

## **Breakfast: Veggie Morning Omelette**

YIELD: Serves 1

**Per portion:**

GI: 32

GL: 2.24

Calories: 128; Carbohydrate: 7g; Protein: 21g; Fat: 1.1g; Saturated Fats: .44g;  
Sodium: 443mg.

### INGREDIENTS:

- 1/3 cup sliced zucchini
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped onion
- 1/8 teaspoon dried oregano, thyme or marjoram (or a mix of all three)
- 1/2 cup fat-free egg substitute
- 1 teaspoon Parmesan cheese
- 3 tablespoons shredded reduced-fat mozzarella cheese
- 2 teaspoons finely chopped fresh parsley

### PREPARATION:

1. Coat a non-stick pan with cooking spray or a tiny bit of olive oil and heat on a medium flame.
2. Add the zucchini, peppers, onions and herbs to the hot pan.
3. Cook, stirring several times until the vegetables are brown/tender (about 3 minutes). You can also add a little water to the pan to “no-oil” fry the vegetables.
4. Remove the vegetable mix and put in a small, covered dish to keep warm.
5. Respray the pan and place over medium-low flame.
6. Add the egg substitute and cook, without stirring, until the mixture becomes set around the edges.
7. Flip with a spatula, cooking the un-cooked portion of the eggs for 1 more minute, or until almost set.
8. Place vegetable mixture and cheeses on the omelet and then fold one side over the other.
9. Cook for one minute on each side to ensure that the cheese and eggs melt and are fully set. Slide the omelet onto a plate and sprinkle with the parsley.

***Bon appétit!***

### **Mid-Morning Snack: Half of a Grapefruit**

**Per portion:**

GI: 24

GL: 5.04

Calories: 85; Carbohydrate: 21.1g; Protein: 21g; Fat: 2g; Saturated Fats: 0;  
Sodium: 0mg.

### **Lunch: Simple Beef Burrito**

YIELD: Serves 1

**Per portion:**

GI: 54

GL: 10

Calories: 341; Carbohydrate: 20g; Protein: 26g; Fat: 7.5g; Saturated Fats: 1.2g;  
Sodium: 676mg.

#### **INGREDIENTS:**

- 1/4 pound lean ground beef or turkey
- 1/2 clove of crushed garlic
- 1/8 cup of minced onion 1 tablespoon mild tomato salsa
- 1 cup finely chopped fresh spinach
- 1 brown rice tortillas warmed in the oven
- 1/4 cup shredded reduced fat Monterey Jack Cheese
- 1 tablespoon light sour cream or tofu sour cream
- 1 tablespoon sliced scallions
- 1 tablespoon black olives, sliced

**PREPARATION:**

1. Sautee the ground beef/turkey with the minced garlic in a skillet on medium heat.
2. Cook until the meat is no longer pink, and has a slightly toasted color.
3. Add the onions and the salsa, stirring occasionally for about 3 minutes until the onions begin to caramelize and soften.
4. Once onions are cooked, add the chopped spinach to the skillet, cooking until spinach is wilted and excess liquid evaporates.
5. Warm the tortillas in the oven on “warm” setting or for 20 seconds in the microwave. Then, lay the tortilla on a flat surface
6. Add the meat mixture to the center. Then add cheese, sour cream, scallions and olives.
7. Serve hot.

*Bon appétit!*

**Afternoon Snack: Apple**

YIELD: Serves 1

**Per portion:**

GI: 40

GL: 6

Calories: 65; Carbohydrate: 17g; Protein: 0g; Fat: 0g; Saturated Fats: 0g; Sodium: 1mg.

**Dinner: Grilled Swordfish in White Wine and Lemon Sauce**

YIELD: Serves 1

**Per portion:**

GI: 49

GL: 9.31

Calories: 280; Carbohydrate: 19g; Protein: 30g; Fat: 4g; Saturated Fats: .56g; Sodium: 443mg.

**INGREDIENTS:**

- 1 (106 grams) swordfish steaks
- 2 tablespoons white wine
- 1/2 of a freshly squeezed lemon juice
- 1/2 teaspoon tamari or Braggs ® sauce
- A splash of Worcestershire sauce
- 1/2 garlic clove, finely minced
- 1/4 teaspoon rosemary
- 1 teaspoon of ground black pepper
- 1/4 teaspoon fresh thyme

**PREPARATION:**

1. Rinse the fish steaks with cool water, pat dry and set aside.
2. Mix all of the other ingredients except the fish, together.
3. Place the fish in marinade (you can leave for a few minutes, or even better, for a few hours in the refrigerator).
4. Grill the fish for about 10-12 minutes on each side.

**Side Dish: Spaghetti Squash with Currants and Vinaigrette**

YIELD: Serves 1

**Per portion:**

GI: 26

GL: 1.3

Calories: 65; Carbohydrates: 5g; Protein: 1g; Fat: 3g; Saturated Fat: 0g; Sodium: 15mg

**INGREDIENTS**

- 2 yellow summer squash, about ½ lb.
- 1 onion
- 2 T. balsamic vinegar
- 2 T. fresh lime juice
- ¼ t. freshly ground black pepper
- 2 T. extra virgin olive oil
- 3 sprigs of fresh cilantro

**PREPARATION**

1. Rinse squash, removing stems and slice in half, lengthwise. Slice each piece in half again, ending with sections that are around ½ inch thick.
2. Steam squash in a steamer basket, with about an inch of boiling water, covered for about 7 minutes until squash is tender.
3. Slice the onion in half and then again into 1 ½ inch circles.
4. Put extra virgin olive oil, onion, balsamic vinegar, lemon juice and pepper into a medium-sized skillet. Heat over medium heat until onion is soft and browned, about 8 minutes. Cover and keep warm.
5. Place squash on a warm dish for serving. Pour vinaigrette contents of pan over squash.
6. Garnish with fresh cilantro.

*Bon appétit!*