



T W O W E E K M E N U A T - A - G L A N C E

WEEK 1

Day 1 - Sunday

- Breakfast** Buttermilk Corn Muffins
- Lunch** Chicken and Sun-dried Tomato Pizza
- Dinner** Broiled Black Sea Bass With Herb Butter and Leeks Sauté
- Dessert** Pears Poached in Red Wine

Day 2 - Monday

- Breakfast** Granola Crisp Topping with Fruit
- Lunch** Feta Rosemary and Potato Tart
- Dinner** Aunt Ruthie's Pot Roast
- Dessert** Ginger Poached Oranges

Day 3 - Tuesday

- Breakfast** Fresh Fruit Cup with Cottage Cheese
- Lunch** Grilled Chicken Kim Chee
- Dinner** Chicken Stuffed With Spinach and Ricotta Cheese
- Dessert** Banana Fritters

Day 4 - Wednesday

- Breakfast** French Toast
- Lunch** Greek Salad
- Dinner** Buffalo Chili
- Dessert** Sweetheart Meringues with Crème Brûlée and Raspberry Sauce

Day 5 - Thursday

- Breakfast** Breakfast Burrito
- Lunch** California Burger with Caesar Salad
- Dinner** Beef Stew With Root Vegetable
- Dessert** Cappuccino Biscotti

Day 6 - Friday

- Breakfast** Cranberry Apricot Pecan Scones with Apricot Glaze
- Lunch** Asian Coleslaw with Poached Chicken Tenders
- Dinner** Beef Stir Fry
- Dessert** Granny Smith and Crabapple Tart

Day 7 - Saturday

- Breakfast** Fruit Cobbler
- Lunch** Lobster Pie
- Dinner** Low Fat Southern Baked Chicken
- Dessert** Slipped Crepes

WEEK 2

Day 8 - Sunday

- Breakfast** Eggs in Ham Cups with Hashbrowns and Toast
- Lunch** Asian Chicken Salad
- Dinner** Tomato and Asparagus Salad with Fresh Mozzarella
- Dessert** Healthy Break Cookies

Day 9 - Monday

- Breakfast** Spanish Omelette
- Lunch** Beef Bourguignon
- Dinner** Eggplant Parmesan Lasagne
- Dessert** Pear Tart

Day 10 - Tuesday

- Breakfast** Honey Oat Bars
- Lunch** Persian Salad
- Dinner** Grilled Shrimp with Prosciutto and Basil
- Dessert** Rhubarb Upside-Down Cake

Day 11 - Wednesday

- Breakfast** Buttermilk Corn Muffins
- Lunch** Feta and Spinach Salad with Tricolour Pasta
- Dinner** Stuffed Kolhrabi
- Dessert** Blueberry Coffee Cake

Day 12 - Thursday

- Breakfast** Granola Crisp topped with Fruit
- Lunch** Lentil and Spinach Soup
- Dinner** Curried Coconut Vegetables
- Dessert** Trio of Sorbet with Raspberry Salad

Day 13 - Friday

- Breakfast** Fresh Fruit Cup and Cottage Cheese
- Lunch** Goulash Soup
- Dinner** Sautéed Halibut with Three Colour Pepper and Spanish Olives
- Dessert** Carrot Cake

Day 14 - Saturday

- Breakfast** Spanish Omelette
- Lunch** Crab Meat Flan With Red Pepper Coulis and Chives
- Dinner** Fennel Smoked Snapper
- Dessert** Blueberry Pie



DAY 1 - MONDAY

Breakfast

Buttermilk Corn Muffins



Serves: 12 Preparation time: 45 minutes

1/2 cup all-purpose flour
1/2 cup cornmeal
1/8 cup sugar
1/8 tsp salt
1/2 tbsp double-acting baking powder
pinch baking soda
1 egg
2/3 cup buttermilk
1/8 cup butter - melted
1 pint blueberries

1. Stir together dry ingredients.
2. Separately, beat together egg, milk, and butter.
3. Pour liquid ingredients into dry; stir only to moisten.
4. Pour into buttered muffin tins. Bake at 425° F for about 30 minutes.

Per Serving:

221 Calories; 7g Fat (28.9% calories from fat); 5g Protein; 34g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 359mg Sodium.

Quick and Easy



Serves: 12 Preparation time: 30 minutes

1 box corn muffin mix
1 cup water
1/2 cup grape or vegetable oil
1 cup blueberries
1 egg

Mix water, oil and egg together, add muffin mix, gently toss in blueberries. Place muffin liners inside a muffin tray; fill 2/3 full with mixture, put into 350° F oven, bake for 25 minutes!



Shopping List

Gourmet Recipe

butter
milk
buttermilk
1 lb cornmeal
1 lb flour
1 lb sugar
1 tin baking powder
1 tin baking soda
1 egg
1 pint blueberries

Q + E

1 box buttermilk corn muffin mix
1 egg
1 cup blueberries
vegetable oil

Chef Tip

Save money by purchasing the least expensive dishwasher soap and adding a few teaspoons of vinegar to the dishwasher. The vinegar cuts the grease and leaves the dishes spot-free and sparkling.

Lunch

Chicken and Sun-dried Tomato Pizza



Serves: 2 Preparation time: 45 minutes

1/4 tbsp olive oil
1/2 cup flour
1/4 tsp salt
1/4 tbsp yeast
1/4 tsp sugar
1/8 cup milk
1/4 cup water
1/4 medium roasted chicken
1/2 cup pizza sauce
1/4 cup pesto sauce
1/2 cup sun-dried tomatoes
1/4 large yellow pepper - julienned small
1/3 lb shredded cheese

1. Make pizza dough the night before. Mix flour with salt in a large bowl. In separate bowl, mix yeast with 1/2 cup of warm water and sugar. Let sit for 5 minutes.
2. Slightly warm flour in microwave or over a pan of hot water. Make a well in the warmed flour and pour in yeast mixture and 1 tsp oil. Mix the milk with the other 1/2 cup water.
3. Add liquid gradually to flour mixture and mix well. Knead for 10 min.
4. Place in a bowl and cover with a cloth. Let sit in a warm place until it doubles in size. Punch down and roll.
5. Dress with toppings. Bake at 350° F for 20 minutes or until done.

Serving ideas: Accompany with assorted sliced vegetables or mixed baby lettuce

Per Serving:

405 Calories; 20g Fat (43.0% calories from fat); 18g Protein; 42g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 151mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 20 minutes

1 - 10" pizza crust, pre-baked
1/2 fully cooked barbeque chicken
1 - 250 ml jar pizza sauce mix
1 cup assorted diced frozen peppers
1 cup grated mixed pizza cheese
2 tbsp chopped sun-dried tomatoes in olive oil

Place pre-baked crust onto an oven sheet. Take chicken meat off carcass and dice. Spread sauce onto crust, sprinkle with peppers, add diced chicken and sun dried tomatoes. Top with cheese and place into 375° F oven for 8 minutes.



Shopping List

Gourmet Recipe

olive oil
pizza sauce
pesto sauce
sun dried tomatoes
1 medium yellow pepper
shredded nacho mix cheese
1 medium roasted chicken
2% milk
flour
salt
yeast
sugar

Q + E

vegetable oil
10" pre-baked pizza crust
pizza sauce
barbequed chicken
frozen peppers
shredded nacho mix cheese
sun dried tomatoes

Shopping List

Gourmet Recipe

1 lb sea bass
1 piece leek
1 lemon
1 bunch parsley
1 clove garlic
4 slices herb butter

Q + E

1 lb sea bass
mixed baby salad greens
1 bottle salad dressing
1 stick butter

Chef Tip

Never use painted plate for serving foods with a vinegar dressing. Vinegar will corrode the paint and may release harmful toxins into the food.

Shopping List

Gourmet Recipe

2 Anjou or Bartlett pears
Zinfandel wine
1 vanilla bean
black peppercorns
1 orange
1 bunch basil
1 bunch mint
plain yogurt
honey

Q + E

1 orange
2 Anjou or Bartlett pears
plain yogurt
sugar
butter

Dinner

Broiled Black Sea Bass with Herb Butter and Sautéed Leeks

Serves: 2 Preparation time: 30 minutes

- 2, eight oz. each Black sea bass fillet - skin on, de-boned
salt and pepper - to taste
whole butter - melted, as needed
- 1 cup leek - julienne
- 4 tsp lemon juice
- 4 slices herb butter (see recipe)

1. Blanch the julienned leeks in boiling water until nearly tender. Drain the leeks and sauté them in 1 tablespoon of whole butter until tender. Add the lemon juice; season with salt and pepper.
2. Score the skin with three diagonal cuts approximately 1/4 inch (6 millimeters) deep and season the fillet with salt and pepper and brush with melted butter.
3. Place the fillet on a preheated broiler platter, skin side up, and place under the broiler, cook for approximately 4 minutes.
4. Remove the fish from the broiler when done. Top with the lemon butter and serve on a bed of sautéed leeks.

Herb Butter

- 1/2 lb melted butter
1 clove minced garlic
1 tbsp chopped parley
1 tbsp lemon juice

Mix all together, place into small container that has been sprayed with non stick spray, refrigerate. Remove and cut into cubes for fish

Per Serving:

250 Calories; 5g Fat (17.4% calories from fat); 42g Protein; 7g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 163mg Sodium.

Dessert

Pears Poached in Red Wine

Serves: 2 Preparation time: 2 hours

- 2 Anjou or Bartlett ripe pears
- 12 fluid oz. Zinfandel wine
- 2 whole peppercorns - (8 to 10)
- 1/4 vanilla bean
- 3 ounces of honey
- 1 tbsp fresh basil - chopped
zest of one orange
- 1 tbsp plain yogurt - garnish
- 1 sprig fresh mint - garnish

1. Peel and core the pears, leaving the stems intact.
2. Combine the remaining ingredients in a large nonreactive saucepan. Arrange the pears in the liquid in a single layer.
3. Place the pears on the stove top over a medium-high flame. Bring to just below a boil, then immediately reduce the heat and allow the liquid to simmer gently. Cover with a round of parchment paper if necessary to keep the pears submerged.
4. Continue poaching the pears until tender, approximately 1 to 1 1/2 hours. Remove the saucepan from the stove and allow the pears to cool in the liquid.
5. Remove the pears from the poaching liquid and return the liquid to the stove top. Reduce until the liquid is thick enough to coat the back of a spoon, then strain.
6. Serve the pears chilled or at room temperature in a pool of the reduced wine syrup.

Per Serving:

364 Calories; 1g Fat (3.2% calories from fat); 1g Protein; 62g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 16mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 20 minutes

- 2, six ounce boneless fillets of sea bass
- 2 tbsp butter, melted
pinch of salt and pepper
- 1 handfull of mixed salad greens
- 2 tbsp your favourite salad dressing

Melt butter and brush onto sea bass. Sprinkle with salt and pepper. Place into hot frying pan and cook for four minutes on each side. In a bowl, mix lettuces and salad dressing together. Put onto plate and top with sea bass.

Serving ideas: accompany with: fresh asparagus, mixed salad, fresh beans, new potatoes, baby carrots.



Quick and Easy

Serves: 2 Preparation time: 15 minutes

- 2 Bartlett or Anjou pears - medium size
- 1 tbsp butter
- 1 tbsp sugar
- 4 tbsp yogurt
juice of one orange

Slice and core pears. Cut into eight or so slices. Heat butter up in pan, add sugar and melt completely. Add orange juice and then pears. Cook on medium high heat for four minutes. Remove from heat. Arrange in a bowl or plate, garnish with yogurt.



DAY 2 - TUESDAY

Breakfast

Granola Crisp Topping with Fruit



Serves: 4 Preparation time: 25 minutes

- 1/3 cup old-fashioned rolled oats - uncooked
- 3 tbsp chopped walnuts
- 1/4 cup honey
- 1 egg white
- 1/4 tsp vanilla
- 1/4 tsp ground cinnamon
- dash salt
- 2 cups nonfat plain yogurt
- OR
- 2 cups nonfat vanilla yogurt
- 2 cups mixed berries

1. Combine oats and walnuts in medium bowl. Mix together honey, egg white, vanilla, cinnamon and salt in small bowl until well blended. Add honey mixture to oats; stir until well blended.
2. Line 11" x 17" baking sheet with foil; spray with nonstick cooking spray. Spread oat mixture in even layer on prepared baking sheet.
3. Bake at 325° F for 15 to 17 minutes or until golden brown, tossing mixture 3 to 4 times during baking. Remove from oven. Cool completely until crisp and crunchy. Serve over yogurt and berries.

Per Serving: 153 Calories; 4g Fat (21.9% calories from fat); 4g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 16mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 10 minutes

- 1 bag of your favourite granola
- 1 cup of fresh berries
- 1 cup milk
- 4 tbsp yogurt

Place 1 cup of granola into bowl, add milk, top with berries and yogurt.



Shopping List

Gourmet Recipe

rolled oats
dozen eggs
yogurt
cinnamon
honey
1 pint mixed fresh berries
vanilla
chopped walnuts

Q + E

granola
skim milk
1 pint of fresh berries
yogurt

Chef Tip

To slow silver cutlery from tarnishing, place a piece of chalk into the silver chest.

Lunch

Feta Rosemary and Potato Tart



Serves: 2 Preparation time: 40 minutes

- 1 medium new potato - peeled and sliced thin
- 4 only black olives - pitted and diced
- 2 sprigs fresh rosemary - chopped
- 5 ounces feta cheese - crumbled
- 1 tsp fresh garlic - minced
- 4 large egg - beaten
- 1/2 medium onion - finely chopped
- 1 medium tomato - diced small
- 1 tbsp olive oil - for frying
- 2 tart shells non-sweet, 4 inch
- 1/2 cup skim milk
- salt and pepper - to taste

1. Heat olive oil in sauce pan, sauté garlic and onions. While this is cooking, add potatoes and cook till onions are done. The potatoes may not be completely cooked. Don't worry, set aside.
2. In a bowl, beat eggs, milk and season. Next add feta, rosemary (set aside a bit for sprinkling on top), olives and cooked onion and garlic.
3. Add this mixture to the tart shells and 2 tablespoons of diced tomato in each.
4. Place cooked potato around the top, slightly overlapping each potato piece. Sprinkle some paprika and any chopped rosemary you have left on top of potatoes.
5. Bake at 350° F for 25 minutes or until tart is golden brown.

Per Serving:
485 Calories; 32g Fat (59.1% calories from fat); 25g Protein; 24g Carbohydrate; 3g Dietary Fiber; 438mg Cholesterol; 121mg Sodium.

Serving ideas: Accompany with: sliced field tomatoes and cucumbers, mixed organic salad mix or grilled asparagus.

Quick and Easy



Serves: 2 Preparation time: 30 minutes

- 1 - 500 ml of potato salad
- 1 cup skim milk
- 4 eggs
- 4 ounces of cheese (your favorite)
- 1 medium 8" pie shell, unsweetened
- 2 tbsp salsa

Mix all ingredients together and put into pie shell. Bake at 425° F for 30 minutes or until mixture is firm.



Shopping List

Gourmet Recipe

1 large new potato
feta cheese
1 sprig rosemary
2 ounces black deli olives
1 medium tomato
1 medium onion
2, 4" non-sweet unbaked tart shells
skim milk
clove garlic
4 large eggs

Q + E

deli potato salad
1/2 dozen eggs
1 non-sweet pie shell-
unbaked
deli salsa
5 oz. grated nacho cheese
skim milk

Shopping List

Gourmet Recipe

1 kg beef brisket roast
2 quarts of beef stock
1 garlic head
1 onion
2 tomatoes
Worcester sauce
red wine vinegar
dry mustard
dry paprika
lemon
vegetable oil
tomato paste

Q + E

454 grams fully-cooked
roast beef in sauce
(cooked meat section)
raw, sliced vegetables
2 potatoes
1 garlic head
olive oil

Shopping List

Gourmet Recipe

2 medium oranges
orange juice
1 lime
tomato paste
sugar
white wine, dry
fat-free yogurt
deli-pickled ginger
butter
mint leaf

Q + E

3 medium oranges
butter
sugar
yogurt
pickled ginger

Chef Tip

To help keep ants away
from areas of entry,
place whole cloves or
sage around the
windows and doors
where ants enter.

Dinner

Aunt Ruthie's Pot Roast

Serves: 4 Preparation time: 3 hours

3 tbsp vegetable oil
1 kg beef brisket
1 Onion - thinly sliced
3 tbsp garlic - minced
2 quarts brown stock (veal or beef)
2 cups tomato - diced
1 tsp paprika
2 tbsp dry mustard
3 tbsp lemon juice
100 ml tomato paste
125 ml red wine vinegar
3 tbsp Worcestershire sauce
 salt and pepper - to taste

1. Heat the oil in a large skillet. Add the beef and brown thoroughly. Remove and reserve the brisket.
2. Add the onions and garlic to the pan and sauté.
3. Add the stock and tomato sauce to the pan.
4. Return the brisket to the pan, cover tightly and bring to a boil. Braise at 325°F (160°C) for 1 1/2 hours, basting or turning the brisket often.
5. Combine the remaining ingredients and add to the pan.
6. Continue cooking and basting the brisket until tender, approximately 1 hour.
7. Remove the brisket, degrease the sauce and adjust its consistency and seasonings. Do not strain the sauce.
8. Slice the brisket against the grain and serve with the sauce.

Per Serving (excluding unknown items): 981 Calories; 7g Fat (69.7% calories from fat); 46g Protein; 30g Carbohydrate; 3g Dietary Fiber; 182mg Cholesterol; 863mg Sodium.

Serving Ideas : Brown sugar sweet potato, Broccoli almandine, avocado and orange citrus salad.

Dessert

Ginger Poached Oranges

Serves: 2 Preparation time: 60 minutes

2 medium oranges
 zested and then cut orange into segments
1 tbsp butter
2 tbsp sugar
2 tbsp pickled ginger
3/4 cup orange juice
2 tbsp lime juice
1/4 cup sugar
1/4 cup white wine
1 tbsp fat-free yogurt

1. Cook butter and sugar, when combined, add orange zest, cook until they are glazed. Remove from heat and set aside.
2. Puree ginger in food processor and add ginger to wine, orange juice, lime juice and sugar - Cook 10 minutes - cool slightly and then pour wine mixture over orange sections.
3. Refrigerate for 1 hour or may be left overnight.
4. Serve with glazed orange rind and a spoon of vanilla non-fat yogurt. Garnish with fresh mint leaf.

Per Serving:

324 Calories; 6g Fat (17.2% calories from fat); 2g Protein; 64g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 61mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 35 minutes

1, ten ounce fully cooked pot roast (available in your local grocery store)
3 cups assorted raw vegetables
2 medium potatoes
2 tbsp olive oil
1 crushed garlic clove

Follow re-heating instructions on pot roast. While this is cooking, cook potatoes on high in the micro wave for 6 to 10 minutes. Heat oil in sauté pan, add garlic and immediately the vegetables. Cook for 5 minutes or until slightly tender. Pour vegetables onto plate, add potatoes and slice four ounces of pot roast.



Quick and Easy

Serves: 2 Preparation time: 20 minutes

2 medium oranges
1 tbsp butter
1 tbsp sugar
 juice of one orange
4 tbsp yogurt
2 tbsp pickled ginger

Peel and slice oranges into segments. Heat butter up in pan, add sugar and melt completely. Add orange juice and then oranges. Cook on medium high heat for four minutes. Remove from heat. Arrange in a bowl or plate, garnish with yogurt.



DAY 3 - WEDNESDAY

Breakfast

Fresh Fruit Cup with Cottage Cheese

Serves: 2 Preparation time: 20 minutes

- 1/8 small cantaloupe
- 1/8 large mango
- 1/8 large papaya
- 1 large peach
- 1 large orange - segmented
- 1 large plum
- 5 pieces strawberries
- 2 tbsp blueberries
- 1 kiwi fruit
- 4 ounces of cottage cheese

1. Slice fruit decoratively, arrange on plate and center with two ounces of cottage cheese.

Per Serving:

123 Calories; 2g Fat (11.1% calories from fat); 9g Protein; 20g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 236mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 10 minutes

- 1 quart of fruit salad mixture from your local grocery store
- 4 ounces of cottage cheese

Place one cup of cut fruit into bowl, top with cottage cheese.



Shopping List

Gourmet Recipe

- 1 mango
- 1 papaya
- 1 small cantaloupe
- 1 peach
- 1 orange
- 1 plum
- 1 kiwi
- 1 pint of strawberries
- 1 pint of blueberries
- cottage cheese

Q + E

- 1 quart of fresh fruit salad
- cottage cheese

Chef Tip

Salt on food makes silver cutlery tarnish faster.

Lunch

Grilled Chicken Kim Chee Salad

Serves: 2 Preparation time: 90 minutes

- 3/4 lb chicken (boneless)

Marinade

- 1 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 tbsp vegetable oil
- 1 tsp ginger - grated

- 1/4 kilo suey choy (Chinese cabbage) - finely shredded
- 1 medium carrot - julienned
- 3 pieces green onion - finely chopped
- 1 clove garlic - minced
- 1 tbsp rice wine vinegar
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds

1. Make up marinade and leave chicken for 1 hour in it (or you can do it the night before).
2. Grill chicken for 20 minutes until cooked, then cool and shred chicken.
3. Combine remaining ingredients except seeds, together and add chicken.
4. Leave stand in refrigerator over night, serve when needed and top with seeds. Will keep in covered container in refrigerator for up to six days.

Per Serving:

195 Calories; 18g Fat (81.8% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 531mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 20 minutes

- 1 package of assorted pre-cut Chinese vegetables (available in grocery store)
- 8 oz. of boneless chicken breast (buy the already sliced, stir-fry chicken as well)
- 1 bottle of sesame ginger marinade

Slice up chicken into thin strips. Heat up olive oil on high heat, toss in your chicken and cook for three minutes. Add vegetables and marinade. Cook for five minutes, stirring occasionally. May Serve as is or over rice or pasta.



Shopping List

Gourmet Recipe

- 3/4 lb boneless chicken
- sesame oil
- vegetable oil
- 1 piece fresh ginger
- 1 piece Chinese cabbage
- 1 bunch green onion
- 1 head garlic
- 1 red wine vinegar
- 1 Soya sauce
- 1 pack each, white and black sesame seeds
- 1 medium carrot

Q + E

- 1 medium package of pre-cut Chinese vegetables (available in produce section)
- 8 ounces of cooked pre-sliced chicken
- 1 bottle of sesame ginger marinade
- olive oil

Chef Tip

When using measuring cups for measuring sticky liquids, wipe the inside with a bit of oil first. Measured liquid will flow easily.

Shopping List

Gourmet Recipe

4, six ounce chicken breasts
125 ml low fat ricotta cheese
2 bunches fresh spinach
1/2 dozen eggs
1/2 bottle white wine, dry
250 ml thick chicken stock
saffron
olive oil

Q + E

4, six ounce chicken breasts
125 ml low fat ricotta cheese
250 ml frozen spinach
1 stick butter
1 head garlic
250 ml can chicken stock
cornstarch

Shopping List

Gourmet Recipe

2 medium oranges
2 large banana
1 bag icing sugar
sugar
baking powder
vanilla
pastry flour
1 fluid ounce of milk
unsalted butter
1 small egg

Q + E

2 bananas
maple syrup
cinnamon

Chef Tip

Apply non-stick cooking spray onto your snow shovel and snow will slide off.

Dinner

Chicken Stuffed With Spinach and Ricotta Cheese



Serves: 4 Preparation time: 40 minutes

2 bunches of spinach - stemmed/blanched
6 tbsp low fat ricotta cheese
2 egg whites - lightly beaten
Salt and pepper - to taste
4, eight ounce chicken breasts - skin on
2 tbsp olive oil
2 cup white wine
pinch Saffron
1 cup chicken velouté

1. Blanch, refresh and drain the spinach. Squeeze it tightly to remove as much moisture as possible, then chop it finely.
2. To make the stuffing, combine the cheese, egg whites and spinach in a mixing bowl; season to taste.
3. Place the chicken breasts on a cutting board, skin side down. Using a boning knife, carefully make a pocket that runs the length of each breast.
4. Put the stuffing in a pastry bag and pipe the stuffing into each pocket. Do not overfill the chicken breasts because the stuffing expands as it cooks.
5. Sauté the chicken in the clarified butter until well browned. Transfer the chicken to a sheet pan and finish in a 350°F (180°C) oven, approximately 10-12 minutes.
6. Deglaze the sauté pan with the white wine.
7. Add the saffron, bring to a boil and reduce by half.
8. Add the velouté and the cream. Adjust the seasonings and consistency; strain.
9. Ladle the sauce onto 4 warm plates. Slice and then arrange the chicken in the sauce; garnish as desired.

Per Serving (excluding unknown items): 821 Calories; 29g Fat (27.7% calories from fat); 172g Protein; 136g Carbohydrate; 102g Dietary Fiber; 198mg Cholesterol; 3542mg Sodium.

Serving Ideas : accompany with lime-thyme grilled eggplant and rice.

Dessert

Banana Fritters



Serves: 2 Preparation time: 20 minutes

1 small egg - beaten
1 fluid ounce of milk
1 tbsp unsalted butter - melted
1/2 tsp vanilla extract
1 tbsp orange zest - finely grated
1 fluid ounce of orange juice
2 medium ripe banana
1 tbsp pastry flour - sifted
1/4 ounce of granulated sugar
pinch baking powder
pinch salt
confectioner's sugar - as needed to garnish

1. Whisk together the egg, milk, butter and vanilla. Add the orange zest and juice.
2. Peel and dice the banana and add to the egg mixture.
3. Sift together the flour, granulated sugar, baking powder and salt. Gently stir in the banana-egg mixture to form a thick batter.
4. Heat deep-fryer oil to 350° F (180°C). Fry 1 tablespoon (15-milliliter) portions of the batter until the fritters are brown and crisp, approximately 5 minutes.
5. Drain on paper towels, dust with confectioner's sugar and serve hot.

Per Serving:
185 Calories; 9g Fat (41.8% calories from fat); 4g Protein; 23g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 37mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 30 minutes

2, six ounce chicken breasts, boneless
1 package of spinach leaves, trimmed and cleaned
6 tbsp low fat ricotta cheese
2 tbsp chicken stock (dried soup base)
1 cup water
1 tbsp butter
1 tbsp cornstarch
1 clove garlic, crushed
1/2 cup water
salt and pepper

Season chicken breast with salt and pepper and place onto pan in the oven. Bake for 30 minutes at 350° F. In a sauce pan, heat up butter and add garlic. Put spinach leaves into it and add a cup water. Cover with lid and cook on med high heat for 4 minutes. Lift lid, stir a couple of times until spinach is cooked. In another pan, mix cornstarch with 1/2 cup water until dissolved. Add remaining water, chicken stock, and bring to boil. Cook until it thickens, remove from heat.

On plate, pour 1/2 cup sauce, place chicken breast over sauce. Top with ricotta cheese and then spinach. Serve with 1 cup assorted vegetables.



Quick and Easy



Serves: 2 Preparation time: 15 minutes

2 average size bananas
1 tsp cinnamon
3 tbsp maple syrup

Peel bananas and slice horizontally. Place on a cookie sheet. Drizzle 3 tbsp of maple syrup over each banana. Sprinkle with cinnamon. Place into 475° F oven for four minutes or until maple syrup begins to bubble.



DAY 4 - THURSDAY

Breakfast

French Toast



Serves: 12 Preparation time: 20 minutes

- 1 loaf cinnamon bread - unsliced
- 1/4 cup butter - melted
- 9 eggs
- 4 cup milk
- 1 cup whipping cream
- 3/4 cup sugar
- 2 tbsp vanilla extract
- 4 tbsp maple syrup
- icing sugar / berries for garnish

1. Preheat oven to 375° F. Grease a 12" x 14" baking dish. Cut bread into 1" slices and lay flat in pan. Brush tops of bread with melted butter.
2. Whisk together eggs, milk, cream, sugar and vanilla. Pour over bread and let sit 15 minutes.
3. Place dish in water bath and bake for 35 minutes. Serve with warmed blackberries and whipped cream.

Per Serving (excluding unknown items): 350 Calories; 25g Fat (63.1% calories from fat); 8g Protein; 24g Carbohydrate; trace Dietary Fiber; 216mg Cholesterol; 144mg Sodium.

Quick and Easy



Serves: 12 Preparation time: 10 minutes

- 1 loaf Texas cut bread
- 4 eggs
- 1 cup milk
- 2 tbsp icing sugar
- 2 tbsp butter
- 1 cup berries for garnish
- 1/2 cup yogurt

Mix eggs and milk together in bowl. Heat frying pan up with butter. Take bread and put into egg mixture, completely covering it. Place into hot frying pan and cook for 2 to 3 minutes or until brown, flip over and do other side. Remove, arrange on plate, sprinkle with icing sugar, top with yogurt and berries.



Lunch

Greek Salad



Serves: 2 Preparation time: 30 minutes

- 1/2 medium cucumber - cut in 1" cubes
- 1/2 red pepper - cut in 1" pieces
- 1/2 medium green pepper - cut in 1" pieces
- 1 small purple onion - cut in 1" pieces
- 2 tomato - wedges
- 40 grams feta cheese - crumbled
- 1/8 cup olive oil
- 1/2 tsp garlic - minced
- 1 tsp oregano
- 4 tbsp red wine vinegar
- 2 tbsp lemon juice
- 6 whole greek olives

1. Mix all vegetables together in a bowl and add dressing.
2. Garnish with feta cheese.

Per Serving:
385 Calories; 36g Fat (79.7% calories from fat); 5g Protein;
16g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 323mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 15 minutes

- 1 medium size bag of pre-cut peppers and onions (available in your grocery store)
- 2 medium tomatoes
- 4 ounces of feta cheese
- 3 tbsp oil and vinegar salad dressing
- salt and pepper to taste

Cut tomatoes into 8 wedges. Place into bowl, add cut vegetables and salad dressing. Top with feta cheese, mix and serve.



Shopping List

Gourmet Recipe

- 1 loaf cinnamon bread
- 1 stick butter
- 1 dozen eggs
- 1 litre milk
- whipping cream
- sugar
- 1 bag icing sugar
- 1 pint berries
- maple syrup
- vanilla extract

Q + E

- 1 loaf Texas cut bread
- 1/2 dozen eggs
- 1 pint berries
- yogurt
- milk
- 1 stick butter
- 1 small bag icing sugar

Chef Tip

To help stop the swelling and pain from bee or insect bites, place a slice of cold onion on the bite.

Shopping List

Gourmet Recipe

- 1 cucumber- English
- 1 green pepper
- 1 small purple onion
- 1 small red pepper
- 2 tomatoes
- feta cheese
- 1 litre olive oil
- 1 head garlic
- Greek olives
- 1 lemon
- dry or fresh oregano
- red wine vinegar
- oregano

Q + E

- 1 medium bag, pre-sliced peppers and onions (Available in produce section)
- 4 oz. of feta cheese
- 2 tomatoes
- 1 bottle oil and vinegar dressing

Chef Tip

If glasses are stuck together, fill top one with cold water and place the bottom in warm water.

Shopping List

Gourmet Recipe

1 lb ground or cubes
buffalo meat (may be
substituted for beef)
chili powder
coriander
oregano
paprika
cumin
tomato paste
cayenne pepper
2 roma tomatoes
1 medium onion
1 quart brown stock (can
use beef consommé)
1 large jalapeño pepper
fresh cilantro
1 clove garlic

Q + E

can of beef consommé
1 lb ground buffalo or beef
1 medium onion
jar of tomatoes
meatless sauce
chili powder
vegetable oil

Shopping List

Gourmet Recipe

1 doz eggs
1 lb sugar
1 litre 2% milk
10 oz. frozen or fresh
raspberries
1 orange
vanilla

2 meringue shells (4")
at your bakery
250 ml vanilla pudding
125 ml raspberry sauce
(by the ice-cream section)

Chef Tip

To remove coffee and
tea stains from fabrics,
mix a egg yolk and 2
tbsp of warm water
together and wipe.

Dinner Buffalo Chili



Serves: 2 Preparation time: 2:20 hours

- 1 lb Buffalo Meat(can use ground) -- 1/2-inch cubes
- 1 medium onion -- finely diced
- 1 clove garlic -- minced
- 2 tbsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander
- pinch fresh oregano
- 1/2 tsp paprika
- pinch cayenne pepper
- 4 tbsp tomato paste
- 1 cup roma tomatoes -- diced
- 1 1/4 cups brown stock
- 1 tsp fresh jalapenos -- diced
- pinch ground black pepper
- 1 tsp cilantro -- chopped

1. Dry sauté the cubed buffalo in a small amount of oil.
2. Add onions and garlic to the buffalo and sauté until transparent.
3. Add the chili powder, cumin, coriander, oregano, paprika, and cayenne pepper. Cook 3 minutes. Add the tomato paste. Cook for 3 minutes. Add the tomatoes and brown stock.
4. Cover and simmer for 2 hours until tender.
5. Add the jalapenos and ground black pepper. Cook 10 minutes to heat and blend flavours. Serve with a sprinkle of chopped cilantro before adding cheese and cornbread crust.

Per Serving:

580 Calories; 2g Fat (17.1% calories from fat); 3g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 180mg Sodium.

Dessert

Sweetheart Meringues with Crème Brûlée and Raspberry Sauce



Serves: 2 Preparation time: 60 minutes

- 2 fresh egg whites,
separate the whites and yolks
- 1/2 cup granulated sugar

Cream Brulee:

- 1/2 cup 2% milk
- 2 large egg yolks
- 3 tbsp cup granulated sugar
- 1 tbsp Raspberry Sauce
- 1 tsp vanilla - for flavouring.

Raspberry Sauce:

- 3 ounces red raspberries frozen in syrup,
juice from orange
- 1 tsp orange zest

Preheat oven to 325°F. Whip egg whites until frothy, then gradually add sugar a little at a time, until sugar is dissolved and whites are very stiff. Using pastry bag and large plain tip, pipe meringue into 8 heart shapes about 3 inches across on parchment-lined baking sheet. Build the hearts up to about 1/2" in height. Bake about 20-25 minutes or until lightly browned. Let sit in oven with door open until cool. (This helps the meringues dry out thoroughly.)

Crème Brûlée Instructions:

Mix egg yolks with granulated sugar until thoroughly blended. Whip in cream. Place in top of double boiler and heat, stirring constantly until the mixture coats the spoon in a thick layer. Remove from heat and stir in vanilla. Let cool slightly. Pour into meringue hearts and refrigerate for several hours. Place a piece of plastic wrap directly onto the surface of the brulee to prevent a skin from forming or dot the surface, while still warm, with a stick of butter so that a thin film of fat is on the surface, protecting it from the air. Thaw raspberries.

Quick and Easy



Serves: 2 Preparation time: 35 minutes

- 1 large onion, diced
- 500 ml can of beef consume soup
- 1 lb ground lean buffalo (may substitute ground beef)
- 1 500 ml jar of tomato meatless pasta sauce
- 2 tbsp chili powder
- 2 tbsp olive oil

In a frying pan, add oil on med high heat and cook add onions, stirring occasionally for 4 minutes. Add ground meat and cook all the way through. Then add pasta sauce and beef soup. Stir in and bring to boil. Reduce heat, add chili powder and cook for 30 minutes, stirring occasionally. Serve with garden fresh salad.



Dessert Assembly:

Place two or three dollops of raspberry sauce around the brulee-filled hearts. Garnish with a couple of fresh raspberries and mint leaves.

Use caution and care when separating eggs.

Make sure that no egg yolk gets into the white.

The fat in the egg yolk will prevent the whites from whipping.

If suitable for the recipe, add a source of acid, such as lemon juice or cream of tartar before you begin the whipping process. This stabilizes the foam and prevents it from separating quickly after whipping. Start whipping slowly to begin the aeration process, then increase the speed to a rapid whip to develop the foam. When adding the sugar, test the meringue by rubbing a little between the fingers.

Per Serving:

514 Calories; 25g Fat (51.7% calories from fat); 8g Protein; 72g Carbohydrate; 2g Dietary Fiber; 335mg Cholesterol; 96mg Sodium.

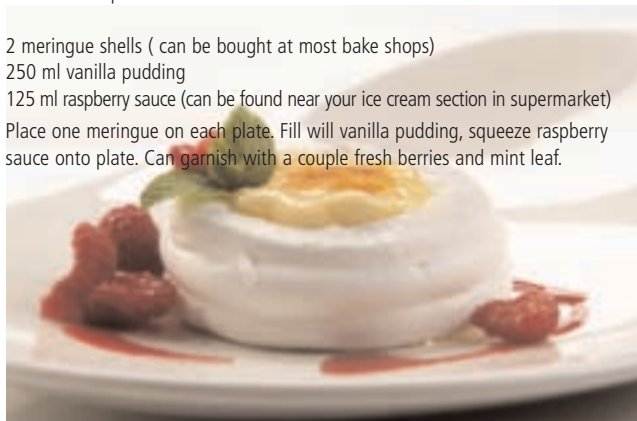
Quick and Easy



Serves: 2 Preparation time: 20 minutes

- 2 meringue shells (can be bought at most bake shops)
- 250 ml vanilla pudding
- 125 ml raspberry sauce (can be found near your ice cream section in supermarket)

Place one meringue on each plate. Fill with vanilla pudding, squeeze raspberry sauce onto plate. Can garnish with a couple fresh berries and mint leaf.



DAY 5 - FRIDAY

Breakfast

Breakfast Burrito

Serves: 2 Preparation time: 20 minutes

- 1 tsp vegetable oil
- 1 cup assorted vegetables - diced (carrots, red peppers, mushrooms, asparagus and tomatoes)
- 2 large eggs - beaten
- 2 tbsp salsa
- pinch corn starch
- 9 grams Grated Cheddar -- grated
- 9 grams Grated Monterey Jack -- grated
- 2 8 inch tortilla shells -- tomato, spinach or plain

1. Heat oil in saucepan on medium high heat and add vegetables, salsa and eggs; and mix.
2. Cook for 2 minutes, remove from heat and place onto each tortilla.
3. Sprinkle cheese on mixture and roll up like a jelly roll.

Per Serving:

92 Calories; 7g Fat (66.5% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 187mg Cholesterol; 150mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 10 minutes

- 2, eight inch tortilla shells
- 2 eggs, beaten
- 1 cup grated cheese
- 1 cup frozen or fresh assorted veggies
- 1 cup skim milk
- 2 tbsp oil

Add milk to beaten eggs, season with salt and pepper. Heat frying pan up on medium high heat (spray with non stick cooking spray) Add eggs and cook for 4 minutes, remove from heat. In another frying pan, heat up or cook vegetables. Season accordingly with salt and pepper or favorite seasoning salt. Place half of egg mixture into each tortilla, then add half the vegetables in each, divide grated cheese between both of them. Roll up and enjoy!



Shopping List

Gourmet Recipe

- 1 package, 8" tortilla shells
- 1/2 doz eggs
- 1 cup diced assorted vegetables
- 1 jar salsa
- 12 grams, grated cheddar
- 12 grams, grated Monterey jack
- Vegetable oil
- Cornstarch

Q + E

- 250 ml frozen diced vegetables
- 1/2 dozen eggs
- 1 package, 8" tortilla
- 250 ml grated cheese
- 1/2 litre skim milk
- vegetable oil

Chef Tip

When removing furniture from carpet, the matted carpet can be raised back to original by placing two ice cubes on the area overnight.

Lunch

California Burger with Caesar Salad

Serves: 4 Preparation time: 30 minutes

- 1 lb ground round - (4 to 6 oz per portion)
- salt and pepper - to taste
- 4 2 oz. hamburger bun garnishes - as desired
- 2 ounces of guacamole
- 1 ounces of alfalfa sprouts
- 2 slices tomato
- 1 slice purple onion

Prepare a hamburger and serve on a whole wheat bun accompanied by 2 ounces (60 grams) of guacamole, 1 ounce (30 grams) of alfalfa sprouts, 2 slices of ripe tomato and 1 thin slice of red onion.

Main recipe directions:

1. Form the ground round into a patty, handling the beef as little as possible.
2. Season the patty with salt and pepper and broil or grill to the desired doneness, turning once. While the patty is cooking, toast the bun or bread if desired.
3. Remove the patty from the broiler or grill, place on one half of the bun or one slice of bread and garnish the other with a lettuce leaf, a slice of onion, a slice of tomato and/or pickles. Serve with condiments such as ketchup and mustard.

Serving Ideas: Serve with a Caesar salad

Per Serving: 475 Calories; 25g Fat (47.0% calories from fat); 27g Protein; 35g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 418mg Sodium.

Quick and Easy

Serves: 4 Preparation time: 25 minutes

- 1- package of four, pre made organic 4 ounce burger patties
- 4 Kaiser buns
- 1 box mixed sprouts
- 1-250 ml container of guacamole mix
- 1 medium vine ripened tomato, sliced
- 2 slices purple onion
- 1 bag of mixed vegetables cut in sticks
- non stick pan spray

Heat frying pan over medium heat, spray with non stick spray. Cook patties for 3 minutes on each side. Open Kaiser bun, spread guacamole mix on each side, place hamburger patty on bottom, on other half of bun arrange sprouts, tomato and sliced onion. Can be served with sliced vegetables or salad of your choice.



Shopping List

Gourmet Recipe

- 1 lb ground round steak (May substitute with ground turkey, chicken, lamb or salmon)
- 1 pint sprouts
- 250 ml guacamole
- 1 small package of hamburger buns (or 4 Italian buns)
- 2 medium tomatoes
- 1 small purple onion

Q + E

- 4, organic or regular, pre-made burger patties (Can substitute your favorite protein)
- 2 small tomatoes
- 1 small purple onion
- 250 ml guacamole
- 1 lb bag, vegetable sticks
- Kaiser buns
- mixed sprouts
- purple onion

Chef Tip

Grate softer items first and then the firmer ones. This will keep the grater clean.

Shopping List

Gourmet Recipe

15 ml tomato paste
1 medium onion
1 head garlic
200 grams cubes sirloin beef
1 celery root
2 carrots
1 medium turnip
3, red skin potatoes
thyme
brown sauce

Q + E

1 medium size bag of diced root vegetables
stewing beef
500 ml beef gravy
2 medium potatoes
flour
tomato sauce
garlic
vegetable oil

Chef Tip

To remove chewing gum from fabric, place into freezer first for 60 minutes. Gum should peel off.

Shopping List

Gourmet Recipe

flour
sugar
baking soda
baking powder
cinnamon
ground cloves
espresso coffee
vanilla
1/2 doz eggs
litre milk
1 small bag, sliced hazelnuts
1 small bag semi-sweet chocolate chips
(may be substituted for one large plain chocolate bar, cut up coarsely)

Q + E

1 box biscotti mix
1 small jar instant coffee
1 small bag, sliced hazelnuts
1 small bag semi-sweet chocolate chips
(may substitute the chips for a large plain chocolate bar)

Dinner

Beef Stew With Root Vegetable



Serves: 2 Preparation time: 2:30 hours

200 grams well trimmed sirloin of beef - 1" dice
1 medium onion - 1" dice
1 clove garlic - minced
4 tbsp tomato paste
1/3 litre brown sauce
1 tsp dried thyme
pinch ground black pepper
1/2 medium celery root - 1" dice
2 medium carrot - 1" dice
1 medium yellow turnip - 1" dice
3 medium red skin potato - 1" dice

1. Spray a heavy bottomed pan lightly with non-stick spray. Allow pan to become extremely hot.
2. Add beef and stir until well-browned on all sides. Add onions and garlic, cook until onions are transparent. Add tomato paste and tomatoes and cook for 2 minutes.
3. Add brown sauce, thyme and black pepper. Cover and simmer for 2 hours.
4. Add celery root, carrot, yellow turnip and red skin potatoes. Continue to simmer until vegetables are tender (approximately 30 minutes). Serve hot.

Per Serving:

280 Calories; 20 g Fat (6.7% calories from fat); 2g Protein; 18g Carbohydrate; 4g Dietary Fiber; trace Cholesterol; 298mg Sodium.

Serving Ideas: Serve with Irish soda bread.

Dessert

Cappuccino Biscotti



Serves: 32 Preparation time: 45 minutes

4 cups all-purpose flour
2 cups sugar
1 tsp baking soda
1 tsp baking powder
1 tsp salt
1 tsp cinnamon
1 tsp ground cloves
1/2 cup strong brewed espresso -- cooled
2 tbsp strong brewed espresso
4 tbsp milk
2 large egg yolks
2 tsp vanilla
1 1/2 cups hazelnuts, toast, skin, chop coarse
1 cup semi-sweet chocolate chips

1. In a medium bowl, combine all dry ingredients.
2. In a small bowl, whisk together the espresso, the milk, yolk and the vanilla. Add this mixture to flour mixture beating until a dough is formed.
3. Stir in chocolate chips.
4. Turn the dough out onto a floured surface, knead it several times, and halve it. Form each half into a flat log 12 inches long and 2 inches wide.
5. Place on greased cookie sheet and bake at 350° F for 35 minutes. Let cool for 10 minutes and reduce oven to 300° F.
6. On a cutting board, cut the logs on a diagonal into 3/4 inch thick slices.
7. Arrange the biscotti, cut sides down on the baking sheet and bake them for 12 to 15 minutes, or until they are a pale golden. Transfer the biscotti to racks to cool.

Per Serving:

136 Calories; 2g Fat (13.6% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 123mg Sodium.

Serving Ideas: a bowl of fresh berries with or without yogurt

Quick and Easy



Serves: 2 Preparation time: 30 minutes

1 medium bag of sliced mixed vegetables
(carrots, beans, turnips, celery, onions)
1 lb of cut stewing beef (tenderloin or eye of the round)
500 ml can of beef gravy
2 medium potatoes, diced in small cubes
2 crushes garlic cloves
4 tbsp tomato sauce
2 tbsp oil
1 cup flour
salt and pepper to taste

Place vegetables into micro wave oven container, add vegetables, cover with saran and cook on high heat for 4 minutes. Remove and set aside. In a brown paper bag, add flour, salt and pepper. Place beef into bag, close it and shake, coating all the beef. Place frying pan on medium high heat and add oil and garlic. Take beef out of bag, shake off all excess flour and brown in oil. When completed, add brown gravy, tomato sauce. Bring to boil and add vegetables. Simmer for ten minutes and serve.



Quick and Easy



Serves: 32 Preparation time: 25 minutes

1 box of plain biscotti mix
(exchange some of the water for the instant coffee)
1 cup of espresso coffee or you may use instant coffee
1 cup of semi sweet chocolate chips
1 1/2 cups of chopped hazelnuts (available in your grocery store)

In a bowl, mix all the dry ingredients together and follow recipe according to instructions on box.



DAY 6 - SATURDAY

Breakfast

Cranberry Apricot Pecan Scones with Apricot Glaze



Serves: 2 Preparation time: 40 minutes

- 1/4 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- pinch salt
- 1 tbsp cold butter
- 1/2 tbsp brown sugar
- 1/4 cup plain yogurt
- 1 large egg
- 1/4 cup dried apricots -- chopped
- 1/4 cup pecans -- chopped
- 3 tbsp apricot jam -- melted

1. Preheat oven to 400° F and grease a cookie sheet. Sift together dry ingredients.
2. Blend in the butter and brown sugar until a coarse meal texture is achieved. Mix the yogurt and egg.
3. Form a well in dry ingredients and add yogurt egg mixture and cranberries, apricots and pecans. Mix gently, but do not overmix.
4. Drop approximately 1/4 cup of mixture for each scone on greased cookie sheet. Bake for approximately 15 minutes.
5. Melt apricot jam and brush on scones once they are out of the oven.

Per Serving:

311 Calories; 16g Fat (43.9% calories from fat); 7g Protein; 38g Carbohydrate; 2g Dietary Fiber; 119 mg Cholesterol; 961 mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 20 minutes

- 1 box of scone mix
- 1/4 cup dried apricots
- 1/4 cup sliced pecans
- 3 tbsp of your favorite jam, melted for glaze

In bowl, mix all dry ingredients together and follow instructions on box of scone mix. Preheat oven to 400° F, take ice cream scoop and portion out scones on cookie sheet that you spray with non stick spray. Bake for 15 minutes or until golden brown. Once baked top with melted jam. May be accompanied with bowl of fresh fruit.



Shopping List

Gourmet Recipe

- 1 stick butter
- baking powder
- baking soda
- flour
- yogurt
- brown sugar
- 1/4 cup dried apricots
- 1/4 cup chopped pecans
- apricot jam
- 1 large egg

Q + E

- 1 box scone mix
- 1/4 cup dried apricots
- 1/4 cup chopped pecans
- apricot jam

Chef Tip

When removing old decals from items, use a warm vinegar mixture and let it soak in for a few minutes, then sponge off

Lunch

Asian Coleslaw with Poached Chicken Tenders



Serves: 2 Preparation time: 30 minutes

- 1 cup bean sprouts
- 1 cup mushrooms -- sliced
- 1 cup broccoli -- small florets
- 1 Only green onion -- cut in strips
- 1/2 cup carrots -- julienned
- 2 cups suey choy -- shredded

Dressing

- 1/2 tbsp lemon juice -- freshly squeezed
- 1/2 tbsp lemon zest -- minced
- 1 tsp fresh ginger -- grated and squeezed
- 1/2 tbsp honey
- 1 clove garlic -- minced
- 1/2 tsp Keens Mustard -- paste
- 2 tbsp canola oil
- 1 tbsp sesame oil

Garnish

- 1/2 tablespoon sesame seeds -- roasted

Chicken

- 4 Chicken Tenders (2 for Each Portion)

1. Poach vegetables in a sauté pan in simmering water - add 100 ml fresh lemon Juice, 15 ml minced garlic.
2. Add the Chicken Tenders, Simmer 10 to 12 minutes.
3. Remove mixture from saute pan and place over salad in a bowl and serve. Toss all the greens in a bowl.
4. Mix the dressing in a bowl, toss the dressing and the greens, rest in the fridge for 1 hour and plate.

Per Serving:

265 Calories; 22g Fat (30.3% calories from fat); 4g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 28mg Sodium.

Serving ideas: serve on a bed of pasta or rice

Quick and Easy



Serves: 2 Preparation time: 10 minutes

- 1 medium bag of coleslaw mix available in your grocery store
- 1 lb of chicken tenders (may substitute any boneless chicken pieces)
- 25 ml of ginger sesame salad dressing

In a bowl, place chicken strip and 125 ml of salad dressing, coat chicken thoroughly. In frying pan over med-high heat, spray non stick spray and cook chicken tenders for 4 minutes on each side. In another bowl, empty coleslaw mix and pour in the remainder of salad dressing and mix well. Place coleslaw mixture into bowl, top with cooked chicken pieces.



Shopping List

Gourmet Recipe

- 1 basket bean sprouts
- 1 basket sliced mushrooms
- 1 carrot
- 1 bunch green onions
- 1 head suey choy (Chinese cabbage)
- 1 lemon
- 1 fresh piece ginger
- sesame oil
- garlic head
- Keens mustard
- honey
- 1 lb chicken tenders
- sesame seeds

Q + E

- 1 lb coleslaw mix (available in the produce area)
- 1 lb chicken tenders
- jar of sesame ginger dressing

Chef Tip

To remove unwanted odors from your house, boil several cloves in a cup of water.

Shopping List

Gourmet Recipe

1/2 lb beef sirloin
sesame oil
vegetable oil
1 medium red pepper
1 medium green pepper
1 medium onion
1 medium jicama
1 piece ginger
garlic head
1 bunch of cilantro
soya sauce
oyster sauce
can coconut milk
sambal olak
bean sprouts
1 package of egg noodles

Q + E

1/2 lb sirloin
1 lb cut mixed vegetables
(can use frozen)
1 Thai curry marinade
vegetable oil
1 package of egg noodles

Dinner

Beef Stir Fry



Serves: 2 Preparation time: 30 minutes

1 tbsp vegetable Oil
1/2 tsp sesame Oil
1/2 lb Beef -- Shredded
1 medium Onion -- Julienned
1 medium Red Peppers -- Julienned
1 medium Green Peppers -- Julienned
1 medium Jicama -- Julienned
1 cup Bean Sprouts
1 tbsp Ginger -- Minced
2 cloves Garlic -- Minced
1 tbsp Cilantro -- Minced
2 tbsp Oyster Sauce
2 tbsp Soy Sauce
4 tbsp Coco Milk
1 tsp Sambal Olak

1. Shred the beef and sear, in hot oil, with garlic and ginger, quickly and remove from pan.
2. Heat oil in pan and saute vegetables until al dente, add the sauces, and herb. Prepare noodles in a separate pot of simmering water with a tablespoon of vegetable oil and a pinch of salt. Serve vegetables and sauce over hot noodles.

Per Serving:

487 Calories; 8 g Fat (69.2% calories from fat); 255g Protein; 201 g Carbohydrate; 67g Dietary Fiber; 4mg Cholesterol; 171 mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 15 minutes

1/2 lb beef sirloin
1 lb of cut mixed vegetables
50 ml Thai curry marinade
2 tbsp vegetable oil
1 package of egg noodles

Cut beef into thin strips. Heat oil and add vegetables. Cook for 3 minutes or until they begin to soften, add beef. Add 3 tbsp water and put a lid on frying pan, Cook for another 3 minutes. Add marinade and toss around mixture to ensure everything is coated. Cook for 2 minutes and serve over noodles or rice.



Shopping List

Gourmet Recipe

4 granny smith apples
4 gala apples
16 crab apples
flour
sugar
butter
1 box puff pastry
(found in freezer section)
port
crème fraiche
fresh mint
red wine

Q + E

2 lb bag cut frozen apples
Box of 4" unbaked tart shells
1/2 lb sugar
Flour
Cornstarch

Dessert

Granny Smith and Crabapple Tart



Serves: 4 Preparation time: 45 minutes

4 granny smith apple
4 gala apples
16 crab apples
300 gm flour
150 gm butter melted
300 gm sugar
4 x sheet puff pastry
100 ml port
100 ml red wine
250 ml crème fraiche

1. Make 4 tarts with the puff pastry, mix all the other ingredients together excluding the cream.
2. Put apple mixture into the tart shells and bake at 375° F for 35 minutes or until golden brown. Garnish with glaze, cream fraiche and sprig of mint.

Per Serving:

380 Calories; 5 g Fat (69.2% calories from fat); 175g Protein; 195 g Carbohydrate; 50g Dietary Fiber; 3mg Cholesterol; 125 mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 30 minutes

1 lb bag of cut frozen apples
2 tbsp cornstarch
3 tbsp sugar
2 tbsp flour
4 four inch, frozen, unbaked sweet tart shells

Thaw apples out, add dry ingredients and put into frozen tart shells. Bake in 425° F oven for 30 minutes or until apples are golden brown.



Chef Tip

Place a lump of charcoal into your refrigerator or freezer to help remove odors.

DAY 7 - SUNDAY

Breakfast

Fruit Cobbler



Serves: 10 Preparation time: 40 minutes

- 1.5 lbs. fresh blueberries (may use frozen as alternative)
- 1.5 lbs. fresh cranberries
- 1.5 lbs. fresh peaches
- 1/2 tbsp cinnamon
- 1 tbsp brown sugar
- 2 tbsp cornstarch
- 1/2 tsp nutmeg
- 300 grams oats
- 125 grams butter
- 250 grams flour

1. Mix oats, butter and flour together and set aside. Combine all fruits in a bowl, add sugar, spices and cornstarch.
2. Mix well and put into 14" x 12" greased pan with oat.
3. Top with oat mixture and bake at 350° F for 20 minutes or until golden brown. Crumble should be spooned out of pan and places into individual bowls.
4. Garnish with a small amount of yogurt.

Per Serving:

444 Calories; 13g Fat (25.6% calories from fat); 8g Protein; 76g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 117mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 20 minutes

- 3 cups of assorted frozen berries
- 2 fresh peaches, sliced
- 1 cup yogurt
- 1 cup granola mix

In a cereal bowl, place 1/2 cup of yogurt. Top with one peach and one cup of fresh berries, garnish with 1/2 cup granola.



Lunch

Lobster Pie



Serves: 2 Preparation time: 40 minutes

- 2 cups potatoes - cooked and diced
- 2 cups carrots - cooked and diced
- 2 cups tiny white onions
- 2 cups green peas
- salt and pepper - to taste
- 1 1/2 lbs lobster meat - diced
- 1 tbsp lobster base
- 2 cups skim milk
- 2 tbsp flour
- 2 tbsp butter
- 4 4 inch non-sweet tart shells

1. Melt butter, saute vegetables and lobster meat, add flour and cook until all liquid is absorbed.
2. Gradually add skim milk and lobster base. Bring to simmer and cook for 4 minutes, set aside.
3. Combine all ingredients together and add sauce. Mix well and place into two, 4" non sweet tart shells. After you finish putting mixture into 2 of the tart shells, gently turn an empty tart shell upside down on the top of the full shell. Remove excess pastry, brush with a bit of oil and put two knife cuts on the top to let out any excess steam while baking.
4. Bake at 350° F for 20 minutes or until pastry is golden brown. Serve immediately and accompany with mixed green salad.

Per Serving:

614 Calories; 16g Fat (17.8% calories from fat); 86g Protein; 81g Carbohydrate; 14g Dietary Fiber; 359mg Cholesterol; 131 mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 25 minutes

- 250 ml can of lobster meat
- 2 eight inch non baked, non sweet pie shells, thawed out
- 2 cans of either a potato chowder soup or Boston Clam chowder soup
- 1 cup frozen peas

Preheat oven to 425° F. In a bowl, mix lobster meat, soup and peas together. Place this mixture into one of the pie shells. Take the other pie shell and turn it up side down over the first pie shell with seafood mixture. Walk your thumb around the outside of pie and push down to seal the dish. Poke five small holes in the top to let steam escape while baking. Brush the outside with either a whipped egg or 2 tbsp of melted butter. Bake for 20 minutes or until shell is golden brown. Remove from oven and let sit for ten minutes before cutting into pie shape and serving.



Shopping List

Gourmet Recipe

- 1 1/2 lb fresh cranberries
- 1 1/2 lb fresh peaches
- 1 1/2 lb fresh blueberries (fresh may be substituted with frozen fruit)
- cinnamon
- cornstarch
- nutmeg
- rolled oats
- flour
- butter

Q + E

- 3 cups fresh berries
- 2 large peaches
- yogurt
- granola mix

Chef Tip

When greasing a pan, use a soft bread crust to spread your grease evenly.

Shopping List

Gourmet Recipe

- 4 new potatoes
- 3 carrots
- 1 lb tiny white onions (pearl)
- 1/2 lb frozen peas
- 1 1/2 lb canned or frozen lobster meat (may substitute chicken, beef, lamb or pork for lobster meat)
- 1 box of 4" unbaked, non-sweet tart shells
- 125 ml lobster soup or base
- skim milk
- flour
- butter

Q + E

- 600 grams canned lobster meat
- or substitute for your favorite protein
- 2 x 8" unbaked, non sweet, pie shells
- 1 large tin of potato chowder soup
- 1 lb frozen peas

Shopping List

Gourmet Recipe

2, six ounce boneless chicken breast
buttermilk
cornflakes
tarragon
basil
cayenne pepper
thyme
paprika
broccoli, red pepper,
asparagus, Yukon potatoes

Q + E

2, six ounce boneless chicken breast
package of Italian seasoning (in the spice section)
cornflakes
milk
flour
broccoli, red pepper,
asparagus, Yukon potatoes

Shopping List

Gourmet Recipe

butter
flour
1/2 litre milk
1/2 dozen eggs
icing sugar
vanilla
fresh raspberries,
blueberries, strawberries

Q + E

1 package of 8" pre-made crepes (freezer section)
icing sugar
maple syrup
fresh raspberries,
blueberries, strawberries

Chef Tip

To remove coffee stains from fabrics, rub with damp cloth dipped in baking soda.

Dinner

Low Fat Southern Baked Chicken



Serves: 2 Preparation time: 2 hours

2 six ounce chicken breast - skinless and boneless
1/2 cup buttermilk
1/2 cup cornflakes -- crushed
1 tbsp cornmeal
1 tsp tarragon -- chopped
1 tsp basil -- chopped
1/2 tsp cayenne
1/2 tsp thyme -- chopped
dash paprika

Assorted vegetables for garnish - broccoli, red pepper, asparagus, Yukon potatoes.

1. Marinate chicken in buttermilk for 2 hours.
2. Combine the remaining ingredients in a large plastic bag. Shake to mix ingredients evenly.
3. Drain chicken, place in bag and coat evenly. Place on a wire rack.
4. Bake at 325° F for 20 minutes. Serve hot or cold. Garnish with assorted steamed vegetables-broccoli, red pepper, asparagus and Yukon potatoes.

Per Serving:

530 Calories; 28g Fat (48.0% calories from fat); 63g Protein; 4g Carbohydrate; 1g Dietary Fiber; 188mg Cholesterol; 248mg Sodium.

Dessert

Slipped Crepes



Serves: 4 Preparation time: 30 minutes

1 oz butter -- softened
3 oz flour -- sifted
1 1/3 cups milk
2 large eggs -- separate out yolks
2 2/3 oz sugar
1 1/3 tbsp butter -- melted
1 1/3 tbsp vanilla sugar or icing sugar

Fresh fruit for garnish-fresh raspberries, blueberries and/or strawberries.

1. Line up all the ingredients. Cream together with the butter, egg yolks and the sugar. Whip the eggs whites to a stiff. Add the all purpose flour, and the milk. Whisk well. Just before frying, incorporate the whites.
2. Select a 9 inch (25cm) non-stick frying pan, add a little butter and heat to hot. Ladle in just enough batter to cover the bottom, a little thicker than the regular crepes, except the last one. The last one will be fried on both sides and then 'slipped' on the top of the other crepes.
3. Sprinkle on some vanilla sugar. Place in a 375° F (200° C) oven for 10 minutes. Serve hot; slice as a cake and garnish with fresh berries.

Per Serving:

382 Calories; 15g Fat (17.0% calories from fat); 8g Protein; 153g Carbohydrate; 1g Dietary Fiber; 130mg Cholesterol; 167mg Sodium.

Serving idea: bowl of fresh berries or sliced fruit

Quick and Easy



Serves: 2 Preparation time: 30 minutes

2, six ounce boneless chicken breasts (may substitute any boneless chicken, with bone in, add additional 10 minutes cooking time)
1 tbsp of Italian seasoning mix
2 cups of corn flakes, crushed (place into a paper bag, close, place on top of counter and press hand firmly around bag)
1 cup skim milk
1 cup flour

Assorted vegetables for garnish - broccoli, red pepper, asparagus, Yukon potatoes.

Preheat oven to 375°F. Set up two bowls: one with milk in it, another with flour. Place corn flakes and seasoning into paper or plastic bag. Take chicken and coat in flour. Then move into milk and toss into paper bag with corn flakes. Close end and shake back and forth. Place chicken on baking pan sprayed with non stick cooking spray. Cook in pre heated oven for twenty minutes. Serve with fresh vegetables or garden salad.



Quick and Easy



Serves: 4 Preparation time: 20 minutes

1 package of 24, eight inch pre made crepes
1 cup icing sugar
3 tbsp maple syrup
Fresh fruit for garnish-fresh raspberries, blueberries and/or strawberries.

Put icing sugar into a salt and pepper shaker. On a cookie sheet, lay one crepe down and sprinkle icing sugar over crepe. Lay another crepe on top and sprinkle again. Continue doing this till all the crepes are used up. Put crepes into 375° F oven for 20 minutes or until heated all the way through. Remove from oven, slice into pie shaped pieces and place one piece onto plate. Garnish with some maple syrup and fresh berries.



DAY 8 -MONDAY

Breakfast

Eggs in Ham Cups with Hashbrowns and Toast

Serves: 2 Preparation time: 10 minutes

- 4 large eggs
- 1/4 lb ham slices

Hashbrowns

- 3 tbsp butter
- 1 lb new potatoes -- par boiled
- 3 green onions -- chopped
- black pepper -- to taste
- salt -- to taste

Toast

- 2 slice bread -- toasted
- 1/2 tbsp butter
- 1 tbsp jam
- 1 tbsp peanut butter

1. Melt butter, add potatoes, grate onions and season to taste. Cook until they are crisp, stirring occasionally.
2. Bring a pot of water to boil, add 1 tablespoon vinegar. Drop eggs into water-cook for three minutes and remove. Place into the centre of ham that has been folded to form a cup. Add remaining ingredients to plate and serve.

Garnish with a cup of fresh fruit-serve with blueberries, raspberries and sliced peaches.

Per Serving:

583 Calories; 34g Fat (52.1% calories from fat); 26g Protein; 44g Carbohydrate; 4g Dietary Fiber; 439mg Cholesterol; 109 mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 5 minutes

- 4 large eggs
- 4 slices of ham
- 2 cups of precooked potato's
- 1 cup red onions fine diced
- 1 tsp garlic fine chopped
- 1 tbsp dried parsley
- 1 tsp butter
- two slices of bread
- fresh fruit (blueberries, raspberries, peaches)

In each buttered ramekin (or ovenproof cup) form the ham inside, and then crack an egg in on top of the ham, season with salt and pepper. Place in a 350° F oven for 8 to 10 minutes until cooked. In a sauté pan, place remaining butter, when hot add potato's, garlic, onions and thyme. Sauté until golden brown. Serve with the eggs.



Shopping List

Gourmet Recipe

- 1/2 dozen eggs
- 1/4 lb ham slices (deli section)
- 1 lb new potatoes
- butter
- 1 bunch green onions
- bread for toast
- jam
- peanut butter

Q + E

- 1/2 dozen eggs
- 1/4 lb ham slices (deli section)
- 1 lb new potatoes
- butter
- red onion
- garlic
- parsley
- bread
- fresh fruit (blueberries, raspberries, peaches)

Chef Tip

To stop plastic wrap from sticking to itself, keep in the refrigerator.

Lunch

Asian Chicken Salad

Serves: 2 Preparation time: 30 minutes

- 1 tbsp rice vinegar
- 1/2 tbsp soy sauce - reduced sodium
- 1 tsp sugar
- 1 tsp fresh ginger - minced
- 1 tsp white pepper
- 2 chicken breast - boneless, skinless (4 oz each)
- 1 tsp sesame oil
- 1 cup snow peas
- 1/2 medium carrot - julienned
- 2 celery stocks - julienned
- 1/2 medium Jicama - julienned
- 1 tsp fresh cilantro leaves
- 1 pint bean sprouts

1. To make the dressing, combine the vinegar, soy sauce, sugar, ginger and white pepper. Set aside.
2. Cut the chicken breast into strips approximately 1/2 x 1/2 x 3 inches (1.2 x 1.2 x 8 centimeters). Stir-fry the chicken in the sesame oil until done. Remove from the pan, cool and refrigerate.
3. Blanch the vegetables in salted water. Refresh and drain well.
4. Combine the chicken with the vegetables and the dressing; add the cilantro. Toss and serve.

Per Serving:

124 Calories; 7g Fat (47.7% calories from fat); 10g Protein; 6g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 298mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 10 minutes

- 2 chicken breasts, fully cooked
- 2 cups of precooked noodles
- 1 cup peppers
- 1 pint bean sprouts
- 50 ml Chinese hot and spicy marinade

In a mixing bowl place Chinese hot and spicy marinade, then add all other ingredients, toss and serve on two plates.



Shopping List

Gourmet Recipe

- rice vinegar
- soya sauce
- 2, six ounce boneless chicken breast
- fresh ginger
- 1 small bag snow pea pods
- sesame oil
- small jicama
- 1 carrot
- 2 pieces celery
- cilantro
- bean sprouts

Q + E

- 1 bunch green onions
- 2 cooked chicken breast
- 2 cups cooked pasta noodles
- 50 ml Chinese hot and spicy marinade
- bean sprouts
- peppers

Chef Tip

White vinegar helps remove the smell from pet accidents from carpet.

Shopping List

Gourmet Recipe

1 lb asparagus
2 tomatoes
olive oil
1 head leaf lettuce
4 ounce of fresh mozzarella
basil
balsamic vinegar

Q + E

oil and vinegar
salad dressing
2 medium tomatoes
1 lb asparagus
1 lb fresh mozzarella

Chef Tip

To remove lime deposits from tea pots, bring equal parts water with equal parts vinegar to a boil and let stand overnight.

Dinner

Tomato and Asparagus Salad with Fresh Mozzarella



Serves: 2 Preparation time: 20 minutes

1 lb asparagus - trimmed, cut into half
2 tbsp olive oil
2 tomatoes - cut into wedges
1/3 head leaf lettuce
4 ounces of fresh mozzarella - cut into slices
4 basil leaves - cut into ribbon strips
4 tsp balsamic vinegar
salt and pepper - to taste

1. Trim and blanch the asparagus in salted water. Refresh, drain and marinate in 8 ounces (250 grams) of the vinaigrette dressing for approximately 15 minutes.
2. Remove the core and cut each tomato into 6 wedges.
3. Clean the lettuce and separate the leaves.
4. Slice the mozzarella into slices.
5. Cut the basil leaves chiffonade.
6. Arrange the tomatoes, cheese and asparagus on plates using the lettuce as a base. Pour on the remaining dressing and garnish with the basil.

Per Serving:

366 Calories; 28g Fat (66.5% calories from fat); 17g Protein; 15g Carbohydrate; 5g Dietary Fiber; 51mg Cholesterol; 257mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 10 minutes

1 cup tomatoes sliced in 1" pieces
1 cup Asparagus blanched and cut in 1" pieces
1 cup mozzarella sliced in 1" pieces
3 tsp oil and vinegar salad dressing

In a mixing bowl, add salad dressing, asparagus and mozzarella, toss and serve.



Shopping List

Gourmet Recipe

flour
oatmeal
baking powder
cinnamon
brown sugar
vanilla
1/2 dozen eggs
vegetable oil
hazelnuts
cranberries
walnuts
prune paste
carob (health food store)
vanilla

Q + E

1 box of oatmeal cookie mix
mixed unsalted nuts
2, 25 gram SLIM
chocolate bars
125 grams dried cranberries
1 egg

Dessert

Healthy Break Cookies



Serves: 12 Preparation time: 30 minutes

100 grams bread flour
100 grams oatmeal
75 grams brown sugar
20 grams baking powder
2 grams cinnamon
pinch salt -- mix all dry ingredients together

50 grams vegetable oil
5 grams vanilla
40 grams prune paste
100 grams egg whites --
mix wet ingredients together and then add dry

60 grams walnut pieces
60 grams cranberries
60 grams hazelnut
60 grams carob chips -- add to above mixture

1. Mix dry ingredients in the first part together. Mix all the liquid ingredients together, add to dry.
2. Mix nuts and chocolate flavoured chips together and add to wet ingredients. Scoop out 12 x 2 oz. cookies, bake at 350° F or 175° C for 12 minutes

Per Serving (excluding unknown items): 146 Calories; 6g Fat (38.1% calories from fat); 4g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 193mg Sodium.

Serving suggestion with cookies: 8 ounces of 2% milk

Quick and Easy



Serves: 4 Preparation time: 15 minutes

1 box of oatmeal cookie mix
250 grams of mixed, unsalted nuts
2x 25 gram, SLIM chocolate bars
125 grams of dried cranberries
1 egg

Break up chocolate bars into small pieces. Mix all dry ingredients together. Add one cup of water and one egg. Mix well. If mixture is too wet, add a bit more flour (or rolled oats) until you can form dough and shape the cookies. Bake at 350° F for 10 minutes or until golden brown.



DAY 9 - TUESDAY

Breakfast

Spanish Omelette

Serves: 2 Preparation time: 15 minutes

- 1 tbsp butter
- 3 eggs
- 1 tsp parsley -- chopped
- 1 tsp Worcestershire sauce
- 3 drops tobasco sauce
- 1 pinch salt
- 1 pinch black pepper
- 1 pinch nutmeg
- 3 green onions, chopped
- 1/2 medium yellow pepper
- 4 tbsp salsa
- 1/2 cup Monterey jack cheese -- shredded
- 1 tbsp cilantro -- chopped
- 1 small jalapeno pepper, chopped
- 1/4 cup milk
- 2 slices of brown Texas bread

1. Melt butter in pan over medium heat and saute vegetables. In another bowl, beat eggs and add milk, pour over vegetables in saute pan. Cook for four minutes.
2. Gently flip eggs over and cook for another four minutes.
3. Sprinkle cheese on one half of the omelette and fold over the other half overtop of the cheese. Divide between two plates and serve.

Per Serving: 570 Calories; 43g Fat (67.3% calories from fat); 33g Protein; 14g Carbohydrate; 3g Dietary Fiber; 644mg Cholesterol; 218mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 10 minutes

- 2 cups, diced peppers
- 2 dashes hot sauce
- 1 bunch green onions, chopped
- 6 eggs, beaten
- 1/2 cup milk
- 4 tbsp salsa
- 1/2 cup shredded cheese
- 1 tbsp vegetable oil
- salt and pepper to taste
- 2 slices of brown Texas bread

In a bowl, mix eggs, salsa and milk together. Add hot sauce and set aside. Heat oil in a frying pan, cook peppers and green onion. Add egg mixture and cook over medium heat for 4 minutes. Gentle flip omelet over and cook top side. While cooking, add cheese to half of the omelette. Remove from heat, fold omelet over into half, covering cheese. Divide into two portions and serve with fresh fruit and toast



Lunch

Beef Bourguignon

Serves: 6 Preparation time: 2:30 hours

- non-stick vegetable spray
- 1.5 lb sirloin of beef (well trimmed) - 1" dice
- 1 medium onions - 1" dice
- 1 garlic - minced
- 1 tbsp tomato paste
- 1 medium fresh tomato - chopped
- 1 cup dry red wine
- 1.5 cup brown sauce
- 1 tbsp thyme - dried
- 1.5 lb fresh mushrooms - quartered
- 1 cup pearl onions
- 2 tbsp bacon bits - cooked and drained
- 2 tbsp parsley - chopped

1. Spray a heavy bottomed pan lightly with vegetable spray. Allow pan to become extremely hot.
2. Add beef and stir until well browned on all sides. Add onions and garlic, cook until onions are transparent.
3. Add tomato paste and tomatoes and cook for 2 minutes.
4. Add wine, brown sauce, thyme and black pepper. Cover and simmer for 2 hours.
5. Add mushrooms and pearl onions. Continue to simmer until vegetables are tender. Garnish with bacon bits and parsley. Serve hot.

Per Serving:
132 Calories; 2g Fat (18.8% calories from fat); 5g Protein; 18g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 736mg Sodium.

Serving suggestion:
Braised celery with basil, brown rice with pine nuts, dilled carrots

Quick and Easy

Serves: 6 Preparation time: 20 minutes

- 500 gr lean ground beef
- 1 cup onions fine diced
- 1 cup mushrooms thin sliced
- 1 cup beef broth
- 1 tsp cornstarch (mixed in the 1 cup broth)
- 1 tbs olive oil
- 1 cup red wine
- 1 tsp garlic minced
- salt and pepper to taste

In a hot sauté pan, add the oil, garlic, onions sauté until clear, add ground beef, sauté until cooked, add mushrooms, sauté 2 minutes, add red wine, beef broth and corn starch. Sauté until cooked, serve over noodles with fresh vegetables.



Shopping List

Gourmet Recipe

- butter
- 1/2 dozen eggs
- parsley
- Worcester sauce
- Tabasco sauce
- nutmeg
- 1 bunch green onions
- 1 medium yellow pepper
- salsa
- 1/4 lb shredded Monterey jack cheese
- 1 small jalapeño pepper
- cilantro
- milk
- brown Texas bread

Q + E

- 1/2 lb diced peppers
- your favourite hot sauce
- 1 bunch green onions
- 1/2 dozen eggs
- 2% milk
- salsa
- 1/2 lb shredded cheddar cheese
- vegetable oil
- brown Texas bread

Shopping List

Gourmet Recipe

- 1 1/2 lbs sirloin beef
- 1 medium onion
- garlic head
- 1 medium tomato
- dry red wine
- brown stock or beef consommée
- 1 1/2 lbs mushroom
- 5 slices bacon
- 1 lb pearl onions
- parsley
- thyme
- tomato paste
- non-stick vegetable spray

Q + E

- 500 grams lean ground beef
- 1 medium onion
- 1/2 lb mushroom
- can beef broth or consommée
- 125ml dry red wine (optional)
- olive oil
- garlic head
- cornstarch

Shopping List

Gourmet Recipe

1 box uncooked lasagna noodles
2 medium Japanese eggplants
2 medium onions
25 grams of low sodium parmesan cheese
26 ounce jar of low-fat tomato sauce
15 ounces of low-fat ricotta cheese
8 ounces of low sodium mozzarella cheese
basil
parsley
Italian seasoning

Q + E

2 large Japanese eggplants
500 ml tomato sauce
1/2 lb grated parmesan cheese
oregano
garlic

Shopping List

Gourmet Recipe

1 box puff pastry
30 grams almond paste
2 medium pears
2 large peaches
50 ml apricot jam
cardamom
yogurt
strawberries for garnish
maple syrup
butter

Q + E

4 x 4" pre-baked tart shells
1 ripe pear
honey
2 large peaches
cardamom
butter

Chef Tip

Pantyhose will last longer if you freeze them first before wearing

Dinner

Dinner Eggplant Parmesan Lasagne

Serves : 4 Preparation time: 1 hour

8 Strips Lasagne pieces -- uncooked
2 Med eggplant, about 3/4 lb
2 Onions Carmilized (Simmered for 2 Hour Low Heat) Very Soft. -- thin slices
2 tsp dried basil
2 tbspc grated low-sodium Parmesan cheese
1 26-oz. jar Low-fat Marinara Sauce/or a Basic tomato Sauce
1/2 tsp Italian seasoning
1 15-oz. container Low Fat Ricotta Cheese
8 oz. low-sodium shredded Mozzarella cheese
1/4 Cup Chopped Fresh Basil / 2 Tbs Fine Chopped Garlic
1/4 Cup chopped fresh parsley (optional)

1. Cook lasagne pieces according to package directions. Meanwhile, preheat broiler. Trim ends and peel eggplant; cut crosswise into 12 1/4-inch slices. Place on foil-lined baking sheet; coat well with cooking spray. 2. Broil 4 to 5 inches from heat source for 5 minutes or until browned. Turn; coat well with cooking spray. Broil 3 minutes. Remove from broiler; sprinkle with basil and Parmesan cheese. Return to broiler; broil 1 minute or until cheese is golden brown. Remove pan from broiler; let stand 5 minutes. Preheat oven to 375°F.
3. Combine marinara sauce and Italian seasoning. Spread 1/3 cup sauce each in bottom of two disposable foil 8 x 8 x 2-inch baking pans. Drain lasagne.
4. Cut lasagne pieces crosswise, forming 18 pieces. Layer 3 pieces in each pan; top with sautéed onions and half of Ricotta cheese. Place eggplant slices over cheese; top with 1/4 cup sauce. Repeat layering in each pan with 3 more lasagne pieces, 1/4 cup sauce, remaining Ricotta cheese, last 3 lasagne pieces and remaining sauce.

5. Cover pans with aluminum foil; Bake lasagne 40 minutes or until hot. Remove foil; sprinkle with 1 cup Mozzarella cheese. Return to oven and bake 5 minutes or until cheese is melted. Let stand 5 minutes; cut in squares. Sprinkle with fresh basil, if desired.

Per Serving: 609 Calories; 28g Fat (41.2% calories from fat); 34g Protein; 57g Carbohydrate; 10g Dietary Fiber; 85mg Cholesterol; 580 mg Sodium.

Quick and Easy

Serves: 4 Preparation time: 20 minutes

2 large eggplant cut into 6 slices lengthwise
1 can tomato sauce
1/2 cup parmesan cheese grated
1 tsp oregano chopped
1 tsp garlic minced

Slice the eggplant and place on a paper towel for 5 minutes to drain. In a bowl place tomato sauce, add garlic, oregano, and cheese—mix well. In a buttered ceramic oven dish, place a layer of sauce then eggplant, then sauce and so on until all is used, sprinkle the remaining cheese. Bake in a 350° F oven for 15 to 20 minutes. Serve with a Greek salad.



Dessert

Pear Tart

Serves: 4 Preparation time: 30 minutes

6 Sheets puff Pastry (layer between each sheet with thin melted butter) cut into four squares
30 grams almond paste
4 tbspc apricot jam
2 medium fresh pears - peeled and diced
2 large fresh peaches - peeled and 1/4 diced
4 tbspc apricot jam for glaze
1 tbspc butter
a pinch of cardamom
4 tbspc thick Yogurt (1 oz. Maple Syrup - mixed in)
Strawberries for garnish

1. In a sauté pan, heat butter and add diced peaches and jam and cardamom. Heat until peaches are soft. Cut pears into half and core out the center.
2. Place peach mixture into centre of pears and continue to cook for 4-6 minutes or until pears are a bit soft. Remove pears and cut criss-cross but not all the way through. Take puff pastry and cut a into four pieces, each being big enough for the pear to lay onto of. Cut pastry in a pear shape but larger than the cooked pear. Gentle scoop out some of the dough, insuring that you leave enough on the bottom.
3. Spread almond paste evenly over the four pieces and then of the cooked peach mixture on top of almond paste. Top with decorated pear. Bake at 425° F for 15 minutes or until pastry is golden brown. Remove and brush some melted apricot jam over pear. Garnish with yogurt and a strawberry.

Per Serving: 203 Calories; 6g Fat (22.7% calories from fat); 2g Protein; 41g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 38mg Sodium.

Quick and Easy

Serves: 4 Preparation time: 15 minutes

4 x 4" pre-baked tart shells
1 ripe pear - sliced
2 medium peaches - diced
a pinch of cardamom
1/2 tsp butter
1 tbspc honey

Melt butter in sauté pan, add peaches and pears. Cook adding honey and cardamom, sauté for 5 minutes. Place mixture evenly between the four tarts and bake in 350° F oven for 6-8 minutes



DAY 10 - WEDNESDAY

Breakfast

Honey Oat Bars



Serves: 8 Preparation time: 25 minutes

- 1 1/2 cups old-fashioned rolled oats -- uncooked
- 1/2 cup honey
- 1/4 cup nonfat plain yogurt
- 2 egg whites
- 2 tbsp wheat germ
- 2 tbsp all-purpose flour
- 3 tbsp butter or margarine -- melted
- 1 tsp ground cinnamon
- 1 tsp vanilla
- pinch tsp salt

1. Spray 8-inch square baking pan with nonstick cooking spray.
2. Combine all ingredients in large bowl; mix well. Spread mixture evenly into prepared pan.
3. Bake at 325°F about 25 minutes or until center is firm and edges are lightly browned. Cool and cut into 2-inch squares.

Per Serving: 203 Calories; 6g Fat (23.4% calories from fat); 5g Protein; 36g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 132mg Sodium.

Quick and Easy



Serves: 8 Preparation time: 15 minutes

- 1 cup rolled oats
- 1 cup rice crispies
- 1 cup bran flakes
- 1/8 cup dry cranberries
- 1/8 cup raisins
- 1 cup honey

In a saucepot heat the honey to over 200° F. In a mixing bowl, add other ingredients and toss well, then add the warmed honey and mix. Place on a lined cookie sheet and spread to a required thickness. Press firmly and shape to a square, then cut into 4 bars and cool and serve.



Shopping List

Gourmet Recipe

rolled oats
honey
non-fat yogurt
wheat germ
flour
vanilla
cinnamon
butter or margarine

Q + E

rolled oats
rise crispies
bran flakes
dried cranberries
raisins
honey

Chef Tip

To achieve a flambé dessert effect, soak sugar cubes in orange or lemon extract and then light.

Lunch

Persian Salad



Serves: 4 Preparation time: 20 minutes

- 2 lbs. cucumber -- cut in 1" cubes
- 1 lb red pepper -- cut in 1" pieces
- 1 lb green pepper -- cut in 1" pieces
- 1 lb purple onions -- cut in 1" pieces
- 2 lbs. tomato -- wedges
- 2 bunches parsley -- chopped
- 3 cloves garlic -- minced
- 1/2 cup lemon juice
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper

1. Mix oil, lemon juice, garlic and seasoning together for dressing.
2. Mix vegetables together with chopped parley, add dressing and season according to taste.

Per Serving:
422 Calories; 29g Fat (56.8% calories from fat); 7g Protein;
42g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol;
314mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 10 minutes

- 4 lbs of pre cut peppers (either in frozen section or fresh produce)
- 2 English Cucumbers, peeled, seeded and cut into 1" cubes
- 3 large tomatoes, diced into 1/2" cubes
- 2 bunches of parsley, chopped finely
- 75 ml oil and vinegar dressing
- 150 grams diced purple onions
- Salt and pepper to taste

After cutting, mix all vegetables and parsley together, add dressing and mix thoroughly. Adjust seasoning to your preference.



Shopping List

Gourmet Recipe

1/2 dozen eggs
2 English cucumbers
2 red peppers
2 purple onions
2 green peppers
2 lemons
2 lbs tomatoes
1/2 litre olive oil
2 bunches parsley
garlic head

Q + E

250 ml lemon juice
concentrate
125 ml oil and
vinegar dressing
150 grams diced
purple onions
2 English cucumbers
peppers

Chef Tip

To clean mirrors, use a glass cleaner and wipe with your daily newspaper. The ink used is a wonderful polishing agent

Shopping List

Gourmet Recipe

16 to 20 shrimps
50 ml dry white wine
100 grams prosciutto
1 head garlic
1 medium onion
rice wine vinegar
vegetable oil
thyme
basil
cumin

Q + E

250 ml spicy oil and
vinegar salad dressing
8 large prawns
basil
100 grams (8 slices)
prosciutto

Chef Tip

Place cheese on the bottom of your pizza first before the tomato sauce and your crust will be crispy.

Shopping List

Gourmet Recipe

butter
brown sugar
3 lbs fresh rhubarb
orange juice
flour
1/2 dozen eggs
2% milk
baking powder

Q + E

1 white cake mix
(baking section)
3 lbs rhubarb
sugar
honey

Chef Tip

To remove dead skin from your body, rub briskly with mayonnaise.

Dinner

Grilled Shrimp With Prosciutto and Basil



Serves: 2 Preparation time: 40 minutes

- 8 16 to 20 shrimps
peeled and de-veined, tails removed
- 3 fluid ounces of dry white wine
- 2 fluid ounces of rice wine vinegar
- 1 tsp thyme
- 1/4 medium onion - minced
- 1 tbsp cumin - ground
- salt and pepper - to taste
- 4 fluid ounces of vegetable oil
- 1 tsp dried basil
- 2 pieces garlic cloves - chopped
- 2 prosciutto slices - 1.5 ounces each approximately
- 4 fresh basil leaves

1. Combine all the ingredients except the prosciutto and fresh basil in a stainless steel bowl. Marinate for 30 minutes.
2. Remove the shrimp from the marinade and drain them well.
3. Cut each slice of prosciutto into quarters.
4. Wrap each shrimp first with 1/2 leaf of basil, then a piece of prosciutto; secure with a toothpick.
5. Grill until done, remove the toothpick and serve hot or cold.

Per Serving:

691 Calories; 21g Fat (68.7% calories from fat); 69g Protein; 7g Carbohydrate; 1g Dietary Fiber; 195mg Cholesterol; 615mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 20 minutes

8 large prawns
50 ml spicy oil and vinegar dressing
100 grams prosciutto (8 slices)
basil leaves

Peel and devein prawns. Place into bowl with salad dressing. Leave for 20 minutes. Remove, wrap with basil leaves and the a slice of prosciutto. Place a toothpick through and grill till prawn turns pink!



Dessert

Rhubarb Upside Down Cake



Serves: 8 Preparation time: 1 hour

- 1/2 cup butter
- 1 1/2 cups brown sugar
- 2 tbsp orange juice
- 8 cups Fresh Rhubarb -- cut 1/4-inch thick
- 4 cups flour, all-purpose
- 2 tbsp baking powder
- 1/3 cup butter
- 1 tsp salt
- 4 tbsp sugar
- 2 medium egg -- beaten
- 1/2 cup orange juice
- 1 1/2 cups milk

1. Preheat oven to 350° F. Place the butter in a 9 inch round baking pan and melt. Stir in the brown sugar and the orange juice.
2. Arrange the rhubarb in two layers in the sugar mixture. In a medium bowl mix the flour, baking powder; salt and sugar then rub 1/3 cup of butter to a small pea stage. Mix the egg, orange juice, and milk together. Add to the dry ingredients and mix until combined. DO NOT OVER MIX.
3. Spread the batter over the rhubarb. Cover completely and evenly. Bake for 30-35 minutes. Test the cake with a toothpick to make sure it is done. Cool on rack for 40 minutes and invert the pan to a serving plate.

Per Serving:

646 Calories; 30g Fat (41.6% calories from fat); 10g Protein; 86g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 954mg Sodium.

Quick and Easy



Serves: 8 Preparation time: 25 minutes

1 box of white cake mix
3 lbs. rhubarb
1 cup sugar
1 cup water
50 ml honey

In a sauce pot, bring sugar and water to boil, add diced rhubarb and cook till tender. Remove excess water and add honey to softened rhubarb. Mix up white cake as per instructions on box, add cooked rhubarb and bake at 325° F for 20 minutes or until cake is cooked.



DAY 11 - THURSDAY

Lunch

Feta and Spinach Salad With Tricolor Pasta

Serves: 2 Preparation time: 1 hour

- 1/4 cup feta cheese
- 1 bunch spinach stems removed and leaves torn into one inch pieces
- 2 cups tricolor pasta boiled in salted water, drain, chill
- 1/8 cup olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp balsamic vinegar
- 1 tsp ground cinnamon
- 1 tsp dry mustard
- 1 tsp pine nut - toasted
- 1/2 whole cucumber - sliced
- 1 whole egg - boiled and cooled, sliced
- 1 stalk scallion - finely chopped
- 1/2 whole eggplant - grill and sliced
- 1 whole tomato - cubed

1. Combine oil, vinegar, spices together and mix well. Put the spinach leaves into a large salad bowl and drizzle a bit of the dressing over the leaves, mix well.
2. Combine pasta, vegetables and nuts together, add more dressing and toss. Garnish with sliced eggs and scallions.

Per Serving:

431 Calories; 20g Fat (42.5% calories from fat); 14g Protein; 49g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 171mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 25 minutes

- 2 cups tri color pasta, cooked
- 2 cups spinach leaves, cleaned
- 1 cup green onions, fine sliced
- 1 cup red peppers, fine sliced
- 4 tbsp pumpkin seeds, roasted
- 1 cup feta cheese, crumbled

Dressing

- 1 cup olive oil
- 1 tbsp honey
- 1 tbsp grainy mustard
- 3 tbsp apple cider vinegar
- salt and pepper to taste

Finely chop green onion and mix with thawed peppers. Roughly chop spinach leaves and toss with pepper mixture, into a bowl. Add pasta salad, pine nuts, cheese and dressing. Toss and serve on a plate, garnish with grilled eggplant and sliced hard boiled eggs.

Shopping List

Gourmet Recipe

- 250 grams feta cheese
- 1 bunch spinach
- 1 lb tri colored pasta
- olive oil
- lemon juice
- balsamic vinegar
- cinnamon
- dry mustard (may use fresh)
- pine nuts
- 1/2 dozen eggs
- 1 English cucumber
- 1 medium tomato
- 1 medium eggplant
- 3 green onion

Q + E

- 1 lb tri-coloured pasta
- 3 green onions
- red peppers
- honey
- olive oil
- apple cider vinegar
- pumpkin seeds
- grainy mustard
- salad dressing
- 1 lb cleaned, trimmed spinach leaves
- 250 grams feta cheese



Chef Tip

Add a teaspoon of rice to the top of your salt shaker to absorb moisture.

Shopping List

Gourmet Recipe

4 medium kohlrabies
1 lb of ground pork
1/2 lb white rice
1 medium onion
1 garlic head
flour
butter
dill
paprika
1/2 litre of 2% milk
1/2 dozen eggs
125 ml of veggie stock
(can also use dry vegetable
soup base)

Q + E

tarragon
cracked black pepper
sea salt
4 medium kohlrabies
100 grams goat cheese

Chef Tip

Champagne is best if
not chilled in your
refrigerator for long
periods of time.

Shopping List

Gourmet Recipe

Flour
butter
sugar
200 ml buttermilk
1 pint fresh blueberries
baking soda
eggs
nutmeg
cinnamon
green tea

Q + E

200 ml buttermilk
orange liqueur
1 box of coffee cake mix
1/2 lb frozen or fresh
blueberries
250grams dried cranberries
sugar
cornstarch
cardamom

Chef Tip

Lightly grease gelatine
molds before using and
food will remove easily

Dinner

Stuffed Kohlrabi



Serves: 4 Preparation time: 40 minutes

4 medium kohlrabi -- peeled
1 lb Pork shoulder -- ground
1 cup cooked rice -- cooled
1 small onion -- chopped fine and cooled
1 clove garlic -- minced
1 tsp paprika
1 tsp dill weed -- chopped
1 egg

Sauce:

2 cups milk
1/2 cup cooking veggie stock
2 tbsp flour
1 tbsp butter
all the kohlrabi bits and pieces chopped
1 tsp dill weed -- chopped

1. Peel the kohlrabies, cook in boiling salted water until almost fully cooked. Remove and cool. Save 1/2 cup of the liquid.
2. Scoop out each kohlrabies, save the flesh. Mix together the stuffing, (meat, onion, garlic, rice, seasonings and egg). Stuff into kohlrabies. Make the sauce (roux, milk, juice, dill, salt) simmer 5 minutes.
3. Place the stuffed kohlrabies into a heatproof dish and pour over the sauce. Bake in a preheated oven 350° F for 40 minutes. Check for flavour. Serve hot, garnished with sour cream and springs of dill. Salt to taste.

Serving idea- Caesar salad, stir fried vegetables or a protein

Per Serving:

184 Calories; 8g Fat (39.4% calories from fat); 7g Protein; 21g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 99mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 20 minutes

4 small kohlrabi, Peeled, and hollow out the centre,
(about 1" deep and 1" around)
100 grams goat cheese
1 tbsp fresh tarragon minced
1 tbsp cracked black pepper and sea salt

Place the kohlrabi and poach, for aprox 15 minutes remove and stuff with the goat cheese mixture, sprinkle, with the pepper and sea salt, and bake in a 350° F oven for 10 minutes. Serve with honey glazed carrot sticks, and your favorite pasta.



Dessert

Blueberry Coffee Cake



Serves: 8 Preparation time: 1 hour 20 minutes

3 tbsp butter
1 1/3 cups sugar
1 large eggs
pinch cinnamon
pinch nutmeg
1 1/3 cups flour
2/3 cup buttermilk
1 tsp baking soda
1 1/2 cups blueberries

1. Cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Add the remaining ingredients (except the blueberries) and mix until well blended.
2. Gently stir in blueberries.
3. Pour into a greased and floured cake pan and bake in a 350° F oven for one hour or until the center of the cake springs back to the touch.

Per Serving:

269 Calories; 5g Fat (16.0% calories from fat); 4g Protein; 54g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 174mg Sodium.

Serving suggestion: Serve with a cup of green tea!

Quick and Easy



Serves: 8 Preparation time: 30 minutes

1 coffee cake mix. (exchange the water for buttermilk)
2 cups fresh or frozen blueberries
1 cup dried cranberries
4 tbs sugar
1 tsp cardamom
1 tsp cornstarch
1 tbs orange liqueur

Mix the cake mixture, place in a buttered cake pan. Place the berries, and all the other ingredients in a bowl and toss, then pour over the cake mix, and bake as per cake instructions.



DAY 12 - FRIDAY

Lunch

Lentil and Spinach Soup



Serves: 4 Preparation time: 40 minutes

- 1 1/3 litres chicken or vegetable stock
- 1 cup brown lentils
- 3 stalks celery -- chopped
- 1 medium onions -- chopped
- 1 1/3 cloves garlic -- minced
- 1 bunch spinach -- chopped
- 1 tbsp lemon juice
- 1 seasoning -- to taste
- 1 cup yogurt

1. Combine stock, lentils, celery, onions, garlic- simmer until lentils are tender (approximately 30 minutes).
2. Add spinach, lemon juice, seasoning- simmer 5 minutes. Add dollop of yogurt to each bowl. If a thicker soup is desired puree 1/2 of finished soup.

Per Serving:

56 Calories; 2g Fat (31.9% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 60mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 20 minutes

- 125 ml brown lentils
- 1 - 16 oz can chicken stock
- 1 cup onion fine diced
- 2 cups spinach cooked and chopped
- 2 tsp garlic minced
- 1/2 tsp cumin
- 2 tbsp olive oil
- salt and pepper to taste

In a hot sauce pot add oil, onions simmer until clear, add garlic, simmer for 3 minutes add chicken stock, lentils, cumin, simmer until the lentils are soft and add the spinach simmer for 10 minutes. Salt and pepper to taste.



Dinner

Curried Coconut Vegetables



Serves: 2 Preparation time: 30 minutes

- 2 tbsp olive oil
- 1 medium onion - sliced
- 1 clove garlic - minced
- a pinch sambal Oelek
- 1 tsp fish sauce
- a pinch turmeric
- 1/4 cup coconut milk
- 1 medium zucchini, large cubes
- 1 large potato - diced
- 1 medium carrot - 1/2" sliced
- 1/4 cup cabbage - 1" diced
- 1 cup cauliflower - florets
- a pinch salt
- 1 tbsp lemon juice

1. In a saucepan, heat coconut milk up and add potato, carrot, zucchini, cauliflower and cabbage.
2. Cook til tender. In another pan, heat oil, add garlic, fish sauce, turmeric, sambal-simmer and add coconut milk. When vegetables are cooked, drain and add sauce. Serve over rice or add with tossed salad.

Per Serving:

139 Calories; 9g Fat (56.4% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 21mg Sodium.

Quick and Easy



Serves: 2 Preparation time: 15 minutes

- 454 grams of cut fresh vegetable mix
- 350 grams grilled eggplant
- 50 ml coconut milk
- 50 ml Thai curry marinade
- 2 tbsp vegetable oil

Mix coconut milk and curry sauce together. In a frying pan, heat oil and sauté vegetables for 4 minutes. Add curry sauce and continue to cook for 3 to 5 minutes or until vegetables are cooked to your liking. Serve over a bed of rice or noodles



Shopping List

Gourmet Recipe

- 1 1/2 litre chicken or vegetable stock (may use dry soup base and add water)
- celery
- 1 medium onion
- 1 bunch spinach
- 125 ml yogurt
- 1 head garlic
- lemon juice
- 250 grams brown lentils

Q + E

- 250 grams of brown or red lentils
- 16 oz can of chicken stock
- 1 medium onion
- 1 x 454 gram frozen spinach
- olive oil
- cumin
- garlic

Chef Tip

If you wish to remove a cork from the inside of a wine bottle, try putting some ammonia inside for a few days. Best to place outside for ventilation. Cork will disappear.

Shopping List

Gourmet Recipe

- fish sauce
- turmeric
- onion
- garlic
- zucchini
- olive oil
- rice
- toss salad
- 125ml coconut milk
- 1 large potato
- 1 medium carrot
- 1 small cauliflower
- 1 small cabbage
- Sambal oelek (in spice section)

Q + E

- 450 gram bag of chopped fresh mixed vegetables
- 350 gram of grilled eggplant (deli section)
- 250 ml can coconut milk
- 250ml of Thai curry marinade
- vegetable oil
- rice or noodles

Dessert

Trio of Sorbets with Raspberry Salad



Shopping List

Gourmet Recipe

1 pint raspberries
(may substitute frozen)
lemon juice
sugar
1 lb fresh or frozen
strawberries
pectin
(in the canning section)
4 fresh, over ripe apricots
2 medium over ripe white
peaches
icing sugar
vanilla
flour
3 egg whites
butter

Q + E

1 pint fresh raspberries
(may substitute for berry
of choice)
1 pint lime sorbet
1 pint lemon sorbet
1 pint orange sorbet
1 bag of chocolate chips

Serves: 4 Preparation time: 2 hours

Raspberry Salad

1/4 pint Fresh raspberries
1/2 oz. Raspberry purée -- strained
Lemon juice -- to taste
Sugar -- to taste

Strawberry Sorbet

1 oz. Sugar
1/4 tsp Pectin
2 oz. Sorbet Syrup (recipe follows)
1/4 lb Strawberries -- pureed
1/4 tbsp Fresh lemon juice

Apricot Sorbet

1 oz. Sorbet syrup
1/4 pint Apricot purée

White Peach Sorbet

1 oz. Sorbet syrup
1/4 pint White peach purée

Pate à Cigarette Batter

1 1/2 oz. Butter
1 3/4 oz. Confectioners' sugar
1/4 tsp Vanilla extract
1 1/2 fluid oz. Egg whites
1 3/4 oz. Bread flour - sifted

Sorbet Syrup

2 3/4 oz. Sugar
2 fluid oz. Water

- For each serving, arrange a mound of Raspberry Salad in the center of a large plate.
- Arrange 1 scoop of each flavor of sorbet on top of the berries.

To make the Raspberry Salad:

- Toss the berries and the purée together gently.
- Add sugar and lemon juice to taste. Keep refrigerated until needed.

Yield: 4 Servings

To make the Strawberry Sorbet:

- Mix sugar and pectin together, add syrup and bring to a boil. Remove from the heat and cool completely.
- Add the puréed berries and lemon juice; strain. Adjust the flavor with additional sugar or lemon juice as needed. Freeze in an ice cream machine.

Yield: 8 - 4 oz. (120-g) Servings

To make the Apricot Sorbet:

- Combine syrup and purée; strain. Freeze in an ice cream machine.

Yield: 4 - 4 oz. (120-g) Servings

To make the White Peach Sorbet:

- Combine syrup and purée; strain. Freeze in an ice cream machine.

Yield: 4 - 4 oz. (120-g) Servings

To make the Pâte à Cigarette Batter:

- Cream the butter and sugar. Slowly add the vanilla and egg whites.
- Add the flour and mix until smooth. Refrigerate before using.
- The batter may be colored with food color. Use a stencil to form the desired shape on a silicone baking mat.
- Bake at 325°F (160°C) until lightly colored. Cool completely, then store at room temperature in an airtight container.

Yield: 26 oz. (750 g)

To make the Sorbet Syrup:

- Bring the sugar and water to a boil. Remove from the heat and refrigerate until needed.


Yield: 19 oz. (580 ml)

Per Serving:

247 Calories; 9g Fat (32.1% calories from fat); 3g Protein; 40g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 108mg Sodium.

Quick and Easy

Serves: 2 Preparation time: 20 minutes

1 cup fresh raspberries 
1 oz Grand Mariner
1 pt lime sorbet
1 pt lemon sorbet
1 pt orange sorbet
chocolate chips

In a mixing bowl, toss the fruit and liquor, and chocolate chips, rest in the centre of two plates, arrange one scoop of each flavour sorbet. Then divide the fruit mixture, around the sorbet.

Chef Tip

when using pots over an open flame while camping, coat the bottom first with shaving cream and the black marks will come off easily.



DAY 13 - SATURDAY

Lunch

Watercress and Blueberry Salad

Serves: 2 Preparation time: 10 minutes

- 1 bunch watercress - cleaned and trimmed
- 1/2 head romaine lettuce - 1/2" slices
- 2 tbsp walnuts
- 1/2 medium red onion - thinly sliced
- 2 tbsp blueberry vinaigrette
- 1/2 lb blueberries

1. Prepare watercress and romaine lettuce.
2. Combine watercress and lettuce with rest of ingredients and toss.

Per Serving:

156 Calories; 5g Fat (27.2% calories from fat); 7g Protein; 25g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 31mg Sodium.



Quick and Easy



Serves: 2 Preparation time: 5 minutes

- 1 bunch watercress -- cleaned and trimmed
- 1/2 head romaine lettuce -- 1/2" slices
- 2 tbsp walnuts
- 1/2 medium red onion -- thinly sliced
- 2 tbsp blueberry vinaigrette
- 1/2 lb blueberries

1. Prepare watercress and romaine lettuce.
2. Combine watercress and lettuce with rest of ingredients and toss.

Shopping List

Gourmet Recipe

- 1 bunch watercress
- 1 small head romaine lettuce
- 25 grams chopped walnuts
- 1 medium red onion
- blueberry vinaigrette dressing
- 1 pint blueberries

Q + E

- 1 bunch watercress
- 1 small head romaine lettuce
- 25 grams chopped walnuts
- 1 small red onion
- blueberry vinaigrette dressing
- 1 pint blueberries

Chef Tip

Olive oil can be substituted for furniture polish

Dinner

Goulash Soup

Serves: 6 Preparation time: 1 hour

- 2 1/2 lbs beef stew meat - cut 1" thick
- 1 1/2 cups onion - chopped fine
- 1 green pepper - chopped
- 1/2 cup smoked bacon drippings
- 1 tsp flour, all-purpose
- 9 tbsp sweet Hungarian paprika
- 1 cup dry white wine
- 8 cups beef stock
- 2 lbs. Yukon Gold potatoes - peeled and diced 1 inch cubes
- Salt and ground black pepper to taste

1. Select a large soup pot. Add in the fat (or oil) heat and then add in the onions gently brown. Add in the meat and brown onions but not too much.
2. Sprinkle in the flour and a little salt and pepper to taste, and mix well, add in paprika, mix well. Pour in the wine and the stock and simmer until the meat is almost done.(about 20 minutes)
3. Add the potatoes and simmer for another 20 minutes. Check for flavour. Serve hot, with good rye or sourdough bread.

Per Serving:

394 Calories; 17g Fat (44.5% calories from fat); 41g Protein; 5g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 923mg Sodium.

Quick and Easy



Serves: 4 Preparation time: 30 minutes

- 1 lb ground beef
- 1 tbsp paprika
- 1 tbsp garlic minced
- Salt and pepper to taste
- 2 cans beef stock
- 2 lbs. of cut root vegetables (mushroom, turnips, parsnips and/or onions)
- 1 tbsp olive oil
- 1 tbsp Worchester sauce

In a hot saucepot add olive oil, and onions simmer until golden brown, add the ground beef, brown, and add the parsnips simmer 3 mins. Add garlic, Worchester sauce, paprika, mushrooms, simmer 2 minutes add the entire rest simmer, and serve.



Shopping List

Gourmet Recipe

- 2 1/2 lbs stewing beef
- 1/2 lb smoked bacon
- beef stock
- onion
- dry white wine
- 1 green pepper
- Hungarian paprika
- flour
- 2 lbs Yukon gold potatoes

Q + E

- 500 ml beef stock
- ground beef
- Hungarian paprika
- 2 lbs of cut root vegetables (mushrooms, turnips, parsnips, carrots and/or onions)
- 1 head garlic
- Worchester sauce

Chef Tip

By rinsing your ice cubes first with water, carbonated beverages will not fizz over.

Dessert Carrot Cake



Serves: 8 Preparation time: 1 hour

Shopping List

Gourmet Recipe

pastry flour
1 large carrot
sugar
baking powder
baking soda
cinnamon
1/2 dozen eggs
raisins
chopped pecans
2 small packages
of cream cheese
1 lemon
vanilla
vegetable oil

Q + E

1 golden yellow cake mix
1 cup orange juice
1 medium carrot
chopped pecans
raisins
cinnamon
nutmeg

1 large carrot, grated
120 grams pastry flour
1 tbsp granulated sugar
1 tsp baking powder
1 tsp baking soda
pinch cinnamon
pinch salt
2 large eggs
4 tbsp vegetable oil
1 cup raisins
1 cup pecans -- toasted and chopped

Cream Cheese Frosting

2 packages cream cheese -- soften, and whip
1 tsp lemon juice
1 tsp vanilla
2 tbsp sugar

1. Mix the sugar and oil. Add eggs, beating after each one. Add carrots. Sift the dry ingredients together, and stir them in.
2. Butter a 9" x 13" pan, pour in the batter and bake at 325° F for 40 minutes. Mix all frosting ingredients together and spread onto cooled carrot cake.

Per Serving:
451 Calories; 32g Fat (81.4% calories from fat); 7g Protein; 15g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 411mg Sodium.

Quick and Easy



Serves: 8 Preparation time: 25 minutes

1 golden yellow cake mix
(exchange the water for orange juice)
1 cup raisins
1 cup carrots grated
1 tsp cinnamon
1 tsp nutmeg
1/2 cup chopped pecans

In a bowl mix all the dry ingredients, and follow the recipe for the cake.

Chef Tip

When making dips, you may substitute pureed cottage cheese for sour cream.

Chef Tip

If you want a new appeal to left over sandwiches, try coating with butter and pan frying.

Chef Tip

Use floor tiles in your shelves instead of shelving paper as they last longer and are easier to clean.



DAY 14 - SUNDAY

Lunch

Crab Meat Flan with Red Pepper Coulis and Chives

Serves 2 Preparation time: 1 hour

1 cup onions fine diced
2 tbsp bacon bits cooked, and drained
8 oz. crabmeat
a pinch of garlic minced
4 eggs
1 cup cream
1 cup Asiago cheese, grated
1 tbsp butter
1 cup red peppers
1 tsp olive oil
1 cup fennel
1 cup chives
1 oz. Red Pepper coulis (see recipe below)
6 oz. Beurre Blanc (see recipe below)
Salt and pepper to taste

1. In a hot sauté pan add, the olive oil, peppers, fennel, pinch of garlic salt and pepper. Sauté until soft, put in a blender, and puree remove add the chives, and reserve.
2. In a hot sauté pan, add a small amount of butter, bacon bits, onions, and garlic, sauté until clear, remove and cool. In a bowl, mix eggs, cream, salt and pepper, mix well.
3. In 2 buttered oven proof bowls, divided a layer of onions and bacon, then a layer of crab. Pour the egg mixture in each bowl, cover with the cheese, and bake in a 350° F oven of 10 to 15 minutes. Place a spoon full of the pepper coulis in the centre and serve with a toasted bagel.

Red pepper coulis

3 red peppers, cleaned, deseeded, and roasted.
1 bulb fennel, cleaned and roasted.
1 clove garlic, roasted
Salt and pepper to taste.
1 cup white wine.
Place all ingredients in a food processor and puree.
Cool and serve.

Buerre blanc

1/2 cup yogurt
1/2 cup sour cream
1 tbsp honey
Mix all ingredients well-chill and serve.

Quick and Easy

Serves: 2 Preparation time: 20 minutes

1 cup onions fine diced
2 tbsp bacon bits cooked, and drained
8 oz. crabmeat
Pinch of garlic minced
4 eggs
1 cup cream
1 cup Asiago cheese grated
1 tbs butter
1 cup red peppers
1 tsp olive oil
1 cup fennel
1 cup chives
Salt and pepper to taste

In a hot sauté pan add, the olive oil, peppers, fennel, pinch of garlic salt and pepper. Saute until soft, put in a blender, and puree remove add the chives, and reserve.

In a hot sauté pan, add a small amount of butter, bacon bits, onions, and garlic, sauté until clear, remove and cool. In a bowl, mix eggs, cream, salt and pepper, mix well. In 2 buttered oven proof bowls, divide a layer of onions and bacon, then a layer of crab. Pour the egg mixture in each bowl, cover with the cheese, and bake in a 350° F oven of 10 to 15 minutes. Place a spoon full of the pepper coulis in the centre and serve with a toasted bagel.

Serving idea- toasted bagel and a bowl of fresh fruit

Per Serving:
535 Calories; 22g Fat (31.4% calories from fat); 6g Protein; 18g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 300 mg Sodium.



Shopping List

Gourmet Recipe

4 slices bacon
1 medium onion
8 ounces of crab meat
(may substitute with shredded chicken or pork)
1/2 dozen eggs
454 grams asiago cheese
butter
4 red pepper
fennel
250 ml dry white wine
1 head garlic
sour cream
yogurt
honey
chives
olive oil

Q + E

1 medium onion
2 pieces bacon
8 oz of crab meat
(may substitute with shredded chicken or pork)
cream
1/2 dozen eggs
454 grams asiago cheese
butter
1 medium red pepper
1 bunch chives
fennel
olive oil
bagel
fresh fruit

Chef Tip

When using a plastic cutting board on a slippery surface, place a wet dish cloth underneath to stop movement.

Chef Tip

If you spill red wine on your carpets, it can be removed by either placing salt on it and leaving overnight, or by using shaving cream and sponging off with water.

Chef Tip

When removing grease spots, try using talcum powder.

Shopping List

Gourmet Recipe

1 lb snapper fillets
(may substitute chicken
breasts or pork loin)
125 ml dry white wine
fennel
1 orange
1 medium onion
vegetable oil
lemon juice
1 lb alder wood chips
(may substitute for wood
chip flavor of your choice)

Q + E

1 lb snapper fillets
1 lb alder wood chips
(may substitute for wood
chip flavor of your choice)
fennel
olive oil
rice
vegetables

Chef Tip

To stop syrup from
running down the sides
of bottles, try using a bit
of oil on the threads of
the bottle first.

Shopping List

Gourmet Recipe

flour
tender flake lard
1 egg
2 lbs frozen blueberries
lemon juice
1 lb sugar
cinnamon
nutmeg
butter
milk

Q + E

2 x 9" unbaked pie shells
2 lbs fresh or frozen
blueberries
flour
cornstarch
sugar
cinnamon
nutmeg
butter
lemon juice

Dinner

Fennel Smoked Snapper



Serves: 2 Preparation time: 30 minutes

16 oz. snapper fillet (2, eight once fillets)
1 stalk fennel greens - chopped
1 cup white wine
2 tbsp lemon juice
4 tbsp vegetable oil
1 medium onion - finely chopped
2 cups alderwood chips
1 medium orange - peeled and cut into segments
salt and pepper - to taste

1. Place alder wood chips on a tinfoil lined cake pan. Next, place a small cake cooling rack over the chips. Take the snapper fillet and season with salt and pepper.
2. Place raw fillet ontop of the cake cooling rack that is over the alderchips in the tin foil lined cake pan. Cover entire pan with tin foil and place on top of burner on medium heat. After a few minutes you should see some smoke coming out of the pan, turn heat down to medium low heat and continue cooking for 15 minutes. Remove from heat. The fish should be smoked by now.
3. In another sauce pan, heat oil and add onion, fennel and sauté for a few minutes. Add wine and lemon juice. Continue cooking till greens are soft. Season with salt and pepper. Place fish onto a plate and top with greens and sauce. Garnish with orange segments.

Per Serving:

377 Calories; 27g Fat (79.3% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8mg Sodium.

Dessert

Blueberry Pie



Serves: 8 Preparation time: 3 hours

Crust

5 cups flour - sifted
1 pinch salt - sifted
1 lb lard - cold
1 large egg - cold
3/4 cup milk - cold

Filling

3 tbsp lemon juice
2 lbs frozen blueberries
1 1/2 cups sugar
1 pinch salt
1/2 tsp cinnamon
2 pinches nutmeg
3 tbsp all-purpose flour
4 tbsp butter

CRUST:

In a large bowl sift flour and salt. Cut in cold lard until it looks like coarse breadcrumbs. Crack egg into measuring cup and fill to one cup with milk. Stir the egg and milk and add it to the flour. Being careful not to handle the dough too much, blend and form it into a ball. Wrap in plastic and chill for 2 hours. Divide dough and roll two circles 1/4" thick. Place bottom crust in pie plate.

FILLING:

Combine peaches, lemon juice, sugar, salt, nutmeg, cinnamon, and flour. Mix until peaches are evenly coated. Pile in ready pie plate. Dot with butter. Top with remaining pastry, pinching edges closed. Cut some small slits in the pastry to allow steam to escape. Sprinkle the top of the pie with a little

Quick and Easy



Serves: 2 Preparation time: 15 minutes

454 gr snapper filets
1 head of fennel cut into 8 wedges
1 tbsp olive oil
Salt and pepper to taste
1 cup of apple wood chips
1 cup cooked rice

Toss the fennel in the oil and salt and pepper, place on a baking sheet, put in a 350° F oven - roast until soft. In a large sauté pan place the wood chips, cover with a piece of aluminum foil, rub a small amount of oil on the foil, place the fish filets, and fennel, cover with another piece of foil, and poke a small hole in the centre. Place the pan on medium heat and allow to smoke until the fish is cooked approximately 20 minutes. Serve with rice and steamed vegetables.



sugar. Bake for 10 minutes at 450° F and then reduce heat to 350° F and bake 30 minutes more.

Per Serving:

784 Calories; 65g Fat (54.0% calories from fat); 10g Protein; 115g Carbohydrate; 6g Dietary Fiber; 96mg Cholesterol; 113mg Sodium.

Quick and Easy



Serves: 8 Preparation time: 1 hour

2- 9" piecrust
2 lbs fresh blueberries
1 cup sugar
1 cup flour
1 tsp cinnamon
1 tsp nutmeg
1 tsp lemon juice
1 1/2 tbsp butter
2 tbsp cornstarch

Heat oven to 425°. In a bowl mix all ingredients place in a the crust, dot with butter, cover with the top crust and poke a hole in the top, bake 30 to 40 minutes.

