

The Good Carb Diet

Special Recipes for 30 days

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Always take your Doctors advice before going on to any of the low carb diet recipes below. It's always a good idea to get a professional opinion 😊

www.musclefitnessworkout.co.uk

Glycemic Index (GI) - Low-carbohydrates and healthy carbohydrates

GI is a tool that people can and should use when looking at what foods to eat and when to eat them.

As the whole idea of counting Calories is forgotten in our day-to-day busy lives; we need to remember that we want to keep a balanced blood sugar level throughout most of the day.

High Glycemic Index (GI) is a measure of the rise in blood sugar after eating particular foods. So the recipes below are largely based on reducing or eliminating foods with a high glycemic.

Typically, foods score between 0 and 100.

Foods at 50 or below are classed as Low-GI, as they digest slowly, and don't raise blood sugar levels too high.

Foods with a GI of between 51 and 69 are medium-GI. These break down a little quicker than low-GI foods, and have a moderate impact on blood sugar levels.

Foods that score 70 and above are high GI. This is your typical sugary carbohydrate.

Glycemic index

	Low - 50	Mid 51 - 74	High - 75 +
FRUITES	Apples, Oranges, Pears, Apricote, Peaches, Tangerine, Grapefruit, Cherries, Blackberries, Strawberries, Raspberries, Watermelon	Dates, Figs, Bananas, Mangos, Kiwis, Pineapples, Grapes, All Fruit Juices	Dried Bananas, Caddied Fruits
VEGETABLES	All lettuces, cucumbers, rapini, fresh corn, mushrooms, greens, beans, raw carrots, tomatoes, spinach, cabbage, peas etc.	Carrots, Boiled or roasted potatoes, beets, cooked, corn	Chips, French fries, fried vegetables, instant mashed potatoes
MILK PRODUCTS	From cows, sheep, or grains almonds, soy, rice, oats): milk,	From cows, sheep or grains (almonds, soy, rice, oats): creams and cheeses 35% fat or more, including ice creams and custards	None
BREADS AND PASTRIES* (breads, bagels, croissants, cakes, pizza crusts, crackers)	None	All breads and pastries, refined and non refined (non-refined being loweron the Glycemic Index and nutritionally superior)	Waffles, sweet and salty munchies (pretzels, chips, caramel corn, etc.), corn chips, hamburger and hot dog buns made from refined grains
PASTA* (spaghetti, fettuccini, macaroni, shells,	All pasta, whole or multigrain, made from any non-refined	All pasta made from any refined grains	None

vermicelli, etc.)	grains		
CEREALS	None	All cereals, refined and non refined (non-refined being lower on the Glycemic Index and nutritionally superior) made from any of the above-mentioned grains, triticale,	All sweetened cereals made from refined grains
RICE	Alfalfa, lentils (brown, red and green), beans (red, Mung, black, white, Pinto, chick, lima, Aduki, black-eyed, Great Northern, etc.), peas (yellow and green), etc.	White and brown Basmati rice, Jasmine rice, long grain white rice	Little Rice
BEANS	Alfalfa, lentils (brown, red and green), beans (red, Mung, black, white, Pinto, chick, lima, Aduki, black-eyed, Great Northern, etc.), peas (yellow and green), etc.	Boston-type baked beans	None
GRAINS & NUTS (whole and in butter)	Almonds, soy, sunflower seeds, etc.	Cashews, macadamia, coconut, sesame (tahini)	None

Fillet of Sole with Spinach & Tomatoes

4 servings

Ingredients

12 cups spinach (1 1/4 lbs.), trimmed and washed thoroughly
2 cloves garlic, minced
salt & freshly ground black pepper to taste
1 lb. sole fillets
4 small plum tomatoes, sliced

Instructions

Preheat oven to 400 degrees F. Prepare 4 pieces of parchment paper or aluminium foil for papillotes. Put spinach, with water still clinging to its leaves, into a large pot. Cover; steam the spinach over medium-high heat, stirring occasionally, until just wilted, about 5 minutes.

Drain; when cool enough to handle, press out excess liquid. Chop and place in a small bowl. Stir in garlic. Season with salt and pepper.

Place one quarter of the spinach mixture in the centre of one half of each opened paper heart. Lay a sole fillet over the spinach and arrange tomato slices over the sole. Season with salt and pepper. Seal the packages and place them on a baking sheet.

Bake for 10 to 12 minutes, or until the packages are puffed. (You may want to open one package to check that the fish is opaque.) Transfer the packages to individual plates; let each diner open his or her own package.

Nutritional Information:

156 calories
2 g fat mono
55 mg cholesterol
9 g carbohydrate
27 g protein
231 mg sodium

Spicy Halibut with Tomatoes & Olives

4 servings

Prep time: 15 minutes

Start to finish: 15minutes

Ingredients

1 1/4 lb. halibut or cod fillet, cut into 4 portions
1 tsp. ground cumin Salt & freshly ground black pepper to taste
1 10-oz. can diced tomatoes with green chilies
1/4 cup sliced green olives with pimientos
2 Tbsp. chopped fresh cilantro
1 tsp. olive oil

Instructions

1. Preheat oven to 450°F. Lightly oil a baking sheet or coat it with nonstick spray. Arrange fish, skin-side down, on baking sheet. Season with 1/2 tsp. cumin, salt and pepper.
2. In a small bowl, combine tomatoes, olives, cilantro, oil and remaining 1/2 tsp. cumin. Spoon over fish.
3. Bake fish for 12 to 15 minutes, or until flaky and opaque in the center. Serve immediately.

Serve with mashed potatoes and peas or black beans and rice.

Nutritional Information:

185 calories
6 total fat (1 g sat)
45 mg cholesterol
3 g carbohydrate
30 g protein
1 g fiber
540 mg sodium

Grilled Salmon with Rosemary

Serves 4

Ingredients

1 pound salmon
2 teaspoons extra-virgin olive oil
2 teaspoons fresh lemon juice
1/4 teaspoon salt
Pinch freshly ground black pepper
2 cloves garlic, minced
2 teaspoons fresh rosemary leaves, chopped, or 1 teaspoon dried, crushed
Fresh rosemary sprigs
(optional) Capers (optional)

Instructions

Cut the fish into 4 equal-size portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl. Brush the mixture onto the fish.

To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray. Grill over medium-hot coals until the fish flakes easily (allow 4–6 minutes per 1/2" of thickness). If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it. Broil 4" from the heat for 4–6 minutes per 1/2" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using, and garnish with rosemary sprigs, if desired.

Nutritional Information:

231 calories
15 total fat (3 g sat)
67 mg cholesterol
1 g carbohydrate
23 g protein
0 g fiber
213 mg sodium

Grilled Mahi Mahi

Serves 4

Ingredients

1 pound mahi mahi, fresh or frozen
2 teaspoons olive oil
2 teaspoons lemon juice
1/4 teaspoon salt
Fresh ground pepper to taste
2 cloves garlic, minced
Capers (optional)

Instructions

Cut the mahi mahi into 4 serving-size portions. Brush both sides of the fish with the olive oil and lemon juice. Sprinkle with salt and pepper and then rub the garlic on the fish.

To grill, arrange the fish on a grill rack or use a grill basket that has been sprayed with an olive oil cooking spray. Grill over medium-hot coals for 4–6 minutes per 1/2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, arrange the fish on the rack of a broiler pan that has been sprayed with an olive oil cooking spray. Broil 4" from the heat for 4–6 minutes per 1/2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using.

Nutritional Information:

120 calories
3 total fat (1 g sat)
83 mg cholesterol
1 g carbohydrate
21 g protein
0 g fiber
245 mg sodium

Spinach-Stuffed Mushrooms

Serves 8

Ingredients

1 package (10 ounces) frozen chopped spinach
1/8 teaspoon salt
8 large mushrooms
1 tablespoon extra-virgin olive oil

Instructions

In a medium saucepan, bring 1/2 cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends, and then chop the stems.

Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to the skillet and sauté for 4–5 minutes. Remove the mushroom caps to a heatproof serving platter.

Drain the spinach. Stir in the sautéed chopped mushrooms. Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm.

Nutritional Information:

33 calories
2 total fat (0 g sat)
0 mg cholesterol
3 g carbohydrate
2 g protein
2 g fiber
74 mg sodium

Chocolate dipped apricots

Ingredients

2 oz bittersweet chocolate
24 dried apricots
1 Tbsp chopped pistachios

Instructions

Microwave the chocolate on high for 2 minutes, stirring halfway through until completely melted. Dip the apricots halfway into the chocolate. Let the excess drip off. Place the apricots onto wax paper. Sprinkle the pistachios over the chocolate-covered portions, and place them in the refrigerator until the chocolate is set.

Makes 8 servings

Nutritional Information:

Per Serving: 99 cal, 1 g pro, 17 g carb, 3 g fat, 2 g sat. fat, 0 mg chol, 2 g fiber, 1 mg sodium

Chopped-Dipped Strawberries

Ingredients

2 squares (1 ounce each) semisweet or bittersweet chocolate, chopped
1/2 tablespoon whipping cream
Dash almond extract
8 strawberries

Instructions

Combine the chocolate and the whipping cream in a glass measuring cup or bowl.

Microwave at medium power for 1 minute or until the chocolate melts, stirring after 30 seconds. Stir in the almond extract and cool slightly.

Dip each strawberry into the melted chocolate, allowing the excess to drip off. Place on waxed paper-lined baking sheet.

Refrigerate or freeze for approximately 15 minutes until the chocolate is set. Serves 2

Nutritional Information:

Per serving: 175 calories, 3 g protein, 24 g carbohydrates, 9 g fat, 6 g saturated fat, 1 mg sodium, 5 mg cholesterol , 4 g fiber.

Greek Salad

Makes 6 servings

Ingredients

1 pkg. (10 oz.) salad greens
1/2 cup ripe olives
3 plum tomatoes cut into chunks
1/2 cup thinly sliced red onion
1/2 medium cucumber, peeled, cut into chunks
2/3 cup Greek dressing
1 pkg. (4 oz.) crumbled feta cheese

Instructions

Toss greens, olives, tomatoes, onion, and cucumber into large bowl. Drizzle with dressing. Sprinkle with cheese.

Greek Dressing:

1/2 cup virgin olive oil
1/4 cup fresh lemon juice (1 lemon squeezed)
1 glove garlic, minced
1 tsp. dried oregano leaves
1/4 tsp. pepper
1/2 tsp. salt to taste

Mix oil, juice, garlic and seasonings

Roast Shrimp with Orange and Rosemary

Ingredients

3 TB extra-virgin olive oil
1 teaspoon minced fresh rosemary leaves or
1/2 teaspoon dried rosemary
1 1/2 to 2 lbs shrimp, (20-30 pound range)
peeled, rinsed, and dried
1/2 cup freshly squeezed orange juice
Zest of 1 orange, finely minced
Salt and pepper to taste

Instructions

Preheat oven to 450 F. When it is hot, warm 2 TB of the olive oil in a 9 by 13 inch baking pan, then add rosemary; return to the oven until rosemary begins to sizzle.

Add the shrimp, then sprinkle w/ the orange juice and zest, the salt and pepper, and remaining olive oil. Roast until shrimp turns pink, about 10 minutes.

Edamame Salad

Ingredients

1 bag (16 oz.) frozen shelled edamame (green soybeans)
1/4 cup seasoned rice vinegar
1 tablespoon vegetable oil
1/4 teaspoon salt
1/8 teaspoon fresh ground pepper
1 bunch radishes (8 ozs.) cut in half and thinly sliced
1 cup loosely packed chopped fresh cilantro leaves

Instructions

Toss the edamame, vinegar, oil, salt, pepper, radishes, and cilantro together in a large bowl. Serve chilled or room temperature.

If edamame is not readily available, you may substitute chickpeas. Serves 4

Nutritional Information:

Per serving: 224 calories, 15 g protein, 18 g carbs, 12 g fat, 1 g saturated fats, 479 mg sodium, 0 mg cholesterol, 6 g fiber

Sweet Cranberry Spinach Salad

Ingredients

Dressing:

1/4 teaspoon paprika
4 teaspoons splenda
1 tablespoon white wine vinegar
1 tablespoon apple cider vinegar
1/4 cup olive oil or canola oil
Dash of salt
1 tablespoon toasted sesame seeds
2 teaspoons minced fresh onion

Salad:

8 ounces baby spinach and baby lettuces (or use all spinach)
3 tablespoons toasted slivered almonds
6 tablespoons dried cranberries
3 tablespoons crumbled blue cheese or Gorgonzola
1 (1 ounce) can mandarin orange segments, drained
9-12 ounces skinless, boneless chicken breasts, grilled and sliced on the diagonal
Garnish: snipped chives

Instructions

Make the dressing: In a deep bowl, combine paprika, sugar, vinegars, oil and salt. Whirl with an immersion blender until well combined and sugar is dissolved. If you don't have an immersion blender, use a regular blender, simply put the ingredients in a jar and shake well, or whisk together until sugar is dissolved. Stir in sesame seeds and minced onion.

Assemble the salad: In a large salad bowl, place lettuce and spinach. Pour dressing over and toss until the leaves are coated evenly. Divide salad among 3 large dinner plates. Sprinkle each salad with 1-tablespoon almonds, 2 tablespoons cranberries, 1-tablespoon blue cheese, 1/3 of mandarin oranges and 1/3 of grilled chicken. Garnish with snipped chives.

Makes 3 main dish servings. (If you want to serve it as a side dish, omit the chicken)

and divide among 6 salad plates.)

Substitution ideas: Substitute toasted pine nuts or toasted sunflower seeds for the almonds. Substitute dried cherries for the dried cranberries and toasted pecans for the almonds. If you don't have cider vinegar, use all white wine vinegar.

Note: Do not dress the salad ahead of time or it will wilt; dress it right before serving. And do not combine nuts and cranberries in the salad bowl; they fall to the bottom and do not get evenly distributed on the plates then.

Salmon Fillets in Dill-Peperoncini Cream Sauce

Serves 4

Ingredients

4 (6 oz) salmon fillets, skinned
1 TB olive oil
1 shallot, finely chopped
1 1/2 TB peperoncini, seeded and minced
1 cup Land O'Lakes half and half
1 TB chopped fresh flat-leaf parsley
2 TB fresh dill, chopped
4 lemon wedges

Instructions

Pat salmon dry and season w/ salt and pepper. Heat oil in a large non-stick skillet over moderately high heat until hot but not smoking, then cook salmon, turning once until just cooked through, about 7 minutes. Transfer to a platter.

Cook shallot in skillet over moderate heat, stirring until softened. Stir in peperoncini, half and half, parsley and 1 TB dill and simmer until sauce is slightly thickened, about 3 min. Stir in remaining TB dill and salt and pepper to taste.

Pour cream sauce over salmon and serve with lemon wedges

Chicken Sauté with Riesling

4 Servings

Ingredients

1 TB Plus 1 tsp. Smart Balance spread
10 oz skinless, boneless chicken breasts cut into 8 equal pieces
1 cup sliced shallots
1/2 cup low-sodium chicken broth
1/4 cup (2 fl. oz) dry Riesling wine
2 TB minced fresh parsley
1 teas white wine vinegar
1/2 teas dried thyme leaves
1/2 teas dried chervil leaves
1/4 teas salt
1/4 teas black pepper
1/2 teas cornstarch, dissolved in 1 TB cold water

Instructions

In large skillet, heat 2 teaspoons of the Smart Balance spread; add chicken. Cook over medium- high heat 2 minutes on each side, until golden brown. Remove chicken from skillet; set aside.

In same skillet, heat remaining 2 teaspoons Smart Balance spread; add shallots. Cook, stirring frequently, 4-5 minutes, until shallots are golden brown; stir in broth, wine, parsley, vinegar, thyme, chervil, salt and pepper. Reduce heat to low; cook, stirring occasionally, 5 minutes.

Stir in dissolved corn-starch; cook until sauce is slightly thickened. Return chicken to skillet; cook, basting with pan juices, 3 minutes, until chicken is cooked through.

Grilled Chicken Salad

Ingredients

5 TB freshly squeezed lemon juice
3 TB low-sodium soy sauce
2 garlic cloves, peeled and chopped
1/8 teaspoon freshly ground black pepper
1 teaspoon dried basil
8 oz boneless, skinless chicken breast
1 large red onion, cut into 1/8 inch rounds olive oil cooking spray
1 lb mixed salad greens (6 cups)
1 TB crumbled bleu cheese
1 medium tomato, cored and cut into 8 wedges

Dressing:

4 TB lemon juice
4 TB balsamic vinegar
2 garlic cloves, peeled
2 teaspoons dried basil

Instructions

Whisk together thoroughly the lemon juice, soy sauce, garlic, black pepper, and basil in large bowl and set aside.

Place chicken on plastic wrap spread on a work surface and cover it w/ a second sheet. Pound gently w/ a mallet. Flip pieces of chicken over, recover with wrap, and pound to 1/4-inch thickness. Transfer chicken to marinade bowl and cover. Marinate refrigerated for at least 30 minutes.

Preheat grill or broiler. Place onion rounds in a single layer on baking sheet and spray lightly with cooking spray, coating both sides. Remove chicken from marinade and place alongside the onion rings. Grill/Broil both for 5 minutes per side. Let chicken cool, slice thinly.

Spread an even amount of mixed greens on 4 salad plates; scatter the onion rounds and then the sliced chicken on top. Sprinkle 3/4-teaspoon bleu cheese over each. Garnish w/ a tomato wedge.

Herb-Stuffed Turkey Breast [Crockpot recipe]

Ingredients

1 (2-1/4 to 2-1/2 lb) half-turkey breast, boned, with skin
1 Tb Dijon-style mustard
6 thin slices (about 1/2 lb) Canadian bacon
4 to 5 fresh sage leaves
1 TB chopped fresh parsley
1/4 teaspoon salt
1/8 teaspoon pepper
1 TB cornstarch
1/4 cup dry white wine

Instructions

Place turkey breast skin side down. Spread cut surfaces with mustard; top with Canadian bacon, sage and parsley.

Fold long sides of breast over stuffing so they overlap slightly. Skewer or tie to hold sides together. Sprinkle with salt and pepper. Place skin-side up on rack in slow cooker. Cover and cook on low for about 6 hours.

Remove turkey and rack from pot; let juices remain. Keep covered and warm. Turn pot on high. Dissolve cornstarch in wine. Stir into drippings in pot. Cover and cook on high 20 to 30 minutes, until thickened, stirring occasionally.

Remove skewer or tie from turkey. Slice turkey into 1/2 inch slices, and serve with sauce.

Shrimp With Peppers

Ingredients

30 medium shrimp -- cleaned and shelled
4 green peppers -- cleaned and sliced
1 large onion sliced
1 small can mushrooms (fresh mushrooms sautéed in butter can also be used)
1 medium can diced tomatoes
2 teaspoons (no sugar added) tomato paste
2 cloves garlic
1 tablespoon fresh basil salt and pepper, to taste

Instructions

In large covered casserole pot heat olive oil; brown garlic; add peppers. On top of peppers add onion; on top of onions add mushrooms and diced tomatoes. Cover and cook until peppers soften.

Place shrimp in pot, stir to mix, and cook about 5 minutes. With a large slotted spoon remove all ingredients, and place on serving dish.

Add 2 teaspoons of paste to liquid left in pot. Add basil, salt, and pepper. Ladle over shrimp, and vegetables

Simple Salad Nicoise

Contemporary versions of this southern French classic often use fresh grilled tuna. But for the most flavour—and authenticity—canned tuna, packed in olive oil, is the way to go.

Prep time: 15 minutes

Ingredients:

3 tablespoons olive oil
1 1/2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
2 cans (6 ounces each) tuna in olive oil, lightly drained and flaked
2 hard-cooked eggs
1 medium tomato, quartered lengthwise
6 ounces green beans, cooked until tender crisp
1/4 small red onion, thinly sliced
6 oil-cured black olives cut into slivers
4 anchovies (optional)
Salt and pepper

Directions:

5. In a large bowl, whisk together olive oil, vinegar, and mustard. Arrange tuna, eggs, tomato, green beans, and onion on 2 plates. Drizzle with dressing; top with olives and anchovies. Add salt and pepper to taste.

Servings: 2

Nutrition Per Serving:

Carbohydrates: 13.4 grams
Net Atkins Carbohydrates: 9.5 grams
Fibre: 3.9 grams
Protein: 58.2 grams
Fat: 43.1 grams
Calories: 685

Spicy Bean and Sausage Soup

Ingredients

1 tbl minced garlic (vary to taste)
1 medium onion, chopped
1 medium jalapeno, chopped small
1 small red pepper, chopped
2 stalks of celery chopped small
1 can cannellini beans (white kidney beans)
1 lb hot Italian sausage (hot turkey sausage preferred)
2 cups chicken broth
1c vegetables (v8 juice)* ground black peppers to taste cayenne (3 shakes) oregano to taste (approx. 1 tbl)

** You can use another cup of broth and add a tbl of tomato paste*

Instructions

Remove sausage from casing and brown over medium heat Break up the sausage into small pieces as it browns. While sausage is browning, add garlic, onions, peppers, celery and a splash of olive oil to a medium soup stockpot on medium heat. Cook until soft-- stirring occasionally.

Drain sausage and dot with a towel. Rinse in cool water if using pork sausage. Add sausage to the stockpot with the veggies. Then add beans and chicken broth and v8 cocktail. Let cook on medium until it comes to temp and starts bubbling a bit then drop the heat to simmer.

After about 10 min on simmer, add dried spices to taste and let simmer for another 30 min. eat right away or cool and reheat (flavours enhance while cooling).

Broiled Herb Butter Chicken

Ingredients

4 skinless, boneless chicken breast halves
1/2 cup Smart Balance spread, softened
3 cloves garlic, minced
1 teaspoon dried parsley
1/4 teaspoon dried rosemary (or 1/2 teas. fresh)
1/4 teaspoon dried thyme (or 1/2 teas. fresh)

Instructions

Preheat oven to Broil/Grill and line broiler pan with aluminium foil.

Place chicken on pan. Pierce chicken with fork a couple of times on each side.

In a small bowl combine the Smart Balance, garlic, parsley, rosemary and thyme and mix together, then evenly spread a dollop of mixture on each chicken breast.

Broil in preheated oven, turning and frequently coating with remaining herb-butter mixture, for about 15 minutes or until chicken juices run clear.

Steak Salad

Makes 4 servings.

Ingredients

1 3/4 pounds beef sirloin steak
1/3 cup olive oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
2 cloves garlic, minced
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3/4 cup crumbled blue cheese
8 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 tomatoes, sliced
1 small green bell pepper, sliced
1/2 cup sliced red onion
1/4 cup sliced pimento-stuffed green olives

Instructions

- 1 Preheat grill for high heat.
- 2 Lightly oil grate. Place steak on grill and cook for 3 to 5 minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces.
- 3 In a small bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.
- 4 Arrange the lettuce, tomato, pepper, onion and olives on salad plates. Top with steak and drizzle with dressing.

Turkey Marsala [Crockpot Recipe]

Ingredients

2 leeks, washed and julienne
3 lbs. turkey breast, skinless
2 TB Smart Balance spread, melted
12 mushrooms, sliced
1/2 teaspoon salt
1/8 teaspoon ground pepper
2 TB chopped fresh parsley
3/4 cup low-sodium chicken broth or bouillon
1/2 cup Marsala or dry sherry
2 TB cornstarch
2 TB cold water

Instructions

Place leeks in slow cooker. Brush turkey breast with melted Smart Balance. Arrange turkey over leeks, top turkey with mushrooms. Sprinkle with salt, pepper, and parsley. Pour broth/bouillon and wine over all. Cover and cook on low for 6 to 7 hours.

Remove turkey and leeks with slotted spoon; cover and keep warm.

Turn pot on high. Dissolve cornstarch into water. Stir juices in pot. Cover and cook for 15 to 20 minutes, until thickened, stirring occasionally.

Sugar Free Cherry Cheese Pie

Ingredients

2 - 8 oz. packages fat-free cream cheese
2 Tbsp. fat-free ricotta cheese
2 Tbsp. Da Vinci Gourmet Vanilla Sugar Free Syrup
2 Tbsp. Da Vinci Gourmet Cherry Sugar Free Syrup
1/2 cup Splenda granulated sweetener
1 packet unflavoured gelatine
1 cup boiling water

Instructions

In a large bowl, soften cream cheese and add the ricotta. Beat until smooth with a mixer and set aside. In a smaller bowl add syrup, Splenda, and gelatine. Add 1 cup of boiling water and stir until gelatine dissolves - about 5 minutes. Add gelatine mixture to the cheeses and beat with mixer until smooth. Pour into custard cups or muffin tins and refrigerate until firm - about two hours. Cover in fridge over night.

Variations: Key Lime & Vanilla, Cherry & Almond, and Kahula Cafe. There are tons of flavours available to mix and match. Just make sure you use 4 Tbsp. of Da Vinci Syrup.

Stuffed Sirloin Steak

Makes 4 to 8 servings

Ingredients

4 sirloin steaks (each 1 1/4 inches thick) Stuffing:
2 Tbsp. Smart Balance spread
1/2 cup chopped onion
1/2 cup sliced mushrooms
1 garlic clove, finely chopped
Dash of salt Dash of pepper Basting

Sauce:

1/4 cup dry red wine
2 Tbsp. low-sodium soy sauce

Instructions

Sauté onion and mushrooms in butter until tender. Add remaining ingredients. Heat thoroughly.

Cut a deep pocket in the side of each steak. Stuff pockets with onion / mushroom mixture and skewer closed.

Barbecue steak over medium hot coals for approximately 20 minutes or until desired doneness, turning once and brushing the stuffed steaks with basting sauce.

Spinach-Cheese Stuffed Chicken

Serve with tossed salad.

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed
1/2 yellow onion, chopped
1 clove minced garlic
1 cup low-fat/full fat cottage cheese
4 skinless, boneless chicken breast halves
2 tablespoons Cajun seasoning
2 tablespoons melted Smart Balance spread

Instructions

- 1 Preheat oven to 325 degrees F (165 degrees C).
- 2 Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion, garlic and cottage cheese and set aside.
- 3 Season chicken breasts with Cajun-style seasoning then place 1/4 of cheese/spinach mixture in the centre of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch-baking dish.
- 4 Drizzle with melted Smart Balance spread and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear. Makes 4 servings.

Skillet Pizza

Ingredients

10 1/2" skillet or casserole dish
1 lb. ground round
1/2 pound sausage
1 medium onion, diced
1 medium pepper, diced

Instructions

Sprinkle a little salt in iron skillet and cook above ingredients breaking up sausage, 5 minutes. Add 1-pound ground round. Cook till no longer pink. Remove from heat, (I drained mine in the colander then put back into skillet, add 1/2 tsp garlic powder, 1 tsp basil and 1 1/2 cups of your favourite tomato pasta sauce. Sprinkle with 1 1/2 cups mozzarella cheese.

Crust:

2 large eggs
1 cup milk
1 tbsp oil
1/4 tsp salt
1 1/4 c flour

Mix all and pour over meat and cheese in skillet. Sprinkle with 1/4 cup shredded Parmesan cheese. Bake 400 degrees for 25 minutes. (let it set before cutting about 5-10 minutes) Makes 6 nice size servings.

Rosemary Chicken

Ingredients

4 skinless, boneless chicken breast halves
2 tablespoons extra-virgin olive oil
1 teaspoon seasoning salt
1 1/2 teaspoons
Cajun seasoning, to taste
1 teaspoon fresh rosemary
1 onion, finely diced

Instructions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a 9x13 inch glass-baking dish with a cover. Add oil, salt, and Cajun seasoning. Mix with your hands until chicken pieces are evenly coated. If using fresh rosemary, chop and sprinkle over chicken. If using dried rosemary, crush with hands and sprinkle over chicken.

Using your hands again, mix together coating chicken evenly. Lay diced onions on top of chicken. Cover dish and bake in the preheated oven until onions are soft and the chicken is brown and cooked through (juices run clear), about 25 to 35 minutes. Makes

Roast Duck

4 servings

Ingredients

1 duck (4 to 5lbs)
1 teaspoon salt
12 turns black pepper

Instructions

- 1.** Preheat oven to 500 F
- 2.** Sprinkle duck w/ salt and pepper. Remove all visible fat, and with a fork prick the skin all over without piercing the meat.
- 3.** Place on a rack in a roasting pan and roast for 40 min. reduce the oven heat to 400F and roast, until thigh juices run clear, for about 30 minutes. Remove from the oven, carve and serve immediately.

Red Beans and Rice with Salsa ~ PHASE 2

Ingredients

1/2 cup dried red beans
1/2 cup dried kidney beans
3 cups water
1 1/2 cup chopped onions (1-2 onions)
3 garlic cloves, peeled and halved lengthwise
1 teaspoon dried oregano
1 bay leaf
2 TB chilli powder
1 teaspoon ground cumin
1 teaspoon dried coriander
1 teaspoon crushed red pepper flakes
1 cup tomato juice
1 cup brown rice
2 cups chicken stock

For the Salsa:

1 1/2 cups cubed tomato (1 large tomato)
2 TB minced jalapeno pepper (1 large pepper)

1/4 cup sliced scallion, white part only (2 scallions)
1/4 cup freshly squeezed limejuice
1/4 cup chopped fresh cilantro

Instructions

Soak beans overnight (8 hours) in a large pot of cold water, making sure that they are completely covered by water. Drain beans, and transfer to large pot. Add 3 cups water. Bring to a boil over medium heat and cook for 5 minutes.

Stir in onion, garlic, oregano, and bay leaf. Reduce the heat to low and simmer, uncovered, for about 1 hour, until beans are tender.

Add chilli powder, cumin, coriander, red pepper flakes, and tomato juice, stirring to mix. Continue to cook while preparing the rice.

Put the rice and chicken stock in a medium saucepan. Bring to a boil over medium-high heat. Cover, reduce the heat to low, and simmer for 45 minutes, or until tender.

In the meantime, combine all salsa ingredients in a small bowl and set aside for the flavours to meld. When the rice is done, stir it into the bean mixture. Ladle into bowls and serve with salsa on the side.

Meatballs

Ingredients

3/4 lb. ground beef (preferably sirloin)
1/2 cup of whole wheat bread crumbs
1 egg beaten
1 TB half and half
2 TB Parmesan
2 TB minced garlic (I add more)
1/4 cup minced parsley
1/4 cup minced fresh basil
1/4 tsp. nutmeg
Salt and fresh pepper to taste

Instructions

1/4 cup olive oil
1) Heat up your tomato sauce.
2) Blend all ingredients except olive oil, in a bowl; shape mixture into 12 or so balls the same size
3) Heat the oil in a large enough skillet to hold the balls without crowding. Brown on all sides over medium heat.
4) Once browned put in sauce for at least 15 minutes.

Lobster Salad in Endive

Makes 24 appetizers; serves 6 to 8

Ingredients

3/4 pound fresh cooked lobster meat, small-diced
1/2 cup good mayonnaise
1/2 cup small-diced celery (1 stalk)
1 tablespoon capers, drained
1 1/2 tablespoons minced fresh dill
Pinch of salt
Pinch freshly ground black pepper
4 heads Belgian endive

Instructions

Combine the lobster, mayonnaise, celery, capers, dill, salt, and pepper. With a sharp knife, cut off the base of the endive and separate the leaves. Use a teaspoon to fill the end of each endive leaf with lobster salad. Arrange on a platter and serve.

Connie Wheeler adds, “Make sure you use real lobster though. I was perusing through my carbohydrate counter just yesterday at fish and seafood and noticed that the fake lobster or crab is really pretty high in carbohydrates at 8.5 carbs per 3 oz.

Lemonade Cheesecake

Ingredients

1 8 oz. package fat-free cream cheese, softened
1 tsp. Crystal Light Lemonade
1/4 cup cold fat-free milk
1 tub (8 pz) Cool Whip Free

Crushed nuts of your choice, for the crust (optional)

Instructions

Beat cream cheese and Crystal Light in a large bowl, with an electric mixer on medium speed until well blended and smooth. Gradually add milk, mixing until well blended. Gently stir in whipped topping. Spoon into crust, if desired; or directly into a pie plate, or cupcake liners.

Refrigerate 4 hours, or until firm.

Decadent Brownie Bites

Ingredients

1 cup ground almonds -- sift 3 times
1/2- t e a s p o o n baking powder
1/2- t e a s p o o n salt
1 3/4 cups Splenda
1 cup unsalted butter
4 ounces unsweetened baking chocolate -- cut into pieces
2 teaspoons vanilla
4 extra large eggs – beaten
1 cup chopped pecans

Topping

5 ounces cream cheese – softened
2 tablespoons Splenda
1 tablespoon cream
1 cup whipped cream –
see note: Chocolate Topping,
Fresh raspberries -- optional

Instructions

Preheat oven to 350°F Grease or spray a 9"x13" cake pan. Mix together the dry ingredients; set aside.

In a microwave bowl, on high, melt the butter and the chocolate. Add the Splenda , the beaten eggs and vanilla; beat until well blended. Stir in the dry mixture; mix well, and then stir in the pecans. Pour into the prepared pan, spread evenly. Bake at 350* for about 20 minutes or until a pick inserted comes out clean. Check at 15 minutes. **DO NOT OVERBAKE!**
Cool on wire rack.

While brownies are cooling make the topping: Cream together the cream cheese and Splenda. Stir in the cream until well mixed. Fold in the whipped cream. The recipe calls for 1 cup of all ready whipped cream until well blended. Chill until serving time.

When ready to serve put the cream cheese mixture into a piping bag fitted with a large star tip. Cut the brownies into 48 squares. Pipe rosettes on top of each square or just spoon a dollop of the cream mixture on top of each If you can afford the carbs, drizzles a small amount of chocolate sauce on top of the rosette and scatter a few fresh raspberries on the plate.

Nutritional Information:

48 Bite Size Brownies @ 2.5 minus 0.7 gr. fiber= 1.8 carbs each

Dessert Crepes

Makes 6

Ingredients

Crepes:

6 eggs

6 Tablespoons 1% Cottage Cheese

1 T Vanilla (or to taste)

1 T Almond Extract (or to taste)

1 T Splenda

Instructions

Mix all ingredients in a blender until smooth.

Spray a non-stick medium crepe or fry pan liberally with Pam. Pour enough crepe batter into the pan to cover the bottom. Swirl the pan around to evenly distribute the batter. Continually shake and swirl the pan so the crepe does not burn.

When the top of the crepe is dry looking then you need to flip it. This can be tricky. Make sure the top of the crepe is dry...lift one edge with a wide spatula and flip completely over

Cook on the other side for a few seconds and slide off onto a plate. You should get about 6 crepes from the batter.

Stack your crepes up with wax paper in between to prevent sticking.

When cool, fill with Almond Ricotta Crème and fold over.

Place a dollop of almond crème on top and sprinkle with chopped toasted almonds.

Chocolate Version: Fill each crepe with Chocolate Ricotta Crème, fold over and top with a dollop of chocolate ricotta crème and a squeeze of SF chocolate syrup.

You can also combine cocoa powder and Splenda and sprinkle that on top and around the sides of the plate for a scrumptious presentation.

The crepes make take a few tries to get them right but the time and effort is well worth it!

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Let healthy food be your medicine***

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La Rochefoucauld***

Healthy Eating

The MFW Team @ Quarks Marketing Ltd. Chiswick, London (UK)

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