



In here you will find 30 days worth of meal plans designed specifically to make sure you consume hearty nutrients and quality calories. These meal plans can be set up to help you lose weight or just maintain weight and I am going to explain how you would calculate your quantity of food for weight loss and healthy eating.

Notes: For those that do not have turkey as a prevalent source of meat you can simply substitute chicken in its place. Also, for those that consider themselves very overweight meaning you have more than 30 pounds to lose use your goal bodyweight when determining your quantities of protein and carbs. If you have less than 30 pounds to lose then use your actual weight and adjust your food intake as you lose the weight.

Weight Loss Guidelines:

1. Eat 1 gram of protein per pound of bodyweight per day. The easiest way to achieve this is to take your bodyweight and divide it by 6 for the number of meals per day. This will give you the number of protein grams you should try to eat per meal. If you can't get to that amount of food that is ok, but try to eat as much of your suggested lean protein as you can.
2. Eat your protein foods, vegetables and fruits before you go back for seconds of your carbohydrate foods. For example if your meal is lean beef, brown rice, broccoli and a piece of fruit you portion out your meals so that you eat enough beef to cover your protein needs. Then add your vegetables and only a small amount of the rice. Eat your meal including the piece of fruit and then if you are still hungry you can go back for more rice. Preferably you should eat more of the lean beef and broccoli so that you control your carbohydrate intake.
3. On the low carbohydrate days limit your carbohydrate intake to 1 gram of carbohydrates per pound of bodyweight. Again, the easiest way to follow this step is to take your bodyweight and divide it by 4 for the number of meals that should have carbohydrates in them. Your other two meals for that low carb day should have no extra carbs. This means no fruit or starches. Just protein and vegetables. You will see in the meal plans that low carb days generally have two meals or snacks with no extra carbohydrates.

4. The meal plans for no carbohydrate days, it means just that. Your meal will consist of various proteins and vegetables and no carbs. The reason for doing this is because when you cycle your carbohydrates in this manner it accelerates your fat loss without triggering “starvation” hormones. When the “starvation hormones” are triggered your fat loss comes to a halt until those hormones calm down.

Weight Maintenance:

This method can be followed once you reach your weight loss goals. This method can also be followed by the rest of your family or children if their goal isn't to lose weight, but rather maintain their current weight.

You don't have to measure calories or anything. It is real simple, you just follow guideline #2 above which is eat your protein foods, vegetables and fruit before you go back for seconds of your carbohydrate foods. For example if your meal is lean beef, brown rice, broccoli and a piece of fruit you portion out your meals so that you eat enough beef to cover your protein needs. Then add your vegetables and only a small amount of the rice. Eat your meal including the piece of fruit and then if you are still hungry you can go back for more rice. Preferably you should eat more of the lean beef and broccoli so that you control your carbohydrate intake.

If it is a pasta based meal limit your pasta consumption to 1 cup. An easy way to layout your plate for proper portions is to divide your plate into 4 sections. 1 section is going to be lean protein, 2 sections are going to be vegetables and fruit and your final section is going to be starches/grains.

So you should have about 3-5 ounces of lean protein, 1 cup vegetables and a piece of fruit and ½-1 cup starches/grains. Only eat until satisfied and not stuffed. Your body will regulate when that is so that you don't overeat.

Another good tip to follow is to make sure you take your time eating your meals. It takes your body about 20 minutes to recognize that you have food in your stomach which then it sends a signal at the proper time to tell you that you are full and don't need any more food. Try to sit down for 20 minutes during your meal so that your body has time to recognize that you are eating and so you give it time to tell you when you are full or have had enough food to eat.

I have also created a variety of vegetarian recipes in another document that you can use to substitute in to this meal plan if you are a vegetarian.

Month 4

Day 1	Day 2	Day 3
High Carb	Low Carb	No Carb
<p>Breakfast: Whole Wheat Waffle Strawberries Skim Milk</p> <p>Snack: Almonds Orange Weight Control Oatmeal</p> <p>Lunch: Chicken Ranch Wrap Carrots Apple</p> <p>Snack: Mixed Berries Low-fat string cheese Whole wheat Crackers</p> <p>Dinner: Meatball Sandwich Mixed greens with non fat dressing Peach</p> <p>Snack: Fruit Smoothie</p>	<p>Breakfast: Shredded Wheat Skim Milk Hard Boiled Egg</p> <p>Snack: Cottage cheese Carrots</p> <p>Lunch: Meatball Sandwich Zucchini sticks Apple</p> <p>Snack: Almonds Red pepper sticks</p> <p>Dinner: Enchilada Chicken on whole wheat tortilla</p> <p>Snack: Yogurt with Grape Nuts sprinkled on top</p>	<p>Breakfast: Mushroom Swiss Omelet</p> <p>Snack: Low fat string cheese Zucchini sticks</p> <p>Lunch: Enchilada Chicken Mixed Greens with nonfat dressing</p> <p>Snack: Cottage Cheese Carrots</p> <p>Dinner: Szechuan Beef and Broccoli</p> <p>Snack: Almonds Red Pepper sticks</p>

Day 4	Day 5	Day 6
High Carb	Low Carb	No Carb
<p>Breakfast: Spinach, Egg, and Cheese Breakfast Wrap</p> <p>Snack: Whole Wheat Crackers with sprinkle of melted mozzarella cheese Blueberries Carrots</p> <p>Lunch: Szechuan Beef and Broccoli with Brown Rice Orange</p> <p>Snack: Cottage Cheese Peach Zucchini sticks</p> <p>Dinner: Baked Ziti Mixed greens with nonfat dressing</p> <p>Snack: Apple Turnover Sundae</p>	<p>Breakfast: Shredded Wheat Skim Milk Turkey Sausage</p> <p>Snack: Low fat mozzarella cheese Red Pepper sticks</p> <p>Lunch: Baked Ziti Green Beans</p> <p>Snack: Cottage Cheese Carrots</p> <p>Dinner: BLT Burger Mixed veggies</p> <p>Snack: Apple Turnover Sundae</p>	<p>Breakfast: Wild West Frittata</p> <p>Snack: Almonds Carrots</p> <p>Lunch: BLT Burger (no bun) Mixed Greens with nonfat dressing</p> <p>Snack: Guacamole Dip with mixed veggies</p> <p>Dinner: Salmon Spinach Salad</p> <p>Snack: Low fat mozzarella cheese Zucchini sticks</p>

Day 7	Day 8	Day 9
High Carb	Low Carb	No Carb
<p>Breakfast: Quaker Oat Weight Control Oatmeal Mixed Berries Skim Milk</p> <p>Snack: Yogurt Red Pepper sticks Orange</p> <p>Lunch: Salmon (without salad) Brown rice Green Beans Peach</p> <p>Snack: Guacamole dip with pita chips Carrots Apple</p> <p>Dinner: Jam Packed Chicken Soft Tacos</p> <p>Snack: Cherry Pineapple Smoothie</p>	<p>Breakfast: Shredded Wheat Skim Milk Turkey bacon</p> <p>Snack: Almonds Carrots</p> <p>Lunch: Jam Packed Chicken Soft Tacos</p> <p>Snack: Cottage Cheese Zucchini sticks</p> <p>Dinner: Grilled London Broil Sweet Potato Casserole</p> <p>Snack: Light Rye Crackers with hummus and melted mozzarella cheese</p>	<p>Breakfast: Broccoli and cheddar mini frittatas</p> <p>Snack: Low fat mozzarella string cheese Red Pepper sticks</p> <p>Lunch: Grilled London Broil on mixed greens with nonfat dressing</p> <p>Snack: Almonds Carrots</p> <p>Dinner: Greek Salad with Grilled Chicken</p> <p>Snack: Cottage cheese with sprinkle of lemon pepper Zucchini sticks</p>

Day 10	Day 11	Day 12
High Carb	Low Carb	No Carb
<p>Breakfast: Bacon, Egg, Cheese Breakfast Sandwich Blackberries</p> <p>Snack: Almonds Carrots Apple</p> <p>Lunch: Mediterranean Chicken Sandwich Orange</p> <p>Snack: Cottage cheese Peach Zucchini sticks</p> <p>Dinner: Grilled Chicken Parmesan Whole Wheat pasta Green beans</p> <p>Snack: Strawberry Banana Split</p>	<p>Breakfast: Quaker Oat Weight Control Oatmeal Turkey Bacon Skim Milk</p> <p>Snack: Low fat mozzarella string cheese Red pepper sticks</p> <p>Lunch: Today's Tuna Sandwich Mixed greens with nonfat dressing</p> <p>Snack: Low Sodium, Low fat Beef Jerky Carrots</p> <p>Dinner: Pineapple Teriyaki Pork Chops Brown Rice</p> <p>Snack: Yogurt with Grape Nuts sprinkled on top</p>	<p>Breakfast: Scrambled Eggs with Mozzarella cheese Turkey Bacon Skim Milk</p> <p>Snack: Almonds Zucchini Sticks</p> <p>Lunch: Tuna with low fat mayo on bed of mixed greens</p> <p>Snack: Cottage Cheese Carrots</p> <p>Dinner: Herbed Pork Loin Roast Balsamic Roasted Broccoli</p> <p>Snack: Low Sodium, Low fat Beef Jerky Red Pepper Sticks</p>

Day 13	Day 14	Day 15
High Carb	Low Carb	No Carb
<p>Breakfast: Quaker Oat Weight Control Oatmeal Skim Milk Blueberries</p> <p>Snack: Cottage Cheese Apple Carrots</p> <p>Lunch: Herbed Roasted Pork Loin on whole wheat bread with low fat mayo, fat free cheese, and, lettuce Orange</p> <p>Snack: Almonds Peach Zucchini Sticks</p> <p>Dinner: Steak Fajitas Mixed berries</p> <p>Snack: Strawberry Peach Smoothie</p>	<p>Breakfast: Shredded Wheat Skim Milk Turkey Sausage</p> <p>Snack: Low fat mozzarella string cheese Red pepper sticks</p> <p>Lunch: Steak Fajitas Peach</p> <p>Snack: Cottage Cheese Zucchini sticks</p> <p>Dinner: Mandarin Orange Chicken Brown Rice</p> <p>Snack: Light Rye Crackers with hummus with melted mozzarella cheese</p>	<p>Breakfast: Omelet with turkey sausage, mozzarella cheese, and spinach</p> <p>Snack: Cottage Cheese Carrots</p> <p>Lunch: Mandarin Orange Chicken (pick out orange slices) on bed of Spinach leaves, stems removed</p> <p>Snack: Almonds Zucchini sticks</p> <p>Dinner: Roasted Lemon Pepper Salmon Roasted Asparagus</p> <p>Snack: Low fat mozzarella string cheese Guacamole with mixed veggies</p>

Day 16	Day 17	Day 18
High Carb	Low Carb	No Carb
<p>Breakfast: Whole Wheat Waffle with raspberries Skim Milk</p> <p>Snack: Low fat, Low sodium Beef Jerky Apple Carrots</p> <p>Lunch: Tuna with low fat mayo on whole wheat English muffin Greens Beans Orange</p> <p>Snack: Guacamole with pita chips Zucchini sticks Raspberries</p> <p>Dinner: Ranch Burger Pocket Grilled Sweet Potatoes</p> <p>Snack: Apple Turnover Sundae</p>	<p>Breakfast: Quaker Oat Weight Control Oatmeal Skim Milk Blueberries</p> <p>Snack: Almonds Zucchini sticks</p> <p>Lunch: Ranch Burger Pocket Grilled Sweet Potatoes</p> <p>Snack: Low fat mozzarella string cheese Carrots</p> <p>Dinner: Shrimp Quesadilla Orange</p> <p>Snack: Yogurt sprinkled with Grape Nuts</p>	<p>Breakfast: Breakfast Scramble</p> <p>Snack: Cottage cheese Carrots</p> <p>Lunch: Old Bay Shrimp Lettuce Wraps</p> <p>Snack: Low fat, Low Sodium Beef Jerky Red Pepper sticks</p> <p>Dinner: Goat Cheese Topped Tarragon Chicken Green Beans</p> <p>Snack: Almonds Zucchini sticks</p>

Day 19	Day 20	Day 21
High Carb	Low Carb	No Carb
<p>Breakfast: Shredded Wheat with mixed berries Skim Milk Turkey Bacon</p> <p>Snack: Toasted Pita bread with Hummus Apple Carrots</p> <p>Lunch: Chicken Salad Dijon with Grapes and Apple on whole wheat bread Mixed greens with nonfat dressing</p> <p>Snack: Cottage Cheese Zucchini sticks Peach</p> <p>Dinner: Mozzarella Chicken Sandwich Coleslaw with Orange Cilantro Vinaigrette</p> <p>Snack: Fruit Smoothie</p>	<p>Breakfast: Quaker Oat Weight Control Oatmeal Skim Milk Hard boiled egg</p> <p>Snack: Low fat, Low sodium Beef Jerky Green Pepper sticks</p> <p>Lunch: Mozzarella Chicken Sandwich Coleslaw with Orange Cilantro Vinaigrette</p> <p>Snack: Low fat mozzarella string cheese Carrots</p> <p>Dinner: BBQ Bacon Meat Loaf Roasted Asparagus</p> <p>Snack: Melon Tzatziki on Rykrisps</p>	<p>Breakfast: Ham and Asparagus Omelet</p> <p>Snack: Cottage Cheese Carrots</p> <p>Lunch: Tuna with low fat mayo on bed of Mixed greens</p> <p>Snack: Almonds Red pepper sticks</p> <p>Dinner: Melon Tzatziki Topped Salmon Green Beans</p> <p>Snack: Low fat mozzarella string cheese Mixed veggies</p>

Day 22	Day 23	Day 24
High Carb	Low Carb	No Carb
<p>Breakfast: Whole Wheat Waffle Strawberries Skim Milk Ham</p> <p>Snack: Yogurt Zucchini sticks</p> <p>Lunch: Thin and Crispy Gourmet Hula Pizza Mixed Greens with nonfat dressing</p> <p>Snack: Almonds Orange Carrots</p> <p>Dinner: Buffalo Chicken Blue Cheese Meat Loaf Green Beans Peach</p> <p>Snack: Cherry Pineapple Smoothie</p>	<p>Breakfast: Quaker Oat Weight Control Oatmeal Blueberries Turkey Bacon</p> <p>Snack: Guacamole with mixed veggies</p> <p>Lunch: Buffalo Chicken Blue Cheese on whole wheat Bun Green Beans</p> <p>Snack: Cottage cheese Zucchini sticks</p> <p>Dinner: Peppered Pot Roast Rosemary Sweet Potatoes</p> <p>Snack: Yogurt sprinkled with Grape Nuts</p>	<p>Breakfast: Omelet with mushrooms, mozzarella cheese, and Turkey Bacon</p> <p>Snack: Cottage Cheese Carrots</p> <p>Lunch: Peppered Pot Roast Spinach salad with feta cheese and nonfat dressing</p> <p>Snack: Low fat Mozzarella string cheese Red Pepper sticks</p> <p>Dinner: Buffalo Turkey Breast Roast Roasted Asparagus</p> <p>Snack: Guacamole with mixed veggies</p>

Day 25	Day 26	Day 27
High Carb	Low Carb	No Carb
<p>Breakfast: Whole Wheat French Toast Mixed Berries Skim Milk</p> <p>Snack: Low fat mozzarella string cheese Zucchini sticks Peach</p> <p>Lunch: Buffalo Turkey Breast sandwich in whole wheat pita Carrots Apple</p> <p>Snack: English muffin melt Mixed Berries</p> <p>Dinner: Swedish Meatballs Ponzu Brown Rice Mixed Veggies</p> <p>Snack: Strawberry Banana Sundae</p>	<p>Breakfast: Subtly Strawberry Oatmeal Hard Boiled Egg</p> <p>Snack: Almonds Carrots</p> <p>Lunch: Swedish Meatballs on whole wheat bread Mixed Veggies</p> <p>Snack: Cottage Cheese Zucchini sticks</p> <p>Dinner: Contemporary Chopped Steak Baked Sweet Potato</p> <p>Snack: Yogurt Carrots</p>	<p>Breakfast: Smoked Sausage Breakfast Scramble</p> <p>Snack: Cottage Cheese Red Pepper sticks</p> <p>Lunch: Tuna with low fat mayo on bed of mixed greens</p> <p>Snack: Almonds Carrots</p> <p>Dinner: Chicken Kebabs Grilled Zucchini</p> <p>Snack: Tuna with lowfat mayo on celery sticks</p>

Day 28	Day 29	Day 30
High Carb	Low Carb	No Carb
<p>Breakfast: Whole Wheat Waffles Blueberries Turkey Bacon</p> <p>Snack: Almonds Carrots Orange</p> <p>Lunch: BBQ chicken wrap Mixed Greens with nonfat dressing Peach</p> <p>Snack: Quaker Oat Weight Control Oatmeal Apple</p> <p>Dinner: Pizza Burger Coleslaw with Orange Cilantro Vinaigrette</p> <p>Snack: Berry Smoothie</p>	<p>Breakfast: Banana Oatmeal</p> <p>Snack: Low fat, Low sodium Beef Jerky Zucchini sticks</p> <p>Lunch: Pizza Burger Coleslaw with Orange Cilantro Vinaigrette</p> <p>Snack: Low fat mozzarella string cheese Carrots</p> <p>Dinner: Fish Tacos Mixed Berries</p> <p>Snack: Yogurt sprinkled with Grape Nuts</p>	<p>Breakfast: Omelet with Turkey bacon, mozzarella cheese, and spinach</p> <p>Snack: Cottage Cheese Carrots</p> <p>Lunch: Chicken Cesar Salad with nonfat/lowfat dressing</p> <p>Snack: Low fat, Low sodium Beef Jerky Zucchini sticks</p> <p>Dinner: Chicken with Sage Gravy Mixed Veggies</p> <p>Snack: Guacamole Dip with mixed veggies</p>

Chicken Ranch Wrap

Serves 1

Grilled chicken breast
2 Tbsp. Non fat Ranch
2% Shredded Cheddar Cheese
Whole Wheat Tortilla
Shredded Lettuce

Directions:

Cut up grilled chicken breast and place on tortilla. Put Ranch, cheese, and lettuce onto the tortilla. Roll tortilla.

Meatball Sandwich

Makes 32 meatballs

Olive Oil spray
2 egg whites
½ cup quick-cooking oats
¼ cup fat-free milk
½ cup fresh chopped parsley
1 Tbsp. dried minced onion
½ tsp. dried oregano
½ tsp. garlic powder
¼ tsp. salt
1/8 tsp. crushed red pepper flakes
1 lb. 96% lean ground beef
Whole Wheat Hoagie buns
Low-Sodium Marinara Sauce
2% Mozzarella Cheese

Directions:

Preheat oven to 400 degrees. Lightly coat a large nonstick baking sheet with the olive oil spray. In a medium bowl, using a fork, mix together the egg whites, oats, and milk until well combined. Add the parsley, onion, oregano, garlic powder, salt, and crushed red pepper flakes and mix until combined. Mix in the beef until well combined. Make 32 uniform meatballs, each about 1 ¼ inch diameter. Roll the balls with your hands and arrange, not touching, on the prepared baking sheet. Bake for 7-10 minutes, or until no longer pink.

Place meatballs on whole wheat hoagie buns. Spread low-sodium marinara sauce on top of meatballs. Sprinkle with 2% mozzarella cheese.

Enchilada Chicken

Serves 4

4 boneless, skinless chicken breast
2 tsp salt free Mexican or Southwest Seasoning (Mrs. Dash)
4 Tbsp. medium, mild, or hot enchilada sauce
2 ounces finely shredded 2% Cheddar Cheese
2 Tbsp. finely chopped fresh cilantro

Directions:

Preheat oven to 350 degrees. Season each chicken breast evenly on all sides with the seasoning. Place a large ovenproof nonstick skillet over high heat. When hot lightly mist with olive oil spray and add the chicken. Cook, turning once for 1 to 2 minutes per side, or just until the chicken is golden brown on the outsides. Remove the pan from the heat and top each chicken breast with 1 Tbsp of the enchilada sauce, followed by one fourth of the cheese and one fourth of the cilantro. Transfer the skillet to the oven and bake for 4 to 6 minutes, or until the chicken is no longer pink inside and the cheese is melted.

*If needed use some shredded lettuce.

Szechuan Beef and Broccoli

Serves 4

1 pound top round steak sliced against the grain into scant 1/4" thick strips
1 tsp. garlic powder
Salt, to taste
Ground pepper, to taste
Olive Oil Spray
1 (14 ounce) bag frozen broccoli
1 Tbsp freshly minced garlic
2 tsp. toasted sesame oil
1/4 cup bottled Szechuan stir fry sauce

Directions:

In a large bowl, combine the steak, garlic powder, salt, and pepper and toss until well combined. Place a large nonstick skillet or nonstick wok over high heat. When hot, mist with the olive oil spray. Add the broccoli and garlic and cook, stirring, for 4 to 6 minutes, or until the garlic softens and the broccoli is heated through the crisp-tender, being careful not to burn the garlic. Transfer to a large bowl and cover to keep warm. Return the pan to high heat and add 1 tsp. of the sesame oil. When hot, add half of the steak in a single layer, and cook, stirring occasionally, until lightly browned on the sides, 1 to 2 minutes. Transfer the steak to the bowl with the vegetables and re-cover. Repeat with the remaining 1 tsp. sesame oil and steak. Return all the steak and vegetables to the pan and remove from the heat. Add the sauce and mix well to coat. Divide among 4 bowls and serve.

Mushroom and Swiss Omelet

Serves 1

Olive Oil Spray

½ cup sliced button mushrooms

1 tsp. freshly minced garlic

Salt, to taste

Ground black pepper, to taste

4 large egg whites

¾ ounces finely shredded light Swiss cheese

Directions:

Place a small nonstick skillet over medium high heat. Lightly mist with the olive oil spray. Add the mushrooms and garlic and cook, stirring occasionally, for 3 -5 minutes, or until the mushrooms are tender and any excess moisture is evaporated. Season with salt and pepper. Remove from the heat and cover to keep warm. In a small bowl, whisk the egg whites with a fork until they bubble slightly. Place a small nonstick skillet over medium heat. Lightly mist the pan with the olive oil spray. Add the egg whites and cook, lifting the edges with a spatula as they start to set and tipping the pan to allow the uncooked whites to run underneath, for 4-6 minutes, or until almost set. Flip the omelet. Arrange the mushrooms and cheese evenly over half of the omelet. Flip the bare half over the filled half and continue cooking until the cheese melts, 1-2 minutes. Transfer to a serving plate. Season with additional salt and pepper, if desired, and serve.

Fruit Smoothies

1 cup Fat Free milk

½ cup Plain Yogurt

¼ tsp. Vanilla extract

1 ½ cups fresh or frozen strawberries, thawed

½ cup canned unsweetened pineapple chunks

¼ cup nonfat dry milk powder

4 ice cubes

2 Tbsp. Sugar

Directions

In a blender combine all the ingredients. Cover and process for 30-45 seconds or until smooth. Stir if necessary. Pour into chilled glasses and serve.

Spinach, Egg, and Cheese Breakfast Wrap

Serves 1

1 (7 ½") low carb, whole wheat or multigrain

Olive Oil spray

3 egg whites

1 ounce finely shredded 2 % Cheddar Cheese

¼ cup fresh spinach leaves, stems removed

Directions:

Place a small nonstick skillet over medium high heat and add the tortilla. Heat the tortilla until just warm, about 30 seconds per side after the pan is heated. Spray a small microwave safe bowl with the olive oil spray and add the egg whites. Microwave on low for 30 seconds. Continue microwaving in 30 second intervals until the whites are just a bit runny on top. Stir with a fork, breaking the whites into large pieces. By the time you “scramble” and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, cook in 10 second intervals until just done. Place the warmed tortilla on a plate. Starting at the top, sprinkle the cheese in a 3” strip down the center to about 2” from the bottom. Top with half of the egg whites, the spinach leaves, then the remaining whites. Fold up the bottom so that the bare part is over the filling. Fold the sides into the center over the egg and serve.

Baked Ziti

Serves 8

Olive Oil Spray

1 (14 ½ ounce) box fiber enriched/whole wheat ziti or penne

1 (15 ounce) container fat free ricotta cheese

2 large egg whites

8 ounces finely shredded 2% mozzarella cheese

¼ tsp. garlic powder

Salt, to taste

Ground black pepper, to taste

Crushed red pepper flakes, to taste

Marinara Sauce (low fat, low sodium)

2 Tbsp. grated reduced Parmesan cheese

Directions:

Preheat the oven to 450 degrees. Lightly mist a 13x9x2 ceramic or glass baking dish with the olive oil spray. Cook the ziti according to package directions until al dente. Drain. In a large mixing bowl, mix the ricotta, egg whites, and all but 1 cup of the mozzarella until well combined. Add the garlic powder and season with salt, pepper, and red pepper flakes. Stir in the cooked pasta until well combined. Spread 1 cup of the marinara sauce on the bottom of the prepared dish. Add half of the pasta in an even layer over the sauce. Top the pasta evenly with another 1 cup sauce. Layer the remaining pasta over the sauce. Spoon the remaining 1 ½ cups sauce evenly over the top of the pasta, then sprinkle the remaining mozzarella and the Parmesan over the top. Cover the dish with aluminum foil and bake for 20 minutes. Remove the foil and bake 10 minutes longer, or until the mozzarella is melted. Let stand 5 minutes. Cut into 8 pieces or spoon among 8 bowls and serve.

Apple Turnover Sundae

Serves 1

½ cup fat-free, sugar-free apple turnover-flavored or other apple flavored yogurt
2 Tbsp. crunchy, high fiber, low sugar cereal (GrapeNuts)
1/3 cup chopped apple
Pinch of ground cinnamon
1 ½ tsp. raisins

Directions:

Spoon the yogurt into a small deep bowl. Sprinkle the cereal over the yogurt, followed by the apple. Top with the cinnamon and then the raisins, if using, and serve.

BLT Burger

Serves 4

4 strips extra-lean turkey bacon, each cut in half
1 pound 96% lean ground beef
4 whole grain or whole wheat hamburger buns, split
1 cup chopped fresh spinach leaves
4 large or 8 -12 small thing tomato slices
4 Tbsp. low fat mayo

Directions:

Preheat grill to high heat. Place a medium nonstick skillet over medium high heat and add the bacon strips. Cook for 2 to 3 minutes per side, or until crisp. Remove from the pan and cover to keep warm. Divide the beef into 4 equal portions and shape into balls, packing them tightly as you do. Press each into a patty that is about ½” larger than the diameter of the buns. Grill the burgers for about 2 minutes per side for medium rare, or until desired doneness. Place the bun halves, cut sides down on the upper grill rack or away from direct flame until toasted, about 20 seconds. Place each toasted bun bottom on plate. Top with the spinach, tomato, patties, then 2 pieces of bacon on each. Spread 1 Tbsp of mayo evenly on each bun top, flip atop the patties, and serve.

Salmon Spinach Salad

Serves 4

16 cups loosely packed spinach leaves, stems removed
¾ cup red onion slivers
6 Tbsp. light honey mustard dressing
4 4 ounce skinless, boneless salmon fillets
Olive Oil in a sprayer (not store bought spray that contains propellant)
Salt, to taste
Ground black pepper, to taste

Directions:

Lightly mist the fillets all over with olive oil and season with salt and pepper. Place a nonstick skillet large enough for the fillets to lie in a single layer over medium high heat. When hot, add the salmon and cook until golden brown on both sides, 1 to 2 minutes per side. Reduce the heat to medium and continue to cook, turning once, until cooked through and pale pink in the center, 2-3 minutes per side. In a large bowl, toss the spinach and onion with the dressing. Divide the mixture among 4 serving plates. Top each salad with one fourth of the salmon (3 ounces) and serve immediately.

Wild West Frittata

Serves 4

Olive oil spray
¾ cup chopped sweet onion
½ cup chopped green bell pepper
4 ounces 97%, 98% lean ham steak, cut into ¼” cubes
Salt, to taste
Ground black pepper, to taste
2 cups egg substitute
2 ounces finely shredded low fat swiss cheese

Directions:

Preheat the broiler. Place a medium broiler safe nonstick skillet over medium heat. Lightly mist the skillet with the olive oil spray. Add the onion, bell pepper, and ham and cook for 5 -7 minutes, or until the onion and pepper are softened but not browned. Season with salt and pepper (keeping mind that you will adding ham and cheese, so you won't need much salt). Turn the heat to medium high and pour the egg substitute into the pan. Stir the veggies and ham in the eggs until they are evenly distributed and the eggs are slightly scrambled, 1 to 2 minutes. Reduce heat to medium. Continue to cook, continuously sliding a spatula all around the sides of frittata as far into the bottom as possible to loosen and gently lift the eggs slightly from the pan to prevent sticking, until the frittata is almost set but still runny on top, 4 to 6 minutes. Remove the pan from the heat and sprinkle the cheese evenly over the top. Transfer the skillet to the oven and broil for 1 to 3 minutes or until the cheese is melted and the egg is completely set. Cut the frittata into four equal wedges and serve.

Guacamole

2 ripe avocados, peeled and pitted
2 Tbsp. Lime juice
1/8 tsp. Salt
¼ cup chopped fresh cilantro
½ cup onions
1 cup cored chopped tomatoes
¼ tsp. Minced garlic
¼ tsp. Hot pepper sauce (optional)

Directions:

In a medium bowl, mash the avocados with the lime juice and salt. Stir in the cilantro, onions, tomatoes, garlic, and hot-pepper sauce. Cover with plastic wrap and refrigerate for 1 hour before serving.

Pita chips: Cut a whole wheat pita open and cut into triangular wedges. Bake at 350 degrees for about 7 minutes or until crisp.

Jam Packed Chicken Tacos

Serves 4

4 (7 1/2") low fat, low carb multigrain or whole wheat tortillas

Olive oil Spray

1 pound extra lean ground chicken breast

1 Tbsp. + 1 tsp. salt free Mexican seasoning (Mrs. Dash Southwest Chipotle)

8 tsps. Fat free sour creams

4 ounces finely shredded 2% Cheddar cheese

1 cup shredded romaine lettuce

1 cup chopped tomatoes

4 Tbsp. red taco sauce

Directions:

Preheat oven to 400 degrees. Stack the tortillas on a large piece of foil and roll into a tube to encase the tortillas. Seal the ends. Place the tortillas in the oven for about 5 minutes, or until warm. Place a large nonstick skillet over medium high heat. When hot, mist with the olive oil spray. Add the chicken and sprinkle with the seasoning. Cook, breaking the chicken into large chunks, until no longer pink. Remove from heat. Unroll the warmed tortillas. Place a tortilla on a plate and spread 2 tsp. of the sour cream in a 3" wide strip down the center. Spoon 1/4 of the chicken over the sour cream, followed by 1/4 of the cheese, 1/4 cup of the lettuce, 1/4 cup of the tomatoes, and 1 Tbsp of the taco sauce. Fold the tortilla in half to form a taco. Repeat with the remaining ingredients and serve.

Cherry Pineapple Smoothie

Serves 1

1/2 cup frozen unsweetened sweet cherries

1/2 cup frozen pineapple chunks

1/2 cup frozen mango cubes

1/2 cup skim milk

1/4 cup fat free, sugar free vanilla yogurt

1 tsp. honey (optional)

Directions:

In a blender with ice crushing ability, combine the cherries, pineapple, mango, milk, and yogurt and blend on high speed or the Ice Crush setting until smooth. Stir in the honey, if using, and serve.

Grilled London Broil

Serves 6

½ tsp EVOO

1 (2 pound) London Broil, trimmed of visible fat

1 Tbsp. salt free garlic and herb seasoning (Mrs. Dash)

¼ tsp. + 1/8 tsp salt

Directions:

Preheat a grill to high heat. Rub the olive oil evenly over the steak and season with the seasoning and salt. Let stand 5 minutes. Grill the steak for 5 to 6 minutes per side for medium rare, or until desired doneness. Transfer to a cutting board, cover loosely with aluminum foil, and let stand for 10 minutes. Slice against the grain into thin slices and serve immediately, or refrigerate the whole steak, then slice very thinly by hand or on a meat slicer to use as deli meat.

Sweet Potato Casserole

2 ¼ lbs. Sweet potatoes (3 large) peeled and cubed

3 egg whites, beaten

3 Tbsp. maple syrup

1 tsp. Vanilla extract

Topping:

¼ cup chopped pecans

1 Tbsp. brown sugar

1 tbsp. butter, melted

1/8 tsp. Ground cinnamon

1/3 cup dried apricots, chopped

1/3 cup dried cherries, chopped

Directions:

Place sweet potatoes in a big cooking pot and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain and place in a large bowl; mash. Cool slightly. Stir in the egg whites, syrup and vanilla. Transfer to an 8-in square baking dish coated with cooking spray. Combine the pecans, brown sugar, butter and cinnamon; sprinkle over the top. Bake, uncovered at 350 degrees, for 30 minutes. Sprinkle with apricots and cherries. Bake 5-7 minutes longer or until a thermometer reads 160 degrees and the fruits are heated through.

Broccoli and cheddar mini frittata

Serves 4

Olive Oil spray

1 cup chopped steamed broccoli

2 cups egg substitute

2 ounces shredded 2% cheddar cheese

Directions:

Preheat oven to 350 degrees. Lightly mist 8 cups of a nonstick standard muffin tin with the olive oil spray. Divide the broccoli evenly among the cups (2 Tbsp in each). Then divide the egg substitute evenly among the cups (1/4 in each). Bake the frittatas for 7 to 9 minutes or until almost set. Sprinkle the cheese evenly over the tops of the frittatas. Bake for 8 to 10 minutes longer, or until the egg is no longer runny and the cheese is melted. Transfer the muffin tin to a cooling rack and allow the frittatas to rest for 2 minutes before serving.

Greek Salad with Grilled Chicken

Serves 4

12 cups chopped spinach leaves

3 cups chopped tomatoes

2 cups chopped cucumbers

3 ounces crumbled reduced fat feta cheese

4 4 ounce trimmed boneless, skinless chicken breasts

Olive oil in a sprayer (not store bought spray that contains propellant)

2 tsp salt free garlic and herb seasoning (Mrs. Dash)

Salt, to taste

Dressing:

3 Tbsp yellow mustard

2 Tbsp apple cider vinegar

1 Tbsp fat free plain yogurt

1 ½ tsp. honey

1 Tbsp EVOO

2 Tbsp minced onion

1 tsp freshly minced garlic

Pinch of salt

Ground black pepper, to taste

Directions:

Preheat grill to high heat. Lightly mist the chicken breasts with olive oil. Rub the seasoning evenly all over each breast and lightly season with salt. Grill for 3 to 5 minutes per side, or until the chicken is no longer pink and juices run clear. Serve immediately or store in an airtight plastic container in the refrigerator for up to 3 days.

In a medium resealable plastic container, whisk together the mustard, vinegar, yogurt, and honey. Slowly whisk in the oil. Stir in the onion and garlic, then season with salt and pepper. Serve immediately or store in the refrigerator for up to 5 days.

In a glass bowl combine the spinach, tomatoes, cucumber, and feta. Pour the vinaigrette over the mixture and toss. Divide the salad among 4 dinner plates or large salad bowls. Top each with one fourth of the chicken and serve.

Bacon, Egg, Cheese Sandwich

Serves 1

1 strip extra lean turkey bacon, cut in half crosswise

Olive Oil Spray

1 Large egg white

1 light multigrain or whole wheat English muffin (Thomas' brand) toasted

1 slice fat free yellow American Cheese

Directions:

Place a small nonstick skillet over medium high heat and add the bacon. Cook for 2 to 3 minutes per side, or until crisp. Remove from the pan and cover to keep warm. Spray a 3 ½ or 4 inch microwave safe bowl with olive oil spray and add the egg white. Microwave for 30 seconds. Continue microwaving in 15 second intervals until it is just set completely. Assemble the sandwich by placing the bottom half of the warm English muffin, inside up, on a plate. Top with cheese, the egg, then the bacon. Add the English muffin top and serve.

Mediterranean Chicken Sandwich

Serves 1

1 Tbsp. Hummus (any flavor)

1 ½ tsp fat free plain yogurt

2 slices sesame sprouted grain bread or whole grain bread (Ezekiel 4:9 brand)

4 ounces Grilled Chicken

1/3 cup loosely packed spinach leaves, stems removed

3 slices plum tomato

4 slices cucumber

2 very thin slices of red onion

Directions:

In a small bowl, stir together the hummus and yogurt until well combined. Lay on bread slice on a serving plate. Top it evenly with the chicken, then the spinach, cucumber, tomato, and onion. Spread the hummus mixture evenly over the remaining bread slice and flip it atop the sandwich. Serve immediately, or wrap in plastic wrap and refrigerate for up to 1 day.

Grilled Chicken Parmesan

Serves 4

4 4 ounce timed boneless, skinless chicken breast
Olive Oil in sprayer (not store bought)
Salt, to taste
Ground black pepper, to taste
½ cup Low fat, low sodium, low sugar marinara
6 Tbsp. finely shredded 2 % cheese
2 tsp. grated reduced fat Parmesan cheese

Directions:

Preheat the oven to 350 degrees. Preheat the grill to high heat. Lightly mist both sides of the chicken with olive oil and season with salt and pepper. Grill the chicken, turning once, for 3 to 5 minutes per side, or until it is no longer pink inside and the juices run clear. Transfer to a baking dish. Heat the sauce on low in the microwave until warm. Top each breast with 2 Tbsp. marinara sauce, followed by 1 ½ Tbsp. mozzarella, and ½ tsp. Parmesan. Bake the chicken for 3 to 5 minutes, or just until the cheese is melted. Place on top of whole wheat pasta cooked as directed on box.

Strawberry Banana Split

Serves 1

1 ½ tsp fat free, sugar free hot fudge
1 small banana, peeled and halved lengthwise
¼ cup fat free, sugar free vanilla yogurt
1/3 cup chopped fresh strawberries
1 Tbsp. crunchy high fiber, low sugar cereal (Grape Nuts)

Directions:

Heat the hot fudge in the microwave or in the top of a double boiler over simmering water until melted. Arrange the banana halves in a small banana split dish or shallow bowl with the cut sides facing inward. Spoon the yogurt in the middle. Top with the strawberries, then the cereal. Drizzle the fudge evenly over the top and serve.

Today's Tuna Sandwich

Serves 4

2 6ounce cans chunk light tuna in water, drained
3 Tbsp. low fat mayo
¼ cup finely chopped celery
¼ cup finely chopped red onion
Ground black pepper, to taste
8 slices sesame sprouted grain bread or whole grain bread (Ezekiel 4:9)
16 thin slices tomato
16 thin slices cucumber
1 1/3 cups alfalfa sprouts

Directions:

In a medium bowl, mix the tuna with the mayo until well combined. Stir in the celery and onion and season with pepper. Place one piece of bread on each of 4 serving plates. Evenly place 4 slices of tomato, followed by 4 slices of cucumber on each bread slice. Top each with ¼ of the tuna mixture, followed by ¼ of the alfalfa sprouts. Top each sandwich with a remaining bread slice and serve.

Pineapple Teriyaki Pork Chops

Serves 4

Olive Oil in a sprayer (Not store bought)
4 4ounce trimmed boneless pork loin chops about 3/4" thick
1 tsp. garlic powder
Salt, to taste
Ground black pepper, to taste
8 tsp. honey teriyaki marinade and sauce (Ken's Steak House Marinade)
4 slices canned pineapple slices in juice, drained

Directions:

Preheat the broiler. Line a small baking sheet with aluminum foil and lightly spray the foil with olive oil. Lightly mist both sides of the chops with olive oil and season with the garlic powder, salt, and pepper. Place the chops, not touching, on the prepared baking sheet and broil about 3" from the heat for about 2 minutes (be sure to leave the oven door open a crack when broiling). Turn the chops and brush or spread 2 tsp of the teriyaki marinade evenly over the top of each. Top with pineapple slices. Broil for 3 to 5 minutes longer, or until the pineapple and glaze brown lightly and the pork is barely pink inside. Serve immediately.

Herbed Pork Loin Roast

Serves 8

1 Tbsp finely chopped fresh rosemary
1 Tbsp. finely chopped fresh flat leaf parsley
¼ tsp. garlic powder
¼ tsp. salt
¼ tsp. ground black pepper
1/8 tsp. ground red pepper
1 (2 ½ lb) pork loin roast, trimmed of all visible fat before weighing
2 tsp. EVOO

Directions:

Preheat the oven to 350 degrees. In a small bowl, mix the rosemary, parsley, garlic powder, salt, black pepper, and ground red pepper. Rub the roast with olive oil, and then herb mixture. Let stand 15 minutes. Preheat a large nonstick ovenproof skillet to medium-high heat. Add the pork and sear on all sides (including both ends) until just browned. Transfer to the oven and roast for 30 to 35 minutes, or until a meat thermometer inserted in the center registers 158 degrees. Cover loosely with foil and let stand 10 minutes. Slice into thin slices, pour any pan juices over the top, and serve.

Balsamic Roasted Broccoli

Serves 4

Olive Oil Spray
5 cups broccoli florets
2 Tbsp. light balsamic vinaigrette
1 ½ tsp balsamic vinegar

Directions:

Preheat the oven to 400 degrees. Lightly mist a large nonstick baking sheet with the olive oil spray. In a large resealable plastic bag, combine the broccoli, vinaigrette, and vinegar. Shake the bag to coat well. Arrange the broccoli in a single layer, not touching, on the prepared baking sheet. Bake for 12 to 15 minutes, or until the broccoli is crisp-tender and lightly browned. Serve immediately.

Steak Fajitas

Serves 4

8 fajita sized low carb, whole wheat flour tortillas
1 ½ tsp salt free Southwest or Mexican Seasoning (Mrs. Dash)
1 (1 pound) London broil, cut against the grain into strips
Salt, to taste
Olive oil spray
2 large green peppers, cut into strips
1 medium onion, cut into strips
1 Tbsp. freshly minced garlic
¼ cup fat free sour cream
½ cup fresh salsa or pico de gallo (refrigerated, not jarred) drained if watery
4 tsp. minced seeded jalapeno chile pepper (wear plastic gloves)

Directions:

Preheat the oven to 400 degrees. Stack the tortillas on a large sheet of aluminum foil and roll the foil into a tube to enclose the tortillas. Seal the ends. Heat the tortillas in the oven for about 5 minutes, or until warm. Sprinkle the seasoning evenly over the steak strips and season with salt. Toss the meat well. Place a large nonstick skillet over medium high heat. When hot, lightly mist with the olive oil spray. Add the bell peppers and cook, stirring, until beginning to soften, 3 to 5 minutes. Add the onion and garlic and cook, stirring, until tender and lightly browned, about 5 minutes. Transfer the vegetables to a bowl and cover to keep warm. Return the skillet to high heat. When hot, respray the pan. In batches if necessary, add the steak strips in a single layer. Cook, stirring occasionally, until the meat is lightly browned on the outsides and slightly pink inside, 1 to 2 minutes. Add the sautéed vegetables and toss the meat until warm. Unroll the warmed tortillas. Place 2 tortillas side by side on each of 4 large dinner plates. Divide the steak mixture evenly among the tortillas and top with the sour cream and salsa or pico de gallo. Sprinkle jalapeno evenly over the fajitas and serve.

Strawberry Peach Smoothie

Serves 1

1 cup frozen peach slices
½ cup frozen strawberries
2/3 cup fat free milk
¼ cup fat free, sugar free vanilla yogurt
1 Tbsp. freshly squeezed lime juice

Directions:

In a blender with ice crushing ability, combine the peach, strawberries, milk, yogurt, and lime juice. Make sure the lid is on tight. Using the Puree or Ice Crush setting or high speed a few seconds until completely smooth. Serve immediately.

Mandarin Orange Chicken

Serves 6

3 Tbsp. frozen orange juice concentrate, thawed
3 Tbsp. lower sodium soy sauce
1 Tbsp. freshly minced garlic
1 Tbsp. hot sesame oil
1 tsp. chili garlic sauce or chili paste (international section in grocery store)
¾ cup canned unsweetened mandarin oranges in juice
6- 4ounce timed boneless, skinless chicken breast

Directions:

In a large, resealable plastic bag or container, mix the juice concentrate, soy sauce, garlic, oil, and chili sauce or chili paste. Gently stir in the oranges and their juice. Add the chicken, submerging it in marinade. Seal the bag or container and marinate in the fridge at least 6 hours or overnight, rotating once or twice. Preheat the oven to 400 degrees. Transfer the chicken to an 11" x 7" glass baking or casserole dish in a single layer and pour the remaining marinade on top. Cover the dish with foil and bake for 25 to 30 minutes, or until chicken is no longer pink inside.

Roasted Lemon Pepper Salmon

Serves 4

Olive oil in a sprayer (not store bought in can that contains propellant)
4 - 4ounce skinless, boneless salmon fillets
½ tsp. salt free lemon pepper seasoning
1/8 tsp. salt, or to taste
1 lemon cut into 4 wedges, plus more if desired

Directions:

Preheat the oven to 400 degrees. Lightly spray an 8" x 8" glass or ceramic baking dish with olive oil. Lightly mist both sides of each salmon fillet with olive oil and season with the seasoning and salt. Transfer the salmon to the prepared baking dish. Roast the salmon for 10 to 12 minutes, or until cooked through and pale pink in the center. Transfer to serving plates and squeeze a lemon wedge over each fillet. Serve immediately with additional lemon wedges if desired.

Roasted Asparagus

1 ½ pounds of thick asparagus spears
Salt
Freshly ground black pepper
2 Tbls. Grated Parmesan cheese

Directions:

Preheat the oven to 400 degrees. Lightly coat a baking sheet with cooking spray. Break off the tough root ends of the asparagus. Peel off the tough skin with a paring knife. Place on the baking sheet in single layer. Lightly spray asparagus with cooking spray. Season lightly with the salt and pepper. Sprinkle evenly with the Parmesan and roast for 15 minutes, or until tender when pierced with the tip of a knife.

*Thicker asparagus works best. If using thin spears, shorten the baking time to 10 min. Parmesan can be omitted.

Ranch Burger Pocket

Serves 1

4 ounces 96% lean ground beef
Ground black pepper, to taste
1 (7 ½ ") low fat, low carb, multigrain or whole wheat tortilla
1 Tbsp. low fat ranch dressing
¼ cup chopped spinach leaves
3 thin slices Roma tomato
1 very thin slice onion

Directions:

Preheat a grill to high heat. Pack the beef tightly together then shape into a rectangle that is about 3 ½" by 4". Season with pepper, if desired. Grill the burger for about 45 seconds per side for medium rare, or until desired doneness (do not smash the burger with the spatula). Place the tortilla on a serving plate. Picture the tortilla as a clock and place the burger patty so that the center of one of the shorter sides starts at 12:00 and the patty stretches down the center of the tortilla. Top the burger with the dressing, spinach, tomato, and onion slice. Fold the bare end of the tortilla up over the filling, and then fold the sides of the tortilla up over the filling, and then fold the sides of the tortilla over the middle. Serve immediately.

Grilled Sweet Potatoes

Serves 4

1 ½ pounds sweet potatoes, peeled and sliced crosswise into ¼" slices
2 tsp. EVOO
1 tsp. garlic powder
1 tsp. paprika
¼ tsp. salt, plus more to taste
Ground black pepper, to taste

Directions:

Preheat a grill to high heat. Place the potato slices in a large glass or plastic mixing bowl. Drizzle with olive oil then sprinkle with the garlic powder, paprika, salt, and pepper. Toss well to combine. Transfer the potato slices to the grill and reduce the heat to low (or place them away from direct heat). Cook the potatoes until browned in spots and tender, 6 to 8 minutes per side. Serve immediately.

Shrimp Quesadilla

Serves 1

2 tsp. cocktail sauce

2 tsp. fat free sour cream

Olive oil Spray

3 ounces peeled bay shrimp, drained (1/2 cup)

1 (7 1/2") low carb, low fat multigrain or whole wheat flour tortilla

3/4 ounce finely shredded 2% Cheddar Cheese

Directions:

In a small bowl, mix the cocktail sauce and sour cream until thoroughly combined. Place a small nonstick skillet over high heat. When hot, spray with the olive oil spray. Add the shrimp and cook for 1 to 2 minutes just to remove any excess moisture and heat the shrimp through. Place a nonstick skillet large enough for the tortilla to lie flat over medium high heat and add the tortilla. Sprinkle about half of the cheese evenly over half of the tortilla. Top with the shrimp, followed by the remaining cheese. Fold the bare half over the filled half. Cook for about 2 minutes, or until the cheese begins to melt and the tortilla is lightly browned in spots. Carefully turn over and cook until the cheese is completely melted, 1 to 2 minutes longer. Transfer the quesadilla to a serving plate and cut into 4 wedges. Serve immediately with the cocktail sauce mixture for dipping or dollop it on the quesadilla.

Old Bay Shrimp Wraps

Serves 4 (3 each)

2 Tbsp. low fat mayo

2 Tbsp. fat free plain yogurt

2 tsp. freshly squeezed lemon juice

1 tsp. Old Bay 30% Less sodium seasoning

1 pound cooked peeled bay shrimp, thoroughly drained

12 Bibb lettuce leaves

Directions:

In a large bowl, mix the mayo, yogurt, lemon juice, and Old Bay until well combined. Add the shrimp and mix thoroughly. Place all 12 lettuce leaves on a large platter or place 3 leaves on each of 4 serving plates. Evenly divide the shrimp mixture (about 3 Tbsp each) among the centers of the lettuce leaves. Serve immediately.

Breakfast Scramble

Serves 4

Olive oil Spray

4 slices extra lean turkey bacon, chopped

1 cup finely chopped sweet onion

2 tsp. freshly minced garlic

16 large egg whites

3 cups loosely packed spinach leaves, stems removed

Salt to taste

Ground black pepper, to taste

Directions:

Place a large nonstick skillet over medium high heat. Lightly mist the pan with the olive oil spray. Add the bacon, onion, and garlic and cook, stirring frequently, for 3 to 5 minutes, or until the onion is tender and the bacon is golden brown. Meanwhile, mist a large shallow microwave-safe bowl with the spray. Add the egg whites and cover the bowl with microwave safe plastic wrap. Microwave on high for 1 ½ minutes. Uncover the bowl and using a fork, push the cooked portions of the whites from the outside toward the middle of the bowl, letting the runny uncooked parts run to the outer edge.. Re-cover the bowl and microwave in 30 second intervals until the whites are just a bit runny on top. Uncover, then using a fork, stir the whites to break into large “scrambled” pieces. By the time you scramble and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, re-cover and continue cooking in 10 second intervals until just done (be careful not to overcook). Add the scrambled egg whites and the spinach to the bacon mixture and stir well to wilt the spinach slightly and incorporate the egg whites. Season with salt and pepper. Divide the scramble among 4 plates and serve.

Goat Cheese Topped Tarragon Chicken

Serves

4 4ounce timed boneless, skinless chicken breasts

Olive oil in a sprayer (Not store bought containing propellant)

1 ¼ tsp dried tarragon

1/8 tsp salt or more to taste

Ground black, to taste

1 ounce goat cheese crumbles

Directions:

Preheat the oven to 350degrees. Lightly mist the chicken breast with olive oil and season evenly all over with the tarragon, salt, and pepper. Place a large oven proof nonstick skillet over high heat. When hot, lightly mist with olive oil. Add the chicken and cook, turning once, for 1-2 minutes per side, or until golden brown on the outsides. Transfer the skillet to the oven and bake for 4 minutes. Top each breast with ¼ of the goat cheese. Continue baking for 2 to 3 minutes, or until the cheese is slightly melted, the chicken is no longer pink, and the juices run clear.

Chicken Salad Dijon with Grapes and Apples

Serves 4

1 pound trimmed, boneless, skinless chicken breasts
3 tsp. EVOO
Salt, to taste
Ground Black Pepper, to taste
3 Tbsp. fat free plain yogurt
3 Tbsp. Dijon mustard
1/3 cup chopped celery
1/3 cup seedless grapes, each cut in half
1/3 cup chopped red apple

Directions:

Preheat a grill to high heat. Rub the chicken all over with 1 tsp of the olive oil and season with salt and pepper. Place on the grill and cook for 3 to 5 minutes per side, or until the chicken is no longer pink and juices run clear. Allow the chicken to cool, then cut it into bite sized cubes. In a large glass or plastic mixing bowl, whisk together the remainig 2 tsp. olive oil, the yogurt, and mustard. Add the chicken, celery, grapes, and apple. Gently toss well to combine. Season with salt and pepper and serve.

Mozzarella Chicken Sandwich

Serves 4

1/4 cup (about 2 ounces) sun-dried tomato pesto (such as Classico)
2 tablespoons fat-free mayonnaise
3/4 pound skinless, boneless chicken breasts
1/4 teaspoon pepper
1/8 teaspoon salt
1 teaspoon EVOO
1 (8-ounce) loaf whole wheat bread
12 large basil leaves
3/4 cup (3 ounces) shredded 2% mozzarella cheese
1/2 cup sliced bottled roasted red bell peppers
1 large tomato, thinly sliced

Directions:

Combine pesto and mayonnaise in a small bowl, stirring to blend. Sprinkle chicken with pepper and salt. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, and cook for 3 minutes on each side or until done. Remove chicken to cutting board, and cool slightly. Cut chicken lengthwise into thin slices. Preheat broiler. Cut bread in half horizontally. Place bread, cut sides up, on a baking sheet. Broil 3 minutes or until lightly browned. Remove bread from pan. Spread pesto mixture evenly over cut sides of bread. Arrange the chicken slices evenly over bottom half. Top chicken evenly with basil leaves, and sprinkle cheese over top. Place bottom half on baking sheet, and broil 2 minutes or until cheese melts. Arrange bell pepper and tomato over cheese, and cover with top half of bread. Cut into 4 equal pieces.

Coleslaw with Orange Cilantro Vinaigrette

Serves 6 (3/4 cup per serving)

1/4 cup fat free plain yogurt
1/4 cup low fat mayo
1/4 cup 100% orange juice (freshly squeezed)
2 Tbsp. white vinegar
1 1/2 tsp honey
7 cups shredded green cabbage
1 cup shredded carrots
1/2 cup slivered red onion
1/3 cup fresh cilantro, chopped
Salt, to taste
Ground black pepper, to taste

Directions:

In a large, resealable plastic container, whisk together the yogurt, mayo, juice, vinegar, and honey. Add the cabbage, carrots, onion, and cilantro and stir until well combined. Season with salt and pepper. Cover and refrigerate for at least 3 hours or up to 2 days.

BBQ Meat Loaf

Serves 4

Olive oil spray

1 cup chopped red onion

4 slices extra lean turkey bacon, chopped

2/3 cup old fashioned oats

½ cup fat free milk

1 pound extra lean ground chicken breast

2 large egg whites, lightly beaten

1 clove fresh garlic, minced

1 tsp. Worcestershire sauce

1/8 tsp. salt

1/3 cup of BBQ sauce (7 grams of carbs or less per 2 Tbsp)

Directions:

Preheat oven 350 degree. Lightly mist a 9"x5"x3" nonstick loaf pan with olive oil spray. Place a medium nonstick skillet over medium high heat. Lightly mist the pan with spray and add the onion and bacon. Cook, stirring, for 6 to 8 minutes or until the onion is tender and just barely starting to brown and the bacon is crisped. Remove the pan from the heat and allow the mixture to cool. Combine the oats and milk in a medium mixing bowl and stir to mix. Let mixture stand for 3 minutes, or until the oats begin to soften. Add the cooled onion and bacon mixture, the chicken, egg whites, garlic, Worcestershire sauce, and salt. With a fork or clean hands, mix the ingredients until well combined. Transfer the mixture to the prepared pan and spread so the top is flat. Spread the barbeque sauce evenly over the top. Bake for 35 to 40 minutes, or until the chicken is completely cooked through and no longer pink. Let the loaf sit for 10 minutes before cutting into 8 slices to serve.

Ham and Asparagus Omelet

Serves 1

Olive oil spray

1 ounce 97% or 98% lean ham steak cut into small cubes

1/3 cup chopped asparagus

¼ cup finely chopped sweet onion

½ tsp. freshly minced garlic

4 large egg whites

Salt, to taste

Ground black pepper, to taste

Directions:

Place a small nonstick skillet over medium high heat. Lightly mist the pan with the olive oil spray. Add the ham, asparagus, onion, and garlic and cook, stirring frequently, for 3 to 5 minutes, or until the asparagus is crisp tender and the onion is tender. Remove the pan from the heat and cover to keep warm. In a medium bowl, whisk the egg whites with a fork until they bubble lightly. Season with salt and pepper. Place a small nonstick skillet over medium heat. Lightly mist the pan with the spray. Add the egg whites and cook, lifting the edges with a spatula as they start to set and tipping the pan to allow the uncooked whites to run underneath, for 4 to 6 minutes, or until almost set. Flip the omelet. Sprinkle the ham mixture over half of the omelet. Flip the bare half over the filled half and transfer to a serving plate. Serve immediately.

Chicken Kebabs

Serves 4

¼ cup freshly squeezed lemon juice
3 ½ Tbsp. freshly minced garlic
2 Tbsp. EVOO
2 Tbsp. finely chopped fresh rosemary
1 ½ tsp finely chopped fresh sage
1 ½ Tbsp. honey
1 ½ tsp. coarsely ground black pepper
¾ tsp salt
1 pound trimmed boneless, skinless chicken breast, cut into 1 ½" cubes

Directions:

In a small bowl, whisk together the lemon juice, garlic, olive oil, rosemary, sage, honey, pepper, and salt. Place the chicken in a resealable plastic container, add the marinade, and toss. Cover and marinate in the refrigerator for at least 6 hours or overnight, turning the chicken at least once. Preheat a grill to high. Soak 4 wooden skewers in water for at least 30 minutes or have metal skewers ready. Thread the chicken cubes onto the 4 skewers. Place the kebabs on the grill and reduce the heat to low. Grill for 2 minutes and rotate a quarter turn. Continue to grill, turning, for 1 to 2 minutes per side, or until the chicken is no longer pink inside and juices run clear.

Melon Tzatziki

Serves 6 (¼ cup serving)

1 cup fat free plain yogurt
1 Tbsp. finely chopped fresh mint
1 medium clove fresh garlic, minced
¼ tsp salt
¾ cup finely chopped honeydew melon

Directions:

In a medium bowl, combine the yogurt, mint, garlic, and salt and stir well to combine. Stir in the honeydew. Stir in the honeydew. Serve immediately or chill for up to 2 days.

Melon Tzatziki Topped Salmon

Serves 4

Sauce:

1 cup fat free plain yogurt
1 Tbsp. finely chopped fresh mint
1 medium clove fresh garlic, minced
¼ tsp salt
¾ cup finely chopped honeydew melon

Salmon:

4 – 4 ounce skinless, boneless salmon fillets
Olive Oil in a sprayer (not store bought containing propellant)
Salt, to taste
Ground Black Pepper, to taste

Directions:**Salmon:**

Lightly mist the fillets all over with olive oil and season with salt and pepper. Place a nonstick skillet large enough for the fillets to lie in a single layer over medium high heat. When hot, add the salmon and cook until golden brown on both sides, 1 to 2 minutes per side. Reduce the heat to medium and continue to cook, turning once, until cooked through and pale pink in the center, 2 to 3 minutes per side.

Sauce:

In a medium bowl, combine the yogurt, mint, garlic, and salt and stir well to combine. Stir in the honeydew. Stir in the honeydew. Serve immediately or chill for up to 2 days.

Place the warm salmon fillets on a serving platter or place one fillet on each of 4 dinner plates. Spoon ¼ cup tzatziki over each and serve.

Thin and Crispy Gourmet Hula Pizza

Serves 1

1 (8") low fat, whole wheat flour tortilla
2 Tbsp. traditional BBQ sauce (7 grams carbs or less per 2 Tbsp.)
¾ ounce goat cheese crumbles
3 Tbsp drained canned diced pineapple in juice, or drained pineapple rings in juice chopped into bite sized pieces
1 ½ Tsp. finely chopped cilantro, or more to taste

Directions:

Preheat oven to 400 degrees. Place the tortilla on a medium nonstick baking sheet. Bake for 2 to 4 minutes per side, or until crisp. If air bubbles form while baking, poke them with a fork, then use a spatula or oven mitt to carefully press the air out. Remove from the oven and top evenly with the sauce, then the cheese, pineapple, and cilantro. Bake the pizza for 2 to 4 minutes longer, or until the cheese is completely melted. Slice into wedges and serve.

Buffalo Chicken Blue Cheese Meat Loaf

Serves 4

Olive Oil

$\frac{3}{4}$ cups old fashioned oats

$\frac{1}{2}$ cup fat free milk

2 $\frac{1}{2}$ Tbsp. Buffalo wing sauce, or more to taste

1 pound extra lean ground chicken breast

$\frac{1}{2}$ cup finely chopped celery

$\frac{1}{4}$ cup shredded carrot

$\frac{1}{4}$ finely chopped sweet onion

2 large egg whites, lightly beaten

$\frac{1}{4}$ tsp. salt

2 ounces crumbled reduced fat blue cheese

Directions:

Preheat the oven to 350 degrees. Lightly mist a 9" x 5" x 3" nonstick loaf pan with olive oil spray. Combine the oats and milk in a medium mixing bowl and stir to mix. Let stand for 3 minutes, or until the oats begin to soften. Stir in the wing sauce until well mixed. Add the chicken, celery, carrot, onion, egg whites, and salt. With a fork or clean hands, mix the ingredients well. Add the blue cheese and gently mix to combine. Transfer the mixture to the prepared pan and spread so that the top is flat. Bake for 35 to 40 minutes, or until the chicken is completely cooked through and no longer pink. Cut into 8 slices and serve immediately.

Peppered Pot Roast

Serves 6

1 tsp. EVVO

1 (1 $\frac{3}{4}$ pound) trimmed top round roast

2 tsp. ground black pepper

$\frac{1}{4}$ tsp. seasoned salt (Lawry's)

Directions:

Preheat the oven to 350 degrees. Rub the olive oil evenly over the roast and season with the pepper and seasoned salt. Let stand for 15 minutes. Place a medium nonstick ovenproof skillet over medium heat. When hot, add the roast and sear on all sides, including the ends, until just browned, 45 to 60 seconds per side. Transfer the skillet to the oven and roast until a meat thermometer inserted into the center registers 125 degrees for medium rare, 15 to 20 minutes. Loosely place a piece of foil over the roast (not the whole pan) and let stand for 10 minutes. Slice the roast against the grain into the slices and serve immediately, or refrigerate the whole roast then slice very thinly by hand or on a meat slicer to use as deli meat.

Rosemary Sweet Potatoes

Serves 6

2 pounds sweet potatoes peeled cut into steak fry sized pieces
1 ½ Tbsp. freshly minced garlic
1 ½ tsp. dried rosemary
2 tsp. EVOO
¼ tsp. salt, or to taste

Directions:

Preheat the oven to 450 degrees. In a large glass or plastic bowl, toss the sweet potatoes with the garlic, rosemary, olive oil, and salt. Arrange in a single layer, not touching, on a large nonstick baking sheet. Bake for 15 minutes. Turn the potato pieces and bake 10 to 15 minutes longer, or until tender inside.

Buffalo Turkey Breast Roast

Serves 5 (4 ounce)

Olive oil spray
¼ tsp. garlic powder
¼ tsp. salt
¼ tsp. black pepper
1 ½ pounds trimmed boneless, skinless turkey breast roast
1 tsp. EVOO
1 to 2 Tbsp buffalo wing sauce (Thick, all natural sauce or Wing Time Hot Buffalo Wing Sauce)
¼ cup water

Directions:

Preheat the oven to 350 degrees. Lightly mist a 8"x8" glass baking dish or nonstick baking pan with the olive oil spray. In a small bowl, combine the garlic powder, salt, and pepper. Place the roast on a cutting board. With a fork, pierce each side (top and bottom) deeply about 25 times. Drizzle on the oil and rub to coat evenly on both sides. Sprinkle with the garlic powder mixture and rub it in to evenly coat both sides. With the smooth side of the breast down, drizzle with half of the wing sauce, rubbing to coat. Place the turkey, smooth side up in the prepared pan. Rub the buffalo sauce over the smooth side of the breast. Pour the water into the pan, taking care not to pour it over the turkey. Roast for 35 to 40 minutes, or until a thermometer inserted in the thickest portion registers 160 degrees and the juices run clear. Tent the roast loosely with foil and let stand for 10 minutes (the temperature should increase to 170 degrees). Place the turkey on a clean cutting board and carve against the grain into thin slices. Serve immediately or refrigerate in an airtight plastic container for up to 3 days.

English Muffin Melt

Serves 1

1 Whole wheat English Muffin

½ cup 2% shredded cheddar cheese

2 slices of tomato

Directions:

Preheat the broiler. Line a small, metal baking sheet with aluminum foil. Place the muffin halves on the prepared baking sheet and sprinkle evenly with the cheese. Place 1 tomato slice on each muffin half over the cheese. Broil until the cheese bubbles and begins to brown in spots, 1 to 2 minutes. Serve immediately.

Swedish Meatballs

Serves 4 (10 meatballs)

2 slices fluffy whole wheat bread

1/3 cup fat free milk

1 large egg white

½ cup finely chopped yellow onion

2 Tbsp. prepared horseradish

½ tsp. sugar

1 ¾ tsp. ground allspice

¼ tsp. salt

¼ tsp. ground black pepper

1 pound extra lean ground turkey

3 cups reduced sodium, fat free chicken broth

Olive oil spray

¾ cup light sour cream

Directions:

In a mixing bowl, soak the bread in the milk until it's absorbed. Tear the soggy bread into small pieces. Add the egg white, onion, 1 Tbsp horseradish, the sugar, ¼ tsp allspice, the salt, and pepper. Mix, then add the turkey, mixing just until combined. In a 2 or 2 ½ quart soup pot, bring the broth and 1 tsp. of the allspice to full rolling boil over high heat. Roll the turkey mixture into 1 ½" meatballs. Boil half the meatballs in the broth for 3 to 7 minutes, or until they rise to the surface and are no longer pink inside. Transfer them to a serving bowl. Heat a large nonstick skillet to high heat. When hot, mist with spray. Add the meatballs, working in batches if necessary and cook, stirring occasionally, until lightly browned, 2 to 4 minutes. Return the meatballs to the serving bowl and cover to keep warm. Strain the broth through a sieve into a bowl. Measure out ¾ cup and add to the skillet. Place over high heat and boil until reduced by half, 4 to 6 minutes. Whisk in the sour cream, remaining 1 Tbsp horseradish and remaining ½ tsp. allspice. The mixture should have the consistency of a smooth, creamy gravy. If it does not add a bit more broth to make it thinner or continue to boil, stirring, until it reduces and thickens. Pour the sauce over the meatballs and serve hot.

Ponzu Brown Rice

Serves 4 (1/2 cup)

2 cups cooked short grain brown rice

1 ½ to 2 Tbsp ponzu sauce, to taste

½ tsp hot sesame oil

Directions:

In a medium bowl, combine the rice, ponzu sauce, and sesame oil until well mixed. Serve immediately.

Subtly Strawberry Oatmeal

Serves 1

1 cup water

Pinch salt

½ cup old fashioned oats

½ tsp. vanilla extract

1 ½ Tbsp strawberry preserves

Directions:

In a small saucepan, combine the water and salt and bring to a rapid boil over high heat. Add the oats and reduce the heat to medium. Cook, stirring occasionally, for 5 to 7 minutes, or until all the liquid is almost absorbed. Stir in the vanilla extract. Cover, remove from the heat, and let sit for 5 minutes. Spoon into a serving bowl, stir in the preserves, and serve.

Contemporary Peppered chopped Steak

Serves 4

1 pound 96% lean ground beef
¾ cup cooked brown rice
6 Tbsp. minced fresh parsley
½ tsp. salt
4 tsp. ground black pepper
Olive oil spray
2 cups thinly sliced sweet onion rings
1 1/3 cups 100% grape juice
¼ cup balsamic vinegar

Directions:

In a large bowl, mix the beef, rice, 5 Tbsp of the parsley, and the salt until well combined. Divide the mixture into 4 equal portions and form into 1" thick oval patties. Season evenly with the pepper, pressing it into the patties on all sides. Place a large nonstick skillet over high heat. When hot, lightly mist with the olive oil spray. Add the patties and cook for 2 to 4 minutes per side, or until the outsides brown and the insides are very slightly less done than desired. Transfer the steaks to a platter and cover to keep warm. Respray the pan off the heat, then place over medium heat. Add the onions and cook, stirring, for about 5 minutes, or until tender. Add the grape juice and vinegar and return the heat to high. Boil for 9 to 11 minutes, or until the liquid is reduced to about ½ cup. Place the steaks on each of 4 serving plates and top with the onions and sauce. Sprinkle with the remaining 1 Tbsp parsley and serve.

Smoked Sausage Breakfast scramble

Serves 4

Olive Oil spray
4 ounces extra lean fully cooked smoked turkey sausage (5 grams of fat or less in 2 ounce serving)
1 cup finely chopped sweet onion
2 tsp freshly minced garlic
16 large egg whites
1 cup chopped seeded tomato
Salt, to taste
Ground black pepper, to taste

Directions:

Place a large nonstick skillet over medium high heat. Lightly mist the skillet with the olive oil spray. Add the sausage, onion, and garlic to cook, stirring frequently, for 3 to 5 minutes, or until the sausage is heated through and the onion is tender but not browned. Meanwhile, spray a large shallow microwave safe bowl with the spray. Add the egg whites and cover the bowl with microwave safe plastic wrap. Microwave on high for 1 ½ minutes. Uncover the bowl and using the fork, push the cooked portions of the whites into the middle of the bowl,

letting the runny, uncooked parts run toward the outer edge. Re-cover the bowl and microwave in 30 second intervals until the egg whites are just a bit runny on top. Uncover, then using the fork, stir the whites to break into large “scrambled” pieces. By the time you scramble and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, re-cover and continue cooking in 10 second intervals until just done. Add the scrambled egg whites and the tomato to the sausage mixture. Stir well to slightly warm the tomatoes and incorporate the egg whites. Season with salt and pepper. Divide among 4 plates and serve.

BBQ Chicken Wrap

Serves 1

1 4ounce grilled chicken breast, cut into strips
2 Tbsp BBQ
Sprinkle of 2% shredded cheddar cheese
1 whole wheat, low fat, low carb tortilla
Sprinkle shredded lettuce

Directions:

Spread BBQ sauce over tortilla. Place rest of ingredients on tortilla and sauce.

Berry Smoothie

1 cup frozen blueberries or raspberries
1 ¼ cup skim milk
6 ounces of vanilla or plain yogurt
A touch of honey, if desired

Directions:

In a blender, place berries, milk, and yogurt. Cover and blend on high speed about 1 minute or until smooth. Sweeten to taste with honey. Pour into 2 glasses and serve

Banana Oatmeal

Serves 1

¾ cups Cooked oatmeal
1 cup mashed, ripe banana
1 tsp. cinnamon
2 tsp. sugar or sugar substitute
4 Tbsp. Grape Nuts

Directions:

Cook Oatmeal according to package. Remove from heat and add the banana, cinnamon, and sugar. Stir until well combined.

Pizza Burger

Serves 4

1 pound 96% lean ground beef
1 tsp. dried oregano
½ tsp. garlic powder
½ to 1 tsp crushed red pepper flakes, to taste
¼ tsp. salt
3 ounces low fat mozzarella cheese, thinly sliced
½ cup Low sodium, low fat, low sugar Marinara sauce
4 whole grain or whole wheat hamburger buns

Directions:

Preheat a grill to high heat. In a large bowl, mix the beef, oregano, garlic powder, red pepper flakes, and salt until well combined. Divide the mixture into 4 equal portions and shape into balls, packing them tightly as you do. Press each into a patty that is about ½” larger than the diameter of the buns. Grill the burgers for about 2 minutes per side for medium rare, or until desired doneness (do not smash with spatula). About 1 minute before they are done, divide the cheese slices among the tops and let melt. Meanwhile, spoon the sauce into a medium microwave safe bowl. Microwave on low until hot, 30 to 60 seconds. Place the bun halves, cut sides down, on an upper grill rack or away from direct flame for about 20 seconds, or until toasted. Place each bun bottom on serving plate, toasted side up. Place the patties, cheese side up, on top of the bun bottoms. Spread 2 Tbsp sauce on each bun top, flip atop the patties, and serve.

Fish Tacos

Serves 4

8 taco size corn tortillas
1 pound Alaskan Pollack cut into 1” pieces
2 Tbsp. salt free Mexican seasoning (Mrs. Dash Southwest Chipolte)
Salt, to taste
Olive oil spray
2 cups slightly drained Coleslaw with Orange Cilantro Vinaigrette
½ cup fresh pico de gallo or fresh salsa, drained if watery
2 Tbsp. chopped fresh cilantro, or more to taste

Directions:

Stack the tortillas and wrap in a clean, damp, lint free dish towel (or damp paper towels). Season the fish evenly with the seasoning and salt. Place a large nonstick skillet over medium high heat. When hot, lightly mist with the olive oil spray. Working in batches if necessary, add the fish pieces in a single layer. Cook, turning occasionally, for 3 to 5 minutes, or until fish flakes easily in the center and is lightly browned. Meanwhile, microwave the stack of tortillas on low until warmed, 15 to 30 seconds. Transfer 2 tortillas to each of 4 dinner plates, placing the tortillas side by side on each plate. Divide the fish evenly among the tortillas,

placing it in a strip down the center. Top with the coleslaw, then the salsa. Sprinkle with the cilantro, fold the tortillas to form tacos, and serve.

Chicken with Sage Gravy

Serves 4

4 4ounce timed boneless, skinless chicken breasts
1 tsp. EVOO
1 Tbsp. minced fresh sage
Salt, to taste
Ground black pepper, to taste
½ cup canned fat free chicken gravy

Directions:

Rub the chicken breasts with the olive oil and season all over with sage, salt, and pepper. Place a medium nonstick skillet over high heat. When hot, add the chicken and cook for 1 to 2 minutes per side, or until golden brown on the outside. Add the gravy and reduce the heat to low. Cover and simmer for 7 to 9 minutes, or until the chicken is no longer pink. Serve immediately.