

10 day Meal plan

Day	Breakfast	Lunch	Dinner
1	Blueberry Cake Protein Shake	Creamy Rotisserie Chicken Salad	Shrimp Scampi
2	1/2 Cup of Low Fat Cottage Cheese with 1/2 cup of sliced Peaches	Shrimp Crab Cakes with Sliced Tomatoes and Cucumbers	Tofu Lasagna
3	Cheese Apple Cranberry Omelet	Lentil Curry	Homestyle Meatloaf
4	Chocolate Peanut Butter Protein Shake	Feta with Mixed Beans	Shrimp Taco with Fresh Salsa
5	Cinnamon Sautéed Peach slices with Ricotta Cheese	Tofu Grilled Cheese Sandwich	Shepherds Pie
6	Vegetable Frittata	Classic Chili	Chicken and Zucchini Alla Carbonara
7	Carmel Latte Protein Shake	Shrimp Salad	Baked Cod Alla Fresca
8	Almond Pancakes	Pan-Fried Filet of Fish with a Citrus Vinaigrette	Eggplant Parmesan
9	Banana Bread Protein Shake	Lemon Pepper Tuna Salad	Chicken Cacciatore
10	Oatmeal Alternative	Spicy Italian Vegetarian Sausage	Chicken Feta Burgers

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Breakfast Recipes

Blueberry Cake Protein Shake

1/2 cup of Frozen Wild Blueberries

2 Scoops of the Celebrate Vanilla Cake Batter Protein Powder

8 ounces of Unsweetened Almond Milk

1/4 tsp. of Cinnamon Powder

Place all ingredients in a blender and mix until smooth. Serve over ice and enjoy.

Cheesy Apple Cranberry Omelet

1/2 of a small sweet crisp apple (peeled, cored and shredded)

1 Tbs. Olive Oil

1 Tbs. Dried Cranberries

2 Eggs

4 Tbs. Reduced Fat Cheddar Cheese (Shredded)

Salt and freshly ground Black Pepper to taste

Cinnamon

Place a medium size sauté pan over medium high heat. Add 1/2 tbs. of olive oil, shredded apple, and dried cranberries. Sauté for 1-2 minutes until tender but still a little crisp. Remove apple mixture from the pan and set aside. In a small bowl whisk together the eggs, salt and pepper. Heat the remaining oil in an omelet pan. Cook the egg mixture on low heat lifting edges to allow uncooked portion to flow under and cook. Flip omelet over and spoon apple and cheese mixture onto one half of cooked egg. Fold in half and sprinkle with cinnamon.

Chocolate Peanut Butter Protein Shake

2 Scoops of Bariatric Advantage Chocolate Protein Powder

2 Tbsp of Chocolate PB2 Powder

8 ounces of Unsweetened Almond Milk

Place all ingredients in a blender and blend until smooth. Serve over ice and enjoy.

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Breakfast Recipes

Vegetable Frittata

1 Tbs. Olive Oil
1 Clove Garlic, Minced
1 Small Zucchini
1 Cup Sliced Portabella Mushrooms
1 Cup Chopped Vidalia Onion
1/4 Cup Chopped Red Pepper
2 Cups of Fresh Baby Spinach Leaves
1 1/2 Cups of Egg Substitute
3/4 Cup Low fat Cottage Cheese
1/2 Cup Shredded Asiago or Provolone Cheese
2 tsp. Spicy Brown Mustard
1/4 tsp. Dried Oregano
1/2 tsp Dried Parsley
Salt and Pepper to taste
1/2 cup Grape Tomato, Halved
5 Fresh Basil Leaves, Chopped

Pre heat oven to 400 degrees

Wash zucchini well. Remove top stem and chop. Place an oven safe skillet over medium high heat and add 1 Tbsp. Olive oil. Add minced garlic, chopped zucchini, mushrooms, onion and red pepper. Sauté until vegetables are softened. Add the spinach and sauté until wilted. Remove from heat and set aside. In a bowl mix together egg, cheeses and spices. Place skillet back on low heat and pour egg mixture over the top and cook for 5 minutes. Place the oven safe skillet in the oven and bake uncovered at 400 degrees for 10 minutes or until frittata sets. Remove from heat. Scatter tomato halves and chopped basil over the top and serve.

Note: If you do not have an oven safe skillet you can still prepare this recipe. Sauté your vegetables as above and place in a pie plate. Pour egg mixture over top and bake at 350 degrees for 15-20 minutes or until frittata sets.

This makes about 8 servings. Portion servings out and freeze individual portions for a quick breakfast option.

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Breakfast Recipes

Sautéed Peaches with Ricotta Cheese

1 small soft ripe peach (peeled and cut into slices) or 1/2 cup frozen peach slices
1 Tbsp. Light Whipped Butter
1 Tbsp. Water
1/4 tsp. of Ground Cinnamon
1/2 cup of low fat Ricotta Cheese

Place the butter in a sauté pan over medium heat. When the butter is melted add the peaches and the water; turn the heat to low, cover and cook for 5-10 minutes or until peaches are soft. Sprinkle with cinnamon and add sweetener such as Stevia and place on top of Ricotta Cheese.

Almond Pancakes

3/4 cup Almond Flour
1/4 cup Vital Wheat Gluten
1/4 tsp. Sea Salt
1 Tbsp. Stevia
2 Large Eggs
1/4 cup Sparkling Water
2 Tbsp. Olive Oil
1/2 Cup Blueberries

Heat a griddle or large skillet over medium low heat while you make your batter. Place almond flour, vital wheat gluten, salt and stevia in a mixing bowl and mix together. In a separate bowl whisk together eggs, sparkling water and olive oil. Combine the wet and dry ingredients and stir until blended. Add blueberries and stir. Spray your skillet or griddle with a nonstick cooking spray, drop 1/4 cup of batter for each pancake. Depending on the size of your skillet or griddle you can make 2-6 at a time. Cook until lightly browned on the bottom, 3-5 minutes. Then turn and cook until the second side is golden brown 1-3 minutes. Serve pancakes and top with a sugar free syrup.

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Breakfast Recipes

Banana Bread Protein Shake

1-2 Scoops of a Vanilla Whey Protein Powder
8 ounces of Unsweetened Almond Milk
1/4 of a Banana
4 Pecan Halves
1 tsp Cinnamon
4 Drops of Stevia Vanilla Cream Sweetener
Dash of Nutmeg
4 Ice Cubes

Place all ingredients in a blender and blend.

Oatmeal Alternative

1/2 cup Textured Vegetable Protein
1/2 cup Water
1/2 cup Unsweetened Almond Milk
1/2 tsp. Cinnamon
2 Tbsp. Chopped Walnuts
1/4 Cup Blueberries (frozen or fresh)
1 tsp. Stevia or 2-3 drops of Liquid Stevia

In a small saucepan place textured vegetable protein, water, almond milk and cinnamon. Place over medium heat and bring to a boil. Reduce heat to low and simmer for 20 minutes stirring occasionally. Top with chopped walnuts,, blueberries and sweeten with stevia to your liking.

Note: You can change the seasonings to your liking. Get creative and add different fruits or you can add different sugar free flavored syrups. You can also use a low sugar or sugar free fruit preserve to flavor.

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Creamy Rotisserie Chicken Salad

1 Whole Rotisserie Chicken, Deboned and Chopped

2 Stalks of Celery

1 Red Bell Pepper

1 Lemon, Zested

4 Tbsp. Chopped Parsley

2 Scallions

1 1/4 cup Non-Fat Plain Greek Yogurt

1/2 Cup Reduced Fat Mayonnaise

1 Tsp Dijon Mustard

1 Tsp. Sea Salt

1/2 Tsp. Fresh Ground Black Pepper

Remove the chicken meat from the bone, chop the meat and place in a mixing bowl. Finely chop the celery, red pepper, parsley and scallions and add to bowl. Add the zest of lemon, Greek yogurt, mayonnaise, lemon juice, dijon mustard, sea salt and black pepper. Mix together and serve.

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Shrimp Crab Cakes

1/4 pound of cooked Crabmeat

1/4 pound of cooked Shrimp

1 Tbsp. Minced Celery

2 tsp. Minced Red Pepper

2 tsp. Finely Chopped Parsley

2 Tbsp. Reduced Fat Mayonnaise

3 Tbsp. Roasted Pumpkin Seeds

1/8 tsp. Sea Salt

1/8 tsp. Cayenne Pepper

1/8 Cup of Lemon Juice

2 tsp. Olive Oil

Placed roasted pumpkin seeds in a food processor and process until a fine bread crumb mixture is obtained. Place the pumpkin seeds in a mixing bowl and set aside. Place crab meat in a strainer or colander and drain excess water. Remove tails from shrimp. Place the shrimp and crabmeat in a food processor and pulse to a finely chop. Place crab meat, shrimp, minced celery, red pepper and chopped parsley in the same bowl as pumpkin seeds. In a small bowl measure out the mayonnaise, salt, cayenne pepper and lemon juice and stir. Add the mayonnaise mixture to the crabmeat mixture and mix until well incorporated. Form 4 patties (about 3 ounces each), pressing firm enough to hold together, place on a plate and refrigerate for at least 15 minutes. In a medium, nonstick skillet, heat the olive oil over medium high heat. Place the crab cakes in the pan using a thin metal spatula and cook undisturbed for about 6 minutes on each side. until well browned.

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Lentil Curry

2 Tbsp. Canola Oil

2 Medium Onions, chopped

4 Tbsp Curry Paste

3 1/2 cups of Vegetable Stock

1 bag of frozen mixed vegetables (about 24 ounces)

1/2 cup of Red Lentils

1/4 cup of golden raisin

1 Tbsp. chopped Parsley

Heat the oil in a large pan. Add the onions and cook over high heat for about 8 minutes or until they are golden brown. Stir in the curry paste and cook for a minute. Slowly pour in a little of the stock so it sizzles. scraping any bits from the bottom of the pan. Gradually pour in the rest of the stock. Stir the frozen vegetables, cover and simmer for 5 minutes. Add the lentils and simmer for a further 15-20 minutes or until the vegetables and lentils are cooked. Season the curry with salt to your taste and toss in the raisins and chopped parsley.

Feta and with Mixed Beans

16 ounce can of Red Kidney Beans, Rinsed and Drained

16 ounce can of Garbanzo Beans, Rinsed and Drained

12 Ounces of Edamame, Lightly Steamed

3 ounces of Reduced Fat Feta Cheese, Crumbled

1/2 cup Chopped Red Onion

3 Tbsp. Fresh Mint, Chopped

2 Tbsp. Fresh Dill, Chopped

2 Cloves Garlic, Minced

1/2 tsp. Sea Salt or to taste

1/4 tsp. Black Pepper

3 Tbsp. Fresh Lemon Juice

1 Tbsp. Balsamic Vinegar

2 tsp. Olive Oil

Rinse and drain the kidney beans and garbanzo beans. Place in a medium size mixing bowl. Add the steamed edamame beans. Add to that the feta cheese, onion, mint, dill, garlic, salt, pepper, lemon juice, vinegar, olive oil and toss.

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Tofu Grilled Cheese Sandwich

3 ounce of Extra Firm Sprouted Tofu, Drained

2 Tbsp. Nutritional Yeast Flakes

2 Tbsp. Roasted Pumpkin Seeds

Salt and Pepper to taste

1 Ounce of Low Fat Cheese

1 Small Tomato Sliced

1 tsp. Olive Oil

Slice tofu in 1/4 inch slabs. Place the nutritional yeast flakes, pumpkin seeds, salt and pepper in a food processor and process until a bread crumb consistency is obtained. Place this mixture in a bowl and dip the tofu slices in this mixture to coat. Place frying pan on medium high heat and add 1 tsp of olive oil. Once the oil is hot place tofu slices in pan and layer with tomato and cheese. Then place a slice of tofu on top to create a sandwich. Flip tofu sandwich over once bottom side is toasted (about 2-4 minutes). Cook top side for 2-4 minutes or until toasted.

Note: The nutritional yeast flakes can be found in most health food stores as well as supermarkets that have an organic selection. They have a nice nutty, cheese flavor and are a source of Vitamin B12. I have used roasted pumpkin seeds with this recipe but you can also use roasted sunflower seeds, almonds, and or pecans for different flavors. A note on the sprouted tofu which can be found in most grocery stores in the produce department. Sprouted tofu is very firm. It slices very nicely and holds its shape.

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Classic Chili

2 tsp. Cumin Seeds

2 tsp. Coriander Seeds

2 Lb Lean Ground Beef, Turkey or Chicken

1 Large Chopped Onion

8 Cloves of Garlic Minced

1 Jalapeño Pepper, Minced

1 Red Bell Pepper, Chopped

1/2 tsp. Ground Nutmeg

1 tsp. Dried Oregano

28 ounce can of Peeled Chopped Tomatoes

4 cups of Low sodium Chicken Broth

1 tsp. of Cocoa Powder

Sea Salt and Black Pepper To Taste

In a small skillet, toast the cumin and coriander seeds over medium heat for 3-4 minutes until fragrant. Using a coffee or spice grinder, grind the seeds in to a powder and set aside. Place a heavy bottom stock pot over medium high heat and add oil. Once the oil is heated add the ground meat and brown, about 5-6 minutes. Remove the meat from the pot and set aside. Place the pot back on medium high heat. Add the onions, garlic and peppers and sauté for 4-5 minutes or until vegetables soften. Add the ground cumin, coriander, oregano and the nutmeg. Cook for another 1-2 minutes. Add the meat back in along with the tomatoes, chicken broth and cocoa powder. Bring to a boil, reduce heat to simmer for 40-50 minutes stirring occasionally. Season with salt and pepper to your taste.

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Shrimp Salad

1 Pound Precooked Shrimp

1 Small Cucumber

2 Scallions

1 Clove Garlic

2 Tbsp. Fresh Chopped Dill

2 Tbsp. Fresh Chopped Mint

2 Tbsp. Fresh Chopped Parsley

1 Lemon Zested

1 Tbsp. Lemon Juice

1/2 Cup Non-Fat Plain Greek Yogurt

4 Tbsp. Olive Oil

1 tsp. Sea Salt

1/2 tsp. Fresh Ground Black Pepper

Peel and remove the tails of the shrimp, roughly chop and place in a mixing bowl. Peel and deseed cucumber. Chop the cucumber and scallions. Mince the garlic and add all the shrimp. Then add the chopped dill, mint and parsley. Zest the lemon over the bowl and add the lemon juice, Greek yogurt, olive oil, sea salt and black pepper. Mix well and serve.

Lemon Tuna Salad

6 ounces Chunk Light Tuna, Water Packed, Drained

1 Small Celery Stalk, Finely Chopped

1 Tbsp. Finely Chopped Red Onion

4 Grape or Cherry Tomatoes Quartered

1/4 Cup Cucumber, Chopped and Deseeded if Necessary

1 Leaf Romaine Lettuce, Finely Chopped

2 Tbsp. Fresh Squeezed Lemon Juice

1 Tbsp. Extra Virgin Olive Oil

Salt and Pepper to taste

Place all ingredients in a bowl, mix and serve.

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Spicy Italian Vegetarian Sausage

2 1/4 Cup Vital Wheat Gluten
1/2 Cup Nutritional Yeast
1/4 Cup Chickpea Flour
2 T. Vegetable Bouillon Powder, Low Sodium
1 Tbsp. Fennel Seed
2 tsp. Black Pepper, Coarsely Ground
2 tsp. Paprika
1 tsp. Smoked Paprika
1 tsp. Dried Chili Flakes
1/2 tsp. Dried Oregano
1 tsp Sea Salt
1/4 tsp. Ground Cumin
2 1/4 Cup Cool Water
6-8 Cloves Garlic, Minced
2 Tbsp. Olive Oil
2 Tbsp. White Wine
1/2 Tbsp. Fresh Parsley Chopped
1/4 Cup Parmesan Cheese, Grated

In a large bowl, mix together all the dry ingredients. Whisk together the water, garlic, olive oil, white wine and parmesan cheese. Using a fork gently stir the wet ingredients into the dry ingredients. Stir just until ingredients are mixed. If the dough mixture is too dry add another tablespoon of water as needed. Scoop 1/2 cup of the dough mixture at a time and shape into logs. Place the logs on a piece of parchment paper and roll up, twisting ends. Place sausages in steamer and steam for 30 minutes. Once sausages have cooled, remove from parchment and refrigerate until ready to eat.

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Shrimp Scampi

2 Medium Zucchini

4 Tbsp. Whipped Butter

4 Tbsp. Olive Oil

1/2 Cup Finely chopped Red Onion

2 Cloves Garlic, Minced

Pinch of Red Pepper Flakes

1 Pound Shrimp, Peeled and Deveined

Sea Salt and Black Pepper to Taste

1/2 Cup Chablis or Other Dry White Wine

Juice of 1 Lemon

1/4 Cup Finely Chopped Parsley

Wash and dry zucchini, remove ends. Peel zucchini with vegetable peeler to create long thin noodles. Place sauté pan on medium high heat with 2 tsp of olive oil. Once oil is heated place zucchini noodles in pan and sauté for 1-2 minutes. Place a Colander over dish and set aside. In the same sauté pan place 2 tablespoons of butter and 2 tablespoons of olive oil over medium high heat. Once butter has melted add red onion, garlic and red pepper flakes and sauté until onions have softened, about 3-4 minutes. Season shrimp with salt and pepper and add them to the sauté pan. Sauté until pink in color. Remove the shrimp from the pan and add the white wine and lemon juice and bring to a boil. Add 2 tablespoons of butter and 1 tablespoon of olive oil. When the butter has melted, return the shrimp to the pan along with the parsley and sautéed zucchini noodles. Toss and season with salt and pepper. Drizzle with olive oil and top with grated parmesan cheese and serve.

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Pan Fried Fillet of Fish with a Citrus Vinaigrette

2 Tbsp. Olive Oil

4 White Fish Fillets (Tilapia, Sole, Cod, Grouper)

1 tsp. Sea Salt

1/2 tsp. Black Pepper

1/2 Cup of Citrus Vinaigrette

Add olive oil to a large heavy bottom frying pan and place over medium high heat. Season the fish on both sides with salt and pepper. Once oil is hot, add the fish filets and pan fry for 3-4 minutes or until golden brown. Once the outer edge of the fish filets are white to golden brown flip the fish and finish cooking on the other side. Once the fish is done, place on a plate and drizzle a few tablespoons of the citrus vinaigrette over the top.

Citrus Vinaigrette:

1 Cup Fresh Squeezed Orange Juice

The Juice of 1 Lemon

The Juice of 1 Lime

1 Cup of Fresh Cilantro, Roughly Chopped

1 tsp. Sea Salt

1 Pinch of Cayenne Pepper

1/8 tsp. of Black Pepper

1 tsp Cumin Seeds, Toasted

1/4 Cup of Olive Oil

Place orange juice, lemon juice, cilantro, salt, cayenne pepper, black pepper and toasted cumin seed in a food processor or blender. Process until ingredients are well blended add oil and blend for another 30 seconds.

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Tofu Lasagna

6 ounces of Extra Firm Sprouted Tofu
1/2 cup Sliced Zucchini
1/2 cup Sliced Portabella Mushrooms
1 Cup Baby Spinach
1 ounce Shredded Part Skim Mozzarella Cheese
1 ounce Part Skim Ricotta Cheese
1 Large Egg
1.5 Cups Tomato Sauce
2 Tsp. Olive Oil
1 Tsp. Sea Salt
1 Tbsp. Nutrition Yeast
1/2 Tsp. Black Pepper

Slice off a 6 ounce portion of tofu and then slice that portion into 1/4 inch slices. Whisk egg and then mix with ricotta cheese, 1/2 tsp of salt and 1/4 tsp of black pepper. Set aside. Place a sauté pan with olive oil over medium high heat. Add zucchini and mushroom slices. Sauté for 3-5 minutes or until zucchini and mushrooms are soft. Add spinach and sauté until wilted. Add salt and pepper to taste. Place vegetable in a bowl and place sauté pan back onto stove. Add 1 tsp of olive oil to the sauté pan over medium high heat. Add the tofu slices and cook each side until lightly browned. Set aside. In a small baking dish layer your lasagna:

1. Add a small amount of sauce to the baking dish.
2. Place a layer of tofu.
3. Top with a layer of vegetable mix
4. Ricotta mix
5. mozzarella
6. Sprinkle with Nutritional Yeast
7. Sauce
8. Tofu
9. Repeat layers until your ingredients are used.
10. Top the last layer with sauce and cheese.
11. Place in oven for 30-45 minutes.

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Homestyle MeatLoaf

1 Pound Ground Sirloin
2 Tbsp. Ground Flax Seed
1 Egg
1/4 cup of Low Sodium V8 Juice
1/4 Cup of Minced Vidalia Onion
2/3 Cups No-Sugar Added Ketchup
1 tsp. Mustard
1 tsp. Worcestershire Sauce
1/2 tsp. Sea Salt
1/4 tsp. Black Pepper
2 Tbsp. Stevia in the Raw
1 tsp Blackstrap Molasses
2 tsp. Spicy Mustard

In a large mixing bowl combine the ground sirloin, flax meal, egg, V8 juice, onion, 1 Tbsp. of ketchup, mustard, Worcestershire sauce, salt and pepper. The best way to mix this together is to use your hands and knead the ingredients until well combined. Shape the mixture into a loaf and set on a roasting pan. Place in your pre-heated oven and set your timer for 40 minutes. While meatloaf is cooking mix together the rest of the ketchup, stevia, molasses and spicy mustard. Once timer goes off glaze your meatloaf with the ketchup glaze. Place back in the oven and bake for another 20 minutes. Remove from the oven and let rest for 5-7 minutes before cutting.

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Shrimp Taco With Fresh Salsa

1 pound Pre-Cooked Cleaned Shrimp
1 Tbsp. natural Taco Seasoning Mix
1 Tbsp. Olive Oil
1 Cup Cherry tomatoes, halved
1 tsp. Minced Garlic
1 Tbsp. Chopped Red Onion
2 Tbsp. Chopped Fresh Cilantro
1 Tbsp. Chopped Red Bell Pepper
1/2 tsp. Minced Jalapeño
1 tsp. Sea Salt
1 tsp. Olive Oil
4 Leaves of romaine Lettuce
4 tsp. Low fat Sour Cream
1/2 cup Chopped Cucumber
1/2 cup Shredded Low Fat Cheddar Cheese

Rinse Shrimp, remove tails and chop. To make salsa place halved cherry tomatoes, garlic, onion, peppers, cilantro, olive oil and salt in a bowl and toss. Set up your taco station by placing sour cream, shredded cheese, chopped cucumber, washed lettuce leaves and salsa in separate bowls. To make shrimp taco filling place a sauté pan on medium high heat and add to it the chopped shrimp, olive oil and taco seasoning. Sauté for 2-3 minutes. Remember this is just to heat the shrimp, they are already cooked. Assemble your tacos by taking a lettuce leaf and placing the shrimp filling in first top with cheese then add the salsa, cucumber and sour cream.

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Shepherd's Pie

1 Pound of Frozen Cauliflower
1 Tbsp. Whipped Butter
2 Tbsp. Light Boisin cheese
Sea Salt and Pepper to taste
2 Tbsp. Olive Oil
1 Cup Chopped Onions
2 Carrots, Peeled and Diced small
2 Cloves Garlic Minced
1 1/2 pounds Ground Chicken or Lean Ground Beef
1 tsp. Sea Salt
1/2 tsp. Fresh Ground Black Pepper
2 Tbsp. Garbanzo Bean Flour
2 Tsp. Tomato Paste
1 Cup Low Sodium Chicken Broth
1 tsp. Worcestershire Sauce
1/4 Tsp. Ground Rosemary
1/4 tsp. Dried Thyme
1/2 cup Frozen Peas
1 Egg Beaten
1/4 cup Parmesan Cheese

For Cauliflower Mashed: Steam cauliflower until soft. Place cauliflower in colander and drain it thoroughly. Place cauliflower, butter and Boisin cheese in a food processor and process until it is smooth. Add salt and pepper to taste. Preheat oven to 400 degrees. To prepare filling place the olive oil into a sauté pan and set over medium high heat. Add onions, carrots and sauté until softened about 3-4 minutes. Add the garlic and stir to combine. Add ground meat, salt and pepper and cook until browned approximately 3-4 minutes. Sprinkle meat with garbanzo bean flour and stir. Add tomato paste, chicken broth, Worcestershire, rosemary, thyme and stir until combined. Bring to a boil, reduce heat to low, cover and simmer slowly 10-12 minutes or until the sauce has thickened. Add peas to mixture and stir. Spread mixture evenly into an 11x7" glass baking dish. Top with mashed cauliflower and spread evenly over the top. Brush with egg and sprinkle with parmesan cheese. Bake for 20-25 minutes on the middle rack of oven until top begins to brown. Remove from oven and cool for 15 minutes before serving.

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Chicken and Zucchini Alla Carbonara

8 ounces of Chicken tenders
7-10 Strips of Bacon, Roughly Chopped
1 Tbsp. Olive Oil
1/2 Small Onion Chopped
2 Medium Zucchini
2 Egg Yolks
1/4 cup Grated Parmesan Cheese
1 Tbsp. Whipped Butter
1 Tbsp. Chopped Fresh Parsley
1/4 tsp. Ground Nutmeg
Sea Salt and Black Pepper to Taste

Wash zucchini well and using a vegetable peeler peel zucchini into long thin noodles and set aside. Using a heavy skillet on medium high heat sauté chicken tenders for 5-7 minutes or until done. Remove chicken from pan and set aside. Place same skillet back on medium high heat and place chopped bacon and cook until bacon becomes crispy. Add the onions and sauté until caramelized. Add zucchini noodles and sauté lightly for less than 1 minute. Add chicken tenders, egg yolks, cheese and toss until well combined. If mixture seems dry add 1/4 cup of less of boiling water. Remove from heat, add butter, chopped parsley, nutmeg, salt and pepper. Toss together and serve.

Baked Cod Alla Fresca

1 Pound Cod Filet
1 Large Tomato Chopped
1 Clove Garlic, Minced
1/2 Small Red Onion, Thinly Sliced
1/4 Tsp. Dried Oregano
1 Tbsp. Fresh Basil, chopped
1 Tbsp. Fresh parsley, Chopped
1 Tbsp. Olive Oil
Salt and Pepper to Taste

Preheat oven to 350 degrees. Clean and pat dry cod filet. Rub fish with a tsp. of olive oil and place in a covered baking dish. In a small bowl place chopped tomato, minced garlic, sliced onion, oregano, basil, parsley and rest of olive oil. Toss and season with salt and pepper. Place tomato mixture on top of fish and cover. Place in a preheated oven. Bake for 15-20 minutes or until fish is done.

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Eggplant Parmesan

1 Medium Eggplant

2 Wasa Multigrain Crispbread Crackers

1/2 cup Roasted Pumpkin Seeds

1/2 Cup Garbanzo/Fava Bean Flour

1 Large Egg

1/4 cup Water

2 Cups of Marinara Sauce

1 Cup of Shredded Mozzarella Cheese

1/2 Cup Parmesan Cheese

1 Tbsp. Chopped Fresh Parsley

Spray Olive Oil

Preheat your oven to 375 degrees. Peel your eggplant and slice the eggplant in 1/4-1/2 inch thick slices. Place sliced eggplant in a large bowl and add 1 tsp of salt and enough cool water to cover eggplant. Eggplant slices will float so I recommend placing a weighted bowl on top of the eggplant to force it to sit in the water. Set aside. In a food processor place Wasa crackers and roasted pumpkin seeds and process until a fine bread crumb textured is achieved. Place mixture in a bowl and set aside. In another bowl place the 1/2 cup of garbanzo/fava bean flour. In a third bowl whisk egg and water together. These 3 bowls are now your breading station. Using a baking pan or cookie sheet spray with olive oil or cover with a sheet of baking parchment paper. Drain the water off the eggplant and take each slice of eggplant and dip first into flour mixture then into egg mixture and lastly into your breadcrumb mixture. Place each eggplant slice on a baking sheet and then spray each eggplant slice with the olive oil. Place cookie sheet in oven and bake the eggplant until slightly firm about 20-30 minutes. While eggplant is cooking place your marinara sauce in a sauce pan over medium low heat to warm. Once eggplant is done remove from oven and assemble the eggplant parmesan dish Using a small baking dish ladle about 1/4 cup of marinara sauce on bottom of baking dish then add a layer of eggplant than top with marinara sauce and sprinkle with mozzarella and parmesan cheese. Add another layer of eggplant and repeat the layers until your eggplant slices are used. On the top layer sprinkle with fresh chopped parsley. Turn your oven down to 350 degrees and place eggplant dish in oven and cook for 30 minutes. Remove from oven and let sit for 5-10 minutes before slicing.

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Chicken Cacciatore

2 Pounds of Skinless Chicken Thighs
2 Tbsp. Extra Virgin Olive Oil
1 Vidalia Onion, Sliced
2 Cloves of Garlic, Minced
Sea Salt and Black Pepper to taste
1/3 Cup of White Wine
16 ounce Can of Whole Peeled Plum Tomatoes, Chopped
1 Red Bell Pepper, deseeded and roughly chopped
1 Bay Leaf
1 Small Sprig of Rosemary

Heat olive oil in a large heavy bottom skillet on medium heat. Add onions and cook until translucent. Add the garlic and cook for another 1-2 minutes until garlic starts to brown. Place the chicken in the pan and cook until chicken starts to brown, stirring and flipping occasionally. Season chicken with salt and pepper on both sides. Add wine and simmer until reduced by half. Add the tomatoes, pepper, bay leaf and rosemary. Lower the heat and cover, leaving the lid slightly ajar. Simmer the chicken and from time to time turn and baste the sauce over the chicken. Cook until thighs are very tender usually about 40 minutes or until chicken falls off the bone. Discard the bay leaf and rosemary sprig and serve.

Chicken Feta Burgers

1 Pound Ground Chicken
2 Tbsp. of Minced Red Onion
1 tsp. Dried Oregano
1 tsp. Fresh Chopped Dill
1 Clove of Garlic, Minced
1/4 tsp of Grated Lemon Peel
3/4 Cup of Crumbled Reduced Fat Feta Cheese
1/4 Cup of Pitted and Chopped Kalamata Olives
2 Tbsp. of Chopped Sun-dried Tomatoes
1 Tsp. Olive Oil

Place all ingredients in a mixing bowl and with clean hands mix everything together until it is well blended. Place mixture in the refrigerator for 1 hour. Form four burgers and set on a plate. Preheat your grill to a medium high temperature. Place burgers on grill. Cook on first side for 3-4 minutes. Flip and cook for another 2-3 minutes.