**Week 8**

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| --- | --- | --- | --- | --- | --- | --- |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Steel Cuts Oatmeal with banana and berries | 1/2C cottage cheese, sliced pear, and flaxmeal | 2T almond butter on a whole grain English muffin, sliced strawberries | Greek yogurt with berries and 1/4C uncooked oats | Protein pancakes | 1/2C cottage cheese, sliced pear, and flaxmeal | 2T almond butter on a whole grain English muffin, sliced strawberries |
| 10-15 almonds | 10 walnuts | 1/2C greek yogurt with 1/4C berries | 10 - 15 almonds | 1 pear + 5 almonds | 10 walnuts | 1/2C greek yogurt with 1/4C berries |
| Cauliflower soup\* and salad | Leftover lemon chicken on a bed of mixed greens | Leftover chili and small salad | New England Clam Chowder\* and salad | Leftover chicken and broccolini | Red Pepper omelette\* | Simple Nicoise salad\* |
| Bean dip\* with raw veggies | Carrot horseradish slaw\* | Spicy Peanuts\* | Bean dip with raw veggies | Carrot slaw | Edamame | Spicy peanuts |
| Lemon Chicken Stir fry\* | Black Bean chili\* and Calabacitas\* | Ahi tuna and cucumber salad\* | Chicken Teriyaki\* and Broccolini\* | Steak fajitas\* | Halibut with avocado sauce\* and fresh veggies | Latin Chicken Soup\* with salad |

**Red Pepper Omelette**

4 egg whites with 2 chopped artichokes, 2 chopped red pepper strips and 1/4C low fat feta cheese.

**Simple Salade Nicoise**

Ingredients:

4 eggs

1/2lb green beans, rinsed and ends trimmed

4 red potatoes, cut into 1” pieces

1T red wine vinegar

1t Dijon mustard

1t 100% anchovy paste

1 small clove garlic, minced

1T extra virgin olive oil

1 lb Romaine lettuce, rinsed and dried

10oz tuna, canned or pouched in water

Directions:

1. Hard boil the eggs. Let them sit in cold water as you prepare the rest of the salad.
2. In a medium pot, boil water and add the potatoes and green beans. Reduce heat and simmer about 5 min, until the potatoes can be pierced easily with the tip of a knife.
3. Prep dressing: In a small bowl, combine vinegar, 1T water, Dijon, anchovy paste, and garlic. Whisk until smooth then gradually add oil.
4. Chop beans into 1” lengths. Peel eggs and cut into quarters. Coarsely chop romaine.
5. Combine beans, potatoes, eggs, romaine and tuna in a large mixing bowl, then toss with dressing.

Serves 4

Nutrition: Calories 340, Fat 10g, Carb 48g, Protein 28g, Sugars 5g, Fiber 6g

**Lemon Chicken Stir-Fry**

**Ingredients:**

* 1 lemon
* 1/2 cup reduced-sodium chicken broth
* 3 tblsp reduced-sodium soy sauce
* 2 tsp cornstarch or arrowroot
* 1 tblsp olive oil
* 1 pound boneless, skinless chicken breasts cut into 1-inch pieces
* 10 ounces mushrooms cut
* 1 cup sliced carrots
* 1 cup sliced celery
* 2 cups snow peas
* ¾ cup chopped green onions
* 1 tblsp chopped garlic

Grate 1 teaspoon lemon zest and set aside. Squeeze  the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch or arrowroot in a small bowl.

Heat the olive oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through. Transfer to a plate. Add mushrooms, carrots and celery to the pan and cook until tender. Add snow peas, green onion, garlic and the reserved lemon zest. Whisk the broth mixture and add to the pan; until thickened.

**Approximate Per serving:** 210 calories; 6 g fat; 63 mg cholesterol; 14 g carbohydrates; 27 g protein; 3 g fiber; 448 mg sodium; 786 mg potassium

Cream of Cauliflower Soup http://www.canyonranch.com/i/_.gif

**Ingredients**  
1/3 cup diced shallots  
1/4 cup chopped leeks  
1 cup white wine  
1 1/4 pounds cauliflower  
6 cups chicken stock  
1 teaspoon sea salt  
2 tablespoons unsalted butter  
2 teaspoons evaporated cane juice  
1/2 teaspoon champagne vinegar

**Instructions**

1.  In a large sauce pan, cook shallots, leeks and wine together and reduce to 3/4 of the volume, about 1/2 cup.  
2.  Add cauliflower and chicken stock and bring to a boil. Simmer for 30 minutes. Cool slightly and transfer to a blender container. Puree until smooth. Stir in salt, butter, evaporated cane juice and vinegar. Puree briefly.

**Serving Information**  
Makes 8 (3/4-cup) servings, each containing approximately:  
80 calories  
7 gm. carbohydrate  
3 gm. fat  
12 mg. cholesterol  
3 gm. protein  
220 mg. sodium  
2 gm. fiber

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| --- | --- | --- | --- |
| |  | | --- | | Black Bean Chili with Salsa Fresca | | http://www.canyonranch.com/i/_.gif | | **Ingredients** 1 14-ounce can organic black beans 1 cup diced fresh tomatoes 1/2 cup chopped, fresh cilantro 1 1/4 cups minced red onions 1 tablespoon chili powder 1 tablespoons minced garlic cloves 3 1/2 cups water  2 teaspoons ground cumin 2 teaspoons sea salt 1-2 teaspoons freshly ground black pepper  *Salsa Fresca:* 5 roma tomatoes, diced 1/4 medium red onion, diced Juice of 1/2 lime 1 teaspoon minced garlic 2 tablespoons chopped fresh cilantro Pinch sea salt Pinch freshly ground black pepper  **Instructions**   1. In a large saucepan, combine black beans, tomatoes, cilantro, onions, chili powder, garlic,   water, cumin, salt and pepper and simmer over low heat for 1 hour. 2.  In a medium bowl, combine all ingredients for Salsa Fresca. 3.  Serve 3/4 cup chili with 1 tablespoon Salsa Fresca.  **Serving Information** Makes 8 (3/4-cup) servings, each containing approximately: 155 calories     28 gm. carbohydrate    3 gm. fat     0 mg. cholesterol 8 gm. protein 450 mg. sodium 9 gm. fiber | |

Latin Chicken Rice Soup http://www.canyonranch.com/i/_.gif

**Ingredients**  
2 teaspoons whole cumin seed  
1/2 cup diced yellow onion  
1 1/2 teaspoons minced garlic   
2 teaspoons canola oil  
1/2 teaspoon chili flakes  
2/3 cup diced canned tomatoes  
2 teaspoons fresh lime juice  
3/4 teaspoon sea salt  
5 1/2 cups chicken stock  
1/2 pound boneless, skinless chicken breasts, diced  
2 tablespoons white basmati rice  
2 tablespoons frozen green peas

**Instructions**

1. Place cumin seed in a spice grinder and grind.  
2. In a large saucepan, sauté onion and garlic in canola oil until onion is translucent. Add chili flakes and tomatoes. Sauté briefly. Add remaining lime juice, salt and chicken stock and bring to a boil. Simmer for 10 minutes. Remove from heat and cool slightly. Place in a blender container and puree until smooth. Pour through a fine mesh strainer and reserve liquid.  
3. Return soup to saucepan and reheat. Add diced chicken breast, rice and peas and cook until chicken is cooked through and rice is tender.

**Serving Information**  
Makes 8 (3/4-cup) servings, each containing approximately:  
45 calories  
5 gm. carbohydrate  
2 gm. fat  
6 mg. cholesterol  
3 mg. protein  
236 mg. sodium  
1 gm. fiber

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New England Clam Chowder http://www.canyonranch.com/i/_.gif

**Ingredients**  
2 tablespoons extra virgin olive oil  
2 cups diced onions  
3/4 teaspoon dried thyme  
1 cup diced celery  
6 cups clam juice  
2 small potatoes, peeled and diced  
1/2 teaspoon freshly ground black pepper  
1 cup chopped clams  
2 tablespoons cornstarch  
2 tablespoons water  
1/2 cup heavy cream  
1/2 teaspoon sea salt

**Instructions**

1. Heat olive oil in a large saucepan. Add onions, thyme and celery. Sauté on low heat until onions are translucent.   
2. Add clam juice and bring to a boil. Add potatoes and pepper. Reduce heat and simmer 15 to 20 minutes.  
3. Combine cornstarch with water to make a thin paste. Add to potato-clam juice mixture and cook 1 minute. Add clams and cook 1 more minute. Remove from heat and stir in heavy cream. Season with salt.

**Serving Information**  
Makes 12 (3/4-cup) servings, each containing approximately:  
105 calories  
10 gm. carbohydrate  
5 gm. fat  
33 mg. cholesterol  
6 gm. protein  
332 mg. sodium  
1 gm. fiber

Broccolini with Garlic & Olive Oil http://www.canyonranch.com/i/_.gif

**Ingredients**  
1 1/2 pounds fresh broccolini  
1 1/2 teaspoons minced garlic  
1 tablespoon extra virgin olive oil  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper

**Instructions**

1.  In a large sauté pan over medium heat, sauté broccolini and garlic in olive oil until broccolini is crisp and tender.  Season with salt and pepper.

**Serving Information**  
Makes 4 servings, each containing approximately:  
60 calories  
4 gm. carbohydrate  
4 gm. fat  
0 mg. cholesterol  
2 gm. protein  
161 mg. sodium  
2 gm. fiber  
113 mg. calcium

Calabacitas http://www.canyonranch.com/i/_.gif

**Ingredients**  
1 small zucchini, sliced 1/2-inch thick in half-moon shapes  
1 small yellow squash, sliced 1/2-inch in half-moon shapes  
1 Roma tomato, diced  
1 small onion, diced  
1/2 cup frozen corn  
1 teaspoon chopped, fresh oregano  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon sea salt

**Instructions**

1. Preheat oven to 425°. Lightly coat a sheet pan with canola oil.  
2. Lay zucchini and yellow squash on sheet pan and roast in oven for 5 to 10 minutes or until golden brown.  
3. Lightly coat a sauté pan with canola oil. Add roasted squash, tomatoes, onions and corn. Sauté over medium heat until just soft, about 5 minutes. Add oregano and pepper.  Serve immediately.

**Serving Information**  
Makes 4 (1/2-cup) servings, each containing approximately:  
30 calories  
7 gm. carbohydrate  
Trace fat  
0 mg. cholesterol  
1 gm. protein  
5 mg. sodium  
2 gm. fiber

Carrot Horseradish Slaw http://www.canyonranch.com/i/_.gif

**Ingredients**  
Dressing:  
2 tablespoons prepared horseradish  
2 tablespoons cider vinegar  
2 tablespoons low-fat sour cream  
1/2 tablespoon canola oil  
1/2 teaspoon evaporated cane juice  
1/2 teaspoon sea salt

2 cups shredded carrots  
1/4 cup thinly sliced red onions  
1 teaspoon chopped fresh parsley

**Instructions**

1. In a large bowl, whisk together dressing ingredients.  
2. Shred carrots, place in cheesecloth and squeeze to remove any excess liquid.  Add carrots, onions and parsley to dressing and toss until evenly coated.

**Serving Information**  
Makes 10 (1/4-cup) servings, each containing approximately:  
60 calories  
7 gm. carbohydrate  
3 gm. fat  
3 mg. cholesterol  
1 gm. protein  
215 mg. sodium  
1 gm. fiber

Bean Dip http://www.canyonranch.com/i/_.gif

**Ingredients**  
1 1/2 cups canned pinto, kidney or black beans   
1/4 cup minced onion  
1/4 cup diced tomato  
1/2 teaspoon minced fresh garlic  
1/4 teaspoon freshly ground black pepper  
1/2 teaspoon sea salt

**Instructions**

Drain liquid from beans, reserving 3/4 cup. Place half of the beans in food processor. Add reserved bean liquid and blend. Mix in other half of beans with remaining ingredients.

**Serving Information**  
Makes 8 (1/3-cup) servings, each containing approximately:  
95 calories  
20 gm. carbohydrate  
1 gm. fat  
0 mg. cholesterol  
2 gm. protein  
230 mg. sodium  
2 gm. Fiber

Spiced Peanuts http://www.canyonranch.com/i/_.gif

**Ingredients**  
1/4 teaspoons black peppercorns  
1/4 teaspoon red chili flakes  
1 star anise  
1 teaspoon sesame seeds  
1/4 teaspoon sea salt  
1/4 cinnamon stick  
1 1/4 teaspoons evaporated cane juice   
1 1/2 tablespoons water  
1 cup roasted peanuts

**Instructions**

Place peppercorns, red chili flakes, star anise, sesame seeds, salt and cinnamon in a coffee grinder and mix until finely ground. Place in a small saucepan and add evaporated cane juice. Place over heat and add water. Bring to a simmer and reduce to a syrup, about 1 to 2 minutes. When syrup is thick, add peanuts and toss to coat. Spread on a baking sheet and let cool.

**Serving Information**  
Makes 1 cup peanuts, each 2 teaspoon serving containing approximately:  
40 calories  
2 gm. carbohydrate  
3 gm. fat  
0 mg. cholesterol  
2 gm. protein  
25 mg. sodium  
Trace fiber

Grilled Ahi Tuna Sandwich with Citrus Vinaigrette http://www.canyonranch.com/i/_.gif

**Ingredients**  
*Citrus Vinaigrette:*  
 1 tablespoon orange juice concentrate  
 1 tablespoon white wine vinegar  
 1 teaspoon extra virgin olive oil  
 Pinch sea salt  
 Pinch black pepper  
 1/2 teaspoon chopped fresh mint

1 1/4 cup shredded lettuce  
4 4-ounce ahi tuna fillets  
4 1-ounce slices Swiss cheese  
4 1-ounce slices focaccia bread  
1 large tomato, cut into 4 slices  
1 small avocado, cut into 4 slices

*Cucumber Salad:*  
1 medium cucumber, peeled and diced  
2 tablespoons diced red pepper  
1 1/2 tablespoons rice vinegar  
1 teaspoon chopped fresh cilantro  
1 teaspoon chopped fresh mint  
Pinch red chili flakes

**Instructions**

1. Combine all ingredients for Citrus Vinaigrette in a small bowl and whisk together with a hand held whisk.  Toss in the shredded lettuce until well mixed.  
2. Preheat grill or broiler. Grill or broil fish fillets 3 to 5 minutes on each side to desired doneness.  Place a cheese slice on each tuna fillet and place under broiler until cheese is melted.  
3. Place one slice of avocado on each slice of foccacia bread.  Divide shredded lettuce evenly over the 4 bread slices.  Top lettuce with tomato slices.  Place tuna fillet on top of tomato slices on sandwich.  
4.  In a medium bowl, combine all ingredients for Cucumber Salad and mix well.  
5. Serve each sandwich with 1/2 cup Cucumber Salad.

**Serving Information**  
Makes 4 servings, each containing approximately:  
320 calories  
33 gm. carbohydrate  
6 gm. fat  
49 mg. cholesterol, 32 gm. protein

Halibut with Avocado Sauce http://www.canyonranch.com/i/_.gif

**Ingredients**  
1 medium avocado, peeled and sliced  
1/4 cup nonfat sour cream  
2 tablespoons fresh lime juice  
1/4 teaspoon hot sauce, such as Tabasco  
1 teaspoon ground cumin  
1 tablespoon white wine  
4  4-ounce halibut fillets  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup diced red onion   
1/2 cup diced tomatoes  
4 tablespoons chopped cilantro

**Instructions**

1.  Combine avocado, sour cream, lime juice, hot sauce, cumin and white wine in a blender container and puree.  
2.  Preheat grill or broiler.  
3.  Season halibut with salt and pepper. Grill or broil for 3 to 5 minutes on each side or until fish flakes easily.  
4.  Serve 1 fish fillet with 2 tablespoons avocado sauce, 2 tablespoons each red onion and diced tomato and 1 tablespoon cilantro.

**Serving Information**  
Makes 4 servings, each containing approximately:  
235 calories  
15 gm. carbohydrate  
8 gm. fat  
38 mg. cholesterol  
37 gm. protein  
400 mg. sodium  
4 gm. fiber

Margarita Steak Fajitas http://www.canyonranch.com/i/_.gif

**Ingredients**  
*Marinade:*  
1/4 cup fresh lime juice  
1/4 cup fresh lemon juice  
1/4 cup beer or tequila  
1 tablespoon sea salt  
1 tablespoon chili powder  
2 tablespoons minced garlic  
2 tablespoons evaporated cane juice  
1 tablespoon extra virgin olive oil

1 pound top sirloin cleaned and cut into1-ounce strips  
1 cup sliced red and yellow bell pepper  
1 cup sliced onions  
4 whole-wheat flour tortillas (9-inch diameter)  
1/2 cup guacamole [(see recipe)](http://www.canyonranch.com/Community_Connection/Recipes/index.cfm?mode=recipe&recipeID=322)  
1/2 cup salsa   
1/2 cup fat-free sour cream

**Instructions**

1.  Combine marinade ingredients in a shallow glass baking dish and mix well.    
2.  Cover steak strips with marinade, turning to coat evenly. Cover and refrigerate for at least 2 hours or overnight.  
3.  Prepare hot coals for grilling or preheat broiler.  
4.  Lift strips from marinade and grill or broil1 to 2 minutes per side.   
5.  While steak is grilling, lightly spray a medium sauté pan with nonstick vegetable coating. Over medium heat, sauté bell pepper strips and onions until just tender. Keep warm.  
6.  Divide cooked steak strips into 4 servings and serve with whole-wheat tortilla, 1/4 cup bell pepper, 1/4 cup onion and 2 tablespoons each guacamole, salsa and fat free sour cream.

**Serving Information**  
Makes 4 servings, each containing approximately:  
425 calories                                           
40 gm. carbohydrate                                 
13 gm. fat  
72 mg. cholesterol  
36 gm. protein  
580 mg. sodium

Chicken Teriyaki http://www.canyonranch.com/i/_.gif

**Ingredients**  
1 1/2 pounds skinned chicken breast halves, boned and defatted

Marinade:  
1 1/2  tablespoons dark sesame oil  
1 1/2 tablespoons low-sodium soy sauce  
4 tablespoons chicken stock  
2 tablespoons rice or white vinegar  
1 tablespoon fresh garlic minced  
1 teaspoon minced shallots  
1/8 teaspoon minced ginger

**Instructions**

1.  Divide chicken into 6 - 4 ounce portions.  
2.  Place marinade ingredients in a shallow baking dish and mix well.  Lay chicken breasts in marinade and turn chicken to coat evenly.  Cover and refrigerate for at least  2 hours or as long as overnight.  
3.  Prepare hot coals for grilling or preheat broiler.  
4.  Lift chicken out of marinade, discard marinade, and grill or broil chicken 3 to 4 minutes each side.

**Serving Information**  
Makes 6 servings, each containing approximately:  
180 calories  
2 gm. carbohydrate  
6 gm. fat  
72 mg, cholesterol  
27 gm. protein  
327 mg. sodium