



Your 2 week Healthy Eating Plan:

We all know that dieting's not fun. And it usually doesn't work. That's why, if you want to live a healthy lifestyle, it's best to adopt a healthy eating plan for life. Healthy eating need not be boring - and it doesn't necessarily mean eating less. It means eating smart. In fact, the healthiest way to eat is to have 6 smaller meals per day rather than 1 or 2 large meals.

It's all about choosing foods that are filling but low on the glycemic index and containing all the nutrition your body needs for energy and proper cell maintenance and renewal.

Here's a 2 week sampler: recipes you can use to get you into the habit of healthy eating - easily, enjoyably and effectively.

Included, for your convenience is a complete overview of the nutritional information for each meal, to help you understand how to put the right balance of healthy carbohydrates, proteins and fibres together in delicious meals that will make you feel great while you're doing your body good.

Enjoy!

Week 1, Day 1

Breakfast: Simply Scrumptious Omelet

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 2 grams

Fiber: 0 grams

Protein: 20 grams

Fat: 23 grams

Calories: 290

Makes: 4 servings

Active Time: 20 minutes

Total Time: 20 minutes

Once you have cooked omelets, keep them warm in a 200°F oven while you prepare the remaining ones.

Ingredients:

- 8 large eggs
- ¼ cup water
- ¼ teaspoon salt
- ½ teaspoon pepper
- 4 teaspoons unsalted butter
- 4 ounces grated cheddar cheese (1 cup)
- ¾ cup chopped bell pepper
- ½ cup chopped yellow onion
- ¾ cup diced ham or bacon
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Directions:

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add ¾ cup chopped red bell pepper and ½ cup chopped yellow onion; cook until vegetables are soft, about 5 minutes. Stir in ¾ cup diced ham; cook until all ingredients turn light golden, about 3 minutes. Use ¼ of this filling for each omelet, preparing recipe according to instructions.
2. Whisk eggs, water, salt and pepper in a medium bowl.
3. Melt 1 teaspoon of the butter in an 8-inch nonstick skillet over medium high heat. Add scant ½ cup of the egg mixture and cook 1 minute until slightly set. Lift edges of omelet with a heatproof spatula; tilt pan to let uncooked egg flow underneath. Cook just until eggs are set, about 2 minutes.
4. Sprinkle ¼ cup of the cheese over half of the omelet. Fold the omelet to enclose the cheese; transfer to serving plate. Repeat with remaining egg mixture, butter and cheese.

Mid morning snack: Cucumber Salad

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 3 grams

Fiber: 0 grams

Protein: 0 grams

Fat: 1 grams

Calories: 25

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 10 minutes

Try to purchase English, a.k.a., seedless cucumbers, instead of regular ones. Though not actually seedless, the seeds are smaller and the flesh firmer.

Ingredients:

- 1 English cucumber, peeled and thinly sliced
- 3 green onions, thinly sliced
- 1 tablespoon rice wine vinegar
- 2 teaspoons soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon granular sugar substitute or stevia

Directions:

1. Combine all ingredients in a large bowl; toss until combined.

Lunch: Irish Cheese Tart

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 3 grams

Fiber: 0 gram

Protein: 13 grams

Fat: 24 grams

Calories: 275

Makes: 6 servings

Prep Time: 20 minutes

Total Time: 50 minutes

Similar to a quiche, this traditional Irish tart can be enjoyed as a main course with a salad or cut into 12 slices and served as a satisfying side dish.

Ingredients:

- 1 teaspoon soya powder
- 1 tablespoon butter
- 1/4 cup thinly sliced scallions, including tops (about 4 scallions)
- 1 garlic clove, minced
- 3 slices Irish or Canadian bacon, cut into thin strips (about 1/3 cup)
- 2 cups thinly sliced white mushrooms (about 8 medium mushrooms)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rubbed sage
- 1/4 teaspoon dried oregano
- 1/8 teaspoon dried rosemary, crushed
- 3 large eggs
- 3/4 cup heavy cream
- 1 teaspoon whole-grain mustard
- 1 1/2 cups freshly grated Irish or English cheddar cheese (about 4 1/2 ounces)
- 1/2 medium plum tomato, very thinly sliced (about 1 ounce)
- Fresh thyme sprigs, for garnish

Directions:

1. Heat oven to 350F. Butter bottom, sides and rim of a 9-inch quiche pan or pie plate. Using a strainer, lightly sift bake mix over bottom, sides and rim of pan; set aside.
2. In a 10-inch skillet, melt butter over medium heat. Add scallions and garlic; cook, stirring occasionally, until scallions begin to soften, about 1 minute., Add bacon, and cook stirring occasionally, just until bacon begins to brown, about 3 minutes. Add mushrooms, basil, thyme, sage, oregano and rosemary; cook, stirring occasionally, until mushrooms are softened, 5 to 7 minutes. Set aside.
3. In a medium bowl, whisk eggs, heavy cream and mustard together until thoroughly blended.
4. Evenly spoon mushroom mixture on bottom of prepared pan. Evenly sprinkle cheese over mushroom mixture. Evenly pour egg mixture over top. Arrange tomato slices over tart. Bake until tart is slightly puffed and golden brown and a knife inserted near center comes out clean, 25 to 30 minutes. Serve warm or at room temperature, garnished with thyme sprigs, if desired.

Mid afternoon snack: Sugar Free Jello

Dinner: Chicken with Rosemary Roasted Vegetables

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 5 grams

Fiber: 1 gram

Protein: 53 grams

Fat: 33 grams

Calories: 538

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 60 minutes

Rosemary is delicious paired with chicken, but use it sparingly because it has a very strong flavor and aroma.

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried crumble rosemary
- 1 whole chicken (about 3 1/2 pounds), cut into 8 pieces
- 1 cup small cauliflower florets
- 1 cup small broccoli florets
- 1 small red bell pepper, cut in 2 pieces

Directions:

1. Heat oven to 400 F.
2. In a large bowl, combine olive oil, vinegar, salt, pepper, rosemary, and sugar substitute. Add chicken and vegetables. Toss until well coated.
3. Arrange chicken, skin side up in a jelly roll pan. Place vegetables, in a single layer, around chicken.
4. Roast 40 minutes, until chicken is cooked through and browned. Halfway through cooking time, flip vegetables over with a spatula.

Week 1, Day 2

Breakfast: Salmon Wrap

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 3 grams

Fiber: 1 gram

Protein: 33.8 grams

Fat: 17.5 grams

Calories: 310

Makes: 1 servings

Prep Time: 10 minutes

Total Time: 10 minutes

An easy breakfast for a busy weekday morning. If you don't think this will fill you up you can add a tomato (4.3 net carbs) or an avocado (3.5 net carbs).

Ingredients:

- 6 ounces salmon
- ¼ cup onions
- 2 tablespoons cream cheese
- 2 toothpicks

Directions:

1. Spread softened cream cheese on the salmon
2. Sprinkle with onions
3. Roll up and stick with a toothpick

Mid Morning Snack: 3 oz cubed American cheese

Lunch: Creamy Mushroom Soup

Nutritional Information

Per Serving:

Net Carbs: 5 grams

Total Carbs: 6 grams

Fiber: 1

Protein: 5 grams

Fat: 21 grams

Calories: 230

Makes: 6 (1-cup) servings

Prep Time: 30 minutes

Total Time: 30 minutes

Using wild mushrooms rather than regular button mushrooms adds great flavor to this creamy soup—try a blend of shiitake, cremini or porcini. If you prefer to avoid alcohol, replace the sherry with an additional 1/2 cup of broth.

Ingredients:

- 3 tablespoons unsalted butter
- 1/2 small onion, coarsely chopped
- 1 garlic clove, chopped
- 1 pound mixed mushrooms, sliced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups lower sodium vegetable broth
- 1/2 cup dry sherry
- 1 cup heavy cream

Directions:

1. Melt butter in a large saucepan over high heat. Add onion and sauté until soft, about 3 minutes. Add garlic and sauté until fragrant, about 30 seconds. Add mushrooms, salt and pepper; sauté until soft and light brown, about 10 minutes. Add broth and sherry; simmer to allow flavors to blend, about 5 minutes.
2. Transfer soup to a blender. Holding blender lid down firmly with a folded kitchen towel, blend at low speed to purée (you may have to work in batches). Return soup to saucepan; bring back to a simmer over medium heat. Add cream and simmer, stirring constantly, until soup is thick, about 5 minutes. Serve right away or refrigerate in an airtight container for up to 3 days. Reheat before serving.

Tip: Feel free to add a small side salad to make this a complete lunch

Mid afternoon snack: Meat & Cheese Rolls

Nutritional Information

Per Serving:

Net Carbs: 1 grams

Total Carbs: 1 grams

Fiber: 0 gram

Protein: 8 grams

Fat: 9 grams

Calories: 120

Makes: 8 servings

Prep Time: 15 minutes

Total Time: 15 minutes

So simple you will want to keep a batch of these in the refrigerator all the time. Feel free to change up the meats and cheeses based on what ever you feel like! Another delightful combination is turkey and swiss or even turkey and pepper jack! The possibilities are endless!

Ingredients:

- 6 thin slices ham/turkey
- 6 slices swiss cheese
- 6 half-sour pickle spears
- 2 tablespoons mayonnaise
- 2 tablespoons mustard
- 2 large lettuce leaves (optional)

Directions:

1. Trim ham, cheese and pickles to equal lengths. Lay out ham slices, top with cheese slices.
2. Combine mayo and mustard; spread onto cheese. Lay pickle in center and roll up tightly.
3. You can roll these into lettuce leaves or cut into bite-sized pieces.

Dinner: Grilled Chicken with Roasted Peppers

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 2 grams

Fiber: 0 grams

Protein: 53 grams

Fat: 24 grams

Calories: 450

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 1 hour 20 minutes

Ingredients:

- 1/4 cup mayonnaise
- 2 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons minced fresh parsley
- 1 large scallion, thinly sliced
- 1 tablespoon minced fresh tarragon
- 1 small garlic clove, minced
- 1 teaspoon salt
- 1 teaspoon granular sugar substitute
- 1/2 teaspoon pepper
- 1 1/2 pounds boneless, skinless chicken breast halves, each split in half horizontally

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Directions:

1. Combine mayonnaise, oil, lemon juice, parsley, scallion, tarragon, garlic, salt, sugar substitute and pepper in a gallon-size resealable plastic bag. Add chicken, seal bag and shake to coat. Refrigerate 1 hour.
2. Heat a charcoal or gas grill to medium or heat a grill pan. Grill chicken, turning occasionally, until just cooked through, about 7 minutes.

Nutritional Information

Per Serving:

Net Carbs: 5 grams

Total Carbs: 7 grams

Fiber: 2 grams

Protein: 1 grams

Fat: 13 grams

Calories: 150


Makes: 4 servings

Prep Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 4 bell peppers, whole, any color
- 1/4 cup olive oil



Roasted peppers should be used more as a flavor accent rather than as a vegetable side dish, since they are relatively high in carbs. Loaded with vitamin C, and antioxidants, they add zest to a wide variety of dishes. Add a clove or two of sliced garlic to the dish before refrigerating, if you enjoy the taste - there are few better culinary matches.

Directions:

1. Over an open flame on the stove, or under a broiler, roast peppers until skins are charred on all sides. Place in a paper or plastic bag and seal bag. Let peppers steam 10 minutes. When peppers are cool enough to handle, peel, seed and cut into 1/3-inch-wide strips.
2. Transfer to a glass dish, drizzle with olive oil. Peppers will keep refrigerated for up to a week.

Week 1, Day 3

Breakfast: Salmon Scrambled eggs with Sour Cream

Nutritional Information

Per Serving:

Net Carbs: 1 gram

Total Carbs: 1 gram

Fiber: 0 grams

Protein: 13 grams

Fat: 13 grams

Calories: 170

Makes: 4 (1/2-cup) servings

Active Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 8 large eggs
- 1/2-teaspoon salt
- 1/4-teaspoon pepper
- 1 tablespoon unsalted butter
- 2 tablespoons sour cream
- 1 tablespoon finely chopped chives
- 1/3 cup diced smoked salmon
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Directions:

1. Whisk eggs, salt and pepper in a medium bowl. While whisking add 2 tablespoons sour cream and 1 tablespoon finely chopped chives.
2. Melt butter in a large skillet over medium heat. Add egg mixture and cook, stirring with heat-proof rubber spatula. As the eggs begin to set, stir in 1/3 cup diced smoked salmon until creamy, eggs are set but still moist in 3 to 5 minutes. Serve right away.

Mid Morning Snack: Hard-boiled egg

Lunch: Tuna Wraps

Nutritional Information

Per Serving:

Net Carbs: 0 grams

Total Carbs: 0 grams

Fiber: 0 grams

Protein: 50 grams

Fat: 25 grams

Calories: 437

Makes: 1 serving

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 1 can (6oz) tuna oil or water packed
- 1 tablespoon mayonnaise
- 3 large lettuce leaves

Directions:

1. Prepare tuna as you like it. You may add dill pickles, peppers, celery or even a diced hard-boiled egg if you would like.
2. Spoon mixture in to lettuce leaves, Roll and enjoy.

Mid afternoon snack: Caprese

Nutritional Information

Per Serving:

Net Carbs: 3.4 grams

Total Carbs: 4.6 grams

Fiber: 1.2 grams

Protein: 4.3 grams

Fat: 4.6 grams

Calories: 74

Makes: 1 servings

Prep Time: 5 minutes

Total Time: 5 minutes

An excellent salad to prepare and take to work with you!

Ingredients:

- 1 tomato, sliced
- ¼ cup fresh mozzarella
- 1 tablespoon olive oil
- 2 tablespoons chopped Basil
- Salt and pepper to taste
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Directions:

1. Slice tomato into a disc shape. You may also use about 10 to 15 cherry tomatoes.
2. Next slice fresh mozzarella to match size of tomatoes.
3. Drizzle with olive oil and sprinkle with basil and salt and pepper.
4. Toss together and enjoy!

Dinner: Meatballs with Cauliflower

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 2 grams

Fiber: 0 grams

Protein: 45 grams

Fat: 32 grams

Calories: 495

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 45 minutes

Baking meatballs instead of frying them saves time and clean-up. These can easily be added to low carb tomato sauce.

Ingredients:

- 1 tablespoon olive oil
- 1/2 onion, finely chopped
- 3 garlic cloves, minced
- 1/2 pound ground veal
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
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Directions:

1. Heat oven to 375° In a skillet, over high heat, cook onion 5 minutes, until softened; add garlic and cook 1 minute more. Transfer to a bowl and mix in ground meats, cheese, eggs, salt, and pepper.
2. Roll golf ball-size meatballs; arrange on a jelly roll pan. Bake 20-25 minutes, until browned and cooked through.

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 8 grams

Fiber: 5 grams

Protein: 3 grams

Fat: 7 grams


Calories: 97

Makes: 6 servings

Prep Time: 10 minutes

Total Time: 20 minutes

Ingredients:

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- 1 head cauliflower, separated into small florets
 - 1 large roasted red pepper (homemade or jarred), rinsed and patted dry
 - 10 Kalamata olives, pitted and sliced
 - 2 tablespoons olive oil
 - 2 tablespoons chopped parsley
 - Salt and pepper

Not only do red peppers add color and flavor, they provide a dose of beta-carotene, a powerful antioxidant.

Directions:

1. Bring a medium saucepan of lightly salted water to a boil. Cook cauliflower 6-7 minutes until tender but firm. While cauliflower is cooking, cut red pepper into thin strips.
2. Drain cauliflower. Mix in red peppers, olives, olive oil and parsley. Season to taste with salt and pepper.

Week 1, Day 4

Breakfast: Corned Beef Hash

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 6 grams

Fiber: 2 grams

Protein: 22 grams

Fat: 33 grams

Calories: 410

Makes: 4 (1-cup) servings

Prep Time: 25 minutes

Total Time: 30 minutes

Creamy, buttery cauliflower makes a perfect stand-in for potatoes in this delicious breakfast hash. Ask your deli to slice 1/4-inch-thick pieces of corned beef for you, then cut them into cubes at home.

Ingredients:

- 1/2 small head cauliflower, trimmed and broken into florets (3 cups)
- 2 tablespoons unsalted butter
- 1 small onion, chopped
- 1 teaspoon dried thyme
- 1/8 teaspoon pepper
- 1 pound corned beef, cut into 1/4-inch cubes
- 1/4 cup heavy cream

Directions:

1. Bring a medium pot of salted water to boil. Add cauliflower; cook until just tender, about 4 minutes. Drain, cool under cold water, drain again and coarsely chop.
2. Meanwhile, melt butter in a large nonstick skillet over medium heat. Add onion, thyme and pepper; cook until soft and light brown, about 6 minutes. Add cauliflower and cook 2 minutes longer.
3. Increase heat to high. Add corned beef and cook, stirring occasionally, until well browned, about 6 minutes. Add cream and cook until almost dry, about 2 minutes. Serve warm.

Mid morning snack:

1/2 cup Sliced Red and Green Peppers

Lunch: Beef Burgers with Cucumber Tomato Salad

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 2 grams

Fiber: 0 grams

Protein: 51 grams

Fat: 34 grams

Calories: 536

Makes: 2 servings

Prep Time: 10 minutes

Total Time: 25 minutes

These are a nice change of pace from the usual cheeseburgers. Serve them with a fresh cucumber salad.

Ingredients:

- 1 pound ground beef (round or chuck)
- 1 green onion chopped
- 1/2 cup chopped fresh spinach
- 1/4 cup chopped tomato
- 1/4 cup crumbled feta cheese
- 1 1/2 teaspoons chopped fresh dill or 3/4 teaspoon dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions:

1. Combine ground beef, green onion, spinach, tomato, feta, dill, salt and pepper. Form into 2 patties.
2. Grill or pan-fry over medium-high heat for 6 minutes on each side for medium doneness.

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 6 grams

Fiber: 1 gram

Protein: 1 gram

Fat: 7 grams

Calories: 87

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 1 English cucumber or two small regular cucumbers, peeled, seeded and cut into 1/2 slices (2 cups)
- 3 tablespoons red wine vinegar
- 1 tablespoon granular sugar substitute
- 1/2 teaspoon salt
- 2 small tomatoes, seeded and coarsely chopped (1 1/3 cups)

- 4 green onions, chopped (1/2 cup)
- 1/4 cup fresh mint, chopped
- 2 tablespoons extra-virgin olive oil
- salt and freshly ground black pepper

A brief marinating time softens the texture of the cucumbers and imbues them with flavor. This colorful salad goes with just about any grilled or broiled entree.

Directions:

1. In a large bowl combine cucumber, vinegar, sugar substitute and salt. Marinate for 30 minutes.
2. Add tomatoes, green onions, mint and olive oil. Gently mix to combine and season to taste with additional salt and pepper

Mid afternoon snack: 1/2 cup Boiled Broccoli

Dinner: Grilled Italian Chicken with Yellow Squash

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 7 grams

Fiber: 3 gram

Protein: 36 grams

Fat: 14 grams

Calories: 300

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 45 minutes

We have paired this marinated grilled chicken with yellow squash, but zucchini will work just as well.

Ingredients:

- 3 tablespoons low-carb Italian salad dressing
- 4 (6-ounce) boneless, skinless chicken breasts
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground pepper
- 3 medium yellow squash (about 1 to 1 1/4 pounds total), cut lengthwise into 1/4-inch-thick slices
- 2 tablespoons olive oil
- 1/4 teaspoon dried thyme
- 1 tablespoon sugar free ketchup
- 1 tablespoon unsalted butter, cut into four equal pieces
- 4 divided resealable plastic containers
- Fresh thyme sprigs, for garnish

Directions:

1. Heat grill to medium, or heat broiler.
2. Meanwhile, spoon 1/2 tablespoon salad dressing over each chicken breast, and coat thoroughly. Sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Let stand until grill is ready.
3. In a medium bowl, toss squash slices with oil until coated on all sides. Sprinkle with remaining 1/4 teaspoon salt, 1/4 teaspoon pepper and the thyme; toss again to combine.
4. Arrange chicken breasts and squash slices in a single layer on grill. Cook squash just until partially softened, 2 to 3 minutes per side. Transfer to a plate. Cook chicken until juices run clear when pierced with a fork and an instant-read meat thermometer registers 170F when inserted into the thickest part of breast, 8 to 10 minutes per side. Transfer to a platter. Let both stand for 15 minutes.
5. In a small bowl, combine remaining 1 tablespoon salad dressing and the ketchup. Set aside.
6. Using the divided containers, place a chicken breast on one side of each container. Spoon 1/2 tablespoon of the tomato mixture over each. Place 4 to 5 slices of squash in the other section of each container, and top each with a piece of butter. Seal, and freeze. (The chicken can be stored, frozen, for up to 1 month.)
7. When ready to serve, slightly open one corner of container to vent. Microwave on high until hot, 4 to 5 minutes. Let stand in microwave for 1 minute before serving. Garnish with thyme sprigs, if desired.

Week 1, Day 5

Breakfast: Bacon and Avocado Omelet with Salsa

Nutritional Information

Per Serving:

Net Carbs: 6 grams

Total Carbs: 8 grams

Fiber: 2

Protein: 30

Fat: 45

Calories: 555

Makes: 2 servings

Prep Time: 10 minutes

Total Time: 20 minutes

Ingredients:

SALSA

- 1 small tomato chopped
- 3 green onions finely chopped
- ½ jalapeno pepper chopped
- 2 tablespoons chopped cilantro
- 1 tablespoon fresh lime or lemon juice
- salt and pepper

OMELET

- 1 tablespoons butter
- 4 eggs
- 2 tablespoons water
- salt and pepper
- 3 slices bacon cooked until crisp and crumbled
- ½ small avocado, pitted and peeled
- ½ cup grated Monterrey Jack cheese
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Directions:

1. For salsa: In small bowl, combine tomato, green onions, jalapeño, cilantro and lime juice and mix well. Season to taste with salt and pepper.
2. In medium bowl, whisk eggs with water and season with salt and pepper.
3. Melt half the butter in a small nonstick skillet over medium-high heat and, when foam subsides, add half the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the bacon, avocado and cheese and cook 1 minute. Fold empty half of omelet over filling and slide omelet onto a plate. Keep warm. Repeat with remaining butter, egg mixture, bacon, avocado and cheese. Serve with salsa.

Mid Morning Snack: Deviled Eggs

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 0 grams

Fiber: 2 grams

Protein: 12 grams

Fat: 17 grams

Calories: 208

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 20 minutes

Tangy stuffed eggs make a surefire snack. For perfect hard-cooked eggs, place eggs in a saucepot and add enough water to cover them by 1". Bring water to a boil; remove from heat and leave eggs in water 15 minutes before peeling.

Ingredients:

- 6 hard-boiled eggs
- 4 teaspoons capers, finely chopped
- 2 tablespoons finely chopped celery
- 1 green onion, finely chopped
- 2 ounces cooked ham, finely chopped
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- Paprika for garnish (optional)
- Chopped parsley or chopped fresh dill for garnish (optional)
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Directions:

1. Cut eggs in half lengthwise; scoop out yolks into a bowl. Mix in celery, green onion, ham, mayonnaise and mustard. Season to taste with salt and pepper.
2. Divide the yolk mixture evenly among the reserved whites, mounding it slightly. Garnish with paprika and parsley if desired. Eggs may be stored, covered in plastic in the refrigerator for up to 1 day.

Lunch: Turkey Cobb Salad

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total carbs: 10 grams

Fiber: 5 grams

Protein: 35 grams

Fat: 23 grams

Calories: 387

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 20 minutes

This beautiful salad makes an outstanding light dinner or special lunch. Use your imagination to create your own combinations: Substitute a couple handfuls of sliced pitted black olives for the avocado, use goat or feta cheese in place of blue cheese, or even try grilled, diced steak in lieu of the turkey.

Ingredients:

- 6 cups chopped romaine lettuce
- 6 tablespoons low-carb vinaigrette dressing, divided
- 6 slices cooked bacon
- 2 large, hard-boiled eggs, peeled and diced
- 1 avocado, peeled, pitted and diced
- 2 cups cooked, chopped turkey meat
- 2 small tomatoes, diced
- 3/4 cup crumbled blue cheese (3 ounces)
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Directions:

1. In a large bowl, toss romaine with 3 tablespoons of the dressing and mound it on a large serving platter. Arrange bacon, eggs, avocado, turkey, tomatoes and blue cheese in vertical stripes across the lettuce. Drizzle with remaining dressing and serve.

Mid afternoon snack: 1 Large Dill Pickle with 1/4 cup Cubed Cheddar

Dinner: Florentine Style Porterhouse with Asparagus

Nutritional Information

Per Serving:

Net Carbs: 1 gram

Total Carbs: 1 gram

Fiber: 0 grams

Protein: 41 grams

Fat: 36 grams

Calories: 503

Makes 4 servings

Prep Time: 10 minutes

Total Time: 25 minutes

This is bistecca fiorentina, one of Italy's most famous beef dishes. Like all simple dishes it benefits from choosing the best ingredients: Buy aged steak if you can (its flavor is deeper and it shrinks less in cooking) and use a good-quality, fruity, olive oil; coarse sea salt is an integral part of this dish, but if you don't have it, use kosher salt or about half as much regular table salt.

Ingredients:

- 1 (1 1/2-pound) porterhouse steak, 1 1/2 inches thick
- 3 teaspoons olive oil, divided
- 1 garlic clove, cut in half
- 3 rosemary sprigs
- 3 thyme sprigs
- 1 1/2 teaspoons coarse sea salt or kosher salt
- 1/4 teaspoon coarsely ground black pepper
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Directions:

1. Rub steak with 1 teaspoon of the oil, then rub steak all over with cut sides of garlic; discard garlic. Rub steak again with 1 rosemary sprig and 1 thyme sprig; discard herbs. Season steak on both sides with salt and pepper; set aside.
2. Prepare a high-heat grill or set a grill pan or large cast-iron skillet over high heat. When very hot, add steak and grill or sear until done to taste, 4 to 5 minutes per side for medium-rare.
3. Transfer steak to a cutting board and let stand 5 minutes. With a sharp knife, cut around bone so that you have 2 pieces of meat. Trim off any fat. Thinly slice steak and transfer to a platter. Surround with the remaining 2 rosemary sprigs and 2 thyme sprigs. Drizzle steak with remaining 2 teaspoons olive oil and serve.

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 7 grams

Fiber: 3 gram

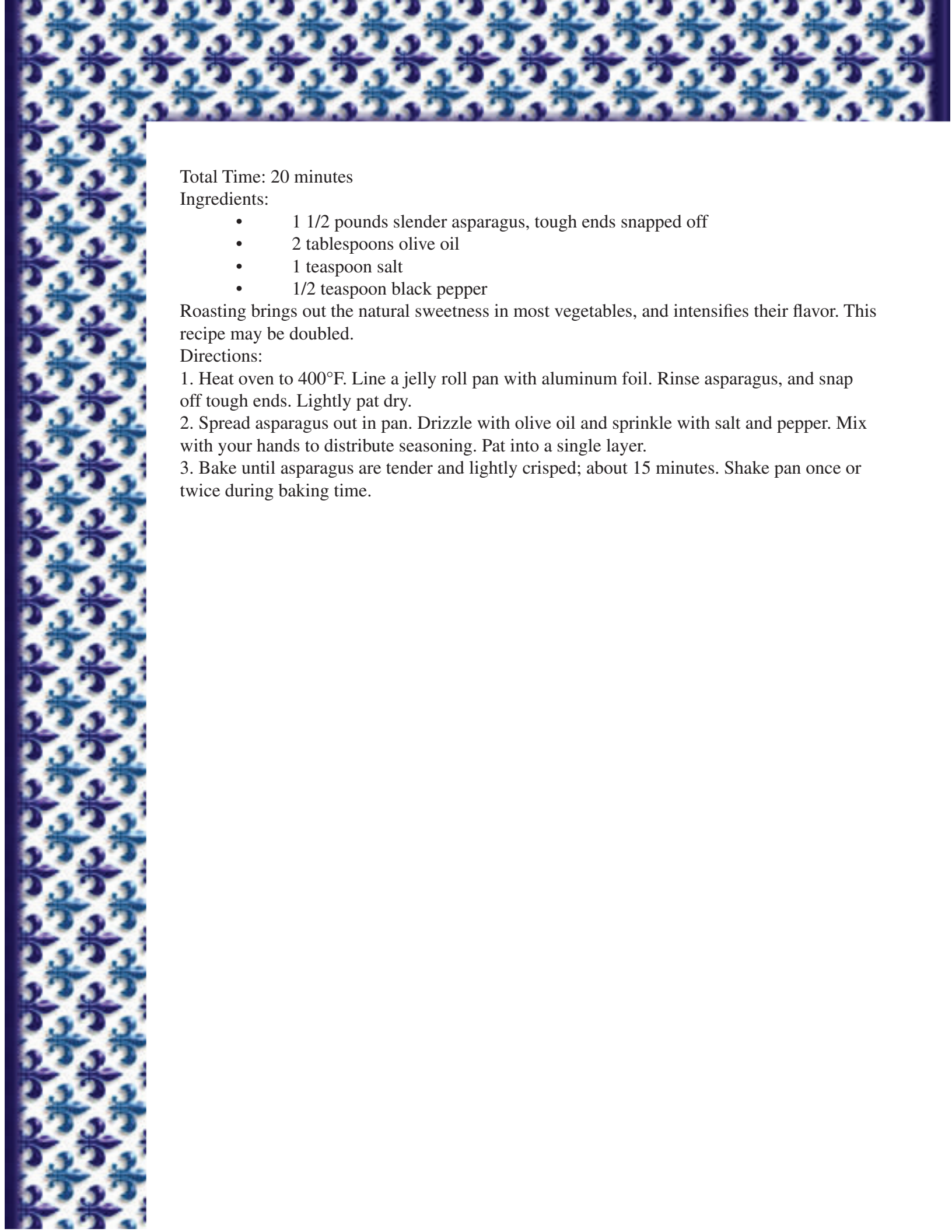
Protein: 3 grams

Fat: 6 grams

Calories: 105

Makes: 4 servings

Prep Time: 5 minutes



Total Time: 20 minutes

Ingredients:

- 1 1/2 pounds slender asparagus, tough ends snapped off
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Roasting brings out the natural sweetness in most vegetables, and intensifies their flavor. This recipe may be doubled.

Directions:

1. Heat oven to 400°F. Line a jelly roll pan with aluminum foil. Rinse asparagus, and snap off tough ends. Lightly pat dry.
2. Spread asparagus out in pan. Drizzle with olive oil and sprinkle with salt and pepper. Mix with your hands to distribute seasoning. Pat into a single layer.
3. Bake until asparagus are tender and lightly crisped; about 15 minutes. Shake pan once or twice during baking time.

Week 1, Day 6

Breakfast: Eggs Benedict with Hollandaise

Nutritional Information

Per Serving:

Net Carbs: 4.5 grams

Total Carbs: 7.5 grams

Fiber: 3 grams

Protein: 28.5 grams

Fat: 32.5 grams

Calories: 433

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 8 pieces Canadian bacon or 8 thin slices of smoked salmon
- 2 cups cooked, frozen, or fresh spinach
- 8 poached eggs (see attached recipe)
- ½ cup Hollandaise sauce (see attached recipe)
- 1 tablespoon chopped fresh flat-leaf parsley or dill (optional)

Directions:

1. Heat skillet over medium heat until hot but not smoking. Add the Canadian bacon or salmon and cook for 2 minutes on each side, until lightly browned.
2. Divide the spinach among 4 plates. Top each serving with 2 pieces of bacon and 2 poached eggs. Spoon the Hollandaise over the eggs and sprinkle with parsley or dill and serve.

Mid morning snack: 3 oz Pepper Jack Cheese

Lunch: Tarragon Shrimp Salad

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 3 grams

Fiber: 0 grams

Protein: 35.5 grams

Fat: 15 grams

Calories: 275

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 15 minutes

Cool and refreshing, this tarragon-infused shrimp salad is a perfect light luncheon meal. Serve it on a bed of crisp mixed greens. Or fill lettuce leaves and make wraps.

Ingredients:

- ¼ cup of mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons dried nonpareil capers
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh tarragon or 1 teaspoon dries tarragon
- 2 oil packed anchovy fillets, mashed
- salt and pepper to taste
- 1 ½ pounds medium shrimp, cooked, shelled and deveined
-
-

Directions:

In a large serving bowl, whisk together the mayonnaise, mustard, capers, parsley, tarragon, anchovies, salt, and pepper. Add the shrimp and toss the salad well. Serve immediately.

Lunch: 1 cup Beef Broth with 6 Celery Sticks

Mid afternoon snack: sliced tomato and olives

Dinner: Mahi-Mahi with Creole Sauce and an Asparagus-Lima Bean Salad

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 3 grams

Fiber: 1 gram

Protein: 42 grams

Fat: 8 grams

Calories: 261

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 30 minutes

Mahi-Mahi, also called dolphin fish, is fished from Florida to Hawaii. It has a firm yet delicate texture, and stands up well to flavorful sauces.

Ingredients:

- 4 mahi-mahi fillets (6-8 ounces each)
- 1 tablespoon fresh lemon juice (1/2 lemon)
- salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- 1/2 small onion, thinly sliced (1/2 cup)
- 1/2 small red bell pepper, thinly sliced (1/2 cup)
- 1/2 small green bell pepper, thinly sliced (1/2 cup)
- 1/2 cup chopped canned tomatoes, with juice
- 1 tablespoon fresh cilantro, chopped
- hot pepper sauce
- 1 tablespoon olive oil

Directions:

1. Sprinkle fish with lemon juice, salt and pepper to taste; set aside.
2. In a saucepan over medium-high heat, melt butter. Saut onions and peppers until slightly softened, about 2 minutes.
3. Add tomatoes: reduce heat to medium and simmer until sauce thickens, about 8 minutes. Stir in cilantro and hot pepper sauce to taste. Set aside.
4. Heat oil in large non-stick skillet over high heat. Saut fish until just cooked through, about 3 minutes per side. Spoon sauce over fish before serving.

Week 1, Day 7

Breakfast: Baked Eggs with Cream and Cheese

Nutritional Information

Per Serving:

Net Carbs: 3.5 grams

Total Carbs: 3.5 grams

Fiber: 0 grams

Protein: 21.5 grams

Fat: 51.5 grams

Calories: 563

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 35 minutes

Add a side of sausage for a satisfying breakfast or even salt and peppered sliced tomato.

Ingredients:

- 4 tablespoons softened butter
- 8 eggs
- 1 cup grated Swiss cheese
- 1 cup heavy cream, heated
- Salt and pepper to taste
-

Directions:

1. Preheat oven to 350 degrees F
2. Butter four-10 ounce ramekins and break 2 eggs into each one. If using smaller ramekins use one egg in each. Cover each portion with $\frac{1}{4}$ cup of cheese and $\frac{1}{4}$ cup warm cream, and season with salt and pepper.
3. Place the ramekins in a roasting pan filled with enough water to come half way up the sides of the ramekins. Bake for 15 minutes or until the cheese begins to brown. Serve immediately.

Mid morning snack: 6 Boiled Cauliflower Florets with $\frac{1}{4}$ cup melted cheddar

Lunch: Chicken Chowder

Nutritional Information

Per Serving:

Net Carbs: 6 grams

Total Carbs: 9 grams

Fiber: 3 grams

Protein: 27 grams

Fat: 15 grams

Calories: 270

Makes: 4 (1 1/4-cup) servings

Prep Time: 20 minutes

Total Time: 30 minutes

Rich and creamy chowder is too good to limit only to clams or fish. Chicken and cauliflower stand in for traditional clams and potatoes in our tasty rendition of the New England classic.

Ingredients:

- 2 slices bacon, chopped
- 1 small onion, chopped
- 1 celery rib, sliced
- 4 cups lower sodium chicken broth
- 1 cup chopped cauliflower florets
- 3/4 pound boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon ThickenThin not/Starch thickener
- 1/2 cup heavy cream
-

Directions:

1. Brown bacon in a large saucepan over medium-high heat, stirring occasionally, until just crisp, about 4 minutes. Spoon off all but 1 tablespoon of the fat. Add onion and celery; sauté until vegetables are soft, about 4 minutes.
2. Add stock, cauliflower, chicken, salt, pepper, thyme and sage. Bring to a boil; reduce heat to medium, partially cover and simmer until vegetables are just tender, about 5 minutes. Whisk in thickener and simmer until soup thickens slightly, about 2 minutes. Stir in cream and simmer to heat through before serving.

Mid afternoon snack: Sliced Tomato with 1/4 cup Feta with Salt and Pepper

Dinner: Baked Salmon with Bok Choy

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 5 grams

Fiber: 1 grams

Protein: 48 grams

Fat: 25 grams

Calories: 447

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 20 minutes

Baking the salmon at a high temperature gives it a thick, crunchy crust. Bok choy, also known as Chinese cabbage, is a mild, quick-cooking green. Add a side salad if desired or a small side of extra sliced bell peppers.

Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 pounds salmon fillet, cut into 4 portions
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 pounds bok choy, cut into 1 1/2" pieces
- 1/2 teaspoon grated lemon peel
- 1/4 cup roasted red peppers, patted dry
- 1/4 cup mild chunky salsa
-

Directions:

1. Heat oven to 475F. Place olive oil and butter in a skillet large enough to hold fish in a single layer. Place in oven 3 minutes, until butter is melted.
2. Season fish with salt and pepper. Place fish flesh side down in prepared skillet. Bake 10 minutes, turning carefully once halfway through cooking time, until just cooked through. Remove from skillet; tent with foil.
3. Add bok choy and lemon peel to skillet. Stir to coat with pan's oil. Place in oven 1 minute, until leaves are wilted and stems are warmed through.
4. To make puree, blend peppers and salsa in a blender 30 seconds. Divide greens on four plates; top each with a piece of fish. Dollop puree over fish.

Week 2, Day 1

Breakfast: Frittata Lorraine

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 2 grams

Fiber: 0 grams

Protein: 21 grams

Fat: 20 grams

Calories: 280

Makes: 6 servings

Prep Time: 25 minutes

Total Time: 35 minutes

You can cut bacon into neat pieces if you buy slab bacon, but if you buy strips you may find they slip too readily to slice tidily. Simplify matters by cutting them with scissors and letting them fall directly into the skillet.

Add sliced tomato and bell peppers for a satisfying breakfast!

Ingredients:

- 4 ounces bacon, cut into small pieces (3 to 4 strips)
- 1 small onion, chopped
- 8 large eggs
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 ounces grated Gruyère (1 cup)

Directions:

1. Heat a 10-inch nonstick ovenproof skillet over medium-high heat. Add bacon and sauté until it begins to crisp, 3 to 5 minutes. Add onion and sauté until soft, about 5 minutes.
2. Whisk eggs, water, salt and pepper in a medium bowl. Add egg mixture and cheese to skillet; cook until eggs are set on bottom but top remains slightly runny, about 5 minutes.
3. Heat broiler to high. Transfer skillet to oven and broil until eggs are set and golden, about 2 minutes. Cut into wedges and serve.

Mid morning snack: Salt and Peppered Sliced Tomato

Lunch: Spicy Tuna Steak Salad

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total carbs: 3 grams

Fiber: 1 gram

Protein: 40 grams

Fat: 22 grams

Calories: 527

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 25 minutes

Spice rubs are a quick way to give fish and meat loads of flavor. This particular mix is inspired by Thai cuisine.

Add more vegetables to your salad to spice it up such as cucumbers, tomatoes, and even freshly grated parmesan or feta cheese!

Ingredients:

- 2 tablespoons grated lemon zest
- 2 teaspoons salt
- 2 teaspoons ground coriander
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 3 tablespoons olive oil, divided
- 4 (1-inch thick) tuna steaks (about 1 1/2 pounds)
- 2 cups mesclun mix
- 2 teaspoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper
-

Directions:

1. In a small bowl, combine zest, salt, coriander, pepper, ginger and cinnamon. Stir in 2 tablespoons oil. Rub mixture onto tuna steaks.
2. Heat remaining tablespoon of oil in a large skillet over high heat until it shimmers. Add steaks and sauté until just cooked through, about 4 to 6 minutes, turning once halfway through cooking time.
3. While fish is cooking, place vinegar in a small bowl. Slowly whisk in olive oil until dressing has slightly thickened. Season to taste with salt and pepper and toss greens with dressing.
4. To serve, cut fish into 1/4-inch slices and lay over greens.

Mid afternoon snack: 2% String Cheese

Dinner: Greek Style Chicken with Cucumber Avocado Salad

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 4 grams

Fiber: 0 gram

Protein: 64 grams

Fat: 28 grams

Calories: 538

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 65 minutes

This recipe combines the great flavors of Greek cooking oregano, mint, feta cheese and garlic into a simple but elegant dish that's perfect for entertaining or just enjoying with your family.

Ingredients:

- 4 lemons, thinly sliced
- 4 bone-in chicken breast halves with skin (about 3 pounds)
- 8 garlic cloves, peeled
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh mint leaves
- 1 tablespoon chopped fresh oregano
- 10 pitted kalamata olives, cut in half (optional)
- 4 ounces feta cheese, crumbled (about 3/4 cup)

Directions:

1. Arrange rack in center of oven. Heat oven to 350F. Layer lemon slices on the bottom of a 13" x 9" baking dish; set aside.
2. Gently run your fingers between chicken breast and the skin to loosen skin. Press 2 garlic cloves through a garlic press. Lift the skin from 1 breast and rub garlic between skin and breast. Repeat process with remaining chicken breasts and garlic cloves.
3. Drizzle olive oil and lemon juice over chicken breasts. Sprinkle with salt and pepper and rub into skin.
4. Place chicken breasts over the lemon slices in prepared pan. Combine mint and oregano in a small bowl; evenly sprinkle over chicken breasts. Sprinkle olives over chicken, if using.
5. Bake 45 minutes, until juices run clear when chicken is pricked with a fork. Remove from oven and sprinkle with feta. Bake 5 minutes more. Serve with pan juices.

Week 2, Day 2

Breakfast: Crustless Broccoli Quiche

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 4 grams

Fiber: 1 gram

Protein: 12 grams

Fat: 12 grams

Calories: 173

Makes: 6 servings

Prep Time: 15 minutes

Total Time: 75 minutes

If you routinely discard the broccoli stems, you're missing out on some potent nutritional benefits broccoli stems are rich in vitamin C, folate and fiber. Because the skin can be fairly tough, peel it off with a vegetable peeler or very sharp knife; take care to remove just a thin layer; then cut the tender stems into slices or chunks.

Ingredients:

- 1 teaspoon olive oil, plus more for pie plate
- ½-small onion, finely chopped
- 4 large eggs
- 1 cup reduced-carb, whole-milk dairy beverage
- 1 cup grated sharp or extra-sharp cheddar cheese, divided
- ½-cup water
- ¼-teaspoon dried thyme
- ¼-teaspoon dried oregano
- ½-teaspoon salt
- ¼-teaspoon pepper
- ¼-teaspoon chopped dried rosemary
- 1 medium bunch broccoli, cut into florets, stems peeled and cut 1/3-inch thick

Directions:

1. Heat oven to 375F. Brush a 9- or 10-inch pie plate with olive oil.
2. Heat oil in a small skillet over medium-high heat. Add onion and cook until softened, about 3 minutes. Transfer to a medium bowl; let cool.
3. Add eggs to onion and lightly beat. Whisk in dairy beverage, 1/2 cup of the cheese, water, thyme, oregano, salt, pepper and rosemary to blend.
4. Cover bottom of pie plate with broccoli. Pour cream mixture into pie plate. Sprinkle with remaining 1/2-cup cheese. Bake until a knife inserted in middle comes out clean and quiche is golden brown, 50 to 60 minutes.

Mid Morning Snack: 10 Black Olives

Lunch: Portobello Pizza

Nutritional Information

Per Serving:

Net Carbs: 4 grams

Total Carbs: 5 grams

Fiber: 1 gram

Protein: 5 grams

Fat: 3 grams

Calories: 66

Makes: 1 servings

Prep Time: 5 minutes

Total Time: 35 minutes

The meaty taste of portobello mushrooms makes you forget about the crust This recipe serves one. Make as many as you like and top with sausage, bacon, olives, etc. to taste. Add a side salad if desired.

Ingredients:

- 1 portobello mushroom (about 3 ounces), stem removed, wiped clean with a damp paper towel
- Garlic oil spray
- 1 tablespoon low-carb tomato sauce (such as Raos)
- 2 tablespoons shredded mozzarella cheese
-

Directions:

1. Heat oven to 425 F. Spray both sides with garlic oil and place on an aluminum foil-lined baking sheet. Bake 30 minutes, or until fork tender, turning once halfway through cooking time. Increase heat to broil.
2. Top concave side of mushroom with tomato sauce and cheese. Place under broiler for 1 minute or until cheese melts and bubbles.

Mid afternoon snack: 3 oz Beef Salami

Dinner: Grilled Chicken and Veggies with Basil

Nutritional Information

Per Serving:

Net Carbs: 8 grams

Total Carbs: 11 grams

Fiber: 3 gram

Protein: 48 grams

Fat: 15 grams

Calories: 383

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 25 minutes

A fresh marinade turns a simple grilled dish into something special.

Ingredients:

- 1/4 cup shallots, roughly chopped
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 boneless, skinless chicken breast halves (about 2 pounds)
- 1 red bell pepper, seeded and quartered (about 1 1/2 cups)
- 1 medium zucchini, quartered lengthwise (about 1 1/2 cups)
- 1 medium yellow squash, quartered lengthwise (about 1 1/2 cups)
- 1 medium leek, root trimmed (not removed), halved lengthwise
- 1/4 cup fresh basil, chiffonade
-

Directions:

1. Mix shallots, oil, garlic, salt and pepper in a large re-sealable plastic bag. Add chicken, peppers, zucchini, squash and leek. Gently shake bag to coat chicken and vegetables, and marinate in refrigerator for 1 to 3 hours, turning occasionally.

2. Prepare a medium-low grill. Place chicken on grill and cook until just cooked through, turning once, about 12 minutes. About 2 minutes into cooking process, add peppers and cook until tender, turning once, about 10 minutes. About 2 minutes after adding peppers, add zucchini, squash and leeks and cook until tender, turning once, about 8 minutes. Sprinkle with basil before serving.

Week 2 Day 3

Breakfast: Poached Eggs with Remoulade

Nutritional Information

Per Serving:

Net Carbs: 6 grams

Total Carbs: 7 grams

Fiber: 1 gram

Protein: 16 grams

Fat: 1 grams

Calories: 559

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 18 minutes

Green, unripe tomatoes, a Southern favorite, have a zesty flavor and firm texture that make them perfect for frying. They're also absolutely delicious topped with a slice of cheddar cheese and a poached egg.

Ingredients:

RÉMOULADE

- 3/4 cup mayonnaise
- 1 tablespoon capers, drained and chopped
- 2 tablespoons finely chopped dill pickle
- 1 tablespoon chopped fresh parsley
- ½-teaspoon dried tarragon or 1 1/2 teaspoon fresh
- 2 teaspoons Dijon mustard

TOMATOES

- 1 (7-ounce) green tomato
- 1 tablespoon stone-ground cornmeal
- 1 tablespoon whole-wheat pastry flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ tablespoons vegetable oil
- 4 (1-ounce) slices cheddar cheese
- 4 large eggs, poached
- Fresh tarragon sprigs (optional)
-

Directions:

1. For the rémoulade: Combine all ingredients in a small bowl; stir until thoroughly combined. Let stand 15 minutes for flavors to blend.
2. Meanwhile, for fried green tomatoes: Cut tomato crosswise into 4 slices. In a shallow bowl, combine cornmeal, pastry flour, salt and pepper. Press tomato slices into cornmeal mixture to lightly coat on all sides. Shake excess back into bowl.
3. Heat oil in a large nonstick skillet over medium-high heat. Fry tomato slices until golden, 6 to 8 minutes, turning once halfway through. Transfer tomato slices to a plate lined with paper towels.



Sprinkle with additional salt and pepper to taste, if desired.

4. Place 1 tomato slice on a serving plate. Top with 1 slice of cheddar cheese and a poached egg. Repeat with remaining tomato slices, cheese and poached eggs to make 3 more servings. Top each with 2 tablespoons remoulade. Garnish with fresh tarragon sprigs, if desired, and serve.

Mid morning snack: 1 Sliced Avocado

Lunch: Beef Bourguignon

Nutritional Information

Per Serving:

Net Carbs: 7 grams

Total Carbs: 8 grams

Fiber: 1 gram

Protein: 104 grams

Fat: 34 grams

Calories: 890

Makes: 8 (1 1/2-cup) servings

Active Time: 30 minutes

Total Time: 2 hours

Beef bourguignon is an intensely flavored stew that relies on red wine for its classic flavor, so be sure to use a good-quality one. It is an outstanding dish and is a natural for entertaining.

Ingredients:

- 7 pounds beef chuck, cut into 1 1/2-inch cubes
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon pepper, divided
- 1/4 cup olive oil
- 2 medium onions, quartered
- 3 garlic cloves, chopped
- 2 bay leaves
- 6 cups dry red wine, preferably burgundy
- 4 teaspoons ThickenThin not/Starch thickener
- 1 tablespoon chopped fresh thyme
- 1/2 cup chopped fresh parsley
- 3 tablespoons unsalted butter
- 3 cups sliced white button mushrooms
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-

Directions:

1. Season beef with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Heat oil in a large heavy saucepan or Dutch oven over high heat. Working in batches, add beef and brown on all sides, about 5 minutes per batch. Return all beef to saucepan. Add onions, garlic, bay leaves, remaining teaspoon salt, remaining 1/4 teaspoon pepper and wine; bring to a boil. Reduce heat to medium-low, cover and simmer until beef is fork-tender, about 1 1/2 hours.
2. Using a slotted spoon, transfer beef to a platter; strain sauce. Increase heat to medium-high; return sauce to saucepan. Whisk in thickener, thyme and parsley; simmer until sauce thickens, about 2 minutes.
3. Meanwhile, melt butter in a large skillet over high heat. Add mushrooms, sauté until golden, about 10 minutes. Serve stew topped with mushrooms.

Mid afternoon snack: 10 olives

Lemon-Thyme Tenderloin with Roasted vegetables

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 4 grams

Fiber: 2 gram

Protein: 42 grams

Fat: 54 grams

Calories: 682

Makes: 8 servings

Prep Time: 20 minutes

Total Time: 1 hour 15 minutes

Sweet bell peppers and green onions surround lemon-and-thyme-seasoned beef tenderloin in this elegant entree.

Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons grated lemon peel
- 2 teaspoons dried thyme leaves
- 1 teaspoon dried marjoram
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 1 beef tenderloin roast (4 pounds), trimmed
- 1 small red bell pepper, cut into 1-inch wedges
- 1 small yellow bell pepper, cut into 1-inch wedges
- 8 green onions, cut into 2 pieces
- 2 yellow squash, cut into 1-inch pieces
-

Directions:

1. Heat oven to 425°F.
2. Combine lemon oil, thyme, marjoram, salt and pepper in a bowl; rub half the mixture over tenderloin and toss remaining mixture with the vegetables to coat.
3. Place beef in a large roasting pan. Roast 40 minutes.
4. Add vegetables to pan. Continue cooking until an instant read (or meat) thermometer inserted in tenderloin registers 135° F for medium rare or 145° F for medium doneness.
5. Transfer roast to a cutting board. Let rest 5 minutes before slicing.

Week 2, Day 4

Breakfast: Ham & Swiss Frittata

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 3 grams

Fiber: 0 grams

Protein: 22 grams

Fat: 20 grams

Calories: 287

Makes: 6 servings

Prep Time: 15 minutes

Total Time: 40 minutes

Feel free to substitute chopped smoked turkey for the ham and vary the cheese according to your taste.

Ingredients:

- 1 tablespoon butter
- 1/2 small onion, chopped
- 1/2 bell pepper, chopped
- 1 cup chopped cooked ham
- 3 tablespoons chopped Italian (flat leaf) parsley, divided
- 9 eggs, beaten
- 1/4 cup heavy cream
- 1/4 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon Italian seasoning
- 1 cup grated Swiss cheese, divided
-

Directions:

1. Heat broiler. Melt butter in a large nonstick skillet over medium-high heat; add onion, pepper, ham, and half of the chopped parsley. Cook 5 minutes, until onion is softened.
2. Combine eggs, cream, water, salt, Italian seasoning and half the cheese. Add egg mixture to pan, Cook, stirring constantly until the eggs form soft, creamy small curds, about 5 minutes. Remove from heat; sprinkle remaining cheese over top of eggs.
3. Place skillet under broiler; cook until cheese is bubbly and golden, about 3 minutes. Cool slightly. To remove frittata whole, tip skillet to one side and use a spatula to loosen edges. Slide onto a serving platter; top with remaining parsley. Cut into wedges.

Mid morning snack: Hearts of Palm & Tomato Poppers

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 5 grams

Fiber: 2 gram

Protein: 2 grams

Fat: 3 grams

Calories: 55

Makes: 10 servings

Prep Time: 5 minutes

Total Time: 5 minutes

We call them 'poppers' because each tasty nibble can be popped in one bite.

Ingredients:

- 2 cans (14 ounces each) hearts of palm, drained and cut into 1" slices
- 2 tablespoons olive oil
- 1 garlic clove, pushed through a press
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pint cherry tomatoes, halved
- 4 to 5 pieces Bibb or Boston lettuce leaves
- 6 black olives, pitted and cut in half
-

Directions:

1. In a large bowl toss hearts of palm slices, oil, garlic, oregano, salt, and pepper. Marinate 20 minutes for flavors to blend.
2. Cut cherry tomatoes in half. To serve, spread out lettuce on a serving platter. For each hors d'oeuvre, skewer one heart of palm piece and one tomato half on a toothpick. Arrange on platter; scatter olive halves over all.

Lunch: Creamy Broccoli Soup

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 7 grams

Fiber: 4

Protein: 3 grams

Fat: 17 grams

Calories: 180

Makes: 6 (1-cup) servings

Prep Time: 30 minutes

Total Time: 30 minutes

This soup is quick and easy—just right for a weeknight supper or quick lunch. Try replacing the broccoli with cauliflower, or experiment with other vegetables, such as asparagus, artichokes, celery or tomatoes. If you like, stir in about 1 cup of sharp cheddar cheese after you've returned the purée to the saucepan.

Ingredients:

- 4 cups lower sodium vegetable or chicken broth
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound broccoli, cut into florets, stems peeled and cut into 1-inch pieces
- 1 tablespoon ThickenThin not/Starch thickener
- 1 cup heavy cream
-

Directions:

1. Combine stock, salt and pepper in a large saucepan over medium-high heat; bring to a boil. Add broccoli, reduce the heat to medium-low and simmer until tender, about 15 minutes.
2. Transfer soup to a blender. Holding blender lid down firmly with a folded kitchen towel, blend at low speed to purée (you may have to work in batches). Return soup to saucepan; bring back to a simmer over medium-high heat. Whisk in thickener and cream; simmer, whisking occasionally, until thick and hot, about 5 minutes. Serve hot or refrigerate in an airtight container for up to 3 days. Reheat before serving.

Mid afternoon snack: 1/2 cup Boiled Broccoli

Dinner: Grilled Turkey Cutlets with Thyme and Vegetable Kabobs

Nutritional Information

Per Serving:

Net Carbs: 1 gram

Total Carbs: 1 gram

Fiber: 0 grams

Protein: 28 grams

Fat: 4 grams

Calories: 150

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 20 minutes

Turkey cutlets cook quickly, making them a great choice for speedy suppers. Take this very basic recipe and dress it up as you please (no-sugar-added cranberry sauce is nice); serve it alongside sautéed cherry tomatoes and snow peas.

Ingredients:

- 4 (4-ounce) turkey cutlets
- 1 tablespoon olive oil
- 2 teaspoons fresh thyme, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 lemon, cut into wedges
-

Directions:

1. Heat a gas or charcoal grill to high. Brush cutlets on both sides with oil; season with thyme, garlic powder, paprika, salt and pepper.
2. Grill cutlets until cooked through, about 3 minutes per side. Serve immediately with lemon wedges on the side.

Week 2, Day 5

Breakfast: Italian Frittata

Nutritional Information

Per Serving:

Net Carbs: 5 grams

Total Carbs: 6 grams

Fiber: 1 gram

Protein: 25 grams

Fat: 37 grams

Calories: 460

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 35 minutes

Frittatas are excellent low-carb fare. In these flat omelets, eggs are used simply to bind together vegetables, seasonings, and meats, making them not only easy to make, but incredibly versatile. You can mix and match other low-carb ingredients to create your own fabulous frittata.

Ingredients:

- 1-tablespoon olive oil
- 1-tablespoon butter
- 2 garlic cloves, minced
- 1/2 cup chopped onion
- 1 large zucchini, sliced
- 1 teaspoon dried basil
- 8 ounces Italian sausage, uncooked, crumbled
- 8 large eggs
- 2 tablespoons water
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 1/3 cup Parmesan cheese, grated
-

Directions:

1. Heat the olive oil and butter in a large, preferably nonstick skillet over medium heat. Add the garlic and onion and sauté for 2 to 3 minutes, or until softened. Add the zucchini and basil and cook for 5 to 6 minutes, stirring occasionally, until soft but not limp. Add the meat and cook for 2 to 3 minutes, stirring occasionally.
2. Heat the broiler. In a large bowl, whisk together the eggs, water, salt and pepper. Pour the eggs into the hot pan over the meat and vegetable mixture. Let cook for a few seconds, undisturbed, then use a spatula to move the eggs toward the center while tilting the pan to let the uncooked eggs run to the sides. Continue cooking and moving the egg mixture for 4 to 5 minutes, or until the eggs are almost set (they will still be moist on the top).
3. Sprinkle with the cheese and place under the broiler until the eggs are cooked on top and the cheese is melted and bubbly, about 2 to 3 minutes. Cut into quarters and serve.

Mid morning snack: Meat & Cheese Rolls

Nutritional Information

Per Serving:

Net Carbs: 1 grams

Total Carbs: 1 grams

Fiber: 0 gram

Protein: 8 grams

Fat: 9 grams

Calories: 120

Makes: 8 servings

Prep Time: 15 minutes

Total Time: 15 minutes

So simple you will want to keep a batch of these in the refrigerator all the time. Feel free to change up the meats and cheeses based on what ever you feel like! Another delightful combination is turkey and swiss or even turkey and pepper jack! The possibilities are endless!

Ingredients:

- 6 thin slices ham/turkey
- 6 slices swiss cheese
- 6 half-sour pickle spears
- 2 tablespoons mayonnaise
- 2 tablespoons mustard
- 2 large lettuce leaves (optional)
-

Directions:

1. Trim ham, cheese and pickles to equal lengths. Lay out ham slices, top with cheese slices.
2. Combine mayo and mustard; spread onto cheese. Lay pickle in center and roll up tightly.
3. You can roll these into lettuce leaves or cut into bite-sized pieces.

Lunch: Greek Salad with Chicken Breast

Nutritional Information

Per Serving:

Net Carbs: 7 grams

Total carbs: 10 grams

Fiber: 3 grams

Protein: 38 grams

Fat: 31 grams

Calories: 460

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 30 minutes

Nothing beats a classic Greek salad for a touch of the Mediterranean. Here, we have paired it with grilled chicken for a filling entree.

Ingredients:

- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon water
- 2 teaspoons dried oregano
- 1 clove garlic, finely minced
- 1/4 teaspoon salt
- Pepper
- Pinch of granular sugar substitute (optional)
- 4 (5-ounce) chicken breasts, pounded flat
- 6 cups torn romaine leaves
- 2 medium tomatoes, cored and cut into wedges or chunks
- 1 medium cucumber, peeled, seeded and cut into chunks
- 1/2 cup thinly sliced red onion
- 1 cup feta cheese, crumbled (4 ounces)
- 12 kalamata olives, pitted and quartered
-

Directions:

1. In a small bowl whisk together the oil, vinegar, water, oregano, garlic, salt, pepper and sugar substitute. Adjust to taste.
2. Season chicken with salt and pepper. Preheat a stovetop grill pan over medium heat. Brush the pan with oil and add the chicken. Cook for 12 minutes, turning once, until the chicken is no longer pink in the center. Set aside, covered, for 10 minutes.
3. In a large salad bowl combine the romaine, tomatoes, cucumber and red onion. Gently toss with half of the dressing. Divide the salad among four serving plates. Top with feta and the chicken breasts. Drizzle with the remaining dressing and garnish with olives.

Mid afternoon snack: Salmon Wraps

Nutritional Information

Per Serving:

Net Carbs: 2 grams

Total Carbs: 3 grams

Fiber: 1 gram

Protein: 33.8 grams

Fat: 17.5 grams

Calories: 310

Makes: 1 servings

Prep Time: 10 minutes

Total Time: 10 minutes

A satisfying afternoon snack!

Ingredients:

- 6 ounces salmon
- ¼ cup onions
- 2 tablespoons cream cheese
- 2 toothpicks
-

Directions:

1. Spread softened cream cheese on the salmon
2. Sprinkle with onions
3. Roll up and stick with a toothpick

Dinner: Cajun Blackened Tuna with Cucumber Avocado Salad

Nutritional Information

Per Serving:

Net Carbs: 1 gram

Total Carbs: 2 grams

Fiber: 1 grams

Protein: 53 grams

Fat: 9 grams

Calories: 321

Makes: 4 servings

Prep Time: 5 minutes

Total Time: 15 minutes

Tuna, a naturally lean fish, is tender and juicy when cooked rare or medium-rare. In this dish, searing dry heat chars a spice crust onto the fish. If you don't have an ovenproof skillet, transfer seared fish to a baking sheet to finish cooking.

Ingredients:

- 1 tablespoon sweet paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper (optional)
- 2 tablespoons unsalted butter, softened
- 4 (8 ounce) tuna steaks (about 2/3" thick each)
-

Directions:

1. Heat oven to 400 F. Combine paprika, oregano, garlic powder, onion powder, salt, cumin, pepper, and cayenne pepper on a plate.
2. Rub butter over tuna steaks. Press tuna steaks into spice mixture; gently rub spices onto fish.
3. Heat a large heavy ovenproof skillet (cast iron works great) over high heat for 2 minutes or until skillet smokes.
4. Cook tuna steaks 1 minute on each side. They will make some smoke; this is normal. Transfer skillet to oven and roast fish 5 minutes for medium rare doneness.

Week 2, Day 6

Breakfast: Ricotta and Leek Frittata

Nutritional Information

Per Serving:

Net Carbs: 6.5 grams

Total Carbs: 7.5 grams

Fiber: 1 grams

Protein: 14.5 grams

Fat: 18 grams

Calories: 253

Makes: 4 servings

Prep Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- 2 tablespoons butter, divided
- 2 leeks (white part only) halved lengthwise, washed and cut into ½- inch pieces
- 8 eggs lightly beaten
- 3 tablespoons whole milk ricotta cheese
- Salt and pepper to taste
-

Directions:

1. Preheat the broiler. Heat 1 tablespoon butter in a large ovenproof skillet (preferably nonstick) over medium-high heat until the foam subsides. Add the leeks and sauté, stirring for 3 minutes. Remove from heat and let coll.
2. In a large bowl, combine the sautéed leeks, beaten eggs, ricotta, salt and pepper. Mix well.
3. Heat the remaining one-tablespoon of butter in the skillet over medium heat until foam subsides. Add the egg mixture and cook, stirring, for about 1 minute, until the egg starts to form curds. Cook for another minute. The egg mixture should be set on the bottom and still a bit wet on top.
4. Place skillet under the broiler for about 2 minutes, until the frittata turns golden brown. Using a spatula, carefully remove the frittata from the skillet. Cut into 4 wedges and serve.

Mid morning snack: 10 Green Olives

Lunch: Salmon with Peanut Sauce over Broccoli Salad

Nutritional Information

Per Serving:

Net Carbs: 5 grams

Total Carbs: 9 grams

Fiber: 4 grams

Protein: 37 grams

Fat: 29 grams

Calories: 445

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 30 minutes

Serve baked salmon fillets over greens and broccoli mixed with a rich peanut sauce. When you lift the salmon from its baking foil, the skin remains; discard with the foil. A blender makes quick work of the sauce.

Ingredients:

- 3 tablespoons unsweetened peanut butter
- 3 tablespoons chicken broth
- 2 tablespoons mayonnaise
- 1 tablespoon lite soy sauce
- 1 tablespoon dry sherry or sake
- 1 1/2 teaspoons Asian hot chili garlic sauce
- 1/2 teaspoon peeled and grated fresh ginger
- 1 small garlic clove, pushed through a press
- 2 teaspoons granular sugar substitute
- 4 (5 to 6 ounces each) center-cut salmon fillets with skin
- 4 cups lightly packed mesclun (baby greens)
- 4 cups broccoli florets, cooked until crisp-tender
-

Directions:

1. Puree Peanut Sauce ingredients in blender until smooth.
2. Heat oven to 300F. Line jelly-roll pan with aluminum foil. Place fish skin side down on pan. Bake 17 to 18 minutes until fish flakes easily with fork and center is still slightly rosy.
3. Toss mesclun and broccoli with 1/4 cup peanut sauce. Divide on four plates. Top each salad with a piece of fish. Drizzle remaining sauce over all.

Mid afternoon snack: 1 cup Low-sodium Beef Broth with 6 Celery Sticks

Dinner: Mushroom Herb Stuffed Chicken with Zucchini

Nutritional Information

Per Serving:

Net Carbs: 3 grams

Total Carbs: 4 grams

Fiber: 1 gram

Protein: 61 grams

Fat: 29 grams

Calories: 530

Makes: 4 servings

Prep Time: 20 minutes

Total Time: 55 minutes

This recipe calls for flavorful shiitake mushrooms, but you can use any variety (or combination) you'd like.

Ingredients:

- 3 tablespoons unsalted butter, divided
- 1/2 pound shiitake or mixed mushrooms, minced
- 1/2 small onion, minced
- 2 garlic cloves, minced
- 2 tablespoons dry sherry
- 3 tablespoons chopped fresh parsley
- 1/2 teaspoon chopped fresh thyme
- 3/4 teaspoon salt, divided
- 1/8 teaspoon pepper
- 4 bone-in chicken breast halves (about 2 pounds)
-

Directions:

1. Heat oven to 400°F. Melt 2 tablespoons of the butter in a large skillet over medium-high heat. Add mushrooms and onion; sauté until mushrooms have released their liquid, about 5 minutes. Stir in garlic and sherry; cook 1 minute longer. Remove from heat; stir in parsley, thyme, 1/2 teaspoon of the salt and pepper.
2. Using a thin sharp knife, cut a pocket in the thicker part of the breast, being careful not to cut all the way through; stuff mushroom mixture into pockets. Set chicken, skin-side up, in a 9- by 13-inch baking pan. Melt remaining tablespoon butter; brush on chicken. Season with remaining 1/4 teaspoon salt. Bake until cooked through, about 35 minutes. Serve warm.

Week 2, Day 7

Breakfast: Eggs Benedict with Spinach

Nutritional Information

Per Serving:

Net Carbs: 4.5 grams

Total Carbs: 7.5 grams

Fiber: 3 grams

Protein: 28.5 grams

Fat: 32.5 grams

Calories: 433

Makes: 4 servings

Prep Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 8 pieces Canadian bacon or 8 thin slices of smoked salmon
- 2 cups cooked, frozen, or fresh spinach
- 8 poached eggs (see attached recipe)
- ½ cup Hollandaise sauce (see attached recipe)
- 1 tablespoon chopped fresh flat-leaf parsley or dill (optional)
-

Directions:

To poach eggs:

1. Fill a skillet or sauce pan half way with water and heat to simmer.
2. Break eggs one at a time in to a flat saucer. Slide into the simmering water, one at a time. Allow to simmer for 3 minutes until whites are no longer transparent. Remove from water with a slotted spoon.
3. Place on a plate and season with salt and pepper.
4. Heat skillet over medium heat until hot but not smoking. Add the Canadian bacon or salmon and cook for 2 minutes on each side, until lightly browned.
5. Divide the spinach among 4 plates. Top each serving with 2 pieces of bacon and 2 poached eggs. Spoon the Hollandaise over the eggs and sprinkle with parsley or dill and serve.

Mid morning snack: 3 oz beef Pepperoni Chips (microwave till crisp)

Lunch: Asian Lobster Salad

Nutritional Information

Per Serving:

Net Carbs: 6 grams

Total Carbs: 12 grams

Fiber: 3 grams

Protein: 40 grams

Fat: 12 grams

Calories: 322

Makes: 2 servings

Prep Time: 15 minutes

Total Time: 15 minutes

Aromatic seasonings enhance the delicate flavor of lobster in this sophisticated main-dish salad.

Cooked large shrimp are an excellent substitution for lobster.

Ingredients:

SALAD:

- 3/4 pound cooked lobster meat, cut into 1-inch pieces
- 2 cups thinly sliced Chinese cabbage
- 1/2 red bell pepper, thinly sliced
- 4 scallions, thinly sliced
- 1 tablespoon toasted sesame seeds

DRESSING:

- 2 tablespoons rice wine vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon canola oil
- 1 teaspoon sesame oil
- 1 teaspoon grated fresh ginger
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-

Directions:

1. For the salad: In a large serving bowl, combine lobster, cabbage, bell pepper, scallions and sesame seeds.
2. For the dressing: In a small bowl, whisk all dressing ingredients together. Pour dressing over salad. Toss gently to coat and serve.
3. You can also make wraps by scooping the salad into lettuce leaves and rolling.

Mid afternoon snack: Sliced Tomato with 1/4 cup Feta with Salt and Pepper

Dinner: Red Snapper with Tomatoes and Olives

Nutritional Information

Per Serving:

Net Carbs: 4.5 grams

Total Carbs: 3.5 grams

Fiber: 1 grams

Protein: 32.5 grams

Fat: 15.5 grams

Calories: 299

Makes: 4-6 servings

Prep Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 10 black greek olives, pitted and chopped
- 1 ½ cups chopped tomatoes
- ½ cup dry red wine
- 3 tablespoons drained nonpareil capers
- pinch of dried red pepper flakes
- 4 tablespoons of butter
- 3 pounds red snapper fillet
-

Directions:

1. Heat the oil in a large skillet over medium heat until hot but not smoking. Add the onion, garlic, and olives, and cook, stirring occasionally, for 3 minutes, or until the onion is transparent. Add the tomatoes, wine, capers, and red pepper flakes. Bring to a boil, lower the heat and simmer for 5 minutes.
2. Meanwhile, heat 2 tablespoons of butter in another large skillet over medium heat until the foam subsides. Add half of the snapper fillets and cook for 2 minutes on each side, or until lightly browned. Transfer the snapper to a plate. Repeat with remaining butter and fillets.
3. Place all of the cooked snapper on top of the tomato mixture in the skillet, cover, and cook over medium heat for 3 minutes, or until the snapper just flakes, serve immediately.

Acknowledgment:

recipes courtesy of atkins.com