



Belly Blast



Healthy Recipes

WHAT COUNTS AS A SERVING

BREAD, CEREAL, RICE AND PASTA & STARCHY VEGETABLES GROUP:

1 SLICE OF BREAD, ½ BAGEL OR ENGLISH MUFFIN
ABOUT 1 CUP READY-TO-EAT CEREAL
½ CUP COOKED CEREAL, RICE OR PASTA
½ CUP CORN, MASHED & SWEET POTATOES, LEGUMES & SQUASH
1 SMALL POTATO

VEGETABLE GROUP:

1-CUP RAW LEAFY VEGETABLES
½ CUP COOKED OR RAW VEGETABLES
¾ CUP VEGETABLE JUICE

FRUIT GROUP:

1 MEDIUM PIECE OF FRUIT
½ CUP CHOPPED, COOKED, OR CANNED FRUIT
1-CUP MELON OR BERRIES
¾ CUP JUICE

MILK, YOGURT, CHEESE GROUP (DAIRY):

8 oz. CUP OF MILK OR YOGURT
1 ½ oz. (1" CUBE) CHEESE
2 oz. (2-3 SLICES) PROCESSED CHEESE
½ CUP COTTAGE CHEESE

MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP:

2-3 oz. COOKED LEAN MEAT, POULTRY OR FISH
½ CUP COOKED BEANS, TOFU (1 OUNCE)
2 EGGS OR ½ EGG BEATERS (3 OUNCES)
SOYBURGER (3 OUNCES)
2 TABLESPOONS PEANUT BUTTER (1 OUNCE)
1-2 OZ. OF NUTS
PROTEIN SHAKE (2 OUNCES – 1 SERVING)

*FATS, SWEETS & OILS...USE SPARINGLY (Add Flaxseed Oil to your shakes)

PORTION SIZES REFERENCES:

FIST... 1 CUP OR 1 MEDIUM WHOLE FRUIT
THUMB... 1 OZ. OF MEAT OR CHEESE
THUMB TIP... 1 TABLESPOON
FINGER TIP... 1 TEASPOON
CUPPED HAND...1-2 OZ. OF NUTS OR PRETZELS
PALM (NO FINGERS)...3 OUNCES OF MEAT, FISH OR POULTRY

Green Smoothie Recipe



Tip: put in liquid first, then fruit and then the greens. The amount of water will depend on whether you like it thick or not.

1. 1 cup of water, 1 cup of strawberries, 1 banana, and 1-2 cups of spinach
2. 1 cup of water, 1 cup of mango, 1 frozen banana, and 1-2 cups of spinach
3. 1 cup of water, 1 cup of tropical fruit blend (freeze section) and 1-2 cups of spinach
4. 1 cup of water, ½ cup of blueberries, ½ banana, and 1-2 cups of kale
5. 1 cup water, 1 cup of green grapes, 1 orange, ½ Bartlett pear, ½ banana, and 1 cup of kale

Chicken Breast Recipes



MARINATED GRILLED CHICKEN BREASTS

Ingredients

4 chicken breasts
1/2 c. lemon juice
3 cloves garlic, crushed
2 tsp. olive oil
2 tsp. pepper
2 tsp. tarragon
1 tsp. thyme
3/4 tsp. salt

Directions:

Place the chicken breasts in large bowl. Combine the remaining ingredients and pour over chicken. Turn the breasts so they are coated with the seasoning mixture. Refrigerate the chicken in its marinade at least 1 hour, turning it occasionally. The marinade may be prepared ahead of time.

Preheat the oven broiler. Place the chicken breasts skin side down in baking dish. Place dish 3 to 4 inches below the broiler. Broil 15 to 18 minutes on each side, basting occasionally with marinade.

CURRIED BAKED CHICKEN BREAST

Ingredients

150 grams chicken meat, cut into strips
2 tbs. Chili powder
1 tbs. Sea salt
4 tbs. Curry paste
1 tbs. Olive oil

Directions:

Clean the chicken, drain and pat dry. Cut into long, thin strips so that it cooks easily. Season the chicken with the salt and chili powder. Rub the curry paste all over the chicken. Place the chicken strips onto a tray covered by foil. Drizzle it with some olive oil and bake in the oven at 200 degrees for 10 minutes. Then turn over and bake for another 10 minutes.

Tip: To test if it is done, just pick a larger piece and nudge the center with a fork. If it is all white inside with clear juices, it is done. If there's still a hint of pink, then pop it back into the oven and bake for a few more minutes. Just be careful you don't over-cook it or it will tough and dry.

SPICED CHICKEN BREAST with BROWN RICE and VEGETABLES

Ingredients

2 boneless, skinless chicken breasts
1 tsp. cumin
1 tsp. sea salt
¼ tsp. pepper
1 tsp. chili powder
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. achiote (optional)
2 tbs. olive oil
1 cup brown rice
1 cup cooked pinto beans
½ red onion, sliced into thick slices (for grilling)
2 poblano peppers, cut in half with seeds and innards ripped out
cilantro
¼ avocado slices

Directions:

Season the chicken breasts with the sea salt, pepper, cumin, chili powder, garlic powder, onion powder, and achiote. Drizzle some olive oil all over the chicken and rub the oil and spices in. Heat the grill or grill pan to about medium. Cook the chicken until juices run clear. Set aside. Drizzle the onion slices and poblanos with some olive oil. Grill these until they're nicely marked; remove and set aside. On a chopping board, chop the onion and poblanos roughly into medium sized pieces. Stir these and the warmed pinto beans into the rice along with some sea salt and pepper. Dish the rice onto a platter or individual plates. Finish off by added avocado slices.

CHICKEN MARSALA CROCKPOT RECIPE

Ingredients

4 boneless, skinless chicken breasts
1/2 tsp. sea salt
1/2 tsp. pepper
1 tbs. olive oil
1/4 cup of flour
1/4 cup Chopped parsley
1/2 cup Marsala wine
1/2 cup sliced mushrooms

Directions:

Mix most of the flour with the sea salt and pepper and cover the chicken breast in this mixture. In a skillet brown the chicken breast on both sides and place in the Crockpot. Add the wine and mushrooms to the skillet and let heat for about 10 minutes, while tossing and stirring. Sprinkle the left over flour onto the chicken breast and pour the sauce over. Allow cooking on low for 6 hours. Use the parsley to garnish the finished chicken Marsala.

MEXICAN CHICKEN SKEWERS with GUACAMOLE

Ingredients

3 tbs. olive oil
1 garlic clove, crushed
1 tsp. ground cumin
1/2 tsp. cayenne pepper
4 chicken skewers and 4 bamboo skewers or 3 skinless chicken breasts, cut into cubes and 8 bamboo skewers
1 small red pepper and 1 small green pepper, deseeded and cut into bite-size pieces
1 small to medium onion, cut into 8 wedges
Small tub guacamole, to serve

Directions:

Put the oil, garlic and spices into a bowl and mix well. Take the chicken pieces off the skewers and add to the marinade, mix and leave to marinate at room temperature for 30 minutes.
Meanwhile, soak 8 bamboo or wooden skewers in cold water for the same time.
Thread the chicken, peppers and onion alternately onto the skewers. Brush any remaining marinade onto the peppers and onion pieces. Put on a cooking grate and cook directly over a medium heat source for 10-12 minutes, turning halfway. Serve with guacamole.

Vegetable Dish Recipes



EASY BALSAMIC ROASTED BRUSSEL SPROUTS

Ingredients

2- 3 cups Brussels sprouts, sliced in half

Dash sea salt and pepper, to taste

3 tbs. Balsamic vinegar

3 tbs. Olive oil

Directions:

Pre-heat oven to 375 degrees. Whisk together the vinegar, salt and pepper together in a small bowl.

Slowly incorporate the olive oil until a dressing is formed.

Place the brussels sprouts in a single layer on a baking sheet. Drizzle the oil and vinegar over the sprouts and gently toss to coat. Bake for 25 minutes, turning once. Sprouts are done when they are lightly browned.

LEMON-GARLIC GREEN BEANS

Ingredients

2 garlic cloves, minced
2 tsp. olive oil
1 pound green beans, trimmed and cut into 2 inch pieces
1 tbs. lemon juice
1/4 tsp. coarsely ground pepper 1/8 teaspoon salt

Directions:

In a large nonstick skillet coated with nonstick cooking spray, cook the garlic in oil over medium heat for 30 seconds. Add the beans; cook and stir for 10-13 minutes or until crisp-tender. Stir in the lemon juice, pepper and salt.

SUMMER TOMATO SALAD

Ingredients

1-pint cherry tomatoes, halved
1-pint yellow pear tomatoes, halved
1/4 cup chopped green onions
1 clove garlic, minced
1/4 cup chopped fresh basil
1/4 cup chopped cilantro
Freshly ground black pepper to taste
Ground red pepper to taste
Sea salt to taste

Directions:

In a bowl, toss the cherry tomatoes, yellow pear tomatoes, green onions, garlic, basil, cilantro, black pepper, red pepper, and sea salt. Refrigerate 30 minutes and toss again before serving.

Fish Dish Recipes



ITALIAN STYLE BAKED COD

Ingredient

2 pounds of cod fillets, thawed
1 small onion, diced
2 tbs. of olive oil
1 clove of minced garlic
2 cans of tomato sauce (15 ½ ounces)
1 bay leaf
½ tsp. basil
Sea salt and pepper, to taste

Directions:

Heat the olive oil in a saucepan over medium heat. Once the oil is hot, place the onion in the pot and stir-fry until tender. Add everything except for the fish to the pot, stirring to combine. Reduce heat, cover, and simmer for 30 minutes. While sauce is simmering, preheat the oven to 350 degrees. Place the fish fillets in an 8 ½ X 11 baking dish in a single layer. Gently pour the sauce over the fish. Bake in the preheated oven for 35 – 40 minutes. When fish flakes easily, it is ready.

LEMON PEPPER BAKED COD

Ingredients

1 pound of cod fillets, thawed
2 tbs. of extra virgin olive oil
1 lemon
Sea salt and black pepper, to taste

Directions:

Preheat the oven to 350 degrees. Lightly brush the bottom of an 8 ½ X 11 baking dish with olive oil. Place the cod fillets in a single layer in the baking dish. Cut the lemon into quarters and squeeze the fresh lemon juice over all of the fish fillets. Sprinkle with salt and black pepper. Bake for 35 – 40 minutes or until fish flakes easily with a fork.

Note: These recipes will work with any mild fish with a texture similar to cod. Consider trying these recipes with flounder, whitefish, catfish, snapper, or any other similar variety that you enjoy.

SALMON STEAKS with GRAPEFRUIT

Ingredients

1 tbs. olive oil
1 1/2 cup finely chopped onions
1-cup fresh grapefruit juice and segments
4- 6-ounce boneless, skinless salmon steaks
Fresh grapefruit segments for garnish

Directions:

Heat olive oil in large nonstick skillet over medium heat. Add onions and cook until tender. Place salmon and grapefruit juice with segments in pan. Cover and simmer over low heat for 6-8 minutes or until fish is cooked to taste. Serve salmon with pan sauce, garnished with grapefruit segments.

CHILI RUBBED TILAPIA

Ingredients

1 1/2 tbs. ancho chili powder or regular chili powder
1/2 tbs. cumin
1/2 tbs. kosher salt
Dash cayenne
1 tsp. paprika
6 tilapia fillets
1 tbs. organic butter
1 tbs. olive oil
Lemon wedges

Directions:

Add all spices together in a small bowl and mix. Sprinkle spice mixture over tilapia fillets and rub into fish. Heat stove top grill or large non-stick pan; add butter and oil. When oil is hot add fish. Grill for about 3 minutes on each side or until just cooked through. Serve with lemon wedges and brown rice.

GARLIC SALMON with SWEET ONION RELISH

Ingredients

5 tbs. extra virgin olive oil, divided
2 garlic cloves, crushed
1/4 tsp. freshly ground mixed peppercorns
1 1/2 cups chopped sweet onion
1/4 cup chopped oil packed sun-dried tomatoes
4 (6 ounces each) skinned salmon fillets
1 tbs. balsamic vinegar
1/4 cup toasted broken walnuts
2 tbs. thinly sliced fresh basil leaves
1/4 to 1/2 teaspoon sea salt (or regular salt)

Directions:

In small bowl, whisk together 3 tbs. of olive oil, garlic and peppercorns and set aside. Heat remaining 2 tbs. Of olive oil in small skillet over medium heat. Add onions and sun-dried tomatoes and cook 10 to 15 minutes, stirring occasionally. Meanwhile, brush salmon with garlic olive oil and place on broiler pan about 4 inches from heat. Broil 5 to 8 minutes, turning after 3 minutes and brushing both sides of salmon again with garlic oil. Stir balsamic vinegar, walnuts and basil leaves into onions. Season with sea salt to taste. Serve onion relish alongside salmon.