

LIMITED EDITION

Lean & Green

COOKBOOK

Yummy!

Featuring five delicious recipes crafted by:

Fabio Viviani

Learning to eat healthy for life is about much more than numbers on the scale. Don't forget to measure your other successes, like creating a new healthy recipe, walking farther than you thought you could, or enjoying an evening out while making good food choices.

– DR. WAYNE SCOTT ANDERSEN



Welcome to your exclusive, limited edition Lean & Green cookbook featuring recipes from celebrity chef, Fabio Viviani, and our partners at The Culinary Institute of America (CIA). Both Fabio and the CIA have created seasonal and unique Lean & Green recipes for our Clients, including several

Asian-inspired dishes, also featured in this book. Lean & Green recipes are important to Clients who are working hard to live an optimal life. Our Lean & Green recipes directly correlate with our key Habit of Healthy Eating, which stresses the importance of fueling your body with nutritious food. Explore new, worldly ingredients made from these fresh seasonal elements and enjoy these flavorful healthy dishes!

Healthy food not only needs to be tasty, but also easy to make or no one will be able to do it consistently *[sic]*.

– CHEF FABIO VIVIANI





PESTO CHICKEN BRUSCHETTA by Chef Fabio Viviani

1 Leaner, 1 Healthy Fat, 3 Green, 3 Condiments
Serving: 4 | Per Serving: 380 calories, 16g fat, 9g carbohydrate, 50g protein

Ingredients

- 4 (6 oz./170g) boneless, skinless chicken breasts
- 4 (1 oz./28g) slices part-skim mozzarella cheese
- 3 cups cherry tomatoes, cut in half
- 6 cups fresh baby spinach
- 1 tbsp extra virgin olive oil

Pesto Ingredients

- 2 cups packed basil leaves
- 40 pine nut kernels
- ¼ cup of Parmesan cheese
- 2 cloves garlic
- 4 tbsp water

Directions

1. Pre-heat oven to 375°F (190°C).
2. Add all of the pesto ingredients into a blender. Drizzle some water to loosen it up as needed. Season with salt & pepper. Set aside.
3. Pre-heat the nonstick pan with a drizzle of olive oil. Sear the chicken for about 4 to 5 minutes per side and set aside.
4. Add one slice of cheese on top of each chicken breast.
5. Bake the chicken in the oven for 5 to 7 minutes, or until cooked through. Set aside to rest.
6. In a bowl, combine the spinach, cherry tomatoes, and pesto. Season with salt and pepper. Toss well.
7. Add spinach and tomato mixture to the top of each chicken breast and serve.

ZUCCHINI SPAGHETTI WITH GROUND CHICKEN BOLOGNESE by Chef Fabio Viviani

1 Lean, 3 Green, 2 Condiments

Serving: 4 | Per Serving: 280 calories, 14g fat, 8g carbohydrate, 32g protein

Ingredients

- 3 cups prepared zucchini “spaghetti”
- 1½ lbs (680g) lean ground chicken
- 1 cup finely chopped celery
- ½ cup sliced scallions
- 5 garlic cloves, chopped
- 1½ cups fresh diced tomato
- ¼ cup fresh basil leaves
- ¼ tsp each: salt & pepper

Directions

1. Pre-heat a large nonstick skillet. Spray with nonstick cooking spray, and add the celery, garlic, and scallions. Cook on high heat until the vegetables begin to brown.
2. Add the ground chicken and break it up in the pan. Stir often and cook until the chicken is cooked through.
3. Add the tomatoes and season with salt and pepper. Reduce until the sauce begins to thicken.
4. Add the zucchini to the sauce and cook for a couple minutes. Finish with fresh basil.





“Tell me what you eat, and I will tell you what you are.”

— JEAN ANTHELME
BRILLAT-SAVARIN





Eat food.
Not too much.
Mostly plants.

– MICHAEL POLLAN



KALE AND PARSLEY STEAK CHIMICHURRI WITH BROCCOLI by Chef Fabio Viviani

1 Lean, 3 Green, 3 Condiments

Serving: 4 | Per Serving: 360 calories, 22g fat, 6g carbohydrate, 37g protein

Ingredients

- 4 (6 oz./170g) portions skirt steak, lightly seasoned with salt & pepper
- 2 cups broccoli florets, steamed

Chimichurri Mix

- 4 cups kale
- 1 cup parsley
- 3 tbsp of capers
- 2 garlic cloves
- ¼ cup sliced scallions
- 2 tbsp water
- 1 small lemon, juiced
(about 2 tbsp lemon juice)

Directions

1. Add the chimichurri ingredients in a food processor and blend well. Add water, if needed, to loosen it up. Season to taste and set aside.
2. Pre-heat a nonstick pan or skillet. Spray a little nonstick cooking spray, and add the skirt steak. Cook to desired temperature; we recommend medium rare. Set aside to rest.
3. Slice thin on a bias against the grain.
4. Toss the steamed broccoli with the chimichurri and serve with the sliced steak.





SHRIMP PICCATA AND SAUTÉED SPINACH by Chef Fabio Viviani

1 Leanest, 2 Healthy Fats, 3 Green, 3 Condiments
Serving: 4 | Per Serving: 260 calories, 11g fat, 7g carbohydrate, 34g protein

Ingredients

- 2 lbs. (900g) peeled shrimp, tail off on 21/30 fresh or completely defrosted shrimp (21/30 is the size; means 21/30 shrimp per lb.)
- 2½ tbsp extra virgin olive oil
- 1 tsp garlic powder
- 2 tbsp capers
- 1 small lemon, juiced and zested (about 2 tbsp lemon juice and 1 tsp lemon zest)
- 12 oz. (340g) fresh spinach (about 12 cups)
- Parsley, garnish

Directions

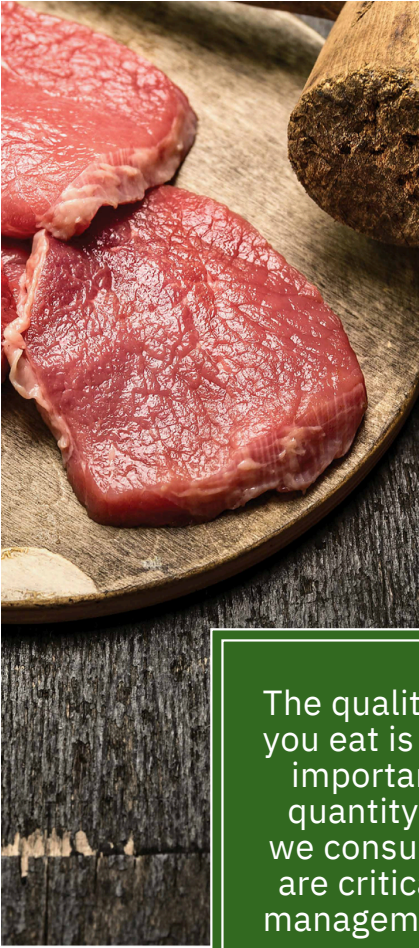
1. Pre-heat a large skillet. Spray with nonstick cooking spray, and add the shrimp. Sear on both sides. Add the garlic powder and capers. Set aside.
Add the oil to the sauté pan
2. and pre-heat. Add the spinach. Cook on high heat until the water is removed. Add the lemon juice and zest. Season with salt and pepper.
Add the spinach to the plates
3. and top with shrimp. Garnish with fresh parsley.



“ Fresh foods are critical for optimal health.
If you’re not sure which foods are fresh,
ask your grocer. ”

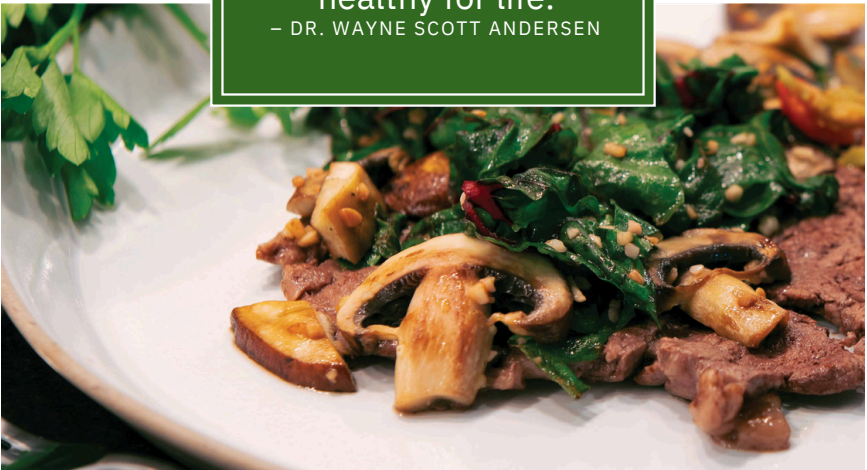
– DR. WAYNE SCOTT ANDERSEN





The quality of the food
you eat is actually more
important than the
quantity of calories
we consume but both
are critical to weight
management and eating
healthy for life.

– DR. WAYNE SCOTT ANDERSEN





SUMMER BEEF SCALOPPINI

by Chef Fabio Viviani

1 Lean, 3 Green, 3 Condiments

Serving: 4 | Per Serving: 320 calories, 14g fat, 7g carbohydrate, 41g protein

Ingredients

- 8 slices of beef filet mignon, about 3 oz. (85g) each, pounded thin
- 2½ cups mixed mushrooms of your choice (Oyster & Shitake preferably)
- 3 cups rainbow Swiss chard
- 3 cloves garlic, chopped
- 1 small lemon, juiced (about 2 tbsp lemon juice)

Olive Mix

- 20 green olives, pitted and chopped
- ½ cup cherry tomatoes, finely chopped
- 1 tsp garlic powder
- ¼ tsp each: salt & pepper

Directions

1. In a small bowl, add the ingredients for the olive mix and set aside.
2. Pre-heat a large skillet. Season the meat with a small amount of salt and pepper on both sides along with light nonstick spray. Sear on high heat until a crust begins to form. Flip and repeat.
3. Add mushrooms and chard. Sauté on medium heat for 2 to 3 minutes. Season with salt and pepper and a squeeze of lemon juice.
4. Add the olive mix, and serve.

Lean & Green

We make healthy eating second nature™

Recipes developed by
The Culinary Institute of
America



BAKED COD WITH TOMATOES & FETA

1 Leanest, 3 Green, 2 Healthy Fats, 3 Condiments
Serving: 4 | Per Serving: 360 calories, 13g fat, 16g carbohydrate, 44g protein

Ingredients

- 4 scallions, chopped with green and white parts separated
- 2½ tbsp olive oil
- 2 garlic cloves
- 2½ cups diced canned tomatoes, with juice
- ¼ tsp dried oregano
- 3 small zucchinis (about 12 oz./ 340 g)
- ½ tsp kosher salt
- ½ tsp ground black pepper, divided
- 1¼ lbs. (800g) cod fillets, cut into 12 equal sized pieces, 3 per portion
- ½ cup reduced-fat crumbled feta cheese
- 1 cup fresh whole basil leaves, gently chopped

Directions

1. In a sauce pan, cook the garlic and white parts of scallions in one tablespoon olive oil until fragrant.
2. Add the tomatoes and oregano, and simmer gently for 20 minutes, or until tomatoes reduce and thicken.
3. While tomatoes are cooking, slice the zucchinis lengthwise on a mandolin to make ¼-inch (½-cm) thick slices; set aside.
4. When tomatoes are done, remove from heat and stir in green parts of scallions.
5. Preheat oven to 425°F (220°C).
6. Arrange the sliced zucchini in an oven proof casserole dish, and place cod on top. Season cod with salt and a ¼ teaspoon pepper, and drizzle with remaining olive oil.
7. Top cod with cooked tomatoes and feta cheese. Bake for 20 minutes, or until cod reaches an internal temperature of 145°F (65°C). Top with basil and remaining black pepper.



CUMIN BISTEC TACOS

1 Lean, 3 Green, 2 Condiments

Serving: 4 | Per Serving: 310 calories, 10g fat, 8g carbohydrate, 48g protein

Ingredients

- 2 lbs. (910g) toproundroast, chopped or minced
- 2 tbsp lime juice
- ½ tsp cumin
- ¼ tsp each: salt & pepper
- 16 jicama “tortillas” (large, thinly sliced jicama)
- 8 radishes, sliced thin
- 1 cup fresh cilantro, chopped

Directions

1. Combine beef with lime juice, cumin, salt and pepper.
2. Heat a lightly greased, nonstick skillet on high and add beef. Allow beef to brown on one side before stirring, and then sauté beef until cooked through.
3. Serve beef in jicama “tortillas” with sliced radishes and cilantro.

Note: To save time, look for pre-sliced jicama at the grocery store!

GARLIC-BLACK PEPPER TOFU WITH NAPA CABBAGE

1 Lean, 3 Green, 3 Condiments

Serving: 4 | Per Serving: 300 calories, 13g fat, 9g carbohydrate, 39g protein

Ingredients

- 3½ lbs. (1.5kg) tofu, diced into 1-inch (2 cm) pieces
- 8 cloves garlic, minced
- 2 tbsp fish sauce
- ¼ cup water
- 1 tbsp black pepper
- 2 lbs (900g) Napa cabbage, cut into 2-inch (5cm) pieces (should yield about 6 cups)

Directions

1. Evenly distribute tofu in a wide skillet.
2. In a bowl, combine remaining ingredients except Napa cabbage. Pour mixture over tofu, cover, and simmer about 10 minutes. Gently stir tofu being careful not to break up tofu too much.
3. Meanwhile, set-up steamer and steam Napa cabbage until tender.
4. Serve tofu with steamed cabbage.





CHICKEN CACCIATORE

1 Lean, 3 Green, 1 Condiment

Serving: 4 | Per Serving: 310 calories, 12g fat, 15g carbohydrate, 38g protein

Ingredients

- 4 (7 oz./200g) rawbone-in, skinless chicken thighs (1¾ lbs./800g total)
- 2 cloves garlic, minced
- 2 scallions, minced
- 1 small bell pepper, seeds and membranes removed, chopped
- 1 cup button mushrooms, halved
- 1 (15 oz./425g) can petite diced tomatoes
- 1 bay leaf
- 1 large zucchini (about 12 oz./340g), cut, sliced, or “spiralized” into noodle-like strands (should yield about 2½ cups zucchini “noodles”)
- ¼ cup fresh basil, chopped
- ¼ teaspoon each: salt and pepper

Directions

1. Combine chicken, garlic, scallions, bell pepper, mushrooms, tomatoes, bay leaf, salt and pepper in a slow cooker. Set on low for 6-8 hours.
2. Right before serving, remove bay leaf, stir in zucchini noodles and basil, and mix thoroughly to combine.

BROILED GREEK BURGER WITH LETTUCE WRAPS

1 Lean, 3 Green, 3 Condiments

Serving: 4 | Per Serving: 330 calories, 17g fat, 7g carbohydrate, 35g protein

Ingredients

- 1¼ lbs. (570g) 90% lean ground beef
- 1 tsp salt, divided
- ½ tsp black pepper, divided
- 2 tsp crushed garlic, divided
- 1 scallion, trimmed and minced
- 1 tbsp capers, minced
- 3 oz. (85g) low-fat crumbled feta
- 1½ English cucumbers (about 1¼ lbs. /570g)
- ½ cup low-fat plain Greek yogurt
- 8 large lettuce leaves

Directions

1. Combine the beef with half of the salt, pepper, and crushed garlic. Add the scallions and capers and mix well.
2. Carefully fold in the crumbled feta, and shape the beef mixture into 8 even-sized patties; set aside.
3. To make the tzatziki, grate the cucumber into a colander and combine with the remaining salt. Allow cucumber to drain in the colander for about 10 minutes. With a kitchen towel, squeeze excess moisture from the cucumbers and place in a bowl. Add the yogurt and remaining pepper and garlic to the cucumbers, and stir to combine.
4. Broil the beef patties on high for about 5 minutes to an internal temperature of about 165°F (75°C), flipping once to achieve even cooking and browning.
5. Serve burgers on a large lettuce leaf with tzatziki.





LETTUCE SALAD WITH SESAME SOY DRESSING & SOFT BOILED EGGS

1 Lean, 3 Greens, 3 Condiments

Serving: 4 | Per Serving: 290 calories, 18g fat, 10g carbohydrate, 25g protein

Ingredients

- 12 eggs
- ½ lb. (225g) romaine lettuce, washed, leaves torn or cut into bite-sized pieces
- 2 cups thinly sliced cucumber
- 4 scallions, trimmed and minced
- 2 garlic cloves, minced
- 2 tbsp light soy sauce
- 1 tbsp fish sauce
- 3 tbsp white vinegar
- 2 tbsp coarse Korean red chili flakes
- ½ tbsp sesame oil
- ½ tbsp toasted sesame seeds

Directions

1. In a wide pan, place eggs in a single layer covered by 1-in (2½ cm) of water. Bring water to a boil over medium-high heat. Turn off heat, cover with a lid, and let stand for 2½ minutes. Remove eggs and place into a bowl of very cold water. Peel eggs and set aside.
2. In a large mixing bowl, combine scallions, garlic, light soy sauce, fish sauce, vinegar, red chili flakes, and sesame oil.
3. Add lettuce and cucumbers. Toss evenly and adjust seasoning. Sprinkle sesame seeds on top. Transfer to a large platter.
4. Slice eggs lengthwise and arrange on salad.

SAUTÉED CAULIFLOWER “RICE” WITH CHICKEN

1 Leaner, 3 Greens, 1 Healthy Fat, 2 Condiments

Serving: 4 | Per Serving: 350 calories, 13g fat, 9g carbohydrate, 44g protein

Ingredients

- 4 tsp oil, such as peanut oil, divided
- 4 large egg whites, beaten
- 1½ lbs. (680g) boneless, skinless chicken breasts, sliced thin
- 1 cup oyster mushrooms, pulled into bite-sized pieces
- 1 medium head of cauliflower (15 oz./400g), trimmed and riced (should yield about 4 cups)
- 1 cup thinly sliced asparagus
- 2 tbsp light soy sauce
- 2 tbsp dry chili paste
- ½ cup coarsely chopped fresh cilantro

Directions

1. In a nonstick wok or large skillet, heat one teaspoon of oil until almost smoking.
2. Add the egg whites and allow to cook undisturbed over medium heat until the egg turns into a firm “omelet.” Once firm, break it apart in the wok with a wooden spoon, and continue to cook until the pieces begin to lightly brown. Remove from wok and set aside.
3. In the same wok, heat two teaspoons of oil over very high heat. Add the chicken breast and mushrooms and cook, stirring continuously until chicken is cooked through and golden brown. Remove from wok and set aside.
4. In the same wok, heat the remaining oil, and add the cauliflower and asparagus. Cook over high heat, stirring continuously, until tender.
5. Once vegetables are tender, return the cooked egg white and chicken mushroom mixture into the wok and mix thoroughly.
6. Add the soy sauce, chili paste and cilantro; continue to mix thoroughly. Serve warm.





STIR-FRIED PORK TENDERLOIN

1 Lean, 3 Greens, 3 Condiments

Serving: 4 | Per Serving: 290 calories, 10g fat, 11g carbohydrate, 46g protein

Ingredients

- 2 tsp oil
- 1¼ lbs. (800g) pork tenderloin, thinly sliced
- 2 cloves garlic, minced
- 3 tbsp peeled and minced fresh ginger root
- 1 medium red bell pepper (4 oz./110g), seeds and membrane removed, thinly sliced
- 4 cups mung bean sprouts
- 3 scallions, trimmed and thinly sliced
- ½ tsp or less salt & pepper

Directions

1. Heat oil in wok or skillet, and sauté sliced pork.
2. Add garlic, ginger, red bell pepper, bean sprouts, and scallions. Stir-fry quickly about one minute, but do not overcook.
3. Season with salt and pepper if desired and serve.

SALMON WITH PAN STEAMED BOK CHOY

1 Lean, 3 Greens, 3 Condiments

Serving: 4 | Per Serving: 400 calories, 23g fat , 11g carbohydrate, 37g protein

Ingredients

- 4 (6 oz./150g) raw salmon fillets (1½ lbs. total/600g total)
- 3 cloves garlic, sliced thin, divided
- 2 tsp peeled and minced fresh ginger root
- 2 scallions, trimmed and chopped
- 2 tbsp light soy sauce
- 1 tbsp cold water
- 1 tbsp toasted sesame seeds
- 2 tsp dry chili paste
- 1 head bok choy (1¼ lbs./790g), trimmed and cut into bite-sized pieces (should yield about 5½ cups)
- 2 cups (500 mL) chicken stock

Directions

1. Carefully place the salmon fillets in a re-sealable plastic bag.
2. Combine half of the garlic with the ginger, scallions, soy sauce, water, sesame seeds and chili paste in a blender and puree until smooth.
3. Add the purée with the salmon in the re-sealable plastic bag and marinate for about 30 minutes.
4. Take the salmon fillets out of the plastic bag and arrange them in an oven proof dish. Pour the marinade over them and bake at 450°F (230°C) for about 8 minutes, or until the salmon begins to flake with gentle pressure.
5. While the salmon is cooking, add the chicken stock and remaining garlic to a wok or skillet and bring to a boil. Add the bok choy, cover with a lid, and then pan steam until the bok choy is tender and chicken stock nearly evaporated.
6. Serve the salmon hot on top of the bok choy.





TURKEY MEATBALL & SQUASH NOODLE SOUP

1 Lean, 3 Green, 3 Condiments

Serving: 4 | Per Serving: 400 calories, 19g fat, 15g carbohydrate, 42g protein

Ingredients

- 1½ lbs. (680g) 93%lean ground turkey
- ½ cup low-fat grated Parmesan cheese
- 2 scallions, trimmed and minced
- 1 tsp salt
- ½ tsp black pepper
- 4 cups chicken stock
- 2 tbsp non-perell capers
- 4 cups zucchini and/or yellow summer squash “noodles”
- 2 cups cherry tomatoes, halved
- 1 cup coarsely chopped fresh basil

Tip: You can make squash “noodles” with a spiralizer, vegetable peeler, or by thinly slicing the squash into noodle-shape pieces with a knife. Alternatively, look for pre-cut squash noodles in the fresh and frozen departments at your local grocery store.

Directions

1. Combine the ground turkey with the cheese, scallions, salt and pepper; mix well and shape into 12, small (2 ounces/ 60 grams) meatballs.
2. Bring the chicken stock to a boil in a medium to large pot, add the capers and turkey meatballs, and simmer gently for about 12–14 minutes.
3. Remove the meatballs from the chicken stock and plate into four individual soup bowls; keep warm.
4. Bring the chicken stock back to a boil and add the squash noodles; simmer for about 2 minutes. Using tongs, arrange a quarter of the squash noodles on top of the turkey meatballs in each bowl.
5. Add the cherry tomatoes to the broth and simmer for one minute. Stir in the basil leaves.
6. Using a slotted spoon, remove the cherry tomatoes from the pot and arrange an equal amount over the meatballs in each bowl. Pour the remaining broth over top. Serve hot.

