

welllife

WELLNESS STUDIO

Fitness | Nutrition | Yoga | Massage

Recipe Book



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Side Dishes

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Recipe Difficulty:

GREEN: EASY

BLUE: MEDIUM

ORANGE: HARD

SIDE DISHES



Mushrooms and peppers

1 cup chopped red bell pepper
8 oz. sliced mushrooms
2 cloves garlic (*or 1 tsp. minced*)
1 tsp. dried thyme or 1 tbsp. fresh thyme
2 tbsp. chicken broth

Prepare:

Mince garlic (or use jarred pre-minced garlic). Slice mushrooms & bell pepper into 1-inch pieces.

Cook:

Heat the oil in the pan on medium-high, and add the mushrooms. Cook until they begin to brown and add the peppers.

Cook for 2-3 minutes, then add salt and pepper, garlic and herbs.

Cook for 30 more seconds, until the garlic is flavorful and just starting to brown, then add the broth. Cook until the liquid evaporates, about 2-3 minutes.

Serve:

Makes 2-3 servings.



Zucchini Casserole

1 lb. zucchini (*approximately 2 medium zucchini*)

2 tsp. olive oil

1/3 cup chopped onion
(*about 1/2 of a medium onion*)

3 cloves garlic (*or 1-1/2 tsp. minced garlic*)

3/4 lb. tomatoes

1 tsp. Italian herbs or oregano

Salt and pepper

Prepare:

Lightly oil the bottom of a bottom of a 9 X 9" or 8 X 8" pan. Cut tomatoes in 3 to 5 pieces.

Cook:

Heat the oil in a medium saucepan. Sauté the onion in the oil for 2-3 minutes, then add the garlic and cook for another 30 to 60 seconds, until the garlic is fragrant. Add tomatoes, along with the herbs and spices.

Cook over medium heat until the liquid is mostly gone (but not dry), stirring occasionally - it should end up being about a cup, about 5-10 minutes.

Meanwhile, cut the zucchini into slices approximately 1/4 inch thick. Take the largest slices and line the bottom of the pan. Spread about 1/4 of the tomato mixture on the zucchini (no need to spread evenly). Continue layering into 3 or 4 evenly divided layers.

Bake for 20 minutes, then lower the temperature to 375°F. Bake for about 20 more minutes.

Serve:

Let stand to cool, serve immediately. Makes 3-4 servings.



Pepper And Tomato Salad

Prepare:

Peppers and Tomatoes Trim the peppers and remove the seeds and membranes to discard. Cut into quarter or halves; press with the back of your hand to flatten. Grill the peppers and tomatoes skin-sides down until the skins blacken and blister all over. Leave the skins on (they provide great flavor) and let cool. Chop both the tomatoes and peppers into rough pieces, one-inch pieces or lengths for a side dish, or into tiny bites for a salsa.

Salad Mash the garlic and salt into a paste by chopping the garlic as fine as possible with a knife, then mashing the pieces into the salt with the side of a knife; stir into the peppers and tomatoes and onions (minced). Gently splash with equivalent volumes of vinegar and olive oil. Stir in salt, to taste.

Mix:

You can adjust the quantities as desired, but for some guidance: If making a lot, for a dozen large Roma tomatoes and 5 large peppers, use approximately 1/2 a white onion, 3 large garlic cloves, 2 tbsp. (yes, tbsp.) of kosher salt, 3 tbsp. of olive oil and 3 tbsp. of red wine vinegar. You can make in much smaller batches as well.

Use roughly equivalent amounts of tomatoes and peppers.

Serve:

Makes 4-10 servings.

Mix of bell peppers
(red, green, orange, etc.)

Tomatoes *(preferably something meaty like a Roma tomato)*

Garlic & kosher salt

Onion, chopped into thin lengths

Red wine vinegar

Olive oil



Mashed Cauliflower

1 oz. chicken broth, low sodium

1 head large cauliflower

2 cloves garlic, finely minced

Prepare:

Chicken broth (boil water and use Bouillon cube, or frozen broth, or store-bought). Mince garlic.

Cook:

Place the cauliflower in a steamer and steam to desired tenderness (becomes soft and flavorful, about 5-10 minutes).

In a bowl, mash the cauliflower with garlic and chicken broth, all to taste.

Serve:

Serve warm. Makes 2-3 servings.



Cauliflower “Rice”

1 head large cauliflower

Prepare:

Wash cauliflower thoroughly. Can place in food processor or grate cauliflower until it is the desired size of rice.

Cook:

You may heat the cauliflower in the microwave for a few minutes, if desired, but do NOT add water.

Serve:

Use cauliflower “rice” in place of rice in any recipe you desire.



Oven Roasted Asparagus

1 Bunch asparagus spears

Olive oil (*about a tsp. for 6 spears*)

Salt, pepper, and herbs of your choice

A few drops of lemon juice (*optional*)

Prepare:

Preheat oven to 425° F. Prepare the asparagus, either just by snapping off the ends, or trimming the very end and peeling tough part with vegetable peeler.

Cook:

Put on cookie sheet or baking pan. Drizzle the oil over the asparagus, followed by the salt, pepper, herbs, and lemon. Smear it all over by mixing with hands or in a sealed plastic bag or bowl. Bake for 5-10 minutes, until tender.

To prepare this on the grill, do not use a baking sheet and turn the asparagus once during cooking.

Serve:

Makes 3-4 servings.



Sautéed Baby Spinach

1 bag baby spinach (*baby spinach only*)

2 cloves minced garlic

1 tbsp. olive oil

Prepare:

Mince garlic into finely chopped pieces, or use from a jar.

Cook:

Sauté garlic in the olive oil. Add bag of spinach, and toss until covered in garlic/oil mixture and starts to get soft.

Serve:

Remove before it becomes too mushy, and serve immediately. Makes 3-4 servings.



Eggplant fries

Prepare:

Cut large eggplant into 1-inch strips (like French fries). Get a broiling pan and spread olive oil or cooking spray on the bottom. Place cut up eggplant on to pan and spray on more cooking spray. Put all seasonings on, as desired.

Cook:

Put in broiler and check every 5 min, turning them over each time until all sides are cooked.

Serve:

Take out when they reach desired crispness. Makes 2-3 servings.

1 large
eggplant
Olive oil
Salt
Garlic powder
Oregano
Parsley
Paprika



Collard Greens

1/4 cup olive oil
2 tbsp. minced garlic
5 cups chicken stock
1 smoked turkey drumstick
4 bunches collard greens, rinsed, trimmed and chopped
Salt and black pepper, to taste
1 tbsp. crushed red pepper flakes, optional

Prepare:

Heat olive oil in a large pot over medium heat. Mince garlic into finely chopped pieces.

Cook:

Add garlic to heated oil, and gently sauté until light brown, about 30 seconds. Pour in the chicken stock, and add the turkey leg. Cover the pot, and simmer for 30 minutes.

Add the collard greens to the cooking pot, and turn the heat up to medium-high. Let the greens cook down for about 45 minutes, stirring occasionally.

Reduce heat to medium, and season with salt and pepper to taste. Continue to cook until the greens are tender and dark green, 45 to 60 minutes.

Serve:

Drain greens, reserving liquid. Mix in red pepper flakes if desired. Use liquid to reheat leftovers. Makes 4-6 servings.



Mediterranean Summer Vegetables

1/4 cup olive oil

1 small onion, chopped
(about 1/4 lb.)

1 lb. eggplant, any variety,
chopped into cubes

1 large green or red bell
pepper, chopped

1/2 lb. zucchini, chopped
or sliced

3 cloves garlic, pressed,
grated, or minced

3/4 lb. tomatoes, diced

1/4 to 1/3 cup chicken
broth

Salt and pepper

1/2 cup fresh chopped
basil, or 1 tbsp. dried *(but
fresh tastes the best)*

Prepare:

Chop all vegetables. Heat oil in pan with onion.

Cook:

When onion is well-sizzling, add eggplant and cook for 4 to 5 minutes. Sprinkle salt over all. Then add peppers, cook for 2 to 3 minutes, add zucchini, and cook for 2 to 3 minutes. Add broth ~1 tablespoon at a time to loosen vegetables and prevent sticking.

Push the vegetables out to the edges of the pan and cook the garlic in the center for 30 to 60 seconds, until fragrant.

Dump the tomatoes in and stir to release juice (again, this keeps everything from sticking). Add the rest of the broth and dried basil if you're using it (if using fresh, save it for later). Cook until tomatoes are fairly well broken-down. The eggplant should be pretty mushy.

Add black pepper. Taste and adjust seasonings. If it tastes too acidic or the flavors are not blending, add a very small amount of sweetener (Truvia/Stevia) if desired.

Serve:

If using fresh basil, mix it in now, and take off heat. How long you cook it after this point is really up to you. You can cook it down to concentrate the flavors more and make it a lot less chunky, if desired. Makes 8 servings.



Zucchini, Squash & Spinach Sauté

2 zucchini
2 yellow squash
3 - 4 broccoli spears
1 pkg. fresh spinach
1 onion
1 tbsp. extra-virgin olive oil
Salt and pepper, to taste
Red pepper flakes, to taste

Prepare:

Cut zucchini and squash into bite-size pieces. Dice onion. Cut up broccoli. Wash spinach.

Cook:

Pre-heat sauté pan and add olive oil. Add onions, zucchini and squash. Add salt, pepper and red pepper flakes. Sauté for 5-7 min. Add broccoli. Sauté another 5 min. Just before they're done, add spinach. Cover and let simmer for 3 min.

Serve:

Makes 6 servings.



Creole Okra & Tomatoes

Coconut oil or olive oil

1 large sweet onion,
chopped

4 cups sliced fresh okra or
frozen okra, thawed

2 cups chopped tomatoes

1 bay leaf, broken

2 tbsp. minced fresh
thyme or 1/2 tsp. dried
thyme

1/4 tsp. salt

1/4 to 1/2 tsp. red pepper

Prepare:

Chop onion, slice or thawed okra, chop tomatoes into 1/2 inch pieces.

Cook:

Heat small amount of oil in skillet over medium heat, then add onion and sauté until tender. Add okra, tomatoes, bay leaf, thyme, salt, and red pepper; cover and cook 15 minutes.

Uncover and cook 3 to 5 minutes or until okra is tender and liquid is mostly evaporated.

Serve:

Serve immediately.



Braised Bok Choy With Garlic

Prepare:

Chop off about an inch or two from the bottom of the head of bok choy to remove the stem end. Wash and dry the leaves and stalks thoroughly. Cut the stalks away from the leaves and keep separate from the leaves. Slice the stalks crosswise into bite-size pieces. Cut the leaves in half lengthwise then stack them on the cutting board. Slice the leaves into about 1/2-inch crosswise strips, in 2 or 3 batches (roll up to make it easier to slice).

Mince garlic.

Cook:

Heat the oil in a large nonstick skillet or wok over medium-high heat. Add the bok choy stalks and stir-fry 4-5 minutes or until they slightly browned. Add the garlic and cook about 20 seconds. Quickly add the leafy greens and broth. Bring to a simmer, then cover and cook over medium-low heat about 6-7 minutes or until very tender, stirring twice during the cooking time. Remove the cover and cook over high heat 3 minutes

to evaporate most of the liquid. Stir in the vinegar and Stevia/Truvia (if desired). Adjust the seasoning with salt and pepper to taste.

Serve:

Makes 4 servings.

2 lb. head bok choy

2 tbsp. olive oil

4 cloves garlic, minced

3/4 cup chicken broth

1 tsp. rice vinegar

1 tsp. granular
Truvia/Stevia (optional)

Salt and pepper, to taste



Garden Vegetable Packet

1 sheet heavy duty aluminum foil
3 cups broccoli florets
2 cups cauliflower florets
1/2 medium red bell pepper, cut in 1 inch pieces
1 tsp. dried basil
1/2 tsp. salt
1/8 tsp. pepper
2 ice cubes

Prepare:

Preheat oven to 450° F or grill to medium-high.

Center vegetables on sheet of Heavy Duty Aluminum Foil. Sprinkle with seasonings. Top with ice cubes.

Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside.

Cook:

Bake 20 to 25 minutes on a cookie sheet in oven

Or grill 15 to 18 minutes in covered grill.

Serve:

Number of Servings: 4-6



Grilled Italian Vegetable Packets

2 sheets heavy duty aluminum foil

1 medium red bell pepper, cut in strips

1 medium zucchini, thinly sliced

1 small red onion, thinly sliced

8 small whole mushrooms

3 Roma tomatoes, sliced 1/2 inch thick

3 cloves garlic, minced

3 tbsp. olive oil

3 tbsp. lemon juice

1 tsp. dried basil leaves

1/2 tsp. seasoned salt

1/4 tsp. dried thyme leaves

Prepare:

Preheat grill to medium-high. Cut bell peppers, zucchini, onion, mushrooms, and tomatoes.

Make a grill pan by shaping two layers of Reynolds Wrap Heavy Duty Aluminum Foil over the outside of 13x9x2-inch baking pan. Remove foil and crimp the edges to form a tight rim, making a pan with one-inch sides. Place foil pan on cookie sheet.

Cook:

Place vegetables in foil pan. Combine oil, lemon juice, basil, seasoned salt and thyme; drizzle over vegetables. Slide foil pan from cookie sheet onto grill.

Grill 25 to 30 minutes on medium-high in covered grill, stirring frequently. Slide foil pan from grill onto cookie sheet.

Serve:

Makes 6 servings.



Zucchini Tomato Vegetable Packets

1 sheet heavy duty aluminum foil
2 small zucchini, sliced
1 medium onion, sliced
1 large tomato, cut in chunks
1 tbsp. olive oil or vegetable oil
3/4 tsp. lemon pepper seasoning
1/2 tsp. dried oregano
1/2 tsp. salt

Prepare:

Preheat Oven To 450° F Or Grill To Medium-High.

Slice zucchini, onion, and tomato. Center vegetables on sheet of heavy duty aluminum foil. Drizzle with oil. Sprinkle with seasonings.

Cook:

Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside.

Bake 20 to 25 minutes on a cookie sheet in oven or grill 12 to 14 minutes in covered grill.

Serve:

Let stand to cool slightly, serve immediately.

breakfast

WELLIFE RECIPES



Turkey sausage

Chicken breakfast sausage

Veggie scrambled eggs

Vegetable & sausage omelet

Egg white omelet with tomatoes

Mushroom & herb omelet

Zucchini hash browns

Asparagus & mushroom frittata

Crustless spinach quiche

Zucchini and eggs



Turkey Sausage

Prepare:

Combine turkey and dry spices in large bowl. Mix together thoroughly. Add chicken broth, mixing well. Let stand 15-20 minutes.

Form turkey into 8 patties, approximately 3/4" thick.

Cook:

Cook patties in non-stick skillet over medium heat, about 7-8 minutes on each side, or until thoroughly cooked.

Serve:

Makes 4 servings. 2 patties = 1 serving and 4 oz. protein

1/2 tsp. basil leaves
1 tsp. coriander
1/2 tsp. cumin
1/2 tsp. garlic powder
1/2 tsp. leaves oregano
1 tsp. paprika
1/4 tsp. black pepper
1/2 tsp. cayenne pepper
1 lb. ground turkey breast
1/2 cup chicken broth



Chicken Breakfast Sausage

1 tsp. fennel seeds

1/2 tsp. coarse ground pepper

1 tsp. coarse salt

1 lb. ground chicken (*can also use turkey*)

Prepare:

Put salt, pepper and fennel seeds in bottom of small mixing bowl. Add ground chicken and mix well.

Cook:

Using cooking spray, fry for 5 to 6 minutes over medium heat as they will be pretty lean. Drain and serve.

Serve:

Makes 4 servings. 1 serving = 4oz. protein.



Veggie Scrambled Eggs

1/4 cup olive oil
1/4 cup sliced fresh mushrooms
1/4 cup chopped onions
1/4 cup chopped green bell peppers
6 eggs
1/4 cup chopped fresh tomato

Prepare:

Slice mushrooms, onions, bell peppers, tomatoes.

Cook:

Heat olive oil in a skillet or frying pan over medium-high heat. Add mushrooms, onions and peppers; sauté until onions are transparent.

In a mixing bowl, beat eggs. Add egg mixture to vegetables; stir in tomatoes. Cook until eggs are set. Serve immediately.

Serve:

Makes 3 servings. 1 serving = 2 oz. protein.



Vegetable & Sausage Omelet

1 cup egg whites, or
3 eggs, slightly
beaten

1 1/2 oz. chicken
broth

1 oz. turkey sausage,
pre-cooked (*see prior
recipes*)

1 1/2 cups spinach

5 cherry tomatoes

Prepare:

Cut the tomatoes into three sections each, or in half if you want chunkier pieces in your omelet. Cut cooked turkey sausage into 4-6 pieces.

Cook:

Pour the chicken stock (low sodium), into a small frying pan. Add spinach.

Add as much sausage as desired to frying pan. Let all this simmer on high heat until most of the chicken broth evaporates and the sausage is heated through.

Pour over your egg whites or beaten eggs. Cook until eggs are firm, pulling the edges in toward the middle and letting uncooked egg fill the edges every 1-2 minutes. Fold into 2 halves when all egg is cooked through, about 7-8 minutes.

Serve:

Contains approximately 5 oz. protein.



Egg white omelet with tomatoes

6 large egg whites, or 5-6 eggs slightly beaten

Salt and pepper, to taste

2 medium whole tomatoes, diced

Prepare:

Dice tomatoes, beat eggs if using whole eggs.

Cook:

Fry 6 egg whites in a nonstick pan with no oil. Plate the egg whites when done and toss the tomatoes on top. Season with salt and pepper.

Serve:

Approximately 3 oz. protein total



Mushroom & Herb Omelet

4 large eggs
1-1/2 cups fresh mushrooms, sliced
1 tbsp. fresh parsley, chopped
1 tsp. fresh oregano
Basil or thyme, finely chopped
2 tsp. oil
Salt and pepper, to taste

Prepare:

Slice mushrooms, chop parsley, chop basil. In small bowl, whisk together eggs and spices. Set aside.

Cook:

In a medium skillet at just above medium heat, sauté the mushrooms in half the oil until tender; set aside.

In same skillet, heat the remaining oil. Pour half of the egg mixture into skillet. Cook, pulling edges in toward the middle to allow uncooked portion to flow to the edges. When almost set, spoon half of the mushrooms over half of the omelet. Fold other half over the mushrooms; slide onto a serving plate.

Serve:

Makes 2 servings. 1 serving = 2oz. protein; use 6 eggs for 3 oz. protein per serving.



Zucchini Hash Browns

2 medium eggs
1 tsp. garlic powder
1 tsp. onion powder
1 dash pepper
1 dash salt
1 tbsp. olive oil
1 cup shredded zucchini

Prepare:

Shred zucchini, slightly beat the eggs.

Cook:=

Heat oil in skillet. Mix together zucchini, slightly beaten eggs, salt, pepper, garlic powder and onion powder. Drop by spoonful into the hot skillet. After browning on one side, flip and brown the other side.

Serve:

Contains 2 oz. protein.



Asparagus & Mushroom Frittata

1-2 tbsp. olive oil
1/2 lb. fresh asparagus,
trimmed, cut into 1 inch
pieces
1/2 lb. fresh mushrooms,
sliced
6 eggs
1 tbsp. water
1 tsp. chopped fresh
thyme

Prepare:

Preheat oven to 325° F. Heat oil in an oven-safe skillet over medium heat.

Cook:

Stir in asparagus and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms, and continue cooking about 5 minutes.

In a medium bowl, whisk together eggs, water, and thyme. Pour into the skillet, and reduce heat to low. Cover, and cook 5 minutes.

Transfer the skillet to the preheated oven. Bake 10 to 15 minutes, until eggs are no longer runny.

Serve:

Makes 3 servings. 1 serving = 2 oz. protein.



Crustless Spinach Quiche

1 tbsp. olive oil
1 onion, chopped
1 (10 oz.) package frozen
chopped spinach, thawed
and drained
6 eggs, beaten
1/4 tsp. salt
1/8 tsp. ground black
pepper

Prepare:

Preheat oven to 350° F. Lightly grease a 9 inch pie pan.

Cook:

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.

In a large bowl, combine eggs, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan. Bake in preheated oven until eggs have set, about 30 minutes.

Serve:

Let cool for 10 minutes before serving. Makes 6 servings.
1 serving = 1 oz. protein.



Zucchini and Eggs

2 tsp. olive oil

2 zucchinis, sliced

2 eggs, beaten

Salt and pepper, to taste

Garlic and fresh herbs, optional

Prepare:

Slice zucchinis, beat eggs.

Cook:

Heat a small skillet over medium heat. Pour in oil and sauté zucchini until tender. Spread out zucchini in an even layer, and pour beaten egg evenly over top. Cook until egg is firm. Season with salt and pepper to taste.

Serve:

Add one clove diced garlic to oil before adding zucchini. Add other favorite herbs if desired to combine with the eggs and zucchini (E.g oregano and rosemary). Makes 1-2 servings, ~1 oz. protein per serving.

fish & seafood

WELLIFE RECIPES



Grilled Dill Salmon

Seasoned Cod

Grilled Snapper With Red Pepper Sauce

Tuna Patties

Dilled Alaska Cod Packet

Scallop Salad

Broiled Shrimp With Mustard & Tarragon

Fiery Skewered Shrimp

Baked Shrimp With Tomatillos



Grilled Dill Salmon

Salmon filet

Stevia or Truvia powder (optional)

Balsamic vinegar

1 bunch fresh dill

Salt and pepper, to taste

Olive oil, 1-2 tsp.

Cooking Spray

Prepare

Get the grill hot. If it's a charcoal fire, only put the coals under one side of the grill. Chop up dill. Spray the grill with cooking spray and put the salmon on, skin side down.

Cook

If you plan to eat the skin, flip the filets after about 2 minutes, or until skin is slightly crispy. If you don't care about the skin, let it cook until you see the fish turn opaque about half-way up, about 3-4 minutes. Flip with grill tongs, or tongs plus spatula.

Cook about 2-3 minutes and check to see if the fish is done. It should flake easily with a fork, but it doesn't have to be opaque all the way through unless you want it to be. If is not done, turn down the gas or move to the cooler part of the grill to finish cooking.

Sprinkle balsamic vinegar, salt, and optional sweetener, over salmon.

Drizzle olive oil over the dill to coat it. Add black pepper and salt to the pile and toss with your hands, then cover the fish with the dill.

Serve:

Let salmon sit about 30 minutes before serving. If it will sit longer, put in the refrigerator and remove half an hour before cooking.

Prepare:

Seasoned Cod

2 lb. fresh or frozen
skinless cod fillets, 3/4 to 1
inch thick

1 tsp. paprika

1/2 tsp. seasoned salt

Lemon wedges and/or
fresh parsley sprigs,
optional

Prepare:

Thaw fish, if frozen. Preheat broiler. Cut lemon wedges. Rinse fish; pat dry with paper towels. In a small bowl, combine paprika and seasoned salt. Sprinkle paprika mixture over both sides of each fish fillet.

Cook:

Place fish on the greased unheated rack of a broiler pan. Broil 4 inches from the heat for 4 to 6 minutes per 1/2-inch thickness of fish or until fish flakes easily when tested with a fork.

If desired, garnish with lemon wedges and/or parsley sprigs.

Microwave directions: Thaw fish, if frozen. Rinse fish; pat dry with paper towels. In a small bowl, combine paprika and seasoned salt. Sprinkle paprika mixture over both sides of each fish fillet. In a microwave-safe 2-quart square baking dish, arrange fish in a single layer (fish may be tight in the dish but do not overlap).

Cover with vented plastic wrap. Microwave on 100% power (high) for 5 to 7 minutes or until fish flakes easily when tested with a fork, turning dish once halfway through cooking if necessary.

Serve:

If desired, garnish with lemon wedges and/or parsley sprigs. Makes 8 servings. 1 serving = 4oz. protein.



Grilled Snapper With Red Pepper Sauce

1 tbsp. olive oil

4 fresh or frozen skinless red snapper fillets, 4 oz. each

1 large red sweet pepper, seeded and chopped

2 medium tomatoes, peeled, seeded and chopped

2 tbsp. white wine vinegar

¼ tsp. salt

Cayenne pepper, dash

1 tbsp. olive oil

1 tbsp. fresh snipped basil or oregano (or 1/2 tsp. dried basil or oregano, crushed)

Red and/or yellow cherry tomatoes, optional

Fresh basil or oregano sprigs, optional

Prepare:

Thaw fish, if frozen. Rinse fish and pat dry with paper towels.

For red pepper sauce: In a small skillet, heat 1 tbsp. oil over medium heat. Add sweet pepper; cook for 3 to 5 minutes or until tender, stirring occasionally. Stir in tomatoes, 1 tbsp. of the vinegar, the salt, and cayenne pepper. Cook about 5 minutes or until tomatoes soften, stirring occasionally. Cool slightly. Transfer mixture to a blender or food processor. Cover and blend or process until smooth. Return sauce to skillet; keep warm over low heat.

In a small bowl, stir together the remaining 1 tbsp. vinegar, 1 tbsp. oil, and the snipped or dried basil; brush onto the snapper fillets.

Cook:

Place fish on the lightly greased rack of an uncovered grill directly over medium coals. Grill for 4 to 6 minutes per 1/2-inch thickness of fish or until fish flakes easily when tested with a fork, turning once halfway through grilling.

Serve:

Serve fish with red pepper sauce. If desired, garnish with cherry tomatoes and fresh basil sprigs.

Makes 4 servings (1 fillet and 1/4 cup sauce). 1 serving = 4oz. protein.



Tuna Patties

Two 6 oz. cans tuna,
drained
2 eggs
1/2 tsp. celery salt
1/4 tsp. onion powder
1/4 tsp. pepper
2 tbsp. olive oil

Prepare:

Mix all of the ingredients together in a small bowl; chill at least 30 minutes.

Cook:

Heat the oil in a large skillet on medium heat. Drop the tuna mixture by large spoonfuls into the hot oil. Flatten slightly and shape into patties. Fry about 3-4 minutes on each side until well-browned. Flip them very gently and brown the other side.

Serve:

Makes 3 servings. 1 serving = 2oz. protein. . If you use the full amount of olive oil, do not eat more than one serving per day. If you want to eat more, simply use less olive oil.



Dilled Alaska Cod Packet

4 sheets heavy duty aluminum foil

1 lemon, thinly sliced

4 Alaska cod or halibut fillets (4-6 oz. each)

Salt and pepper

1/2 small zucchini, cut in thin strips

1/2 small yellow squash, cut in thin strips

1 medium onion, cut in thin wedges

1 tsp. dried dill weed

1/2 tsp. dry mustard

Prepare:

Preheat oven to 450° F or preheat grill to medium-high.

Center several lemon slices on each sheet of Reynolds Wrap Non-Stick Foil with non-stick (dull) side toward food. Place fish on lemon slices. Sprinkle lightly with salt and pepper. Top with zucchini, yellow squash, carrot and onion. Sprinkle dill weed and mustard over fish and vegetables.

Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

Cook:

Bake 15 to 18 minutes on a cookie sheet in oven or grill 8 to 10 minutes in covered grill.

Serve:

Let stand to cool, serve immediately.



Scallop Salad

16 medium scallops, cleaned
2 tbsp. olive oil, plus more for searing
2 tsp. minced garlic
1 tbsp. finely chopped thyme
1 tsp. salt
1/2 tsp. freshly ground black pepper
2 cups field greens

Prepare:

Clean and pat dry scallops. Chop garlic, thyme. Prepare greens.

In a medium bowl, marinate scallops with olive oil, garlic, thyme, salt, and pepper. Let sit in marinade for 20 minutes.

Cook:

Heat enough olive oil to lightly coat the bottom of a medium sauté pan over medium-high heat. Add the scallops. Cook quickly in each side until golden brown, about 1 to 2 minutes per side. Remove from the heat and place 4 scallops around a mound of greens.

Serve:

Serve on field greens.

Makes 4 servings. 1 serving = 4oz. protein.



Broiled Shrimp With Mustard & Tarragon

1/3 cup Dijon mustard
3 tbsp. olive oil
1 green onion, minced
1-1/2 tbsp. minced fresh tarragon
1 lb. uncooked large shrimp, peeled, de-veined
8 bamboo skewers, soaked in water 30 minutes, drained

Prepare:

Soak bamboo skewers, 30 minutes, drain.

Mince green onion, tarragon. Peel and de-vein shrimp. Stir first 4 ingredients in medium bowl to blend. Add shrimp; toss to coat. Refrigerate at least 1 hour and up to 3 hours.

Cook:

Preheat broiler. Line baking sheet with foil. Thread shrimp onto skewers. Sprinkle with salt and pepper. Broil until cooked through, 2 minutes per side.

Serve:

Remove shrimp from skewers. Arrange on platter. Serve with toothpicks.

Makes 4 (2-skewer) servings. 1 serving = 4oz. protein



Fiery Skewered Shrimp

1 tbsp. olive oil
2 garlic cloves, pressed

1 tsp. minced peeled
fresh ginger

1/2 tsp. dried crushed red
pepper

16 uncooked jumbo
shrimp, peeled, de-
veined

4 bamboo skewers,
soaked in water 30
minutes

1/4 cup chopped fresh
cilantro

Lemon or lime wedges

Prepare:

Soak bamboo skewers, 30 minutes, drain. Press garlic, mince ginger. Wash, pat dry, peel & devein shrimp. Chop cilantro.

Cook:

Mix olive oil, garlic, minced ginger and crushed red pepper in shallow dish. Add shrimp, turning to coat with oil mixture. Let stand at room temperature 15 minutes or refrigerate up to 2 hours.

Prepare grill (medium-high heat) or preheat broiler. Thread 4 shrimp on each of 4 skewers. Grill or broil just until cooked through, about 3 minutes per side. Sprinkle shrimp with chopped cilantro. Garnish with lemon or lime and serve immediately.

Serve:

Makes 4 (1 skewer) servings. 1 serving is approximately 3 oz. protein.



Baked Shrimp With Tomatillos

2 tbsp. olive oil
1 medium onion,
chopped, about 1
cup
1-2 jalapeno chilies,
seeded, minced
3 garlic cloves, thinly
sliced
1 lb. tomatillos,
chopped
Salt
1/4 cup water
1 lb. uncooked
shrimp, cleaned, de-
veined
1/4 cup chopped
cilantro
Lime juice
Black pepper
An oven-proof sauté
pan or cast iron pan

Prepare:

Shrimp can be cooked either shell on or shell off. Cooking with the shell on will result in better flavor, but shrimp must be shelled while eating. Shelling and de-veining the shrimp before cooking will add a good 10 minutes to prep time, but the resulting dish is easier to eat. Use an oven-proof pan.

Chop onion, jalapeno chilies, garlic, tomatillos, and cilantro. Peel and de-vein shrimp.

Cook:

Heat oil in the pan you will use for baking. Add the onions and jalapeños, cook for 5 minutes on medium high until the onions begin to brown. Add the garlic and cook a minute more. Add the tomatillos, reduce heat to medium and cook for 10 minutes, until the tomatillos are cooked through, but still hold their shape. Sprinkle salt over the tomatillos as they are cooking. Add the water, without reducing, and shrimp.

Cook in a preheated 425° F oven for 10 minutes. Remove pan from the oven.

Serve:

Right before serving, mix in the cilantro and sprinkle with lime juice and freshly ground black pepper.

Makes 4 servings. 1 serving = 4oz. protein.

beef, venison & turkey

WELLLIFE RECIPES



Unstuffed cabbages

Low carb sloppy joe stuffed peppers

Crock pot stuffed peppers

Beanless chili

Sloppy joe wrap

Meatloaf

Cabbage & beef bake

Beef & vegetable kabob

Chipotle burgers with spicy onions

Grilled salsa marinated sirloin packet



Unstuffed Cabbages

1 head cabbage
1 lb. ground meat
(beef, turkey or combination)
1/4 cup minced onion
1 tbsp. caraway seeds
1 tsp. ground coriander
1 tsp. garlic powder
2 cups diced tomatoes
3 tbsp. lemon juice
(or can use vinegar, which is actually more traditional)
Powder Stevia/Truvia
Salt and pepper, to taste

Prepare:

Mince onion, dice tomatoes. Cut the cabbage into chunks. Separate into pieces, maybe 2 to 4 leaves thickness each. Put about half in the bottom of a roasting pan or crock pot.

Mix the meat, onion, and spices, including salt and pepper. Form into meatballs, and nestle them amongst the cabbage leaves. Put the rest of the leaves on top.

Put tomatoes and lemon juice or vinegar into blender (or into a pot and use a stick blender, or use a food processor). Pulse a few times, until the tomatoes partially pureed, but there are still chunks. You can fully puree half, if desired. Place in a pot on the stove and reduce on medium heat for ~10 minutes to blend flavors.

Add stevia to the tomato mixture until you get a nice "sweet and sour" effect (a little goes a long way). Add a bit of salt and pepper, and another tbsp. of caraway seeds, if desired. Pour the mixture over the cabbage.

Cook:

You can bake this in the oven or cook in a crock pot. For the oven, bake at 350° F for 1 hour. Cover it for the first 20 minutes, then remove the cover. If using a crock pot, cook for 6 to 8 hours on low or 2 to 3 hours on high.

Serve:

Makes 4 servings. 1 serving = 4oz. protein.



Low Carb Sloppy Joe Stuffed Peppers

1 lb. ground beef
1 ounce onion,
chopped, about 2 tbsp.
1 stalk celery, chopped
1 clove garlic, minced
1/2 cup tomato sauce
1-1/2 tsp. white vinegar
1-1/2 tsp.
Worcestershire sauce
(optional)
1/2 tsp. mustard
1/2 tsp. salt
1/8 tsp. pepper
3 green bell peppers,
halved lengthwise

Prepare:

Chop celery, onion, mince garlic, cut bell peppers. Start a pot of water to boil for peppers.

Cook:

Brown the ground beef, onion, celery and garlic; drain fat. Stir in all remaining ingredients except the cheese and green peppers. Simmer 10 minutes.

Meanwhile, parboil (partially boil) the peppers in the boiling water for 3 minutes, drain and set aside. Place peppers in a baking dish and fill pepper halves with meat. Bake at 350 F for 15-20 minutes until hot and bubbly and peppers are tender.

Serve:

Makes 6 servings. 1 serving is approximately 3 oz. protein.



Crock Pot Stuffed Peppers

2 lbs. lean ground beef *(or a combination of lean meats)*

4 large green peppers

1 large onion

4 cloves of garlic

1/2 head of cauliflower

6 ounce can of tomato paste

1 tablespoon dry oregano

1 tablespoon dry or fresh tarragon

Salt and pepper to taste

Prepare:

Cut the tops of the peppers and clean the seeds out. Arrange peppers in the crock pot standing up and make sure they fit securely. Grate onion, garlic and cauliflower in the food processor. If you do not have a food processor, chop into small pieces with a knife.

In a big bowl, combine ground pork, shredded vegetables, seasonings and tomato paste. Add salt and pepper to taste. Stuff the peppers with the mixture and arrange leftover meat between the peppers.

Cook:

Add half a cup of water, cover and cook on low for 8–10 hours. If you no slow-cooker is available, cook the dish in the oven, covered, for 1–2 hours.

Serve:

Contains 32 oz. of cooked protein.



Beanless Chili

Prepare:

Chop green peppers, onions, celery, garlic, and tomatoes.

Cook:

Sauté meat, bell peppers, onions, celery, and garlic in a Dutch oven with a small amount of oil. Drain. Stir in all other ingredients. Cover and simmer one hour, stirring occasionally.

Serve:

Makes 8 servings. 1 serving = 4oz. protein.

- 2 lb. coarsely ground lean beef or venison
- 2 large green bell peppers, chopped
- 2 medium onions, chopped
- 2 ribs celery, chopped
- 6 cloves garlic, minced or pressed
- 1/3 cup chili powder
- 1 tbsp. salt
- 1 tsp. cumin
- 2 cups diced tomatoes
- 1/2 tsp. dried ground hot peppers of your choice (*cayenne, jalapeño, etc.*)
- 2 bay leaves
- 2 cups tomato paste/water mixture (*combine approximately 1-1/2 cups paste to 2 cups water*)
- 6 cups water or beef broth



Sloppy Joe Wrap

4 oz. ground beef/turkey

Chopped or minced onion, to taste

Tomato paste, to taste

Oregano, to taste

Minced garlic, to taste

Lettuce

Prepare:

Chop onion and garlic.

Cook:

Cook ground meat, onions and garlic in skillet until meat is no longer pink. Then, combine with the tomato paste and oregano.

Serve:

Spoon into lettuce leaf and wrap the lettuce around filling, like a burrito.



Meatloaf

2 lb. ground meat (*lean beef, turkey, or a combination*)

¼ cup finely chopped onion (*or 1 tbsp. dehydrated onion flakes*)

2 cloves garlic, minced (*or 1 tsp. garlic powder*)

1 tsp. dry mustard powder

1 tsp. dried thyme

1 tsp. dried sage

1/2 tsp. black pepper

2 tsp. salt

2 tbsp. Worcestershire sauce (*optional*)

2 tsp. salt

1 egg

1/4 cup water

Prepare:

Mix all ingredients together in a bowl using hands, but do not over mix.

Cook:

Bake in a loaf pan, several small loaf pans, or make individual ones. Bake at 350° F for about 1 hour for a large loaf. (You can also bake it longer at 325° F).

Muffin-cup meatloaves cook in about 15 to 20 minutes. To be sure the meatloaf is done, insert a meat thermometer, which should reach 155° F in the center of the loaf.

About 10 to 15 minutes before the meatloaf is done, you can cover it with sugar-free picante sauce.

Serve:

This makes 8 servings. 1 serving = 4oz. protein.



Cabbage & Beef Bake

1 1/2 lb. ground beef
1 small onion, chopped
(2 1/2 ounces)
1 small cabbage,
coarsely chopped
*(about 1 lb. 13 ounces
before trimming)*
2 cups diced tomatoes
1/4 cup tomato
paste/water mixture
*(approximately 2 tbsp.
tomato paste with 1/4 cup
water)*
Salt and pepper, to
taste

Prepare:

Chop onion, cabbage, tomatoes.

Cook:

Brown the beef and onion; drain off the grease and season with salt and pepper. Put half of the cabbage in the bottom of a greased 9x13" baking dish. Season with salt and pepper. Top with the meat then the remaining cabbage; season again. Pour or spoon the tomatoes evenly over the cabbage. Cover with foil and bake at 325° F for 3 hours.

Serve:

Makes 8 servings. 1 serving = 3oz. protein.



Beef & Vegetable Kabob

2 tbsp. Mrs. Dash®
Original Blend

1 lb. beef sirloin, cut into
1 1/2 inch chunks

1 tbsp. olive oil

1/4 red onion cut into
wedges, then in half and
separated

1/2 lb. whole
mushrooms, stems
removed and chopped

Cooking spray

2 cloves garlic, slivered

8 cherry tomatoes

Prepare:

Cut sirloin. Chop red onion and slice tomatoes into 2-3 pieces each. Wash and dry mushrooms, de-stem. Mince garlic.

Marinate the meat with Mrs. Dash® Original Blend, garlic, onions, tomatoes and mushrooms for 30 minutes.

Heat grill or cast iron grill plate. Spray with cooking spray.

Skewer meat rotating with onion, tomato and mushroom. Brush with olive oil.

Cook:

Grill about 6-8 minutes to desired degree of doneness.

Serve:

Makes 3-4 servings. 1 serving = 4 oz. protein.



Chipotle Burgers With Spicy Onions

1 tsp. olive oil

1 large red onion, peeled and thinly sliced

2 tbsp. Mrs. Dash® Southwest Chipotle Seasoning Blend, divided

1 lb. extra lean ground beef

1/4 cup fresh cilantro, chopped

2 egg whites, or egg substitute equivalent to 1 egg

Prepare:

Slice red onion, cilantro. Prepare egg whites.

Cook:

Heat oil in large non-stick skillet, add onion and cook until golden and tender, about 10 minutes. Stir in 1 tbsp. of Mrs. Dash® Southwest Chipotle Seasoning Blend, mix thoroughly and remove from heat.

Gently mix ground beef, 1 tbsp. Mrs. Dash® Southwest Chipotle Seasoning Blend, cilantro, 2 egg whites or egg substitute equivalent to 1 egg, mix well, and shape into 4 burgers.

Preheat grill to medium-high heat and grill burgers for 8-10 minutes turning once.

Serve:

Top burger and spicy onions.



Grilled Salsa Marinated Sirloin Packets

Prepare:

Combine salsa, lime juice, water, oil and cumin in shallow glass baking dish. Add steak, turning to coat with marinade.

Cover with aluminum foil. Marinate in refrigerator 6 hours or overnight. Remove steak from marinade; drain. Discard marinade.

Cook:

Preheat grill to medium-high. Grill steak 8 to 10 minutes on each side for medium-rare.

Serve:

Slice steak into 1/2-inch thick strips. Number of Servings: 4

Aluminum Foil

1 cup sugar free chunky salsa

1/4 cup lime juice

1/4 cup water

2 tbsp. vegetable oil

1 tsp. ground cumin

1 1/2 to 1 3/4 lb. boneless beef sirloin steak (1 1/4 to 1 1/2-inches thick)

chicken

WELLIFE RECIPES



Low carb fajitas

Basil chicken with vegetables

Balsamic chicken

Tomato basil chicken

Lemon-thyme marinated chicken

Rosemary-onion marinade chicken

Grilled lemon-herb chicken

Ginger chicken kabobs

Garam masala

Cider vinegar chicken

Grilled Mexican chicken

Basil chicken packets

Moroccan-style chicken & vegetables



Low Carb Fajitas

1-1/2 lb. chicken, cut into strips

1 medium onion, sliced *(or 15 medium scallions/green onions)*

2 large bell peppers, sliced *(can use 2 different colors, if desired)*

4 tbsp. Worcestershire sauce mixed with 1 tbsp. water *(Worcestershire is optional, substitute equal amount of water if not using)*

1/4 cup lime juice

1 tsp. chili powder

1-2 tbsp. olive oil

Prepare:

Chop onion. Slice the meat into about 1/2 inch slices. Combine Worcestershire sauce/water mixture, lime juice, chili powder, and oil. If grilling, save a couple of tablespoons aside to toss with the vegetables, and marinate the meat and veggies separately. Even a few minutes helps, but up to 2 hours is best. Remove from marinade and grill.

If cooking in a skillet, marinate everything together in a bowl or Ziploc bag and place in the fridge for up to 2 hours.

Cook:

For cooking in a skillet (preferably regular, not nonstick), cook the chicken first. Add a little oil to the skillet and get it very hot (the oil will shimmer). When the meat is browned, remove and add veggies. When they begin to soften, return meat to skillet to heat through. Serve with salsa or cilantro, if desired.

Serve:

Makes 6 servings. 1 serving = 4 oz. protein.



Basil Chicken With Vegetables

1 lb. boneless chicken
meat, cut into bite-sized
pieces

1 red bell pepper,
chopped

8 oz. mushrooms, sliced

2 cups sliced zucchini or
yellow squash

8 oz. fresh basil, chopped

3 cloves garlic, minced or
pressed

2-3 tbsp. olive oil

Salt and pepper, to taste

Prepare:

Chop or prepare chicken, set aside. Chop red pepper, zucchini or squash, basil, garlic. Slice mushrooms. Substitute or add other vegetable on the list if desired, e.g. broccoli, cauliflower and onions.

Cook:

Heat oil in large skillet on high heat. Sprinkle salt and pepper on chicken. Add chicken to skillet and cook on one side. Add the vegetables and stir. When food is nearly cooked, push it to one side and add the garlic. After about 30 seconds, stir it all together and add the basil. Cook another 30-60 seconds and serve.

Serve:

Makes 4 servings. 1 serving = 4 oz. protein.



Balsamic Chicken

4 small boneless, skinless chicken breast halves, 1 lb. total

1 tbsp. paprika

1 tbsp. olive oil

1/2 tsp. fresh snipped rosemary

2 cloves garlic, minced

1/4 tsp. ground black pepper

Nonstick cooking spray

1 cup water

1 tbsp. balsamic vinegar

Fresh rosemary sprigs, optional

Prepare:

If desired, place each chicken breast half between two pieces of plastic wrap and pound with the flat side of a meat mallet to a rectangle 1/4 to 1/2 inch thick. Mince garlic, prepare rosemary.

In a small bowl, combine paprika, oil, rosemary, garlic, and pepper; mix well until it becomes a paste. Rub both sides of each chicken breast half with paste mixture. Coat a 13X9-inch baking pan with nonstick cooking spray. Place coated chicken in prepared pan; cover and refrigerate for 2 to 6 hours.

Cook:

Preheat oven to 450° F. Drizzle chicken with water. Bake for 10 to 12 minutes or until a meat thermometer inserted in the thickest portion of the chicken registers 170° F and the juices run clear, turning once halfway through baking. (If chicken has been pounded, bake about 6 minutes or until chicken is no longer pink and juices run clear, turning once halfway through baking.)

Serve:

Remove from oven. Immediately drizzle vinegar onto chicken in the baking pan. Transfer chicken to serving plates. Stir the liquid in the baking pan and drizzle over chicken. If desired, garnish with fresh rosemary.

Makes 4 servings. 1 serving = 4oz. protein.



Tomato Basil Chicken

Prepare:

Cut any large chicken tenderloins in half lengthwise. Coat an unheated 12-inch skillet with nonstick cooking spray. Dice tomatoes, prepare basil.

Cook:

Cook and stir chicken in hot skillet about 5 minutes or until done. Sprinkle with salt and pepper.

Add tomatoes and basil; heat through. Remove from heat. Add spinach; toss until wilted.

Serve:

Makes 4 servings (about 2 cups each). 1 serving = 4oz. protein

1lb. chicken breast tenderloins

Nonstick cooking spray

1/8 tsp. salt

1/8 tsp. ground black pepper

2 cups diced tomatoes

1/4 cup snipped fresh basil

10 oz. spinach



Lemon-Thyme Marinated Chicken

4 boneless, skinless chicken breast halves, 1 lb. total

Marinade:

1/4 cup snipped parsley

1/4 cup lemon juice

1/4 cup olive oil

1 tbsp. snipped fresh thyme

1 tsp. dried thyme, crushed

2 tsp. snipped fresh marjoram crushed (or 1/2 tsp. dried marjoram)

2 cloves garlic, minced

1/2 tsp. ground black pepper

1/8 tsp. salt.

Prepare:

Place chicken in a re-sealable plastic bag set in a shallow dish. Pour marinade into bag with chicken; seal bag. Marinate in the refrigerator for at least 2 hours, or up to 4 hours, turning bag occasionally. Drain chicken, reserving marinade. Mince garlic, prepare parsley, thyme, fresh marjoram.

Cook:

Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 15 to 18 minutes or until chicken is no longer pink (170° F), turning once and brushing with reserved marinade once halfway through grilling. Discard leftover marinade.

Serve:

Makes 4 servings. 1 serving = 4oz. protein



Rosemary-Onion Marinated Chicken

4 boneless, skinless chicken breast halves, 1 lb. total

Marinade:

1/4 cup chopped onion

1/4 cup olive oil

1/4 cup white wine vinegar

1 tbsp. snipped fresh rosemary (or 1 tsp. dried rosemary, crushed)

1/2 tsp. ground black pepper

1/8 tsp. salt.

Prepare:

Place chicken in a re-sealable plastic bag set in a shallow dish. Pour marinade into bag with chicken; seal bag. Marinate in the refrigerator for at least 2 hours, or up to 4 hours, turning bag occasionally. Drain chicken, reserving marinade. Prepare rosemary.

Cook:

Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 15 to 18 minutes or until chicken is no longer pink (170° F), turning once and brushing with reserved marinade once halfway through grilling. Discard leftover marinade.

Serve:

Makes 4 servings. 1 serving = 4oz. protein



Grilled Lemon-Herb Chicken

4 boneless, skinless
chicken breast halves, 1lb.
total

1/4 cup olive oil

6 cloves garlic, minced

1 tbsp. lemon zest

2 tsp. snipped fresh thyme

1 tsp. snipped fresh
rosemary

1/4 – 1/2 tsp. crushed red
pepper

1/4 tsp. salt

1/8 – 1/4 tsp. ground black
pepper

Fresh thyme sprigs,
optional

Lemon wedges, optional

Prepare:

Place chicken in a re-sealable plastic bag set in a shallow bowl. For marinade, in a small bowl, combine oil, garlic, lemon peel, the snipped thyme, rosemary, crushed red pepper, salt, and black pepper. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally. When ready to cook, mince garlic, prepare herbs.

Cook:

Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170° F), turning once halfway through grilling. If desired, garnish with fresh thyme sprigs and lemon wedges.

Serve:

Makes 4 servings. 1 serving = 4 oz. protein.



Ginger Chicken Kabobs

1 lb. boneless, skinless chicken breast halves, cut into 1-inch pieces

2 tbsp. finely snipped fresh cilantro

1 tbsp. grated fresh ginger

2 cloves garlic, minced

1 fresh Chile pepper, seeded and finely chopped

1 tsp. olive oil

1/2 tsp. ground coriander

1/2 tsp. ground cumin

1/4 tsp. salt

1/4 tsp. Garam masala, Indian spice blend (*Buy or make your own, see following recipe*)

1/8 tsp. ground nutmeg

1 medium red sweet pepper, cut into 1-inch pieces

1 medium green bell pepper, cut into 1-inch pieces

Prepare:

Place chicken in a large re-sealable plastic bag and set in a shallow dish. Add cilantro, ginger, garlic, pepper, oil, coriander, cumin, salt, Garam masala (if desired - see next page), and nutmeg to bag. Seal bag. Turn and press bag to coat chicken. Chill for at least 2 hours, or up to 6 hours.

On eight 10- to 12-inch skewers, alternately thread the chicken, red sweet pepper, and green pepper, leaving a 1/4-inch space between pieces.

Cook:

Place kabobs on the rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until chicken is no longer pink, turning occasionally to brown evenly.

Broiler Directions: Preheat broiler. Place kabobs on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 8 to 12 minutes or until chicken is no longer pink, turning occasionally to brown evenly.

Serve:

Makes 4 (2-skewer) servings. 1 serving = 4 oz. protein.



Garam Masala

Prepare:

Put the cumin, coriander, cardamom, peppercorns, cinnamon, and cloves in a dry heavy skillet over medium-high heat. Toast the spices, stirring occasionally, until they turn several shades darker and give off a sweet smoky aroma, about 10 minutes. Do not raise the heat to quicken the process, or the spices will brown prematurely, leaving the insides under-cooked. Cool completely.

Mix:

Working in batches, if necessary, transfer the mixture to a spice mill or coffee grinder and grind to a powder. Stir in the nutmeg and saffron.

Serve:

Use immediately or store in an airtight container in a cool, dry place. Garam Masala keeps for 3 months.

2 tbsp. cumin seeds

2 tbsp. coriander seeds

2 tbsp. cardamom seeds

2 tbsp. black peppercorns

1 (3-inch) stick cinnamon, broken up

1 tsp. whole cloves

1 tsp. grated nutmeg

1/2 tsp. saffron (optional)



Cider Vinegar Chicken

4 skinless, boneless
chicken breasts, 1lb. total

5 tsp. garlic salt

1 cup cider vinegar

Prepare:

Preheat oven to 350° F. Place chicken breasts in a 9x13 inch baking dish. Sprinkle with garlic salt, then pour vinegar over all.

Cook:

Bake at 350° F for 35 minutes or until chicken is browned and cooked through, and juices run clear.

Serve:

Makes 4 servings. 1 serving = 4 oz. protein.



Grilled Mexican Chicken

2 tbsp. Mrs. Dash®
Southwest Chipotle
Seasoning Blend

4 boneless, skinless
chicken breasts

1/2 red onion, slivered

4 garlic cloves

1/2 tsp. black pepper

Cooking spray

Prepare:

Gently pound chicken breast halves to 1/4 inch consistency. Slice red onion, chop garlic.

Toss with Mrs. Dash® Southwest Chipotle Seasoning Blend, red onion, garlic and pepper. Let stand 30 minutes at room temperature.

Cook:

Preheat grill or cast iron grill plate. Spray with cooking spray.

Place chicken on grill. Cook about 4-5 minutes on each side. Carefully mark on both sides turning evenly for equal lines to form cross marks. Remove.

Serve:

Rest partially covered with foil.



Basil Chicken Packets

4 sheets heavy duty aluminum foil

4 boneless, skinless chicken breast halves (1 to 1 1/4 lb.)

2 tbsp. chopped fresh parsley

1 tbsp. grated lemon peel

1 1/2 tsp. dried basil

1/2 tsp. salt

2 medium yellow squash, sliced

1 medium red bell pepper, cut in rings

Freshly ground pepper

Prepare:

Preheat oven to 450° F or grill to medium-high. Slice squash.

Center one chicken breast half on each sheet of heavy duty aluminum foil. Combine parsley, lemon peel, basil and salt; sprinkle over chicken. Top with yellow squash and red pepper. Sprinkle chicken and vegetables with pepper.

Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

Cook:

Bake 16 to 18 minutes on a cookie sheet in oven, or grill 11 to 13 minutes in covered grill.

Serve:

Makes 4 servings.



Moroccan-Style Chicken & Vegetables

2 sheets heavy duty aluminum foil

2 boneless, skinless chicken breast halves (*4 to 6 oz. each*)

1 1/2 tsp. ground cumin

1/2 tsp. ground cinnamon

1/2 tsp. salt

1/2 tsp. pepper

1 can (14 1/2 oz.) low salt or no salt diced tomatoes, drained

1 medium zucchini, sliced in 2-inch strips

Prepare:

Preheat oven to 450° F or grill to medium-high. C

Center one chicken breast half on each sheet of Reynolds Wrap Non-Stick Foil with non-stick (dull) side toward food. Combine cumin, cinnamon, salt and pepper; sprinkle 1/2 tsp. Mixture all over chicken. Combine tomatoes with remaining spice mixture; spoon beside chicken. Arrange zucchini strips over chicken and tomatoes.

Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.

Cook:

Bake 20 to 22 minutes on a cookie sheet in oven or grill 10 to 12 minutes in covered grill.

Serve:

Let stand to cool. Makes 2-3 servings.



dressings, marinades & sauces

WELLIFE RECIPES

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[Parsley dressing](#)

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Basil Vinaigrette

3 In a bowl, whisk together the olive oil, apple cider vinegar, basil, and garlic. Refrigerate until ready to serve.

Delicious year round, this salad is especially tasty when served with Italian-style salad and fresh ripe tomatoes.

1 cup olive oil

1/2 cup apple cider vinegar

3 tbsp. chopped fresh basil *(it's very important here to use fresh, it's not nearly as good with dried leaves)*

2 cloves garlic, minced



Parsley Dressing

3 tsp. olive oil
2 tsp. lemon juice
1/4 tsp. onion powder
2 tsp. chopped parsley

In a bowl, combine the olive oil, lemon juice and onion powder. Once combined, add in the chopped parsley, mix thoroughly with a whisk and serve.

Try this flavorful dressing on a salad of mixed greens or other mild-flavored salad combination.



French Style Dressing

1/2 tsp. dry mustard

1/4 tsp. white pepper, ground

1 tsp. unsalted tomato paste

7 tbsp. olive oil

1/3 cup red or white wine vinegar

2 tsp. water

1/2 tsp. fresh chopped onion

In a large mason jar or other container with a tight lid, combine all ingredients, shake it up and serve.



Balsamic Vinaigrette

3/4 cup extra virgin
olive oil

3/4 cup balsamic
vinegar

1 clove garlic, crushed

1/2 tsp. dried oregano

2 tsp. Dijon mustard

Salt and pepper to taste

In a mason jar or other container with a tight lid, combine all the ingredients. Shake until all ingredients are combined. Refrigerate until ready to serve.

Although this makes a great, simple salad dressing, it is equally delicious as a marinade for meat or when drizzled on steamed vegetables.



Dill Vinaigrette

1/4 cup olive oil

2 tbsp. red wine
vinegar

1 packet of Stevia
(optional)

1/2 tsp. dried dill
weed

1/8 tsp. onion powder

1/8 tsp. garlic powder

1/8 tsp. dry mustard

Salt and pepper to
taste

In a blender, combine the oil, vinegar, Stevia, dill weed, onion powder, garlic powder, dry mustard. Blend until smooth. Add salt and pepper to taste. Cover and refrigerate until chilled.



Citrus Vinaigrette

In a large Mason jar or container with a tight lid, combine the vinegar, grapefruit juice, lime juice, and lemon juice. Drizzle in the olive oil while whisking vigorously. Once mixed, add the walnuts and stir. Season with salt and pepper to taste.

1 tbsp. white
balsamic vinegar

1 tbsp. fresh
squeezed grapefruit
juice

1 tbsp. fresh lime
juice

1 tbsp. fresh lemon
juice

6 tbsp. olive oil

2 tbsp. chopped
walnuts

Salt and pepper to
taste



Mexican Marinade

1/3 cup cider vinegar

1/3 cup white vinegar

1/3 cup olive oil

1/3 cup fresh cilantro, chopped

6 cloves garlic, minced

Juice of 1 lime

2 tbsp. cumin

1 tbsp. black peppercorns

1 tbsp. dried oregano

1 tsp. salt

Combine all ingredients and mix well. This marinade works best if it is made a day in advance so the flavors can blend. Marinate beef, lamb and pork for about 6 hours, poultry for 4 hours and fish for 1 hour.

This marinade can be used on practically any meat or Mexican-style dish. You'll get a great lime and cilantro flavor without overpowering the flavor of the meat.



Taco Seasoning Mix

3 tbsp. chili powder
1 tbsp. garlic powder
1 tbsp. onion powder
2 tsp. ground cumin
2 tsp. salt
1 tsp. black pepper
1 tsp. red pepper
1 tsp. oregano
1/2 tsp. paprika

Measure and mix well.

Makes enough for about 5 lbs. of ground meat.



Better “Heinz” Ketchup

6 ounce can tomato paste

1/2 cup water

1/4 cup vinegar

5 tsp. Stevia (*or about 1/8 tsp. liquid Stevia*),
optional

1/4 tsp. onion powder

1 tsp. salt

Very tiny pinch or up to 1/8 tsp. each ground
cloves, cinnamon and garlic powder

Mix all ingredients well. Be sure to add the
spices. They are important for that “Heinz”
flavor.

Makes 1 1/3 cups

2 tbsp. = 20 calories



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Balsamic vinaigrette.....	69
Basil chicken packets.....	63
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Basil vinaigrette.....	66
Beanless chili.....	44
Beef & vegetable kabob.....	48
Better “Heinz” ketchup.....	74
Braised bok choy with garlic.....	15
Broiled shrimp with mustard & tarragon....	37
Cabbage & beef bake.....	47
Cauliflower “rice”.....	7
Chicken breakfast sausage.....	21
Chipotle burgers with spicy onions.....	49
Cider vinegar chicken.....	61
Citrus vinaigrette.....	71
Collard greens.....	11
Creole okra & tomatoes.....	14
Crock pot stuffed peppers.....	43
Crustless spinach quiche.....	28
Dilled Alaska cod packet.....	35
Dill vinaigrette.....	70



Eggplant fries.10

Egg white omelet with tomatoes.24

Fiery skewered shrimp.38

French style dressing.68

Garam masala.60

Garden vegetable packet.16

Ginger chicken kabobs.59

Grilled dill salmon.31

Grilled Italian vegetable packets.17

Grilled lemon-herb chicken.58

Grilled Mexican chicken.62

Grilled salsa marinated sirloin packets.50

Grilled snapper with red pepper sauce.33

Lemon-thyme marinated chicken.56

Low carb fajitas.52

Low carb sloppy joe stuffed peppers.42

Mashed cauliflower.6

Meatloaf.46

Mediterranean summer vegetables.12

Mexican marinade.72

Moroccan-style chicken & vegetables.64

Mushroom & herb omelet.25

Mushrooms and peppers.3

Oven roasted asparagus.8

Parsley dressing.67



Pepper and tomato salad.....5
Rosemary-onion marinade chicken.....57
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Scallop salad.....36
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Sloppy joe wrap.....45
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Vegetable & sausage omelet.....23
Veggie scrambled eggs.....22
Zucchini and eggs.....29
Zucchini casserole.....4
Zucchini hash browns.....26
Zucchini, squash & spinach sauté.....13
Zucchini tomato vegetable packets.....18