

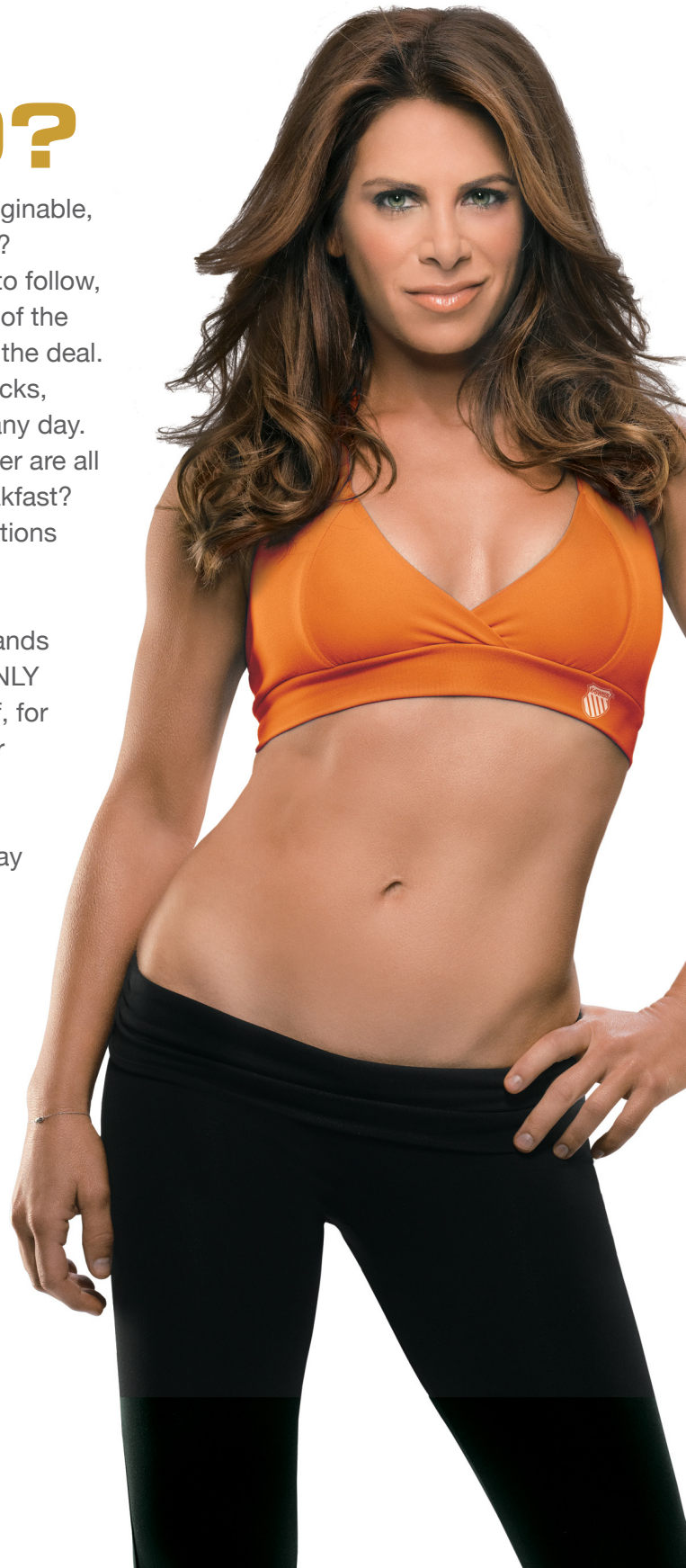
JILLIAN MICHAELS RIPPED IN 30

ARE YOU READY TO GET RIPPED?

For optimal results and to get in the most ripped shape imaginable, I'm putting you on a strict 30-day meal plan. Sounds tough? Actually, it's not. In fact, I've made it as grab-and-go, easy to follow, and simple to prepare, as possible. And, I've also cut most of the cooking down to dinners and a few lunches only. So here's the deal. There are 10 options for each meal — breakfast, lunch, snacks, dinner. The idea is that you can have any meal option on any day. The calories are all pretty equal. (Breakfast, lunch, and dinner are all around 400 calories; snacks are about 200.) Love one breakfast? Eat it every day. Crave variety? Mix and match the other options however you like.

Since I'm always asked which brands I recommend, the brands I've included in this plan are my personal favorites. (The ONLY brand that I have any financial investment in is Popchips.) If, for some reason, you don't like Popchips, there are many other snack options to choose from, as well.

Ripped in 30 is my toughest DVD workout yet! Do it everyday and follow this 30-day meal plan and you won't believe the results. You'd better take "before" pictures — because you're not going to believe your "afters"!



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Find the recipes, nutritional information and cooking instructions for each of the meals below in the accompanying recipe file. The recipes are organized alphabetically by meal.

30 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
Day 1	2 Eggs and Toast	Turkey and Avocado Wrap	Apple Berry Banana Smoothie	Turkey Kebabs
Day 2	Yogurt, Berries and Almonds	Grilled Sirloin Salad	Almonds and an Orange	Chicken Satay
Day 3	Waffles and Bananas	Mexican Pizza	Protein Bar <small>*I like 22 Days brand.</small>	Black Bean Chili
Day 4	Ezekiel English Muffin or Toast with Almond Butter	Hummus and Vegetable Pita	Turkey Jerky	Roasted Salmon
Day 5	Oatmeal with Apples and Pecans	Seared Tuna Salad	Hard-Boiled Egg With an Apple	BBQ Chicken and Black Bean Burrito
Day 6	Egg White Breakfast Wrap	Chickpea Burgers	Hummus and Veggies	Honey-Lemon Marinated Chicken Breasts
Day 7	Cheerios with a Banana or Berries *	Subway Veggie Delite	Popchips and Cottage Cheese	Zesty Shrimp Veracruzana
Day 8	Cottage Cheese and Pineapple	Salmon and Blueberry Salad	Baked Corn Chips and Salsa	Mediterranean Pizza
Day 9	Bagel and Cream Cheese	Chicken Salad With Avocado and Mango	Sunflower Seeds and Watermelon	Mahi Mahi Tacos
Day 10	Baked Sweet Potato and Sausage	Grilled Veggie Salad	Mozzarella Cheese and a Pear	Nut-Encrusted Chicken Breasts



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*Product can be found at www.jillianmichaels.com/shop and fine retailers.

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30 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
Day 11	Egg White Breakfast Wrap	Chickpea Burgers	Protein Bar *I like 22 Days brand.	Chicken Satay
Day 12	Oatmeal with Apples and Pecans	Chicken Salad With Avocado and Mango	Popchips and Cottage Cheese	Roasted Salmon
Day 13	Yogurt, Berries and Almonds	Turkey and Avocado Wrap	Hummus and Veggies	Mahi Mahi Tacos
Day 14	Cheerios with a Banana or Berries	Mexican Pizza	Turkey Jerky	Black Bean Chili
Day 15	Bagel and Cream Cheese	Salmon and Blueberry Salad	Almonds and an Orange	Turkey Kebabs
Day 16	2 Eggs and Toast	Grilled Veggie Salad	Protein Bar *I like 22 Days brand.	Honey-Lemon Marinated Chicken Breasts
Day 17	Cottage Cheese and Pineapple	Seared Tuna Salad	Hard-Boiled Egg With an Apple	Nut-Encrusted Chicken Breasts
Day 18	Egg White Breakfast Wrap	Subway Veggie Delite	Apple Berry Banana Smoothie	Mediterranean Pizza
Day 19	Oatmeal with Apples and Pecans	Mexican Pizza	Baked Corn Chips and Salsa	BBQ Chicken and Black Bean Burrito
Day 20	Waffles and Bananas	Chickpea Burgers	Popchips and Cottage Cheese	Zesty Shrimp Veracruzana



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30 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
Day 21	Yogurt, Berries and Almonds	Hummus and Vegetable Pita	Turkey Jerky	Roasted Salmon
Day 22	Cheerios with a Banana or Berries	Seared Tuna Salad	Protein Bar <small>*1 like 22 Days brand.</small>	Turkey Kebabs
Day 23	2 Eggs and Toast	Subway Veggie Delite	Almonds and an Orange	Mahi Mahi Tacos
Day 24	Ezekiel English Muffin or Toast with Almond Butter	Grilled Sirloin Salad	Mozzarella Cheese and a Pear	Black Bean Chili
Day 25	Bagel and Cream Cheese	Salmon and Blueberry Salad	Sunflower Seeds and Watermelon	Chicken Satay
Day 26	Baked Sweet Potato and Sausage	Grilled Veggie Salad	Hard-Boiled Egg with an Apple	Nut-Encrusted Chicken Breasts
Day 27	Ezekiel English Muffin or Toast with Almond Butter	Chicken Salad with Avocado and Mango	Apple Berry Banana Smoothie	Honey-Lemon Marinated Chicken Breasts
Day 28	Cottage Cheese and Pineapple	Hummus and Vegetable Pita	Baked Corn Chips and Salsa	Zesty Shrimp Veracruzana
Day 29	Waffles and Bananas	Turkey and Avocado Wrap	Hummus and Veggies	Mixed Vegetable Pizza
Day 30	Cheerios with a Banana or Berries	Grilled Sirloin Salad	Mozzarella Cheese and a Pear	BBQ Chicken and Black Bean Burrito



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Breakfast Recipes

Grab one of these quick meals and start your day — and your metabolism — off right.



2 Eggs and Toast

- 2 organic eggs
- 1 teaspoon olive oil (optional)
- 2 slices of multi-grain bread (preferably Ezekial 4:9 brand)

Prepare the two eggs however you like (hard boiled, scrambled with a teaspoon of olive oil, over easy with a teaspoon of olive oil). Serve with toasted bread.



Bagel With Cream Cheese and Lox

- 1 multi-grain bagel
- Light spread of organic non-fat cream cheese
- 2 oz. of nitrate-free lox

Toast the bagel, then add a light spread of organic non-fat cream cheese on top (Horizon Organic is a good brand to choose) and top with the sliced lox.



Baked Sweet Potato and Sausage

- ½ sweet potato, small
- 1 chicken or turkey sausage (preferably organic or Trader Joe's brand)

While the sweet potato is baking, cook the chicken or turkey sausage in a skillet. Let the sweet potato cool down for a few minutes. Slice the sausage into rounds and serve hot next to the sweet potato.



Cheerios with Banana or Berries

- 1 cup of Cheerios
- ½ cup of coconut milk beverage
- ½ banana, sliced or ½ cup of mixed berries

Pour coconut milk into a bowl filled with Cheerios. Top with your choice of banana or berries.

Breakfast Recipes (cont.)



Cottage Cheese With Pineapple

2/3 cup organic low-fat cottage cheese 1 small organic apple
2 slices of fresh pineapple 1 cup melon
Optional toppings: 1 cup berries

Scoop cottage cheese into a small bowl and top with 2 slices of fresh pineapple; or apple, melon, or berries instead.



Egg Whites Breakfast Wrap

3 slices of nitrate-free turkey bacon 1 tomato, sliced
4 egg whites, scrambled 1 Ezekiel 4:9 Sprouted Grain Tortilla or multi-grain tortilla

Cook the turkey bacon and scramble the egg whites in a separate skillet. Scoop the eggs onto the center of the tortilla, add the turkey bacon and sliced tomato on top. Roll up the tortilla, cut in half and serve.



English Muffin or Toast With Almond Butter

1 multi-grain English muffin or
2 slices multi-grain bread (preferably Ezekiel 4:9 brand)
1 light spread of organic natural almond butter

Toast English muffin or bread, then top with a light spread of almond butter.



Hemp Waffles With Bananas

Two Nature's Path hemp waffles
½ banana, sliced
1 tablespoon organic maple syrup or organic raw honey

Toast the waffles, then top them with the sliced bananas. Drizzle the syrup or honey on top.



Oatmeal With Apples and Pecans

1 cup of oatmeal (no sugar or artificial sweeteners) 6 organic pecans, crushed
½ small organic apple, chopped Pinch of cinnamon

Prepare 1 cup of oatmeal. Trader Joe's steel cut oatmeal is my favorite, but instant is also okay as long as it doesn't have sugar or artificial sweeteners. Add chopped apples, crushed pecans and a pinch of cinnamon.



Yogurt With Berries and Almonds

1 serving coconut milk yogurt or organic dairy yogurt
½ cup mixed berries
¼ cup crushed raw or dry-roasted organic almonds

Rinse the mixed berries and pat dry. Top the yogurt with the berries and crunchy almonds.

JILLIAN MICHAELS RIPPED IN 30

Lunch Recipes

These protein-packed meals pack a lot of power to keep you going all day.



Chicken Salad with Avocado and Mango

2 tablespoons olive oil
2 tablespoons fresh lime juice
2 tablespoons mango chutney
1 tablespoon soy sauce, low sodium
 $\frac{3}{4}$ teaspoon grated, peeled fresh ginger
4 (4-ounce) skinless, boneless organic chicken breast halves

8 cups mixed greens salad, packaged
1 cup diced, peeled mango
 $\frac{3}{4}$ cup diced, peeled avocado
Cooking spray

Preparation

Preheat grill to medium-high heat or use a grill pan. Combine oil, juice, chutney, soy sauce and ginger in a small bowl. Place chicken on large plate; spoon 2 tablespoons of oil mixture over the chicken, reserving the rest for the salad. Turn chicken to coat, and let stand 5 minutes.

Place chicken on grill rack coated with cooking spray. Grill 4 minutes on each side or until chicken is done, brushing with oil mixture from plate before turning. Slice chicken crosswise into strips. Arrange greens, mango and avocado on four serving plates. Arrange chicken over greens. Drizzle reserved dressing over salads.

Servings: 4. 185 calories per serving, 8 g Fat, 203 mg Sodium, 24 g Carbohydrate, 5 g Fiber, 8 g Protein



Chickpea Burgers

19 ounces garbanzo (chickpeas) beans, rinsed
4 scallions
1 organic egg
2 tablespoon flour, all-purpose
1 tablespoon oregano, fresh, chopped
 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon salt

2 tablespoon olive oil, extra virgin
2 pitas, 6-inch whole-wheat
 $\frac{1}{2}$ cup yogurt, organic low-fat plain
2 tablespoon tahini (sesame seed paste)
1 tablespoon lemon juice
 $\frac{1}{3}$ cup parsley, flat-leaf, chopped
 $\frac{1}{4}$ teaspoon salt

Preparation

To prepare burgers: Place chickpeas, scallions, egg, flour, oregano, cumin and $\frac{1}{4}$ teaspoon salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. (The mixture will be moist.) Form into 4 patties. Heat oil in a large skillet over medium-high heat. Add patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.

To prepare sauce & serve: Meanwhile, combine yogurt, tahini, lemon juice, parsley and $\frac{1}{4}$ teaspoon salt in a medium bowl. Divide the patties among the pitas and serve with the sauce. To make this in advance, just cover and refrigerate the uncooked burger mixture and tahini sauce for up to 2 days.

Servings: 4. 339 Calories per serving, 16 g Fat (3g Saturated), 53 g Carbohydrate, 742 mg Sodium, 9 g Fiber, 15 g Protein

Lunch Recipes (cont.)



Grilled Sirloin Salad

- | | |
|--|---|
| 1 tablespoon chili powder | 1 ½ cups red bell pepper strips |
| 2 teaspoons dried oregano | 1 cup vertically-sliced red onion |
| 1 teaspoon dried thyme | 1 tablespoon chopped fresh parsley |
| ½ teaspoon onion powder | 1 tablespoon red wine vinegar |
| ½ teaspoon garlic powder | 1 teaspoon olive oil |
| ¼ teaspoon black pepper | 1 teaspoon fresh lemon juice |
| 1 pound lean boneless sirloin steak, trimmed | 1 (8 ¾ ounce) can organic whole kernel corn, drained and rinsed |
| 8 cups organic mixed salad greens or arugula | |

Preparation

Combine the first six ingredients; rub over both sides of steak. Heat a grill pan over medium-high heat. Add steak; cook on each side 5 minutes or until desired degrees of doneness. Cut the steak across grain into thin slices. While steak cooks, combine salad greens and remaining ingredients in a large bowl; toss well to coat. Top with steak.

Servings: 4. 278 calories per serving, 8.7 g Fat, 330 mg Sodium, 22 g Carbohydrate, 6.1 g Fiber, 30.4 g Protein



Grilled Veggie Salad

- 1 teaspoon chopped fresh rosemary
- 1/8 teaspoon freshly ground black pepper
- 2 ½ teaspoons olive oil
- 1 tablespoons raspberry-flavored vinegar
- 1 clove garlic, minced
- 2 ears fresh organic corn, husked
- 1 small zucchini, cut in half lengthwise (about ¼ pound)
- 1 small yellow squash, cut in half lengthwise (about ¼ pound)
- 1 large bell pepper, cut into quarters
- 2 (1/2 inch) slices red onion
- 1 large unpeeled tomato, cored and cut in half crosswise

Preparation

Combine rosemary, black pepper, olive oil, vinegar, and garlic in a bowl; stir with a whisk until blended. Brush ears of corn and the cut surfaces of the remaining vegetables with half the olive oil mixture, and set aside. Coat grill rack with cooking spray; place on grill over medium – hot coals. Place vegetables, cut side down, on rack. Cook 5 minutes; brush with remaining olive oil mixture. Turn vegetables over, and cook an additional 5 minutes or until tender. Remove from grill; cut each ear of corn into 6 pieces. Cut onion slice into quarters. Cut remaining vegetable pieces in half.

Servings: 2. 256 Calories per serving (serving size is one cup), 7.8 g Fat, 36 mg Sodium, 47 g Carbohydrate, 10.4 g Fiber, 7.8g Protein

Lunch Recipes (cont.)



Hummus and Vegetable Pita

1/4 cup hummus
1 pita, 6 1/2-inch whole-wheat, cut in half to form two pockets
1/2 cup organic spinach
1 tablespoon red onion, red, chopped
1/4 cup carrots, chopped
2 slices tomatoes
2 tablespoon organic low-sodium mozzarella cheese, shredded

Preparation

Spread hummus equally between the two pita halves. Divide spinach, red onion, carrots, tomatoes and mozzarella equally between each pita pocket. Sprinkle cheese on top of each half and serve.

Servings: 1. 342 Calories per serving, 10 g Fat (3 g Saturated), 51 g Carbohydrate, 11 g Fiber, 16 g Protein



Jillian's SUBWAY® Veggie Delite®

1 6-inch Italian bread
Lettuce
Tomatoes
Green peppers
Cucumbers

Avocado
Onions
Black pepper
Mustard (optional)
Vinegar (optional)



Preparation

At the SUBWAY® counter, request the Veggie Delite® with the works on Italian bread (toasted or untoasted), with lettuce, tomatoes, green peppers, cucumbers, onions, mustard, and avocado (instead of cheese). For condiments, add black pepper, mustard, and vinegar, to taste. Do not add cheese, oil, mayonnaise or salt.

Servings: 1. 270 Calories per serving, 7 g Fat (1.5 Saturated), 0 Cholesterol, 510 mg Sodium, 45 g Carbohydrate, 4 g Fiber, 9 g Protein



Mexican Pizza

1 tortilla, 6 1/2-inch whole-wheat
3 ounces organic oven-roasted chicken breast, skinless
1/4 cup mild salsa
1/2 cup red peppers, chopped
2 tablespoon green chile peppers, diced
1 cup spinach
2 tablespoon organic low-sodium mozzarella cheese, shredded
1/4 cup avocado, sliced

Preparation

Preheat oven to 425 degrees. Spray pan with non-stick spray. Over medium heat, cook bell pepper, green chiles and spinach and cook until spinach is wilted. Spread salsa on tortilla and top with chicken and spinach mixture. Sprinkle with cheese and bake until cheese melts. Top with avocado slices.

Servings: 1. 364 Calories per serving, 12 g Fat (3 g saturated), 80 mg Cholesterol, 714 mg Sodium, 35g Carbohydrate, 8 g Fiber, 37 g Protein.

Lunch Recipes (cont.)



Salmon and Blueberry Salad

3 ounces wild-caught salmon fillet
2 cups lettuce, mixed greens, packaged
1 cup tomatoes, chopped
1/4 cup blueberries, fresh or defrosted frozen
1/2 ounces feta cheese crumbled, reduced-fat
1 tablespoon organic walnuts, chopped
1/4 cup cannellini beans, no-salt-added, rinsed and drained
1/8 cup red onion, cut into 1/8 inch-thick slices separated into rings
1 tablespoon light raspberry walnut vinaigrette

Preparation

Heat pan over medium heat. Add salmon fillet, skin side down. Cook approximately 5-7 minutes, until fish is a light pink color. Add salmon to package mixed salad greens combined with tomatoes, blueberries, reduced-fat crumbled feta cheese, walnuts; cannellini beans, red onions. Drizzle 1 tablespoon of light raspberry walnut vinaigrette on top. Eat immediately.

Servings: 1. 435 Calories per serving, 20 g Fat (3g saturated), 35 g Carbohydrate, 9 g Fiber, 32 g Protein



Seared Tuna Salad

4 (6 ounce) yellowfin tuna steaks (about 3/4 inch thick), sushi quality
1 1/2 teaspoon freshly ground black pepper, divided
2 tablespoons olive oil, divided in half
2 tablespoons fresh lemon juice
8 cups arugula leaves
2 cups fennel bulb (about 1 small bulb), thinly sliced

Preparation

Sprinkle tuna steaks with 1 teaspoon black pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add tuna steaks; cook 2 minutes on each side or until they reach desired degree of doneness. In a large bowl, combine 1/2 teaspoon black pepper, 1 tablespoon oil, and juice; whisk. Add arugula and fennel; toss well. Place about two cups salad on each of the four plates; top each serving with 1 tuna steak.

Servings: 4. 276 calories per serving, 8.8 g Fat, 144 mg Sodium, 6.9 g Carbohydrate, 41.7 g Protein, 2 g Fiber



Turkey and Avocado Wrap

1 sprouted grains Ezekial 4:9 tortilla or whole-wheat tortilla
1/4 avocado
3 ounces roasted nitrate-free turkey breast, sliced
2 slices tomatoes
1/2 cup organic spinach leaves

Preparation

Lay wrap out on plate. With a fork, mash avocado until it's a spread-like consistency. Spread over wrap. Place turkey, tomatoes, and spinach in center. Roll tightly, secure with toothpicks and cut in half to serve.

Servings: 1. 327 Calories per serving, 9 g Fat (1 g Saturated), 70 mg Cholesterol, 309 mg Sodium, 30 g Carbohydrate, 3 g Fiber, 31 g Protein

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Snack Recipes

Select one of these delicious (approx.) 200-calorie afternoon treats to enjoy between lunch and dinner.



Almonds and Orange

¼ cup raw or dry-roasted organic almonds
1 orange, small

Peel the orange and serve on a plate with the almonds.



Apple Berry Banana Smoothie

2 ounces organic apple juice
2 ounces coconut milk beverage
½ banana
1 scoop protein powder, Jillian Michaels Vanilla Cream Whey
1 cup ice cubes

Preparation

Pour ingredients into a blender and blend on high until mixture is completely smooth and frothy. Pour into a tall glass and enjoy.



Chips and Salsa

1 serving (about 18 chips) Baked Guiltless Gourmet tortilla chips
½ cup fresh salsa

Dip the chips into the salsa and enjoy.



Hard-boiled Egg With 1 Small Apple

1 egg, hard-boiled
1 organic apple, small

Hard-boil the egg and de-shell it when it has cooled. Cut the apple into slices. Serve and enjoy.

Snack Recipes (cont.)



Hummus and Veggies

Organic carrot sticks or baby carrots
Organic celery sticks
1/3 cup of hummus

Cut washed and peeled carrots and celery stalks into short sticks. Serve alongside a small bowl filled with hummus. Dip and enjoy.



Mozzarella Cheese and Small Pear

1 Horizon Organic low-fat organic mozzarella cheese stick
1 organic pear, small

Slice the pear and remove the cheese stick from the plastic wrap.



Popchips and Cottage Cheese

popchips*

1 small bag of popchips®, any flavor 200 calories or less
½ cup of non-fat organic cottage cheese

Pour chips onto a small plate and serve alongside a bowl of cottage cheese.



Protein Bar



1 22 Days® brand protein bar

I prefer either the 22 Days brand or Lara Bar® brand. Both are all natural – no preservatives, artificial colors, sweeteners, or flavors, no trans fat, no corn syrup, and no soy. Open the wrapper and enjoy.



Sunflower Seeds and Watermelon

¼ cup sunflower seeds
2 slices watermelon

Slice the watermelon, then cube it if you want to enjoy it in a bowl. Eat with the sunflower seeds.



Turkey Jerky

200 calories of organic turkey jerky

There are several varieties of organic turkey jerky available at supermarkets. Look at Trader Joe's and Whole Foods for organic, nitrate-free varieties. Measure out the 200 calories of jerky, based on the serving size listed on the package and enjoy.

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Dinner Recipes

These quick and tasty dishes are great for serving the family or just you. Save time in the kitchen by freezing some of these dishes, then enjoy them again without having to cook.



BBQ Chicken and Black Bean Burrito

1 tablespoon olive oil
¾ pound skinless, boneless organic chicken breast, cut into bite-size pieces
½ cup onion, chopped
3 garlic cloves, minced
1/3 cup low-sodium barbeque sauce
15 ounces of low-sodium black beans, rinsed and drained
½ cup (2 ounces) organic reduced-fat sharp cheddar cheese, shredded
4 Ezekiel 4:9 sprouted grain tortillas
¼ cup organic nonfat plain Greek yogurt

Preparation

Heat oil in a large skillet over medium heat. Add chicken, onion, and garlic; cook 8 minutes or until chicken is done, stirring constantly. Stir in barbeque sauce and beans. Sprinkle with cheese; cook 5 minutes or until thoroughly heated. Warm tortillas in skillet until lightly brown. Spoon about ½ cup chicken mixture down the center of each tortilla; top each with 1 tablespoon Greek yogurt, and roll up.

Serves 4. 368 Calories per serving, 13.3 g Fat, 29.1 g Carbohydrate, 544 mg Sodium, 4.8 g Fiber, 34.9 g Protein

Dinner Recipes (cont.)



Black Bean Chili

1 cup dried black beans, rinsed
1 tablespoons olive oil
1 onions, finely chopped
1 green peppers, finely chopped
3 cloves garlic, finely chopped
1/2 tablespoon chili powder
1/2 tablespoon ground cumin
1/2 tablespoon dried oregano
1/4 teaspoon ground cinnamon
2 pinches ground black pepper
1 14-ounce can diced organic tomatoes with their juice
1/2 teaspoon grated orange zest
1/2 cup fresh orange juice
1 to 2 teaspoons chopped chipotle chilies in adobo (optional)
1/4 cup medium-grain dried bulgur
pinch salt
2 tablespoons minced scallions (white and green parts), for garnish
2 tablespoons minced fresh cilantro, for garnish
4 lime wedges, for garnish

Preparation

Place the beans in a colander and pick over them to remove any debris, then rinse and drain. Place them in a Dutch oven or other large, heavy pot and add water to cover by 2 inches. Bring to a boil. Reduce the heat to low and simmer, partially covered, until almost tender, about 1 hour. Drain and set aside.

Heat the oil in the same large pot over medium-high heat until hot but not smoking. Add the onions and the green peppers and cook, stirring occasionally, until just starting to brown, 8 to 10 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the chili powder, the cumin, the oregano, the cinnamon, and the black pepper. Then stir in the tomatoes, the orange zest and juice, the honey, the chipotle, and 1.5 cups of water. Add the reserved beans. Return to a simmer, and cook, partially covered, checking occasionally and adding more water and needed, until the beans are just tender to the bite, about 1 1/2 hours. Stir in the bulgur 15 minutes before removing the chili from the heat. Add pinch of salt.

Divide the chili into 4 bowls and top each serving with the scallions, the cilantro, and a lime wedge, if desired, or pass the toppings separately at the table.

Servings: 4. 297 Calories per serving, 4.7 g Fat, 52.9 g Carbohydrate, 14.6 Protein

Dinner Recipes (cont.)



Chicken Satay

1 pound boneless, skinless organic chicken breast
1/2 cup plus 1 teaspoon low-sodium tamari
Juice of one orange (about 1/2 cup)
Juice of 1 lime (about 1 1/2 tablespoons)
3 garlic cloves, chopped
1/4 cup rice wine vinegar

2 tablespoons organic natural almond butter
1 tablespoon organic raw honey
1 tablespoon fresh ginger, minced
1/4 teaspoon sesame oil
Olive oil spray, for grilling

Preparation

Slice the chicken breasts into thin strips 3 to 4 inches long; this is easier to do if the chicken is placed in the freezer for 20 minutes before slicing. You should have about 40 slices (count out and set aside roughly half as many skewers as you have slices of chicken). In a medium bowl, mix together 1/2 cup tamari (available in the specialty foods aisle at most supermarkets), orange juice, lime juice, and 2 of the garlic cloves. Add the chicken slices. Cover the bowl and refrigerate for at least 1 hour and up to overnight. Before you are ready to grill the chicken, soak the wooden skewers in water for at least 20 minutes.

Meanwhile, in a blender or the work bowl of a food processor, place the rice wine vinegar, almond butter, honey, ginger, sesame oil, remaining 1 teaspoon tamari, and remaining garlic clove. Blend or process until smooth. Set aside until ready to serve.

If using a gas or charcoal grill, spray the grill with olive oil and preheat a medium-hot grill. If using a grill pan, spray with olive oil and heat over medium-high.

Pat the chicken slices dry, and thread 2 slices on each skewer. Grill for about 2 to 3 minutes per side. Arrange the hot skewers on a platter. Drizzle the sauce over or serve in a bowl alongside the skewers.

Servings: 4. 203.5 calories per serving; 5.5 g Fat, 9.1 g Carbohydrate, 597 mg Sodium, 29 g Protein



Honey Lemon-Marinated Chicken Breasts

1/4 cup organic raw honey
1/4 cup(s) lemon juice
2 teaspoon oil, vegetable
1 teaspoon rosemary, crushed
1 teaspoon lemon peel, grated
1/2 teaspoon salt
1/8 teaspoon black pepper
4 organic chicken breasts, skinless

Preparation

Combine all ingredients (except chicken) and mix well. Marinate chicken in honey-lemon mixture 1 hour in shallow baking dish. Broil chicken 5 minutes, brush with pan drippings, turn and broil 5 minutes longer or until juices run clear. If desired, bring marinade to a boil; simmer 2 minutes. Strain hot marinade over chicken.

Servings: 4. 189 Calories per serving. 5 g Fat (1 g Saturated Fat), 60 mg Cholesterol, 388 mg Sodium, 18 g Carbohydrate, 0 g Fiber, 23 g Protein

Dinner Recipes (cont.)



Mahi Mahi Tacos

3 tablespoons fresh lime juice	1 large ripe mango, peeled, pitted and chopped (about 2 cups)
3 tablespoons fresh orange juice	¼ cup fresh cilantro leaves, chopped
1 garlic clove, chopped	½ teaspoon seeded, chopped red chile
2 teaspoons chili powder	2 teaspoons virgin coconut oil
1/4 teaspoon salt	4 (8 inch) Ezekiel 4:9 sprouted grain tortillas or whole wheat tortillas
¼ teaspoon ground black pepper	1 ripe avocado, pitted, peeled and chopped
1/8 teaspoon cayenne pepper	
1 pound mahi-mahi, rinsed and patted dry, cut into bite size chunks	

Preparation

In a medium bowl, whisk together 2 tablespoons of the lime juice, 2 tablespoons of the orange juice, garlic, chili powder, salt, black pepper, and cayenne pepper. Add the fish and gently stir to coat. Let stand for at least 10 minutes.

In a medium bowl, combine the mango, onion, cilantro, chile and remaining 1 tablespoon each lime and orange juice. Stir gently until well combined. Set aside in the refrigerator if you are marinating the fish longer than a few minutes. Let stand at room temperature for at least 20 minutes before serving. In a large cast iron skillet, heat the oil over medium high heat. Add the fish and its marinade and cook for 3 to 4 minutes, turning frequently, until the fish is opaque. While the fish cooks, wrap the tortillas in damp paper towels and microwave on high power for 30 seconds. Gently fold the avocado into the mango mixture. Divide the fish evenly among the tortillas or save fish mixture in sealed container for remaining tacos for up to two days.

Servings: 4. 405.2 Calories, 13.9 Fat, 43.9 Carbohydrate, 409.2 Sodium, 26.8 Protein

Dinner Recipes (cont.)



Mediterranean Pizza

2 tablespoon cornmeal, organic, for the baking sheet
4 cups spinach, shredded (about 5 ounces)
Whole-wheat flour, for work surface
1 pound pizza dough, whole wheat, thawed if frozen
2 teaspoon olive oil, extra virgin
4 plum tomatoes, thinly sliced

1 tablespoon fresh marjoram, coarsely chopped
(or oregano or basil)
1/2 small red onion, thinly sliced
1/3 cup vegan feta cheese (or reduced-fat feta), crumbled
1/4 cup Kalamata olives, pitted, coarsely chopped
1/2 teaspoon black pepper, ground

Preparation

Preheat the oven to 450°F. Spread the cornmeal on a large baking sheet; alternatively, rub the baking sheet with oil. Place the spinach with the rinse water still clinging to the leaves in a microwave-safe bowl with a lid. If the leaves are completely dry, add a teaspoon of water. Cover and microwave on high until the spinach is bright green and wilted, about 1 minute. Transfer to a strainer and rinse with cold water. When cool enough to handle, wrap the leaves in a clean kitchen towel and squeeze out all of the excess liquid. Remove the spinach from the towel, using your fingers to loosen and separate the leaves. Set aside.

On a lightly floured work surface, use a rolling pin and your hands to roll and stretch the dough to a roughly 10 by 14-inch rectangle; if the dough becomes so elastic that after it is rolled it just snaps back, contracting to its original size, let it rest a few minutes before continuing to roll. Transfer the dough to the prepared baking sheet.

Brush the dough with 1 teaspoon of the olive oil. Arrange the tomatoes on the dough. Sprinkle the marjoram over the tomatoes. Spread the spinach on top, followed by the red onion, feta, olives, and black pepper. Drizzle the remaining 1 teaspoon olive oil over the pie. Bake until the crust is golden, 15 to 20 minutes.

Servings: 4. 388.5 Calories per serving, 10.3 g Fat, 814.1 Sodium, 59.9 g Carbohydrate, 13.8 g Protein



Nut Encrusted Chicken Breasts

1/2 cup unsalted organic almonds, toasted
2 tablespoons olive oil, extra virgin
3/4 teaspoons grated lemon zest
1 tablespoon fresh lemon juice
3/4 teaspoon dried rosemary
1 garlic clove
1/4 teaspoon salt
4 (4-5 ounce) boneless, skinless organic chicken breast halves

Preparation

Preheat the oven to 425 degrees. In the work bowl of a food processor, place the almonds, olive oil, lemon zest and juice, rosemary, garlic, and salt. Process until coarsely chopped; the mixture will be a thick paste. Arrange the chicken breast halves in a baking dish. Divide the almond paste and spread on the breasts; pat down to cover each breast completely. Roast in the oven until cooked through and an instant-read thermometer reads 165 to 170 degrees, about 10 minutes. Loosely tent with foil and let stand for 5 to 10 minutes before serving.

Servings: 4. 293 Calories per serving; 17.4 g Fat, 4.3 g Carbohydrate, 194.2 mg Sodium, 30 g Protein

Dinner Recipes (cont.)



Roasted Salmon

1 tablespoon raw pepitas
1 teaspoon cumin seeds
1 teaspoon ground cardamom
1/4 teaspoon salt
2 tablespoons plain organic nonfat yogurt
4 (4-ounce) wild Alaskan salmon fillets, skin on, rinsed and patted dry
2 teaspoons coconut oil
Lemon wedges, for serving

Preparation

Preheat the oven to 425F. Place a small cast iron or other heavy skillet over medium-high heat. Add the pepitas to the skillet and toast, shaking the pan frequently, until lightly browned, about 4 minutes. Transfer the pepitas to a bowl to cool. Return the skillet to the heat. Place the cumin seeds in the pan and toast shaking the pan frequently, until fragrant, 30 to 45 seconds. Transfer the seeds to a bowl to cool. In the work bowl of a food processor, place the toasted pepitas and pulse until coarsely chopped. Add the cumin seeds, the cardamom, and the salt, and pulse 2 or 3 times just to combine.

Brush the meaty sides of the salmon fillets with the yogurt. Sprinkle the pepita mixture over the salmon and press to adhere. Heat a large cast iron or other ovenproof (not nonstick) skillet over medium-high heat until hot. Add the oil. When the oil is heated, add the salmon seasoned side down. Cook until the underside is browned, about 3 minutes. Turn the fillets over. Place the skillet in the oven and bake until the salmon is opaque in the center, 3 to 5 minutes, depending on the thickness of the fillets. Serve with lemon wedges.

Servings: 4. 203 Calories per serving. 10.9 g Fat, 1.5 g Carbohydrate, 23.6 g Protein



Turkey Kebabs

1/2 cup nonfat organic plain yogurt	1/4 teaspoon ground black pepper
2 teaspoons fresh lime juice	1/8 teaspoon salt
1 teaspoon fresh ginger, chopped	1 pound boneless, skinless organic turkey, cut into 1
1 clove garlic, chopped	1/2-inch pieces
1/2 teaspoon cumin	Olive oil spray, for the grill
1/2 teaspoon turmeric	

Cilantro-Lime Sauce:

In a blender, combine 2 packed cups cilantro leaves; 2 tablespoons fresh lime juice; 1 tablespoon olive oil; 1 teaspoon organic raw honey; add 1 garlic clove, chopped; 1/2 teaspoon chopped fresh ginger; 1/2 teaspoon garam masala; 1/4 teaspoon salt and 3 tablespoons of water. Puree until smooth.

In a medium bowl, combine the yogurt, the lime juice, the ginger, the garlic, the cumin, the turmeric, the pepper, and the salt. Add the turkey and marinate for at least 10 minutes and up to overnight. Place 8 wooden skewers in a pan of water and let soak for at least 20 minutes. If using a gas or charcoal grill, spray the grill with olive oil and preheat a medium-hot grill. If using a grill pan, spray with olive oil and heat over medium-high. Thread the turkey on the skewers. Grill, turning occasionally, until cooked through, 10 to 12 minutes. Serve with cilantro-lime sauce, if you'd like.

Serves 4 (2 kebabs each with sauce). 182.3 Calories per serving, 4.1 g Fat, 7.4 g Carbohydrate, 29 g Protein

Dinner Recipes (cont.)



Zesty Shrimp Veracruzana

2 teaspoon canola oil
1 whole bay leaf
1 medium onion, halved and thinly sliced
2 medium jalapeño peppers, seeded and very thinly sliced (optional)
4 garlic cloves, minced
1 pounds raw shrimp, peeled and deveined (16-20 per pound)
3 medium tomatoes, diced
1/4 cups green olives, pitted, thinly sliced
1 medium lime, cut into 4 wedges

Preparation

Heat oil in a large skillet over medium heat. Add bay leaf and cook for 1 minute. Add onion, jalapeños (adjust for flavor as desired) and garlic and cook, stirring, until softened, about 3 minutes. Stir in shrimp, cover and cook until pink and just cooked through, 3 to 4 minutes. Stir in tomatoes and olives. Bring to a simmer, reduce heat to medium-low, replace cover and cook until the tomatoes are almost broken down, 2 to 3 minutes more. Remove the bay leaf. Serve with lime wedges.

Servings: 4; 192 calories per serving, 6 g Fat (1 g Sat. Fat), 172 mg Cholesterol, 324 mg Sodium, 11 g Total Carbohydrate, 2 g Fiber, 24 g Protein

Additional **VEGAN** Recipes



Chili Black Bean Burgers

Serve on whole grain buns or in a lettuce wrap

1 teaspoon olive oil
1/2 cup minced red onions
1/2 cup chopped and seeded organic Roma tomatoes
1 - 3 teaspoon minced jalapeno peppers (more if you like it hot)
1 clove garlic, minced
1 teaspoon ground chili powder
1 - 15 ounce can low sodium black beans, rinsed and drained*
1/2 cup dry whole wheat breadcrumbs
2 tablespoons low sodium barbecue sauce
1 tbsp plain agar powder (available from health food stores/Chinese stores etc) with 1 tbsp water

Heat oil in nonstick skillet over medium heat. Add to the pan the onion, tomato, jalapeno, garlic and chili powder and sauté 5 minutes.

Cool slightly. Using fork, coarsely mash beans in bowl. Combine with onion mixture, breadcrumbs, 2 tablespoons of the barbecue sauce and agar powder and water. Shape mixture into four 1/2-inch-thick patties.

Cover and chill.

If grilling, oil the rack or spray grill rack with nonstick spray, then heat up coals to medium heat. If cooking on stove top, heat a 1 teaspoon olive oil over medium heat. Place patties on grill or in skillet and cook until golden brown and heated through, about three minutes per side.

Serve burgers on buns if desired. Serve with more barbecue sauce, tomato, lettuce or or avocado if desired.

Per Serving: 175 Calories; 3g Fat (12.8% calories from fat); trace Saturated Fat; 9g Protein; 30g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 572mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Additional **VEGAN** Recipes



Curried Couscous with Chickpeas

1 tablespoon olive oil
4 medium carrots, peeled, halved lengthwise, and sliced
1 medium onion, halved lengthwise, cut crosswise into 1/2-inch wedges
1 ¾ cups of light coconut milk
1/2 cup golden raisins
2 tablespoons curry powder
Pepper, to taste
1 cup chickpeas
2 cups vegetable broth
1-1/3 cups dry whole wheat couscous
2 tablespoon chopped cilantro

Place olive oil in a pan over medium-high heat. Add carrots and onion; saute until the vegetables are slightly tender (5 minutes).

Stir in coconut milk, raisins, curry powder and pepper. Add chickpeas; simmer until sauce thickens (3 to 5 minutes).

Bring vegetable broth to a boil. Add couscous; stir for 3 minutes, then remove from heat. Cover and let stand for 5 minutes fluff couscous.

Place couscous on a plate. Top with chickpea mixture and garnish with cilantro.

Source of recipe: This recipe was modified from The Pampered Chef 29 Minutes to dinner and made vegan.

Makes: 4 servings, Preparation time: 5 minutes, Cooking time: 15 minutes

Additional **VEGAN** Recipes



Quinoa with Black Beans & Kale

1 cup quinoa, uncooked
2 cups water or vegetable broth
1 tablespoon olive oil
1 garlic clove, minced
1-2 small hot chilies, seeded and minced
3/4 cup onion, chopped
1 small red bell pepper, chopped
2 (15 ounce) cans black beans, drained with liquid reserved
1 teaspoon fresh cilantro
1/2 teaspoon ground cumin
Fresh lime juice, to taste
Black pepper, to taste
3 cups kale, chopped, stems and larger veins removed
1 cup fresh tomatoes, coarsely chopped

Rinse the quinoa and place it in a pot with the water or broth. Bring it to a boil, then reduce the heat and cook until the liquid is absorbed, about 20 minutes.

While the quinoa is cooking, heat the oil in a large saute pan over medium heat. Add the garlic and chilies and cook until fragrant, about 30 seconds. Add the onions and pepper, cover and cook until tender, about 5 minutes.

Add the beans, cilantro, cumin, lime juice and pepper to taste. Add as much of the reserved bean liquid as you wish to make the mixture moist, but not too watery. Reduce the heat to medium-low, cover and simmer until the quinoa is finished cooking.

Once the quinoa is finished, uncover the bean mixture and add the kale. Cook until just wilted, then stir in the tomatoes. Add the cooked quinoa and stir until everything is well combined and heated through. Taste and adjust seasonings. Serve hot.

Makes: 4 servings, Preparation time: ~15 minutes, Cooking time: 30 minutes

Additional **VEGAN** Recipes



Winter Vegetable Couscous

Cold weather is no match for this fragrant stew of cauliflower, squash, chickpeas, and warm spices. Try to get your hands on a tube, can, or jar of Harissa to serve with the dish. Harissa is a North African hot sauce made from chilies and garlic. It adds welcome heat and bright color to this dish. It can be found in the ethnic food sections of many grocery stores or in Middle Eastern markets.

1 tablespoon olive oil
1 medium red onion, coarsely chopped
1 tablespoon chopped garlic
2 teaspoons ground coriander
1 teaspoon cumin
1/2 teaspoon turmeric
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/4 teaspoon black pepper
1 medium head cauliflower (about 2 pounds), separated into florets
1 medium butternut squash or small pumpkin (about 3 pounds), peeled, seeded, and cut into 1-inch pieces
2 teaspoons honey
1 15-ounce can no- or low-sodium chickpeas, rinsed and drained
4 cups cooked whole-wheat couscous (from about 1 1/3 cups dried)
1/2 cup sliced almonds, toasted
Harissa, for serving (optional)

In a Dutch oven or other large, heavy pot, heat the oil over medium heat. Add the onions and cook, stirring occasionally, until softened, about 4 minutes. Stir in the garlic and cook until fragrant, about 1 minute. Stir in the coriander, the cumin, the turmeric, the cinnamon, the cloves, add the pepper and cook 1 minute. Add the cauliflower and squash and stir to coat with the spices. Add 3 cups of water and the honey. Bring to a boil over high heat, cover, reduce the heat, and simmer until the vegetables are somewhat soft, about 5 minutes. Stir in the chickpeas. Simmer, covered, until the vegetables are fork tender but not mushy, stirring once or twice, 5 to 8 minutes. All the vegetables should be tender enough to cut with the side of a fork, but still hold their shapes.

To serve, spread the couscous over a large serving platter and, using a slotted spoon, mound the vegetables in the center. Pour some of the broth over the vegetables and sprinkle with the almonds. Pass the remaining broth and the Harissa, if using, while sitting at the table.