

# PHASE 3 & 4

## STABILIZATION & MAINTENANCE RECIPES



# PHASE 3 & 4: MAINTENANCE RECIPES INDEX

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# PHASE 4: MAINTENANCE

**6 WEEKS MINIMUM OF MAINTENANCE IS REQUIRED BEFORE BEGINNING SUBSEQUENT WEIGHT LOSS SESSIONS.**

## BREAKFAST IDEAS

Omelets are a favorite! From ham and cheese to a wonderful vegetable omelet! Here are some of our favorite recipes! We also love Frittata's! They resemble an omelet but more like a casserole.

## GREAT SNACK IDEAS

Keep your fresh fruit and vegetables handy. Cheese sticks and cut vegetables are a great snack. Cheese slices with apples are delicious. Raw nuts are good to have around. Small amounts of organic semi-sweet chocolate chips mixed with whole raw almonds are a fabulous treat!

## LUNCH AND DINNER IDEAS

Stir-fry's are a delicious, quick and easy way to have a very nutritious filling meal. Enjoy a large salad, remove the croutons and eat up! Just watch out for dressings that contain added sugar. Also watch out for added starches and vegetables you should be avoiding as listed on page 21.

We hope these recipes are easy to follow and easy to be creative and make your own special favorite!



# OMELETS

## BASIC OMELET FOR TWO

- 4 eggs
- 2 TBSP milk
- 2 tsp. salt
- 1/8 tsp. freshly ground black pepper



### Directions:

Melt 1 tablespoon butter in a small skillet over medium heat. Coat the skillet with the butter. When the butter is bubbly add 1/2 the egg mixture and cook the egg. Gently lift the edges allowing the runny egg to flow under cooked portion until the omelet begins to become firm yet not burned.

When it seems firm enough, carefully flip the omelet over. It's easy if you let it slide off to one side by tilting the pan so you can get under it good with the spatula. Cook the other side just long enough to set the bottom and it is not raw.

Remove from pan onto a serving plate. Repeat for the second Omelet.

Fill with choice of meats, cheeses or vegetables. Be creative! See suggestions below.



## DENVER OMELET

Basic Omelette For Two

- 2 TBSP butter
- 1/2 small onion, sliced
- 1 green bell pepper, chopped
- 1/2 cup ham chopped
- 1/2 cup cheese, shredded (we like cheddar)

### Directions:

Shred the cheese into a small bowl. Set aside.

Melt one tablespoon butter in a medium skillet over medium heat.

Place ham, onion and bell pepper inside of the skillet. Cook for 4-5 minutes stirring occasionally until vegetables are just tender.

Season with salt and pepper.

Sprinkle the cheese over the omelet and spoon the ham and vegetable mixture into the center of the omelet. Fold the omelet over, allowing cheese to melt and serve.

## DENVER OMELET (CONTINUED)

Using a spatula gently fold one edge of the omelet over vegetables. Place a lid or warm pan over the omelet until the cheese melts to your desired consistency. Repeat for the second omelet! Delicious! Great with Salsa too!

## KEVIN'S FAVORITE HAM AND CHEESE



2 TBSP butter

$\frac{1}{2}$  cup ham, julienned or chopped

$\frac{1}{2}$  cup cheddar cheese, shredded

Directions are the same as the Denver Omelet.

## BECKY'S FAVORITE VEGGIE OMELET



2 TBSP butter

$\frac{1}{2}$  small onion, sliced

1 green bell pepper, chopped

$\frac{1}{2}$  zucchini, thinly sliced

$\frac{1}{2}$  cup tomatoes, chopped

$\frac{1}{2}$  cup sharp cheddar cheese, shredded

Directions:

Follow directions for the Basic Omelet. Zucchini takes a little longer to cook, so I place it in the pan for a minute or two before the other veggies. Right before I take the veggies out of the pan, I put in the tomatoes! Assemble the omelet the same and allow the cheese to melt! YUM!

# FRITTATA'S

## FRITTATA WITH HERBED RICOTTA CHEESE

- 1 TBSP olive oil
- 4 large eggs, beaten
- $\frac{2}{3}$  cup ricotta cheese
- $\frac{1}{3}$  cup fresh basil, coarsely chopped
- $\frac{1}{3}$  cup fresh chives, coarsely chopped
- $\frac{1}{3}$  cup fresh parsley, coarsely chopped
- 3 ounces Canadian-style bacon, finely julienned
- $\frac{1}{8}$  tsp. black pepper, freshly ground, or to taste

### Directions:

Heat oil in a 9" nonstick skillet over medium heat.

Add remaining ingredients to hot skillet; stir occasionally with a wooden spoon until eggs are set and only the surface is runny, about 3 minutes. Flip frittata out onto a plate so browned side is face-up. Slide frittata back into skillet and cook until second side is slightly browned, about 3 minutes more. (Note: If you do not want to flip the frittata, you can finish cooking it in the oven using an ovenproof skillet. Broil until slightly browned, about 2 to 3 minutes).

Slide frittata out of pan and cut into 8 wedges; serve immediately.

Makes 2 Wedges Per Serving



## SPINACH AND CHEDDAR FRITTATA



- 4 large eggs
- 2 large egg whites
- 1 cup fresh spinach, baby leaves, chopped
- 2 TBSP scallions, finely chopped
- $\frac{1}{4}$  tsp. table salt
- $\frac{1}{4}$  tsp. black pepper
- 1 serving cooking spray  
(5 one-second sprays per serving)
- $\frac{1}{2}$  cup cheddar cheese

### Directions:

Preheat oven to 400 degrees. Beat together eggs and egg whites in a large bowl; stir in spinach, scallion, salt and pepper.

Coat a 12" ovenproof nonstick skillet with cooking spray; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes.

## SPINACH AND CHEDDAR FRITTATA (CONTINUED)

Sprinkle cheese over eggs. Bake in oven until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting into 8 wedges.

Makes 2 Pieces Per Serving

## VEGGIE FRITTATA

- ½ small sweet red pepper, thinly sliced
- 1 medium zucchini, grated
- 1 medium tomato, chopped
- 2 large eggs, lightly beaten
- ¾ cup fat-free skim milk
- ¼ tsp. dried oregano
- ¼ tsp. dried thyme
- 1 TBSP parsley, chopped



### Directions:

Coat a small ovenproof skillet with cooking spray and heat. Add red pepper, zucchini and tomato and cook until tender.

Combine eggs, milk, herbs and parsley in a small bowl. Stir into vegetables, reduce heat and cook until eggs are firm.

Place skillet under a preheated broiler and cook until top is browned. Serve immediately.



# STIR-FRY

## ASPARAGUS AND SHRIMP STIR-FRY

2 cups water  
1 bunch asparagus – ends trimmed,  
cut in 1" pieces  
2 TBSP sesame oil  
1 clove garlic, minced  
1 tsp. fresh ginger, chopped  
1 lb. raw jumbo shrimp – peeled,  
deveined, tails removed  
2 TBSP soy sauce  
Sweeten with Stevia to taste  
Salt and white pepper to taste



### Directions:

Bring water to a boil; add asparagus and boil for 3 minutes; drain and set aside.

In a wok, sauté ginger and garlic in oil for 1 minute. Stir in shrimp and stir-fry for 3 minutes. Stir in asparagus, soy sauce, Stevia, salt, and pepper and stir-fry for 2 minutes, or until shrimp is pink. Serve immediately.

Makes 2 Servings

## BROCCOLI AND BEEF STIR-FRY

2 TBSP olive oil  
1 lb. beef cut into strips or 1 lb. extra lean ground beef  
¼ cup onions, chopped  
2 cloves fresh garlic, minced  
2 heads of broccoli crowns, cut into pieces  
2 cups cabbage, shredded (optional)  
Bragg's Amino's Liquid seasonings or soy sauce

### Directions:

Slice beef and marinate in ½ cup soy sauce. Set aside. Heat oil in wok or large skillet. Saute' onion and garlic in oil until onions clear. Do not brown garlic. Add Beef strips or ground beef. Cook until beef is brown on all sides then add broccoli and cabbage. Stir and cook until the broccoli is tender. Serve immediately. Add more soy sauce if desired.

Makes 2-3 Servings



## CASHEW CHICKEN AND VEGETABLE STIR-FRY

- 2 TBSP olive oil
- 1 lb. chicken breast, cut into strips
- ½ onion, sliced
- 2 cloves fresh garlic, minced
- 3 cups Broccoli crowns, cut into pieces
- 1 bunch asparagus – ends trimmed, cut in 1" pieces
- 1 small sweet red pepper, sliced
- 1 medium zucchini, sliced
- 2 cups cabbage, shredded
- ½ cup cashew pieces



### Directions:

Slice chicken and marinate in ½ cup soy sauce. Set aside. Heat oil in wok or large skillet. Saute' onion and garlic in oil until onions clear. Do not brown garlic. Add chicken strips and cook until chicken is done. Add remaining ingredients. Stir and cook until the veggies are tender. Serve immediately. Add more soy sauce if desired.

Makes 2-3 Servings

## CHICKEN AND GINGER STIR-FRY



- 2 TBSP olive oil
- 1 lb. chicken breast, cut into strips
- ½ onion, sliced
- 2 cloves fresh garlic, peeled and minced
- 1 tsp. fresh ginger, chopped

- 1 bunch asparagus - ends trimmed, cut in 1" pieces
- ½ small sweet red pepper, sliced
- ½ cup celery, sliced
- 1 handful snow peas, washed and ends trimmed
- 1 medium zucchini, washed and sliced
- 2 cups cabbage, shredded
- ½ cup cashew pieces

## CHICKEN AND GINGER STIR-FRY (CONTINUED)

Directions:

Slice chicken and marinate in  $\frac{1}{2}$  cup soy sauce. Set aside. Heat oil in wok or large skillet. Sauté onion and garlic in oil until onions clear. Do not brown garlic. Add chicken strips and cook until chicken is done. Add remaining ingredients. Stir and cook until the veggies are tender. Serve immediately. Add more soy sauce if desired.

Makes 2-3 Servings

## TERIYAKI STIR-FRY SAUCE

Can be used on any Stir-Fry recipe above.

$\frac{1}{2}$  cup Braggs Amino's or Soy Sauce

Clear Stevia to taste (about 16 drops of liquid) – the sweetness makes it a teriyaki.

$\frac{1}{2}$  tsp. fresh grated ginger is also a nice addition.

Makes About 2 Servings



# SALADS

## GRILLED CHILI CHICKEN CAESAR WITH SALSA RANCH DRESSING

- 6 TBSP ranch dressing
- 4 TBSP salsa
- 4 boneless skinless chicken breasts
- 2 TBSP olive oil
- 2 TBSP lime juice
- 2 tsp. chili powder
- ½ tsp. cumin
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 1 dash cayenne pepper
- 4 cups romaine lettuce, shredded
- 4 TBSP parmesan cheese, grated
- 4 TBSP Monterey jack cheese



### Directions:

**Dressing:** Mix ranch dressing and salsa together and let sit for 15-20 minutes to blend flavors.

**Chicken:** Mix the olive oil, lime juice, chili powder, cumin, salt and pepper, garlic, and cayenne pepper together and then rub into the chicken. Let marinate 10-15 before grilling. Grill 10 minutes or until done.

**To assemble:** Drizzle about ½ the dressing on the lettuce and toss. Divide among 4 plates. Sprinkle on parmesan cheese then place sliced chicken breast on top. Top with jack cheese.

Makes 4 Servings

## GREEK GODDESS SALAD



1 head romaine lettuce, torn to bite-size pieces  
1 medium green bell pepper, thinly sliced  
(about 1 cup)

2 medium tomatoes, cut into 8 wedges

¼ cup black olives

¼ feta cheese, crumbled

For the dressing:

2½ TBSP lemon juice

2 tsp. olive oil

1 tsp. chopped oregano or ¼ tsp. dried oregano

¼ tsp. black pepper

### Directions:

To prepare the dressing, in a small bowl, combine lemon juice, oil, oregano, and pepper. Mix well and set aside.

Dry lettuce thoroughly in a salad spinner or with a double layer of paper towels. Place in a large salad bowl. Add bell pepper, tomatoes, olives, and feta. Pour the dressing over the salad. Toss gently to coat.

Divide the salad among serving plates and serve immediately.

Makes 4 Servings

## AVOCADO AND TOMATO SALAD

2 ripe avocados

4 ripe plum tomatoes

2 hard-cooked eggs, peeled and quartered

1 small red onion, peeled and cut into thin slices

¼ cup fresh coriander, coarsely chopped

2 tsp. garlic, chopped (about 2 cloves)

6 TBSP olive oil

2 TBSP red wine vinegar

½ tsp. cumin, ground

Salt and pepper to taste



### Directions:

Peel the avocados and cut them in half. Discard the pit and cut each half into 4 lengthwise slices. Cut the slices into large cubes.

Core the tomatoes and cut them into 1" cubes.

Toss the cubes of avocado and tomato with all remaining ingredients in a salad bowl and serve.

# CHICKEN AND PEPPERONCINI SALAD WITH FETA

## DRESSING:

- ¼ cup Bragg's Apple Cider vinegar
- 1 TBSP plus 1 tsp. extra-virgin olive oil
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 cloves garlic, minced
- ½ tsp. dry mustard
- ½ tsp. dried oregano
- ½ tsp. hot sauce or to taste

## SALAD:

- 12 cups romaine lettuce, torn
- 12 plum tomatoes, seed and sliced thin lengthwise
- 8 water-packed canned artichoke hearts, drained and quartered
- ¼ cup red onion, thinly sliced
- 8 pepperoncini, sliced thin crosswise
- ¼ cup fresh parsley, chopped
- 1 cup cooked white chicken meat, chopped
- 1½ ounces feta cheese, crumbled (about 1/3 cup)



## Directions:

In a small jar, combine all dressing ingredients. Shake well and refrigerate until serving time.

Place mixed greens in a large salad bowl. Decoratively arrange all other salad ingredients on top. Refrigerate until serving time.

At serving time, shake salad dressing well and pour over salad. Toss gently, but thoroughly, to coat lettuce leaves. Add parmesan and toss lightly. Sprinkle with pepper and serve.

Makes 4 Servings

# MAIN DISH ENTREES

## ACAPULCO CHICKEN

- 2 skinless, boneless chicken breast halves, cut into bite-size pieces
- 1 TBSP chili powder, divided
- Salt and pepper to taste
- 1 TBSP olive oil
- 1 cup green bell pepper, chopped
- ½ cup onion, chopped
- 2 jalapeno peppers, seeded and minced
- 1 large tomato, cut into chunks
- 10 drops hot pepper sauce



### Directions:

Season chicken with ½ tablespoon chili powder, salt and pepper. Heat oil in a large skillet over medium high heat and sauté seasoned chicken for 3 to 4 minutes, or until no longer pink. Remove from skillet with a slotted spoon and keep warm.

In same skillet, stir-fry bell pepper and onion until soft. Add jalapeno peppers, tomatoes, remaining ½ tablespoon chili powder and hot pepper sauce. Cook, stirring, for an additional 3 to 5 minutes; add chicken and stir-fry for 2 minutes more.

Makes 2 Servings

## SAUTÉED SEA BASS WITH AVOCADO MANGO SALSA



- 4 (4-ounce) pieces Sea Bass (1" thick)
- 1 TBSP Olive Oil
- 2 cloves pressed garlic
- Sea Salt
- Ground Pepper

### Mango Salsa:

- 1 avocado - peeled, pitted and diced
- 1 lime, juiced
- 1 mango, not too ripe- peeled, seeded and diced
- 1 small red onion, chopped
- 1 habanero or jalapeno pepper, seeded and chopped
- 1 tablespoon chopped fresh cilantro
- Lightly salt to taste

### Directions

Place the avocado in a serving bowl, and mix with the lime juice. Mix in the mango, onion, habanero pepper and cilantro. Carefully salt and pepper to taste. Cover and place in fridge while fish cooks.

In a large skillet, add olive oil and garlic. Turn on heat to Med-High and sautéing garlic as pan heats, do not brown. Arrange Sea Bass pieces in pan, sprinkle with salt and pepper. Cook til brown, adjust heat if necessary to keep from burning. Turn over fish and salt and pepper again. Serve with Avocado Mango Salsa.

Makes 4 Servings

## SEA BASS WITH GINGER AND SCALLIONS (CONTINUED)

Carefully transfer plate with fish to rack in skillet and cover tightly, then steam over moderately high heat until fish is just cooked through, 15-20 minutes. Carefully remove plate from skillet and sprinkle with remaining  $\frac{1}{4}$  cup scallions.

Makes 6 Servings



## CHILI RELLENOS CASSEROLE

- 2 (7-ounce) cans whole green chili peppers, drained
- 8 ounces Monterey Jack cheese, shredded
- 8 ounces longhorn or cheddar cheese, shredded
- 3 eggs, beaten
- $\frac{1}{2}$  cup sour cream
- 1 cup of enchilada sauce, your favorite; red or green

### Directions:

Preheat oven to 350 degrees. Spray a 9x13" baking dish with cooking spray.

Slice the green chili peppers and lay half of the chilies open evenly in bottom of baking dish. Sprinkle with half of the jack and cheddar cheeses, and cover with remaining chilies. In a bowl, mix together the eggs and milk and pour over the top of the chilies.

Bake in the preheated oven for 25 minutes. Remove from oven, pour enchilada sauce evenly over the top, and continue baking another 15 minutes. Sprinkle with remaining jack and cheddar cheeses and serve. Great topped with shredded lettuce and tomatoes.

**SUGGESTION:** I love to also add some meat. Either chicken breast or ground beef. I pre-cook my meat and then add it on top of the first layer of cheese.

Top also with salsa, sour cream or Jalapeno Cream Cheese Sauce

## JALAPENO CREAM CHEESE SAUCE

- Blend 1 package softened cream cheese
- 1 TBSP minced Jalapeno
- Dash of salt and garlic powder

### Directions:

Blend together in a small sauce pan and warm.

Add more or less Jalapeno for your personal heat preference.





## ZUCCHINI LASAGNA

2-3 Zucchinis, thin sliced lengthwise  
1 (15-ounce) container ricotta cheese  
1 (8-ounce) ball of mozzarella cheese  
Spaghetti sauce (sugar free)  
1 pound Ground Beef or Sausage  
How Much Mushrooms, chopped  
1 tsp. dried basil  
Pinch of dried oregano  
Parmesan cheese to taste  
Salt and pepper to taste



### Directions:

Brown meat and set aside. Mix ricotta cheese with dried herbs, parmesan, salt and freshly ground black pepper. Grate the mozzarella and set aside. Layer the zucchini on the bottom of a baking dish. Smooth a layer of the ricotta mixture over the zucchini. Sprinkle with mushrooms and meat, spoon spaghetti sauce over and sprinkle with mozzarella. Repeat this procedure until you have filled the baking dish. Top with spaghetti sauce and additional mozzarella cheese.

Bake lasagna in a 375 degree oven for about 30-40 minutes or until mozzarella is brown and bubbly on top.

## CHEESY CHICKEN AND BROCCOLI SOUP

1 head of broccoli, chopped  
2 cups chicken breast, diced  
1 cup sharp cheddar cheese  
1 TBSP butter  
2 cups chicken broth  
½ cup heavy cream  
2 TBSP onion, minced  
1 clove garlic, crushed and minced  
½ tsp. garlic powder  
½ tsp. onion powder  
Pinch of thyme  
Pinch of nutmeg  
Salt and pepper to taste

## CHEESY CHICKEN AND BROCCOLI SOUP (CONTINUED)

### Directions:

Sauté the onion and garlic lightly with butter then stir in the chicken broth and cream. Add spices and chicken and bring to a light boil, then reduce heat and simmer. Add chopped broccoli and cook for approximately 10-15 minutes or until broccoli is tender. Stir in the cheddar cheese and serve.

Makes 2 Servings



# DESSERTS

## BAKED CHEESE CAKE

½ cup almonds, crushed  
½ cup almond flour  
¼ cup melted butter  
3 (8-ounce) packages Neufchatel cheese  
(<sup>1</sup>/<sub>3</sub> less fat cream cheese)  
8 ounce cream cheese  
Sweeten with Stevia  
24 ounce nonfat cottage cheese  
6 eggs  
2 tsp. vanilla extract



### Directions:

Preheat oven to 400 degrees.

Mix almond flour and crushed almonds with melted butter. Press into pan and place in fridge.

In a large mixing bowl beat the 4 packages of cream cheese and Stevia until smooth and fluffy. In a blender or food processor combine cottage cheese and eggs and blend until smooth. Add gradually to the cream cheese mixture. Fold in the vanilla extract. Pour into spring form pan or pie pan.

Bake for 10 minutes. Turn the oven down to 200\* and bake for an additional 40 minutes. Turn off the oven and allow the cheesecake to stay in the oven until cool.

Top with fresh fruit! Or even No sugar added Flavored Yogurt!

Makes 16 Servings

## ICE CREAM

Occasionally we also eat the No Sugar Added Ice Cream treats at the grocery store! They are very good and almost every brand makes them and they come in all varieties.

## CHOCOLATES

See's Candies makes some good Zero-Net Carb chocolates too!  
Organic semi-sweet chocolate chips in moderation!

## SMOOTHIES

Fruit smoothies make a delightful refreshing snack! Delicious frozen berries are available year round at Costco. Magic Bullets® make it fast and simple. Add Mountain High Plain Yogurt, half of a banana and sweeten with Stevia.

## PROTEIN SHAKES

There are many wonderful protein powders available today, as well as many that are loaded with artificial sweeteners, colors and chemicals! So choose your protein powder carefully. Review the labels and search for powders that contain all natural ingredients and that DO NOT contain artificial sweeteners! Contact your Support Coach for advice on choosing the best protein powder for your personal needs. High quality protein powders come in many varying sources and contain essential amino acids, vitamins and minerals. They are great as a meal replacement or an added snack between meals.

Cottage cheese or unsweetened yogurt is a great way to add protein also. Protein shakes can be made easily with a shaker bottle or blended in a blender with fresh or frozen fruit for an extra delicious treat!

