FIT BY FRANK
15 - 20
Minutes
High Protein
Recipes

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Introduction

A high protein diet is one of the most popular styles of diet on the market today. The theory is that protein is heavier and harder to digest than other types of foods. You should stay fuller longer and need to eat less to feel full. While this is very true, not many people know many foods that contain protein in higher amounts. This can lead to poor choices and unhealthy eating habits. Many types of protein rich foods are also high in calories and fat. If you are on or plan to be on a diet like this than you will want to educate yourself on which foods are best to eat.

Meat And More Meat

When it comes to the right high protein diet you will want to figure out the meats that are the highest sources, yet contain little fat. Meat may be a dieter's choice for this diet type, but it can backfire in fat content fast. This can make it so you do not lose weight or cause other health problems. Red meat and pork, even when lean have high fat contents and can be the majority of calories in a daily diet. If you want a good protein source that is low in fat and calories than you will want to eat fish and chicken. These meats are very lean and offer you a filling dish that will not clog your arteries.

Snacking With Nuts And Legumes

There are plenty of nut products out there to satisfy the pickiest of snackers. The only issue is that some of your choices are not low in fat, only high in protein. Nuts are a great snack in moderation, as many contain too much fat to be eaten all day long. Legumes on the other hand, are very snack and meal friendly. If you are looking for a high protein meal that is very low in fat and meat free, you can feel safe eating these two types of foods. When it comes to nuts you will want to limit your serving to only a few per day. Also in this category of foods are soy products. Soy is a very good source of protein that is also low in fat. You still will need to be careful how much you eat as too much soy can effect hormone production in both men and women.

The Dairy Dilemma

When it comes to the high protein diet, dairy products are very popular. Yogurts, cheeses, eggs, and other types of milk products have gone low fat to aid the needs of the dieters. This makes snacking with this food group guilt free. You still need to be careful to read the labels and be sure you are getting the low fat version of foods. You cannot just assume that every type of cheese or yogurt, for example are the same. Always look for dairy products that contain 1% milk or less. This will allow you to eat more of it and not add too much fat to your diet

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Benefits of High Protein Diets

High protein diets are a popular way to lose weight, as researchers have shown that protein satisfies hunger better than fats or carbohydrates. Individuals looking to lose weight and using a diet of protein combined with exercise, improve fat loss and blood levels. High protein diets can also maintain lean tissue and burn fuel without leaving the dieter hungry. Protein may help the produce a lower amount an appetite stimulating hormone, therefore causing the dieter to eat less often due to lack of hunger.

Since protein is needed to build muscle, create and maintain cells and make stronger bones, it is obviously needed in the body. A diet of protein can help build immunity and fight off diseases, another benefit for increasing the amount of protein in a diet. A well-balanced diet should include 10-25% of your daily intake from the protein group. A high protein diet should include 35-45% of protein, with little fats or carbohydrates at all. Most other food should be from the fresh fruit or vegetable category. Some fruit is packed full of natural sugars, which also won't aid in weight loss, but are better than processed sugars.

While there are no inherent dangers to eating a diet of protein, there are some cautions that people should take when doing so. Check with your doctor to make sure that your kidneys and liver are strong enough to handle the high doses of protein that will be entering your body. Also ask your doctor if you should take any vitamins or minerals while consuming a diet high in protein. It is best to start slowly with building up your protein, and you should do it over the course of time. Starting a high protein diet abruptly can cause stomach upset, constipation and headaches.

Eating four to six small high protein meals a day will assist in boosting your metabolism and making you feel fuller. For a diet of protein, you should include lean and low-fat items versus high fat protein items. Also, olive oils, nuts and avocados are great sources of fat, but still very healthy. Protein also comes in the form of beans, soy and low-fat dairy items. The best sources of protein are: fish, poultry, milk, eggs, low-fat yogurt, soy milk, tofu, cottage cheese, kidney beans, lentils, peanut butter and nuts.

Eating a combination of these items, along with a plentiful amount of fruit and vegetables, a lot of water, and healthy fats will aid in weight loss.

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Cooking Time: 15 minutes
Serving: 4

Lemongrass Chicken

Calories: 379, Carb: 2 g, Protein: 51.2 g, Fat: 16.8 g

INGREDIENTS

1. 2 fresh lemongrass stalks
2. 2 small shallots, coarsely chopped
3. 2 garlic cloves, coarsely chopped
4. 1 small hot chilli pepper, coarsely chopped
5. 1 tablespoon fish sauce
6. 4 – 8 oz boneless chicken breast halves with skin
7. 1 tablespoon vegetable oil
8. sea salt and freshly ground black pepper

INSTRUCTIONS

- Remove the fibrous outer covering and top of the lemongrass and chop the tender part as finely as you can. Place in a food processor and add shallots, garlic, chile, and fish sauce. Pulse to a fine paste.
- Place chicken in a large bowl and add paste. Toss to coat well. Cover and refrigerate for at least 2 hours or up to overnight.
- Preheat oven to 450◦F (225◦C).
- Pat chicken dry with paper towels. Heat oil in a large ovenproof nonstick frying pan over medium high heat, add chicken, skin side down, season with salt and pepper, and cook for about 5 minutes or until lightly browned.
- Place pan in oven and bake for about 5 minutes. Turn the chicken over and bake for an additional 5minutes, or until cooked through.

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Cooking Time: 15 minutes
Serving: 4

Shrimp Sauce

Calories: 358, Carb: 4 g, Protein: 31 g, Fat: 24 g

INGREDIENTS

1. 2 – 3 cloves garlic, minced
2. 1 tablespoon butter
3. 2 cups shrimp, cooked (small to medium size)
4. ½ cup cream thinned with water to 1 cup, or Almond Milk (page 240), unflavored
5. 1 – 1 ½ teaspoons arrowroot powder mixed with 2 tablespoons water
6. 2 tablespoons Parmesan cheese
7. ½ tablespoon parsley flakes
8. seasoning salt and lemon pepper, to taste

INSTRUCTIONS

- In a medium-sized saucepan over medium heat, cook the garlic in the butter until it is translucent, about 2 minutes.
- Add the shrimp and thinned cream. Heat the shrimp mixture until it is steam ing, about 4 minutes.
- Add the arrowroot/water mixture and stir slightly until the shrimp mixture is thickened. Add the Parme- san cheese and parsley, heating through. Season with seasoning salt and lemon pepper to taste.

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Cooking Time: 10 minutes
Serving: 1

Salsa Chicken Tortila

Calories: 397, Carb: 10 g, Protein: 56 g, Fat: 10 g

INGREDIENTS

1. 1 handful romaine lettuce, chopped
2. ¾ cup diced precooked Chicken
3. 2 tablespoons diced Onion
4. 2 tablespoons Feta Cheese crumbles
5. 1 large whole wheat tortilla
   Salsa for dipping

INSTRUCTIONS

- Arrange the chicken, onion, cheese, and lettuce down the center of the tortilla. Roll it tightly and cut it in half.
- Grill the rolls seam side down for about 2 – 3 minutes per side, on a nonstick skillet heated to medium. Serve with salsa.

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Cooking Time: 15 minutes
Serving: 2

Honey Nut Barbeque Chicken Fingers

Calories: 300, Carb: 14 g, Protein: 35 g, Fat: 12 g

INGREDIENTS

1. 2 egg whites, slightly beaten
2. ½ cup ground honey roasted almonds
3. 6 skinless chicken breast tenders
4. ½ cup fiber one honey clusters, crushed
5. 1 teaspon organic barbecue sauce
6. pepper to taste
7. chopped garlic to taste

INSTRUCTIONS

- Preheat oven to 450°F (220°C) In a shallow dish, combine egg whites and barbecue sauce.
- In another dish mix the crushed cereal, ground almonds, garlic and pepper. Dip the chicken pieces into the egg dish, and then coat with the crumb mixture. Bake about 12 minutes or until the chicken is fully cooked.

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Cooking Time: 20 minutes
Serving: 2

Zucchini Noodles With Spicy Chicken

Calories: 340, Carb: 7.1 g, Protein: 22.1 g, Fat: 25.1 g

INGREDIENTS

1. 3 cherry tomatoes
2. 1 tablespoon olive oil
3. 1 tablespoon chopped onions
4. 1 teaspoon garlic
5. 4 oz chicken sausage
6. ½ medium zucchini

INSTRUCTIONS

- Preheat a non stick skillet over medium high heat with the olive oil.
- Spirilize the zucchini or use a mandoline to make very thin slices. Alternatively, chop into bite sized pieces (it will look like noodles but it will taste the same), add to the hot skillet, season with freshly ground black pepper and and cook for about 1 – 2 minutes or until softened. Remove from pan and set aside in a serving bowl.
- In the same pan add onions, tomatoes, garlic and cook for about 1 – 2 minutes until fragrant then add the chicken sausage breaking it up with a spatula and keep cooking for about 5 minutes or until sausage is cooked through, Place sausage mixture over the zucchini noodles and enjoy.

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Cooking Time: 20 minutes
Serving: 2

Special Salmon Steaks

Calories: 315, Carb: 2 g, Protein: 23 g, Fat: 23 g

INGREDIENTS

1. 2 ounces capers
2. 2 salmon steaks
3. 1 tablespoon butter
4. $^1/_3$ cup sherry
5. 1 cup cream
6. 8 ounces mushrooms, sliced thinly
7. ½ cup chicken stock
8. 2 tablespoons parsley

INSTRUCTIONS

- Saute mushrooms in butter, in a medium size pan over high heat for few seconds or until thoroughly cooked but not yet browning.
- Add sherry and let simmer until the alcohol has evaporated, add cream and chicken stock.
- Thoroughly rinse the capers (they are usually purchased in brine and you do not want the acidic taste) and add to sauce Broil salmon steaks for about 5 – 7 minutes a side, over medium heat depending on thickness. The sauce should simmer while the steaks are cooking, to thicken it a bit.
- When salmon is cooked pour the sauce over to serve.

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Cooking Time: 20 minutes
Serving: 2

Salmon En Papillote With Roasted Potatoes

Calories: 363, Carb: 20 g, Protein: 39 g, Fat: 5 g

INGREDIENTS

For the roasted potatoes (optional)

1. 2 pounds mixed red and yellow-skinned potatoes
2. 2 teaspoons thyme leaves, chopped
3. 2 tablespoons olive oil
4. 1 teaspoon kosher salt
5. 1 teaspoon honey
6. Fresh ground pepper
7. For the salmon en papillote
8. 2 pieces parchment paper
9. ½ pound salmon (or for a vegetarian version, 1 ½ cups cooked or a 15-ounce can white beans)
10. 3 medium carrots
11. 2 cloves garlic
12. ½ lemon
13. 1 tablespoon fresh thyme, finely chopped
14. 1 tablespoon fresh rosemary, finely chopped
15. 1 green onion
16. 1 tablespoon olive oil
17. ½ teaspoon kosher salt
18. ¼ teaspoon paprika
19. Fresh ground pepper

INSTRUCTIONS

- Preheat oven to 425°F.
- **For Roasted Potatoes (Optional):** Dice potatoes. Chop the thyme leaves. In a large bowl, mix potatoes and thyme with olive oil, kosher salt, honey, and fresh ground pepper. Place on parchment lined baking sheet in a single layer and bake for about 30 – 35 minutes until tender and lightly browned.
- **For The Salmon En Papillote:** Cut salmon in half, peel carrots and cut them into very thin strips (julienne). Peel garlic. Slice lemon into rings. Finely chop the thyme and rosemary. Thinly slice the green portion of the green onion. Fold parchment paper in half and then cut it into a heart shape. Lightly brush the right half of the parchment heart with olive oil. On the right half of the heart, place the carrots on the paper, then place the salmon on top,add the whole garlic cloves and lemon rings next to the carrots. Top each packet with half of the chopped herbs, ½ tablespoon olive oil, ¼ teaspoon kosher salt, $^{1}/_{8}$ teaspoon paprika and fresh ground pepper.
- **Note:** For vegetarian version, substitute 1 ½ cups drained and rinsed white beans. Decrease the herbs to 2 teaspoons each.
- Seal each packet by folding over the left half of the heart, then folding ½-inch straight folds along the edge of the heart.
- Bake salmon for about 9 minutes for a 1 inch thick piece, or 10 – 11 minutes for a piece thicker than 1 inch (insert a knife into the middle of one piece to ensure the desired doneness). Allow to still for a few minutes before serving. Garnish with green onions and serve.

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Cooking Time: 25 minutes
Serving: 4

Chicken Sausage And Vegetable Skillet

Calories: 317, Carb: 8 g, Protein: 20 g, Fat: 23 g

INGREDIENTS

1. 1 small red bell pepper, cut into large chunks
2. 1 small zucchini, halved lengthwise and sliced into moons
3. 2 cloves garlic, minced
4. 6 cremini mushrooms, quartered
5. 3 tablespoons butter or ghee or olive oil for Whole30
6. 2 cloves garlic, minced
7. 1 small red onion, cut into large chunks
8. 1 small yellow bell pepper, cut into large chunks
9. ½ teaspoon Italian seasoning (I use this brand)
10. ½ teaspoon crushed red pepper flakes
11. 1 small summer squash, halved lengthwise and sliced into moons
12. black pepper and sea salt to taste

INSTRUCTIONS

- Heat and melt the butter, in a large skillet over medium heat, then add the chicken sausage, garlic, onion, to the skillet and saute for about 10 minutes.
- Add squash, Italian seasoning, bell peppers, zucchini, mushrooms, pepper, red pepper flakes and sea salt to the pan and saute for additional 10 – 15 minutes or until vegetables are crisp tender.
- serve and enjoy.

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Cooking Time: 25 minutes
Serving: 4

Cheesy Sausage And Cabbage Casserole

Calories: 333, Carb: 0 g, Protein: 15.5 g, Fat: 25 g

INGREDIENTS

1. 14.5 oz can diced tomatoes
2. 2 tablespoons grass fed butter
3. medium head green cabbage, quartered, cored and sliced
4. 1 ½ cups mozzarella cheese, shredded
5. 1 yellow bell pepper, chopped
6. 1 cup onion, diced
7. ¼ cup Italian flat leaf parsley, rough chopped
8. 2 tablespoons olive oil
9. 4 cloves garlic, minced
10. 1 ½ cup crushed tomatoes
11. 14 oz smoked sausage, halved and sliced into half moons
12. black pepper and sea salt to taste

INSTRUCTIONS

- Preheat oven to 350°F.
- line a baking sheet with foil, remove the stems from the mushroom caps and brush with olive oil and season with pepper and salt then place stem side up on the baking sheet.
- Heat butter in a medium size pan for few seconds over medium heat, then add the onions, peppers and sauce for about 5 minutes or until onion tender, then remove from skillet, reheat the skillet and add the steak. Sauté for another 3 – 5 minutes or until done.
- Toss the steak with the peppers and onions, seasoning with pepper and salt adjust to taste. Spoon the mixture into the mushroom caps and sprinkle with cheese, then bake for about 15 minutes or until the cheese is melted. Serve and enjoy.

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Cooking Time: 15 minutes
Serving: 4

Breaded Shrimp

Calories: 350, Carb: 1 g, Protein: 18 g, Fat: 44 g

INGREDIENTS

1. ½ teaspoon paprika
2. ¼ cup grated parmesan
3. olive oil cooking spray
4. ½ teaspoon dried oregano
5. 6 oz. pork rinds
6. ½ teaspoon garlic powder
7. freshly ground black pepper
8. 2 large eggs, beaten
9. 1 lb. large shrimp
10. 1 teaspoon chili powder
11. kosher salt

Sauce And Garnish

12. freshly chopped parsley
13. dash of hot sauce
14. Juice of ½ lemon
15. ½ c mayonnaise or ***sour cream***

INSTRUCTIONS

- Preheat oven to 450°.
- Line a rimmed baking sheet with parchment paper and spray it with olive oil. In a medium size bowl, in another medium size bowl lightly whisk in egg, then whisk the crushed pork rinds with the pepper, garlic powder, salt, paprika and parmesan, divide it into two separate bowls this will ensure the pork rind crumbs stay as dry as possible, making it easier to coat the shrimp.
- Place a few shrimp at a time in the egg to coat. Allow excess egg to drip back, then roll each shrimp in the pork rind mixture. Transfer the coated breaded shrimp on prepared baking sheet in single layer. Make sure they do not touch each other.
- Generously spray the shrimp with olive oil. Bake until coating is crispy and breaded shrimp is cooked through, for about 10 – 12 minutes. Make sauce In a small bowl, whisk together mayonnaise, lemon juice, and hot sauce Serve and enjoy immediately.

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Cooking Time: 20 minutes
Serving: 4

Kung Pao Chicken

Calories: 362, Carb: 3.2 g, Protein: 23.3 g, Fat: 27.4 g

INGREDIENTS

1. 2 medium chicken thighs, bone in skin on
2. 1 teaspoon ground ginger
3. salt and pepper to taste
4. ¼ cup peanuts
5. ½ medium green pepper
6. 2 large spring onions
7. 4 red bird's eye chilis, de seeded

the sauce

8. 2 tablespoons chili garlic paste
9. 1 tablespoon reduced sugar
10. 1 tablespoon soy sauce
11. ketchup
12. 2 teaspoon sesame oil
13. 2 teaspoon rice wine vinegar

½ teaspoon maple extract

INSTRUCTIONS

- Use kitchen shears to Debone chicken, cut chicken into bite sized pieces, season with pepper, ground ginger and salt.
- Heat a medium size pan over medium high heat and for few seconds, or until is hot then add chicken, and cook for about 10 minutes or until browned.
- While cooking, chop up and prep vegetables and chilis, set aside.
- Prepare sauce by collecting all ingredients together and mixing well in a bowl. Once the chicken is browned, stir everything together and let cook for a few minutes more. Add vegetables and peanuts to the pan and allow to cook down for about 3 – 4 minutes, add sauce to the pan and let it boil down to reduce slightly. It should have
- almost a sticky texture once done. Serve on top of your favorite side dish, like fried cauliflower rice.

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Cooking Time: 20 minutes
Serving: 4

Spinach, Herb and Feta Wraps

Calories: 361.5, Carb: 4.6 g, Protein: 27.55 g, Fat: 25.27 g

INGREDIENTS

1. ½ cup crumbled feta
2. 1 teaspoon sesame oil
3. ½ teaspoon salt
4. 2 cups spinach leaves
5. 5 whole eggs
6. 4 leaves basil, roughly chopped
7. 3 egg whites
8. Optional: 1 teaspoon olive oil
9. 3 whole sundried tomatoes, chopped

INSTRUCTIONS

For the Wrap

- collect and mix whole eggs, egg whites, salt, and sesame oil, in a large mixing bowl. Whisk together until the mixture is slightly foamy, for about 1 – 2 minutes or until desired consistency.
- Use non stick pan or a pan prepared with cooking spray. I used a square 9 ½ non stick pan because I feel a square egg wraps easier. Allow the pan to reach medium heat. Pour half of the egg mixture into the skillet, cover and reduce the heat to medium low.
- Once the wrap is cooked through and there is no raw egg left in the center, remove from the pan and cool on a paper towel or plate. Prepare the second wrap in the same way, cooking medium low and slow.

For the Filling

- Place spinach in the skillet used for the eggs over low heat to gently wilt the leaves. If you prefer soft leaves, leave them in the pan for about a minute.
- Portion out the feta, sun dried tomatoes, basil, and oil (if using) and prepare to fill your wraps.
- Begin with a layer of wilted spinach, followed with the feta, basil, and drizzle of oil. Roll from one end to the other. Wrap in parchment to make eating on the go easier.

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Cooking Time: 10 minutes
Serving: 1

Bacon Cheddar Chive Omelette

Calories: 365, Carb: 1.86 g, Protein: 24.86 g, Fat: 30.25 g

INGREDIENTS

1. 2 large eggs
2. 2 slices cooked bacon
3. 1 teaspoon chopped chives
4. 1 ounces cheddar cheese
5. 1 teaspoon bacon fat
6. pepper and salt to taste

INSTRUCTIONS

- Make sure all ingredients are prepped. Heat a pan over medium low heat, add bacon fat and heat for few seconds or until melt add the eggs, and season with chives, pepper and salt.
- Once edges are starting to set, add your bacon to the center and lallow to cook forabout 20 – 30 seconds. Turn off heat. add cheese on top of the bacon, and fold edges on top of the cheese like a burrito holding edges in place to use the cheese as a "glue".
- Flip over and warm through on the other side.

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Cooking Time: 15 minutes
Serving: 2

Scallop Scampi With Zucchini Noodles

Calories: 325, Carb: 9.3 g, Protein: 22 g, Fat: 3 g

INGREDIENTS

1. 10 – 12 scallops
2. 1 cup fresh cherry tomatoes
3. 5 garlic cloves
4. ¼ cup olive oil
5. ½ whole red onion, thinly sliced
6. salt and pepper, to taste
7. 2 large zucchini (about 4 – 5 cups of zucchini noodles)
8. cilantro, garnishing
9. red pepper flake (optional)

INSTRUCTIONS

- Heat the oil in a non stick skillet, add the fresh pressed garlic and cook until fragrant for about 2 minutes or more.
- Add the red thinly sliced onion, cherry tomatoes (whole) and scallops. Sprinkle with pepper and salt to taste and cover if possible. Allow to cook for about 12 – 15 minutes in medium low heat over, flipping the scallops half way through.
- Meanwhile, to absorb the extra moisture (or pat dry) zucchini. Pass the zucchini through the spiralizer to make the noodles. I leave the skin on. Than transfer the zucchini noodles on a large piece of paper towel and squeeze
- Add the zucchini noodles to the skillet, cover and cook for about 3 minutes again.
- Uncover the skillet and stir the zucchini in with the scallops and sauce. Garnish with cilantro, adjust the pepper and salt if needed.
- Serve hot and enjoy.

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Cooking Time: 20 minutes
Serving: 4

Chicken Fajitas

Calories: 334, Carb: 10 g, Protein: 37 g, Fat: 15 g

INGREDIENTS

1. ½ teaspoon cumin
2. 3 chicken breasts
3. 1 medium onion
4. ½ teaspoon onion powder
5. 1 lime
6. 3 bell peppers , red, yellow, 1 teaspoon chili powder
7. green or orange
8. 3 tablespoons olive oil , divided
9. ½ teaspoon smoked paprika
10. ½ teaspoon black pepper
11. salt to taste

INSTRUCTIONS

- Cut onion into slivers and slice peppers.
- In a separate bowl, collect and mix juice of ½ lime, chili powder, 1 tablespoon olive oil, onion powder, paprika, salt, cumin and pepper. Cut chicken into strips and toss with the spice mixture.
- Preheat 1 tablespoon olive oil over medium high. Add ½ of the chicken and cook for about 3 – 5 minutes or until cooked,. Remove from pan and set aside. Repeat with remaining chicken.
- Set chicken aside and add 1 tablespoon oil to the pan. Drain onions well and cook for 2 minutes. Add in sliced peppers and cook an another 2 minutes more or just until hot. Put chicken back to the pan and stir to combine.
- Squeeze the remaining lime overtop and serve.

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Cooking Time: 20 minutes
Serving: 5

Maquereaux Aux Petits Pois

Calories: 394, Carb: 4.8 g, Protein: 38.3 g, Fat: 13 g

INGREDIENTS

1. 1 tablespoon oliveoil
2. 2½ lb of fresh peas
3. 1 tablespoon tomatopurée
4. 3 or 4 mackerel
5. 1 onion
6. 2 clovesof garlic
7. bay leaf, fennel, thyme, parsley

INSTRUCTIONS

- Chop the onion finelyand sautéit in a braising pan with the olive oil. Assoon asit turns golden, add the tomato purée, giveit a stir, and put in the garlicand the herbs.
- Pour over 2½ pints of boiling water, season with salt, pepper, and a pinch of saffron, and put in the peas.
- When they are half cooked, add 3 or 4 mackerel cut in 2 or 3 pieces, according to their size.
- Bring them to the boil, and when the peas and the mackerel are cooked, take out the mackerel and put them on the serving dish.
- In another dish arrange some slices of bread, pour over them the peas and the sauce, and serve them all together.

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Cooking Time: 20 minutes
Serving: 2

Italian Stuffed Zucchini

Calories: 339, Carb: 14 g, Protein: 40 g, Fat: 14 g

INGREDIENTS

1. 1 medium zucchini
2. 6 oz ground beef, cooked and drained
3. 2 packets Protein Cream of Tomato Soup Mix
4. 1 cup water
5. Spicy herb seasoning, as desired
6. 1 slice whole wheat bread, diced

INSTRUCTIONS

- Half zucchini and scoop out flesh. Chop the scooped zucchini into small pieces and place in a beef, bread, and half of the sauce.
- Stuff zucchini shells and place in a baking dish.
- Bake at 350° for about 15 minutes. Pour remaining sauce over top, and continue baking for another 5 minutes.

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Cooking Time: 15 minutes
Serving: 6

One Pot Seafood Pasta Florentine

Calories: 305, Carb: 26 g, Protein: 31 g, Fat: 8 g

INGREDIENTS

1. 1 packet protein chicken bouillon soup mix
2. 2 tablespoons cornstarch
3. 2 tablespoons water
4. 12 oz shrimp, deveined
5. 12 oz scallops
6. 1 large yellow pepper, sliced
7. ½ cup onion, chopped
8. 2 cloves garlic, minced
9. 1 teaspoon dried basil
10. 1 teaspoon dried oregano
11. pepper, to taste
12. 1 cup water
13. 2 cups tomato, chopped
14. 2 cups spaghetti, cooked
15. 2 tablespoons fresh parsley, for garnish
16. mix cornstarch and
17. 2 tablespoon water in a small dish

INSTRUCTIONS

- Heat I cup in large skillet over medium heat and cook yellow pepper, basil, onion, oregano, garlic and pepper for about 5 minutes, or until vegetables are tender.
- Stir in cornstarch mixture and keep cooking and stir until thick and bubbly, stir in scallops and shrimp, keep cooking for another 3 – 4 minutes or until sea food is done.
- Stir in tomatoes and heat through. Toss with cooked spaghetti and garnish with parsley.

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Cooking Time: 5 minutes
Serving: 1

Wowser Waffles

Calories: 350, Carb: 14 g, Protein: 44 g, Fat: 20 g

INGREDIENTS

1. 1 whole egg
2. ½ teaspoon of cinnamon
3. 2 scoops of vanilla lean 'N complete meal replacement (1serving)
4. ¼ cup almond meal
5. 1 – 2 egg whites or egg beater equivalent cooking spray
6. belgian waffle maker (we use a cuisinart)

INSTRUCTIONS

- Preheat waffle maker.
- Collect and mix Lean 'N Complete, eggs, almond meal and cinnamon in a small size bowl until mixture is smooth and consistent
- Spray both top and bottom of one section of Belgian waffle maker with cooking spray
- Pour ingredients in and close top. Waffle will take about 4 minutes to done.
- Top with favorite fruit (optional), and light whipped cream (optional).

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Cooking Time: 5 minutes
Serving: 1

Tuna Shake

Calories: 336, Carb: 4 g, Protein: 80 g, Fat: 0 g

INGREDIENTS

1. 2 cups (500ml) Water
2. 2 6oz cans (340g) Tuna, drained
3. 4 Large Ice cubes

INSTRUCTIONS

- Collect all ingredients into blender and blend to desired consistency. Consume immediately.

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Cooking Time: 5 minutes
Serving: 1

Scrambled Eggs with Spelt Flakes

Calories: 310, Carb: 14 g, Protein: 34 g, Fat: 13 g

INGREDIENTS

1. 2 egg whites
2. 2 whole eggs
3. 20g spelt Flakes
4. chives, chopped
5. pinch of Salt
6. pepper to taste

INSTRUCTIONS

- Collect and mix egg whites and whole eggs in a cup add flavor with salt and pepper to taste, mix well.
- Coat with nonstick spray, medium size frying pan. Heat over medium low heat, cook eggs, and add the spelt flakes. Garnish with chives and serve.

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Cooking Time: 5 minutes
Serving: 1

Chicken Egg White Pizza

Calories: 342, Carb: 17.2 g, Protein: 47.4 g, Fat: 10.8 g

INGREDIENTS

1. 4oz (115g) boneless skinless chicken breasts
2. 4 large egg whites
3. ¼ cup tomato sauce
4. 1 cup, chopped peppers, sweet, green
5. 2 tablespoons peppers, sweet, red
6. 2 tablespoons mexican style four cheese
7. 2 tablespoons onions powder

INSTRUCTIONS

- Cook egg whites in small round pan, over medium heat. Season with pepper, garlic or any other "pizza-y" seasoning you like and cook thoroughly, flip egg whites over and add ¼ cup tomato sauce, chopped vegetables, grilled chicken and cheese.
- Reduce heat to medium low and cook until the cheese is melted on top.
- Serve and enjoy.

Fit By Frank

Cooking Time: 5 minutes
Serving: 5

Salmon Balls

Calories: 356, Carb: 17.9 g, Protein: 55.1 g, Fat: 10.2 g

INGREDIENTS

1. 20 – 35g breadcrumbs
2. 150g Salmon
3. 80 – 120g cottage cheese

INSTRUCTIONS

- Preheat oven to 350°F (180°C). Put salmon and cottage cheese in a bowl and mix well. Roll salmon in some breadcrumbs and ensure they are well covered and bake for about 20minutes.
- This will make 5 balls.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Chicken Avocado Burger Patties

Calories: 302, Carb: 13 g, Protein: 27 g, Fat: 16 g

INGREDIENTS

1. ¼ cup whole wheat bread crumbs
2. ½ cup cilantro
3. ¼ teaspoon black pepper
4. 1 avocado
5. 1 tablespoon lime juice
6. ½ cup chopped scallions or spring onions
7. 2¼ cups extra lean ground chicken
8. 1 tablespoon onion powder
9. 2 teaspoons minced garlic
10. 1 teaspoon garlic and herb seasoning blend
11. ¼ teaspoon sea salt

INSTRUCTIONS

- Preheat oven to 350 F (180 C). Collect and mix all ingredients together, in a large mixing bowl, using hands to turning and mixing thoroughly.
- Form 4 medium sized patties with hands and put on baking sheet.
- Cook on one side for 5 – 8 minutes, flip and cook other side for same amount of time. Serve and enjoy.

Fit By Frank

Cooking Time: 20 minutes
Serving: 1

Spicy Turkey Chili

Calories: 395, Carb: 50 g, Protein: 46 g, Fat: 3 g

INGREDIENTS

1. ½ tabespoon paprika
2. 4oz (120g) extra lean ground turkey
3. ½ tabespoon cumin
4. ¾ cup black beans
5. ½ cup corn (steamed)
6. 1 packet mccormick's chili
7. ⅓ cup tomato paste
8. ½ tabespoon pepper
9. ⅓ cup diced tomatoes
10. ½ tabespoon cayenne
11. ¼ cup chopped fresh basil (optional)
12. 1 jalapeno pepper (diced, optional) seasonings to taste
13. cheese (optional)
14. 1 oz goat, feta, or low fat mozzarella cheese

INSTRUCTIONS

- Season ground turkey with cumin, cayenne, paprika and pepper. Heat skillet over medium high heat and lightly spray with coconut oil, add meat and cook for few minutes, chop the meat as it cooks in the skillet using a spatula. When the meat is nearly cooked, add in the chili seasoning and tomato paste, stir and add black beans (with some juice), corn, basil, and any other vegetables.
- Reduce skillet heat to low heat and cover. Allow to simmer and cook for about 8 – 10 minutes.
- Remove skillet from the heat and allow to cool. Top with cheese if desired.

Fit By Frank

Cooking Time: 20 minutes
Serving: 2

Chicken Curry

Calories: 373, Carb: 25 g, Protein: 32 g, Fat: 13 g

INGREDIENTS

1. 5oz (150g) boneless chicken breast
2. 5 cups sliced raw mushroom
3. 1 whole red pepper
4. 2 cups green raw snap beans
5. ¼ cup canned chicken broth
6. 1 cups low fat yogurt
7. 4 teaspoons cornstarch
8. 4 teaspoons extra virgin olive oil
9. 2 teaspoons curry powder

INSTRUCTIONS

- Cut chicken breasts into medium sized cubes. Get a large nonstick deep frying pan and add the chicken breasts with 1 tablespoon olive oil and cook chicken in frying pan over medium heat until it is browned and done.
- While chicken is cooking get another nonstick frying pan and add mushrooms, pepper, and beans with 2 tablespoons olive oil and cook for few minutes stir mixture regularly until its soft.
- Back to the first pan and add chicken broth, curry powder, yogurt and cornstarch. Stir this mixture regularly until the sauce thickens. Increase heat if needed, the mushrooms mixture and cook for 2 minutes, or until will mixed and thick. Serve and enjoy.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Chicken in Sun Dried Tomato Cream over Quick Quinoa

Calories: 385, Carb: 30 g, Protein: 34 g, Fat: 10 g

INGREDIENTS

1. ½ cup dry white wine
2. 1 cup quinoa, rinsed
3. 2 teaspoons olive oil
4. 2 shallots, diced fine
5. 2 cups diced cooked chicken
6. ½ cup silken tofu, drained and blended until smooth (quickest with immersion blender) or 1 package [8 ounces or 225 g] meatless frozen Morningstar Farms Chik'n Strips)
7. 2 ½ cups chicken or vegetable broth, divided
8. ½ teaspoon chicken or vegetable Better Than Bouillon (or you can use ½ teaspoon salt and ½ teaspoon nutritional yeast)
9. ½ teaspoon tarragon, optional
10. ½ cup sliced sun dried tomatoes in oil, well drained
11. ¼ cup fresh basil, rolled and sliced into thin strips, optional

INSTRUCTIONS

- Bring quinoa and 2 cups of the broth to a rolling boil in a medium saucepan over high heat. Reduce heat, cover, and simmer for about 12 minutes or until the tails have popped and quinoa is tender.
- While quinoa is cooking, heat oil in a large skillet over medium heat, add shallots and cook for about 2 minutes and add tofu, remaining ½ cup broth, bouillon, wine, and tarragon and stir gently until well combined. Stir in the tomatoes and chicken and bring to a simmer. Simmer for about 2 minutes or until the chicken is heated through (about 5 minutes if using frozen Chik'n Strips). Stir the basil into the cream sauce, if using.
- Serve the creamed chicken over a bed of the hot quinoa.

Fit By Frank

Cooking Time: 15 minutes
Serving: 4

Super Fast Super Protein Salad

Calories: 322, Carb: 7 g, Protein: 32 g, Fat: 18 g

INGREDIENTS

1. 2 tablespoons finely diced sweet onion
2. ½ cup plain low fat yogurt
3. 1 tablespoon dijon mustard
4. 1 ½ cups cooked chicken, turkey, or firm tofu, diced or shredded
5. 4 hard boiled eggs, chopped
6. 3 tablespoons diced pimiento stuffed green olives
7. 1 cup prepared cubed or shredded cheese (works well with Cheddar, Swiss, Colby, etc.)
8. 3 tablespoons diced sweet pickle
9. 3 tablespoons finely diced red or green bell pepper

INSTRUCTIONS

- Collect yogurt and mustard and mix in a large bowl, mix together until well combined. Add poultry or tofu, cheese, eggs, olives, pickle, pepper, and onion, and stir gently to combine.
- Serve and and enjoy.

Fit By Frank

Cooking Time: 15 minutes
Serving: 4

Asian Endive Wraps

Calories: 374, Carb: 24 g, Protein: 34 g, Fat: 19 g

INGREDIENTS

1. 1 ½ tablespoons sesame oil
2. 4 ounces presliced shiitake caps, chopped
3. 1 tablespoon prepared minced garlic (or 3 large cloves, minced)
4. 1 pound leanest ground turkey (or leanest ground beef)
5. 2 tablespoons low sodium tamari
6. 2 ½ tablespoons oyster sauce
7. 2 tablespoons mirin (or sake) 1 teaspoon toasted sesame oil
8. ¾ cup sliced scallions (greens only) 1 ½ cups mung bean sprouts
9. 2 tablespoons toasted sesame seeds, optional
10. 4 heads endive, cored (or use 1 head tender green lettuce leaves, such as Bibb, for a sweeter finish)

INSTRUCTIONS

- heat oil in a large skillet, over medium high heat, add shiitakes and garlic and saute for 2 minutes, add turkey and saute for about 3 minutes or until almost no pink remains, draining any excess oil if necessary.
- Stir tamari, oyster sauce, and mirin into turkey to incorporate well, and keep cooking for another 3 minutes more or until turkey is completely cooked.
- Remove from heat and stir in the sesame oil, scallions, bean sprouts, and sesame seeds, if using.
- Divide into four portions and serve with one head endive each. To eat, separate the leaves and use as edible scoops for the turkey.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Terrific Teriyaki Turkey and Glass Noodles in No Time

Calories: 388, Carb: 42 g, Protein: 26 g, Fat: 11 g

INGREDIENTS

1. 2 tablespoons water
2. 1 ½ teaspoons ground ginger (or 1 ½ tablespoons prepared minced ginger)
3. 4 ounces glass noodles (also called cellophane noodles or clear bean threads)
4. 2 teaspoons prepared garlic (or 4 cloves, minced)
5. 1 cup prepared shredded carrots (or prepared diced red peppers)
6. ¼ cup low salt tamari
7. 2 tablespoons sherry
8. 1 pound lean ground turkey (or leanest ground beef)
9. 2 tablespoons maple syrup
10. 2 cups shelled, precooked edamame beans (prepared fresh or frozen, thawed)
11. ¼ teaspoon red pepper flakes, or to taste, optional

INSTRUCTIONS

- Prepare bean threads according to the package directions (usually soaking for 5 minutes in water that is been boiled and removed from the heat, then draining and rinsing).
- While bean threads are soaking, place the turkey, garlic, and carrots, breaking up the meat to mix, in a large nonstick skillet over medium high heat, and cook for about 4 – 6 minutes, stirring frequently or until the pink is almost gone from the meat. Drain any excess fat.
- While the meat is cooking, in a small bowl, whisk together the tamari, sherry, syrup, water, ground ginger, and red pepper flakes, if using. Pour the sauce over the meat and increase the heat to bring to a simmer. When the meat is cooked for about 1 – 2 minutes through and no pink remains, stir in edamame and remove from the heat. Toss with the prepared glass noodles to serve.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Gorgonzola Beef with Spinach, Super Fast

Calories: 382, Carb: 40 g, Protein: 26 g, Fat: 24 g

INGREDIENTS

1. 6 cups baby spinach
2. ¼ cup toasted walnut pieces
3. 2 tablespoons pear or orange vinegar
4. 2 teaspoons Dijon mustard
5. 1 – 2 teaspoons honey, to taste
6. 1/8 teaspoon fresh ground black pepper
7. 2 tablespoons walnut oil
8. 2 ounces gorgonzola cheese, finely crumbled
9. ½ cup sliced scallions
10. 2 small ripe pears, cored and sliced
11. 10 ounces sliced low sodium roast beef, deli style, diagonally sliced

INSTRUCTIONS

- Whisk together vinegar, mustard, honey, pepper, and walnut oil, in a small bowl.
- In a large salad bowl, make a bed of spinach and top with the beef, Gorgonzola, scallions, and pears. Dress to taste
- and garnish with the walnuts.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Gorgonzola Beef with Spinach, Super Fast

Calories: 319, Carb: 7 g, Protein: 26 g, Fat: 22 g

INGREDIENTS

Beef Satay

1. 1 tablespoon prepared minced ginger (or chopped fresh)
2. 1 tablespoon peanut oil
3. 1 tablespoon low sodium tamari
4. 2 shallots, peeled
5. ¼ cup coarsely chopped fresh cilantro
6. 1 teaspoon prepared minced garlic (or 2 cloves, crushed and chopped)
7. 1 pound sirloin steak, cut into 1 × ½ inch (2.5 × 1 cm) slices
8. High heat cooking oil spray

Veggies

9. 1 small zucchini, stemmed and cut into 8 equal sized chunks
10. fresh ground black pepper and salt to taste
11. 2 teaspoons olive oil
12. 12 cherry tomatoes
12. 8 white mushrooms, whole if small or halved if large (zucchini and mushroom should be about the same size)

INSTRUCTIONS

- Preheat the grill to medium heat.
- Collect shallots, cilantro, ginger, garlic, tamari, and peanut oil into immersion blender or food processor, and process, until moist paste, is from keep bending, adding a teaspoon or two of water to thin slightly, if necessary, set aside.
- Toss beef strips in the paste, coating well, and set aside.
- Combine olive oil, salt, pepper, tomatoes, zucchini, and mushrooms, in a large bowl, and toss gently to coat. Thread alternating zucchini chunks and mushrooms onto one metal skewer and place on the grill for 7 to 10 minutes or until softened, turning once or twice.
- Thread meat (scraping off the excessive paste) evenly onto two metal skewers, spacing the pieces apart, lightly spray the grill with high heat cooking oil spray, and place the skewers on the grill for 5 – 7 minutes for medium rare or to desired doneness, turning once or twice.
- Thread the tomatoes onto one skewer and place on the grill for about 3 minutes or until soft, but not falling off the skewer. Divide all the skewers into four equal portions and serve.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Shrimp Fried Rice

Calories: 328, Carb: 30 g, Protein: 32 g, Fat: 11 g

INGREDIENTS

1. 1 egg
2. ¾ pound cooked medium shrimp, peeled and deveined
3. 1 ½ tablespoons sesame or peanut oil
4. 2 tablespoons prepared minced ginger (or finely chopped fresh)
5. 1 teaspoon prepared minced garlic (or 1 large clove, minced)
6. 2 cups prepared shredded broccoli slaw mix (or use 2 cups shredded Napa cabbage)
7. 2 cups cooked brown rice (prepare frozen cooked or parboiled brown rice if you do not have leftovers on hand)
8. 1 cup frozen peas
9. 3 tablespoons low sodium tamari
10. $^{2}/_{3}$ cup sliced scallions, optional
11. 2 tablespoons toasted sesame seeds, optional

INSTRUCTIONS

- Heat oil in a large nonstick sauté pan or Dutch oven over medium heat. Add garlic, ginger, and slaw mix and cook for about 3 minutes or until cabbage is slightly wilted and reduced, add peas and rice, stirring to combine well, cover, reduce heat to medium low, and cook for about 3 – 4 minutes until hot, stirring occasionally.
- While rice is cooking, whisk egg and tamari together in a small bowl. Increase heat to medium, pour egg mixture over all, mixing well and stirring rapidly to distribute the egg as it cooks. Fold in the scallions, if using, and shrimp. Cover and remove from the heat. allow to rest for a couple of minutes or until the shrimp are heated through.
- Stir in the sesame seeds, if using, serve and enjoy .

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

One Pot 5 Spice Chicken and Shrimp Soup

Calories: 321, Carb: 20 g, Protein: 38 g, Fat: 11 g

INGREDIENTS

12. 1 egg
13. ¾ pound cooked medium shrimp, peeled and deveined
14. 1 ½ tablespoons sesame or peanut oil
15. 2 tablespoons prepared minced ginger (or finely chopped fresh)
16. 1 teaspoon prepared minced garlic (or 1 large clove, minced)
17. 2 cups prepared shredded broccoli slaw mix (or use 2 cups shredded Napa cabbage)
18. 2 cups cooked brown rice (prepare frozen cooked or parboiled brown rice if you do not have leftovers on hand)
19. 1 cup frozen peas
20. 3 tablespoons low sodium tamari
21. $^2/_3$ cup sliced scallions, optional
22. 2 tablespoons toasted sesame seeds, optional

INSTRUCTIONS

- Collect and combine chicken broth, five spice powder, tamari, honey, and sweet potato, in a large soup pot, and cook over medium high heat, allow to boil. Reduce heat, cover, and simmer for about 10 minutes or until the potato is tender (but not falling apart). Stir in the coconut milk, bok choy, and scallions, and cook for about 3 minutes or until bok choy is almost tender, add chicken and shrimp and cook for about 1 to 2 minutes or until both are just heated through.

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Cooking Time: 20 minutes
Serving: 4

15 Minute German Potato Salmon Salad

Calories: 309, Carb: 30 g, Protein: 21 g, Fat: 11 g

INGREDIENTS

1. 1 cup sliced scallions
2. 2 tablespoons olive oil
3. 2 cups baby arugula or baby spinach
4. 1 tablespoon dijon mustard
5. 1 ¼ pounds (567 g) small baby yukon gold potatoes, unpeeled, halved, or quartered if larger than golf balls
6. 2 tablespoons greek yogurt
7. 1 ½ tablespoons apple cider vinegar
8. 1 tablespoon mustard seeds
9. ½ teaspoon salt
10. 2 cans (6 ounces or 170 g each) smoked wild Alaskan salmon, drained (e.g., Vital Choice Smoked Wild Red Salmon, or use regular skinless, boneless)
11. ½ teaspoon cracked black pepper

INSTRUCTIONS

- Boil potatoes in a enough water to generously cover the potatoes, In a large size saucepan, over high heat, lower the heat, partially cover, and simmer for about 15 minutes or until the potatoes are fork tender. Drain.
- While the potatoes are cooking, in a small bowl, mix together the yogurt, olive oil, mustard, vinegar, mustard seeds, salt, and pepper.
- Put the cooked potatoes in a large bowl and stir in the scallions and arugula to wilt, partially crushing the potatoes. Fold in the salmon and dressing and mix gently to coat.
- Adjust the seasonings, if necessary, and serve warm.

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Cooking Time: 20 minutes
Serving: 4

Scallops Mediterranean

Calories: 308, Carb: 16 g, Protein: 37 g, Fat: 10 g

INGREDIENTS

1. 2 roasted red peppers, diced
2. 2 tablespoons dry white wine
3. 1 can diced tomatoes, drained
4. 1 package (10 ounces) chopped frozen spinach, thawed and drained (pressing against sieve to remove excess moisture)
5. $^1/_3$ cup pitted, halved, Kalamata olives
6. 1 ½ teaspoons prepared minced garlic (or 2 cloves, minced)
7. 2 teaspoons dried basil
8. 1 ½ pounds sea scallops
9. 4 ounces crumbled feta cheese
10. ¼ teaspoon salt
11. ¼ teaspoon fresh ground black pepper

INSTRUCTIONS

- Preheat oven to 450°F (230°C)
- Lightly spray a 7 × 11 inch (18 × 28 cm) baking pan with olive oil.
- Collect and mix together tomatoes, spinach, wine, peppers, olives, garlic, basil, salt, and pepper, in a medium size bowl, mix well to combined.
- Fold in the scallops and pour into the prepared dish. Sprinkle evenly with the feta and cook for about 15 – 20 minutes or until just browned.

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Cooking Time: 10 minutes
Serving: 4

Tuna and Cheddar Wraps

Calories: 360, Carb: 22 g, Protein: 29 g, Fat: 17 g

INGREDIENTS

1. 1 red pepper, finely chopped
2. 8 pieces butter lettuce
3. 4 medium whole grain tortillas
4. 4 (3 ounce) tuna fish pouches
5. ¼ cup olive oil mayonnaise
6. 2 scallions, chopped
7. 2 teaspoons olive oil
8. 4 oz. sharp cheddar, coarsely grated
9. 2 cups grape tomatoes, sliced

INSTRUCTIONS

- Collect and combine tuna, mayo, red pepper and scallions, in a bowl and set aside. Heat 1 teaspoon oil a large non stick skillet on medium low heat for few seconds. add 2 tortillas at a time, and cook until beginning to brown, flip and top with half the cheese, cook until melted. Transfer to plates and repeat with remaining teaspoon oil, tortillas and cheese.
- Divide tuna mixture among tortillas, then top with lettuce and tomatoes and wrap up.

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Cooking Time: 15 minutes
Serving: 2

Shrimp, Avocado, and Egg Chopped Salad

Calories: 365, Carb: 15 g, Protein: 40 g, Fat: 17 g

INGREDIENTS

1. 12 oz. large peeled and deveined shrimp
2. ¼ small red onion, thinly sliced
3. 2 tablespoons fresh lime juice
4. 1 tablespoon olive oil
5. 1 c. grape tomatoes, halved
6. 8 c. butter lettuce
7. ½ c. fresh cilantro leaves
8. ½ avocado, diced
9. 2 hard boiled eggs, cut into pieces
10. pepper and kosher salt

INSTRUCTIONS

- Toss onion with lime juice and ½ tablespoon oil, in a large size bowl and set aside for about to set 5 minutes.
- Heat ½ tablespoon oil in a large skillet over medium high heat, add shrimp and season with ¼ teaspoon each salt and pepper and cook for about 2 – 3 minutes on each side or until opaque throughout.
- Toss tomatoes with onions, then toss with lettuce and cilantro. Divide among 2 serving bowls and top with shrimp, avocado and egg.

Fit By Frank

Cooking Time: 15 minutes
Serving: 4

Easy Beef Fajitas

Calories: 336, Carb: 10.6 g, Protein: 30.5 g, Fat: 16.8 g

INGREDIENTS

1. 1 avocado
2. 1 lbs. beef stir-fry strips
3. 1 medium red onion
4. 1 yellow bell pepper
5. ½ teaspoon cumin
6. ½ teaspoon chilli powder
7. splash of oil
8. pepper and salt
9. Juice of half a lime
10. 1 red bell pepper
11. Freshly chopped cilantro (also called coriander)

INSTRUCTIONS

- Heat cast iron skillet over medium high heat.
- Wash and deseed bell peppers and slice them into ¼ inch (0.5 cm) thick long stripes and set aside. Peel and slice red onion, also set aside
- Once skillet is hot, add a splash of oil. When oil is hot, add and stir fry strips in 2 – 3 batches. Make sure strips do not touch each other, pepper and salt each batch generously in the pan, cook for about a minute per side, remove and set aside on a plate and cover to keep warm
- Add sliced onions and bell peppers to the remaining meat juice. Season with cumin and chili powder and stir fry until desired consistency. (I like them still crunchy, so I only stir-fry for about 5 minutes. If you like your vegetables softer, stir fry for a little more).
- Serve on a plate with sliced avocado, a drizzle of lemon juice, and a sprinkle of fresh coriande.

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Cooking Time: 20 minutes
Serving: 4

Grilled Salmon With Avocado Bruschetta

Calories: 340.5, Carb: 7 g, Protein: 35.5 g, Fat: 19 g

INGREDIENTS

1. ¼ teaspoon kosher salt
2. black pepper
3. 4 wild salmon filets (6 oz each)
4. cooking spray

For The Avocado Bruschetta: (makes 2 ¼ cups)

5. 2 tablespoons fresh basil leaves, chopped
6. ¼ cup chopped red onion
7. 1 tablespoon balsamic vinegar
8. kosher salt and fresh cracked pepper to taste
9. 2 medium vine ripe tomatoes
10. 1 tablespoon extra virgin oil
11. 2 small cloves garlic, minced
12. 4 ounces diced avocado, from 1 small

INSTRUCTIONS

- Collect olive oil, balsamic, ¼ teaspoon kosher salt onion and pepper, together into small size bowl and mix to combine. Set aside for abut 5 minutes. Chop tomatoes and place in another large bowl, add garlic and mix, add basil, onion balsamic combo and additional $^{1}/_{8}$ teaspoon pepper and salt to taste, and set aside for about 10 to set.
- Preheat a gas grill to medium high. Oil the grates generously to prevent the fish from sticking, season salmon with fresh ground black pepper and salt to taste. Place skin side down on grill. Close the lid and cook without turning for about 8 – 10 minutes (depending on thickness), or until the salmon is just cooked through. The skin will char but will prevent the fish from drying out.
- Remove and cover with foil, allow to rest for about 2 – 3 minutes while adding the avocado to the bruschetta. Serve topped each with generous ½ cup avocado bruschetta.

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Cooking Time: 10 minutes
Serving: 4

Creamy Miso Peanut Chicken Lettuce Wraps

Calories: 350.5, Carb: 29.7 g, Protein: 32.8 g, Fat: 12.6 g

INGREDIENTS

For The Sauce

1. 1 clove garlic, minced
2. 3 green onions, minced
3. ¼ cup crunchy peanut butter
4. 3 tablespoons miso
5. ½ cup broth or water
6. 1 tablespoon soy sauce
7. 1 jalapeno, ribs and seeds removed, minced (optional)

For The Lettuce Wraps

8. 1 tablespoon chili powder
9. 1 lb. boneless skinless chicken breasts
10. 3 cups red, green or black Grapes from California, halved
11. butter lettuce leaves for serving
12. lime juice
13. pepper and salt to taste

INSTRUCTIONS

- Collect and whisk all sauce ingredients together until smooth and creamy.
- Heat grill or skillet over medium high heat. Coat the chicken with the chili powder and a generous sprinkling of pepper and salt. When grill is hot, add a little bit of butter if necessary to prevent sticking, and add chicken and cook for a few minutes on each side until the chicken is cooked through and golden brown on the outside. Set aside and allow tofor at least five minutes, cut or shred into small pieces.
- Combine about half of the sauce with the chicken and grapes, in a mixing bowl, mix well, add more sauce as needed to get everything evenly coated, if necessary.
- Stuff each butter lettuce leaf with the mixture. Add water or oil to the remaining sauce until it pours evenly off the end of a spoon use it to drizzle over the top. Squeeze with lime juice when serving if you like.

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Cooking Time: 20 minutes
Serving: 4

Spicy Steak and Rice

Calories: 329, Carb: 38 g, Protein: 33 g, Fat: 5 g

INGREDIENTS

1. 1 tablespoon tomato puree
2. 1 green pepper, sliced
3. 1 tablespoon olive oil
4. 1 red pepper, sliced
5. 2 red onions, sliced
6. 400 g frying steak or chicken breast, sliced into long strips
7. ½ stock cube
8. 2 tablespoons Mexican or Cajun or Fajita spice mix
9. 100 g white rice

INSTRUCTIONS

- Bring 100g rice (dry weight) to boil with half a stock cube and cook according to the directions on the packet.
- Heat olive oil in a large pan or work over a medium heat for few seconds and add onions, chopped peppers and fry until brown.
- Remove vegetable from the pan and add the steak and fry for a couple of minutes or until it is cooked. Just like you would do with fajitas, add the vegetables back to the pan and mix through with the steak, add spice mix and mix through and cook for another 3 – 5 minutes.
- Once rice has cooked, drain it then add it to pan with the meat and vegetables along with the tomato puree and cook, for another 3 minutes stirring constantly for about a minute. Serve and enjoy.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

20 Minute Light Mongolian Beef

Calories: 345, Carb: 9 g, Protein: 22 g, Fat: 23 g

INGREDIENTS

1. 1 clove garlic, grated
2. 1 tablespoon cornstarch
3. 1 tablespoon oil
4. 1 pound steak (sirloin or flank), sliced thinly
5. 3 tablespoons soy sauce (gluten free or tamari for gluten free)
6. 1 tablespoon hoisin sauce (gluten free for gluten free)
7. 1 tablespoon brown sugar
8. 1 teaspoon ginger, grated
9. $^1/_3$ cup water or beef broth
10. 1 teaspoon sesame oil
11. ¼ cup green onion, sliced
12. 1 teaspoon chill sauce such as sambal oelek (or to taste)

INSTRUCTIONS

- Heat oil in a pan over medium high heat, add beef and cook fpr about 2 - 4 or until just cooked. Add soy sauce mixture, hoisin sauce, garlic, brown sugar, chili sauce, ginger and cornstarch mixture and water to the pan and cook for about a or until it thickens a bit.
- Remove from heat, mix in the sesame oil and serve over white rice or noodles, quinoa, etc. garnished with the green onions.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Lemongrass Thai Ground Pork Stir Fry

Calories: 374, Carb: 32 g, Protein: 27 g, Fat: 14 g

INGREDIENTS

1. 6 cups veggies such as zucchini, carrots, green beans and peas, spiralized or cut into matchsticks
2. 1 tablespoon olive oil
3. 450 g/1 lb lean ground pork
4. 1 stalk lemongrass minced (¼ cup)
5. 2 cloves garlic minced
6. 2 shallots finely chopped
7. ¼ cup fish sauce
8. ¼ cup brown sugar
9. 1 tablespoon ginger minced
10. garnish
11. cilantro

INSTRUCTIONS

- In a large non stick pan, cook ground pork for about 5 – 8 minutes, or until cooked through and no pink remains. Transfer to a paper towel lined plate and drain any excess liquid from the pan, add vegetables to the pan and cook for another 5 – 8 minutes, or until tender (if cut in matchsticks, cook these for 3 minutes longer than any spiralized veggies). Remove from pan and set aside.
- Add olive oil to the pan, and cook lemongrass, ginger, garlic and shallots for about 3 – 4 minutes, until softened. Stir together the fish sauce and brown sugar, then add to the pan.
- Return the gound pork to the pan and toss to coat in the sauce.
- Return the veggies to the pan and stir.
- Serve over rice.

Fit By Frank

Cooking Time: 20 minutes
Serving: 4

Chicken and prawn paella

Calories: 383, Carb: 46.4 g, Protein: 31.5 g, Fat: 6.6 g

INGREDIENTS

1. 1 tbsp vegetable oil
2. 250 g pack diced British chicken breasts
3. 1 tbsp Sainsbury's roast garlic and herb seasoning
4. 390 g carton Italian chopped tomatoes with olive oil and garlic
5. 2 x 250g packs golden vegetable rice
6. 180 g pack raw king prawns
7. 200 g frozen mixed vegetables
8. 14 g fresh flat-leaf parsley, washed and chopped
9. 1 lemon, cut into wedges, to serve

INSTRUCTIONS

- Heat the oil in a large pan, over medium heat, add chicken and cook for about 3 minutes, then stir in garlic and herb seasoning spice mix and the chopped tomatoes.
- Reduce heat and allow to a simmer, then stir in the rice, prawns, frozen vegetables and 150ml water. Cook for a further 7 minutes, stirring often, until the chicken is cooked through with no pink remaining.
- Remove from the heat, then stir through the chopped parsley. Serve with the lemon wedges for squeezing over.

Fit By Frank

Cooking Time: 5 minutes
Serving: 2

Apple Cinnamon Oatmeal

Calories: 345, Carb: 45 g, Protein: 30 g

INGREDIENTS

1. ½ an apple, cut into small pieces
2. 1 cup rolled or steel cut oats
3. ½ cup water
4. 1 scoop vanilla whey protein
5. ½ teaspoon cinnamon
6. pinch of salt

INSTRUCTIONS

- Place oats, cinnamon, apple, salt and water in a microwave safe mixing bowl, and mix well. Microwave for 1 minutes on high heat, remove and stir then microwave for 1 more minute
- Remove.
- Mix in 1 scoop of vanilla whey protein. Serve and enjoy hot.

Fit By Frank

Cooking Time: 2 minutes
Serving: 1

2 Minute Pancakes

Calories: 323, Carb: 35 g, Protein: 39 g, Fat: 3 g

INGREDIENTS

1. 4 egg whites.
2. 1 scoop chocolate flavored whey 45g oats.

INSTRUCTIONS

- Mix in a bowl until you have a thick slurpy liquid.
- Heat a skillet over a medium flame and Spray with a nonstick spray. Pour the mixture into the pan

Toppings

- Yogurt Fresh cut Fruit Peanut Butter.

Fit By Frank

Cooking Time: 15 minutes
Serving: 1

French Toast Cups

Calories: 390, Carb: 28 g, Protein: 34 g, Fat: 16

INGREDIENTS

1. 2 eggs, or ½ cup egg whites
2. 1 – 2 teaspoons stevia
3. ½ teaspoon vanilla extract
4. ¼ teaspoon cinnamon
5. sea salt to taste
6. 2 slices wholegrain bread
7. ½ cup low fat cottage cheese

INSTRUCTIONS

- Preheat oven to 350 F (180 C).
- In a shallow bowl, collect and combine eggs, 1 teaspoon stevie, vanilla extract, a dash of cinnamon and salt, as desired. Dip bread slices into egg mixture, soaking thoroughly.
- Spray 2 cups in a muffin tin with nonstick spray. Gently press one piece of bread into each cup. Press down to make sure they nearly touch the bottom of the pan.
- Place muffin tin in oven and bake for about 15 minutes.
- In a separate bowl, mix the cottage cheese with remaining Stevia and cinnamon. Top each French toast cup with half of the mixture and serve hot.

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Cooking Time: 20 minutes
Serving: 1

Mocha Oatmeal

Calories: 395, Carb: 56 g, Protein: 27 g, Fat: 7

INGREDIENTS

1. 1 cup premade instant coffee
2. ½ cup oatmeal
3. ½ cup cottage cheese
4. 1 tablespoon unsweetened cacao
5. ½ cup 1% chocolate milk

INSTRUCTIONS

- Cook oatmeal in the coffee for about 15 minutes over medium low heat, add in cottage cheese and cacao and cook for another 5 minutes. During the very last 2 minutes pour in the chocolate milk.
- Add splenda or other sweetener if needed.

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Cooking Time: 20 minutes
Serving: 4

Salmon Salad with Avocado and Sweet Grape Tomatoes

Calories: 340, Carb: 11 g, Protein: 24 g, Fat: 22

INGREDIENTS

1. 5 oz. mixed baby greens
2. 4 (4 ounce) pieces wild Alaskan salmon fillet
3. 2 teaspooms olive oil
4. 1 pt. grape tomatoes, halved
5. 2 tablespoons balsamic vinegar
6. 2 scallions, thinly sliced
7. ½ c. almond slivers, toasted
8. 1 avocado, sliced
9. kosher salt and black pepper

INSTRUCTIONS

- Heat oven to 375°F. Season salmon with ½ teaspoon each salt and pepper, place on a rimmed baking sheet and roast for about 10 – 12 minutes or until opaque throughout.
- Meanwhile, collect and whisk together vinegar, oil and pinch each salt and pepper, in a large bowl, add tomatoes and toss to combine. Fold in scallions and almonds and toss with greens and then avocado. Serve with salmon.

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