

THE BIO-MARKER BUFFET

Illustrated Audiobook Companion

65 recipes + printable planning worksheets

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A kitchen reference to accompany the audiobook. Recipes follow the order of the book, with one recipe per page.

Six category-opening food illustrations are AI-generated. They are not photographs of tested dishes and do not establish portion sizes or nutritional values.

Serving sizes and preparation times are approximate. Adjust portions, seasoning and cooking times to suit your household, and talk with your healthcare provider about the eating pattern that is right for you.

Educational information only; not a substitute for individualized professional advice. Consider food allergies and any dietary restrictions when choosing recipes.

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CATEGORY 1

Breakfast

Recipes 1-12



Recipe 1: Protein-Packed Greek Yogurt Power Bowl

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 1: Protein-Packed Greek Yogurt Power Bowl

Servings: 4 | Prep: 10 min | Cook: 0 min

Ingredients

2 cups plain non-fat Greek yogurt
1 cup fresh or frozen mixed berries, thawed
1/4 cup rolled oats (dry)
2 tbsp ground flaxseed
1 tbsp chia seeds
1 tbsp pure honey
1/4 tsp vanilla extract
Optional: 14g walnuts

Preparation

1. Divide Greek yogurt evenly among four bowls.
2. Top each bowl with berries, oats, flaxseed, and chia seeds.
3. Drizzle with honey and vanilla extract.
4. Serve immediately or refrigerate overnight - oats soften pleasantly.
5. Add walnuts just before serving if using.

Recipe 2: Egg White and Vegetable Scramble

Servings: 2 | Prep: 10 min | Cook: 10 min

Ingredients

8 large egg whites or 1 cup liquid egg whites

2 whole eggs

2 cups fresh spinach

1 cup cherry tomatoes, halved

1 cup mushrooms, sliced

1 medium bell pepper, diced

1/2 medium onion, diced

1 tsp olive oil

Salt, pepper, garlic powder to taste

Optional: 2 tbsp reduced-fat feta

Preparation

1. Heat olive oil in a large non-stick skillet over medium heat.
2. Cook onion and bell pepper 3-4 minutes until softened.
3. Add mushrooms; cook 2-3 minutes.
4. Add tomatoes and spinach; stir until spinach wilts.
5. Whisk egg whites and whole eggs together; season.
6. Pour eggs over vegetables. Gently fold curds over vegetables until just set.
7. Sprinkle feta over top if using. Serve immediately.

Recipe 3: High-Volume Overnight Oats

Servings: 4 | Prep: 10 min | Cook: 0 min

Ingredients

2 cups rolled oats
2 cups unsweetened almond milk
1 cup plain non-fat Greek yogurt
4 tbsp chia seeds
2 cups fresh or frozen berries
1 medium banana, sliced
2 tbsp pure honey
1 tsp vanilla extract
1 tsp cinnamon

Preparation

1. Combine oats, almond milk, Greek yogurt, chia seeds, vanilla, and cinnamon in a large bowl.
2. Divide evenly into four jars. Refrigerate overnight (minimum 6 hours).
3. In the morning, stir each jar well.
4. Top with berries, banana slices, and a drizzle of honey.
5. Add a splash of almond milk if you prefer a thinner consistency.

Recipe 4: Cottage Cheese Savory Breakfast Bowl

Servings: 2 | Prep: 8 min | Cook: 0 min

Ingredients

2 cups low-fat cottage cheese
1 cup cherry tomatoes, halved
1 medium cucumber, diced
1/2 avocado, diced
2 tbsp fresh chives or green onion
1 tbsp lemon juice
1/2 tsp garlic powder
Salt and pepper
Optional: red pepper flakes

Preparation

1. Divide cottage cheese between two bowls.
2. Arrange tomatoes, cucumber, and avocado over each bowl.
3. Sprinkle chives and garlic powder over the top.
4. Drizzle with lemon juice. Season with salt, pepper, and red pepper flakes.
5. Serve immediately or refrigerate up to 4 hours.

Recipe 5: Turkey Sausage and Vegetable Frittata

Servings: 6 | Prep: 15 min | Cook: 25 min

Ingredients

6 large eggs
4 large egg whites
1/2 lb lean ground turkey (93% lean)
2 cups baby spinach
1 cup cherry tomatoes, halved
1 medium zucchini, thinly sliced
1 medium onion, diced
2 garlic cloves, minced
1/2 cup reduced-fat feta, crumbled
1 tsp Italian seasoning
1 tsp olive oil
Salt and pepper

Preparation

1. Preheat oven to 375°F (190°C).
2. Cook turkey in an oven-safe 10-inch skillet with Italian seasoning until browned. Remove.
3. Cook onion 2 minutes in same skillet, add garlic 30 seconds, then zucchini 3 minutes.
4. Add spinach and tomatoes; stir until spinach wilts. Return turkey.
5. Whisk eggs and egg whites together; season. Pour over mixture.
6. Cook on stovetop 2-3 minutes until edges begin to set. Sprinkle feta on top.
7. Bake 15-18 minutes until center is completely set. Cool 5 minutes, slice into 6 wedges.

Recipe 6: Chia Seed Pudding with Mixed Berries

Servings: 4 | Prep: 10 min | Cook: 0 min

Ingredients

8 tbsp chia seeds

2 cups unsweetened almond milk

1/2 cup plain non-fat Greek yogurt

1 tbsp pure maple syrup

1 tsp vanilla extract

1/2 tsp cinnamon

2 cups mixed fresh or frozen berries

Optional: fresh mint

Preparation

1. Whisk almond milk, Greek yogurt, maple syrup, vanilla, and cinnamon together.
2. Add chia seeds and whisk vigorously to prevent clumping.
3. Let sit 10 minutes, then whisk again to redistribute settled seeds.
4. Divide into four jars. Refrigerate overnight (minimum 6 hours).
5. Top each serving with berries and mint.

Recipe 7: Spinach and Egg White Breakfast Muffins

Servings: 6 | Prep: 15 min | Cook: 20 min

Ingredients

8 large egg whites

4 whole eggs

2 cups fresh spinach, roughly chopped

1 cup cherry tomatoes, quartered

1/2 cup reduced-fat cheddar, shredded

1/4 cup red onion, finely diced

1/4 cup red bell pepper, finely diced

Salt, pepper, garlic powder

Cooking spray

Preparation

1. Preheat oven to 350°F. Spray a 12-cup muffin tin generously.
2. Whisk egg whites and whole eggs together. Season well.
3. Stir in spinach, tomatoes, onion, and bell pepper.
4. Divide among 12 muffin cups. Top with cheddar.
5. Bake 18-20 minutes until puffed and set in center.
6. Cool 5 minutes. Refrigerate up to 4 days; reheat 60 seconds.

Recipe 8: High-Volume Protein Smoothie Bowl

Servings: 2 | Prep: 10 min | Cook: 0 min

Ingredients

2 cups cauliflower florets, steamed, cooled and frozen (cook store-bought frozen florets first)

1 cup frozen berries

1 cup plain non-fat Greek yogurt

1 scoop vanilla protein powder (optional)

1/2 cup unsweetened almond milk

1 tbsp almond butter

Toppings: 1/4 cup granola, 1/2 cup fresh berries, 1 tbsp chia seeds, sliced banana

Preparation

1. Add cauliflower, frozen berries, Greek yogurt, protein powder, almond milk, and almond butter to a high-powered blender.
2. Blend on high 60-90 seconds until completely smooth. The result should be thick enough to support toppings.
3. Pour into two bowls. Arrange toppings decoratively.
4. Serve immediately - eat with a spoon, not a straw.

Recipe 9: Zucchini and Egg Skillet

Servings: 2 | Prep: 10 min | Cook: 12 min

Ingredients

4 large eggs
3 medium zucchini, sliced into half-moons
1 cup cherry tomatoes, halved
3 garlic cloves, minced
1/4 cup fresh basil
1 tsp olive oil
1/4 tsp red pepper flakes
Salt and pepper
Optional: 2 tbsp freshly grated Parmesan

Preparation

1. Heat olive oil in a large skillet over medium-high heat.
2. Cook zucchini in a single layer, 3-4 minutes per side until golden. Remove and set aside.
3. Reduce heat to medium. Cook garlic and red pepper flakes 30 seconds.
4. Add tomatoes; cook 2 minutes until beginning to soften.
5. Return zucchini to skillet. Create 4 wells in the mixture.
6. Crack one egg into each well. Cover and cook 4-5 minutes until whites are set.
7. Scatter basil and Parmesan over the top. Serve directly from the skillet.

Recipe 10: Banana Protein Pancakes

Servings: 2 | Prep: 5 min | Cook: 10 min

Ingredients

2 medium ripe bananas

4 large eggs

2 tbsp rolled oats

1/2 tsp cinnamon

1/4 tsp vanilla

Cooking spray

Toppings: 1 cup fresh berries, 2 tbsp plain Greek yogurt per serving

Preparation

1. Mash bananas thoroughly in a bowl until no lumps remain.
2. Whisk in eggs, oats, cinnamon, and vanilla until a smooth batter forms.
3. Heat non-stick pan over medium-low heat. Spray lightly.
4. Pour batter in small rounds - 2-3 tablespoons each. These are fragile; smaller sizes flip more easily.
5. Cook 2-3 minutes until bubbles form on surface and edges look set. Flip carefully.
6. Cook 1-2 minutes on second side. Serve immediately with Greek yogurt and berries.

Recipe 11: Savory Oatmeal with Poached Egg

Servings: 2 | Prep: 5 min | Cook: 10 min

Ingredients

- 1 cup rolled oats
- 2 cups low-sodium vegetable broth (replaces water - transforms flavor)
- 2 large eggs
- 1 cup baby spinach
- 1/2 cup cherry tomatoes, halved
- 2 tbsp reduced-fat Parmesan, grated
- 1 tsp olive oil
- Salt, black pepper, garlic powder
- Optional: hot sauce, fresh herbs

Preparation

1. Bring vegetable broth to a boil. Add oats, stir, reduce heat to medium.
2. Cook oats 5 minutes, stirring occasionally, until creamy and thick.
3. Meanwhile, poach eggs in a gentle simmer of water with a splash of vinegar, 3-4 minutes.
4. Stir spinach into cooked oats until wilted. Season well.
5. Divide oatmeal between two bowls. Top with cherry tomatoes and Parmesan.
6. Place one poached egg on top of each bowl. Season and serve.

Recipe 12: High-Protein Avocado and Smoked Salmon Plate

Servings: 2 | Prep: 10 min | Cook: 0 min

Ingredients

4 oz smoked salmon (wild-caught preferred)

1 medium avocado

4 large eggs, hard-boiled

2 cups arugula

1 cup cucumber, sliced

1 medium lemon

1 tbsp capers

1/4 red onion, very thinly sliced

Fresh dill to taste

Black pepper

Preparation

1. Hard-boil eggs: cover with cold water, bring to a boil, cover and remove from heat for 12 minutes, transfer to ice water, peel and halve.
2. Halve avocado, remove pit, slice into thin wedges.
3. Arrange arugula as a base on two plates.
4. Layer cucumber, avocado, hard-boiled egg halves, and smoked salmon.
5. Scatter red onion and capers over each plate.
6. Squeeze fresh lemon juice over everything. Add dill and cracked black pepper.

CATEGORY 2

Lunch

Recipes 13-26



Recipe 17: Greek Salad with Grilled Chicken

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 13: High-Volume Grilled Chicken Power Bowl

Servings: 4 | Prep: 15 min | Cook: 20 min

Ingredients

1.5 lbs boneless skinless chicken breast, plus salt, pepper and garlic powder

4 cups cooked quinoa

4 cups mixed leafy greens

2 cups cherry tomatoes, halved

2 cups cucumber, diced

1 cup chickpeas, rinsed and drained

1 medium avocado, diced

1/4 cup red onion, thinly sliced

Dressing: 3 tbsp lemon juice, 1 tbsp olive oil, 1 tsp Dijon mustard, 1 garlic clove minced, salt and pepper

Preparation

1. Season chicken with salt, pepper, and garlic powder. Grill or pan-cook over medium-high heat, 6-7 minutes per side, until the thickest part reaches 165°F (74°C). Rest 5 minutes, then slice.
2. Whisk together all dressing ingredients.
3. Build each bowl: 1 cup quinoa, then 1 cup greens.
4. Add tomatoes, cucumber, chickpeas, and red onion.
5. Top with sliced chicken and diced avocado. Drizzle dressing over just before serving.

Recipe 14: Tuna-Stuffed Bell Peppers

Servings: 4 | Prep: 15 min | Cook: 0 min

Ingredients

4 large bell peppers, halved and deseeded
2 cans (5 oz each) chunk light tuna in water, drained
1 cup plain non-fat Greek yogurt (replaces mayonnaise)
1 cup celery, finely diced
1/2 cup red onion, finely diced
1/2 cup cucumber, finely diced
2 tbsp fresh dill or parsley
1 tbsp lemon juice
1 tsp Dijon mustard
Salt, pepper, celery salt to taste

Preparation

1. Halve bell peppers lengthwise, remove seeds. Set aside.
2. Combine drained tuna, Greek yogurt, Dijon, and lemon juice in a bowl. Mix well.
3. Fold in celery, red onion, cucumber, and fresh herbs.
4. Season generously. Taste and adjust.
5. Divide tuna mixture evenly among the 8 pepper halves.
6. Serve immediately or refrigerate up to 2 days.

Recipe 15: Turkey and White Bean Lettuce Wraps

Servings: 4 | Prep: 15 min | Cook: 10 min

Ingredients

1 lb lean ground turkey
1 can (15 oz) white beans, rinsed and drained
8 large butter lettuce or romaine leaves
1 cup cherry tomatoes, quartered
1 cup shredded purple cabbage
1/2 avocado, diced
2 garlic cloves, minced
2 tbsp low-sodium soy sauce
1 tbsp hoisin sauce
1 tbsp rice vinegar
1 tsp sesame oil
1/2 tsp ginger
Lime wedges

Preparation

1. Cook turkey in a skillet over medium-high heat, breaking up, until browned, 6-8 minutes.
2. Add garlic and ginger; cook 30 seconds.
3. Add white beans, soy sauce, hoisin, rice vinegar, and sesame oil. Stir. Cook 2-3 minutes.
4. Arrange lettuce leaves on a platter.
5. Spoon turkey-bean mixture into each leaf. Top with tomatoes, cabbage, and avocado.
6. Serve with lime wedges.

Recipe 16: Shrimp and Zucchini Noodle Bowl

Servings: 4 | Prep: 15 min | Cook: 10 min

Ingredients

1.5 lbs medium shrimp, peeled and deveined

4 large zucchini, spiralized

1 cup cherry tomatoes, halved

4 garlic cloves, minced

1/4 cup fresh basil, torn

2 tbsp lemon juice

1 tbsp olive oil

1/2 tsp red pepper flakes

Salt, pepper, and garlic powder

Optional: 2 tbsp Parmesan

Preparation

1. Season shrimp with salt, pepper, and garlic powder.
2. Heat 1/2 tbsp oil in a large skillet over high heat. Cook shrimp 1-2 min per side until pink. Remove.
3. Reduce heat. Add remaining oil, garlic, and red pepper flakes. Cook 30 seconds.
4. Add tomatoes; cook 2 minutes until softening.
5. Add zucchini noodles; toss quickly for 1-2 minutes only.
6. Return shrimp. Add lemon juice and basil. Toss to combine.
7. Serve immediately, topped with Parmesan if using.

Recipe 17: Greek Salad with Grilled Chicken

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients

1.5 lbs boneless skinless chicken breast, plus 1 tsp Greek seasoning

4 cups romaine, roughly chopped

2 cups English cucumber, diced

2 cups cherry tomatoes, halved

1/2 cup Kalamata olives, halved

1/2 cup red onion, sliced

1/2 cup reduced-fat feta, crumbled

Dressing: 3 tbsp red wine vinegar, 1 tbsp olive oil, 1 tsp dried oregano, 1 garlic clove minced, salt and pepper

Preparation

1. Season chicken with Greek seasoning. Grill or pan-cook 6-7 minutes per side, until the thickest part reaches 165°F (74°C). Rest 5 minutes, then slice.

2. Whisk together all dressing ingredients.

3. Combine romaine, cucumber, tomatoes, olives, and red onion. Toss with dressing.

4. Divide salad among four plates. Top with sliced chicken and feta. Serve immediately.

Recipe 18: Black Bean and Cauliflower Rice Burrito Bowl

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients

2 cans (15 oz) black beans, rinsed and drained

1 large head cauliflower, riced

2 cups cherry tomatoes, halved

2 cups corn, fresh or frozen

1 avocado, diced

1/2 cup red onion, finely diced

1/2 cup fresh cilantro

2 limes

1 tbsp olive oil

1 tsp each: cumin, chili powder, garlic powder

Salt

Optional: 1/4 cup plain Greek yogurt

Preparation

1. Rice the cauliflower by pulsing florets in a food processor until rice-like, or use frozen pre-riced.
2. Cook cauliflower rice in a hot skillet with 1/2 tbsp oil, salt; 5-6 minutes until slightly golden. Remove.
3. In the same skillet, cook beans and corn with cumin, chili powder, and garlic powder; 3-4 minutes.
4. Build bowls: cauliflower rice, beans and corn, tomatoes, avocado, red onion, and cilantro.
5. Squeeze lime juice over everything. Add Greek yogurt if using.

Recipe 19: Chickpea and Roasted Vegetable Salad

Servings: 4 | Prep: 15 min | Cook: 30 min

Ingredients

2 cans (15 oz) chickpeas, rinsed, drained, and thoroughly dried

2 cups broccoli florets

2 cups cauliflower florets

2 medium bell peppers, chunked

1 medium red onion, cut into wedges

4 cups arugula or mixed greens

Tahini dressing: 3 tbsp tahini, 3 tbsp lemon juice, 1 tbsp olive oil, 1 garlic clove minced, water to thin

1 tbsp olive oil for roasting

1 tsp smoked paprika, 1 tsp cumin, salt and pepper

Preparation

1. Preheat oven to 425°F. Line two large baking sheets.

2. Spread dried chickpeas on one sheet with oil and spices. Spread vegetables on the second sheet with oil and seasoning.

3. Roast simultaneously: chickpeas 25-30 minutes until crispy; vegetables 20-25 minutes until caramelized.

4. Whisk tahini dressing, adding water to reach a pourable consistency.

5. Arrange arugula in bowls. Top with roasted vegetables and chickpeas. Drizzle with dressing.

Recipe 20: Asian Cabbage Slaw with Edamame and Shrimp

Servings: 4 | Prep: 20 min | Cook: 5 min

Ingredients

- 1 lb medium shrimp, cooked
- 4 cups napa cabbage, finely shredded
- 2 cups purple cabbage, finely shredded
- 2 cups edamame, shelled and cooked
- 1 cup shredded carrots
- 1 cup cucumber, julienned
- 3 green onions, sliced
- 1/4 cup fresh cilantro
- 2 tbsp sesame seeds

Dressing: 3 tbsp rice vinegar, 2 tbsp low-sodium soy sauce, 1 tbsp sesame oil, 1 tbsp honey, 1 tbsp grated ginger, 1 garlic clove minced

Preparation

1. Whisk together all dressing ingredients until honey is dissolved.
2. Combine both cabbages, carrots, cucumber, green onions, and cilantro in a large bowl.
3. Add edamame and toss well.
4. Pour dressing over salad and toss. Allow to sit 5-10 minutes to slightly soften cabbage.
5. Arrange on plates. Top with cooked shrimp. Garnish with sesame seeds.

LUNCH

Recipe 21: Cauliflower Fried Rice with Egg and Vegetables

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients

- 1 large head cauliflower, riced (about 6 cups)
- 4 large eggs
- 2 cups frozen peas and carrots, thawed
- 1 cup mushrooms, diced
- 1/2 cup green onions, sliced
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 3 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 tsp olive oil
- White pepper

Preparation

1. Thoroughly dry riced cauliflower between paper towels.
2. Heat a large wok or skillet over very high heat until smoking. Add olive oil.
3. Cook garlic and ginger 30 seconds. Add mushrooms 2-3 minutes until golden.
4. Add peas, carrots, and green onions; stir-fry 2 minutes.
5. Push vegetables to sides. Scramble eggs in the center until just set.
6. Add cauliflower rice; toss everything together vigorously.
7. Add soy sauce and sesame oil. Cook 3-4 minutes. Serve immediately.

Recipe 22: Lentil and Spinach Nourish Bowl

Servings: 4 | Prep: 10 min | Cook: 25 min

Ingredients

2 cups dried red lentils, rinsed

1 can (14 oz) diced tomatoes

4 cups fresh spinach

4 garlic cloves, minced

1 medium onion, diced

2 tbsp lemon juice

1 tbsp olive oil

2 tsp cumin, 1 tsp turmeric, 1 tsp smoked paprika, 1/2 tsp coriander

Salt and pepper

4 cups cooked brown rice or quinoa

Optional garnish: plain Greek yogurt, fresh parsley, lemon wedges

Preparation

1. Heat olive oil in a large saucepan. Cook onion 5 minutes. Add garlic and all spices; cook 1 minute.
2. Add lentils, tomatoes, and 3 cups water or vegetable broth. Bring to a boil.
3. Reduce heat and simmer 20-22 minutes until lentils are soft.
4. Stir in spinach until completely wilted. Add lemon juice. Season well.
5. Serve over brown rice or quinoa. Garnish as desired.

LUNCH

Recipe 23: Salmon and Asparagus Plate with Lemon

Servings: 4 | Prep: 5 min | Cook: 15 min

Ingredients

4 salmon fillets (5 oz each)
2 large bunches asparagus, woody ends removed
2 lemons
4 garlic cloves, minced
2 tbsp Dijon mustard
1 tbsp olive oil
1 tbsp fresh dill
Salt, black pepper
Cooking spray

Preparation

1. Preheat oven to 400°F. Line a large baking sheet with foil and spray.
2. Arrange asparagus on one side. Drizzle with olive oil, season, and toss.
3. Mix Dijon, garlic, dill, salt, and pepper. Spread over salmon fillets.
4. Place salmon on the other side of the sheet. Squeeze juice of one lemon over everything.
5. Roast 12-15 minutes until salmon flakes easily and asparagus is tender-crisp.
6. Serve immediately with fresh lemon wedges.

LUNCH

Recipe 24: Roasted Vegetable and Quinoa Bowl with Tahini

Servings: 4 | Prep: 15 min | Cook: 30 min

Ingredients

3 cups cooked quinoa

2 medium sweet potatoes, cubed

2 medium zucchini, sliced

2 medium bell peppers, chunked

2 cups broccoli florets

1 can (15 oz) chickpeas, rinsed, drained, dried

1 tbsp olive oil

1 tsp cumin, 1 tsp smoked paprika, salt, pepper

Tahini dressing: 3 tbsp tahini, 2 tbsp lemon juice, 1 tbsp low-sodium soy sauce, 1 garlic clove, 3-4 tbsp water

Preparation

1. Preheat oven to 425°F. Line two baking sheets.
2. Toss sweet potatoes and broccoli with half the oil and half the spices on one sheet.
3. Toss zucchini, peppers, and chickpeas with remaining oil and spices on the second sheet.
4. Roast 25-30 minutes, tossing halfway, until vegetables are caramelized and chickpeas are crispy.
5. Whisk tahini dressing until smooth, adding water to thin.
6. Build bowls: quinoa base, roasted vegetables, chickpeas. Drizzle generously with tahini dressing.

LUNCH

Recipe 25: Cottage Cheese and Veggie Stuffed Tomatoes

Servings: 4 | Prep: 15 min | Cook: 0 min

Ingredients

4 large beefsteak tomatoes
2 cups low-fat cottage cheese
1 medium cucumber, finely diced
1/2 cup bell pepper, finely diced
1/4 cup fresh herbs (basil, chives, or dill)
2 tbsp lemon juice
1 tsp garlic powder
Salt, pepper
4 cups mixed salad greens

Preparation

1. Cut tops off tomatoes. Scoop out interior pulp, creating a cup. Roughly chop pulp.
2. Combine cottage cheese, cucumber, bell pepper, tomato pulp, herbs, lemon juice, and garlic powder. Season well.
3. Season interior of each tomato cup with a pinch of salt.
4. Divide cottage cheese mixture evenly among the four cups, mounding generously.
5. Serve each stuffed tomato on a bed of mixed greens dressed lightly with lemon juice and pepper.

LUNCH

Recipe 26: Turkey and Avocado Power Wrap in Lettuce

Servings: 4 | Prep: 10 min | Cook: 10 min

Ingredients

1 lb lean ground turkey
8 large romaine or butter lettuce leaves
1 large avocado, thinly sliced
1 cup cherry tomatoes, halved
1 cup shredded carrots
1/2 cup red onion, thinly sliced
2 tbsp Dijon mustard
1 tbsp lime juice
Garlic powder, cumin, salt, pepper
Fresh cilantro

Preparation

1. Cook ground turkey with garlic powder, cumin, salt, and pepper until cooked through. Allow to cool slightly.
2. Mix Dijon and lime juice to make a quick dressing.
3. Arrange 2 lettuce leaves per person on a flat surface.
4. Divide turkey, avocado slices, tomatoes, carrots, and red onion among the leaves.
5. Drizzle with Dijon-lime dressing and scatter cilantro. Roll or fold and serve immediately.

Dinner

Recipes 27-42



Recipe 31: Garlic Herb Salmon with Roasted Brussels Sprouts

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 27: Baked Lemon Herb Chicken with Ratatouille

Servings: 4 | Prep: 20 min | Cook: 40 min

Ingredients

4 boneless skinless chicken breasts (6 oz each)

2 medium zucchini, diced

2 medium eggplant, diced

2 medium bell peppers, diced

2 cups cherry tomatoes

1 medium onion, diced

4 garlic cloves, minced

2 tbsp lemon juice

1 tbsp olive oil

1 tsp herbes de Provence

Salt, pepper, red pepper flakes

Preparation

1. Preheat oven to 400°F.
2. Toss all vegetables with half the oil, garlic, and seasoning in a large baking dish. Spread in an even layer.
3. Place chicken breasts on top. Drizzle with remaining oil and lemon juice. Season generously.
4. Roast 35-40 minutes until chicken reaches 165°F internally and vegetables are caramelized.
5. Rest chicken 5 minutes before serving over the ratatouille.

Recipe 28: Slow-Cooker Turkey Meatball Soup

Servings: 6 | Prep: 25 min | Cook: 6-8 hrs

Ingredients

Meatballs: 1.5 lbs lean ground turkey, 1 egg, 1/4 cup oat bran, 2 garlic cloves minced, 1 tsp Italian seasoning, salt and pepper

Soup: 1 can (28 oz) crushed tomatoes, 3 cups low-sodium chicken broth, 2 cups zucchini diced, 2 cups spinach, 1 cup each: carrots and celery diced, 1 medium onion diced, 3 garlic cloves, 1 tsp Italian seasoning, 1 bay leaf

Preparation

1. Mix all meatball ingredients gently. Roll into 1-inch balls (approximately 24-28).
2. Brown meatballs in a non-stick skillet over medium-high heat, turning once, about 3-4 minutes total.
3. Place all soup vegetables and aromatics in the slow cooker. Add tomatoes, broth, and seasonings.
4. Place browned meatballs on top. Cook on LOW 6-8 hours or HIGH 3-4 hours.
5. Stir in spinach in the last 30 minutes. Remove bay leaf. Adjust seasoning.

Recipe 29: Spaghetti Squash Bolognese

Servings: 4 | Prep: 15 min | Cook: 50 min

Ingredients

2 medium spaghetti squash (about 3 lbs each)

1 lb lean ground turkey

1 can (28 oz) crushed tomatoes

1 can (14 oz) diced tomatoes

1 medium onion, diced

4 garlic cloves, minced

2 carrots, finely diced

2 celery stalks, finely diced

1 cup mushrooms, finely diced

1 tbsp olive oil

1 tsp Italian seasoning

1/2 tsp fennel seeds

Salt, pepper

Optional: 1/4 cup Parmesan, freshly grated

Preparation

1. Preheat oven to 400°F. Halve squash, scoop seeds, brush with a trace of oil, season with salt. Place cut-side down on a baking sheet.

2. Roast 40-45 minutes until easily pierced. Cool slightly, then scrape with a fork to create spaghetti-like strands.

3. Heat olive oil in a large saucepan. Cook onion, carrots, and celery 8 minutes.

4. Add garlic and fennel seeds; cook 1 minute. Add turkey; cook until browned.

5. Add mushrooms 3 minutes. Add both cans of tomatoes and Italian seasoning. Simmer 20-25 minutes until thick.

6. Serve sauce over spaghetti squash strands. Top with Parmesan.

Recipe 30: Stuffed Portobello Mushrooms with Turkey and Spinach

Servings: 4 | Prep: 15 min | Cook: 25 min

Ingredients

4 large portobello mushroom caps, stems removed

1 lb lean ground turkey

2 cups fresh spinach, roughly chopped

1 cup cherry tomatoes, quartered

1/2 cup onion, finely diced

3 garlic cloves, minced

1/4 cup reduced-fat mozzarella, shredded

1 tbsp olive oil

1 tsp Italian seasoning

Salt, pepper

Fresh basil

Preparation

1. Preheat oven to 400°F. Line a baking sheet.
2. Brush mushroom caps with a trace of olive oil. Season with salt. Place gill-side up on the sheet.
3. Cook onion in remaining oil 3 minutes. Add garlic 30 seconds. Add turkey; cook until browned.
4. Add tomatoes and spinach; stir until spinach wilts. Season with Italian seasoning, salt, and pepper.
5. Divide turkey mixture evenly among mushroom caps, mounding generously. Top with mozzarella.
6. Bake 20-22 minutes until mushrooms are tender and cheese is melted and golden. Garnish with basil.

Recipe 31: Garlic Herb Salmon with Roasted Brussels Sprouts

Servings: 4 | Prep: 10 min | Cook: 25 min

Ingredients

4 salmon fillets (5 oz each)
4 cups Brussels sprouts, halved
4 garlic cloves, minced
2 tbsp lemon juice
1 tbsp olive oil
1 tbsp fresh dill
1 tsp smoked paprika
Salt, pepper
Lemon wedges

Preparation

1. Preheat oven to 425°F. Line a large baking sheet.
2. Toss sprouts with 2 tsp oil, salt, and pepper. Spread cut-side down on half the sheet; roast 10 min.
3. Meanwhile, mix garlic, lemon juice, remaining oil, dill, and paprika; brush over salmon.
4. Place salmon on the empty half of the hot sheet.
5. Continue roasting 12-15 minutes until salmon flakes easily and Brussels sprouts are caramelized. Serve with lemon wedges.

Recipe 32: White Bean and Kale Tuscan Soup

Servings: 6 | Prep: 15 min | Cook: 30 min

Ingredients

2 cans (15 oz each) white cannellini beans, one can mashed

4 cups kale, stems removed and leaves torn

1 can (14 oz) diced tomatoes

4 cups low-sodium broth

1 medium onion, diced

4 garlic cloves, minced

2 celery stalks, diced

2 carrots, diced

1 tbsp olive oil

1 tsp Italian seasoning

1/2 tsp red pepper flakes

Salt and pepper

Optional: Parmesan rind during cooking

Freshly grated Parmesan for serving

Preparation

1. Heat olive oil in a large pot. Cook onion, carrots, and celery 8 minutes.

2. Add garlic and red pepper flakes; cook 1 minute.

3. Add tomatoes, broth, Italian seasoning, and Parmesan rind if using.

4. Stir in mashed white beans (thickens the broth beautifully) and whole beans. Bring to a boil, then simmer 15 minutes.

5. Stir in kale; cook 5 minutes until tender. Remove rind. Adjust seasoning.

6. Serve topped with freshly grated Parmesan.

Recipe 33: Spiced Turkey Meatballs with Zucchini Noodles

Servings: 4 | Prep: 20 min | Cook: 20 min

Ingredients

Meatballs: 1.5 lbs lean ground turkey, 1 egg, 1/4 cup rolled oats, 2 garlic cloves minced, 1 tsp cumin, 1 tsp coriander, 1/2 tsp cinnamon, 1/4 tsp cayenne, salt and pepper

Sauce: 1 can (28 oz) crushed tomatoes, 3 garlic cloves minced, 1 tsp olive oil, 1 tsp smoked paprika, 1/2 tsp cumin, fresh parsley

Zoodles: 5 large zucchini, spiralized

Preparation

1. Combine all meatball ingredients; mix gently. Form into 20 meatballs.
2. Brown in a non-stick skillet over medium-high heat, turning once. Remove.
3. In the same pan, cook garlic in oil 30 seconds. Add tomatoes and remaining spices. Simmer 10 minutes.
4. Add meatballs to sauce; cook 10 more minutes until cooked through (165°F/74°C inside).
5. Quickly saute zucchini noodles in a dry hot pan 1-2 minutes only.
6. Serve meatballs and sauce over zoodles. Garnish with fresh parsley.

DINNER

Recipe 34: Baked Cod with Mediterranean Tomatoes and Olives

Servings: 4 | Prep: 10 min | Cook: 20 min

Ingredients

4 cod fillets (5-6 oz each)
2 cups cherry tomatoes
1/2 cup Kalamata olives, halved
1/4 cup capers, drained
4 garlic cloves, minced
1 tbsp olive oil
1 tbsp lemon juice
1 tsp dried oregano
1/4 tsp red pepper flakes
Salt, pepper
Fresh parsley, lemon wedges

Preparation

1. Preheat oven to 400°F. Lightly oil a baking dish.
2. Combine cherry tomatoes, olives, capers, garlic, olive oil, oregano, and red pepper flakes in the dish. Toss well.
3. Nestle cod fillets among the tomato mixture. Season with salt, pepper, and lemon juice.
4. Bake 15-18 minutes until cod flakes easily.
5. Garnish with fresh parsley and lemon wedges.

Recipe 35: Chicken and Broccoli Ginger Stir-Fry

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients

1.5 lbs boneless skinless chicken breast, thinly sliced

4 cups broccoli florets

2 medium bell peppers, sliced

1 cup mushrooms, sliced

4 garlic cloves, minced

2 tbsp fresh ginger, grated

Sauce: 3 tbsp low-sodium soy sauce, 1 tbsp oyster sauce, 1 tbsp rice vinegar, 1 tsp honey, 1 tsp sesame oil, 1 tbsp cornstarch mixed with 2 tbsp cold water

1 tsp olive oil

Sesame seeds and green onions for garnish

Preparation

1. Mix sauce ingredients and set aside.
2. Heat a wok or large skillet over very high heat until smoking. Add oil.
3. Cook chicken in a single layer 2 minutes without stirring, then stir-fry 2-3 minutes more. Remove.
4. Add broccoli; stir-fry 3-4 minutes until bright green and slightly charred.
5. Add bell peppers and mushrooms; stir-fry 2 minutes. Add garlic and ginger 30 seconds.
6. Return chicken to wok. Pour sauce over everything. Toss vigorously over high heat 1-2 minutes until sauce thickens and coats.
7. Garnish with sesame seeds and green onions.

Recipe 36: Stuffed Cabbage Rolls with Turkey

Servings: 4 | Prep: 25 min | Cook: 60 min

Ingredients

8 large green cabbage leaves

1 lb lean ground turkey

1 cup cooked brown rice

1 medium onion, finely diced

3 garlic cloves, minced

1 egg

1 tsp paprika, 1 tsp dried oregano, salt, pepper

Sauce: 1 can (28 oz) crushed tomatoes, 1 cup low-sodium beef broth, 1 tbsp apple cider vinegar, 1 tsp honey, salt

Preparation

1. Blanch cabbage leaves in boiling water 3-4 minutes until pliable. Drain and pat dry.
2. Mix turkey, rice, onion, garlic, egg, paprika, oregano, salt, and pepper.
3. Combine sauce ingredients.
4. Place about 1/2 cup filling at the base of each cabbage leaf. Roll up, folding in sides.
5. Spread 1/3 of sauce in a large Dutch oven. Arrange cabbage rolls seam-side down.
6. Pour remaining sauce over rolls. Cover and cook on low heat 50-60 minutes, or bake at 350°F 60-65 minutes, until the filling reaches 165°F (74°C).

Recipe 37: Tofu and Vegetable Thai-Inspired Curry

Servings: 4 | Prep: 15 min | Cook: 20 min

Ingredients

1 block (14 oz) extra-firm tofu, pressed and cubed
4 cups mixed vegetables (bell peppers, broccoli, snap peas, zucchini)
1 can (13.5 oz) light coconut milk
2 cups low-sodium vegetable broth
2 tbsp Thai red or green curry paste
3 garlic cloves, minced
1 tbsp fresh ginger, grated
1 tbsp lime juice
1 tbsp low-sodium soy sauce
1 tsp each: sesame oil, olive oil
Fresh basil or cilantro
Lime wedges
Cauliflower rice for serving

Preparation

1. Press tofu between paper towels 15 minutes. Cut into cubes.
2. Cook tofu in a hot non-stick skillet until golden on most sides, 8-10 minutes. Remove.
3. Cook garlic and ginger in sesame oil 30 seconds. Add curry paste; cook 1 minute, stirring constantly.
4. Add vegetables; stir-fry 3-4 minutes. Pour in coconut milk and broth. Bring to a simmer.
5. Add tofu, soy sauce, and lime juice. Simmer 5 minutes.
6. Serve over cauliflower rice with fresh herbs and lime wedges.

Recipe 38: Chickpea Shakshuka

Servings: 4 | Prep: 10 min | Cook: 25 min

Ingredients

8 large eggs
1 can (28 oz) crushed tomatoes
1 can (15 oz) chickpeas, rinsed and drained
1 large onion, diced
1 large bell pepper, diced
4 garlic cloves, minced
1 tbsp olive oil
2 tsp smoked paprika, 1 tsp cumin, 1/2 tsp turmeric, 1/4 tsp cayenne
Salt and pepper
Fresh parsley and reduced-fat feta for serving

Preparation

1. Heat olive oil in a large deep skillet or cast-iron pan over medium heat.
2. Cook onion and bell pepper 8 minutes until softened. Add garlic and all spices; cook 1 minute.
3. Add crushed tomatoes and chickpeas. Season. Stir well. Simmer 10-12 minutes until slightly thickened.
4. Create 8 wells in the sauce. Crack one egg into each well.
5. Cover and cook 6-8 minutes until whites are set but yolks remain slightly soft.
6. Garnish generously with fresh parsley and crumbled feta. Serve directly from the pan.

DINNER

Recipe 39: Sheet Pan Herb Chicken and Rainbow Vegetables

Servings: 4 | Prep: 10 min | Cook: 30 min

Ingredients

4 boneless skinless chicken breasts
2 cups each: broccoli and cauliflower florets
2 medium bell peppers, chunked
2 cups cherry tomatoes
2 medium zucchini, sliced
2 tbsp olive oil
4 garlic cloves, minced
1 tbsp lemon juice
1 tsp each: dried rosemary, thyme, smoked paprika
Salt, pepper
Fresh parsley

Preparation

1. Preheat oven to 425°F. Line a very large baking sheet (or use two standard sheets).
2. Toss vegetables with 1 tbsp olive oil, salt, and pepper. Spread on sheet.
3. Mix remaining oil, garlic, lemon juice, rosemary, thyme, and paprika. Rub over chicken.
4. Place chicken among vegetables.
5. Roast 25-30 minutes until chicken is cooked through (165°F internally) and vegetables are caramelized.
6. Garnish with fresh parsley.

Recipe 40: Lean Beef and Vegetable Stew

Servings: 4 | Prep: 20 min | Cook: 70 min

Ingredients

1.25 lbs lean beef stew meat (round or sirloin), cut in 1-inch pieces
3 cups mushrooms, quartered
2 medium carrots, chunked
2 celery stalks, chunked
1 medium turnip or parsnip, cubed
1 medium onion, diced
4 garlic cloves, minced
2 cups low-sodium beef broth
1 can (14 oz) diced tomatoes
1 tbsp tomato paste
1 tsp olive oil
1 tsp thyme, 1 bay leaf
Salt, pepper, fresh parsley

Preparation

1. Pat beef dry. Season generously. Brown in batches over high heat in a Dutch oven, 3-4 minutes per batch. Remove.
2. Reduce heat. Cook onion and garlic 5 minutes. Add tomato paste; cook 1 minute.
3. Return beef. Add broth, tomatoes, thyme, and bay leaf. Bring to a boil, reduce, cover, and simmer 40 minutes.
4. Add carrots, celery, turnip, and mushrooms. Simmer 25-30 minutes until vegetables and beef are tender.
5. Remove bay leaf. Adjust seasoning. Garnish with parsley.

Recipe 41: Turkey Zucchini Boats

Servings: 4 | Prep: 15 min | Cook: 30 min

Ingredients

4 large zucchini
1 lb lean ground turkey
1 cup diced tomatoes, fresh or canned
1/2 cup onion, finely diced
2 garlic cloves, minced
1/2 cup reduced-fat mozzarella
1 tsp Italian seasoning
Salt, pepper
Fresh basil

Preparation

1. Preheat oven to 375°F. Halve zucchini lengthwise. Scoop out flesh with a spoon, leaving 1/4-inch shell. Chop the scooped flesh.
2. Place shells cut-side up on a baking sheet. Season interiors with salt.
3. Cook onion and garlic in a skillet 3 minutes. Add turkey; cook until browned.
4. Add chopped zucchini flesh and tomatoes; cook 4-5 minutes. Season with Italian seasoning, salt, and pepper.
5. Fill each zucchini shell generously with turkey mixture. Top with mozzarella.
6. Bake 20-22 minutes until zucchini is tender and cheese is bubbly. Garnish with basil.

DINNER

Recipe 42: Baked Tilapia with Mango Salsa

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients

4 tilapia fillets (5 oz each)

Mango salsa: 1 large mango diced, 1 cup cherry tomatoes halved, 1/2 red onion diced, 1 jalapeño minced, 1/4 cup fresh cilantro, 2 tbsp lime juice, salt

Seasoning: 1 tsp cumin, 1 tsp smoked paprika, 1/2 tsp garlic powder, salt, pepper

1 tsp olive oil

Lime wedges

Preparation

1. Prepare salsa: combine mango, tomatoes, red onion, jalapeño, cilantro, and lime juice. Season. Refrigerate.
2. Preheat oven to 400°F. Line a baking sheet.
3. Mix spices. Rub tilapia fillets with olive oil, then press spice mixture over both sides.
4. Bake 12-15 minutes until fish flakes easily.
5. Serve each fillet topped with generous mango salsa and a lime wedge.

Soups and salads

Recipes 43-52



Recipe 43: High-Volume Minestrone

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 43: High-Volume Minestrone

Servings: 6 | Prep: 15 min | Cook: 35 min

Ingredients

1 can (15 oz) kidney beans, rinsed
1 can (15 oz) cannellini beans, rinsed
1 can (28 oz) crushed tomatoes
4 cups low-sodium vegetable broth
2 cups each: zucchini diced, cabbage shredded, green beans cut in 1-inch pieces
1 cup each: carrots diced, celery diced
1 medium onion, diced
4 garlic cloves, minced
1 cup whole wheat small pasta, cooked separately
1 tbsp olive oil
1 tsp Italian seasoning, 1 bay leaf
Optional: Parmesan rind
Salt, pepper, Parmesan for serving

Preparation

1. Heat olive oil. Cook onion, carrots, and celery 8 minutes. Add garlic 1 minute.
2. Add crushed tomatoes, broth, Italian seasoning, bay leaf, and Parmesan rind if using.
3. Add kidney beans and cabbage. Bring to a boil, then simmer 15 minutes.
4. Add zucchini and green beans; simmer 10 minutes. Stir in cannellini beans and cooked pasta.
5. Remove bay leaf and Parmesan rind. Season well. Serve with freshly grated Parmesan.

Recipe 44: Spicy Lentil and Sweet Potato Soup

Servings: 6 | Prep: 15 min | Cook: 30 min

Ingredients

2 cups dried red lentils, rinsed
2 medium sweet potatoes, peeled and diced
1 can (14 oz) diced tomatoes
4 cups low-sodium vegetable broth
1 medium onion, diced
4 garlic cloves, minced
1 tbsp fresh ginger, grated
2 tsp cumin, 1 tsp smoked paprika, 1 tsp turmeric, 1/4 tsp cayenne
1 tbsp lemon juice
1 tbsp olive oil
Salt, fresh cilantro, plain Greek yogurt for serving

Preparation

1. Heat olive oil. Cook onion 5 minutes. Add garlic, ginger, and all spices; cook 1 minute.
2. Add lentils, sweet potatoes, tomatoes, and broth. Stir well. Bring to a boil.
3. Reduce heat and simmer 25-28 minutes until lentils and sweet potatoes are completely soft.
4. Use an immersion blender to partially blend the soup - about half - leaving the rest chunky.
5. Stir in lemon juice. Season well. Serve topped with Greek yogurt, fresh cilantro, and extra paprika.

Recipe 45: Cucumber Mint Gazpacho with Greek Yogurt

Servings: 4 | Prep: 15 min | Cook: 0 min (plus 2 hrs chilling)

Ingredients

4 large cucumbers, peeled and diced

1 cup plain non-fat Greek yogurt

1/2 cup fresh mint leaves

1/4 cup fresh dill

2 garlic cloves

2 tbsp lemon juice

1 cup cold water

1 tsp olive oil

Salt, white pepper

Toppings: diced cucumber, fresh mint, very light drizzle of olive oil, sesame seeds

Preparation

1. Reserve 1/2 cup diced cucumber for garnish.
2. Blend remaining cucumber, Greek yogurt, mint, dill, garlic, lemon juice, and cold water until completely smooth.
3. Season generously with salt and white pepper. Refrigerate at least 2 hours.
4. Serve in chilled bowls, topped with reserved cucumber, mint, olive oil, and sesame seeds.

Recipe 46: Power Greens Meal Salad with Lemon Tahini

Servings: 4 | Prep: 20 min | Cook: 30 min

Ingredients

6 cups mixed power greens (kale, spinach, arugula)

2 cups roasted crispy chickpeas (see Recipe 19 technique)

4 hard-boiled eggs, halved

1 cup cherry tomatoes, halved

1 cup cucumber, sliced

1 cup shredded red cabbage

1/2 avocado, diced

2 tbsp pumpkin seeds

Dressing: 3 tbsp tahini, 2 tbsp lemon juice, 1 tbsp water, 1 garlic clove minced, salt and pepper

Preparation

1. Prepare crispy chickpeas: roast at 425°F for 25-30 minutes as in Recipe 19.
2. Hard-boil eggs.
3. Massage kale with a pinch of salt 1-2 minutes until slightly softened and bright green.
4. Combine all greens, tomatoes, cucumber, and cabbage in a large bowl.
5. Whisk dressing, adding water to achieve a pourable consistency.
6. Divide into 4 large bowls. Top with chickpeas, eggs, avocado, and pumpkin seeds. Drizzle with dressing.

Recipe 47: Creamy Cauliflower Soup with Turkey Bacon

Servings: 6 | Prep: 15 min | Cook: 30 min

Ingredients

2 large heads cauliflower, cut into florets

1 medium onion, diced

4 garlic cloves

4 cups low-sodium broth

1 cup unsweetened almond milk

1 tbsp olive oil

1/4 tsp nutmeg

Salt, white pepper

Optional garnish: 2 slices turkey bacon cooked crispy and crumbled, fresh chives, smoked paprika

Preparation

1. Heat olive oil. Cook onion and garlic 6 minutes.
2. Add cauliflower and broth. Bring to a boil. Reduce heat and simmer 20-22 minutes until cauliflower is very soft.
3. Use an immersion blender to blend until completely smooth.
4. Add almond milk; blend again. Season with salt, white pepper, and nutmeg.
5. Thin with additional broth if desired. Heat gently - do not boil after adding almond milk.
6. Serve topped with turkey bacon, chives, and a dusting of smoked paprika.

Recipe 48: Warm Quinoa, Roasted Beet, and Arugula Salad

Servings: 4 | Prep: 10 min | Cook: 45 min

Ingredients

3 medium beets, peeled and cubed

2 cups cooked quinoa

4 cups arugula

40g walnuts, roughly chopped

1/2 cup reduced-fat goat cheese or feta, crumbled

Dressing: 2 tbsp balsamic vinegar, 1 tbsp olive oil, 1 tsp Dijon mustard, 1 tsp honey, salt and pepper

Preparation

1. Preheat oven to 400°F. Toss beet cubes with 1/2 tsp olive oil, salt, and pepper. Wrap loosely in foil and roast 40-45 minutes until fork-tender.
2. Whisk together all dressing ingredients.
3. Toss warm quinoa and roasted beets with half the dressing.
4. Arrange arugula on plates or a large platter. Top with quinoa-beet mixture.
5. Scatter walnuts and goat cheese over the top. Drizzle with remaining dressing.

Recipe 49: Asian Miso Soup with Tofu and Vegetables

Servings: 4 | Prep: 10 min | Cook: 15 min

Ingredients

4 cups low-sodium vegetable broth
3-4 tbsp white miso paste
1 block (14 oz) firm tofu, cubed
2 cups shiitake or button mushrooms, sliced
2 cups baby bok choy, halved
1 cup edamame, shelled
3 green onions, sliced
2 garlic cloves, minced
1 tbsp fresh ginger, grated
1 tsp sesame oil
Optional: rehydrated wakame seaweed

Preparation

1. Heat broth in a medium pot over medium heat. Do not boil.
2. Add garlic, ginger, and mushrooms; simmer gently 5 minutes.
3. Add bok choy and edamame; simmer 3-4 minutes.
4. Add tofu; heat through 2 minutes.
5. Whisk miso paste with 1/4 cup of the hot broth until smooth. Add back to the pot. Do not boil.
6. Stir in sesame oil and wakame if using. Garnish with green onions.

Recipe 50: Spicy Black Bean and Corn Salad

Servings: 4 | Prep: 15 min | Cook: 0 min

Ingredients

2 cans (15 oz) black beans, rinsed and drained
2 cups corn (fresh, or frozen corn cooked and cooled)
2 medium tomatoes, diced
1 medium avocado, diced
1/2 red onion, finely diced
1-2 jalapeños, minced
1/2 cup fresh cilantro
3 tbsp lime juice
1 tbsp olive oil
1 tsp cumin, 1/2 tsp smoked paprika
Salt and pepper

Preparation

1. Combine black beans, corn, tomatoes, red onion, and jalapeños in a large bowl.
2. Whisk together lime juice, olive oil, cumin, paprika, salt, and pepper.
3. Pour dressing over bean mixture and toss to coat.
4. Add avocado and cilantro; fold gently to avoid breaking avocado.
5. Taste and adjust seasoning. Serve immediately or refrigerate up to 2 days (add avocado just before serving).

Recipe 51: Creamy Avocado and Lime Dressing - Master Recipe

Servings: 8 | Prep: 5 min | Cook: 0 min

Ingredients

1 ripe avocado
1/2 cup plain non-fat Greek yogurt
1/4 cup fresh lime juice
2 garlic cloves
1/4 cup water
1/4 cup fresh cilantro or parsley
1/2 tsp cumin
Salt and pepper

Preparation

1. Combine all ingredients in a blender or food processor.
2. Blend until completely smooth.
3. Adjust: more lime for acidity, more water for thinner consistency, more garlic for intensity.
4. Transfer to a jar. Refrigerate for up to 4 days.
5. Use over any salad in this book, as a dip for raw vegetables, or drizzled over protein bowls.

Recipe 52: Hearty Chicken and Vegetable Soup

Servings: 6 | Prep: 20 min | Cook: 40 min

Ingredients

1.5 lbs boneless skinless chicken breasts
4 medium carrots, diced
4 celery stalks, diced
2 medium onions, diced
4 garlic cloves, minced
2 cups each: green beans cut in 1-inch pieces, zucchini diced
6 cups low-sodium chicken broth
1 can (14 oz) diced tomatoes
1 tbsp olive oil
1 tsp thyme, 1 bay leaf
Salt, pepper, fresh parsley

Preparation

1. Heat olive oil. Cook onion, carrots, and celery 8 minutes. Add garlic 1 minute.
2. Add whole chicken breasts, broth, tomatoes, thyme, and bay leaf. Bring to a boil.
3. Reduce heat and simmer 20-22 minutes until chicken reaches 165°F. Remove and shred chicken.
4. Add green beans and zucchini; simmer 10 minutes.
5. Return shredded chicken. Remove bay leaf. Season generously.
6. Serve with fresh parsley.

CATEGORY 5

Snacks and sides

Recipes 53-60



Recipe 53: Roasted Garlic Chickpeas

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 53: Roasted Garlic Chickpeas

Servings: 4 | Prep: 5 min | Cook: 30 min

Ingredients

2 cans (15 oz) chickpeas, rinsed, drained, and very thoroughly dried

1 tsp olive oil

1 tsp smoked paprika, 1/2 tsp garlic powder, 1/2 tsp cumin, 1/4 tsp cayenne

Salt

Preparation

1. Preheat oven to 425°F.
2. Spread chickpeas on a baking sheet lined with paper towels. Roll around and dry thoroughly. Remove any loose skins.
3. Transfer to a clean, dry baking sheet. Toss with olive oil and spices.
4. Roast 25-30 minutes, shaking the pan every 10 minutes, until crispy and golden throughout.
5. Allow to cool completely on the pan - they will crisp further as they cool.
6. Store in an open container at room temperature for up to 2 days.

Recipe 54: Greek Yogurt Dip with Roasted Garlic

Servings: 6 | Prep: 5 min (plus 40 min roasting) | Cook: 40 min

Ingredients

2 cups plain non-fat Greek yogurt

1 whole head garlic

2 tbsp lemon juice

1 tbsp fresh dill

1 tbsp fresh chives, sliced

1 tsp olive oil

Salt, pepper

Assorted raw vegetables for serving: carrots, celery, cucumber, bell peppers, broccoli, cherry tomatoes

Preparation

1. Roast garlic: cut top off head, drizzle with 1/2 tsp olive oil, wrap in foil, bake at 400°F 40 minutes until soft and golden. Squeeze out cloves.
2. Mash roasted garlic cloves into a smooth paste.
3. Combine Greek yogurt, garlic paste, lemon juice, dill, and chives. Mix well. Season generously.
4. Transfer to a serving bowl. Drizzle with remaining olive oil. Refrigerate up to 5 days.
5. Serve with an abundance of raw vegetables.

Recipe 55: Protein Energy Bites

Servings: 20 | Prep: 15 min | Cook: 0 min (plus 1 hr refrigeration)

Ingredients

2 cups rolled oats
1/2 cup natural peanut or almond butter (no sugar added)
1/3 cup pure honey or maple syrup
1/4 cup ground flaxseed
1/4 cup mini dark chocolate chips (measure exactly)
2 tbsp chia seeds
1 tsp vanilla extract
Pinch of salt

Preparation

1. Combine all ingredients in a large bowl. Mix until completely uniform.
2. Refrigerate the mixture 30-60 minutes - this firms it up for rolling.
3. Roll into 1-inch diameter balls (approximately 1 tablespoon each).
4. Place on a parchment-lined baking sheet. Refrigerate at least 30 minutes before eating.
5. Store refrigerated up to 1 week, or freeze up to 2 months.

Recipe 56: Cucumber and Tuna Stacks

Servings: 1 | Prep: 5 min | Cook: 0 min

Ingredients

- 1 can (5 oz) chunk light tuna in water, drained
- 1 large English cucumber, sliced into 1/2-inch rounds
- 1/4 cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 2 tbsp fresh dill
- Salt, pepper
- Optional: capers, everything bagel seasoning

Preparation

1. Combine tuna, Greek yogurt, lemon juice, Dijon, and dill. Mix and season.
2. Arrange cucumber rounds on a plate.
3. Place a generous spoonful of tuna mixture on each cucumber round.
4. Garnish with capers or everything bagel seasoning. Serve immediately.

Recipe 57: Edamame with Chili Lime Salt

Servings: 4 | Prep: 2 min | Cook: 5 min

Ingredients

4 cups frozen edamame in pods

1 lime, zested and juiced

1 tsp chili powder or chili flakes

1/2 tsp sea salt

Optional: 1/4 tsp garlic powder

Preparation

1. Cook edamame per package directions (usually 4-5 minutes boiling or 3-4 minutes microwave).
2. Drain well.
3. Immediately toss with lime zest, lime juice, chili powder, and sea salt while still hot.
4. Taste and adjust seasoning. Serve immediately in bowls.

Recipe 58: Spiced Air-Popped Popcorn

Servings: 4 | Prep: 2 min | Cook: 5 min

Ingredients

1/2 cup popcorn kernels (yields approximately 16 cups popped)

Seasoning choice A: 1 tsp nutritional yeast, 1/2 tsp garlic powder, 1/4 tsp smoked paprika, salt

Seasoning choice B: 1 tsp cinnamon, 1/2 tsp cardamom, 1 tsp honey drizzled over

Seasoning choice C: 1 tsp cumin, 1/2 tsp chili powder, lime zest, salt

Cooking spray

Preparation

1. Pop corn on stovetop with 1/2 tsp olive oil, or in an air popper. Do not use microwave bags.
2. Immediately after popping, spray lightly with cooking spray if seasoning needs to adhere.
3. Sprinkle chosen seasoning over popcorn while still hot. Toss thoroughly to coat.
4. Serve in a large bowl immediately.

Recipe 59: Cottage Cheese Fruit Bowl

Servings: 2 | Prep: 5 min | Cook: 0 min

Ingredients

2 cups low-fat cottage cheese

1 cup fresh mixed berries (strawberries, blueberries, raspberries)

1 medium peach or nectarine, diced

1 tbsp pure honey

1 tbsp toasted almond slices (measured)

1/4 tsp vanilla extract

Optional: pinch of cinnamon

Preparation

1. Divide cottage cheese between two bowls.
2. Top each bowl with berries, peach, and a pinch of cinnamon.
3. Drizzle with honey. Scatter almond slices over the top.
4. Stir gently just before eating to combine the flavors.

Recipe 60: Hard-Boiled Egg and Veggie Snack Plate

Servings: 2 | Prep: 2 min | Cook: 12 min

Ingredients

4 large eggs
1 cup cherry tomatoes
1 cup cucumber, sliced
1 cup celery sticks
1/4 cup hummus
Sea salt, cracked black pepper
Optional: everything bagel seasoning

Preparation

1. Place eggs in a saucepan, cover with cold water by 1 inch. Bring to a full boil over medium-high heat.
2. Remove from heat immediately, cover tightly, and let stand exactly 12 minutes.
3. Transfer to an ice bath for 5 minutes. Peel. Halve eggs. Season.
4. Arrange on a plate with tomatoes, cucumber, celery, and hummus.

Protein desserts

Recipes 61-65



Recipe 65: Protein Chocolate Mousse

AI-generated food illustration. Not a photograph of a tested dish; portion size is illustrative.

Recipe 61: Frozen Banana Protein Nice Cream

Servings: 4 | Prep: 10 min | Cook: 0 min (plus 3 hrs freezing)

Ingredients

4 very ripe bananas, sliced and frozen (minimum 3 hours)

1/2 cup plain Greek yogurt

1 scoop vanilla protein powder (optional)

Flavor add-ins (choose one): 2 tbsp natural peanut butter + pinch sea salt; 2 tbsp cocoa powder + 1 tsp honey; 1 cup frozen strawberries; 1 tsp cinnamon + 1/4 tsp cardamom

Preparation

1. Slice ripe bananas and freeze in a single layer for at least 3 hours.
2. Process frozen banana slices in a food processor 30 seconds - will look crumbly.
3. Continue processing, scraping down sides, 2-3 more minutes.
4. The mixture will suddenly transform into a smooth, creamy soft-serve consistency.
5. Add Greek yogurt, protein powder, and chosen flavoring. Process until combined.
6. Serve immediately as soft-serve, or freeze 1 additional hour for a firmer scoop.

Recipe 62: Chia Berry Parfait

Servings: 4 | Prep: 15 min (plus overnight setting) | Cook: 0 min

Ingredients

Chia pudding layer: 1/2 cup chia seeds, 2 cups unsweetened almond milk, 1 tbsp maple syrup, 1 tsp vanilla

Yogurt layer: 2 cups plain non-fat Greek yogurt, 1 tbsp honey

Fruit layer: 2 cups mixed berries, 1 tbsp lemon juice

Optional: 1/4 cup granola for topping (measured, added at serving time only)

Preparation

1. Make chia pudding: whisk chia seeds, almond milk, maple syrup, and vanilla. Refrigerate overnight.
2. Warm berries gently with lemon juice for 3-4 minutes, or use raw.
3. Mix Greek yogurt with honey.
4. Layer in clear glasses: chia pudding, Greek yogurt, berries. Repeat if glasses are tall.
5. Top with a small sprinkle of granola just before serving.
6. Refrigerate completed parfaits up to 24 hours (add granola only at serving time).

Recipe 63: Baked Cinnamon Apple with Yogurt

Servings: 4 | Prep: 5 min | Cook: 25 min

Ingredients

4 medium apples (Honeycrisp, Fuji, or Braeburn)

2 tsp cinnamon

1/4 tsp nutmeg, 1/4 tsp cardamom

2 tsp pure maple syrup

1 tbsp water

1 cup plain non-fat Greek yogurt for serving

Optional: 2 tbsp chopped walnuts (measured)

Preparation

1. Preheat oven to 375°F.
2. Core each apple without cutting through the bottom, creating a cavity approximately 1 inch wide.
3. Mix cinnamon, nutmeg, and cardamom together.
4. Place apples in a baking dish with 1 tbsp water in the bottom.
5. Fill each apple cavity with spice mixture and drizzle with maple syrup.
6. Cover loosely with foil and bake 20-25 minutes until apples are tender but holding their shape.
7. Serve warm with a generous spoonful of Greek yogurt and optional walnuts.

Recipe 64: Dark Chocolate Greek Yogurt Bark

Servings: 8 | Prep: 10 min | Cook: 0 min (plus 2 hrs freezing)

Ingredients

2 cups plain non-fat Greek yogurt

2 tbsp pure honey

1 tsp vanilla extract

3 oz dark chocolate (70%+ cocoa), finely chopped

Toppings: 1/2 cup fresh raspberries or strawberries, 2 tbsp pistachios or almonds (measured and chopped)

Optional: 1 tsp dried rose petals

Preparation

1. Line a baking sheet with parchment paper.
2. Mix Greek yogurt with honey and vanilla until smooth.
3. Melt dark chocolate gently (microwave in 30-second intervals). Drizzle and swirl through the yogurt.
4. Spread yogurt mixture approximately 1/4-inch thick on the parchment.
5. Scatter berries and chopped nuts over the surface.
6. Freeze at least 2 hours until completely solid. Break into irregular pieces.
7. Store in a freezer container for up to 1 month.

Recipe 65: Protein Chocolate Mousse

Servings: 4 | Prep: 10 min | Cook: 0 min (plus 1 hr chilling)

Ingredients

2 cups plain non-fat Greek yogurt

2 tbsp dark cocoa powder (Dutch-process for richest flavor)

2 tbsp pure honey or maple syrup

1 tsp vanilla extract

1/4 tsp espresso powder (optional - dramatically enhances chocolate flavor)

Toppings: fresh raspberries, dark chocolate shavings, mint leaves

Preparation

1. Combine Greek yogurt, cocoa powder, honey, vanilla, and espresso powder in a bowl.
2. Whisk vigorously until completely smooth and uniformly dark brown - no cocoa streaks.
3. Taste and adjust sweetness.
4. Spoon into four serving glasses or ramekins.
5. Refrigerate at least 1 hour until slightly set.
6. Top with fresh raspberries, chocolate shavings, and mint just before serving.

Weekly meal planner

Week of: _____

Add recipe names or numbers and adjust portions for your household.

Day	Breakfast	Lunch	Dinner / snacks
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shopping checklist

Plan date: _____

Category	Items and quantities
Vegetables and fruit	
Protein foods	
Dairy and alternatives	
Grains and legumes	
Pantry and seasonings	
Other	

Recipe notes

Recipe name / number: _____

What I tried	Notes
Date and servings made	
Ingredient substitutions	
Preparation notes	
Taste and texture	
Changes for next time	
Questions to check	