

7/11 Program Recipes

Breakfast:

Coconut Flour Pancakes

Here's a great low carb pancake recipe. Eat these without guilt — just don't smother them in syrup.



Here's what you need:

- 6 omega-3, free range eggs
 - 6 Tablespoons coconut oil, melted
 - 3/4 cup unsweetened coconut milk
 - 1 Tablespoon raw honey
 - 2 teaspoons vanilla extract
 - 1 cup coconut flour
 - 1 teaspoon salt
 - 2 teaspoons baking powder
 - 2 teaspoons ground cinnamon
 - 1 cup filtered water
1. Pre-heat your pancake griddle and grease with a touch of coconut oil.
 2. In medium bowl whisk the eggs, oil, milk, honey and vanilla.
 3. In another bowl, combine the coconut flour, salt and baking powder. Whisk to combine.
 4. Add the wet ingredients to the dry ones and mix well. Add the water and mix.
 5. Cook on the pancake griddle until golden.

Makes 10 Servings

Nutritional Analysis: One serving equals: 194 calories, 13.4g fat, 267mg sodium, 9.7g carbohydrate, 4.2g fiber, and 6.3g protein.

Real Healthy Puff Pancake

Pancakes are a great breakfast no matter the weather. Puff pancakes are probably the easiest pancakes to make since you just pour all the batter into a pie pan and bake it for 20 minutes — no flipping necessary.



Here's what you need:

- 2 Tablespoons organic butter
- 1/2 cup non-fat Greek yogurt
- 1/2 cup water
- 6 organic, omega 3, free range eggs
- 2 Tablespoons raw honey
- 1/2 cup low fat cottage cheese
- 1 cup almond meal
- 1 teaspoon baking powder
- 1/2 teaspoon salt

1. Preheat oven to 425 degrees F. Place butter in a pie plate and melt in the oven.
2. Place all the remaining ingredients in blender and blend for 1 minute. Pour batter into pie plate.
3. Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

Makes 10 Servings

Nutritional Analysis: One serving equals: 156.2 calories, 11g fat, 203mg sodium, 7.2g carbohydrate, 1.2g fiber, and 8.7g protein.

Real Healthy Zucchini Cakes

This recipe is very light, with no potato or gluten weighing it down. Top it with a dollop of plain Greek yogurt and a sprinkle of sweet paprika.



Here's what you need:

- 1 tsp olive oil
- 1 small yellow onion, grated
- 1 garlic clove
- 2 cups grated Zucchini
- 1/2 tsp salt
- 2 eggs
- 1/4 cup coconut flour
- 2 Tablespoons flax meal
- 1/2 tsp baking powder
- Non-Fat Plain Greek Yogurt
- Sweet Paprika

1. Heat half of the olive oil in a large skillet. Saute the onion and garlic for 2 minutes, then set aside.
2. Place grated zucchini in a colander, sprinkle with the salt and allow to sit in the sink for 10 minutes.
3. Use a clean paper towel to squeeze excess water from the zucchini.
4. In a medium sized bowl whisk the eggs. Add the coconut flour, flax and baking powder. Add the onions and zucchini.
5. Place the remaining olive oil in a large skillet over medium heat. Drop the dough in heaping Tablespoons, press down with a fork. Cook each side for 3 minutes or until golden.
6. Serve with a dollop of yogurt and a sprinkle of sweet paprika.

Makes 8 Servings

Nutritional Analysis: One serving equals: 51 calories, 2.7g fat, 188mg sodium, 4g carbohydrate, 2g fiber, and 3g protein.

Lunch:

Turkey & Veggie Comfort Stew

There's nothing better than a warm bowl of comforting stew — especially when it's filled with nutritious ingredients like veggies and lean ground turkey.



Here's what you need:

- 2 teaspoons olive oil
- 2 garlic cloves, minced (or save time with frozen minced garlic cubes from Trader Joes)
- 1 bunch of carrots, chopped
- 2 onions, chopped
- 1 bunch of celery
- 1 fennel bulb
- 1.3 lbs lean ground turkey
- 4 cups veggie broth
- 1 (14.5oz) can stewed tomatoes
- 1 (15oz) can white kidney beans
- 4 ears of corn, kernels sliced off cobb
- 3 Tablespoons tomato paste
- 2 teaspoons dried basil
- Dash of salt and freshly ground pepper

1. In a large skillet heat the olive oil. Add garlic.
2. Add chopped carrots, cover for 5 minutes.
3. Add onions, celery and fennel. Sauté until soft.
4. In another skillet cook the ground turkey over medium heat until fully cooked, stirring often. Drain off excess fat.
5. Transfer the veggies to large soup pot and add the remaining ingredients, and the cooked turkey. Cover and cook over low heat for 40 minutes. Add extra water as desired.

Makes 8 servings

Nutritional Analysis: One serving equals: 274.1 calories, 6.3g fat, 480.2mg sodium, 34g carbohydrate, 10.5g fiber, and 21.5g protein.

Agave Teriyaki Salmon

During a trip to Kauai we picked up an amazing recipe for teriyaki salmon from Roy's restaurant. It's been more than 10 years since that trip but the recipe just never gets old. I've modified the recipe to use agave nectar instead of refined white sugar, and honestly think it tastes better than the original.



Here's what you need:

- Wild caught salmon fillet
 - 1 cup soy sauce
 - 1/4 cup agave nectar
 - 3 Tablespoons minced garlic
 - 3 Tablespoons minced ginger root
1. Combine all ingredients in a large ziplock bag. Allow to marinate in fridge for 40-60 minutes.
 2. Preheat oven to 350 degrees F. Remove salmon fillet from marinade and place in a large glass pan. Strain the minced garlic and ginger pieces from marinade and arrange on the fillet. Bake for 20 minutes. Turn on broiler for additional 5 minutes.

Makes 2 servings

Nutritional Analysis: One serving equals: 350 calories, 6.2g fat, 811mg sodium, 38g carbohydrate, 1.3g fiber, and 39g protein.

Southwest Stuffed Chicken

This dish is savory with the rich flavors of the Southwest. It's the perfect dish to make if you're in a boring grilled chicken breast rut.



Here's what you need:

- 4 oz light cream cheese, room temperature
 - 1 (15oz) can diced tomatoes, drained
 - 1/2 cup frozen corn kernels
 - 1 (4oz) can Hatch green chiles, roasted and chopped
 - Salt and pepper
 - 4 organic, boneless, skinless chicken breasts
 - Olive oil
 - Tajin seasoning (blend of dehydrated lime, ground chile peppers and salt)
1. Preheat oven to 350 degrees F.
 2. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chiles.
 3. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and out it with a meat mallet (really good activity for stress relief!) until it's 1/2 to 1/4 inches thick.
 4. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
 5. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
 6. Thinly slice and then serve.

Makes 4 Servings

Nutritional Analysis: One serving equals: 242 calories, 7g fat, 549mg sodium, 10g carbohydrate, 3g fiber, and 34g protein.

Real Healthy Fish Sticks

Fish sticks are a childhood food staple, but who really wants to feed their kids a dinner that's been battered and fried? This recipe gives you all the crispiness that kids love without the grease. Serve with a side of veggies and some tartar sauce.



Here's what you need:

- Olive oil
- 18 oz white fish fillet, cut into strips
- 1/3 cup coconut flour
- 1 teaspoon garlic salt
- dash of pepper
- 1/2 cup almond meal
- 1/2 cup ground walnuts
- 2 organic, free range eggs

1. Preheat oven to 450 degrees F. Prepare a baking sheet by drizzling with olive oil and coating evenly. Set aside.
2. In a small bowl combine the coconut flour, garlic salt and pepper. In another small bowl combine the almond meal and ground walnuts. In a third small bowl whisk the eggs until frothy.
3. Take each strip of fish and dredge it in the flour mixture, then dip in the egg, and then coat with the ground nuts. Place on prepared pan.
4. Bake for 20 minutes or until golden and crispy.

Makes 4 servings

Nutritional Analysis: One serving equals: 278.7 calories, 14.3g fat, 443mg sodium, 6g carbohydrate, 3.3g fiber, and 32.1g protein.

Dinner:

Easy Apple Pork Chops

I love easy, nutritious recipes like this that come together quickly. Putting apples and onions with pork chops and then smothering it in cinnamon creates a surprisingly delicious, healthy meal.



Here's what you need for 4 servings:

- 2 apples, chopped
- 1 medium yellow onion, chopped
- 2 Tablespoons coconut oil
- cinnamon
- sea salt
- 4 lean pork chops
- 1/4 cup white wine
- 1/4 cup sliced almonds

1. In a large skillet warm 1 Tablespoon of the coconut oil over medium heat. Add the apples and onions. Saute for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan.
3. Add the remaining Tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.
5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

4 Servings

Nutritional Analysis: One serving equals: 296 calories, 12g fat, 94mg sodium, 10g carbohydrate, 2g fiber, and 21g protein.

Quinoa Harvest Stew

This simple stew combines fresh autumn vegetables with protein rich quinoa. I love making a huge pot of stew and then eating it for a few days in a row.



Here's what you need:

- 10 cups filtered water
- 1/4 cup soy sauce (I use [Nama Shoyu](#) – raw unpasteurized soy sauce)
- 1 cup uncooked [quinoa](#)
- 4 small potatoes, peeled and chopped
- 1 leek, chopped
- 4 garlic cloves, minced
- 2 zucchini, chopped
- 1 small head green cabbage, sliced
- 4-6 medium sized tomatoes
- 4-6 small carrots
- dash of freshly ground salt and pepper
- 2 Tablespoons dried parsley
- 2 teaspoons oregano

1. Place the water and soy sauce in a large soup pot over medium heat. Add the uncooked quinoa.
2. Allow the quinoa to simmer as you prepare the vegetables. Add the veggies as you chop them, adding them in the order listed. Add the seasonings and simmer until the potatoes are tender, about 45 minutes.

Makes 4-6 servings

Nutritional Analysis: One serving equals: 281.2 calories, 2.4g fat, 677mg sodium, 58.2g carbohydrate, 11g fiber, and 11g protein.

Tempeh and Veggie Stir Fry

What a great way to cook veggies and tempeh! If you're not into tempeh feel free to leave it out or to replace it with firm or baked tofu or seitan. The veggies below are just a guide — really any of the veggies that you have on hand would work beautifully!



Here's what you need:

- 1 Tablespoon sesame oil
- 1 onion, cut in half and then sliced
- 1 (8 oz) package organic 5-grain tempeh, thinly sliced and halved
- 2 small zucchini, cut in half lengthwise and thinly sliced
- 1 1/2 cup carrots, sliced
- 1 Tablespoon Nama shoyu (or Tamari or soy sauce)
- 2 cups broccoli florets
- 2 teaspoons toasted sesame oil

1. Heat the sesame oil in a large skillet. Throw in the onions, cook for a few minutes. Add the tempeh, cook for a few more minutes. Add the zucchini and cook for another few minutes.
2. Place the carrots on top of the veggies in the skillet, add 1/4 cup of water, cover and simmer for 7 minutes. Add the shoyu and broccoli to the pan, cover and simmer for another 5 minutes.
3. Remove from heat, drizzle with toasted sesame oil and mix to coat.

Makes 4 servings

Nutritional Analysis: One serving equals: 238.2 calories, 11.6 fat, 300mg sodium, 23g carbohydrate, 9.3g fiber, and 13.6g protein.

Real Healthy Fried Chicken

Excuse me, but who said that eating healthy meant only eating green things? I, for one, oppose that idea. Sure, salads are great...but not for every meal. I believe in eating everything that we want – and with just a few modifications we can make it healthier. For example...fried chicken. Who doesn't enjoy the crispy, crunchy, satisfying morsels? This recipe takes fried chicken to a happy, healthy place.



Here's what you need:

- 2 eggs
 - 2 Tablespoons fruit-only apricot preserves
 - 2 Tablespoons Dijon mustard
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon red pepper flakes
 - 1/2 cup almond flour
 - 1/2 cup almond meal
 - 1/2 cup coconut flour
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon dried thyme
 - 1/2 teaspoon sweet paprika
 - 1/2 teaspoon salt
 - 2 lbs boneless, skinless organic chicken tenders
1. Preheat oven to 350 degrees F. Lightly grease a 13"x9" baking pan with coconut oil.
 2. In a medium bowl whisk the eggs, apricot preserves, mustard, garlic powder, and red pepper flakes.
 3. In another medium bowl combine the almond flour, almond meal, coconut flour, pepper, thyme, paprika and salt.
 4. Dip each chicken tender in the egg mixture, then dredge through the flour mixture. Place in the prepared pan.
 5. Bake for 35 minutes. Change oven to high broil for 2 minutes, flip each chicken tender and broil the other side for 2 minutes.
 6. Serve with a side of sugar-free BBQ sauce or organic honey mustard.

Makes 6 Servings

Nutritional Analysis: One serving equals: 256 calories, 6g fat, 376mg sodium, 5g carbohydrate, 2g fiber, and 39g protein.

Best Spaghetti Squash Casserole

This casserole is a perfect replacement for heavy pasta dishes that leave you feeling sluggish. Spaghetti squash contains omega-3 essential fatty acids, good for preventing heart disease, cancer and inflammation caused by arthritis, and omega-6 fatty acids which promotes brain function. Imagine that — a ‘pasta’ dish that is packed with many vitamins and minerals, which are required for proper functioning of the body. Almost too good to be true.



Here's what you need:

- 1 spaghetti squash
 - 1 tablespoon olive oil
 - 3 cloves garlic
 - 1 sweet onion, chopped
 - 2 zucchini, chopped
 - 2 medium tomatoes, chopped
 - 1/3 cup basil leaves, chopped
 - 2 teaspoons dried oregano
 - 1 jar organic spaghetti sauce
 - Shredded soy cheese
1. Preheat oven to 400 degrees F.
 2. Cut spaghetti squash in half. Scoop out the seeds. Splash inside of squash with water, then microwave each half individually for 5 minutes. Careful when removing from microwave — it will be hot. Set aside to cool.
 3. Heat olive oil in a large skillet over medium heat. Add garlic. After a few minutes add onion. After a few minutes add zucchini. Finally add tomatoes, basil and oregano and cook for another 5 minutes, until everything is tender.
 4. Scoop out the spaghetti squash and place in a large mixing bowl. Add the veggies from skillet. Pour the entire jar of spaghetti sauce into the bowl and mix well.
 5. Place the squash mixture in a large casserole dish, top with cheese and bake for 20-25 minutes, until the cheese is golden.

Makes 8 servings

Nutritional Analysis: One serving equals: 161.5 calories, 6.2 fat, 523mg sodium, 20.8g carbohydrate, 5.3g fiber, and 8.4g protein.

Southwest Stuffed Chicken

This dish is savory with the rich flavors of the Southwest. It's the perfect dish to make if you're in a boring grilled chicken breast rut.



Here's what you need:

- 4 oz light cream cheese, room temperature
 - 1 (15oz) can diced tomatoes, drained
 - 1/2 cup frozen corn kernels
 - 1 (4oz) can Hatch green chiles, roasted and chopped
 - Salt and pepper
 - 4 organic, boneless, skinless chicken breasts
 - Olive oil
 - Tajin seasoning (blend of dehydrated lime, ground chile peppers and salt)
7. Preheat oven to 350 degrees F.
 8. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chiles.
 9. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and out it with a meat mallet (really good activity for stress relief!) until it's 1/2 to 1/4 inches thick.
 10. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
 11. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
 12. Thinly slice and then serve.

Makes 4 Servings

Nutritional Analysis: One serving equals: 242 calories, 7g fat, 549mg sodium, 10g carbohydrate, 3g fiber, and 34g protein.

Okra & Carrot Stew

Okra is one of my all time favorite comfort foods. There's something delicious about biting into the tender okra skin and then having the seeds pop in your mouth. This stew is incredibly simple and quick to make — perfect for a cold and gloomy day.



Here's what you need:

- 1 Tablespoon olive oil
- 4 cloves garlic, minced (or save time and use 4 cubes of frozen minced garlic from Trader Joe's)
- 1 cup baby carrots, sliced lengthwise and crosswise
- 1 large sweet onion, chopped
- 1 pound fresh okra
- 1 (28oz) can whole tomatoes
- 1 quart veggie broth (32oz)
- 1/2 teaspoon freshly ground peppercorns
- 1/4 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 teaspoon dried thyme

1. In a very large skillet, or medium pot, heat olive oil. Add garlic, carrots and onion. Cover and cook, stirring occasionally, for 5 minutes.
2. Meanwhile, trim the ends from Okra and cut in half crosswise.
3. Add okra, tomatoes, broth and spices to skillet. Gently break tomatoes apart with spoon. Mix and allow to cook, uncovered, on medium heat for 20-25 minutes, until okra is tender.

Makes 4 servings

Nutritional Analysis: One serving equals: 118 calories, 3.7g fat, 587.7mg sodium, 19.4g carbohydrate, 6g fiber, and 5.4g protein.

Turkey-Stuffed Bell Peppers

Eating healthy does not have to be boring! These turkey-stuffed bell peppers are the perfect meal for those days when you're just sick and tired of eating healthy. Shhhh, your taste buds will never know that this dish is low-carb and protein-filled. Serve over a bed of greens for a complete meal.



Here's what you need for 5 bell peppers:

- 5 organic bell peppers
 - 1 Tablespoon olive oil
 - 2 cloves garlic (or 2 frozen minced garlic cubes from Trader Joe's)
 - 2 Tablespoons fresh basil, minced (or 2 frozen minced basil cubes from Trader Joe's)
 - 1 yellow onion, minced
 - 1 Tablespoon fresh rosemary, minced
 - 1 teaspoon dried parsley
 - dash of salt and pepper
 - 20 oz organic ground turkey
 - 1 organic tomato, chopped
 - 3/4 cup spaghetti sauce
 - 1/2 cup shredded mozzarella cheese
1. Bring a large pot of water to boil, add a pinch of salt. Cut the tops off the bell peppers and remove the seeds. Place in the boiling water, using a spoon to keep them submerged for 3 minutes or until the skin is slightly softened. Drain and set aside.
 2. Preheat the oven to 350 degrees F. Prepare a baking pan with non-stick cooking spray and set aside.
 3. In a large skillet heat the oil on medium. Add the garlic, basil, onion, rosemary, parsley, salt and pepper. Cook for about 5 minutes, until the onions begin to soften. Add the ground turkey and continue to heat until the meat is browned. Add the tomato and cook for another 2 minutes.
 4. Remove from heat. Pour the spaghetti sauce into the turkey mixture and mix well. Add the cheese and mix until well combined.
 5. Stuff each prepared bell pepper with the turkey mixture and place on prepared baking sheet. Cook for 15-20 minutes until the bell peppers are tender.

Makes 5 servings

Nutritional Analysis: One serving equals: 294 calories, 14g fat, 347mg sodium, 15.5g carbohydrate, 3.8g fiber, and 27.5g protein.