

Breakfast: Hake Fish and Fresh Veggies Morning Alarm

YIELD: Serves 1

Per portion: 3/4 cup

GI: 0+

GL: 1

Calories:419;Carbohydrates:29g;Fiber:9g;Protein:10g;Fat:3g;Saturated Fats:g;Sodium133mg

INGREDIENTS:

- 1 Pre-cooked and refrigerated from last evening Hake Filet
- 1 Tablespoon Light Extra Virgin Olive Oil
- 1/4 cup Red Bell Pepper - chopped and seeded
- 1/4 cup fresh green beans - chopped
- 1 Avocado - sliced - this is served on the side

PREPARATION:

1. Heat Saute Pan with 1 tablespoon Olive Oil in it to medium heat
2. Place precooked Hake filet in pan and cover for 3 minutes
3. Uncover and add Red Pepper and Green Beans
4. Recover and saute for 4 minutes, stirring so will not stick to bottom of pan
5. Check and all should be nicely warmed and still crispy
6. Serve the freshly sliced Avocado on the side
7. A lovely, really healthy combination for beginning a Healthy day!

Bon appétit!

Mid-Morning Snack: Apple Rings, Dried

YIELD: Serves 1

Per portion: 8 rings

GI: 29

GL: 5

Calories: 138;Carbohydrate: 32g;Fiber:4g;Protein:0g;Fat:0g;Saturated Fat:0g;Sodium2mg

Lunch: A Salad to Live For

YIELD: Serves 1

Per portion:

GI: 42

GL: 9

Calories:65;Carbohydrates:23g;Fiber:3g; Protein:1g;Fat:0g;SaturatedFatsg;Sodium:0mg

INGREDIENTS:

- A Cup of Lovely Fresh Spinach
- One Can of Mandarin Oranges in Water/Drained
- 1/2 Cup of Fresh Mushrooms - Rinse, Dried w/ Paper Towel & Sliced
- 1/4 Cup of Fresh Mint

PREPARATION:

1. Fresh Spinach should be rinsed and dried, along with Mushrooms
2. Place on Salad Plate and Drop Orange slices and mushrooms over
3. Wash and dry fresh mint leaves and tear as you sprinkle over salad
4. Serve and enjoy w/ side dish

Side Dish: Chickpea Shuffle**YIELD: Serves 1****Per portion:****GI: 42****GL: 7**

Calories:147;Carbohydrates:16g;Fiber: 5g;Protein:g;Fat:2g;Saturated Fats:0g; Sodium:288mg

INGREDIENTS:

- 1 can Chickpeas - drained
- 1 lemon
- 1 Tablespoon Extra Light Olive oil
- 1 tsp. Paprika
- 1/4 bunch of Celery, Brocoli and Carrot sticks
- 1 tsp. minced garlic

PREPARATION:

1. Drain Chickpeas and mash w/fork in mixing bow
2. Add EVOO, 1/2 Lemon, Garlic and Paprika
3. Mix thoroughly, then refrigerate 20 minutes
4. After washing and rinsing Celery, Brocoli and Carrot's slice and divide on plate
5. Place Chickpea dip in center and surround with lovely fresh crisp vegetables

Bon appétit!**Afternoon Snack: Mixed Nuts & Raisins****YIELD: Serves 1****Per portion: 1/4 cup****GI: 21****GL: 3**

Calories:158;Carbohydrates:17g;Fiber: 3g;Protein:7g;Fat: 8g;Saturated Fats:2g; Sodium:19mg

Dinner: Lean Ground Beef Pattie & Vegetables of Today**YIELD: Serves 1****Per portion: 1/4 lb. + 1 cup****GI: 1****GL: 0+**

Calories:328;Carbohydrates:4.4g;Fiber:.7g;Protein:29g;Fat;20g;Saturated Fats:0g;Sodium:77mg

INGREDIENTS:

- 1/4 lb. Lean Ground Beef
- 1 cup Mushrooms

PREPARATION:

1. Prepare a quarter-lb.lean beef pattie
2. Heat Sauté Pan to medium, place 1 Tbsp. flaxseeds in pan, then mushrooms
3. Cover for 2-3 minutes,
4. Add beef pattie, cover for 3-4 minutes, so cooks thru (unless you prefer rare)
5. Uncover and continue to cook til beef is done

Side Dish: Vegetables of Today

YIELD: Serves 1

Per portion:

GI: 49

GL: 5

Calories:105;Carbohydrates:21g;Fiber:9g;Protein:5g;Fat 0g;Saturated Fats:0g;Sodium:186mg

INGREDIENTS:

- Celery
- Carrots
- Mushrooms
- Broccoli
- Spinach
- Extra light extra virgen olive oil
- Fresh Basil

PREPARATION:

1. Wash all veges thoroughly and chop, place in colander and rinse well
2. Preheat saute pan with oil, add vegetables except Spinach and saute about 3 minutes
3. Add Spinach and stir for about 3 more minutes
4. Add Fresh chopped or torn Basil over, cover for 1 minute
5. Serve immediately for finest flavor

Bon appétit!

Evening Snack: Raspberries

YIELD: Serves 1

Per portion: 1 cup

GI: 40

GL: 2

Calories:60;Carbohydrates:15g;Fiber: 8.6g;Protein:1g;Fat:1g;Saturated Fats:0g; Sodium:0mg

INGREDIENTS:

- 1 cup Fresh Beautiful Delicious Raspberries

PREPARATION:

1. Rinse, drain and refrigerate until ready to enjoy
2. Pour 1 cup in beautiful bowl and savor every one of these beautiful fruits