

## **Breakfast: Sweet Potato and Ham Heaven**

**YIELD:** Serves 4

### **Per portion:**

GI: 46

GL: 7.36

Calories: 280; Carbohydrates: 19 g; Fiber: 2.5 g; Protein: 20.3 g;  
Fat: 13.4 g; Saturated Fats: 3.5 g; Sodium: 986 mg

### **INGREDIENTS:**

- 8 ounces lean, cubed smoked ham
- 2 cups cubed, cooked sweet potatoes
- 4 poached eggs
- ½ cup chopped red bell pepper
- ½ cup chopped green onions and tops
- 2 tablespoons canola oil
- ½ teaspoon dried thyme
- 4 sprigs fresh rosemary
- Black pepper to taste

### **PREPARATION:**

1. Coat a medium Teflon coated skillet with canola oil.
2. Place over medium heat.
3. Sauté bell pepper and green onions for 2 minutes.
4. Add ham, sweet potatoes and rosemary.
5. Cover, and cook on low heat for about 2 minutes until vegetables and ham are slightly browned.
6. Spoon hash onto serving plates, and top each with an egg.
7. Garnish with fresh rosemary.

***Bon appétit!***

**Mid-Morning Snack: 1 small orange and 1 oz. Planters Mixed Nuts®**

**YIELD: Serves 1**

**Per portion: 1 orange**

GI: 42

GL: 4.62

Calories: 230; Carbohydrates: 17 g; Fiber: 5 g; Protein: 6 g; Fat: 15 g; Saturated Fats: 3 g; Sodium: 105 mg

**Lunch: Turkey Divine**

**YIELD: Serves 4**

**Per portion: 1**

GI: 38.8

GL: 7

Calories: 435; Carbohydrates: 14g; Fiber: 4 g; Protein: 46 g; Fat: 18 g; Saturated Fats: 10 g; Sodium: 400 mg

**INGREDIENTS:**

- 3 cups cooked, cubed turkey
- 2 cups steamed broccoli florets, cooked until just tender
- 1 cup shredded Swiss cheese (4 ounces)
- 1 cup reduced sodium fat-free chicken broth
- 1 cup chopped mushrooms
- ¼ cup dry white wine, or additional chicken broth
- ½ cup chopped onion
- ½ cup whipping cream
- 1/3 cup soy lecithin granules
- ½ teaspoon rubbed sage
- ¼ teaspoon marjoram leaves, crushed
- ¼ cup grated parmesan cheese
- 1 tablespoon extra virgin olive oil
- Cayenne pepper and white pepper to taste

## **PREPARATION:**

1. In a 6 X 10 baking dish, arrange turkey cubes and broccoli.
2. Sauté onion in extra virgin olive oil over low-medium heat for about 3 minutes until tender.
3. Add mushrooms, cooking for an additional minute. Remove from heat.
4. Mix soy lecithin granules and chicken broth until smooth. Stir into saucepan with cream and wine (or additional chicken broth)
5. Heat to boiling over medium heat, stirring constantly until thickened, about 1 minute.
6. Reduce heat; add herbs and Swiss cheese, stirring until cheese is melted. Add cayenne and white pepper to taste.
7. Pour sauce over turkey broccoli mixture.
8. Sprinkle with parmesan cheese.
9. Bake in 350 degree oven about 20 minutes, until bubbly.

Afternoon Snack:

**1 small apple, dry roasted, almonds**

**YIELD: Serves 1**

**Per portion: 1 small apple, 1 oz. almonds**

GI: 18.7

GL: 3

Calories: 233; Carbohydrates: 21 g; Fiber: 6 g; Protein: 10 g; Fat: 16.5 g; Saturated Fats: 3 g; Sodium: 1 mg

***Bon appétit!***

**Side Dish: Cauliflower and Cheese**

**YIELD: Serves 2**

**Per portion: 1/2 cup**

Calories: 135; Carbohydrates: 6 g; Fiber: 3 g; Protein: 7 g; Fat: 9.5 g; Saturated Fats: 6 g; Sodium: 199 mg

## **INGREDIENTS:**

- black ground pepper
- 1 oz Colby cheese
- 1/2 cup cauliflower

## **PREPARATION:**

1. In a medium saucepan, bring 1 cup of water to a boil. Pour in 1 cup of fresh cauliflower. Boil for 3 minutes.
2. Pour off excess water in sink, leaving 2 tablespoons of water. Pour cauliflower in a microwavable small bowl. Add cheese, microwave for 1 minute.
3. Serve with turkey burger, and leafy greens.

*Bon appétit!*

## **Afternoon snack: Green grapes**

**YIELD: 1 cup**

**Per portion: 1**

GI: 34

GL: 9

Calories: 104; Carbohydrates: 27 g; Fiber: 1 g; Protein: 1 g; Fat: 0 g; Saturated Fats: 0 g; Sodium: 3 mg

## **INGREDIENTS:**

- 1 cup of seedless green grapes

Dinner: Rainbow Trout

YIELD: Serves 4

**Per portion:**

GI: 41

GL: 2.46

Calories: 325; Carbohydrates: 6g; Fiber: 15.5 g; Protein: 37 g; Fat: 13 g; Saturated Fats: 3 g; Sodium: 170 mg

## **INGREDIENTS:**

- 4 fillets rainbow trout, about 6 ounces each
- 1 cup sliced mushrooms
- 1/3 cup chopped green onions and tops
- 1/2 cup dry white wine
- 3/4 cup clam juice
- 4 slices fresh lemon
- 1 tablespoon freshly squeezed lemon juice
- 1 1/2 cups fresh or frozen broccoli florettes
- 1/4 cup celery slices 1/2 inch thick
- 1/3 cup carrots, sliced diagonally into 1/2 inch thickness
- 2 cloves minced garlic
- 1/2 teaspoon crushed oregano leaves
- 1/2 teaspoon crushed thyme
- 1 sprig fresh parsley
- Freshly ground black pepper to taste

## **PREPARATION:**

1. Rinse fish thoroughly and place in shallow baking dish.
2. Combine clam juice, wine, lemon juice, oregano, thyme and black pepper. Pour mixture over trout. Cover and refrigerate for 3-4 hours.
3. Drain fish, reserving marinade.
4. In a wok or large non-stick skillet, sauté broccoli, celery, mushrooms, carrot, green onion slices, and garlic in oil over medium heat for about 5 minutes, or until just crisp-tender.
5. Push vegetables to side of wok.
6. Add fish, cooking over medium heat for 2-3 minutes on each side, until lightly browned.
7. Add reserved marinade; cover wok, simmer until fish flakes easily with a fork, for about 5 minutes.
8. Transfer fish and vegetables to a serving platter. Place heated wok cover over fish to keep warm.
9. Boil marinade mixture until reduced to 1/3 cup, for about 3 minutes. Pour over fish. Garnish with lemon slices and fresh parsley.

**Evening Snack: Blackberries**

**YIELD: 1 cup**

**Per portion:**

GI: 27

GL: 4

Calories: 73; Carbohydrates: 15 g; Fiber: 8 g; Protein: 2 g; Fat: 1 g;  
Saturated Fats: 0 g; Sodium: 1 mg

***Bon appétit!***