

Svelte

Digital Cookbook

**Welcome to Svelte's
Digital Cook Book**

**Your Access to a
Healthier You**

Asian Chicken Stir Fry

Servings- 2

Total Protein servings- 4 very lean

Total Vegetable servings- 6 servings

Prep Time- 30 minutes

Ingredients:

- 3 cups Broccoli (chopped)
- 2 tsps Extra Virgin Olive Oil
- 7 oz Boneless skinless chicken breast (cut into bite sized pieces)
- 2 cloves Garlic (pressed)
- 8 oz Mushrooms (sliced)
- 1 Red bell pepper (sliced)
- 1 cup Snow peas
- 1/2 cup Scallions (sliced)
- 2 tsps Low sodium soy sauce
- 1/2 cup Mandarin orange sections, if canned NO SUGAR ADDED
- Steam the broccoli for 3-4 minutes, rinse with cold water to stop cooking. Set aside to drain in colander.
- Heat the olive oil In a large skillet to medium.
- Add chicken and garlic, cook until juices run clear.
- Add, mushrooms, pepper, snow peas, scallions and soy sauce.
- Cook until tender (add vegetable stock in tablespoon increments, if needed).
- Stir in the mandarin orange sections and olive oil.
- Serve.



Baked Chicken and Broccoli Salad

Total Very Lean Protein- 4
Total Lean Protein- 4
Total Vegetable Servings- 4
Total Fruit Servings- 1
Ingredients:



- 4 oz Boneless skinless chicken breast - (or 3 oz leftover)
- 4 slices Louis Rich turkey bacon
- 5 cups Broccoli - floret and stems chopped small
- 1/2 cup 0%-fat Greek yogurt
- 2 tsps Light mayonnaise, Hellman's
- 1 tbsp Fresh squeezed lemon juice
- 1/2 tsp Garlic powder
- Black pepper to taste
- 1 1/2 cups Peaches, fresh or NO SUGAR added canned in water, drained

Baked Chicken and Broccoli Salad cont.

Instructions:

1. Preheat oven to 375°F.
2. Wash and pat chicken dry.
3. Put in a small baking dish and season with your favorite herbs. Bake for 30-35 minutes (until juices run clear).
4. Meanwhile cook bacon in microwave oven and set aside to drain and cool.
5. In a good-sized bowl mix broccoli, water chestnuts, carrots, and sesame seeds.
6. In a separate bowl mix yogurt, mayonnaise, lemon juice, garlic powder and pepper.
7. Add to vegetable mixture with cooled chicken and peaches.
8. Toss to coat. Top with crushed bacon.

Cajun Salmon

Servings- 1

Total Lean Servings of Protein- 4

Ingredients:

- Olive oil cooking spray
- 1/2 Red bell pepper - cut into strips
- 1/4 cup Onion - sliced in rings
- 4 ounce Salmon
- 1 tsp Cajun seasoning
- 2 cups Broccoli - chopped
- 1 tsp Extra virgin olive oil - drizzle
- Salt and pepper - to taste
- Preheat oven to 350°F.
- Line a baking sheet with foil and spray with olive oil cooking spray.
- Spray peppers and onions with olive oil, place at one end of baking sheet and place the salmon at the other end sprinkled with Cajun seasoning.
- Bake for 20 to 25 minutes.
- When it is done, salmon flakes easily when tested with a fork.
- In a steamer cook broccoli to desired texture.
- Drain and serve drizzled with extra virgin olive oil and a little salt and pepper.
- Top the salmon with peppers and onions and have broccoli on the side.
- Enjoy an apple for dessert.



Cauliflower Popcorn



Total Vegetable Servings- 4

- 4 cups Cauliflower - cut into large florets
- 2 tsps Extra Virgin Olive Oil
- Kosher Salt - To Taste

Instructions:

1. Core and cut into florets.
2. Toss with extra virgin olive oil to coat.
3. Sprinkle with a generous amount of kosher salt or to taste.
4. Roast at 450°F until tender and browned, about 25-30 minutes.
5. Serve with extra virgin olive oil for a drizzle.

Mexican Beef Taco Lettuce Wraps Cont.

Instructions

1. In a small bowl, mix together taco seasoning ingredients and set aside.
2. In a large skillet, cook beef and onions together in a large skillet over medium heat until meat is browned and nearly fully cooked. Add peppers to meat mixture and continue to cook until meat is fully cooked and peppers are tender-crisp.
3. Sprinkle meat mixture with approximately 2 teaspoons of taco seasoning (using less or more depending on personal tastes). Save remaining taco seasoning for another meal. Drizzle water over seasoning and stir to combine with meat. Season with salt to taste, if desired. Remove from heat when meat is hot and seasoned.
4. To serve, place 2-3 butter lettuce leaves on individual plates. Spoon some of mixture into centers of leaves. Top with optional toppings, if you wish.

HAM EGG AND CHEESE ROLL-UPS

(A great Protein only option as well!)

Total Very Lean Protein- 3

Total Lean Protein- 2

Ingredients:

2 eggs

Sprinkle of garlic powder

1 ounce low fat cheese

2 slices of low sodium deli ham

To begin these super simple roll-ups, you're going to first set your oven to broil. You then want to whisk together 2 eggs with a sprinkle of garlic powder. Heat a large skillet over medium heat and spray with cooking spray. Add the eggs and scramble until cooked.

Lay out one slice of ham and top with a spoonful of eggs. Sprinkle with cheese then roll up. Place into a shallow baking dish and until a little crispy.

Serve and enjoy!

Feel free to add in any of your favorite omelet toppings such as spinach, mushrooms, onions or peppers!



Mexican Beef Taco Lettuce Wraps

Make taco night healthier for your family with this easy Mexican Beef Taco Lettuce Wraps recipe! The lean ground beef is cooked with onions, sweet peppers, and a homemade taco seasoning. Spoon into butter lettuce and add your favorite taco toppings.

Ingredients

1 medium onion, diced

1 pound 92% Lean Ground Beef

1/2 cup sweet peppers, diced (mini peppers or bell peppers)
taco seasoning (recipe below)

3–4 tablespoons water

Salt, to taste

1 head butter lettuce, leaves separated

Optional toppings: chopped cilantro, low fat sour cream or plain non-fat Greek yogurt, shredded low or no fat cheese, diced tomatoes

Taco Seasoning

1 tablespoon chili powder

1/2 teaspoon cayenne pepper

1/2 teaspoon garlic powder

1 teaspoon cumin



Feta-Stuffed Chicken

Prep time: 10 minutes, Cook time: 35-40 minutes, Yield: 4 servings, Serving size: 1 breast

Ingredients:

- 4 (4-ounce) boneless, skinless chicken breasts (1 pound)
- . teaspoon salt
- . teaspoon black pepper
- . tablespoon extra virgin olive oil
- 1 (10-ounce) package frozen spinach, thawed
- 1 teaspoon minced garlic
- . teaspoon dried basil
- 1/3 cup fat-free Feta cheese crumbles
- . cup low-sodium chicken broth
- 1 tablespoon lemon juice
- 1 tablespoon unsalted butter
- . teaspoon garlic powder
- . teaspoon dried oregano
- . teaspoon dried parsley
- . teaspoon Italian seasoning

Other:

- 8 toothpicks



Feta-Stuffed Chicken Instructions

1. Preheat the oven to 350 degrees. Lightly spray a casserole dish with nonstick cooking spray and set aside.
2. Place chicken breasts in a plastic bag or in between wax paper. Using a rolling pin or a meat mallet, pound chicken to about .5-inch thick.
3. Season both sides of the chicken with salt and black pepper, then reserve on a plate.
4. In a medium saucepan, heat the oil over medium-low heat. Add the spinach, garlic, and basil. Cook until spinach is heated through, about 8 minutes.
5. Remove from heat and stir in the Feta cheese.
6. Evenly distribute spinach mixture onto each chicken breast.
7. Roll the breasts up and secure the ends together with 2 toothpicks. Place the chicken in the casserole dish, seam-side down.
8. Heat the same saucepan over medium-low heat and add the chicken broth, lemon juice, butter, and the remaining seasonings. Cook until the butter has melted and sauce has warmed through, about 5 minutes, stirring occasionally.
9. Drizzle .5 cup of sauce over chicken and bake for 30-35 minutes or until the internal temperature of the chicken reaches 165 degrees.

Nutrition Information-

Fat: 8g, Saturated Fat: 3g, Cholesterol: 77mg, Sugar 0g, Protein:
27g 1 chicken breast = 4 Very Lean Protein and 1 vegetable
serving

Southwestern Hassleback Chicken

Prep time: 30 minutes, Cook time: 20 minutes, Yield: 4 serving,
Serving size: 1 chicken breast

Ingredients:

- 2 teaspoons extra virgin olive oil
- 1 tablespoon minced garlic
- . red bell pepper, julienned
- . yellow bell pepper, julienned
- . small yellow onion, julienned
- 1 (4-ounce) can diced green chilis
- 4 (4-ounce) chicken breasts
- 1/8 teaspoon salt
- black pepper, to taste
- . teaspoon ground cumin
- . teaspoon chili powder
- . cup reduced-fat Monterey Jack cheese (2 tablespoons per chicken breast)

Optional*:

- Fat-free sour cream
- fresh cilantro, chopped
- lime wedges
- *Optional ingredients are not included in nutritional calculations.



Southwestern Hassleback Chicken Instructions

Instructions:

1. Preheat the oven to 400° F and line a rimmed baking sheet with parchment paper or a silicone baking mat, and set aside.
2. Heat a large skillet over medium heat and add the oil, garlic, bell peppers, and onions, cooking until they are very soft, 8-10 minutes.
3. Reduce the heat to low, add the green chilis with their juice, and cook for an additional 2 minutes. Then remove the skillet from the heat.
4. While the skillet is cooling, prepare the chicken to be stuffed. Make 4-6 diagonal slits in each chicken breast, being careful to not slice all the way through.
5. Salt and pepper both sides of the chicken and fill each slit evenly with the vegetable mixture.
6. Season the tops of the stuffed chicken with cumin and chili powder, and top each chicken breast with 2 tablespoons of cheese.
7. Bake until done, 20-22 minutes.
8. Allow to rest for 5 minutes, then garnish each chicken breast with optional sour cream and cilantro as desired, and serve with a lime wedge to squeeze over the chicken.

Nutrition Information-

Fat: 8g, Saturated Fat: 3g, Cholesterol: 72mg, Sugar: 4g, Protein: 28g
1 Chicken Breast = 4 Very Lean Protein and 1 Vegetable serving

Mini Egg White Frittata

Yields 12



Ingredients:

- 1 cup egg whites (about 5 egg whites)
- 2 eggs (you can omit these and put 1 1/4 cup of egg white in total instead)
- 2 green onions, chopped
- 1/4c red pepper, diced
- handful of spinach, stems cut off & spinach roughly chopped
- 4 fresh basil leaves, chopped
- 2/3 c water
- 1/3c of fat-free feta cheese
- salt & pepper

Mini Egg White Frittata Instructions

1. Preheat oven to 375 degrees F. Prepare a 12-cup muffin tin by coating each cup with cooking spray.
2. In a large bowl, whisk together eggs, salt & pepper. Transfer egg mixture to a 2 cup measuring cup, add water till you have 2 cups of liquid (if you have extra water, don't worry just dump it). Mix mixture till it is all even.
3. Divide the green onions, red pepper, spinach & basil between the muffin tin cups. Fill each muffin cup with egg mixture to no more than 3/4 full.
4. Bake for 15min, take out of oven and sprinkle with goat cheese, continue baking for another 5-10 till egg is set and the tops of the frittatas are starting to brown. Run a knife around the edge of each frittata and gently lift them out. Serve Immediately.

Left overs can be stored in an airtight container. Reheat at 350 degrees for 3 to 4 min.

Serving Information: 3 Frittata's=1 serving (2 Very Lean Protein and 1 vegetable)

Arugula and Sharp Cheddar Scramble

2 Servings

Ingredients:



- 4 eggs
- 2 tablespoon fat free half and half
- . teaspoon kosher salt
- lots of fresh cracked pepper
- 1/8 teaspoon freshly grated nutmeg
- a pinch of cayenne pepper
- . tablespoon butter
- 1/3 cup low fat white sharp cheddar, freshly grated.
- 1 handful fresh arugula, roughly chopped

Arugula and Sharp Cheddar Scramble

Instructions

1. In a medium bowl, add eggs and half and half. Whisk until pale yellow in color. Add salt, pepper, nutmeg and cayenne pepper. Whisk until combined. Set aside.
2. Place a large sauté pan over medium-low heat and add butter. Once foaming, add eggs and let sit for 30 seconds-1 minute or until the bottom of eggs begins to cook. Using a figure eight motion, continue to mix the eggs until just slightly wet. Mix in arugula and continue to stir and cook until eggs are done. Remove from heat and mix in cheese.
3. Enjoy!

Serving Information-

2 1/2 Very Lean Protein, 1/2 Vegetable for one serving



Fire Roasted Chile & Garlic Chicken Burgers

NOTE- You can top chicken burgers with caramelized onions, green leaf lettuce, sliced heirloom tomatoes and low fat cheese. The meat was so flavorful and juicy that no condiments were necessary.

If you don't have a grill or grill pan, use a stainless steel pan. Non-stick won't allow you to cook at the high heat necessary to make a browned crust on the burger, which is essential for adding flavor.

Ingredients:

- 6 boneless, skinless chicken breasts, chopped into bite-sized pieces
 - 1/2 jalapeno, seeded (leave in the seeds if you like it spicy)
 - 1/2 cup cilantro
 - 2 slices uncooked turkey bacon, chopped
- 1 tablespoon Lawry's Fire Roasted Chile & Garlic spice mixture
 - 2 tablespoon olive oil

Fire Roasted Chile & Garlic Chicken Burgers

Instructions

- Add all ingredients to food processor; pulse just until ground. It will form a ball when it's ready; don't over process!
- Form into four large patties. Cook immediately or place in fridge until ready.
- Grill over med-high heat, turning only once when first side is well-browned. Once flipped, cover to make sure that patties cook completely through.
- Place on toasted buns with desired toppings and serve immediately.

Serving Information-
4 Very Lean Protein, Lean Protein for 1 burger



Spinach Salad W/ Turkey Bacon, Mushrooms & Hard-Boiled Eggs

YIELD: 6 Servings, PREP: 15 Minutes

Ingredients:

- 10 ounces baby spinach
- 8 slices turkey bacon, cooked and chopped
- 8 ounces white mushrooms, sliced
- ½ red onion, thinly sliced
- 6 hard-boiled eggs, sliced

For The Dressing:

- 1 tbsp Dijon mustard
- 1 tbsp red wine vinegar
 - salt and pepper
- 1 tsp chopped shallots
- ¼ tsp sweetener (optional)

Spinach Salad W/ Turkey Bacon, Mushrooms & Hard-Boiled Eggs Instructions

1. Make the Dressing: Whisk together the dressing ingredients in a small bowl.
2. Arrange the spinach on plates and top with an equal amount of turkey bacon, mushrooms, onion and sliced eggs.
3. Sprinkle with salt and pepper, drizzle the dressing over top and serve. Any leftover dressing can be stored in an airtight container in the refrigerator.

Serving Information

8 Lean Protein, 6 Very Lean Protein,
3 Vegetable for entire recipe



Portobello Baked Eggs With Sundried Tomatoes And Goat Cheese

Serves: 2

Ingredients:

- 2 portobello mushroom caps
- 2 tablespoons soft goat cheese
 - 2 tablespoons sundried tomatoes
 - 2 large eggs
- Salt and pepper to taste
 - Basil for garnish

Portobello Baked Eggs With Sundried Tomatoes And Goat Cheese

Instructions

1. Preheat oven to 400 degrees.
2. Remove the stems from the mushroom caps and scrape out the gills with a spoon.
3. Spray both sides of the mushroom with cooking spray or a bit of olive oil on a paper towel and set the mushrooms onto a baking sheet.
4. Spread 1 tablespoon of goat cheese into each mushroom, where the gills used to be.
5. Finely chop the sundried tomatoes and sprinkle on 1 tablespoon of them into each mushroom cap.
6. Crack an egg into each mushroom cap, attempting to get the yolk to sit in the cavity where you removed the stem so it doesn't move around.
7. Carefully move the baking sheet into the oven and bake for 15 minutes.
8. Once the whites are cooked through and the eggs are done to your liking, remove them from the oven and season with salt and pepper.
9. Top with sliced basil and serve over pasta, a big salad, or sautéed greens.

Notes: Try to pick out portobello's around 3 ounces each, with a wide lip to hold in the fillings. If your egg yolk breaks or runs slightly off the mushroom while cooking, just reduce cooking time by a few minutes to avoid overcooking the yolk.

Nutrition Information

Fat: 7, Carbohydrates 3, Protein 10

Each Serving = 1 Very Lean Protein, 1 Lean Protein and 1 Vegetable serving
Maintenance ONLY pts



Frozen Yogurt Bark

Snack time just got exciting with this recipe for energy boosting Frozen Yogurt Bark: greek yogurt sweetened with honey and topped with chocolate chips, strawberries and coconut

Serves: 8

Ingredients:

- Yogurt Bark:
 - 500g / 2 cups greek yogurt
 - 2 tbsp honey
- 1 tbsp cranberries (50% less sugar)

Toppings:

- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips (74% or higher cacao chocolate)
- 1 tsp unsweetened coconut

Frozen Yogurt Bark Instructions

1. Mix the yogurt and honey together until well combined. Add the cranberries and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be. Mine was approx $\frac{1}{2}$ inch thick.
3. Sprinkle the strawberries, chocolate chips and coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces.

The bark can be stored in the freezer in food bags.

Breakfast



Start the Day Right

Breakfast from Italy

Ingredients:

- 2 Eggs – or 1/2 cup Egg Beaters-whites
- 1 tsp Extra Virgin Olive oil
- Salt and pepper – to taste
- 2 oz Prosciutto – cut into small pieces
- 1 tsp Low-fat feta

Instructions:

In frying pan, drizzle olive oil, add eggs, prosciutto, salt and pepper to taste and scramble.

Add cheese and heat slightly until softened or melted.

3 servings of Protein
(2 very lean and 1 lean)

Breakfast Sundae

Ingredients:

- 3/4 cup Fat-free or 1% cottage cheese
- 1 tsp Pure Vanilla Extract
- 1/8 tsp Ground nutmeg (or cinnamon)
- 3 Strawberries – sliced
- 1/4 cup Blueberries – fresh or frozen
- 6 Cherries – halved, fresh, pitted or frozen, thawed

Instructions:

1. Combine cottage cheese, vanilla (or your favorite extract) and spice in a medium-sized bowl.
2. Arrange strawberries around the outer rim of a large cereal bowl or dinner plate.
3. Use an ice cream scoop to shape cottage cheese and arrange on the plate.
4. Top with blueberries and cherries.

3 Protein (very lean) and 1 Fruit Serving

Spinach, Mushroom and Feta Crustless Quiche

Servings: 6

Prep Time: 15 minutes; Cook Time: 45 minutes

INGREDIENTS:

8 oz. button mushrooms,
sliced thin

1 clove garlic, minced

10 oz. box frozen spinach,
thawed

4 large eggs

1 cup fat-free $\frac{1}{2}$ and $\frac{1}{2}$

2 oz. fat-free feta cheese

$\frac{1}{4}$ cup grated Parmesan

$\frac{1}{2}$ cup shredded low-fat
mozzarella

Salt & pepper to taste

Spinach, Mushroom and Feta Crustless Quiche Instructions

1. Preheat the oven to 350°F. Squeeze the excess moisture from the thawed spinach.
2. Add the mushrooms, garlic, and a pinch of salt and pepper to a skillet sprayed lightly with non-stick spray. Sauté the mushrooms and garlic until the mushrooms are soft and all of their moisture has evaporated away (5-7 minutes).
3. Coat a 9-inch pie dish with non-stick spray. Place the squeeze-dried spinach in the bottom of the pie dish. Place the sautéed mushrooms on top of the spinach, followed by the crumbled feta.
4. In a medium bowl, whisk together the eggs, $\frac{1}{2}$ & $\frac{1}{2}$ and Parmesan. Season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish. Top with the shredded mozzarella.
5. Place the pie dish on a baking sheet for easy transfer in and out of the oven. Bake the crustless quiche for 45-55 minutes, or until the top is golden brown (ovens may vary).

Cut into six slices and serve.

2 Protein, 1 Vegetable per serving

Breakfast Souffle

Servings: 6

Ingredients:

1 pound raw turkey sausage (loose or removed from casing)

6 eggs

1 green onion, sliced

Salt to taste

Instructions:

Preheat oven to 350°F.

Divide the sausage into 6 portions, and place each into its own individual ramekin. Use your hands to push the sausage around the bottom and up the sides of the ramekin, creating a “crust” for the egg to bake in.

Crack an egg into each sausage crust. For a scrambled variation, whisk the eggs before pouring in.

Top with a sprinkle of salt and a few slices of green onion.

Bake until the eggs are set, about 30 minutes.

2 Protein (1 very lean, 1 lean)

Lunches



Power Through the Day

Chicken Salad

Servings: 4; Prep Time: 15 minutes

1/2 cup 0% fat Greek yogurt
1/3 cup light mayonnaise, Hellman's
1/2 tsp salt
1/2 tsp black pepper
4 tsp extra virgin olive oil
2 stalks celery (finely chopped)
1/2 cup red onion (finely chopped)
3/4 cup grapes (cut in half)
1 apple (chopped into 1/2-inch pieces)
2-1/4 cups Perdue Shortcuts, Roasted
Original chicken breast (chopped into
1/2-inch pieces, or leftover chicken)
4 cups romaine lettuce (coarsely chopped)
2 tomatoes (sliced)
4 oranges



Smoked Salmon Salad

Ingredients:

- 1 can (14 $\frac{3}{4}$ oz) Wild Alaskan Salmon
- 1 tablespoon mayonnaise (can use fat free mayonnaise)
- $\frac{1}{4}$ cup green onion – small dice
- $\frac{1}{4}$ cup red onion – small dice
- $\frac{1}{4}$ cup celery – small dice
- 1 tablespoon parsley – minced
- 1 teaspoon dried rosemary – crushed
- 1 teaspoon liquid smoke

Instructions:

Drain and flake salmon. (Remove skin and bones if necessary.)

Combine all ingredients; gently mix. Serve on slices of cucumber, zucchini or lowcarb crackers, such as Flackers, Wasa Crisp and Light

To create a balanced Zone meal, combine with your favorite carbs:

Consider a Waldorf salad, broccoli with sundried tomatoes or spicy coleslaw.

$\frac{1}{2}$ cup provides 21 g of protein: 3 blocks of protein + 3 blocks of fat.

Summer Shrimp Salad

Ingredients:

- 1lb cooked shrimp (peeled and deveined- cut into pieces)
 - 1 stalk celery, cleaned and diced
 - 1 small onion, diced
 - 1 green pepper, diced
 - 2 tsp lemon juice
- 6 small tomatoes (ex. Plum tomatoes or small vine ripe tomatoes)
 - ½ cup fat free mayo
 - ½ cup fat free plain greek yogurt
 - Salt and pepper to taste
 - 1 tsp dill

Instructions:

1. Combine all ingredients EXCEPT the tomatoes in mixing bowl. Refrigerate and chill for an hour.
2. Cut off the tops of the tomatoes and hollow out the centers; chill until the shrimp mixture is well chilled.
3. Scoop the shrimp mixture into hollowed out tomatoes and serve.

Tomato-Peach Salad with Basil & Feta

Ingredients:

- 1 large tomato (cut into wedges)
- 1 large peach (cut into wedges)
- 2 oz President fat-free feta (crumbled small)
- 2 tbsps chopped fresh basil
- 1 tsp extra virgin olive oil
- 2 tsps red wine vinegar (or lemon)
- salt and pepper to taste

Instructions:

Add the tomatoes, peaches and feta to a bowl. Evenly distribute the basil. Drizzle extra virgin olive oil and vinegar over salad and season with salt and pepper.

1 protein serving, 1 fruit serving