

Healthy Recipe Guide



HEALTHY RECIPE GUIDE

By Zack Todevski

www.TopLevelFit.com

Copyright © 2013 by Zack Todevski.

All rights reserved.

No part of this ebook may be reproduced or redistributed in whole or in part in any way by any means currently or as yet unknown without prior written permission from the author.

Table of Contents

Breakfast of Champions.....	4
Chicken Pita Pizza.....	5
Lean In 42 Burger	6
Spinach and Mushroom Frittata.....	7
Easy Cheesy Egg Scramble	8
Healthy Tuna Melt.....	9
Chicken or Beef Stir Fry	10
Lean In 42 Breakfast Wrap.....	11
Healthy Chili	12
Southwest Chicken Wrap	13
Cranberry Granola Bars.....	14
Hamburger Potato Casserole.....	15
Taco Salad	16
Taco Lettuce Wraps	17
Chocolate Peanut Butter Protein Bars “No Bake”	18
Mini Salmon Quiche.....	19
Lean In 42 Power Shakes.....	20

Breakfast of Champions

INGREDIENTS

1/2 cup rolled oats
1 cup egg white substitute
1 tablespoon flax meal
1 scoop vanilla protein powder
Stevia to taste or Sugar Free Maple Syrup

INSTRUCTIONS

Place rolled oats in microwave safe bowl
Add egg white substitute to oats, stir
Microwave on high for 2min, stir after each 30 second interval
Remove from microwave, add protein powder and stir
Add flax meal
Sweeten with Stevia

Chicken Pita Pizza

INGREDIENTS

(4oz) cooked boneless, skinless chicken breast, sliced
1/4 cup red onion sliced
1/4 cup green peppers sliced
2 tsp low fat pizza sauce
1 whole wheat pita
2oz low fat mozzarella cheese, grated

INSTRUCTIONS

Turn oven on Broil.

Spread pizza sauce over pita.

Layer pita with onions, peppers, chicken, and top with low fat mozzarella cheese.

Place the pita on large baking sheet and place in oven for 2-3 minutes, or until cheese melts.

Serve whole or cut into slices.

Top Level Fitness Burger

INGREDIENTS

2/3 lb extra lean ground beef
4 mushrooms, finely chopped
1/2 small red onion, finely chopped
1 omega-3 egg
Dash of salt and pepper to taste
2 whole wheat hamburger buns
2 slices of fat free mozzarella or cheddar cheese
Lettuce, tomato pickle

INSTRUCTIONS

Mix ground beef, mushrooms, onion, egg, salt and pepper in a large bowl.
Form into two patties.
Grill the patties until well done.
Place the patties on whole wheat buns and add fat free cheese.
Top with lettuce, tomato, pickles etc. Mustard, low fat mayo and low sugar catsup can be added.
Makes 2 servings.

Spinach and Mushroom Frittata

INGREDIENTS

1 cup of spinach, blanched
1/3 cup fresh sliced mushrooms
1 sm. tomato, chopped
1 sm. onion, chopped
1 whole egg
1 ½ cup eggs whites
3/4 cup grated low fat mozzarella or cheddar cheese
Salt and pepper

INSTRUCTIONS

Preheat oven at 350 degrees.

Combine eggs, ½ cup cheese, and seasonings in medium bowl and beat with fork until blended.

In a large skillet, spray with olive oil, sauté onions for about 5 minutes, until brown. Add spinach and mushrooms, sauté for an additional 2 minutes.

Add the egg mixture, then the tomato and sprinkle with remaining cheese.

Cook over medium heat until the eggs are cooked around the edge of the pan.

Remove from stove top and bake until set, approx 25 minutes. Can be made the night before and refrigerate.

Makes 4 servings.

Easy Cheesy Egg Scramble

INGREDIENTS

- 1 whole egg
- 1 cup egg whites
- 1 slice of fat free cheddar cheese
- ½ tsp oregano (optional)
- 1 tsp diced onion (optional)
- 1 tbsp diced green and red peppers (optional)

INSTRUCTIONS

In a large bowl, add eggs, whisk with a fork.

Add remaining ingredients.

Pour egg mixture into a frying pan on medium heat and cook stirring mixture occasionally, until fluffy.

When the eggs are just about done, add the slice of fat free cheese, mix until melted.

Healthy Tuna Melt

INGREDIENTS

1 can of tuna, well drained
1/4 cup chopped onions
2 tbsp finely chopped green pepper
1 teaspoon lemon juice
1 tsp olive oil
2 slices of whole wheat bread
1 small tomato, sliced
2oz low fat cheddar cheese, thinly sliced
Salt & Pepper to taste

INSTRUCTIONS

In a small bowl, mix together the tuna, onion, green pepper, lemon juice and olive oil. Let set at least 10 minutes to allow flavors to blend. (Can make up to one day ahead; cover and refrigerate until use.)

Heat broiler on high. Place sliced bread on baking sheet. Broil until golden brown. Turn and toast the other side. Remove from oven.

Place half of the tuna mixture on each slice of bread, pressing down slightly so it will adhere to the bread. Top with the tomato slices, then the cheese. Return to the broiler and heat just until the cheese starts to melt.

Chicken or Beef Stir Fry

INGREDIENTS

1 green pepper, sliced
1 large carrot, chopped
1 1/2 cups of rice
1/2 cup of finely chopped onions
4 tbsp of low calorie teriyaki sauce
2 tbsp of soy sauce
2 boneless and skinless chicken breasts, chopped
OR
10oz of lean cut steak, sliced

INSTRUCTIONS

Cook rice separately; use a rice cooker for best results.
Spray Wok or frying pan with olive oil, cook the Chicken or Steak.
Add the green peppers, carrots, onions and soy sauce, continue to cook for a few additional minutes until chicken or steak is fully cooked.
Mix together with rice and a low calorie teriyaki sauce.
Makes 2 servings.

Top Level Fitness Breakfast Wrap

INGREDIENTS

1 whole egg
1 cup egg whites
2 slice of fat free cheddar cheese
Dash of salt and pepper
2 whole wheat wraps
2 tbsp of salsa

INSTRUCTIONS

In a large bowl, add eggs, whisk with a fork.

Pour egg mixture into a frying pan on medium heat and cook stirring mixture occasionally, until fluffy.

When the eggs are just about done, add the slices of fat free cheese, mix until melted.

Place the egg mixture on two whole wheat wraps, top each with tbsp of salsa.

Makes 2 servings

Healthy Chili

INGREDIENTS

2lbs extra lean ground beef
2 cans kidney beans, drained and rinsed
1 large onions, chopped
1 large tomato, chopped
1 16oz can of diced tomatoes
1/2lbs carrots, peeled and sliced
1 cup of cubed zucchini
2 bell peppers — 1 green, 1 yellow, chopped
3 tsp of chopped garlic
1 jar of salsa
1 cup of water
1 cup of V-8 juice
Spices:
2 packets of chili seasoning

INSTRUCTIONS

In a large skillet, brown the ground beef, over high heat together with garlic and onions. Add the spices after the beef is browned; continue frying for another few minutes. Place the browned beef to a large pot, and then add beans, tomatoes, carrots, peppers, salsa, water and V-8 juice. Cover and bring to a boil and then reduce heat to a simmer. Remain covered simmer for approx 45min, stirring occasionally. Makes 6 servings.

Southwest Chicken Wrap

INGREDIENTS

1lb chopped cooked chicken breast
1/2 cup vegenaïse mayo
1 tsp cumin
1/2 tbsp chili powder
1/2 medium red pepper chopped
1/5 cup red onion, chopped
1/2 cup frozen corn, thawed
1 medium green onion, chopped
1/2 can black beans, rinsed and drained
Package of whole wheat 10-inch wraps

INSTRUCTIONS

In medium boil combine mayo, cumin and chili powder.
Add chicken, red pepper, red onion, corn and green onion. Mix well.
Gently fold the black beans into mixture.
Cover and refrigerate for at least two hours.
Scoop 8oz of mixture onto tortilla wraps, roll it up, cut in half and serve.
Makes 8 halves.

Cranberry Granola Bars

INGREDIENTS

2 cups rolled oats
1/2 cup sliced almonds
1/2 cup cranberries
4 tbsp whole flax seeds
4 scoops vanilla whey protein powder
2 tbsp honey
1/4 tsp salt
1/4 tsp vanilla extract
1/2 cup sugar free maple syrup

INSTRUCTIONS

In a large bowl combine the oats, almonds, flax seeds, cranberries, and whey. Add honey, syrup, vanilla, and salt. Stir until everything is thoroughly mixed. At first, it will seem too dry, but continue stirring and it will eventually blend.

Coat a clean, dry 8x8-inch baking dish with olive oil cooking spray, then press the mixture into the bottom of the dish. The mixture should extend to all corners evenly, and it should be about 1-inch thick.

Bake at 350-degrees F for 10 minutes.

Makes 6 servings.

Hamburger Potato Casserole

INGREDIENTS

1 tbsp olive oil
1 onion, chopped
1 pound extra lean ground beef
3 medium potatoes, sliced
1 can corn
1 can of green peas
1 can cream of mushroom soup
Salt & pepper to taste

INSTRUCTIONS

Preheat oven to 350-degrees F.

Spray an 8x5" loaf pan with olive oil.

In a small non-stick skillet, heat oil. Sauté the onions until tender, add ground beef and cook. Let cool.

In a small saucepan add cream of mushroom soup, pour in half can of water, and bring to a boil.

Add beef, corn, peas and 1/2 soup mixture into loaf pan. Stir and layer with sliced potatoes. Pour remaining soup mixture over top. Bake for 50-60 minutes. Let stand 10 minutes before serving.

Taco Salad

INGREDIENTS

2 cups romaine hearts, chopped
1 medium tomato, deseeded and chopped
1/4 cup red onion, chopped
1/4 cup green or red pepper chipped
2 oz low fat cheddar cheese
4oz extra lean ground meat (beef, turkey, or chicken)
1/4 package of taco seasoning
1 tbsp low fat Ranch Dressing, Italian works well also
Optional: baked tortilla chips, crumbled

INSTRUCTIONS

In a bowl make your salad with lettuce, tomato, onion, and peppers.
Cook ground meat in a pan until brown. Add the taco mix and water and cook for on low of additional 5 minutes.
Add meat, cheese and dressing to the salad. Top with crumbled baked tortilla chips and enjoy!
Makes: 1 serving

Taco Lettuce Wraps

INGREDIENTS

1lb ground beef or ground turkey
1 green pepper, chopped
1 medium onion, chopped
1 pack of taco seasoning mix
1/2 cup grated low fat cheddar cheese
1 medium tomato chopped
1/2 cup low fat sour cream
6-8 Romaine hearts lettuce wraps

INSTRUCTIONS

Add onion and green pepper to ground beef and cook in large skillet; drain off excess fat.

Dissolve taco seasoning mix into one cup of water.

Stir in seasoning mix.

Simmer uncovered for 5 minutes, until slightly thickened, stirring often.

Spoon beef mixture evenly onto lettuce leaves; top with chopped tomatoes, fat free sour cream and sprinkle with cheese. Roll up. Serve warm.

Makes 6-8 wraps.

Chocolate Peanut Butter Protein Bars “No Bake”

INGREDIENTS

2 cups of Chocolate Protein Powder
1 1/2 cups of Rolled Oats
3/4 cup Wheat Germ
1 cup All Bran Cereal
2/3 cup Honey
3/4 cup All Natural Peanut Butter (chunky or smooth)

INSTRUCTIONS

Combine dry ingredients in a medium size bowl and mix well. Add peanut butter and mix - the mixture will be crumbly and dry. Add honey. Using a wooden spoon or rubber spatula, mix everything together until a dough forms. The dough will be sticky.

Spread dough into a 9x9 square pan using a clean wooden spoon or spatula that has been sprayed with pure olive oil.

Refrigerate a few hours (or freeze for an hour) and cut into 9 squares.

Wrap bars individually with plastic wrap. Be sure to keep them refrigerated and don't eat the whole batch at once!

Makes 9 servings.

Mini Salmon Quiche

INGREDIENTS

2 tbsp olive oil
1 cup skim milk
3 eggs
4oz baked salmon, crumbled
1 onion, minced
1 cup mushrooms, finely chopped
2 cups fresh spinach
1/2 cup grated low fat cheddar cheese
Sprinkle of paprika
Salt & pepper

INSTRUCTIONS

Preheat oven to 350°F.

Heat oil in skillet over medium heat. Add onions, mushrooms, sauté for 2-3min, add spinach; continue to sauté for 1-2 min. Set aside to cool.

Combine eggs and milk in medium bowl.

Add vegetables, salmon, cheese, salt & pepper.

Divide mixture into 5 mini aluminum pastry shells. Sprinkle with paprika.

Bake for 35 to 40 minutes or until filling is puffed and knife inserted in center comes out clean.

Let stand 10 minutes before serving.

Makes 5 servings.

Top Level Fitness Power Shakes

Chocolate Mocha Shake

- 1 oz. water
- 4 ice cubes
- 2 tablespoons fat free whipping cream
- 8 oz. coffee
- 1 1/2 scoops chocolate protein powder

Chocolate Peanut Butter Banana

- 4 oz. water
- 5 to 6 ice cubes
- 1/4 cup of powdered milk
- 1 banana
- 1 tablespoon natural peanut butter
- 1 1/2 scoops chocolate protein powder

Chocolate Peanut Butter

4 oz. water
5 to 6 ice cubes
1/4 cup of powdered milk
1 tablespoon natural peanut butter
1 1/2 scoops chocolate protein powder
1 tbsp of flax seeds
1 tbsp of flax meal

Butterscotch Blast

2 oz. water
5 to 6 ice cubes
1 tbsp of sugar free instant Jell-O, butterscotch pudding mix
1 tablespoon natural peanut butter
1 1/2 scoops vanilla protein powder
1 tbsp of flax seeds
1/3 cup of fat free cottage cheese

Orange Creamsicle

1 1/2 scoops of vanilla protein powder
5 to 6 ice cubes
1/3 cup of fat free cottage cheese
1/2 cup of 100% pure orange juice
1 peeled orange

Blueberry Blast

1 1/2 scoops of vanilla protein powder
4 oz. water
5 to 6 ice cubes
1/2 cup of frozen blueberries
1/3 cup of fat free cottage cheese

Chocolate Mint

1 1/2 scoops of chocolate protein powder
4 oz of water
1/4 cup of powdered milk
5-6 ice cubes
1-2 drops of mint extract