 2 teaspoons olive oil and 1 tablespoon red-wine vinegar

**Snack #2:** 1 slice cinnamon raisin Ezekiel bread with 1 teaspoon almond butter, 1 piece fruit

**Dinner:** homemade hamburger with lettuce, tomato, and red onion on slice of sprouted grain bread or on lettuce wrap; sweet potato fries

**Snack #3:** 1 cup air-popped popcorn with sea salt and cinnamon, drizzled with raw honey

## Thursday

**Breakfast:** 2-egg scrambler with mushrooms and spinach

**Snack #1:** fresh fruit kabob

**Lunch:** tossed salad: mixed salad greens, cucumber, red bell pepper, red onion, diced carrots, tomato, 1/2 cup chickpeas, 1/2 cup string beans, and 1 ounce grated hard cheese tossed with 2 teaspoons olive oil and 1 tablespoon red-wine vinegar

**Snack #2:** hard-boiled eggs

**Dinner:** spaghetti marinara: 1 cup cooked whole-grain pasta (or spaghetti squash) topped with 1/2 cup marinara sauce and 1 tablespoon grated Romano cheese, side salad with olive oil and vinegar

**Snack #3:** 2 kiwifruits

## Friday:

**Breakfast:** \*pecan maple breakfast cookies with a banana

**Snack #1:** apple with unsweetened peanut butter

**Lunch:** 2 ounces whole-wheat pita, 2 ounces chicken or turkey breast, 1 tablespoon hummus with chopped mixed greens

**Snack #2:** \*kale chips

**Dinner:** \*zucchini Boats

**Snack #3:** \*skinny chunky monkey cookies

## Saturday:

**Breakfast:** \*whole wheat banana pancakes with pure maple syrup

**Snack #1:** 1/2 whole-wheat pita with 1 tablespoon hummus

**Lunch:** 1 cup chicken noodle soup, whole-wheat crackers, mixed green salad with 1 tablespoon grated hard cheese and sliced olives tossed with dressing of choice

**Snack #2:** 1 1/2 cups watermelon chunks

**Dinner:** broiled lean steak, 1/2 cup mashed potatoes, 1 cup steamed broccoli with grated Parmesan cheese

**Snack #3:** celery topped with peanut butter or cream cheese and raisins (ants on a log)

## Sunday:

**Breakfast:** "green smoothie" (see Smoothie file on forum for ideas and variations) and an egg fried in coconut oil

**Snack #1:** red bell pepper strips dipped in hummus

**Lunch:** medium baked potato topped with sautéed mixed vegetables (e.g., mushrooms, onions, broccoli)

**Snack #2:** 12 almonds or cashews

**Dinner:** whole roasted chicken with baked sweet potatoes and side salad

**Snack #3:** \*Banana Ice Cream

## Week 2

### Monday:

Breakfast: \*frittata

Snack #1: 1 teaspoon natural peanut butter, raw vegetables (as much as you want)

Lunch: \*lunch wrap

Snack #2: 1 ounce almonds, 1 1/2 cups berries  
Dinner: veggie and chicken stir fry with rice noodles  
Snack #3: \*peanut butter cookies

## Tuesday:

Breakfast: \*flaxseed pancakes with maple syrup and berries  
Snack #1: ½ cup grapes and one slice of cheese  
Lunch: \*lime chicken avocado salad  
Snack #2: 3 slices deli turkey, 1 large orange  
Dinner: grilled vegetable kabobs over brown rice or quinoa with grilled chicken  
Snack #3: slices of cantaloupe

## Wednesday:

Breakfast: ½ cup rolled oats with chopped apples, raisins, pure maple syrup, and cinnamon  
Snack #1: 1 cup fresh pineapple broiled in the oven  
Lunch: \*sweet potato hash  
Snack #2: slices of cheese, raw vegetables (as much as you want)  
Dinner: chicken fajitas in lettuce wraps  
Snack #3: \*oatmeal cookies

## Thursday:

Breakfast: 1 slice sprouted grain bread with 1 teaspoon peanut butter, 1 cup berries  
Snack #1: blueberries and ½ cup plain yogurt with honey  
Lunch: \*quinoa lunch  
Snack #2: 3 slices lean deli roast beef, 1 large orange  
Dinner: roasted chicken with sweet potato fries and side salad  
Snack #3: \*banana ice cream

## Friday:

Breakfast: blueberry smoothie (blueberries, rolled oats, unsweetened almond milk, banana, cinnamon)  
Snack #1: 1 ounce almonds, cantaloupe chunks  
Lunch: \*stuffed pepper wedges  
Snack #2: banana with unsweetened peanut butter  
Dinner: breakfast for dinner (scrambled eggs and nitrate-free bacon); 1 toasted slice of cinnamon raisin Ezekiel bread with 1 teaspoon almond butter  
Snack #3: \*orange creamsicle

## Saturday:

Breakfast: \*overnight oats  
Snack #1: olives with cherry tomatoes  
Lunch: \*tomato avocado burgers  
Snack #2: 1 teaspoon peanut butter, 1 or 2 slices whole-grain bread  
Dinner: \*tortilla pizzas  
Snack #3: 1 cup \*chocolate pudding

## Sunday:

Breakfast: 1 piece sourdough bread, ½ cup strawberries over cottage cheese

Snack #1: 4 dates dipped in almond butter

Lunch: \*Mediterranean herb-crusted fish

Snack #2: 2 slices lean deli roast beef, 1 slice cheese

Dinner: \*alfredo chicken flatbread

Snack #3: ½ cup \*honey cinnamon almonds

## Week 3

## Monday:

Breakfast: \*omelet cups

Snack #1: cottage cheese with red onion and green olives on a bed of fresh greens

Lunch: \*egg drop soup

Snack #2: ham and cheese roll-ups

Dinner: grilled fish with veggies and brown rice (or quinoa or couscous)

Snack #3: sweet potato with butter and sea salt

## Tuesday:

Breakfast: overnight steelcut oats (make in crockpot the night before and add honey, cinnamon, butter, vanilla, and diced apple)

Snack #1: sliced cucumbers sprinkled with vinegar and seasonings

Lunch: \*quinoa with kale

Snack #2: cubed colby jack cheese

Dinner: veggie chili (add zucchini, kale, and more beans to the bean chili and maybe another can of tomatoes)

Snack #3: strawberry shortcake shake (frozen banana, unsweetened almond milk, cottage cheese, frozen strawberries; optional: ice, honey, lime juice, chia seeds)

## Wednesday:

Breakfast: English muffin with avocado, egg, and cheese

Snack #1: sliced apple with cottage cheese sprinkled with cinnamon

Lunch: chicken wrap (cook chicken at beginning of week and cut in strips to easily grab during the week) stuffed with fresh veggies and drizzled with favorite dressing

Snack #2: hard-boiled eggs with smoked paprika and sea salt

Dinner: smothered chicken (chicken breast with grilled peppers, mushrooms, and onions smothered in mozzarella)

Snack #3: homemade tuna salad

## Thursday:

Breakfast: full-fat Greek yogurt, granola, and fruit parfait (sweeten yogurt with FIT-friendly sweetener of choice)

Snack #1: sprouted grain toast with natural peanut butter and honey

Lunch: homemade carrot raisin salad

Snack #2: sugar snap peas

Dinner: waffle iron night (mix nitrate-free bacon in the batter and serve with pure maple syrup)

Snack #3: frozen fruit popsicle (homemade by pureeing fruit and adding to popsicle molds)

## Friday:

Breakfast: sausage sweet potato hash

Snack #1: sweet mini peppers

Lunch: salad in a jar (make-ahead for entire week)

Snack #2: veggies with dip of choice

Dinner: taco bar with all the fixins (sour cream, cheese, tomatoes, guacamole)

Snack #3: unsweetened apple sauce

## Saturday:

Breakfast: nitrate-free bacon and scrambled eggs

Snack #1: ½ avocado drizzled with sriracha

Lunch: chicken tortilla soup (use leftover taco chicken in a stockpot with a can of tomatoes, chicken stock, and rice)

Snack #2: frozen grapes

Dinner: baked potato bar/top with chili

Snack #3: baked or dehydrated apple chips

## Sunday:

Breakfast: breakfast burrito stuffed with sausage and eggs scrambled with veggies

Snack #1: cutie orange slices

Lunch: homemade pizzas (use various veggie and meat toppings on tortillas or homemade dough)

Snack #2: carrots dipped in hummus

Dinner: "Chipotle" style burrito bowls

Snack #3: 1/2 cup honey, 2/3 cup peanut butter, and 1 tablespoon coconut oil melted together and poured over air-popped popcorn

## Recipes

### Alfredo Chicken Flatbread

2 flatbreads

6 oz. chicken breast (cut in bite size pieces)

1 TBSP butter (salted)

2 TBSP cream cheese

1/2 c. Reduced fat milk

1/2 c. Parmesan cheese

Spinach leaves

Parsley, chopped

1 c. Mozzarella cheese

1. In a saucepan, melt butter with a garlic clove. Once butter is melted, add cream cheese and slowly add milk. Continue stirring for 4-5 minutes. Add Parmesan cheese. (If the Alfredo sauce is thin, add flour to thicken.)
2. Cook chicken in olive oil in a skillet. Season with salt, pepper and a little bit of lemon juice.
3. Add Alfredo sauce to chicken.
4. Assemble the flatbread pizza! Put fresh spinach leaves on the bread. Add chicken/Alfredo sauce next. Top with mozzarella cheese and Parmesan. (I added green onions and chopped parsley on top.)

Bake for 15-20 minutes at 350 degrees.

This makes 4 servings at 277 calories per half of flatbread.

### **Banana Ice cream**

Place frozen banana in blender (It must be frozen for it to work.) and blend until creamy like yogurt. Add strawberries (or any fruit) for variation. Add a T. of carob powder for a chocolaty taste. Add carob chips for a crunchy, mocha flavor.

### **Chicken Guacamole**

1 ripe avocado,  
1/2 tomato diced,  
1/2 of lime juice  
1/2 tsp sea salt  
red hot peppers if you like hot  
2 tbsp of cilantro chopped  
Add onions, garlic, basil, rosemary, and other spices (optional)  
Add diced chicken

### **Chocolate "Pudding"**

Blend together 2 bananas, 1 avocado, 1 tsp of cocoa - you can add more, if it is a little too thick, add a little almond or coconut milk. And if it doesn't seem sweet enough, add some honey or coconut sugar.

### **Egg Drop Soup**

Sauté mushrooms and onions and season with salt and pepper. Add chicken broth. While this comes to a boil, beat several eggs. When broth boils, slowly drizzle in eggs. Soup is done when the eggs are cooked.

### **Flax Seed Pancakes**

Mix two bananas, four eggs, and a couple of tablespoons each of wheat germ and flax seed. Add a tsp of coconut oil to pan before cooking.

### **FIT Frosty**

1 frozen banana  
1/2 c of unsweetened almond or coconut milk

1 heaping T of unsweetened cocoa  
2 T of natural peanut butter or almond butter (optional)  
Dash of cinnamon  
Splash of vanilla  
Blend all together in blender until creamy

### **Frittata**

Sauté diced sun-dried tomatoes, onion, and a lot of spinach. Cook till the spinach is totally cooked down. Remove from the pan.

Whisk together one egg and two egg whites. Then add the veggies and mozzarella. Put the mixture back in the pan (you may have to add a little more butter) on low heat. Cook until set. You can flip it over to finish the other side, or finish it in a broiling oven till set.

### **Granola Bars/Cereal (the perfect substitute for all those boxed cereals)**

SERVES: MAKES 3 LBs

#### **INGREDIENTS**

- 3½ cups rolled oats (if you want bars use steel cut oats so it will stick together better)
- 1 cup raw sliced almonds
- 1 cup raw cashew pieces (or walnuts or pecans)
- 1 cup unsweetened shredded coconut (I could only find unsweetened at [Earth Fare](#), which is similar to Whole Foods)
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 2 teaspoons ground cinnamon
- 1½ teaspoons ground ginger
- ½ teaspoon grated or ground nutmeg
- 6 tablespoons unsalted butter
- ½ cup honey
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- Also need – parchment paper

#### **INSTRUCTIONS**

1. Preheat the oven to 250 degrees. Cover a rectangular baking sheet with parchment paper.
2. Mix the dry oats, almonds, cashews, coconut, seeds and spices together in a large mixing bowl.
3. Heat the butter and honey together in a small saucepan over low heat. Once the butter melts stir in the vanilla and salt.
4. Pour the hot liquids over the dry ingredients and stir together with a rubber spatula until evenly coated.
5. Spread mixture onto prepared pan in one even layer. Bake for 75 minutes.
6. The granola will become crisp as it cools at which point you can break into pieces (if making bars) or break it up into small chunks by pounding it in a zip lock bag (if making cereal). Store in air tight container at room temperature for up to 2 weeks.

### **Honey Cinnamon Almonds**

2 cups almonds, whole with skins on

1/4 cup coconut sugar, 1 tsp cinnamon  
1/2 teaspoon salt  
2 tablespoons honey  
2 tablespoons water  
2 teaspoons almond oil or 2 teaspoons vegetable oil

Spread the almonds in a single layer in a shallow ungreased baking pan and place in cold oven. Bake at 350°F, stirring occasionally, until the internal color of the nut is tan to light brown, 12 to 15 minutes. (The nuts will continue to roast a little more after they are removed from the oven.) Set the roasted almonds aside.

Thoroughly mix the coconut sugar, cinnamon, and salt, and set aside.

Stir together the honey, water, and oil in a medium-size saucepan and bring to a boil over medium heat. Stir in the roasted almonds and continue to cook and stir until all of the liquid has been absorbed by the nuts, about 5 minutes.

### **Kale Chips**

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp at 350, turning the leaves halfway through, about 20 minutes. Serve as finger food.

### **Lime Chicken-Avocado Salad**

½ c freshly squeezed lime juice  
¼ c olive oil  
2 Tbsp honey  
¼ tsp cayenne pepper  
1 rotisserie chicken  
1 ripe avocado, sliced  
1 c grape tomatoes, quartered  
½ c peeled, seeded and chopped cucumber  
¼ c chopped fresh basil

1. Cube chicken.
2. In a small bowl, mix lime juice, olive oil, honey, salt and cayenne pepper.
3. Combine chicken, avocado, tomatoes, cucumber, and basil with half of the mixture.
4. Spoon some of the mixture over a bed of lettuce. Use the remaining juice mixture as a salad dressing if desired.

### **Lunch Wrap**

Ezekiel sprouted grain tortilla (or other sprouted grain tortilla)  
Hummus  
Spinach  
Cucumber  
Bean sprouts  
Cilantro



Feta cheese  
Tomatoes  
Bragg liquid aminos  
Toasted sesame oil

Mix all ingredients and wrap in tortilla.

### **Mediterranean Herb Crusted Fish**

Prep Time: 10 min.; Cook Time: 15 min. Yield: 8 servings

Seasoning Blend:

1 tsp. minced garlic  
1 tsp. marjoram leaves  
3/4 tsp. ground (dry) mustard  
3/4 tsp. basil leaves  
3/4 tsp. oregano leaves  
1/2 tsp. coarse ground black pepper

8 fish fillets (about 2 lbs.) \*Please use wild caught fish and not farm-raised.

1/2 tsp. salt  
4 Tbsp. melted butter or olive oil (I used a little of each)  
1 1/2 cups chopped fresh spinach leaves  
3/4 c. panko bread crumbs  
3 Tbsp. shredded Parmesan cheese

Directions:

1. Place fish on foil-lined shallow baking pan. Sprinkle with salt. Mix butter/oil and all the spices in a medium bowl. Brush fish with 1 Tbsp. of the seasoned butter.
2. Stir spinach, panko and Parmesan into remaining seasoning mixture. Divide mixture evenly over fillets, pressing lightly so mixture adheres to top of fish.
3. Bake in preheated 400 oven for 15 minutes or until fish flakes easily with a fork.

### **Oatmeal Cookies**

Mix 3 mashed bananas (ripe), 1/3 cup applesauce, 2 cups of oats, 1/4 cup almond milk, 1/2 cup of raisins, 1 tsp vanilla, 1 tsp cinnamon. Bake at 350 for 15-20 minutes.

### **Omelet Cups**

Spray a muffin tin, use muffin liners, or line tins with bacon or prosciutto. Crack in the egg and stir, adding veggies. Bake at 350 degrees until eggs are cooked.

### **Orange Creamsicles**

1 cup freshly squeezed orange juice  
1 cup coconut milk  
1 T raw honey or maple syrup (or to taste)  
½ tsp vanilla extract

Combine and pour into popsicle molds.

### **Overnight Oats**

8oz twist top containers

In each container:

1/4 cup plain yogurt

1/8 cup steel cut, quick cook oats

1 tsp. maple syrup

1 tsp. flax seeds

1 tsp. chia seeds

1 T. whole milk

Mix all that together and then filled to the top with frozen (and some fresh) berries.

Refrigerate overnight, stir, and enjoy in the morning. (You may want to use a little more milk and substitute coconut sugar for maple syrup.)

### **Peanut Butter Cookies**

1 cup raw, or dry-roasted, whole almonds (or almond meal)

1 cup pitted medjool dates

½ cup natural peanut butter (or other nut butter)

1½ teaspoons pure vanilla extract

#### **Instructions**

1. If you're using whole almonds, process them until they resemble a coarse meal.
2. Add the dates, peanut butter and vanilla; if you're using already-prepared almond meal, just toss all the ingredients into the food processor together. If the nut butter isn't salted, you may add a few pinches of salt.
3. Process the ingredients until the mixture starts to form a dough, about 2 minutes. If it doesn't seem to come together, add another tablespoon or two of peanut butter and process again.
4. Form the dough into walnut-sized balls and place on a sheet of parchment paper. Press each ball gently with a fork to make the classic peanut butter cookie criss-cross pattern.
5. Store in the refrigerator.

### **Pecan Maple Breakfast Cookies**

- 1 cup whole-wheat flour
- ¾ cup rolled oats
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup applesauce
- 3 tablespoons maple syrup
- 2 tablespoons butter, softened but not melted
- 1 egg
- ½ teaspoon vanilla
- ½ cup chopped pecans

#### **INSTRUCTIONS**

1. Preheat oven to 375 degrees F and grease a cookie sheet.
2. Whisk together the flour, oats, baking soda, and salt.

3. In a separate bowl using an electric mixer beat the applesauce, maple syrup, butter, egg, and vanilla.
4. While beating the mixture on a low speed add the dry ingredients until well blended.
5. Fold in the nuts with a spatula.
6. Drop onto prepared cookie sheet with a spoon. Bake for 8 - 9 minutes or until they start to brown.

### **Quinoa with Kale**

Cook quinoa according to directions. Near the end of cooking time, stir in a couple of cups of frozen kale and a clove or two of minced garlic. When the liquid is absorbed, season with olive oil, salt, and pepper. Serve topped with crumbled feta cheese.

### **Quinoa Lunch**

Cook quinoa according to directions. Add about a tablespoon of toasted sesame oil, 1 to 2 teaspoons of liquid aminos. Crumble a sheet or two of Nori and combine. Eat it on its own or add it to salads. It's a great source of protein and satisfies salty carb cravings.

### **Skinny Chunky Monkey Cookies Recipe:**

*(Makes 30 cookies)*

3 ripe bananas

2 cups old-fashioned oats

1/4 cup creamy peanut butter

1/4 cup unsweetened cocoa powder

1/3 cup unsweetened applesauce

1 tsp. vanilla extract

Directions:

Preheat oven to 350°F. Mash bananas in a large bowl, then stir in remaining ingredients. Let batter stand for approximately 20 minutes, then drop by teaspoonfuls onto ungreased cookie sheet. Bake 10-12 minutes.

Freezing Directions:

Cool completely, then place cookies in a freezer bag. Seal, label, and freeze.

### **Spinach and Strawberry Salad**

1 bag fresh, washed spinach leaves

½ pint fresh, washed, sliced strawberries

1 red onion, diced

½ c pine nuts

¼ c olive oil

2 Tbsp balsamic vinegar

1 Tbsp honey

1 Tbsp Dijon mustard

½ c feta cheese

Salt and Pepper to taste.

1. In a salad bowl, add spinach, sliced strawberries, onions, and pine nuts.
2. In a small bowl, whisk oil, vinegar, honey, mustard, salt and pepper.
3. Pour over salad. Toss.
4. Garnish with feta cheese.

### **Stuffed Pepper Wedges**

Slice 4 sweet bell peppers (combination of any colors) into 8 wedges each. Spread on baking sheet. In bowl, combine one container of chive cream cheese, and 4 Tbsp. chopped black olives. Spread approx. one tsp. of cheese mixture into each pepper wedge. Sprinkle wedges with approx. 2/3 c. shredded cheese. Broil 5-8 minutes, or until cheese is melted and edges are just beginning to char.

### **Sweet Potato Hash**

Turn oven on 400 degrees, Dice the sweet potatoes and put in a small bowl, then add coconut oil and 1 tsp of cinnamon and mix until it is all covered. Then put the sweet potatoes in a baking pan, put in the oven for 30 min or so, check on it every 10 min, and stir it. When done, always add more cinnamon. Also add crushed almonds and coconut flakes if desired.

### **Tomato Avocado Burgers**

4 large tomatoes  
1 lb / 453 gr grass fed organic ground beef  
¼ teaspoon ground black pepper  
½ + ¼ teaspoons fine grain sea salt  
1 teaspoon chili powder  
1 ripe avocado, divided  
2 tablespoons Greek yogurt  
1 tablespoon mayo  
2 teaspoons fresh lime juice  
¼ teaspoon ground cumin  
handful alfalfa sprouts

#### Directions

Cut the tomatoes in half horizontally. With the handle-end of a spoon or a fork, scoop out the seeds and seeds membrane. Set aside.

Place half of the avocado in a bowl and mash with a fork until almost smooth. Add yogurt, mayo, lime juice and cumin and stir to combine. Dice remaining half of the avocado and add it alongside ¼ teaspoon salt. Stir gently to combine. Set aside.

In a bowl season ground beef with ½ teaspoon of salt, black pepper and chili powder and mix well.

Divide into equal 4 portions and gently shape each portion into ½-inch thick patty.

Preheat grill (or grill pan) to medium-high heat. Grill patties 3 minutes on each side or until desired degree of doneness.

In the meantime, lightly grease with olive oil a medium non-stick pan/skillet and heat over

medium-high heat. Cook halved tomatoes face down for 2 to 3 minutes, until they begin to brown.

Flip and cook for 20 seconds on the other side so that they get a bit of color.

To assemble burgers, place a large pinch of sprouts on the bottom part of each tomato, top with a beef patty, about 2 tablespoons of avocado sauce and finish with the other half of each tomato.

### **Tortilla Pizzas**

You can put anything you have on hand: whole wheat tortilla, olive oil, garlic salt, pepper, lots of spinach, a little fresh mozzarella, crushed red pepper, shredded chicken, fresh basil, and caramelized onions. Broil on low until cheese is melted.

### **Whole Wheat Banana Pancakes**

#### INGREDIENTS

- 2 cups whole-wheat flour (King Arthur's organic white whole-wheat flour is good)
- 2 teaspoons baking powder
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon honey
- 2 large eggs, lightly beaten
- 1 ¾ cups milk
- 2 tablespoons unsalted butter, melted + butter for frying
- 2 ripe bananas, mashed
- 100% pure maple syrup for serving

#### INSTRUCTIONS

1. In a large bowl, whisk together the flour, baking powder, baking soda, and salt.
2. Make a well (hole) in the center of the flour mixture and pour in the honey, eggs, milk, and 2 tablespoons of melted butter. Whisk together thoroughly, but do not overmix.
3. Gently fold the mashed bananas into the batter with a spatula.
4. Heat a griddle or sauté pan over medium-high heat. Swirl enough butter around the pan until it is well coated. Add pancake batter using a soup ladle.
5. When the pancakes have begun brown on the bottom, flip them over to cook the other side.
6. Serve with warm maple syrup and a side of fruit. And don't forget to freeze the leftovers for another day!

### **Zucchini Boats with Ricotta-Basil Mousse**

6 small zucchini

1 c loosely packed fresh basil leaves, finely chopped

1 c low-fat ricotta cheese

1 c loosely packed fresh flat-leaf parsley leaves, finely chopped

¼ c grated fresh parmigiana cheese

2 Tbsp hot water

1 Tbsp lemon juice

¼ t salt

¼ t pepper

1. Preheat oven to 450 degrees

2. Wash and cut each zucchini in half length-wise; scoop out pulp (with a melon-baller), leaving ¼" thick shell. Arrange zucchini in a 13x9 greased baking dish.

3. Mix all remaining ingredients together, divide evenly among zucchini shells and stuff.

4. Bake for 20 minutes or until zucchini is tender.

\*\*You may substitute the ricotta mixture for any veggies you have on-hand and top with mozzarella.