

A collection of delicious low calorie recipes compiled by Survivor Bootcamp's Shawna Nunes and Chris Anderson.

10 tips to stay active

1. Start Looking at Exercise Differently. “This is the big one, from my perspective”, says James Gavin, PhD, Sport Psychologist and Professor at Concordia University in Montreal, Quebec. “All movement is exercise. People need to give themselves more options. Take the dog for a walk, bike to the store, take five-minute stretch breaks. If you don’t count something as exercise unless it happens in the gym, goes on for 40 minutes or requires a shower afterward, you're missing some of your best opportunities to stay active.”

2. Think Small. This advice can be hardest for people who expect the most from themselves. Why bother walking around the block when you should be running your usual four miles? Because when you don’t have time to do all four miles, a brisk hike can keep you from feeling that you have failed.

3. Set an Agenda. “It helps to challenge yourself with a learning or performance agenda”, says Gavin. Set a goal, such as increasing the speed, frequency or duration of your activity. Maybe it's time to train for a marathon or take a walk up the hill in the backyard without getting winded. (It’s perfectly fine to think small for your performance agenda, too). Your trainer can help you determine appropriate goals.

4. Get off the Beaten Path. Have you ever tried snowboarding? Bowling? Swing dancing? Body surfing? Chi kung? How about reversing your power walk route? Exercising at a different time of day? Physical activity isn't boring, but how you participate in it can be.

5. Use Your Brain. “The active mind needs to be engaged”, says Gavin. If you're new to exercise, dissociate tactics, such as listening to music, watching TV or playing computer games may help you stick with it, but stay aware of sensations that could signal injury or overdoing it. As you become more experienced, associative strategies, such as focusing on your breath or concentrating on the movement of your body, can help you enjoy exercise more.

6. Get an Accountability Partner. Minneapolis lifestyle coach Kate Larsen suggests finding a friend, mentor or coach to keep you honest. You can either exercise with your partner, or simply check in with him or her to report your progress.

7. Plan to Stay Active. “Don't decide in the moment if you can make the choice beforehand”, says Larsen. Plan to park farther from the office and put your walking shoes in the car the night before. Plan to take that new yoga class next week, and call the babysitter now.

8. Face Your Fitness Foes. Does vacationing throw your exercising schedule out of whack? Do projects at work overtake your activity time? Do injuries sideline you? What about boredom? Do you have a fear of success? Fitness foes can be beaten once they've been identified. You can change your vacation style, set work limits, get guidance for injury-free activities, find new challenges, or face your fears with counseling and support.

9. Go Tribal. Even if you are introverted, the presence of others in your exercise environment can be motivating. “We pick up on other people's energy”, Gavin points out. We get into the tribal rhythms of being fully alive. Choose places and times to exercise where there will be other people who are actively involved in exercise.

10. Use a Script. “We tell ourselves things like, skipping this one little walk won't matter all that much”, according to Larsen. Next time, be prepared with an answer for this excuse. Use images of past successful experiences to remind yourself of how good exercise makes you feel. Repeat a simple phrase to yourself, such as, “every little bit makes a big difference”. If you use planning, flexibility and imagination, you won't ever need to feel like a dropout again.



Did you know?

- You have until about the age of twenty-five to build up your bone density, which is vital for helping to prevent osteoporosis later in life. It makes sense to engage young people in physical activity early on to help them build stronger bones. In later years, exercise helps us maintain our bone density
- After the age of twenty, the rate at which you burn calories at rest (your BMR) decreases by about 2% every ten years. The good news is that building muscle mass increases your BMR
- Exercise promotes the growth of new brain cells
- Your body produces a natural opiate in response to vigorous activity. It just feels good to exercise!
- Exercise makes the muscles hungry for the 'bad fats' that contribute to clogged arteries.
- Clinical studies have shown that exercise is a good prescription for depression
- Even short bursts of aerobic exercise will stimulate anti-anxiety effects
- Exercise increases energy levels
- Exercise boosts your immune system
- Exercise helps ward off stress and stress by-products that can lead to illness
- People who exercise regularly cope better with stressful events
- Exercise enhances your thinking ability and memory
- Moderate regular exercise adds about two years to one's life expectancy
- Regular aerobic exercise results in a decrease in resting heart rate by 5 to 25 beats per minute, leaving more time for oxygen and nutrients to be supplied to the heart muscle and the body



Healthy recipe ingredient substitutions will help you cut fat and calories in your favorite dessert recipes. The next time you plan to bake, consider some of these healthy recipe ingredient substitutions.

Instead Of...	Use...
milk, whole	fat-free or 1% milk
eggs	2 egg whites per egg or 1/2 c. egg substitute per egg
sugar	Splenda Sugar Blend
chocolate chips	dried fruit
nuts	half required amount, toasted first
white flour	whole wheat flour
cream, heavy	equal parts half-and-half and fat-free evaporated milk
cream, light	equal parts 1% milk and fat-free evaporated milk
sour cream	light sour cream or fat-free plain yogurt
butter	margarine
fruit-flavored yogurt	fat-free plain yogurt mixed with fresh or frozen fruit
whipping cream	fat-free whipped topping or evaporated skim milk (chilled)
syrup	sugar-free syrup or sugar-free preserves or pureed fruit
coconut	half amount required, toasted to enhance flavor
traditional pie crust	graham cracker crust
fruit canned in syrup	fruit canned in water or juices

Peanut Butter & Banana Smoothie



Ingredients

- **10** ounces skim milk or plain soy milk
- **1** tablespoon natural peanut butter
- **1** medium banana

Directions

- In a blender, combine all ingredients and mix until smooth
- Use 6 ice cubes for a thicker consistency

Nutrition facts per serving

- Servings per recipe: 1 serving
- Calories: 303

Did you know it takes at least 8 weeks for a new habit to form? Fake it til you make it. Dress the part and call your self healthy and active until your new habit forms!

Strawberry Banana & Flax Smoothie



Ingredients

- **1/2** medium banana
- **1/2** cup frozen unsweetened strawberries
- **1 1/2** cups skim milk or light soy milk
- **2** tbsp ground flaxseed

Directions

- In a blender, combine all ingredients and mix until smooth

Nutrition facts per serving

- Servings per recipe: 1 serving
- Calories: 278

*If you don't have confidence,
you'll always find a
way not to win.*

Sunrise Tea Smoothie

Ingredients

- 2 bags mint-flavored green tea
- 1/2 cup diced mango
- 1/2 cup diced papaya
- 2 tbsp simple syrup*
- 1/2 cup ice
- Juice from 1/8 of a lemon

*To make simple syrup, bring 2 cups each water and sugar to a boil. Reduce heat, simmer 5 minutes, and let cool.

Directions

- Steep tea in 1 cup boiling water for 3 minutes
- Combine tea, 3/4-cup cold water and remaining ingredients in a blender
- Blend until cold and frothy

Nutrition facts per serving

- Servings per recipe: 2 servings
- Calories: 278

TIP: Leave your workout bag next to your bed before going to sleep. That way you'll start your day with a visual reminder of your scheduled workout session!

MAKING SENSE OF PORTION SIZES

Many of us tend to underestimate the amount of food we eat and overestimate the recommended portion sizes for many foods.

For example, try pouring out your usual portion of pasta and measure it! Then, compare it to the label portion size. Chances are, you're eating two, and three or four more times the amount on the label.

If you are confused when reading a food label, try relating the portion size of a serving to everyday items. It is an easy way to visualize what a true portion size looks like.



Woman's fist or baseball - a serving of vegetables or fruit is about the size of your fist

A rounded handful - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels

Deck of cards - a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) – for example, one chicken breast, ¼ pound hamburger patty or a medium pork chop

Golf ball or large egg - one-quarter cup of dried fruit or nuts

Tennis ball - about one half cup of ice cream

Computer mouse - about the size of a small baked potato

Compact disc - about the size of one serving of pancake or small waffle

Thumb tip - about one tsp of peanut butter

Six dice - a serving of cheese

Checkbook - a serving of fish (approximately 3 oz.)

Get out a measuring cup or a food scale and practice measuring some of your favorite foods onto a plate, so that you can see how much (or how little!) a ½ cup or 3-ounce serving is. This will help you eyeball a reasonable serving.

- Medium potato = size of a computer mouse
- Average bagel = size of a small hockey puck
- 1 cup fruit = size of a baseball
- 1 cup lettuce leaves = four leaves
- 3 ounces grilled fish = size and thickness of a checkbook
- 1 ounce cheese = size of four dice
- 1 tsp peanut butter = size of a large grape
- 1 ounce pretzels = a large handful
- 3 oz meat or poultry = a deck of cards
- 3 oz fish = a checkbook
- 1 oz cheese = 4 dice
- 1 cup pasta or veggies = a tennis ball
- 1/4 cup dried fruit = a golf ball
- 1 tsp butter or margarine = tip of your thumb
- 2 tbsp mayonnaise, oil, or dip = a ping-pong ball

Apple-Cinnamon Oat-Bran Muffins



Heart Guards

Prep: 10 min Cook: 25 min

These baked beauties are a cardiologist's dream food—the pectin fiber in apples, the oat bran, and the vitamin E-rich canola oil are loved by docs because together they lower both total and LDL cholesterol and keep insulin and blood sugar levels under control.

Protecting yourself against heart disease won't even cross your mind when this dessert-worthy combo of apples, cinnamon, and nutmeg hits your taste buds. Too yummy to be typecast as breakfast muffins, they can be popped anytime for a filling and satisfying bite.

Ingredients

- **1/2** cup oat bran
- **1** cup whole wheat flour
- **1/4** cup ground flaxseed
- **1** tsp baking soda
- **1 1/2** tsp baking powder
- **1** tsp ground cinnamon
- **1** tsp nutmeg
- **1** egg, beaten
- **4** tbsp canola oil
- **1/4** cup sugar
- **1/3** cup applesauce
- **1/4** cup chopped pecans

Directions

- Preheat oven to 350 degrees F
- In a large bowl, whisk together bran, flour, flaxseed, baking soda, baking powder, cinnamon, and nutmeg
- In a separate bowl, whisk together egg and oil until smooth
- Stir in applesauce and sugar
- Combine mixtures and fold in pecans
- Spoon batter into paper-lined muffin cups
- Bake for 22 to 25 minutes or until tops spring back when lightly touched
- Cool on a wire rack

Nutritional facts per serving

- Servings per recipe: 12
- Calories: 141.6

Papaya & Pineapple Muffins

Mood Managers

Prep: 15 min Cook: 22 min

First, guys get the perk of being able to pee standing up, and now this: Men's bodies make serotonin, the chemical that kick-starts those "I'm happier than Mariah with Nick Cannon" feelings, faster than ours. Doesn't seem fair. These moist tropical treats will make you feel better - much better. They are stacked with nutrient-dense complex carbohydrates, the best kinds to help your brain ramp up production of the "woo hoo!" chemical. The omega-3 fatty acids in walnuts and flaxseed may offer additional protection against dark clouds.

"Omega-3's are nature's antidepressants," says New York City nutritionist, Esther Blum, R.D. "They combat moodiness and irritability and nourish the whole nervous system."

Ingredients

- 1 1/2 whole wheat flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 cup crushed pineapple, drained
- 1 cup cubed papaya
- 1/3 cup yogurt
- 1 egg, beaten
- 2 tbsp canola oil
- 1/4 cup sugar
- 1/4 cup agave syrup
- 1/4 cup walnuts
- 1/2 cup dried cranberries

Directions

- Preheat oven to 375 degrees F
- In a large bowl, whisk together flour, baking powder, baking soda, and cinnamon
- In a food processor or blender, puree pineapple, papaya, and yogurt
- Mix in egg, oil, sugar, and syrup
- Combine pineapple and flour mixtures; fold in walnuts and cranberries
- Spoon batter into paper-lined muffin cups
- Bake for 20 to 22 minutes or until tops spring back when lightly touched
- Cool on a wire rack

Nutritional facts per serving

- Servings per recipe: 12 servings
- Calories: 159.4

Date & Oatmeal Muffins



Engine starters

Prep: 15 min Cook: 20 min

You'll feel bouncier than Alicia Sacramone on a trampoline after eating one of these chewy, fruity oatmeal muffins. The natural sugars in the dates, prunes, and agave give you quick energy, but blood sugar-regulating B vitamins in the oatmeal keep it flowing slow and steady so you don't spike and crash. "If 11 am typically finds you in the office kitchen scrounging for unclaimed snacks, the impressive four grams of fiber and protein-rich whey powder are your answer", says Mayo Clinic dietitian Katherine Zeratsky, R.D

Ingredients

- **1 1/2** cup oatmeal
- **1/3** cup milk
- **3/4** cup whole wheat flour
- **1** scoop (2 heaping tbsp) vanilla whey protein powder
- **2** tsp baking powder
- **1/2** cup crushed pineapple, drained
- **1/2** tsp baking soda
- **2** tsp cinnamon
- **14** dates, finely chopped (about 3/4 cup)
- **1** egg, beaten
- **4** tbsp grape seed oil
- **2** tbsp agave syrup
- **1/2** cup prune puree*

*Can't find prune puree? Head to the baby-food aisle at the grocery store. Two packages of Gerber 1st Foods prunes (2.5 oz each) will do the trick.

Directions

- Preheat oven to 400 degrees F
- Combine oatmeal and milk in a bowl and let soak
- In a separate large bowl, mix flour, whey protein, baking powder, baking soda, cinnamon, and dates
- In another bowl, combine egg, oil, syrup, and prune puree and add to oatmeal mixture
- Stir in flour mix
- Spoon batter into paper-lined muffin cups
- Bake for 20 minutes or until tops spring back when lightly touched
- Cool on a wire rack

Nutritional facts per serving

- Servings per recipe: 12 servings
- Calories: 235.9

Carrot-Ginger Bran Muffins



Flu Fighters

Prep: 15 min Cook: 20 min

Protect yourself around with this spicy triple threat. Carrots are rich in immune-boosting vitamin A, zinc-packed pumpkin seeds ward off infection, and apple juice flows with sniffle-stifling vitamin C. "If your body needs to protect itself or heal, these three vitamins are essential", Zeratsky says. Another weapon: yogurt. Studies show that its good-for-you bacteria provide another line of defense against microbes.

Ingredients

- **1/4** can of 3 oz. frozen unsweetened apple juice concentrate
- **1/2** cup wheat bran
- **1/4** cup whole wheat flour or other whole grain flour
- **1** tsp baking soda
- **1 1/2** tsp baking powder
- **1/2** tsp ground cinnamon
- **1/2** tsp ground dried ginger
- **1** egg, beaten
- **1** cup yogurt
- **1/2** cup shredded carrots
- **1** tsp grated fresh ginger
- **3** tbsp molasses
- **1/4** cup pumpkin seeds

Directions

- Preheat oven to 375 degrees F
- Boil juice over high heat until it becomes syrupy. Set aside and let cool
- In a large bowl, whisk together wheat bran, flour, baking soda, baking powder, cinnamon, and dried ginger
- In a separate bowl, combine reduced juice, egg, yogurt, carrot, fresh ginger, and molasses
- Combine mixtures and then fold in pumpkin seeds
- Spoon batter into paper-lined muffin cups
- Bake for 18 to 20 minutes or until tops spring back when lightly touched
- Cool on a wire rack

Nutritional facts per serving

- Servings per recipe: 12
- Calories: 108.6

Banana, Yogurt & Walnut Muffins PMS Busters



Prep: 10 min Cook: 22 min

If out-of-whack hormones turn you into Ms. Hyde every month, these fluffy treats are your antidote. Bananas provide cramp-busting potassium and vitamin B6, a hormone regulator that may help reduce water retention, depression, and other PMS symptoms. Buy yogurt that delivers calcium and vitamin D. The dynamic duo has been shown to slash PMS symptoms by up to 40 percent. The magnesium-rich walnuts may reduce irritability and stabilize blood sugar.

Ingredients

- **1 1/4** cup oatmeal
- **1/2** cup rice flour
- **1/4** cup ground flaxseed
- **1** tsp baking powder
- **1** tsp baking soda
- **2** eggs, beaten
- **1/4** cup plain yogurt
- **3** medium, ripe bananas, mashed
- **1/2** cup agave syrup
- **1/3** grape seed oil
- **1/4** walnut pieces

Directions

- Preheat oven to 375 degrees F
- In a large bowl, whisk together oatmeal, flour, flaxseed, baking powder, and baking soda
- In a separate bowl, combine eggs, yogurt, bananas, syrup, and oil. Add flour mixture and fold in walnuts
- Divide batter into paper-lined muffin cups
- Bake for 20 to 22 minutes or until tops spring back when lightly touched
- Cool on a wire rack

Nutritional facts per serving

- Servings per recipe: 18 servings
- Calories: 146.8

Easy, Healthy Breakfasts Under 300 Calories

Waffles With Blueberry Maple Syrup



Ingredients

- **1/3** cup frozen blueberries
- **2** tsp maple syrup
- **2** whole grain waffles
- **1** tbsp pecans

Directions

- Microwave blueberries and syrup together for 2 to 3 minutes, until berries are thawed
- Toast waffles and top with warm blueberry syrup
- Sprinkle with pecans

Nutrition facts per serving

- Servings per recipe: 1
- Calories:285

Add movement to your morning routine. While blow drying your hair and brushing your teeth do 2 sets of 20 squats!

Spinach & Bacon Omelet



Ingredients

- 1 egg plus 2 egg whites
- 2 slices cooked turkey bacon, crumbled
- 1 cup baby spinach
- Cooking spray
- 1 slice whole grain toast
- 1 tsp butter

Directions

- Whisk together eggs, bacon and spinach
- Coat a skillet with cooking spray; cook egg mixture and serve with toast and butter

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 295

Pumpkin & Granola Parfait



Ingredients

- 1 container (6 oz.) plain, low-fat yogurt
- 2 tsp honey
- 1/4 tsp pumpkin pie spice
- 1 whole grain crunchy granola bar, crumbled
- 1/2 cup canned pumpkin

Directions

- Mix together yogurt, honey and pumpkin pie spice
- In a bowl, layer yogurt mixture, granola bar crumbs and pumpkin

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 290

Bagel & Cream Cheese With Tomato



Ingredients

- 1 small (3 oz.) whole grain bagel
- 2 tbsp low-fat cream cheese
- 2 large slices tomato
- Salt and pepper to taste

Directions

- Toast bagel halves and spread with cream cheese
- Top each side with a slice of tomato and season with salt and pepper

Nutrition facts per serving

- Servings per recipe:1
- Calories: 275

Peanut Butter & Banana Pancakes



Ingredients

- 1/2 small banana, chopped
- 2 tsp peanut butter
- 1/3 cup prepared whole-grain pancake batter
- 1 tsp honey

Directions

- Add banana and peanut butter to batter
- Cook pancakes and serve with honey drizzled on top

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 260

Honey & Pear Oatmeal with Almonds



Ingredients

- 1 medium pear, diced
- 2 tsp honey
- 1 packet instant plain oatmeal
- 1 tbsp almonds, chopped

Directions

- Microwave pear and honey until warm (about 3 minutes)
- Prepare oatmeal with hot water and top with pear and honey
- Sprinkle with almonds

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 280

Vanilla Spice French Toast with Apple



Ingredients

- 1 egg plus 2 egg whites
- 1 tsp vanilla extract
- Dash each of cinnamon and nutmeg
- 2 pieces whole grain bread
- 1/2 medium apple, sliced

Directions

- Whisk eggs, vanilla, and spices together
- Dip bread into egg mixture
- Spray skillet with cooking spray and sauté bread on each side until brown (about 3 minutes)
- Top with apple slices

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 275

Banana Pecan Waffles



Ingredients

- 2 frozen low-fat whole-grain waffles
- 1/2 banana, thinly sliced
- 2 tbsp pecans, chopped

Directions

Toast waffles and top with bananas and pecans.

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 290

Three-Cup Quick Start



Ingredients

- 1 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup blueberries

Directions

- Combine all the ingredients in a bowl and enjoy.

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 295

*Take a stand!
At both home and work, take
Your phone calls standing up
and you'll burn 50% more
calories!*

Billy G's Breakfast Brownies

Billy Germanakos from *The Biggest Loser* offers this brownie recipe to satisfy your sweet tooth while still packing the protein you need to start your day.

Ingredients

- 5.3 ounce container of non-fat Greek yogurt (or non-fat cottage cheese)
- 6 egg whites
- 2/3 cups old-fashioned oatmeal
- Artificial sweetener, add to taste
- 1 tbsp unsweetened cocoa powder (20 calories)

Optional:

- 1/2 cup Blueberries (40 calories)
- 1/2 cup Strawberries (22 calories)
- 1 banana (108 calories)

Directions

- Blend the egg whites and yogurt
- Mix into a bowl with 2/3 cup of plain oatmeal
- Add artificial sweetener while blending
- Let sit and soak for a few minutes
- Use cooking spray to create a non-stick surface, then cook batter into pancakes

Nutrition facts per serving

- Servings per recipe: 12
- Calories: 95

Organic Homemade Peanut Butter Cups

Ingredients

- 3 squares of dark chocolate
- 1 dollop of organic no sugar added peanut butter

Directions

- Scoop a spoonful of peanut butter on top of the dark chocolate.

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 190

Faux PB&J

Ingredients

- 2 whole wheat crackers
- 1 spoonful of organic peanut butter
- 1 spoonful sugar-free jelly

Directions

- Spread organic peanut butter on one cracker and sugar-free jelly on the other
- Combine to make a delicious sandwich

Nutrition facts per serving

- Servings per recipe: 1
- Calories: 170

Homemade Red Pepper Hummus

Ingredients

- 2 cans of chickpeas, drained and rinsed
- 6 cloves garlic, minced
- 4 tbsp of tahini
- 3 tbsp of fresh lemon juice
- 2 tbsp fresh parsley
- 1 red pepper, finely chopped
- 1/4 cup of olive oil
- 1/4 tsp sea salt
- 1/4 cup of water
- 1 tbsp of olive oil for heating and browning the garlic

Directions

- Place the garlic in a skillet with the tbsp of olive oil and brown over medium heat, about 3-5 minutes
- In your food processor or blender add all the ingredients except only add 1 cup at a time of the chickpeas (add the next cup once the first cup is mashed)
- Process until the hummus is creamy and smooth
- Great for vegetable trays

Nutrition facts per serving

- Servings per recipe: 1tbsp
- Calories: 40

Tomato Cobbler With Cornmeal-Cheddar Biscuits



Ingredients

- 1 cup all-purpose flour
- 2/3 cup fine cornmeal
- 1 tbsp sugar
- 1 1/2 tbsp baking powder
- 1 tsp freshly ground black pepper
- 3/4 tsp salt
- 5 tbsp cold unsalted butter, cut into 1/2 inch cubes
- 2/3 cup reduced-fat milk
- 1/2 cup grated reduced-fat cheddar cheese
- 2 tbsp sugar
- 1/2 tsp sherry vinegar
- 1 3/4 pounds heirloom or regular tomatoes, cut into quarters and seeded
- 1 tbsp chopped fresh thyme

Directions

- In a food processor, pulse together the flour, cornmeal, sugar, baking powder, 3/4 tsp of the black pepper and 1/2 tsp of the salt
- Add the butter and pulse until the mixture forms coarse crumbs
- Pour in the milk a little at a time and pulse until the dough just comes together
- Pulse in 1/4 cup of the cheddar
- Place dough on a floured surface and form into a 1/2-inch-thick circle
- Wrap the disk tightly in plastic wrap and refrigerate
- Preheat the oven to 375 degrees
- In a 9-inch ovenproof skillet, combine the sugar and 2 tablespoons water
- Cook over medium heat, swirling the pan gently (do not stir), 3 to 5 minutes or until sugar melts and turns amber
- Add the vinegar and swirl
- Add the tomatoes, thyme and remaining salt and black pepper to the pan; toss gently to coat tomatoes with the caramel mixture
- Cook until the juices have thickened slightly, about 5 minutes. Remove from heat
- Cut biscuit dough into 8 equal-size wedges and arrange them in a circle on top of tomato mixture
- Sprinkle biscuits with remaining cheddar
- Transfer the cobbler to oven and bake until biscuits are golden, about 40 minutes

Nutrition facts per serving

- Servings per recipe: 6 servings
- Calories: 311

Curried Summer Vegetable Medley with Coconut Rice



Ingredients

- 1 cup basmati or jasmine rice
- 1 3/4 tsp salt
- 1 15-ounce can light coconut milk
- 1 tbsp canola or olive oil
- 1 scallion, white and light green parts chopped
- 1 tbsp peeled and finely chopped ginger
- 1 large garlic clove, finely chopped
- 1 1/2 tbsp curry powder
- 1 cup vegetable stock
- 1 medium yellow bell pepper, seeded and sliced into 1/4 inch strips
- 1 baby eggplant, cut into 1/4 inch chunks
- 1/4 pound green beans, trimmed
- 1/4 pound button mushrooms, thinly sliced
- 1 yellow summer squash, cut into 1/4 inch chunks
- 1 medium zucchini, cut into 1/4 inch chunks
- 1/2 tsp freshly ground black pepper
- 1/2 tsp finely grated lime zest
- Freshly squeezed lime juice to taste
- 2 tbsp chopped fresh cilantro (optional)

Directions

- Combine the rice, 1 2/3 cups water, 1 tsp of the salt and 3/4 cup of the coconut milk in a medium saucepan
- Bring to a boil, then reduce heat to low
- Simmer, covered, about 20 minutes or until most of the liquid has been absorbed and rice is almost tender
- Heat the oil in a large skillet over medium heat
- Add the scallion, ginger, and garlic; cook, stirring, 2 minutes
- Stir in the curry powder and cook 1 minute
- Pour vegetable stock, remaining coconut milk and the bell pepper and eggplant into skillet; stir to combine
- Cover and cook 5 minutes. Add remaining vegetables and salt and black pepper
- Cover and cook, stirring occasionally, 5 minutes or until vegetables are tender
- Stir in the lime zest and lime juice
- Spoon rice onto serving plates and top with curried vegetables
- Garnish with cilantro if desired

Nutritional facts per serving

- Servings per recipe: 4 servings
- Calories: 329

Warm Quinoa and Chickpea Salad



Ingredients

- 2 cups quinoa
- 1 garlic clove
- 3/4 tsp salt plus a pinch
- 2 tbsp fresh lemon juice
- 1/2 tsp black pepper
- 5 tbsp extra-virgin olive oil plus more for drizzling
- 1 15.5-ounce can chickpeas, rinsed and drained
- 1/2 cup sliced or slivered almonds
- 1/3 cup pitted black olives, sliced
- 1/3 cup diced red bell pepper
- 1 package spinach or arugula leaves

Directions

- Bring a pot of salted water to a boil; add the quinoa and cook until just tender, about 12 minutes. Drain well
- Using the flat side of a knife, mash the garlic into a paste with the pinch of salt
- Place in a large bowl and stir in the lemon juice, black pepper and remaining salt; whisk in the oil
- Add the cooked quinoa and the chickpeas, almonds, olives and bell pepper to the bowl and mix
- Serve over the spinach or arugula leaves and drizzle with olive oil

Nutrition facts per serving

- Servings per recipe: 6 servings
- Calories: 482

Fresh Herb and Cheese Frittata



Ingredients

- 2 cups fresh baby spinach
- 1/2 cup basil leaves
- 1/2 cup parsley leaves
- 1/4 cup chives, roughly chopped
- 1 1/2 tbsp fresh tarragon
- 2 garlic cloves, roughly chopped
- 1/2 tsp kosher salt
- 2 tbsp reduced-fat milk
- 2 tbsp plus 1 tsp extra-virgin olive oil
- 6 large eggs
- 1/2 cup grated Manchego cheese
- 1/4 tsp freshly ground black pepper

Directions

- Preheat the broiler and position an oven rack 4 inches from the heat
- In a food processor, combine the spinach, herbs, garlic and salt
- Add the milk and 2 tbsp of the oil
- Pulse until the mixture forms a pesto-like paste
- In a bowl, whisk together the eggs
- Whisk in spinach mixture, 1/4 cup of the Manchego and the black pepper
- Heat remaining oil in a 10-inch ovenproof skillet over medium-low heat
- Pour in egg mixture and cook, without stirring, until the frittata sets around the edges, about 5 minutes
- Sprinkle with remaining Manchego.
- Transfer the pan to the oven and broil 1 to 2 minutes until golden and firm to the touch
- Slice and serve

Nutrition facts per serving

- Servings per recipe: 4 servings
- Calories: 243

Grilled Vegetables Over Barley With Feta and Basil



Ingredients

- 1 cup pearl barley
- Juice of 3 limes
- 1 1/2 tbsp honey
- 4 garlic cloves, minced
- 3/4 tsp kosher salt plus additional for seasoning
- 3/4 tsp freshly ground black pepper
- 1/8 tsp chili powder
- 1/2 cup extra-virgin olive oil
- 8 ears corn broken in half, husks removed
- 2 red bell peppers, seeded and quartered
- 12 whole button mushrooms
- 3 tbsp chopped fresh basil
- 1/3 cup crumbled feta

Directions

- Bring a large pot of salted water to a boil
- Add the barley and boil until tender but slightly chewy, 45 minutes to 1 hour; drain
- In a bowl, whisk together the limejuice, honey, garlic, salt, black pepper and chili powder
- Whisk in the oil; reserve 1/3 of the dressing for the barley
- Brush the ears of corn with dressing
- Toss the bell peppers and mushrooms with remaining dressing
- Preheat a grill to medium-high
- Season the vegetables lightly with salt; grill, turning occasionally, until tender and lightly charred, 5 to 7 minutes a side
- Toss barley with 1 tablespoon of the basil and the reserved dressing
- Spoon onto serving plates and top with vegetables
- Sprinkle with remaining basil and the feta

Nutrition facts per serving

- Servings per recipe: 6 servings
- Calories: 448

Curried Scallop-Apple Salad



Curry complements seared scallops, tart apples and sweet dried cranberries while toasted almonds add crunch in this quick fall dinner salad. Serve with toasted whole-wheat baguette and a glass of sauvignon blanc.

Ingredients

- 6 tsp extra-virgin olive oil, divided
- 1/2 cup thinly sliced shallot
- 3/4 tsp curry powder
- 1 cup apple cider
- 1/2 tsp salt, divided
- 1 tsp cider vinegar
- 1 pound dry sea scallops, (see Shopping Tip), tough muscle removed
- 1/4 tsp freshly ground pepper
- 8 cups mixed salad greens
- 1 tart apple, such as Granny Smith, diced
- 1/4 cup dried cranberries
- 1/4 cup sliced almonds, toasted (see Tip)

Directions

- Heat 2 tsp oil in a large nonstick skillet over medium heat
- Add shallot and curry powder and cook, stirring, until the shallot is beginning to soften, about 3 minutes
- Add cider and 1/4 tsp salt
- Bring to a boil and cook until reduced to 3/4 cup, about 4 minutes
- Pour into a large bowl and whisk in 2 tsp oil and vinegar
- Reserve 1/4 cup dressing in a small bowl. Wipe out the pan
- Pat scallops dry and sprinkle with the remaining 1/4 tsp salt and pepper
- Add the remaining 2 tsp oil to the pan and heat over medium-high
- Add the scallops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate
- Add salad greens, apple, cranberries and almonds to the large bowl; toss to coat
- Top with the scallops and drizzle with the reserved 1/4 cup dressing

Tips:

Shopping tip: Be sure to buy "dry" sea scallops. "Wet" scallops, which have been treated with sodium tripolyphosphate (STP), are not only mushy and less flavorful, but will not brown properly.

Tip: Place sliced almonds in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 291

Couscous & Fruit Salad



Try this fruit-and-nut-studded couscous salad alongside grilled salmon or chicken for supper or on its own for a fresh lunchbox treat.

Ingredients

- 2 tbsp extra-virgin olive oil
- 2 tbsp orange juice
- 1 tbsp cider vinegar
- 2 tsp finely chopped shallots
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 cups cooked whole-wheat couscous
- 1 cup chopped nectarine
- 1 cup mixed fresh berries, such as blueberries and raspberries
- 2 tbsp toasted sliced almonds, (see Tip)

Tip:

To toast sliced almonds, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Directions

- Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl
- Add cooked couscous, nectarines, berries and almonds; gently toss to combine

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 259

Raspberry, Avocado & Mango Salad



Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit. This is a salad to enjoy when fresh berries are in the market.

Ingredients

- **1 1/2** cups fresh raspberries, divided
- **1/4** cup extra-virgin olive oil
- **1/4** cup red-wine vinegar
- **1** small clove garlic, coarsely chopped
- **1/4** tsp kosher salt
- **1/8** tsp freshly ground pepper
- **8** cups mixed salad greens
- **1** ripe mango, diced (see Tip)
- **1** small ripe avocado, diced
- **1/2** cup thinly sliced red onion
- **1/4** cup toasted chopped hazelnuts, or sliced almonds (see Tip), optional

Directions

- Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined
- Combine greens, mango, avocado and onion in a large bowl
- Pour the dressing on top and gently toss to coat
- Divide the salad among 5 salad plates
- Top each with the remaining raspberries and sprinkle with nuts

Tip: To dice a mango:

Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side. Cut the fruit into the desired shape. To toast chopped or sliced nuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 215

Tropical Cucumber Salad



Ingredients

- 3-5 tsp fish sauce, (see Shopping Tip)
- 1 tsp freshly grated lime zest, plus more for garnish
- 2 tbsp lime juice
- 1 tbsp canola oil
- 2 tsp light brown sugar
- 1 tsp rice vinegar
- 1/4 tsp crushed red pepper
- 1 medium English cucumber, cut into 3/4-inch dice
- 1 avocado, cut into 3/4-inch dice
- 1 mango, cut into 3/4-inch dice (see Kitchen Tip)
- 1/4 cup chopped fresh cilantro

Directions

- Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined
- Add cucumber, avocado, mango and cilantro; gently toss to coat
- Serve garnished with lime zest, if desired

Tips:

Shopping Tip: Fish sauce is a pungent Southeast Asian condiment; find it in large supermarkets and Asian markets.

Kitchen Tip: To peel and cut a mango: Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side. Cut the fruit into the desired shape.

Make ahead Tip: Cover and refrigerate for up to 1 hour.

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 169

Romaine Salad with Orange, Feta & Beans



Adding canned beans is a quick, convenient way to make a salad into a meal - they boost the protein to make the salad more satisfying. We call for kidney beans, but other canned beans like cannellinis or black beans would also work nicely.

Ingredients

- **6** cups romaine lettuce, chopped
- **1** cup radishes, sliced
- **1** cup canned kidney beans, rinsed (see Tip)
- **1** orange, segmented
- **1** scallion, sliced
- **1/4** cup crumbled reduced-fat feta cheese
- **1/4** cup Orange-Oregano Dressing

Directions

- Combine lettuce, radishes, beans, orange, scallion, feta and dressing in a large bowl
- Toss to coat

Tip:

Store leftover canned beans in the refrigerator for up to 3 days. Toss them into soup for extra protein; mash with garlic powder and chopped fresh herbs for a quick dip.

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 242

Crunchy Pear & Celery Salad



Crisp pears are tossed with Cheddar cheese and pecans in this delicious salad. For an Italian twist, try a good Parmesan with some toasted pine nuts or to go British use crumbled Stilton and toasted walnuts.

Ingredients

- **4** stalks celery, trimmed and cut in half crosswise
- **2** tbsp cider, pear, raspberry or other fruit vinegar
- **2** tbsp honey
- **1/4** tsp salt
- **2** ripe pears, preferably red Bartlett or Anjou, diced
- **1** cup finely diced white Cheddar cheese
- **1/2** cup chopped pecans, toasted (see Tip)
- Freshly ground pepper, to taste
- **6** large leaves butter head or other lettuce

Directions

- Soak celery in a bowl of ice water for 15 minutes
- Drain and pat dry. Cut into 1/2-inch pieces
- Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat
- Add the celery, cheese and pecans; stir to combine
- Season with pepper
- Divide the lettuce leaves among 6 plates and top with a portion of salad
- Serve at room temperature or chilled

Tips:

Make Ahead Tip: Prepare salad without pecans up to 2 hours ahead. Stir in pecans just before serving.

Tip: To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 221

Homemade Fresh Salsa



Ingredients

- **1** large tomato (about 8 ounces), seeded and chopped
- **3** green onions with green tops, chopped
- **1/2** red pepper, diced
- **1/2** green pepper, diced
- **1/3** cup packed chopped fresh cilantro
- Dried oregano and basil, dash of each
- **1** tbsp fresh lime juice
- **1** tbsp seeded and chopped jalapeno
- **2** cloves garlic, minced
- **1/2** tsp sea salt
- Optional: add some chopped mango or peach for a different taste

Directions

- Combine all the ingredients in a bowl; mix well. Leave about 30-60 minutes to set in all the flavors
- Offer organic blue corn tortilla chips with it

Nutrition facts per serving

- Servings per recipe: 1tbsp
- Calories: 20

Orange & Avocado Salad



This colorful salad would be a welcome addition to a Mexican-inspired meal.

Ingredients

- **8** cups mixed salad greens
- **1** cup orange segments
- **1** avocado, diced
- **1/4** cup slivered red onion
- **1/2** cup cilantro-lime vinaigrette, (recipe follows)

Directions

- Toss greens, orange segments, avocado and onion in a salad bowl and toss with cilantro-lime vinaigrette

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 223

Homemade Grass-fed Beef BBQ Meatballs

Ingredients

- **1** lb. of grass-fed beef
- **1/2** cup of ground flax seeds
- **1/4** cup wheat germ
- **5** cloves of garlic
- **1/2** onion, finely chopped
- **2** cage free eggs, beaten
- **1** cage free egg white, beaten
- Sea salt & pepper for seasoning
- **8** ounces of Organic BBQ Sauce (on HFCS in the ingredients)
- **1/2** cup organic grape jelly

Directions

- Mix all the meatball ingredients together in a mixing bowl, roll into 2-inch meatballs and place on a cooking sheet coated with olive oil spray. Bake at 375-degrees for 25-30 minutes
- In a separate mixing bowl, combine the BBQ and grape jelly and pour the BBQ mix into the slow cooker and add cooked meatballs to the cooker and keep it on low
- Let the BBQ mixer absorb into the meatballs

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 295

Roasted Apple & Cheddar Salad



Roasted apples and Cheddar cheese turn an ordinary mixed green salad into something extra-special. You can use pears for this recipe as well.

Ingredients

- 3 tbsp red-wine vinegar
- 2 tbsp apple juice
- 1 tbsp extra-virgin olive oil
- 1 tbsp honey
- 2 tsp Dijon mustard
- 1/8 tsp salt
- Freshly ground pepper, to taste
- 2 apples, preferably Fuji, peeled and cut into wedges
- 2 tsp plus 1 tablespoon extra-virgin olive oil
- 4 sprigs fresh thyme, or 1/4 tsp dried
- 1/4 cup chopped walnuts
- 3 cups baby spinach, or torn spinach leaves
- 3 cups torn Boston lettuce
- 3 cups torn curly endive
- 2/3 cup grated sharp Cheddar cheese

Directions

- Preheat oven to 400 degrees F
- To prepare dressing, whisk vinegar, apple juice, 1 tablespoon oil, honey, mustard, salt and pepper in a small bowl
- To roast apples & prepare salad, toss apples with 2 tsp oil and thyme in a medium bowl; spread evenly on a baking sheet
- Roast, turning once or twice, until the apples are soft and golden, 25 to 30 minutes
- Discard fresh thyme, if using. Let cool
- While the apples are roasting, toast walnuts in a small baking pan until fragrant, about 5 minutes
- Let cool
- Just before serving, combine spinach, lettuce and endive in a large bowl; toss gently to mix
- Divide the greens among 6 plates, drizzle with dressing and top with cheese, roasted apples and walnuts
- Serve immediately

Tip:

Make ahead: Cover and refrigerate dressing (Step 2) for up to 1 week.

Nutrition facts per serving

- Servings per recipe:6
- Calories: 191

Spinach, Avocado & Mango Salad



Ingredients

- **1/3** cup orange juice
- **1** tbsp red-wine vinegar
- **2** tbsp hazelnut oil, almond oil or canola oil
- **1** tsp Dijon mustard
- **1/4** tsp salt, or to taste
- Freshly ground pepper, to taste
- **10** cups baby spinach leaves, (about 8 ounces)
- **1 1/2** cups radicchio, torn into bite-size pieces
- **8-12** small red radishes, (1 bunch), sliced
- **1** small ripe mango, sliced
- **1** medium avocado, sliced

Directions

- To prepare dressing: Whisk juice, vinegar, oil, mustard, salt and pepper in a bowl
- To prepare salad: Just before serving, combine spinach, radicchio, radishes and mango in a large bowl
- Add the dressing; toss to coat
- Garnish each serving with avocado slices

Nutrition facts per serving

- Servings per recipe: 6
- Calories: 210

No Pasta Vegetarian Spaghetti

The stringy texture of spaghetti squash makes it an excellent replacement for noodles in this vegetarian twist on a traditional dish. Plus winter squashes are a great source of vitamin C, manganese and antioxidants.

Ingredients

- 1 3 to 4 pound spaghetti squash
- 1 tbsp canola oil
- 1 large onion, chopped
- 2 garlic gloves, diced
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 medium zucchini, cut into 1/2 inch pieces
- 1 cup sliced mushrooms
- 2 roma tomatoes diced
- 1 tbsp. dried oregano
- 1 tbsp. dried basil
- 1 8 oz. can of low-salt tomato sauce
- 2 tbsp sugar
- 1 cup shredded mozzarella cheese
- 1/4 cup Parmesan cheese

Directions

- Preheat oven to 400 degrees and spray a cookie sheet with cooking spray
- Cut spaghetti squash in half lengthways, scoop out seeds and place halves face down on cookie sheet
- Roast for 50 minutes or until squash is tender
- While squash cooks, sauté onion and garlic in canola oil over medium heat until onions are translucent
- Add peppers, zucchini and mushrooms, and cook for five more minutes until soft
- Stir in tomatoes, herbs, sauce and sugar
- When squash is done, remove from oven and reduce heat to 350 degrees
- Scoop out squash into a casserole dish
- Top with the sauce and cheese and heat for 10 minutes in oven

Nutrition facts per serving

- Servings per recipe: 8 servings
- Calories: 180

Hearty Chocolate Chip Cookies



Ingredients

- **1/2** cup whole-wheat flour
- **3/4** cup all-purpose flour
- **1/4** tsp baking soda
- **3/4** cup light brown sugar
- **1/4** tsp sea salt
- **4** tbsp organic butter, melted
- **2** egg whites, beaten
- **1** tsp vanilla extract
- **1/2** cup semisweet chocolate chips

Directions

- Preheat oven to 350-degrees
- Spray cookie sheet with olive oil spray or line with parchment paper
- In a medium bowl, whisk flour, baking soda and sea salt
- In a large bowl, whisk together the egg whites, organic butter, and vanilla; stir in the brown sugar until smooth
- Gradually add in the flour mixture and mix well
- Stir in chocolate chips. Make 1-inch dough balls and place on the cookie sheets about 2 inches apart
- Bake for 10-12 minutes

Nutrition facts per serving

- Servings per recipe: 24
- Calories: 75

Done-For-You: Five Super Simple Fat Loss Tips

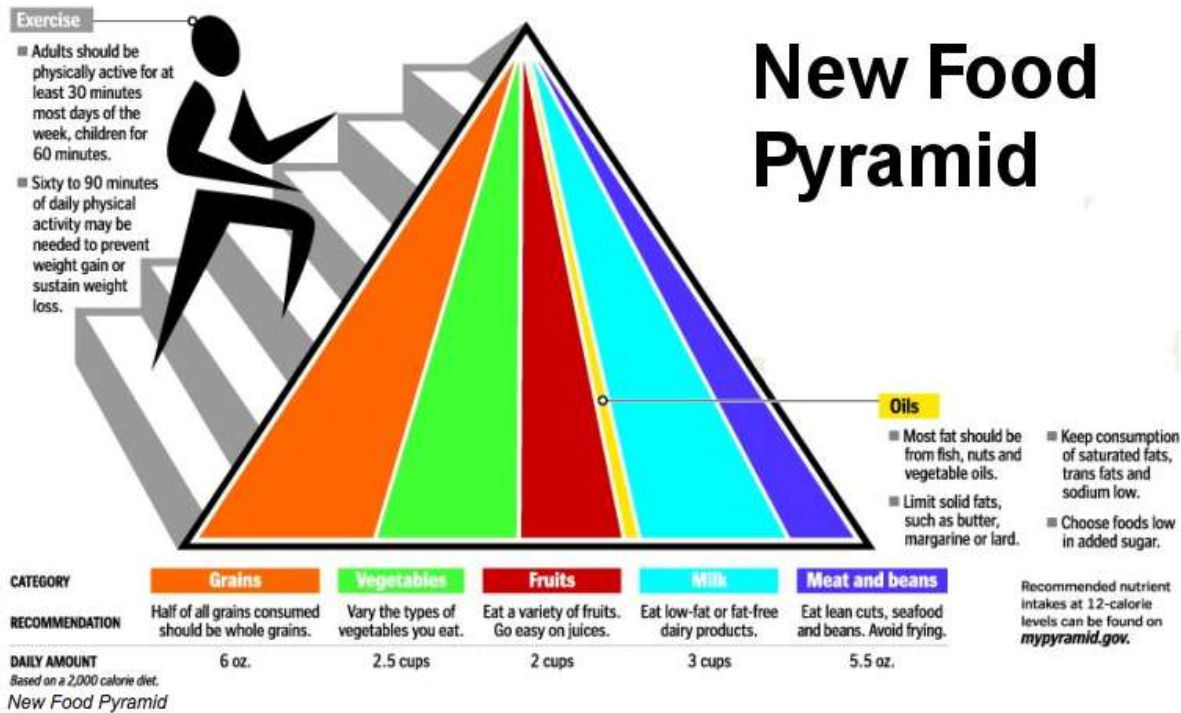
Fat loss isn't rocket science. We love to make our problems seem much bigger than they really are, but when you really look at them they're typically easy to solve and that's often the case with fat loss.

To prove it to you here are five super simple fat loss tips you can easily follow:

- 1) Stop guzzling liquid sugar. Yes, this means soft drinks and juices and bottles of iced tea loaded with high fructose corn syrup. For the most part, a 12 oz can of cola is 150 calories of pure sugar.
- 2) Eat breakfast! If you want to make fat loss easy then make sure you start your metabolism off on the right foot.
- 3) Eat more fruit. Aim for at least 5 servings a day.
- 4) Eat more veggies. Again, aim for at least 5 servings a day.
- 5) Stop eating so many processed foods. If it comes in a box from your grocery store it's most likely processed. The fresher the foods, the better they are for you.

Picture of the new food pyramid

The New Food Pyramid is a tool to educate people to eat a more balanced diet from a greater variety of food portions without counting calories. The USDA has now expanded the four food groups to six groups and expanded the number of servings to meet the calorie needs of most people.



Super Food: Apples



Apple - Super Powers and Superstitions: Many believe that the apple was the culprit in the Garden of Eden. So crisp, so red, and so exotic - no wonder Eve found difficulty in resisting this beauty.

A superstition surrounding the apple is that if one cuts an apple in half, they need only count the seeds to learn the number of children they will have.

Weight Loss Powers of Apples: Apples have powerful diuretic powers, assisting in washing build-up fluids and toxins from the body.

Weight Loss & Nutritional Notes for Apples: Apples are naturally low in calories and complement many fatty foods such as peanut butter and cheese, creating a healthy balance. An apple may also prove more effective in snapping one to life in the morning rather than that traditional cup of morning coffee. Apples have also been shown in studies to be beneficial in controlling blood sugar levels.

Apples are a good source of fiber with about 2.6 grams per cup. A small apple contains about 2.5 grams of fiber, a medium apple contains about 3.3 grams of fiber, and a large apple packs a whopping 5.1 grams of fiber.

Apples prevent aging by reducing bad cholesterol and blood pressure.

Types of Apples: Granny Smith, Jonathan, Red Delicious, Gala, Pink Lady

Calories in Apples: 1 small apple contains about 55 calories; 1 medium apple contains about 72 calories and 1 large apple contains about 110 calories. 1 cup of quartered or chopped apple contains about 65 calories while 1 cup of sliced apples contains about 57 calories.

Apples also contain a form of soluble fibre called pectin that can help to lower blood cholesterol levels and keep the digestive system healthy.

An apple is also a carbohydrate with a low glycaemic index (GI) type.

Low GI foods are digested slowly; once they are finally broken down in the intestine they are gradually absorbed into the bloodstreams as glucose, causing a gradual rise in blood sugar levels.

They may help with weight control, as well as improving diabetics' long-term control of blood sugar levels.

We hope you enjoyed your Low Calorie e-book