



*Herb Williamson*

# PREPPERS

Cookbook

THE VERY BEST RECIPES USING  
ONLY **STOCKPILE INGREDIENTS**  
TO **SURVIVE AND THRIVE**  
WITHOUT THE GROCERY STORE

# **PREPPERS COOKBOOK**



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**The Very Best Recipes Using Only Stockpile  
Ingredients to Survive and Thrive Without  
the Grocery Store**

**Herb Williamson**

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# COOKING FOR PREPPERS

After water, food is the most important item to stockpile. Humans can live around three weeks without food, but they don't live well. Good nutrition powers our bodies and minds, and in times of emergency, we'll all need our strength and wits about us. This means stockpiling a variety of nutrient-dense foods that have a long shelf-life. To prepare for every possible scenario, you want your stockpile to be non-perishable, as well. While losing power may not occur in every emergency, it's better to be safe than sorry. All these items can be a part of both short-term and long-term prep, but depending on your focus, certain items should be prioritized. Here's an example list of everything you'll need:

## **Canned fruit, vegetables, and beans (ideal for short-term and long-term prep)**

Fresh produce does not last long. You can freeze it, but your power might get cut off during an emergency. For prepping, canned is the way to go. Only buy the fruits and vegetables you enjoy. Store in a cool, dark place and keep a list of expiration dates. When the date starts getting closer, use the food and replace the can with a new one. Note: Most expiration dates are on the conservative side, so if you're storing the food properly, you can expect them to stay good for longer.

## **Canned soups (ideal for short-term and good for long-term prep)**

Canned soup is very cheap, so it's easy to stockpile a decent supply on a low budget. Bear in mind that soup tends to be lower in calories, so you shouldn't plan on depending on soups for your main food supply. In the short-term, however, it's a good staple and doesn't require extra preparation.

## **Peanut butter (ideal for short-term and okay for long-term prep)**

Peanut butter is a great survival food because it's high in calories and nutrients like calcium, iron, and vitamin E. It boosts your energy. Peanut

butter is best for short-term prep since it doesn't have a super long shelf-life. Once opened, PB will stay fresh for around 3 months. If stored in the fridge, it lasts longer at around 6-7 months. That doesn't include natural peanut butter, which goes bad much faster. PB does go rancid because of the oil. If you want something for very long-term prepping, consider getting powdered peanut butter.

### **Energy bars (good for short-term and long-term prep)**

For fast energy and calories, energy bars are a great item to stockpile. They aren't a meal replacement, so make sure they aren't taking up the majority of your storage area. You can find energy bars specifically designed for emergencies with very long shelf lives.

### **Canned meat (good for short-term and ideal for long-term)**

Fresh meat has a short shelf life, so it is not a good stockpiling item. Canned meat, including canned fish, is best. Like all canned goods, you can keep canned meat longer than the expiration date if it's been stored properly. It will lose its quality, but it's still safe.

### **Rice (good for short-term and long-term prep)**

When combined with beans, rice makes a complete protein. This grain is cheap and full of nutrients. All kinds of rice can keep forever when stored in a sealed container in a cool, dry, dark area. You'll know if uncooked rice has gone bad based on its smell and appearance. If it's totally dry and smells normal, it's fine, no matter how old it is. In general, white rice stores better than brown.

### **Pasta (good for short-term and long-term prep)**

Dry pasta can last a very long time. It can be used well past the date on the package as long as it doesn't look or smell off. If it's been sealed and stored in a cool, dry, and dark place, it's fine. Because pasta is so easy to prepare and it fills you up, it's a great staple. The one downside is that it isn't very high in nutrients, so you shouldn't depend on it as your main source of food.

## **Jarred sauce (good for short-term and long-term prep)**

Unopened, jarred tomato sauce typically has an expiration date within 18-24 months, but if it looks and smells okay past that date, it's fine. Store the sauce in a dark, dry, cool place for maximum shelf life.

## **Cooking oils (good for short-term and long-term prep)**

Many oils go rancid fairly quickly, so not all of them are great for long-term prep. Regular olive oil is good to have on hand for short-term emergencies, but it doesn't have a long shelf life. You can get olive oil in a can, which extends its lifespan a little. Coconut oil lasts around 2 years under proper conditions. Unopened ghee is about the same. Sealed peanut oil (3 years) and sunflower seed oil (2 years) also have fairly-decent shelf lives. All oils should be stored in a cool, dark, dry place. You can also keep rancidity at bay by keeping oils in the fridge. Coconut oil does solidify, so the fridge isn't the most ideal place.

## **Pet food (good for short-term and long-term prep)**

If you have pets, they'll need food, too! Canned food lasts for years when properly stored, just like canned food for people. Dry food should be kept in the original bag and put in a sealed container. Like people food, the date on the bag/can is usually a "best-by" date; it won't suddenly go bad once that date arrives. It will start to lose its nutritional value and flavor, however. There's also freeze-dried pet food. Treats aren't as important in emergencies, so prioritize food.

## **Oats (ideal for long-term prep)**

In their original container, rolled oats will be at their best quality for 18-24 months. They'll be safe for much longer. If you store oatmeal in a Mylar bag with an oxygen absorber (we'll talk about these soon) in the proper conditions, many preppers say the supply can stay good for three decades. Because of this super-long shelf life, oats are great for long-term prep.

## **Canned milk (ideal for long-term prep)**

Evaporated milk, sweetened condensed milk, and coconut milk can be used in a variety of dishes. Keep in mind that once opened, they need to be refrigerated if you don't use it all at once.

### **Honey (ideal for long-term prep)**

Honey is considered a prepper's superfood. It doesn't expire when stored properly. It can crystallize, but it's still perfectly good to eat. In addition to being delicious, it can be used as medicine for colds, sore throats, burns, and wounds. Ideally, keep the honey in its original container and store it in a cool place away from direct sunlight. If you're using a different container, make sure it's either food-safe plastic or glass. The seal should be tight.

### **Sugar (ideal for long-term prep)**

Sugar is used for a variety of cooking and baking purposes. It also has a very long shelf life, even after opening. Both white and brown sugar can last forever, though their texture can change.

### **Salt (ideal for long-term prep)**

Salt provides all kinds of minerals that our bodies need as well as flavor. It can also be used to preserve foods, so it's a favorite of preppers everywhere. Salt is very cheap, so the only issue for a prepper will be storage space. This mineral should be a priority. Store in a cool, dark place.

### **Other spices (ideal for long-term prep)**

Salt is very important for a food's flavor, but other spices keep things interesting. Dried herbs and ground spices come in their own perfect containers. Spices also don't spoil, though they go stale after a time. In general, ground spices are tasty for 3-4 years, while dried herbs get 1-3 years.

### **Dried beans (ideal for long-term prep)**

Dried beans are usually cheaper than canned beans, but the main issue is storage space. Big bags are not always more convenient than stackable cans. The other benefit of dried beans is that they have an indefinite shelf life when stored properly. They can dry out, but this just means you'll need to cook them a bit longer. For the longest shelf life, keep in a sealed container in a

cool, dark, dry place.

### **Flour (ideal for long-term prep)**

Flour is used for baking and as a thickener in cooking. At room temp (cool, dark, dry place), all-purpose flour is fresh for 6-8 months. In the fridge, it lasts 6-12 months, and in the freezer, it's 2 years. However, the flour will stay edible for decades if stored between 40-70 degrees. For bulk bags, it's best to store those in big food-grade containers with oxygen absorbers.

### **Powdered milk (ideal for long-term prep)**

Powdered milk contains important nutrients and helps improve the quality of your meals. FEMA includes powdered milk in their list of staples for emergencies. They say it should be used within six months of purchase. For longer prep, you can get powdered milk in nitrogen-packed cans. When stored properly, this form can last forever.

### **Powdered eggs (ideal for long-term prep)**

Eggs are well known as nutritional powerhouses, but they aren't great for long-term prepping. Powdered eggs, which contain all the nutrients, are much better. When stored in cool, dark, and dry conditions, they last at least 3 years. To reconstitute them, you just need water. You can also use powdered eggs in baking without needing to mix them with a liquid.

### **Freeze-dried meals (ideal for long-term prep)**

Freeze-dried meals are convenient and great for camping as well as prepping. They are different from dehydrated meals. Freeze-dried meals remove more moisture, which means they have a longer shelf-life. When stored properly, they can last between 25-30 years. To prepare, all you need is hot water. There are tons of brands out there that sell a wide variety of meal options.

### **Vinegar (ideal for long-term prep)**

Because vinegar does not expire, it's a perfect item for long-term preppers. Preppers also love vinegar because it has so many uses, including cooking, cleaning, disinfecting, and so on. Over time, it can lose its acidity and flavor,

but it doesn't become dangerous with age. Keep all kinds of vinegar in a dry, cool, and dark place to keep it as its peak as long as possible.

### **Baking soda and baking powder (ideal for long-term prep)**

Both these ingredients are essential for baked goods, but they're great because they have other uses as well. Baking soda can be used as a disinfectant and odor absorber. Baking powder isn't too different, but if recipes call for both, you need to use both. Like baking soda, baking powder can be used for cleaning. When properly stored, baking soda and powder can last around 3 years. They don't ever technically "expire," but they can lose their effectiveness.

### **Corn starch (ideal for long-term prep)**

You might not think about corn starch that often, but it's a favorite of preppers because it has so many uses. In addition to cooking, it can clean carpet and windows, help with rashes, polish silver, and more. When sealed and kept in a cool, dark, and dry place, corn starch lasts forever.

## **OTHER FOOD-RELATED SUPPLIES**

Besides the food itself, you'll need certain supplies to ensure your food is stored properly and you can prepare it when the time comes. Here are some examples of the kinds of things you should get:

### **Mylar bags**

These bags are the best form of protection for a wide variety of foods. There are tons of sizes, so get the ones that match your needs best.

### **Oxygen absorbers**

Oxygen absorbers are small packets with iron powder inside. Their purpose is to absorb the oxygen from the space they're contained in. When paired with mylar bags and dry food, the absorbers help keep the food fresh and safe for a long time. If you rotate your stockpile often, you probably don't need oxygen absorbers. For the stuff you want to keep for many years or even decades, oxygen absorbers are a must-have.

### **Heat sealer**

To ensure mylar bags are doing their job, you'll want a heat sealer. The heat closes up the bag as tightly as possible, protecting the food inside from air and moisture.

### **Food buckets**

Once you have your dry goods sealed in their bags with oxygen absorbers, the bags can't just sit out. You'll want to put them in buckets with tight lids. You can find buckets specifically designed to be food-safe.

### **Can opener**

Every prepper's stockpile will include lots of canned goods, so you'll want a few can openers on hand.

### **Plastic dishes and utensils**

You'll need plates and bowls and such to eat your meals, but glass ones can



easily break. Plastic ones are fine, especially in short-term emergencies and when you want to avoid washing dishes to save water.

### **Cast-iron skillet**

If you don't already have one in your kitchen, a cast-iron skillet is a great item to put in your stockpile. They are a worthwhile investment because they last forever and can cook over an open flame.

## **Camping stove**

If you don't have access to your regular stove, how will you cook? An affordable butane camping stove is a smart buy and can set your mind at ease if you lose power. With one burner, you may not be able to cook elaborate meals, but you can feed yourself and your family.

## **Seeds**

Vegetable and fruit seeds are not an item you need to stockpile if you're only thinking short-term. However, for preppers wanting to prepare for serious doomsday scenarios, seeds are valuable. They let you grow your own food.

## **Pickling salt**

This is salt intended for use with pickling. If you're prepping for the long-term and planning on growing and preserving your own vegetables, you'll want pickling salt. It isn't absolutely necessary if you have enough table salt, but if you have the storage space, having salt specifically set aside for pickling isn't a bad idea.

## **Mason jars**

For preserving foods, you'll need good glass mason jars with airtight seals. You can also use mason jars for storing foods like dry goods and spices.

## **GENERAL WATER-AND-FOOD TIPS**

To close out this chapter, here are three general tips to keep in mind when stockpiling and prepping your water and food supplies:

### **Tip #1: Stay organized**

Good organization is key to good prepping. You want to know how many of each item you need, how many you have, and where they are. Tracking your inventory ensures you aren't forgetting an important item or stockpiling more than you need of an item. Create a master list broken down by categories like water and water supplies, proteins, vegetables, spices, dry goods, etc. Keeping track of expiration dates also keeps you organized. Part of prepping is rotating your supplies, so when an emergency does occur, you aren't stuck

with stuff that's gone bad or isn't as nutritious as it good be. As part of your lists, write down expiration dates and set reminders for using an item. Always remember to restock it once you've used it.

### **Tip #2: Stockpile food you like to eat**

This is something a lot of people don't think about. They just buy what's on sale or what they believe is a good stockpile item. However, if you wouldn't eat it now, you won't want to eat it later. Keeping food around that you don't like also makes it trickier to rotate consistently. If you aren't sure what you'll make with an item when an emergency strikes, play around with recipes now. You can perfect a survival meal and make it really tasty, so you'll know exactly what to do when the time comes. If you're having trouble figuring out what to buy, look at the recipes first and stockpile the ingredients they use.

### **Tip #3: Stockpile good-quality vitamins**

When you're eating a varied diet, you are most likely getting all the nutrients you need. However, some people require supplements in the form of vitamins. In an emergency, your diet may not be as varied or healthy as it normally would be, so stockpiling good-quality vitamins is a good idea. This is especially important if you're prepping for the long-term and anticipating shortages of certain foods. When shopping for vitamins, quality is important. The supplement industry is not consistent, so find a brand that relies on strict quality standards. Your doctor is the best resource regarding your specific vitamin needs. Like many foods, vitamins don't immediately go bad after their expiration date, but they do start to lose their effectiveness.

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# BREAKFAST

# Chili Cornbread Muffins

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Serves: 18 / Preparation time: 10 minutes / Cooking time: 20 minutes

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For the Cornbread:

14.75 ounces canned cream-style sweet corn

2 cups yellow cornmeal

14.75 ounces canned sweet corn kernel, drained

1/2 teaspoon salt

1/2 teaspoon baking soda

2/3 cup sugar

1/2 cup unsalted butter, melted

2 eggs

1 cup evaporated milk, canned

For the Chili:

6 chili with beans from 15 oz. can, drained, warmed

Sour cream as needed for topping

- Switch on the oven, then set it to 375 degrees F and let it preheat.
  - Take a large bowl, crack eggs in it, add butter and sugar, pour in the milk, and whisk until smooth.
  - Add salt and baking soda and then fold in cream-style corn, cornmeal, and sweet corn until incorporated.
  - Take one and half 12 cups muffin pan, grease each cup with oil and then evenly fill with the prepared batter.
  - Bake for 15 to 20 minutes until muffins have thoroughly cooked and then let cool for 10 minutes.
  - Remove muffins from pan, then cut out the center from each muffin by using a small knife and fill evenly with chili.
  - Top muffins with sour cream and then serve.
-

Per Serving: Calories: 310; Total Fat: 14 g; Saturated Fat: 7 g; Protein: 10 g;  
Carbs: 36 g; Fiber: 2 g; Sugar: 14 g

# Oats with Fruits and Coconut Milk

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 0 minutes

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2 cups rolled oats, old-fashioned

15 ounces canned tropical fruit salad, drained

½ teaspoon ground ginger

1/8 teaspoon salt

13.5 ounces canned coconut milk, unsweetened

Toasted almonds as needed for serving

- Take a medium bowl, place oats in it, add ginger and salt, and then pour in the milk.
  - Stir until mixed, cover the bowl and then let it refrigerate for a minimum of 8 hours or until oats have turned tender.
  - When ready to eat, stir the oats, divide evenly among bowls and then top with fruit salad and almonds.
  - Serve straight away.
- 

Per Serving: Calories: 440; Total Fat: 26 g; Saturated Fat: 19 g; Protein: 8 g; Carbs: 49 g; Fiber: 5 g; Sugar: 18 g

# Rainbow Fruit Parfait

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

15 ounces canned sliced peaches, drained, diced

1 cup kiwi, peeled, diced

15 ounces canned cherries, drained

1 cup strawberries, hulled, diced

1 cup blackberries, quartered

3 cups granola

¼ cup mint leaves

4 cups vanilla Greek yogurt

- Take a large glass, layer granola in its bottom, and then cover with some yogurt.
- Create layers by using some yogurt, some of the peach pieces, some more yogurt, some of the kiwi pieces, some more yogurt, some of the blackberry pieces, and remaining yogurt.
- Top with cherries, sprinkle with some granola and mint leaves, and then serve.

---

Per Serving: Calories: 110; Total Fat: 0.5 g; Saturated Fat: 0.1 g; Protein: 3 g; Carbs: 24 g; Fiber: 1 g; Sugar: 16 g



# Crust-less Quiche

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 30 minutes

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1/2 cup diced deli ham  
4 ounces canned sliced mushrooms, drained  
1/2 of 14.5 ounces canned chopped tomatoes, drained  
1/2 cup chopped scallions  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 teaspoons cornstarch  
1 teaspoon dried mustard  
4 eggs  
1/2 cup grated parmesan cheese  
1 cup grated cheddar cheese  
1 1/3 cups milk, unsweetened  
1 1/2 cups croutons

- Switch on the oven, then set it to 375 degrees F and let it preheat.
- In the meantime, take a large bowl, crack eggs in it, add mustard and cornstarch, pour in the milk, and whisk until blended.
- Add mushroom, scallion, ham, tomatoes, salt, and black pepper, stir until mixed and spoon the mixture into a quiche dish or a 9-inch pie plate.
- Top the mixture with cheeses and crouton and then bake for 30 minutes until set and cooked.
- When done, let quiche cool on a wire rack for 15 minutes, then cut it into slices and serve.

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Per Serving: Calories: 180; Total Fat: 9 g; Saturated Fat: 4.5 g; Protein: 14 g; Carbs: 11 g; Fiber: 1 g; Sugar: 4 g

# Spinach, Chickpea and Potato Hash

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 18 minutes

---

1 can of diced potatoes, drained  
1 medium white onion, peeled, sliced  
1/2 can of chopped tomatoes  
½ teaspoon salt  
1/2 can of chickpeas  
¼ teaspoon ground black pepper  
1 can of spinach, drained  
1 teaspoon curry powder  
2 tablespoons olive oil  
4 eggs  
1 tablespoon chopped parsley

- Place a large frying pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until soft.
- Stir in curry powder, then add potatoes, switch heat to medium-high level, and then cook for 5 minutes until onion begins to brown.
- Add spinach and tomatoes, season with salt and black pepper and continue cooking for 3 minutes until hot.
- Meanwhile, take a frying pan, place it over medium heat, add oil for frying eggs and when hot, crack the egg in it and cook until fried to the desired level.
- When potato mixture has cooked, divide it evenly among plates, top with a fried egg, and then serve.

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Per Serving: Calories: 382; Total Fat: 20 g; Saturated Fat: 7 g; Protein: 14 g; Carbs: 37 g; Fiber: 7 g; Sugar: 3 g

# Breakfast Baked Eggs

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 20 minutes

---

14 ounces canned butterbeans, drained  
1 medium white onion, peeled, sliced  
13.4 ounces canned spinach, drained  
14 ounces canned chopped tomatoes, drained  
1 tablespoon dried mixed herbs  
¼ teaspoon dried chili flakes  
1 tablespoon olive oil  
4 eggs  
¼ cup of water  
1 cube of vegetable stock  
¼ cup chopped coriander

- Place a medium saucepan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until soft.
- Add chili flakes and mixed herbs, stir until mixed and cook for 1 minute.
- Add tomatoes, then add the vegetable stock cube, crumble it, and then pour in water.
- Stir until combined, simmer the mixture for 5 minutes, then add spinach, beans, and mushrooms and simmer for 1 minute.
- Then make four wells in the mixture, crack an egg in each well, and cover the pan with lid.
- Cook for 3 to 5 minutes or until eggs have cooked to the desired level, and when done, sprinkle them with coriander.
- Serve eggs with toasted bread slices.

---

Per Serving: Calories: 199.9; Total Fat: 9.3 g; Saturated Fat: 3 g; Protein:

13.1 g; Carbs: 18 g; Fiber: 4.2 g; Sugar: 2.5 g

# All-Day Breakfast

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 20 minutes

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8.8 ounces firm tofu, drained

14.6 ounces canned baked beans

¼ cup snipped chives

19.7 ounces canned whole potatoes, drained

10.5 ounces canned whole tomatoes, drained

¼ cup chopped parsley

10.2 ounces canned sliced mushrooms, drained

1 teaspoon garlic powder

1 teaspoon ground black pepper

½ teaspoon smoked paprika

½ teaspoon dried thyme

2 teaspoon barbecue seasoning mix

1 tablespoon cornflakes, crushed

2 tablespoons olive oil

1 avocado, peeled, destoned, sliced

- Take a grill pan, place it over high heat, grease it lightly with oil and let it preheat.
- Meanwhile, take a shallow dish, place cornflakes in it, add barbecue seasoning mix, and stir until mixed.
- Cut tofu into small pieces, and then coat them evenly with cornflake mixture.
- Transfer tofu pieces to the grill pan, drizzle with oil, and then grill for 4 minutes per side.
- In the meantime, slice the whole potatoes and then sprinkle with black pepper, garlic powder, chives, and parsley.
- Transfer potatoes to the grill pan and grill for 5 minutes per side until crisp.
- Take a medium bowl, add mushrooms in it along with tomatoes,

- sprinkle with paprika and toss until coat.
- Transfer mushrooms and tomatoes to the grill pan and grill for 3 minutes per side until hot.
  - Divide tofu and grilled vegetables evenly among plates and then serve evenly with avocado and baked beans.

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Per Serving: Calories: 646; Total Fat: 25.5 g; Saturated Fat: 5 g; Protein: 35.1 g; Carbs: 60 g; Fiber: 17.7 g; Sugar: 11.8 g

# Breakfast Protein Bowl

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 0 minutes

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14 ounces canned brown lentils, drained

1 zucchini, spiralized

5.6 ounces canned tuna pieces, packed in water or oil

1 avocado, peeled, destoned, sliced

¼ teaspoon salt

½ of lemon, juiced

2 eggs, boiled

For the dressing:

½ teaspoon minced garlic

2 teaspoons balsamic vinegar

1 tablespoon olive oil

For garnish:

2 teaspoons snipped chives

1 teaspoon black sesame seeds

2 teaspoons pumpkin seeds

- Prepare the dressing and for this, take a medium bowl, place all of its ingredients in it and whisk until combined.
- Add lentils and then stir until mixed.
- Spiralized zucchini, place it into a separate medium bowl, drizzle with lemon juice, season with salt and toss until coated.
- Peel the boiled eggs, cut them into slices, and arrange them into a large bowl.
- Arrange zucchini mixture, lentil mixture, avocado and tuna in portion into the bowl, sprinkle pumpkin seeds over zucchini, chives over lentils, and sesame seeds over eggs.

- Serve straight away.

---

Per Serving: Calories: 573; Total Fat: 34 g; Saturated Fat: 6.6 g; Protein: 37.3 g; Carbs: 24 g; Fiber: 11 g; Sugar: 3.2 g



# Oats with Fruit

---

Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

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½ of 14.4 ounces canned peach slices, packed in juice, drained

4 ounces oats

½ of 10.5 ounces canned mandarin segments, packed in juice, drained

¼ teaspoon cinnamon

½ cup milk, semi-skimmed

½ cup Greek yogurt

To Serve:

4 tablespoons granola

- Take a medium bowl, place all the ingredients in it, and then stir until combined.
- Cover the bowl with a lid and then refrigerate for a minimum of 8 hours.
- When ready to eat, divide oats and fruit evenly between two bowls, top with granola, and then serve.

---

Per Serving: Calories: 181; Total Fat: 3.1 g; Saturated Fat: 0.5 g; Protein: 5.1 g; Carbs: 34.8 g; Fiber: 6 g; Sugar: 6 g

# Banana and Prune Muffins

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---

Serves: 12 / Preparation time: 10 minutes / Cooking time: 30 minutes

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2 large bananas, peeled, mashed  
8.8 ounces self-raising flour  
14 ounces canned prunes, drained  
1/8 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1 tablespoon castor sugar  
1/2 teaspoon mixed spice  
1/2 teaspoon baking soda  
1 teaspoon vanilla extract, unsweetened  
2.6 ounces butter, unsalted, softened  
2 eggs  
½ cup chopped walnuts

- Switch on the oven, then set it to 356 degrees F and let it preheat.
- Meanwhile, take a large bowl, and then place all the ingredients in it, reserving prunes, banana, and walnuts.
- Blend by using an immersion blender until smooth and then fold in banana and prunes until just mixed.
- Take a 12-cup muffin pan, grease with oil, fill evenly with the prepared batter and then top with walnuts.
- Bake for 30 minutes until muffins have thoroughly cooked and then remove muffins from cups.
- Let muffins cool for 10 minutes and then serve.

---

---

Per Serving: Calories: 200; Total Fat: 6.5 g; Saturated Fat: 3.5 g; Protein: 3.5 g; Carbs: 30.5 g; Fiber: 1 g; Sugar: 18 g

# Peach Pancakes

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 15 minutes

---

4.75 ounces flour

14.6 ounces canned peach slices, packed in syrup, drained

1/2 teaspoon salt

1 teaspoon baking powder

2 tablespoons caster sugar

1 teaspoon maple syrup

2 tablespoons melted butter, unsalted

1 egg, beaten

½ cup milk, unsweetened

Icing sugar to dust

- Take a large bowl, place all the ingredients in it except for peaches, maple syrup and icing sugar and then blend by using an immersion blender until smooth.
- Take a medium skillet pan, place it over medium heat, add some oil to grease the pan, and when hot, drop batter in it until pan gets full.
- Spread the mixture to shape pancakes and then cook for 4 minutes per side until nicely browned and cooked.
- When done, top pancakes with peach slices, drizzle with maple syrup, sprinkle with icing sugar, and then serve.

---

Per Serving: Calories: 321; Total Fat: 11 g; Saturated Fat: 5 g; Protein: 7 g; Carbs: 47 g; Fiber: 2 g; Sugar: 20.5 g

# Salmon and Pea Quiche

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 50 minutes

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13.2 ounces of ready-to-rolled shortcrust pastry

6 ounces of canned salmon, skinless, boneless

10.5 ounces of canned garden peas

5 eggs, beaten

2/3 cup milk, semi-skimmed

Flour, as needed for dusting

2 tablespoons chopped chives

- Switch on the oven, then set it to 356 degrees F, place a 9-inch pie pan or quiche pan and let it preheat.
- Then carefully line the preheated pan with pastry, fill it with beans, and then bake for 10 minutes.
- After 10 minutes, remove beans from the pastry and then continue cooking for 10 minutes.
- Meanwhile, take a medium bowl, crack eggs in it and then whisk in milk until smooth.
- Add peas, salmon, and chives, and when after 10 minutes of baking, pour this mixture into pastry.
- Return pan into the oven and bake for 30 minutes until the filling has just set.
- Let quiche cool for 10 minutes, then cut it into slices and serve.

---

Per Serving: Calories: 638; Total Fat: 38 g; Saturated Fat: 14 g; Protein: 29 g; Carbs: 43 g; Fiber: 4 g; Sugar: 7 g

# Tropical Muffins

---

Serves: 12 / Preparation time: 10 minutes / Cooking time: 25 minutes

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8 ounces canned crushed pineapple, drained

1 1/2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon baking powder

1/2 cup sugar

1/4 cup butter, unsalted, softened

1/2 teaspoon baking soda

1 1/2 teaspoons rum extract

1/2 cup shredded coconut, sweetened

1/3 cup chopped pecans

1 egg

1 cup sour cream

- Switch on the oven, then set it to 375 degrees F and let it preheat.
  - Meanwhile, take a large bowl, place butter in it, and then beat in sugar until fluffy.
  - Then beat in egg, rum extract, and sour cream until combined.
  - Take a medium bowl, place flour in it, and then stir in salt, baking powder, and soda until mixed.
  - Gradually stir flour mixture into the egg mixture and then fold in pecans, coconut and pineapple until incorporated.
  - Take a 12-cup muffin pan, line cups with muffin cups, fill them evenly with prepared batter and then bake for 25 minutes until thoroughly cooked.
  - When done, remove muffins from pan, let them cool for 10 minutes and then serve.
-

Per Serving: Calories: 225; Total Fat: 11 g; Saturated Fat: 6 g; Protein: 3 g;  
Carbs: 26 g; Fiber: 1 g; Sugar: 13 g

# Citrus Cornmeal Cake

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 20 minutes

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15 ounces canned mandarin oranges, packed in juiced, drained

3/4 cup all-purpose flour

1 teaspoon baking powder

1/2 cup cornmeal

1/2 teaspoon grated orange zest

3 tablespoons sliced almonds

1/4 teaspoon almond extract, unsweetened

1/3 cup honey

1/4 cup olive oil

1/2 cup lemon yogurt

1 egg

2 egg whites

- Switch on the oven, then set it to 350 degrees F and let it preheat.
  - Take a large bowl, add egg and egg white in it and then beat in oil, honey, and yogurt until well blended.
  - Take a medium bowl, place flour, baking powder, and cornmeal in it and stir until mixed.
  - Gradually beat flour mixture into the egg mixture until incorporated and then beat in orange zest until mixed.
  - Take a 9-inches tart pan with a removable bottom, grease with cooking spray, pour in the prepared batter and then top with orange and almonds.
  - Bake for 30 minutes until cooked through, and when done, cool the cake for 10 minutes.
  - Cut cake into slices and then serve.
-

Per Serving: Calories: 240; Total Fat: 9 g; Saturated Fat: 1 g; Protein: 5 g;  
Carbs: 36 g; Fiber: 2 g; Sugar: 20 g



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# LUNCH

# Salmon and Bean Salad

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 0 minutes

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For the salad:

- 1 pouch of ready-to-cook couscous
- 1 can of pink salmon, packed in water, drained
- 1/2 of a medium cucumber, diced
- 1 can of sweetcorn, drained
- 10 cherry tomatoes, quartered
- 1 can of haricot beans, drained
- 2 ounces baby spinach

For the dressing:

- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 dried chili flakes
- 1 teaspoon honey
- 1/4 cup white wine vinegar
- 1/2 cup rapeseed oil

- Prepare the dressing and for this, take a jam jar, add all of its ingredients in it, shut with the lid and then shake well until combined.
- Take a large bowl, place all the ingredients for the salad in it, and toss until well mixed.
- Divide salad evenly among plates, drizzle with prepared salad dressing and then serve.

---

Per Serving: Calories: 272.6; Total Fat: 8.7 g; Saturated Fat: 2 g; Protein: 25.5 g; Carbs: 23 g; Fiber: 6.5 g; Sugar: 1 g

# Fish Tacos

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 20 minutes

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14.7 ounces canned salmon, drained  
14 ounces canned cannellini beans, drained  
8 spring onions, thinly sliced  
6 ounces canned sweetcorn, drained  
2 heads of lettuce  
4.4 ounces canned mackerel, drained  
4 tablespoons chopped coriander  
½ teaspoon minced garlic  
2 tablespoons Sriracha sauce  
¼ teaspoon lemon juice  
4 tablespoons olive oil  
7 ounces mayonnaise  
8 tacos

- Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and garlic, and cook for 5 minutes until soft.
  - Add beans, stir until mixed and continue cooking for 2 minutes until thoroughly warmed.
  - Remove pan from heat, transfer bean mixture into a medium bowl, break it by using a fork and then stir in mayonnaise until combined.
  - Cut the fish into bite-size pieces, add to the mayonnaise mixture, drizzle with lemon juice and fold until just mixed.
  - Divide the mixture evenly among tortilla, top with lettuce and coriander and then drizzle with Sriracha sauce.
  - Fold the tortillas and then serve.
-

Per Serving: Calories: 244; Total Fat: 12 g; Saturated Fat: 4.1 g; Protein: 16 g; Carbs: 18 g; Fiber: 1.5 g; Sugar: 1.4 g

# Salmon Fishcakes

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 6 minutes

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10-ounces canned peas, drained

½ bunch of chives, chopped

1-ounces canned potatoes, drained

1 tablespoon flour, and more for dusting

12-ounces canned salmon, drained

1/3 teaspoon salt

¼ teaspoon ground black pepper

1 lemon, juiced

2 tablespoons olive oil

1 egg

- Take a medium bowl, place potatoes in it, mash them and then mash in peas and salmon until combined.
- Add eggs, lemon juice, chives, salt, and black pepper, stir until well mixed and then shape the mixture into four patties.
- Take a medium skillet pan, place it over medium heat, add oil and when hot, add patties and cook for 3 minutes per side until nicely browned and thoroughly cooked.
- Serve straight away.

---

Per Serving: Calories: 167; Total Fat: 6.3 g; Saturated Fat: 2 g; Protein: 11.7 g; Carbs: 15.3 g; Fiber: 1 g; Sugar: 2 g

# Greek Chicken Salad

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 0 minutes

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For the Salad:

14-ounces canned butterbeans, packed in water, drained

30 black olives, pitted

12-ounces canned chicken, drained, shredded

14-ounces canned kidney beans, packed in water, drained

7-ounces cherry tomatoes, halved

½ of a medium cucumber, diced

½ cup chopped parsley

For the dressing:

1/8 teaspoon salt

1 teaspoon dried oregano

1/8 teaspoon ground black pepper

1 teaspoon mustard

2 tablespoons honey

4 tablespoons lemon juice

6 tablespoons olive oil

For Serving:

½ cup mint leaves

4.4-ounces crumbled feta cheese

8.4-ounces mixed salad leaves

- Take a large bowl, place all the ingredients for the salad in it and then stir until mixed.
- Prepare the dressing, and for this, take a jam jar, place all the ingredients for the dressing in it, cover with the lid and shake well.

- Add the dressing into the salad, toss until coated, and then taste to adjust seasoning.
- Serve the salad and for this, take a large plate, layer its bottom with salad leaves, top with prepared salad and then top with cheese and mint leaves.
- Serve straight away.

---

Per Serving: Calories: 380; Total Fat: 19.5 g; Saturated Fat: 5.5 g; Protein: 27.5 g; Carbs: 20 g; Fiber: 7.5 g; Sugar: 9.5 g

# Pasta Fagioli

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Serves: 12 / Preparation time: 10 minutes / Cooking time: 55 minutes

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4 ounces pasta shells, uncooked  
1 pound ground beef  
7.5 ounces canned cannellini beans, drained  
4 celery ribs, diced  
28-ounces canned diced tomatoes, undrained  
8 ounces canned kidney beans, drained  
2 medium white onions, peeled, chopped  
1 ½ medium carrots, peeled, sliced  
1 ½ teaspoon ground black pepper  
½ teaspoon dried oregano  
¾ teaspoon hot pepper sauce  
1 ½ can of beef broth, each about 14.5-ounces  
26-ounces canned spaghetti sauce  
3 teaspoons minced parsley

- Place a large pot, place it over medium heat and when hot, add beef and cook for 5 to 8 minutes until beef is no longer pink.
- Drain the excess fat, add remaining ingredients, reserving pasta and parsley, stir until mixed, and then bring the mixture to a boil.
- Switch heat to medium-low level and simmer for 30 minutes until cooked, covering the pot.
- Add parsley and pasta and then continue simmering for 10 to 14 minutes until pasta has turned soft, covering the pot.
- Serve straight away.

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Per Serving: Calories: 212; Total Fat: 6 g; Saturated Fat: 2 g; Protein: 14 g;  
Carbs: 25 g; Fiber: 5 g; Sugar: 8 g



# Black Bean Veggie Burgers

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 20 minutes

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½ of medium white onion, peeled, cut into wedges

16-ounces canned black beans, drained

½ of green bell pepper, cored, 2-inch diced

1 ½ teaspoon minced garlic

1 tablespoon cumin

1 tablespoon red chili powder

1 teaspoon hot sauce

1 egg

½ cup bread crumbs

- Switch on the oven, then set it to 375 degrees F and let it preheat.
- Take a medium bowl, place beans in it, and then mash them with a fork until thick mixture comes together.
- Place onions in a food processor, add bell pepper and garlic, and pulse for 1 to 2 minutes until finely chopped.
- Add the mixture into the black beans mixture and then stir until well combined.
- Take a small bowl, crack the egg in it, add cumin, red chili powder, and hot sauce and whisk until frothy.
- Add egg mixture into the black beans mixture along with bread crumbs and then stir until sticky mixture comes together.
- Shape the mixture into four patties and then arrange them on a grease baking sheet.
- Bake the black beans patties for 10 minutes per side and then serve.

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Per Serving: Calories: 198; Total Fat: 3 g; Saturated Fat: 1 g; Protein: 11.2 g;

Carbs: 33.1 g; Fiber: 9.8 g; Sugar: 2 g

# Vegetable Pot Pie

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 30 minutes

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2 tablespoons all-purpose flour  
2 tablespoons unsalted butter  
3 cups frozen mixed vegetables, thawed  
15-ounces canned lentils, drained  
1/2 teaspoon salt  
1 teaspoon French four spice  
1 tablespoon Dijon mustard  
1 tablespoon olive oil  
1 sheet of pie crust, refrigerated  
1 cup vegetable broth  
1/4 cup grated Parmesan cheese

- Switch on the oven, then set it to 375 degrees F and let it preheat.
- Meanwhile, take a large skillet pan, place it over medium heat, add butter and when it melts, add lentils and mixed vegetables and then cook for 5 minutes until thoroughly heated.
- Then stir in flour, whisk in broth until blended and bring the mixture to a boil, stirring continuously.
- Switch heat to medium heat, simmer the mixture for 1 to 2 minutes until thickened and then stir in salt, four spice, and mustard.
- Take a 9-in pie plate, grease it with oil, pour in the cooked filling and then cover with pie crust, trimming the edges and make slits in the center.
- Brush the crust with oil, sprinkle with cheese and then bake for 30 minutes until crust has turned nicely golden brown.
- When done, cool the pie for 5 minutes and then serve.

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Per Serving: Calories: 356; Total Fat: 17 g; Saturated Fat: 7 g; Protein: 10 g;  
Carbs: 41 g; Fiber: 9 g; Sugar: 5 g

# Hamburger Soup

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 40 minutes

---

1 pound ground beef  
1 medium white onion, peeled, chopped  
3 medium carrots, sliced  
2 medium potatoes, peeled and cubed  
1 cup of frozen green beans  
14.5-ounces canned of diced tomatoes, undrained  
1/2 cup chopped celery  
1 ½ teaspoons salt  
¼ teaspoon ground black pepper  
¼ teaspoon dried oregano  
4 teaspoons beef bouillon granules  
4 cups of water

- Place a large saucepan, place it over medium heat and when hot, add beef and cook for 5 to 8 minutes until brown.
- Drain the excess grease from the pan, then add remaining ingredients except for beans and oregano, stir until mixed, and bring it to a boil.
- Then switch heat to medium-low level and simmer the soup for 15 minutes until vegetables have turned tender.
- Add green beans, cover the pan and simmer for 15 minutes until beans have turned tender.
- When done, ladle soup into bowls, garnish with oregano and then serve.

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Per Serving: Calories: 178; Total Fat: 7 g; Saturated Fat: 3 g; Protein: 13 g; Carbs: 15 g; Fiber: 3 g; Sugar: 5 g

# Cheeseburger Pasta

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 15 minutes

---

3/4 pound ground beef  
2 tablespoons chopped white onion  
2 tablespoons dill pickle relish  
2 green onions, chopped  
14.5-ounces canned diced tomatoes, no-salt-added  
2 tablespoons mustard paste  
1/4 teaspoon seasoned salt  
1 teaspoon steak seasoning  
1 tablespoon olive oil  
2 tablespoons ketchup  
1 1/2 cups penne pasta, cooked  
3/4 cup shredded cheddar cheese

- Place a large skillet pan, place it over medium heat, add oil and when hot, add onion and beef and then cook for 5 to 8 minutes until beef is no longer pink.
- Drain the excess fat, add cooked pasta, add remaining ingredients except for cheese and green onions and bring the mixture to a boil.
- Then switch heat to medium-low level and simmer for 5 minutes.
- After 5 minutes, remove the pan from heat, add cheese, cover the pan and let it stand for 5 minutes until cheese melts.
- Garnish pasta with green onions and then serve.

---

Per Serving: Calories: 391; Total Fat: 12 g; Saturated Fat: 6 g; Protein: 28 g; Carbs: 43 g; Fiber: 4 g; Sugar: 10 g

# Mixed Vegetable Soup

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Serves: 2 / Preparation time: 10 minutes / Cooking time: 20 minutes

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14.5-ounces canned diced tomatoes, undrained

1/2 of a small carrot, grated

2 tablespoons chopped green bell pepper

1/2 of a celery rib, chopped

1 tablespoon chopped green onion

1/8 teaspoon ground black pepper

3/4 teaspoon sugar

1 tablespoon butter, unsalted

1 cup chicken broth, divided

1 1/2 teaspoons cornstarch

- Take a small saucepan, place it over medium heat, add butter and when it melts, add onion, green pepper, celery, and carrot and cook for 5 to 7 minutes until tender.
- Reserve 2 tablespoons of broth, pour remaining broth into the pan, add tomato, black pepper, and sugar and then bring it to a boil.
- Then switch heat to medium-low level, cover the pan and simmer the soup for 10 minutes.
- Stir together reserved broth and cornstarch, add to the soup, stir until smooth and bring it to a boil.
- Then cook soup for 2 minutes until slightly thickened and serve.

---

Per Serving: Calories: 124; Total Fat: 6 g; Saturated Fat: 4 g; Protein: 4 g; Carbs: 16 g; Fiber: 4 g; Sugar: 10 g

# Pineapple Meatballs

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Serves: 24 / Preparation time: 10 minutes / Cooking time: 25 minutes

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8 ounces canned crushed pineapple

1/2 pound pork sausage

1/2 pound ground beef

1/4 cup dry bread crumbs

1/8 teaspoon ground black pepper

1 egg

For the Glaze:

2 tablespoons Dijon and mayonnaise blend

1/4 cup white vinegar

1/4 cup ketchup

1/4 cup brown sugar

1/4 cup water

- Switch on the oven, then set it to 450 degrees F and let it preheat.
- Reserve the juice of pineapple, and then place crushed pineapple into a large bowl.
- Drizzle with 2 tablespoons of pineapple juice, add beef, sausage, black pepper, bread crumbs, and eggs and stir until well mixed.
- Shape the mixture into 1-inch meatballs, arrange them into a greased baking pan and then bake for 15 minutes until the internal temperature of meatballs reaches 160 degrees F.
- Meanwhile, take a large skillet pan, place it over medium heat, pour in reserved pineapple juice, add all the ingredients for the glaze and then cook for 2 to 4 minutes until hot, set aside until required.
- Then add baked meatballs into the skillet pan containing glaze, toss until coated, and bring to a boil.
- Switch heat to the low level and continue cooking for 5 minutes or



until hot.

- Serve straight away.

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Per Serving: Calories: 66; Total Fat: 3 g; Saturated Fat: 1 g; Protein: 3 g;  
Carbs: 5 g; Fiber: 0 g; Sugar: 4 g

# Jalapeno Mac and Cheese

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Serves: 15 / Preparation time: 20 minutes / Cooking time: 3 hours

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4 jalapeno peppers, deseeded, chopped

16-ounces elbow macaroni, uncooked

1/4 teaspoon ground bell pepper

10.75-ounces canned cream of onion soup, condensed, undiluted

3 cups shredded cheddar cheese

10.75-ounces canned cheddar cheese soup, condensed, undiluted

6 tablespoons butter, unsalted, divided

2 cups whole milk, unsweetened

1/2 cup mayonnaise

2 cups shredded Colby-Monterey Jack cheese

1 cup crushed Ritz crackers

- Place a large skillet pan, place it over medium-high heat, add 2 tablespoons of butter and when it melts, add jalapeno and cook for 5 minutes until tender-crisp.
- Transfer jalapeno with butter into a slow cooker, add remaining ingredients except for remaining butter and cracker, and shut with lid.
- Plug in the slow cooker and then cook for 3 hours at a low heat setting until cooked through.
- When done, place a frying pan, add butter in it, wait until it melts, stir in crackers and remove the pan from heat.
- Spread cracker mixture over the macaroni and then serve.

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Per Serving: Calories: 428; Total Fat: 27 g; Saturated Fat: 13 g; Protein: 14 g; Carbs: 33 g; Fiber: 2 g; Sugar: 5 g

# Red Pepper Chicken

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Serves: 4 / Preparation time: 15 minutes / Cooking time: 6 hours

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4 chicken breast halves, each about 4 ounces

1 large white onion, peeled, chopped

15-ounces canned black beans, no-salt-added, drained

12-ounces jarred roasted sweet red peppers, drained, cut into strips

14.5-ounces canned Mexican stewed tomatoes, undrained

¼ teaspoon ground black pepper

White rice, cooked, for serving

- Switch on a slow cooker, grease it lightly with oil and then place chicken in it.
  - Take a medium mixing bowl, place onion, pepper, red pepper, tomatoes, and beans in it and then stir until mixed.
  - Spread bean mixture over chicken, shut with the lid, and cook for 6 hours at a low heating setting.
  - When done, serve chicken and peppers over cooked rice.
- 

Per Serving: Calories: 288; Total Fat: 3 g; Saturated Fat: 1 g; Protein: 30 g;  
Carbs: 28 g; Fiber: 7 g; Sugar: 8 g

# Spicy Goulash

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Serves: 12 / Preparation time: 10 minutes / Cooking time: 6 hours and 30 minutes

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2 cups elbow macaroni, uncooked  
1 medium white onion, peeled, chopped  
1 pound ground beef  
2 cans of kidney beans, each about 16-ounces, drained  
1 medium green pepper, cored, chopped  
4 cans of Mexican diced tomatoes, each about 14.5-ounces, undrained  
1/4 teaspoon ground black pepper  
1 teaspoon dried basil  
1 teaspoon ground cumin  
1 teaspoon dried parsley flakes  
2 tablespoons red chili powder  
1/4 cup red wine vinegar  
1 tablespoon Worcestershire sauce  
2 teaspoons beef bouillon granules  
2 cups of water

- Place a large skillet pan, place it over medium heat, and when hot, add beef and cook for 5 to 8 minutes until beef is no longer pink.
  - Drain the excess grease, transfer beef into a slow cooker and then add remaining ingredients except for macaroni.
  - Plug in the slow cooker, shut it with the lid, and then cook for 6 hours at low heat setting until thoroughly heated.
  - Then stir in the macaroni, shut with the lid, and continue cooking for 30 minutes or longer until tender.
  - Serve straight away.
-

Per Serving: Calories: 222; Total Fat: 5 g; Saturated Fat: 2 g; Protein: 15 g;  
Carbs: 30 g; Fiber: 6 g; Sugar: 7 g

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DINNER

# Thai Prawn Green Curry

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 12 minutes

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14-ounces jumbo prawns, peeled, deveined

14-ounces canned edamame

10-ounces canned mushrooms

1 large white onion, peeled, quartered

5.3-ounces canned whole baby sweetcorn cobs

1 red chili, chopped

7-ounces sugar snap peas

14-ounces canned French beans

½ cup coriander leaves

8-ounces canned bamboo shoots

2 teaspoons minced garlic

2 teaspoons grated ginger

1 tablespoon basil leaves

3-ounces jarred Green Thai Curry Paste

1 tablespoon rapeseed oil

1 tablespoon Thai fish sauce

3 ¾ cup canned coconut milk, unsweetened

To serve:

2 red chili, sliced lengthways

1 lime

- Place onion into a food processor, add chili, coriander, garlic, ginger, and green curry paste and then pulse for 1 minute until smooth.
- Take a medium saucepan, place it over medium heat, add oil and when hot, add onion mixture, and cook for 3 minutes.
- Pour in coconut milk, bring it to a boil, add all the vegetables, stir

until mixed and bring it to a boil.

- Add prawns, cook for 5 minutes until they turn pink, and then remove the saucepan from heat.
- Stir in fish sauce, coriander, and basil leaves, garnish with red chili and then drizzle with lime juice.
- Serve straight away.

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Per Serving: Calories: 471; Total Fat: 26 g; Saturated Fat: 14 g; Protein: 31.8 g; Carbs: 22 g; Fiber: 11 g; Sugar: 11.2 g



# Bean and Beef Chili

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 6 hours

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2 cans of pinto beans, each about 15 ounces, drained

1 pound ground beef

2 cans of black beans, each about 15 ounces, drained

2 cans of diced tomatoes with mild green chilies, each about 14.5 ounces

1 large sweet onion, peeled, chopped

1 ½ tablespoon minced garlic

1/2 teaspoon salt

3 tablespoons red chili powder

2 teaspoons ground cumin

For Topping:

Sour cream as needed

1 red onion, peeled, chopped

Minced cilantro as needed

- Place a large skillet pan, place it over medium heat, and when hot, add beef and then cook for 5 to 8 minutes until meat is no longer pink.
- Drain the excess grease, transfer beef into a slow cooker, discard liquid of one diced tomato can, add tomatoes into the slow cooker along with remaining ingredients, and then stir until mixed.
- Plug in the slow cooker, shut with the lid, and then cook for 6 to 8 hours at low heat setting until done.
- When done, mash the black beans until chili reaches to desired consistency and then ladle into bowls.
- Top chili with sour cream, onion, and cilantro and then serve.

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Per Serving: Calories: 264; Total Fat: 9.6 g; Saturated Fat: 3 g; Protein: 16 g;

Carbs: 34 g; Fiber: 8.4 g; Sugar: 4.2 g

# Tuna Balls with Spaghetti

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 45 minutes

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For The Tuna Balls:

2 cans of tuna chunks, packed in oil, each about 5.6-ounces, drained

1 medium white onion, peeled, chopped

1 slice of brown bread, toasted

1 teaspoon minced garlic

3 tablespoons flour

½ teaspoon salt

1 teaspoon ground black pepper

1 teaspoon dried oregano

2 teaspoons dried parsley

1 lemon, zested

1 egg

2 ounces of grated cheddar cheese

For The Tomato Sauce and Spaghetti:

10.5 ounces spaghetti, cooked

1 medium white onion, peeled, chopped

½ teaspoon salt

1 teaspoon ground black pepper

½ teaspoon sugar

3 tablespoons tomato puree

2 tablespoons olive oil

17.6 ounces canned passata

- Prepare tuna balls, and for this, torn bread into pieces and add them into a food processor.
- Add onion, garlic, lemon zest, salt, black pepper, parsley, and cheese and then pulse for 1 to 2 minutes until chopped.
- Then add tuna and egg and continue blending for 1 to 2 minutes until well combined.
- Take a shallow dish, place flour in it, and then stir in oregano.
- Shape the tuna mixture into sixteen balls and then roll them into flour mixture until coated.
- Transfer coated tuna balls to a plate, cover loosely with a plastic

wrap, and then refrigerate for 30 minutes.

- Meanwhile, prepare the sauce and for this, take a large frying pan, place it over medium heat, add oil and when hot, add the onion.
- Stir in salt and sugar, cook for 10 minutes until softened and then stir in black pepper.
- Stir in tomato puree, cook for 2 minutes, switch heat to medium-low level, stir in passata and simmer the sauce for 20 minutes.
- After 30 minutes, remove tuna balls from the refrigerator and fry them for 3 minutes per side until nicely browned.
- Divide cooked pasta among bowls, top with sauce and tuna balls, and then serve.

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Per Serving: Calories: 678; Total Fat: 21 g; Saturated Fat: 5.5 g; Protein: 40 g; Carbs: 79 g; Fiber: 7.5 g; Sugar: 14 g

# Chicken Burrito Skillet

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 30 minutes

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- 1 cup long-grain rice, uncooked
- 1 pound chicken breasts
- 1 can of black beans, each about 15 ounces, drained
- 1 medium tomato, chopped
- 1 can of diced tomatoes, 14.5 ounces, drained
- 3 green onions, chopped
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1 teaspoon ground cumin
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon red chili powder
- 2 tablespoons olive oil, divided
- 2 1/2 cups chicken broth
- 1 cup shredded Mexican cheese blend

- Prepare the chicken and for this, cut it into 1 1/2 inches pieces, place them in a bowl and then season with salt and black pepper.
- Place a large skillet pan, place it over medium heat, add 1 tablespoon oil and when hot, add seasoned chicken pieces and cook for 2 minutes per side until nicely browned.
- Remove browned chicken pieces from the pan, add remaining oil in it, switch heat to medium-high level and when hot, add rice and cook for 2 minutes until golden brown.
- Add diced tomatoes, beans, and all the seasoning, pour in the broth, and bring the mixture to a boil.
- Top with chicken pieces, don't stir and then simmer for 20 minutes until chicken is cooked and rice has turned tender,

covering the pan.

- When done, remove the pan from heat, sprinkle with cheese, and let stand for 5 minutes until cheese has melted.
- Top with chopped tomatoes and green onions and then serve.

---

Per Serving: Calories: 403; Total Fat: 13 g; Saturated Fat: 4 g; Protein: 27 g;  
Carbs: 43 g; Fiber: 5 g; Sugar: 4 g

# Five Can Soup

---

Serves: 8 / Preparation time: 10 minutes / Cooking time: 10 minutes

---

1 can of prepared chili with beans, about 15-ounces

1 can of diced tomatoes with green chili peppers, about 10-ounces

1 can of whole kernel corn, about 14-ounces

1 can of tomato soup, about 10-ounces

1 can of vegetable beef soup, about 10.75 ounces

- Place a medium saucepan, place it over medium-high heat, add all the ingredients in it and stir until mixed.
  - Cook for 10 minutes until thoroughly heated and then serve.
- 

Per Serving: Calories: 130; Total Fat: 4 g; Saturated Fat: 2 g; Protein: 6.3 g;  
Carbs: 20.2 g; Fiber: 4.2 g; Sugar: 3 g

# Eggplant Cacciatore

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 18 minutes

---

1 large eggplant, about 1 ½ pounds

1 medium white onion, peeled, chopped

1 can of mushroom stems and pieces, about 8-ounce, drained

1 can of stewed tomatoes, about 14.5-ounce, no salt added

1/4 teaspoon salt

1 teaspoon dried basil

1/8 teaspoon ground black pepper

2 tablespoons olive oil

1/2 cup shredded mozzarella cheese

- Place a large skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until soft.
- Meanwhile, prepare the eggplant, and for this, cut it into ¾-inch pieces.
- Add eggplant into the cooked onion, cook for 10 to 12 minutes until tender, and then add remaining ingredients except for cheese.
- Switch heat to the high level, bring the mixture to a boil, and then simmer for 5 minutes until thickened.
- When done, sprinkle cheese over eggplant, let it stand for 5 minutes until cheese melts, and then serve.

---

Per Serving: Calories: 200; Total Fat: 10 g; Saturated Fat: 3 g; Protein: 7 g; Carbs: 23 g; Fiber: 8 g; Sugar: 12 g



# Pineapple Jerk Chicken and Rice

---

Serves: 6 / Preparation time: 10 minutes / Cooking time: 25 minutes

---

1 pound chicken breasts  
1 can of pineapple chunks, about 20-ounce, drained  
1 can of chopped green chilies, about 4.5-ounce  
1 can of black beans, about 15-ounce, drained  
1 medium white onion, peeled, diced  
1 cup rice, cooked  
1 teaspoon Jamaican jerk blend seasoning  
1 tablespoon olive oil  
1/2 cup jerk marinade

- Prepare the chicken and for this, cut it into 1-inch pieces and then season with jerk seasoning.
- Place a large skillet pan, place it over medium heat, add oil and when hot, add chicken pieces and cook for 5 minutes until brown on all sides.
- Transfer chicken pieces to a plate, add onion into the pan, and cook for 5 minutes until soft.
- Return chicken pieces into the pan, add remaining ingredients except for rice, and stir until mixed.
- Switch heat to the high level, bring the mixture to a boil, then switch heat to the low level and simmer for 10 minutes until chicken has thoroughly cooked.
- Serve chicken over cooked rice.

---

Per Serving: Calories: 310; Total Fat: 4.5 g; Saturated Fat: 0.5 g; Protein: 20 g; Carbs: 4.5 g; Fiber: 7 g; Sugar: 27 g

# Cream of Turkey and Wild Rice Soup

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 20 minutes

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2 cups diced cooked turkey  
1 medium white onion, peeled, chopped  
1 can of sliced mushrooms, about 4 ounces, drained  
6 ounces of long grain and wild rice mix with seasoning  
1 tablespoon minced parsley  
2 tablespoons butter, unsalted  
2 cups chicken broth  
3 cups of water  
1 cup heavy whipping cream

- Place a large saucepan, place it over medium heat, add butter and when it melts, add onion and mushrooms and then cook for 5 minutes until tender.
- Add rice mix along with seasoning, pour in broth and water, stir until mixed and bring the mixture to a boil.
- Then switch heat to medium-low level and simmer for 20 minutes until rice has turned tender.
- Add turkey and cream, stir until mixed and cook for 5 minutes until thoroughly heated.
- Garnish with minced parsley and then serve.

---

Per Serving: Calories: 364; Total Fat: 21 g; Saturated Fat: 12 g; Protein: 19 g; Carbs: 25 g; Fiber: 1 g; Sugar: 3 g

# Lemony Greek Beef and Vegetables

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 20 minutes

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1 can of navy beans, about 16 ounces, drained

1 pound ground beef

5 medium carrots, peeled, sliced

1 bunch of baby bok choy, trimmed

1 ½ tablespoon minced garlic

¼ cup and 2 tablespoons white wine, divided

¼ teaspoon salt

2 teaspoons dried oregano

2 tablespoons lemon juice

1 tablespoon olive oil

½ cup shredded Parmesan cheese

- Prepare the bok choy, and for this, chop its leaves and then cut its stalks into 1-inch pieces.
- Place a large skillet pan, place it over medium-high heat, and when hot, add beef and cook for 5 to 7 minutes until nicely browned.
- Drain the excess grease, transfer beef to a bowl, add oil and when hot, add stalks of bok choy and carrots and cook for 5 to 7 minutes until tender-crisp.
- Stir in leaves of bok choy, and garlic, pour in ¼ cup of wine, then switch heat to medium-high level and cook for 5 minutes until nicely browned.
- Return beef into the pan, add remaining ingredients except for lemon juice and cheese, and stir until mixed.
- Switch heat to medium-low level, simmer for 3 minutes and then remove the pan from heat.

- Drizzle with lemon juice, sprinkle with cheese and then serve.

---

Per Serving: Calories: 478; Total Fat: 21 g; Saturated Fat: 7 g; Protein: 36 g;  
Carbs: 36 g; Fiber: 10 g; Sugar: 7 g

# Meatball Soup

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 35 minutes

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36 meatballs

1 can of cannellini beans, about 15 ounces, drained

2 celery ribs, chopped

1 small white onion, peeled, chopped

3/4 cup canned green beans cut

15 baby carrots, chopped

1 can of Italian diced tomatoes, about 14.5 ounces, undrained

3/4 cup chopped cabbage

1/4 teaspoon salt

1/4 teaspoon paprika

1/4 teaspoon ground black pepper

1 teaspoon Italian seasoning

4 teaspoons olive oil, divided

1 can of chicken broth, about 14.5 ounces

3 tablespoons shredded mozzarella cheese

- Place a large skillet pan, place it over medium heat, add 2 teaspoons oil and when hot, add meatballs and cook for 3 to 4 minutes per side until browned, set aside until required.
- Take a large saucepan, place it over medium heat, add remaining oil and when hot, add onion, carrot, and celery and cook for 5 to 8 minutes until tender.
- Add tomatoes, cabbage, green beans, and cannellini beans, pour in the broth, season with salt, black pepper, paprika, and Italian seasoning and bring the mixture to a boil.
- Switch heat to medium-low level, add meatballs and simmer for 20 minutes until beans have turned tender.

- Sprinkle with cheese, wait until it melts, and then serve the soup.

---

Per Serving: Calories: 254; Total Fat: 10 g; Saturated Fat: 2 g; Protein: 19 g;  
Carbs: 21 g; Fiber: 5 g; Sugar: 7 g

# Baked Ham with Pineapple

---

Serves: 20 / Preparation time: 10 minutes / Cooking time: 2 hours

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1 fully cooked ham, bone-in, about 8 pounds

1 can of sliced pineapple, about 20 ounces

12 maraschino cherries

Whole cloves as needed

1/2 cup brown sugar

- Switch on the oven, then set it to 325 degrees F and let it preheat.
- Meanwhile, take a roasting pan, place ham in it, use a sharp to score diamond shape cuts on its surface, and then insert cloves in those cuts.
- Cover with foil and then bake the ham for 1 hour and 30 minutes.
- Reserve ¼ cup of juice from the pineapple, add sugar into the juice, stir until mixed and pour it over baked ham.
- Arrange cherries and pineapple slices on ham and continue baking for 45 minutes until the internal temperature of the ham reaches 140 degrees F.
- Serve straight away.

---

Per Serving: Calories: 219; Total Fat: 13 g; Saturated Fat: 5 g; Protein: 17 g; Carbs: 8 g; Fiber: 0 g; Sugar: 8 g

# Peachy Spareribs

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 6 hours and 30 minutes

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4 pounds of pork spareribs, cut into eight pieces

1 can of sliced peaches, about 15.25 ounces, undrained

½ teaspoon minced garlic

1 teaspoon salt

1 teaspoon ground bell pepper

1/2 cup brown sugar

2 tablespoons cornstarch

1/4 cup white vinegar

1/4 cup ketchup

2 tablespoons soy sauce

2 tablespoons olive oil

2 tablespoons cold water

Cooked rice, for serving

- Place a large skillet pan, place it over medium heat, add oil and when hot, add ribs pieces in a single layer and cook for 5 to 10 minutes per side until nicely browned.
- Switch on a slow cooker, place ribs in it, then top with remaining ingredients except for rice, cornstarch, and water and cook for 6 hours at low heat setting until ribs have turned tender.
- When done, transfer peaches and pork to a serving plate and then keep warm.
- Remove fat from the cooking juices in the slow cooker, transfer cooking juices into a small pan and bring it to a boil over medium heat.
- Stir together cornstarch and water, add to the liquid in a saucepan,



stir until smooth, bring it to a boil, and then cook for 2 minutes until thickened.

- Serve pork over cooked rice, drizzle with sauce and then serve.

---

Per Serving: Calories: 518; Total Fat: 32 g; Saturated Fat: 12 g; Protein: 31 g; Carbs: 24 g; Fiber: 0 g; Sugar: 22 g

# Ham and Cheese Potato Casserole

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Serves: 5 / Preparation time: 10 minutes / Cooking time: 20 minutes

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1 ¼ cups cubed cooked ham

1 package of frozen O'Brien potatoes, about 28 ounces

1 can of condensed cream of celery soup, about 10.75 ounces, undiluted

¼ teaspoon ground black pepper

1 cup sour cream

¼ cup of water

½ package of Velveeta cheese, about 16 ounces, cubed

- Switch on the oven, then set it to 375 degrees F and let it preheat.
  - Meanwhile, take a large bowl, pour in water, sour cream, soup, and black pepper and whisk until combined.
  - Add ham, potatoes, and cheese and then stir until mixed.
  - Take a baking dish, spoon potato mixture in it, spread it evenly, cover with foil and then bake for 40 minutes.
  - Uncover the baking dish and then continue baking for 15 minutes until bubbly.
  - When done, let casserole stand for 10 minutes and then serve.
- 

Per Serving: Calories: 474; Total Fat: 26 g; Saturated Fat: 14 g; Protein: 20 g; Carbs: 36 g; Fiber: 4 g; Sugar: 7 g

# Empanada Beef Chili

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 1 hour and 30 minutes

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1 can of black beans, about 15 ounces, drained  
1 medium onion, peeled, chopped  
1 can of chopped green chilies, about 4 ounces  
1 can of sliced olives, about 2.25 ounces, drained  
1 ½ pound beef chuck steak, boneless  
3 tablespoons minced cilantro  
1 tablespoon minced garlic  
1/2 teaspoon salt  
2 teaspoons ground chipotle pepper  
1/2 teaspoon ground black pepper  
2 teaspoons ground cinnamon  
1/2 cup raisins  
1 can of tomato paste, about 6 ounces  
4 teaspoons olive oil, divided  
2 1/2 cups beef broth

- Prepare the beef and for this, cut it into 3/4-inch pieces, place them in a bowl and then season with salt and black pepper.
- Take a Dutch oven, place it over medium heat, add 2 teaspoons oil and when hot, add beef pieces and cook for 3 to 4 minutes per side until brown.
- Transfer beef pieces to a plate, add remaining oil and when hot, add onion and cook for 5 minutes until tender.
- Stir in garlic, cook for 1 minute until fragrant, stir in cinnamon, chipotle pepper, and tomato paste and cook for 3 minutes.
- Add cilantro, chilies, and raisins, pour in the broth, return beef pieces into the pot and bring the mixture to a boil.

- Switch heat to medium-low level and simmer for 1 hour until beef has turned tender.
- Add olives and beans and then cook for 10 minutes, don't uncover the pot.
- Serve straight away.

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Per Serving: Calories: 373; Total Fat: 16 g; Saturated Fat: 5 g; Protein: 29 g; Carbs: 30 g; Fiber: 6 g; Sugar: 11 g

# Pineapple Chicken Fajitas

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 15 minutes

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1 ½ pounds chicken tenderloins  
2 cups sliced red onion  
2 cans of pineapple tidbits, unsweetened, each about 8 ounces, drained  
1 large green pepper, cored, cut into 1/2-inch strips  
1 teaspoon garlic powder  
1 large sweet red pepper, cored, 1/2-inch sliced  
1 tablespoon minced jalapeno pepper, deseeded  
¾ teaspoon salt  
3 teaspoons red chili powder  
2 teaspoons ground cumin  
2 tablespoons honey  
2 tablespoons lime juice  
2 tablespoons coconut oil, melted  
12 corn tortillas, warmed

- Switch on the oven, then set it to 425 degrees F and let it preheat.
- Take a large bowl, add salt, chili powder, cumin, and garlic in it, pour in coconut oil, and stir until combined.
- Cut chicken in half lengthwise, add into the seasoning mixture, toss until coated, add onion, pineapple, and all the peppers, drizzle with lime juice and honey and then toss until combined.
- Take two large sheet pans, spread chicken and vegetables evenly between them, and then roast for 10 minutes until cooked, rotating pans halfway.
- Then switch on the broiler and broil chicken and vegetables for 3 to 5 minutes until chicken is no longer pink and vegetables are nicely browned.

- Divide chicken and vegetables among tortillas and then serve.

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Per Serving: Calories: 359; Total Fat: 8 g; Saturated Fat: 4 g; Protein: 31 g;  
Carbs: 45 g; Fiber: 6 g; Sugar: 19 g

# Broccoli Chicken Casserole

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 30 minutes

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1 cup frozen broccoli florets, thawed

2 cups of cooked chicken, in cubes

1 package of chicken stuffing mix, about 6 ounces

1 can of condensed broccoli cheese soup, about 10.75 ounces, undiluted

1 cup shredded cheddar cheese

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, prepare chicken stuffing mix as mentioned on the package by using 1 ½ cup of water.
- Then take a large bowl, place cubed chicken in it, add broccoli, pour in soup, and stir until just mixed.
- Take a baking dish, grease it with oil, spoon chicken mixture in it, top with prepared stuffing mix and then sprinkle with cheese.
- Cover the baking dish with foil, bake for 20 minutes, then uncover it and continue baking for 10 minutes until thoroughly hot.
- Serve straight away.

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Per Serving: Calories: 315; Total Fat: 13 g; Saturated Fat: 6 g; Protein: 23 g; Carbs: 25 g; Fiber: 2 g; Sugar: 4 g

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# RICE AND BEANS



# Korean Rice and Vegetables

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 10 minutes

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1 can of asparagus, about 15-ounce, drained, cut into 2-inch pieces

1 of can corn, about 8.75-ounce, drained

1 small white onion, peeled, chopped

1 tablespoon minced ginger

1 can of green beans, about 8-ounce, drained

1 can of sliced carrots, about 8.25-ounce, drained

1 teaspoon minced garlic

1 tablespoon sesame oil

1 tablespoon soy sauce

1 tablespoon peanut oil

1 tablespoon toasted sesame seeds

4 eggs

1 cup long-grain rice, cooked

- Take a large skillet pan, place it over medium heat, add peanut oil and when hot, add onion, ginger, and garlic and cook for 5 minutes until soft.
- Meanwhile, take a separate skillet pan, place it over medium heat, grease it with oil and cook eggs in it, sunny-side up.
- When onions have cooked, add cooked rice, toss until mixed, and then cook for 3 minutes until hot.
- Distribute rice mixture among bowls, top with beans, asparagus, carrot, and corn and then drizzle with soy sauce and sesame oil.
- Top with fried eggs, sprinkle with sesame seeds, and then serve.

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Per Serving: Calories: 420; Total Fat: 16 g; Saturated Fat: 3 g; Protein: 16 g; Carbs: 55 g; Fiber: 5 g; Sugar: 5 g

# Jambalaya

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 35 minutes

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8 ounces smoked sausage, cut into ¼-inc-thick slices

1 can of medium shrimp, about 6-ounce, peeled, deveined

2 large white onions, peeled, diced

1 can of crushed tomatoes, about 28-ounce

2 stalks of celery, diced

1 medium green bell pepper, cored, diced

1 teaspoon minced garlic

1 teaspoon salt

1/4 teaspoon dried thyme

1 tablespoon olive oil

1 can of chicken broth, about 14.75-ounce

1½ cups long-grain rice

- Take a large saucepan, place it over high heat, add oil and when hot, add sausage and cook for 5 to 10 minutes until nicely browned on all sides.
- When done, transfer sausage to a plate, add onion, green bell pepper, and celery, stir in garlic and then cook for 5 minutes.
- Add tomatoes and rice, season with salt and thyme, pour in the broth, and bring the mixture to a boil.
- Switch heat to the low level, cover the pan and simmer for 15 minutes.
- Return sausage into the pan, add shrimps and cook for 5 to 7 minutes until thoroughly cooked.
- Serve straight away.

---

Per Serving: Calories: 380; Total Fat: 10 g; Saturated Fat: 3 g; Protein: 20 g;

Carbs: 53 g; Fiber: 6 g; Sugar: 9 g

# Four Bean Salad

---

Serves: 8 / Preparation time: 5 minutes / Cooking time: 0 minutes

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1 can of chickpeas, drained  
1 cucumber, chopped  
1 can of cannellini beans, drained  
½ cup diced red onion  
1 can of green beans, drained  
1 tablespoon chopped parsley  
1 can of red beans, drained  
2/3 teaspoon salt  
1/3 teaspoon ground black pepper  
¼ cup red wine vinegar  
¼ cup olive oil

- Take a large bowl, place all the ingredients in it and then toss until mixed.
  - Serve straight away.
- 

Per Serving: Calories: 180; Total Fat: 8 g; Saturated Fat: 1 g; Protein: 7 g;  
Carbs: 21 g; Fiber: 6 g; Sugar: 4 g

# Spanish Rice

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 20 minutes

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1 can of diced tomatoes, about 14.5 ounces, undrained

1 medium white onion, peeled, chopped

1 teaspoon minced garlic

1 teaspoon salt

1/4 teaspoon ground black pepper

1 bay leaf

1 teaspoon sugar

1/4 cup butter, unsalted, cubed

2 cubes of beef bouillon

2 cups instant rice, uncooked

1 cup boiling water

- Take a medium saucepan, place it over medium heat, add butter and when it melts, add rice and cook for 5 minutes until nicely golden brown.
  - Add remaining ingredients, stir until mixed, and then bring the mixture to a boil.
  - Switch heat to medium-low level, cover the pan and simmer for 10 to 15 minutes until all the liquid is absorbed and rice has become tender.
  - When done, remove bay leaf from rice and then serve.
- 

Per Serving: Calories: 217; Total Fat: 8 g; Saturated Fat: 5 g; Protein: 4 g; Carbs: 33 g; Fiber: 2 g; Sugar: 4 g

# Black Beans and Rice

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Serves: 10 / Preparation time: 10 minutes / Cooking time: 35 minutes

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3/4 cup white rice, uncooked  
3 1/2 cups canned black beans, drained  
1 medium white onion, peeled, chopped  
1 teaspoon minced garlic  
1 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1 teaspoon olive oil  
1 1/2 cups vegetable broth

- Take a medium saucepan, place it over medium-high heat, add oil and when hot, add onion and garlic, and then cook for 5 minutes until soft.
  - Add rice, stir until mixed, and then cook for 2 minutes until sauté.
  - Pour in broth, bring it to a boil, switch heat to medium level, and simmer for 20 minutes.
  - Add black beans, stir in all the spices and cook for 3 to 5 minutes until hot.
  - Serve straight away.
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- 

Per Serving: Calories: 140; Total Fat: 1 g; Saturated Fat: 0 g; Protein: 6.3 g; Carbs: 27.1 g; Fiber: 6.2 g; Sugar: 1 g

# Tuna Poke Bowl

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 0 minutes

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1 cup cooked rice, cooled  
4 cherry tomatoes, quartered  
2 cans of tuna, packed in brine, about 5-ounce, drained  
1/4 medium avocado, cubed  
¼ cup chopped cilantro  
1 scallion, chopped  
1 teaspoon grated ginger  
2 teaspoons soy sauce  
1 teaspoon sesame oil  
2 tablespoons orange juice  
1 tablespoon sesame seeds

- Prepare the dressing, and for this, take a jam jar, add ginger, orange juice, soy sauce, and sesame oil in it, cover with the lid and shake well.
- Take a small bowl, place drained tuna in it and then drizzle dressing on it.
- Add cilantro and scallion, and then toss until well coated.
- Divide the cooked rice between two bowls, top with tuna mixture, tomatoes, and avocado, sprinkle with sesame seed and then serve.

---

Per Serving: Calories: 334; Total Fat: 9.9 g; Saturated Fat: 1.6 g; Protein: 32.1 g; Carbs: 30.4 g; Fiber: 3.4 g; Sugar: 2.7 g

# Vegetarian Peppers

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 13 minutes

---

2 large sweet red peppers  
2 green onions, sliced  
1/2 cup frozen corn, thawed  
1 cup canned stewed tomatoes  
1/3 cup instant brown rice  
3/4 cup canned kidney beans, drained  
1/8 teaspoon crushed red pepper flakes  
1/2 cup shredded mozzarella cheese  
1 tablespoon grated Parmesan cheese  
2 tablespoons hot water

- Prepare the peppers and for this, cut them in half lengthwise, remove the seeds and then place them into a microwave-proof dish.
- Cover the dish with a plastic wrap and then microwave for 4 minutes at a high heat setting.
- Then take a small microwave-proof bowl, add tomatoes and rice in it, pour in water, cover with a plastic wrap, and then microwave for 6 minutes at high heat setting until the rice has turned tender.
- Add onion, beans, corn, and red pepper flakes, stir until mixed, and then spoon rice mixture evenly among pepper halves.
- Sprinkle cheese on top and then microwave for 3 minutes until cheese has melted.
- Serve straight away.

---

Per Serving: Calories: 341; Total Fat: 7 g; Saturated Fat: 3 g; Protein: 19 g; Carbs: 56 g; Fiber: 11 g; Sugar: 16 g



# Garlic Butter Rice

---

Serves: 10 / Preparation time: 10 minutes / Cooking time: 25 minutes

---

1 ½ cups white rice, uncooked  
½ cup sliced scallions  
8 cloves of garlic, peeled, sliced  
2 ½ teaspoons minced garlic  
½ teaspoon salt  
¼ teaspoon ground white pepper  
4 tablespoons butter, salted, divided  
3 tablespoons olive oil  
2 ½ cups chicken broth

- Take a large saucepan, place it over medium heat, add oil and when hot, add garlic slices and cook for 3 to 5 minutes until nicely golden and crisp.
- Transfer garlic slices to a plate lined with paper towels and then set them aside until required.
- Remove excess oil from the pan, add 2 tablespoons butter and when it melts, add minced garlic and cook for 1 to 2 minutes until golden brown.
- Add rice, stir until coated, pour in the broth, switch heat to the medium low level and simmer for 15 minutes until rice has become tender, covering the pan.
- When done, remove the pan from heat and let rice rest for 10 minutes.
- Then fluff rice with a fork, add scallion and remaining butter, and sprinkle with fried garlic slices.
- Serve straight away.

---

Per Serving: Calories: 374; Total Fat: 12 g; Saturated Fat: 7 g; Protein: 6 g;

Carbs: 58 g; Fiber: 9 g; Sugar: 6 g

## **Penne with Veggies and Black Beans**

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Serves: 2 / Preparation time: 10 minutes / Cooking time: 15 minutes

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3/4 cup penne pasta, cooked  
1 cup canned black beans, drained  
1/3 cup sliced zucchini  
1/2 small green pepper, sliced  
1/3 cup sliced carrot  
1/4 cup chopped tomato, deseeded  
1/2 small white onion, peeled, sliced  
4 medium mushrooms, sliced  
1 teaspoon minced garlic  
1/4 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon dried basil  
1/8 teaspoon ground black pepper  
1/4 teaspoon dried oregano  
2 teaspoons minced parsley  
2 teaspoons olive oil, divided  
2 tablespoons shredded Parmesan cheese

- Take a large skillet pan, place it over medium heat, add 1 teaspoon oil and when hot, add all the vegetables along with garlic, stir in seasoning and cook for 8 to 10 minutes until tender-crisp.
  - Add beans and cooked pasta along with tomato, drizzle with remaining oil, toss until mixed and cook for 3 to 5 minutes until hot.
  - Sprinkle with parsley and cheese and then serve.
-

Per Serving: Calories: 300; Total Fat: 7 g; Saturated Fat: 2 g; Protein: 14 g;  
Carbs: 47 g; Fiber: 8 g; Sugar: 6 g

# Mexican Bean Soup

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 10 minutes

---

1 can of butter beans, about 16 ounces, drained

1 can of diced tomatoes, no-salt-added, about 14.5 ounces, undrained

1 can of small white beans, about 15.5 ounces, drained

1 tablespoon minced cilantro

1 can of chopped green chilies, about 4 ounces

1/2 teaspoon onion powder

1 1/2 teaspoons red chili powder

1 1/2 cups vegetable stock

- Take a large saucepan, place it over high heat, add all the ingredients in it, stir until mixed and bring it to a boil.
- Then switch heat to medium level and simmer for 10 minutes until cooked.
- Garnish with some more cilantro and then serve.

---

Per Serving: Calories: 214; Total Fat: 1 g; Saturated Fat: 0 g; Protein: 14 g; Carbs: 45 g; Fiber: 12 g; Sugar: 4 g

# Beans and Sausage

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 1 hour and 45 minutes

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1 can of great northern beans, about 15.5 ounces, drained

1 can of black-eyed peas, about 15.5 ounces, drained

1 ½ pound spicy pork sausage

1 can of pinto beans, about 15 ounces, drained

1 medium green bell pepper, chopped

1 can of chickpeas, about 15 ounces, drained

1 medium white onion, peeled, chopped

1 can of pork and beans, about 31 ounces

¾ cup brown sugar

1 tablespoon olive oil

1 can of kidney beans, about 16 ounces, drained

2 teaspoons ground mustard

1 ½ cups ketchup

- Switch on the oven, then set it to 325 degrees F and let it preheat.
- Take a large skillet pan, place it over medium heat, add oil and when hot, add sausage and cook for 7 to 10 minutes until meat is no longer pink.
- Drain the excess grease, add onion and green pepper, and then cook for 3 to 5 minutes until drain.
- Drain excess fat, add remaining ingredients, stir until mixed, and then remove the pan from heat.
- Take a 9-inch baking dish, grease it with oil, add beans and sausage mixture, cover with a foil and then bake for 1 hour.
- After 1 hour, uncover the baking dish and then continue baking for 30 minutes until bubbling.

- Serve straight away.

---

Per Serving: Calories: 316; Total Fat: 9 g; Saturated Fat: 3 g; Protein: 13 g;  
Carbs: 48 g; Fiber: 9 g; Sugar: 19 g

# Texas Black Bean Soup

---

Serves: 10 / Preparation time: 5 minutes / Cooking time: 6 hours

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2 cans of black beans, each about 15-ounces, drained

4 green onions, sliced

1 can of Mexican corn, about 11 ounces, drained

1 can of stewed tomatoes, about 14.5 ounces, cut up

2 cans of chopped green chilies, each about 15-ounces

1 can of diced tomatoes or diced tomatoes with green chilies, about 14.5 ounces

1/2 teaspoon dried minced garlic

3 tablespoons red chili powder

1 teaspoon ground cumin

1 can of chicken broth, about 14.5 ounces

- Switch on a slow cooker, add all the ingredients in it and then stir until mixed.
- Shut with the lid and then cook for 4 to 6 hours at a high heat setting until thoroughly cooked and hot.
- Serve straight away.

---

Per Serving: Calories: 91; Total Fat: 0 g; Saturated Fat: 0 g; Protein: 4 g; Carbs: 19 g; Fiber: 4 g; Sugar: 6 g



# White Bean Soup

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 35 minutes

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- 1 cup orzo pasta, uncooked
- 1 can of diced tomatoes, about 14.5 ounces, undrained
- 1 small white onion, peeled, chopped
- 8 cups chopped spinach
- 1 can of cannellini beans, about 15 ounces, drained
- 2 tablespoons minced garlic
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon Italian seasoning
- 1 tablespoon olive oil
- 1/4 cup grated Parmesan cheese
- 3 cans of chicken broth, each about 14.5 ounces

- Take a Dutch oven, place it over medium-high heat, add oil and when hot, add onion and garlic, and cook for 5 minutes until tender.
- Add tomatoes, season with pepper flakes and Italian seasoning, pour in the broth, stir well and then bring it to a boil.
- Switch heat to medium level, simmer the mixture for 15 minutes, then add spinach and orzo and bring the mixture to a boil.
- Simmer for 12 to 15 minutes until orzo has turned tender, stir in beans and cook for 5 minutes until hot.
- Ladle soup into bowls, top with cheese and then serve.

---

Per Serving: Calories: 174; Total Fat: 3 g; Saturated Fat: 1 g; Protein: 9 g; Carbs: 28 g; Fiber: 8 g; Sugar: 3 g

# Black Beans with Bell Peppers and Rice

---

Serves: 6 / Preparation time: 10 minutes / Cooking time: 20 minutes

---

- 1 medium sweet yellow bell pepper, cored, chopped
- 2 cans of black beans, each about 15-ounces, drained
- 1 medium orange bell pepper, cored, chopped
- 1 package of ready-to-serve brown rice, about 8.8 ounces
- 1 medium red bell pepper, cored, chopped
- 1 tablespoon minced garlic
- 1 large white onion, peeled, chopped
- 1 1/2 teaspoons ground cumin
- 3 tablespoons minced cilantro
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 1/2 cups shredded Mexican cheese blend, divided

- Take a large skillet pan, place it over medium-high heat, add oil and when hot, add all the peppers, onion and garlic, stir until mixed and cook for 5 to 8 minutes until tender.
- Add rice and beans, season with oregano and cumin, and then cook for 5 minutes until hot.
- Stir in 1 cup of cheese, sprinkle remaining cheese on top and then remove the pan from heat.
- Cover the pan, let the mixture stand for 5 minutes until cheese has melted and then sprinkle cilantro on top.
- Serve straight away.

---

Per Serving: Calories: 347; Total Fat: 12 g; Saturated Fat: 6 g; Protein: 15 g; Carbs: 40 g; Fiber: 8 g; Sugar: 4 g

# Beans and Rice Stuffed Pepper

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 4 hours

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---

6 large sweet peppers  
1/3 cup canned red beans, drained  
2 cups cooked brown rice  
1/3 cup canned black beans, drained  
3 small tomatoes, chopped  
1 small sweet onion, peeled, chopped  
1/3 cup chopped olives  
1 cup frozen corn, thawed  
1 tablespoon minced garlic  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
4 basil leaves, sliced  
3/4 cup spaghetti sauce, without meat  
4 tablespoons grated Parmesan cheese, divided  
3/4 cup cubed Monterey Jack cheese  
1/2 cup water

- Prepare the peppers, and for this, remove their stem and seeds.
- Take a large bowl, place the remaining ingredients in it except for parmesan cheese, water, and sauce and stir until mixed.
- Fill the peppers with beans and rice mixture.
- Take a medium bowl, pour in water and sauce, and whisk until combined.
- Spread sauce mixture into the bottom of the slow cooker, add stuffed pepper, cover with remaining sauce, and then sprinkle with 2 tablespoons of parmesan cheese.

- Switch on the slow cooker, shut with the lid, and then cook for 4 hours at low heat setting until peppers have turned tender.
- When done, sprinkle remaining cheese on peppers and then serve.

---

Per Serving: Calories: 261; Total Fat: 8 g; Saturated Fat: 4 g; Protein: 11 g;  
Carbs: 39 g; Fiber: 7 g; Sugar: 2 g

# Mixed Bean Salad

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 0 minutes

---

For the Salad:

1 can of mixed bean salad, about 14-ounces

6 cherry tomatoes, halved

1 can of black-eyed beans, about 14-ounces

3 spring onions, finely chopped

1 can of French beans, about 14-ounces

3 tablespoons chopped cilantro

¼ cup chopped mint

3 tablespoons chopped parsley

For the dressing:

¼ teaspoon salt

¼ teaspoon ground black pepper

2 teaspoons mustard

½ of lemon, juiced

2 tablespoons olive oil

- Prepare the dressing and for this, take a jam jar, add all of its ingredients in it, cover with the lid and then shake well.
- Take a large bowl, place all the ingredients for the salad in it, drizzle with prepared dressing and then toss until well mixed.
- Serve straight away.

---

Per Serving: Calories: 253; Total Fat: 7.7 g; Saturated Fat: 1.2 g; Protein: 11.6 g; Carbs: 30.1 g; Fiber: 8.3 g; Sugar: 6.1 g

---

# GRAINS

# Chickpea Stew

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 18 minutes

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1 large white onion, peeled, chopped  
2 cups cubed butternut squash, peeled  
1 can of chickpeas, about 15 ounces  
1 large sweet red pepper, cored, chopped  
1 can of diced tomatoes, about 14.5 ounces, undrained  
1/4 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1 tablespoon olive oil  
1/4 teaspoon ground cumin  
1 cup of water

- Take a Dutch oven, place it over medium-high heat, add oil and when hot, add onion, squash pieces, and red pepper, and then cook for 5 minutes until tender-crisp.
- Stir in all the seasoning, add remaining ingredients, stir until mixed and bring the mixture to a boil.
- Switch heat to medium-low level and simmer the stew for 8 minutes until thoroughly cooked, covering the pot.
- Serve straight away.

---

Per Serving: Calories: 217; Total Fat: 6 g; Saturated Fat: 1 g; Protein: 7 g; Carbs: 38 g; Fiber: 9 g; Sugar: 11 g

# Quickpea Curry

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 35 minutes

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1 cup couscous, cooked  
2 cups of cubed sweet potato, peeled  
2 cans of diced tomatoes, each about 14.5 ounces, undrained  
1 1/2 cups frozen peas, thawed, cooked  
2 cans of chickpeas, each about 15 ounces, drained  
1 medium white onion, peeled, chopped  
1 teaspoon minced garlic  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon salt  
2 teaspoons sugar  
1 tablespoon curry powder  
2 tablespoons chopped parsley  
1 tablespoon olive oil  
1 cup of canned coconut milk

- Take a large skillet pan, place it over medium heat, add oil and when hot, add onion and garlic, stir in curry powder and then cook for 5 minutes until soft.
- Add chickpeas, tomatoes, and sweet potatoes, stir in sugar and red pepper flakes, pour in milk, stir until mixed and bring the mixture to a boil.
- Switch heat to medium-low level and simmer the mixture for 25 minutes until potatoes have turned tender, uncovering the pan.
- Meanwhile, take a medium bowl, place cooked peas in it, add salt and stir until mixed.
- When done, divide cooked couscous among bowls, top with chickpea mixture and peas, sprinkle with parsley, and then serve.



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Per Serving: Calories: 390; Total Fat: 8 g; Saturated Fat: 2 g; Protein: 13 g;  
Carbs: 68 g; Fiber: 13 g; Sugar: 14 g

# Chili-Lime Roasted Chickpeas

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 40 minutes

---

2 cans of chickpeas, about 15 ounces, drained

1 tablespoon red chili powder

3/4 teaspoon sea salt

2 teaspoons ground cumin

1 teaspoon lime zest

2 tablespoons olive oil

1 tablespoon lime juice

- Switch on the oven, then set it to 400 degrees F and let it preheat.
  - Meanwhile, take a baking sheet, line it with foil, spread chickpeas in a single layer, and then bake for 45 minutes until crunchy.
  - Meanwhile, prepare the dressing and for this, take a small bowl, place the remaining ingredients in it and stir until combined.
  - When chickpeas have roasted, let them cool for 5 minutes, then drizzle with the prepared dressing and toss to coat.
  - Serve straight away.
- 

Per Serving: Calories: 178; Total Fat: 8 g; Saturated Fat: 1 g; Protein: 6 g; Carbs: 23 g; Fiber: 6 g; Sugar: 3 g

# Chicken Tortilla Bake

---

Serves: 8 / Preparation time: 10 minutes / Cooking time: 30 minutes

---

3 cups shredded cooked chicken

1 small white onion, peeled, chopped

2 cans of chopped green chilies, each about 4 ounces

12 corn tortillas, warmed

1 can of condensed cream of chicken soup, about 10.75 ounces, undiluted

2 cups shredded cheddar cheese

1 can of condensed cream of mushroom soup, each about 10.75 ounces, undiluted

1 cup chicken broth

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, take a large bowl, place chicken and chilies in it, add onion, pour in soups and broth, and stir until combined.
- Take a 9-inch baking dish, grease it with oil, layer its bottom with half of the tortillas, and then top with half of the prepared chicken and half cheese.
- Repeat by using remaining tortilla, chicken, and cheese and then bake for 30 minutes until thoroughly heated.
- Serve straight away.

---

Per Serving: Calories: 359; Total Fat: 17 g; Saturated Fat: 8 g; Protein: 25 g; Carbs: 26 g; Fiber: 3 g; Sugar: 2 g

# Chickpea and Spinach Curry

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 15 minutes

---

1 can of chopped tomatoes, 3.5 ounces  
1 large red onion, peeled, chopped  
1 can of chickpeas, about 14 ounces  
2 teaspoons minced garlic  
1 can of spinach leaves, about 13.4 ounces  
2 teaspoons grated ginger  
¼ cup coriander leaves  
¼ teaspoon salt  
½ teaspoon red chili powder  
½ teaspoon turmeric  
2 teaspoons coriander seed powder  
½ teaspoon garam masala  
1 large lemon, juiced  
2 teaspoons rapeseed oil  
1 can of rice

- Take a large skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 3 minutes until fried.
  - Stir in garlic and ginger, season with salt, red chili powder, turmeric, and coriander and cook for 2 minutes.
  - Stir in tomatoes, cook for 3 minutes until tomatoes have turned mushy, add spinach and chickpeas along with their liquid and cook for 5 minutes until thoroughly hot, covering the pan.
  - When done, sprinkle garam masala on top, stir in coriander leaves and drizzle with lemon juice.
  - Serve straight away.
-

Per Serving: Calories: 149; Total Fat: 4.2 g; Saturated Fat: 0.4 g; Protein: 8.6 g; Carbs: 15.5 g; Fiber: 7.5 g; Sugar: 5.2 g

# Spicy Falafel Wrap

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 10 minutes

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1 can of chickpeas, about 14-ounces  
1 medium white onion, peeled, chopped  
1 can of peas, about 10.5 ounces  
2 tablespoons flour, and more as needed for dusting  
½ teaspoon minced garlic  
¼ cup chopped mint  
1/8 teaspoon salt  
1 teaspoon red chili power  
1 teaspoon ground cumin  
¼ cup chopped coriander  
3 tablespoons rapeseed oil  
4 tortilla

For the Tzatziki Sauce:

½ of a large cucumber, diced  
¼ cup chopped mint  
½ teaspoon minced garlic  
1 ¼ cup Greek yogurt

- Take a large skillet pan, place it over medium heat, add 1 tablespoon oil and when hot, add onion and garlic and cook for 3 minutes until soft.
- Then spoon onion mixture in a food processor, add chickpeas, all the herbs and spices along with salt, peas, and flour, and pulse for 1 minute until combined.
- Shape the mixture into twelve balls and then flatten them slightly.
- Return pan over medium heat, add remaining oil and when hot,

add falafel patties and then cook them for 2 to 3 minutes per side until nicely browned.

- Meanwhile, prepare the Tzatziki sauce, and for this, place all of its ingredients in a food processor and pulse for 2 minutes until smooth.
- Divide cooked falafel among tortillas, drizzle with prepared Tzatziki sauce, fold, and then serve.

---

Per Serving: Calories: 469; Total Fat: 15 g; Saturated Fat: 3.2 g; Protein: 23.7 g; Carbs: 54.3 g; Fiber: 11.6 g; Sugar: 7.8 g

# High Protein Salad Jar

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 0 minutes

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For the Salad:

4 teaspoons chia seeds

1 can of sweetcorn, about 11.5 ounces

1 can of kidney beans, about 14 ounces

8 leaves of lettuce, torn

½ of a large cucumber, sliced

8.8 ounces cherry tomatoes, halved

4 sticks of celery, sliced

2 cans of tuna, packed in water, about 3.8 ounces

3.5 ounces walnut halves

4 ounces crumbled feta cheese

For the Dressing:

¼ teaspoon salt

½ teaspoon Herbes de Provence

¼ teaspoon ground black pepper

2 teaspoons honey

½ teaspoon Dijon mustard

½ of lemon, juiced

3 tablespoons olive oil

- Prepare the dressing and for this, take a jam jar, add all of its ingredients, cover with the lid, and shake well.
- Divide the dressing into four mason jars and then layer with the ingredients of the salad in the order as mentioned in the ingredients list and then shut with the lid.
- When ready to eat, shake the salad jar and then serve.



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Per Serving: Calories: 572; Total Fat: 35.4 g; Saturated Fat: 7.6 g; Protein: 30.5 g; Carbs: 27.1 g; Fiber: 11.8 g; Sugar: 12 g

# Chicken and Pea Curry

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 15 minutes

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- 2 medium white onions, peeled, chopped
- 2 cans of peas, packed in water, each about 14-ounces, drained
- 1 teaspoon chopped red chili
- 1 tablespoon grated ginger
- 1 can of potatoes, about 14 ounces, drained, quartered
- 1 tablespoon minced garlic
- 1 tablespoon olive oil
- 1 can of cream of chicken soup, about 14-ounces
- 2 tablespoons tomato puree
- 1 can of chicken curry, about 14-ounces
- ¼ cup chopped coriander, chopped

- Take a large frying pan, place it over medium heat, add oil and when hot, add onion and cook for 7 to 10 minutes until soft and nicely browned.
- Add potatoes, cook for 2 minutes until fried, then stir in red chili, ginger and garlic and continue cooking for 2 minutes.
- Add tomato puree, stir until mixed, cook for 1 minute and then pour in curry and soup.
- Stir until mixed, simmer the curry for 5 minutes and stir in peas until mixed.
- Garnish with coriander and serve the curry with boiled rice.

---

Per Serving: Calories: 339; Total Fat: 10.5 g; Saturated Fat: 2 g; Protein: 21 g; Carbs: 35 g; Fiber: 10 g; Sugar: 10.5 g

# Quinoa and Black Beans

---

Serves: 5 / Preparation time: 10 minutes / Cooking time: 35 minutes

---

1/4 cup and 2 tablespoons quinoa, uncooked

1 can of black beans, about 15-ounces, drained

1/2 of medium white onion, peeled, chopped

1/2 cup frozen corn kernels

1 tablespoon minced garlic

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/8 teaspoon cayenne pepper

1/2 teaspoon ground cumin

1/4 cup chopped cilantro

1/2 teaspoon olive oil

3/4 cup vegetable broth

- Take a medium saucepan, place it over medium heat, add oil and when hot, add onion and garlic, and then cook for 10 minutes until soft and nicely browned.
- Add quinoa, pour in the broth, stir in all the seasonings and then bring the mixture to a boil.
- Switch heat to medium-low level and then simmer quinoa for 20 minutes until it has absorbed all the liquid, covering the pan.
- Stir in corn, simmer for 5 minutes, and then stir in beans and cilantro.
- Serve straight away.

---

Per Serving: Calories: 153; Total Fat: 1.7 g; Saturated Fat: 0 g; Protein: 7.7 g; Carbs: 27.8 g; Fiber: 7.8 g; Sugar: 2 g

# Pasta with Lentil Soup Sauce

---

Serves: 8 / Preparation time: 10 minutes / Cooking time: 20 minutes

---

1 package of spaghetti, about 16-ounces, uncooked

¼ teaspoon ground black pepper

2 cans of lentil soup, about 19 ounces

- Take a large pot half full with salty water, place it over medium heat and then bring it to a boil.
  - Add spaghetti, cook for 8 to 10 minutes until tender, and when done, drain the spaghetti and return it into the pot.
  - Pour in lentil soup, season with black pepper, and cook for 5 minutes until hot.
  - Serve straight away.
- 

Per Serving: Calories: 227; Total Fat: 1.7 g; Saturated Fat: 0 g; Protein: 11.6 g; Carbs: 53 g; Fiber: 5 g; Sugar: 1 g

# Lentil and Spinach Grain Bowl

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 35 minutes

---

1 can of lentils, about 15-ounce, drained  
1 cup brown rice, cooked  
1 medium white onion, peeled, sliced  
1 can of spinach, about 13.5-ounce, drained  
½ cup canned green olives, drained, halved  
1 can of sliced carrots, about 8.25-ounce, drained  
1 lemon, zested, cut into wedges  
½ cup roasted almonds, chopped  
1 cup chopped parsley  
2 tablespoons water  
4 tablespoons olive oil, divided

- Take a large skillet pan, place it over medium heat, add 2 tablespoons oil and when hot, add onion and cook for 10 minutes until soft and nicely browned.
- Stir in water, then cook for 25 minutes until onions have caramelized and then stir in cooked rice, lentils, carrot, and spinach.
- Season with salt and then continue cooking for 5 minutes.
- Take a small bowl, place olives, almonds, lemon zest, and parsley in it and then stir until mixed.
- Divide rice and vegetables evenly among bowls, top with olive mixture and then serve.

---

Per Serving: Calories: 670; Total Fat: 34 g; Saturated Fat: 4 g; Protein: 24 g; Carbs: 49 g; Fiber: 26 g; Sugar: 8 g

# Pea and Corn Risotto

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 40 minutes

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1 can of whole-kernel corn, no salt added, about 11-ounce, drained

1 can of peas, about 8.5-ounce, drained

1 small white onion, peeled, diced

1 cup Arborio rice

2/3 teaspoon salt

1/3 teaspoon ground black pepper

2 tablespoons olive oil

1/4 cup grated Parmesan cheese

4 cups canned chicken broth

- Take a medium saucepan, place it over high heat, pour in the broth, and bring it to a simmer until warm.
- Meanwhile, take a large saucepan, place it over medium heat, add oil and when hot, add onions and cook for 10 minutes until nicely browned.
- Add rice, stir until mixed, and then cook for 2 minutes.
- Gradually stir in broth, ½ cup at a time, until the rice has absorbed all the liquid and cooked; this will take 25 minutes.
- Then add peas, corn, cheese, and butter, stir until mixed and cook for 2 to 3 minutes until thoroughly heated.
- Season with salt and black pepper and then serve.

---

Per Serving: Calories: 420; Total Fat: 11 g; Saturated Fat: 2 g; Protein: 13 g; Carbs: 65 g; Fiber: 2 g; Sugar: 1 g

# Quick Lentil Soup

---

Serves: 1 / Preparation time: 5 minutes / Cooking time: 15 minutes

---

3/4 cup canned lentils, from a can of 15-ounce, drained

1/2 of small white onion, peeled, chopped

1 celery stalk, chopped

1 medium carrot, peeled, chopped

1/2 teaspoon minced garlic

1/2 teaspoon salt

1/4 teaspoon ground black pepper

2 teaspoons red-wine vinegar

1 teaspoon olive oil

1 can of chicken broth, about 14.5 ounces

- Take a medium saucepan, place it over medium heat, add oil and when hot, add celery, onion, carrot and garlic, season with salt and black pepper and cook for 5 minutes until soft.
  - Pour in broth, bring the mixture to a boil, then switch heat to medium-low level and cook for 5 minutes.
  - Add lentils, cook for 3 to 5 minutes until soup has thickened slightly, and then stir in vinegar.
  - Taste soup to adjust seasoning and then serve.
- 

Per Serving: Calories: 146.6; Total Fat: 7.3 g; Saturated Fat: 0.5 g; Protein: 5.2 g; Carbs: 15.7 g; Fiber: 4.1 g; Sugar: 0 g

# Lemon Brown Rice

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 50 minutes

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1 1/2 cups brown rice  
1 shallot, peeled, chopped  
1 tablespoon minced garlic  
1/2 teaspoon salt  
2 tablespoons chopped thyme  
1/3 teaspoon ground pepper  
1/2 teaspoon red chili flakes  
2 tablespoons lemon juice  
1 lemon, zested  
2 tablespoons butter, unsalted  
2 tablespoons olive oil  
3 cups vegetable stock

- Take a large saucepan, place it over medium heat, add butter and when it melts, add the shallot and cook for 5 minutes until softened.
- Stir in rice, cook for 3 minutes, season with salt and black pepper, pour in the broth, and bring it to a boil.
- Switch heat to medium-low level and cook for 30 to 45 minutes until all the liquid has absorbed by the rice.
- Remove pan from heat, let it stand for 10 minutes and then fluff rice with a fork.
- Then take a medium skillet pan, place it over medium-low heat, add oil and when hot, add garlic, chili flakes, and thyme and cook for 3 minutes until garlic turned golden brown.
- Remove pan from heat, stir in lemon juice and zest, add this mixture into brown rice and toss until mixed.



- Taste to adjust seasoning and then serve.

---

Per Serving: Calories: 253; Total Fat: 3.4 g; Saturated Fat: 1.7 g; Protein: 5.6 g; Carbs: 49 g; Fiber: 0.3 g; Sugar: 1.3 g

## **Brown rice and tuna salad**

---

Serves: 4 / Preparation time: 15 minutes / Cooking time: 0 minutes

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1 can of tuna, packed in water, about 15-ounces, drained, flaked

2 medium cucumbers, chopped

¼ cup baby rocket leaves

7 ounces cherry tomatoes, quartered

1 1/3 cups brown rice, cooked

1/2 cup balsamic dressing, fat-free

- Take a large bowl, place cooked brown rice in it, drizzle with the dressing and then toss until mixed.
  - Let rice rest for 15 minutes, then add remaining ingredients and toss until mixed.
  - Taste to adjust seasoning and then serve.
- 

Per Serving: Calories: 138; Total Fat: 2 g; Saturated Fat: 1 g; Protein: 22 g; Carbs: 7 g; Fiber: 2 g; Sugar: 2 g

# Brown Lentil and Mushroom Rice

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 15 minutes

---

2 cups canned brown lentils  
1 pint of white mushrooms, sliced  
1 cup long-grain rice, cooked  
1 large white onion, peeled, sliced  
1 tablespoon chopped rosemary  
1/2 teaspoon salt  
1/2 cup chopped parsley  
1/2 teaspoon ground black pepper  
2 tablespoons olive oil  
1/4 cup water

- Take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion and mushrooms, season with salt and black pepper and cook for 10 minutes until soft and nicely browned.
- Stir in water, add rosemary and continue cooking for 5 minutes or more until cooking liquid has evaporated.
- Add cooked rice and lentil, stir until combined, and then cook for 5 minutes until hot.
- Remove pan from heat, stir in parsley and then serve.

---

Per Serving: Calories: 404; Total Fat: 8 g; Saturated Fat: 4 g; Protein: 16 g; Carbs: 64 g; Fiber: 10 g; Sugar: 5 g

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# DESSERT

# Coconut Dessert Fluff Salad

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Serves: 2 / Preparation time: 10 minutes / Cooking time: 0 minutes

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2 cans of any fruit, each about 15 ounces, drained

1/4 cup coconut flakes, unsweetened

1 tablespoon maple syrup

1 teaspoon vanilla extract, unsweetened

2 cans of coconut milk, about 13.5 ounces, chilled

- Open the cans of milk, then separate solid and liquid parts and transfer solid part into a medium bowl.
  - Add vanilla and maple syrup in it and then whisk well by using an immersion blender until smooth.
  - Add drained fruits, sprinkle with coconut flakes and then fold until just mixed.
  - Refrigerate salad for 30 minutes and then serve.
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Per Serving: Calories: 440; Total Fat: 31 g; Saturated Fat: 27 g; Protein: 4 g; Carbs: 43 g; Fiber: 1 g; Sugar: 35 g

# Fruit Compote

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Serves: 8 / Preparation time: 10 minutes / Cooking time: 45 minutes

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1 can of pineapple chunks, about 20 ounces, undrained

2 packages of dried blueberries, each about 3.5 ounces

1/2 cup golden raisins

1 can of sliced peaches, about 15.25 ounces, undrained

1 can of mandarin oranges, about 11 ounces, undrained

4 strips of lemon zest

1 package of dried plums, about 18 ounces, pitted

1 cinnamon stick, about 3 inches

1 package of dried apricots, about 6 ounces

1 jar of maraschino cherries, about 10 ounces, drained

- Reserve the juice of oranges, peaches, and pineapple and then place these fruits in a bowl.
- Take a Dutch oven, place it over medium heat, add dried fruits, cinnamon, and lemon strips, pour in fruit juices, and then bring it to a boil.
- Switch heat to medium-low level and simmer for 30 minutes until dried fruits have turned tender.
- Add fruits and cherries and then continue simmering for 10 minutes until thoroughly warmed.
- Serve straight away.

---

Per Serving: Calories: 126; Total Fat: 0 g; Saturated Fat: 0 g; Protein: 1 g; Carbs: 31 g; Fiber: 2 g; Sugar: 22 g

# **Peaches with Lemon and Yoghurt**

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Serves: 4 / Preparation time: 5 minutes / Cooking time: 10 minutes

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1 can of peach halves, about 14.4 ounces, liquid reserved

2 lemon, juiced

2 tablespoons brown sugar

1/8 teaspoon ground nutmeg

7 ounces Greek yogurt

- Reserve the syrup of peaches and then pat dry the peaches.
- Take a grill pan, place it over medium-high heat, and when hot, place peach halves on it and grill for 3 to 4 minutes per side.
- Meanwhile, take a large frying pan, place it over medium-high heat, add maple syrup and sugar and then cook until sugar starts to bubble.
- Then stir in nutmeg, add grilled peach halves cut-side down, switch heat to medium-low level and cook for 2 minutes until golden brown.
- Turn the peach halves, cook for another 2 minutes, then drizzle with lemon juice and simmer for 2 minutes.
- When done, divide peaches among plates, top with yogurt, and then serve.

---

Per Serving: Calories: 140; Total Fat: 6 g; Saturated Fat: 2 g; Protein: 4 g; Carbs: 20 g; Fiber: 0 g; Sugar: 17 g

# Peach Crumble

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Serves: 4 / Preparation time: 10 minutes / Cooking time: 30 minutes

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3 tablespoons rolled oats

2 cans of peaches, each about 14.4 ounces, sliced, drained

7 ounces flour

3 tablespoons brown sugar

1 teaspoon ground cinnamon

3 tablespoons butter, unsalted softened

- Switch on the oven, then set it to 356 degrees F and let it preheat.
- Take a heatproof dish and then cover its bottom with peaches.
- Take a medium bowl, place remaining ingredients in it, and stir until crumbly mixture comes together.
- Sprinkle this mixture over peaches and then bake for 30 minutes until golden brown and bubbly.
- Serve peach crumble with cream.

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Per Serving: Calories: 102.5; Total Fat: 2.7 g; Saturated Fat: 0.7 g; Protein: 2.2 g; Carbs: 18.1 g; Fiber: 2.6 g; Sugar: 4.3 g



# Fluffed Fruit Salad

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Serves: 14 / Preparation time: 10 minutes / Cooking time: 0 minutes

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1 can pineapple tidbits, about 20 ounces, unsweetened drained

1/2 teaspoon orange zest

1 can of whole-berry cranberry sauce, about 14 ounces

1/2 cup toasted pecan halves

1 can of mandarin oranges, about 11 ounces, drained

1 carton of frozen whipped topping, about 8 ounces, thawed

- Take a large bowl, place oranges and pineapple in it, and then pour in cranberry sauce.
  - Add orange zest and whipped topping and fold until just mixed.
  - Garnish salad with pecans and then serve.
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Per Serving: Calories: 138; Total Fat: 5 g; Saturated Fat: 0 g; Protein: 1 g; Carbs: 23 g; Fiber: 0 g; Sugar: 0 g

# Ambrosia Fruit Salad

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Serves: 6 / Preparation time: 10 minutes / Cooking time: 0 minutes

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1 can pineapple chunks, about 8 ounces, unsweetened, drained

1 cup miniature marshmallows

1 cup of green grapes

1 cup red grapes, seedless

1/2 cup shredded coconut, sweetened

1 banana, peeled, sliced

1 can of fruit cocktail, about 8.25 ounces, drained

3/4 cup vanilla yogurt

- Take a large bowl, place all the ingredients in it, and then fold until mixed.
  - Refrigerate the salad for 1 hour and then serve.
- 

Per Serving: Calories: 191; Total Fat: 4 g; Saturated Fat: 3 g; Protein: 3 g; Carbs: 40 g; Fiber: 2 g; Sugar: 34 g

# Frozen Fruit Cups

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Serves: 18 / Preparation time: 10 minutes / Cooking time: 0 minutes

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1 can of crushed pineapple, about 8 ounces, drained

1 package of cream cheese, about 8 ounces, softened

1/2 cup chopped pecans

1 jar of maraschino cherries, about 10 ounces, drained

1 can of mandarin oranges, about 11 ounces, drained

1/2 cup sugar

1 carton of frozen whipped topping, about 8 ounces, thawed

- Take a large bowl, place cream cheese in it, and then beat in sugar until fluffy.
  - Cut nine cherries in half and then chop the remaining ones.
  - Add chopped cherries, pecans, and pineapple into cream cheese and then fold in oranges and whipped topping.
  - Take 18 silicone muffin cups, fill them evenly with fruit mixture and then garnish with cherry halves.
  - Place muffins cups into the freezer and chill for 1 hour or more until firm.
  - Serve straight away.
- 

Per Serving: Calories: 162; Total Fat: 9 g; Saturated Fat: 5 g; Protein: 1 g; Carbs: 20 g; Fiber: 1 g; Sugar: 17 g

# Cherry Crisp

---

Serves: 4 / Preparation time: 10 minutes / Cooking time: 4 minutes

---

1 cup all-purpose flour  
1 can of cherry pie filling, about 21 ounces  
1/2 cup chopped walnuts  
3/4 teaspoon ground cinnamon  
1/4 cup brown sugar  
1/4 teaspoon ground allspice  
1 teaspoon lemon juice  
1/3 cup cold butter, unsalted, cubed  
Vanilla ice cream as needed for serving

- Take a microwave-proof dish, place the pie filling in it and then stir in lemon juice until mixed.
- Take a food processor, place flour in it, add allspice, cinnamon, sugar, and butter in it and then pulse for 1 minute or more until mixture resembles crumbs.
- Spread the mixture over pie filling, top with nuts, and then microwave for 4 minutes until bubbling.
- Serve cherry crisp with ice cream

---

Per Serving: Calories: 567; Total Fat: 24 g; Saturated Fat: 10 g; Protein: 8 g; Carbs: 81 g; Fiber: 3 g; Sugar: 50 g

# Pineapple Pretzel Fluff

---

Serves: 12 / Preparation time: 10 minutes / Cooking time: 7 minutes

---

1 cup crushed pretzels

1 can of crushed pineapple, about 20 ounces, unsweetened, drained

1 cup sugar, divided

1 package of cream cheese, about 8 ounces, softened

1/2 cup butter, unsalted, melted

1 carton of frozen whipped topping, about 12 ounces, thawed

- Switch on the oven, then set it to 400 degrees F and let it preheat.
- Take a medium bowl, add pretzels in it along with ½ cup sugar and melted butter, and stir until mixed.
- Spread the pretzel mixture into a 9-inch pan, bake for 7 minutes, and then cool it thoroughly onto a wire rack.
- Meanwhile, take a large bowl, place cream cheese in it, and then beat in sugar until creamy.
- Fold in whipped topping and pineapple, cover the bowl and then refrigerate for 1 hour or until required for serving.
- When the pretzel mixture has cooled, break it into small pieces and then fold into pineapple mixture.
- Serve straight away.

---

Per Serving: Calories: 334; Total Fat: 19 g; Saturated Fat: 13 g; Protein: 2 g; Carbs: 37 g; Fiber: 1 g; Sugar: 31 g

# Banana Split Fluff

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Serves: 10 / Preparation time: 10 minutes / Cooking time: 0 minutes

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---

3 medium bananas, peeled, cut into chunks

1 can of cherry pie filling, about 21 ounces

1 can of crushed pineapple, about 8 ounces, drained

1 can of condensed milk, about 14 ounces, sweetened

1/2 cup chopped nuts

1 carton of frozen whipped topping, 12 ounces, thawed

- Take a large bowl, pour in milk, and then beat in whipped topping until well blended.
  - Add remaining ingredients and then fold until just mixed.
- 
- 

Per Serving: Calories: 374; Total Fat: 13 g; Saturated Fat: 8 g; Protein: 5 g;  
Carbs: 58 g; Fiber: 2 g; Sugar: 49 g

# Cranberry and Raspberry Salad

---

Serves: 10 / Preparation time: 10 minutes / Cooking time: 20 minutes

---

2 packages of raspberry gelatin, about 3 ounces each

1 can of crushed pineapple, about 8 ounces, undrained

1 can of whole-berry cranberry sauce, about 14 ounces

1 cup boiling water

1 cup of orange juice

- Take a large bowl, add gelatin in it, stir in water until it dissolves, and then stir in pineapple, cranberry sauce, and orange juice.
  - Pour the mixture into a ring mold greased with oil, cover loosely with plastic wrap and then refrigerate for a minimum of 4 hours until set.
  - When done, unmold the salad onto a plate and then serve.
- 

Per Serving: Calories: 155; Total Fat: 0 g; Saturated Fat: 0 g; Protein: 2 g; Carbs: 39 g; Fiber: 1 g; Sugar: 32 g

# Tropical Compote Dessert

---

Serves: 6 / Preparation time: 10 minutes / Cooking time: 2 hours and 15 minutes

---

1 medium banana, peeled, sliced  
1 can of mandarin oranges, about 15 ounces, drained  
1 jar of mixed tropical fruit, about 23.5 ounces  
1 jar of maraschino cherries, about 6 ounces, drained  
1 tablespoon ginger powder  
1 jalapeno pepper, deseeded, chopped  
1/4 cup sugar  
1/4 teaspoon ground cinnamon  
6 tablespoons shredded coconut, sweetened, toasted  
6 round sponge cakes

- Reserve ¼ cup syrup of tropical fruit, then place fruit into a slow cooker and add pepper.
- Add sugar into the reserved syrup along with ginger and cinnamon, stir until combined, and then pour this mixture over tropical fruit.
- Shut with the lid and then cook for 2 hours at a low heat setting.
- Then add banana, oranges, and cherries, stir until mixed and cook for another 15 minutes.
- Divide cakes among six plates, top with cooked compote, sprinkle with shredded coconut, and then serve.

---

Per Serving: Calories: 257; Total Fat: 3 g; Saturated Fat: 2 g; Protein: 1 g; Carbs: 62 g; Fiber: 3 g; Sugar: 31 g



# Cherry Grunt

---

Serves: 10 / Preparation time: 10 minutes / Cooking time: 25 minutes

---

1 cup all-purpose flour

1 can of tart red cherries, about 16 ounces, pitted, undrained

1/8 teaspoon salt

3/4 cup sugar, divided

1 1/2 teaspoons baking powder

1/2 teaspoon vanilla extract, unsweetened

1/4 cup butter, unsalted, divided

1/3 cup milk

1 1/2 cup water

- Take a Dutch oven, place it over medium heat, add cherries along with its juice, add 2 tablespoons butter, 1/2 cup sugar, then pour in water and simmer the mixture for 5 minutes.
- Meanwhile, place flour in a food processor, add remaining sugar, salt, baking powder, and butter and then pulse for 1 minute until the mixture resembles crumbs.
- Add vanilla, pour in the milk, and then pulse for 1 minute until smooth.
- When cherries have cooked, drop a spoonful of the flour mixture, cover with the lid and simmer for 20 minutes until dumplings have thoroughly cooked.
- Serve straight away.

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Per Serving: Calories: 183; Total Fat: 5 g; Saturated Fat: 3 g; Protein: 2 g; Carbs: 34 g; Fiber: 1 g; Sugar: 24 g

# Cheesecake Pumpkin Dessert

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Serves: 12 / Preparation time: 10 minutes / Cooking time: 40 minutes

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For the Crust:

3/4 cup graham cracker crumbs  
1/4 teaspoon ground cinnamon  
3/4 cup chopped walnuts and more for topping  
1/4 cup sugar  
1/4 teaspoon ground ginger  
1/4 cup butter, melted  
1/8 teaspoon ground cloves

For the Filling:

1 cup canned pumpkin  
1/2 teaspoon ground cinnamon, divided  
3/4 cup sugar  
2 tablespoons chopped walnuts  
2 packages of cream cheese, each about 8 ounces, softened  
2 eggs, beaten

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Prepare the crust and for this, take a small bowl, place all the ingredients in it and then stir until well combined.
- Take a 9-inch tart pan with a removable bottom and then spread base mixture evenly in its bottom.
- Prepare the filling, and for this, take a large bowl, place cream cheese in it, and then beat in sugar until smooth.
- Beat in eggs, one at a time, until combined and then beat in 1/4 teaspoon cinnamon and pumpkin until just mixed.
- Pour the mixture over crust, spread it evenly, sprinkle remaining

cinnamon and some walnuts on top and then bake for 40 minutes until set.

- When done, cool the dessert on the wire rack, cut it into slices and then serve.

---

Per Serving: Calories: 327; Total Fat: 24 g; Saturated Fat: 11 g; Protein: 7 g; Carbs: 25 g; Fiber: 2 g; Sugar: 19 g

---

# BEVERAGES

# Pumpkin Banana Smoothie

---

Serves: 1 / Preparation time: 5 minutes / Cooking time: 0 minutes

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1 frozen banana, peeled  
2 tablespoons canned pumpkin  
1/8 teaspoon nutmeg  
1/8 teaspoon cinnamon  
1/2 teaspoon honey  
2 tablespoons Greek yogurt  
5 tablespoons milk, unsweetened  
1/4 cup ice cubes

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into a glass and then serve.
- 

Per Serving: Calories: 189; Total Fat: 3.03 g; Saturated Fat: 1.6 g; Protein: 7.06 g; Carbs: 37.1 g; Fiber: 3.9 g; Sugar: 23.06 g

# Pumpkin Smoothie

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

1 tablespoon ground flaxseed  
1 frozen banana, peeled  
1/4 teaspoon cinnamon  
1/4 teaspoon pumpkin pie spice  
1 tablespoon honey  
1/3 cup pumpkin puree  
1 cup of vanilla soy milk

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into a glass and then serve.
- 

Per Serving: Calories: 196.6; Total Fat: 2 g; Saturated Fat: 0.2 g; Protein: 14.2 g; Carbs: 33.4 g; Fiber: 6.2 g; Sugar: 20 g

# **Peach, Berries and Yogurt Smoothie**

---

Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

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1 can of Sliced Peaches, packed in Syrup, about 15.25 ounces, undrained

½ cup frozen raspberries

2/3 cup Greek yogurt

½ cup of ice cubes

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 150; Total Fat: 2.5 g; Saturated Fat: 1.5 g; Protein: 5 g;  
Carbs: 28 g; Fiber: 4 g; Sugar: 22 g

# Intense Fruit Smoothie

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Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

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1 package of frozen mixed berries, about 10-ounces

1 can of sliced peaches, about 15 ounces, drained

2 tablespoons honey

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 293; Total Fat: 0.3 g; Saturated Fat: 0 g; Protein: 3.4 g; Carbs: 75.5 g; Fiber: 5.4 g; Sugar: 39 g



# Tropical Smoothie

---

Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

2 frozen bananas, sliced

1 cup of frozen mango

1 cup frozen pineapple

1/2 cup canned coconut milk, unsweetened

3/4 cup pineapple juice

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 315; Total Fat: 12 g; Saturated Fat: 10 g; Protein: 2 g; Carbs: 49 g; Fiber: 4 g; Sugar: 37 g

# Mango and Ginger Smoothie

---

Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

1 can of diced mango, about 15-ounces, drained

1/2 can of evaporated milk, about 12-ounces

1 tablespoon minced ginger

1 tablespoon honey

1 cup of ice cubes

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 371; Total Fat: 7 g; Saturated Fat: 2 g; Protein: 7 g;  
Carbs: 64 g; Fiber: 2 g; Sugar: 61 g

# Cranberry Orange Smoothie

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

1 can of mandarin oranges in juice, about 11-ounce, drained

1/8 teaspoon salt

1/8 teaspoon ground cinnamon

1 teaspoon vanilla extract, unsweetened

2 tablespoons maple syrup

2½ cups Greek yogurt

1 can of whole cranberry sauce, about 14-ounce

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 303; Total Fat: 3 g; Saturated Fat: 2 g; Protein: 13 g;  
Carbs: 58 g; Fiber: 2 g; Sugar: 56 g

# Banana and Mango Smoothie

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Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

1 can of diced mango, about 15-ounces, drained

1 large frozen banana, peeled

¼ teaspoon vanilla extract, unsweetened

1 teaspoon honey

2/3 cup canned coconut milk, unsweetened

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 160; Total Fat: 0.7 g; Saturated Fat: 0.3 g; Protein: 5.1 g; Carbs: 36.1 g; Fiber: 2.6 g; Sugar: 3 g

# Mango, Peach and Banana Smoothie

---

Serves: 2 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

2 ounces canned mango slices, packed in light syrup, drained

2 tablespoons oats

2 ounces canned peach slices, packed in juice, drained

1 frozen banana, peeled

½ teaspoon ground cinnamon

¼ teaspoon vanilla extract, unsweetened

1 tablespoon grated coconut

1 1/3 cup milk

½ cup ice cubes

- Add all the ingredients in the order into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Pour smoothie into glasses and then serve.
- 

Per Serving: Calories: 260; Total Fat: 8.5 g; Saturated Fat: 6 g; Protein: 8.5 g; Carbs: 35 g; Fiber: 4 g; Sugar: 23 g

# Raspberry and Apricot Smoothie Bowl

---

Serves: 4 / Preparation time: 5 minutes / Cooking time: 0 minutes

---

3 tablespoons porridge oats

10.5 ounces of canned raspberries, drained

10.5 ounces of canned apricots, drained

1 tablespoon flaked almonds

2 tablespoons pumpkin seeds

10.5 ounces of Greek yogurt

- Add berries, oats, and yogurt into a food processor or blender and then pulse for 1 minute or more until smooth.
  - Divide smoothie between four bowls, top with apricots and remaining ingredients, and then serve.
- 

Per Serving: Calories: 406; Total Fat: 17.3 g; Saturated Fat: 3.7 g; Protein: 25.1 g; Carbs: 35.5 g; Fiber: 3.9 g; Sugar: 17.6 g

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## THE “DIRTY DOZEN” AND “CLEAN 15”

Every year, the Environmental Working Group releases a list of the produce with the most pesticide residue (Dirty Dozen) and a list of the ones with the least **chance of having residue (Clean 15)**. It's based on analysis from the U.S. Department of Agriculture Pesticide Data Program report.

The Environmental Working Group found that 70% of the 48 types of produce tested had residues of at least one type of pesticide. In total there were 178 different pesticides and pesticide breakdown products. This residue can stay on veggies and fruit even after they are washed and peeled. All pesticides are toxic to humans and consuming them can cause damage to the nervous system, reproductive system, cancer, a weakened immune system, and more. Women who are pregnant can expose their unborn children to toxins through their diet, and continued exposure to pesticides can affect their development.

This info can help you choose the best fruits and veggies, as well as which ones you should always try to buy organic.

### *The Dirty Dozen*

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Celery
- Grapes
- Pears
- Cherries

### *The Clean 15*

- Sweet corn
- Avocados
- Pineapples
- Cabbage
- Onions
- Frozen sweet peas
- Papayas
- Asparagus
- Mangoes

- Tomatoes
- Sweet bell peppers
- Potatoes

- Eggplant
- Honeydew
- Kiwi
- Cantaloupe
- Cauliflower
- Grapefruit



# MEASUREMENT CONVERSION TABLES

## VOLUME EQUIVALENTS (DRY) WEIGHT EQUIVALENTS

US Standard	Metric (Approx.)		US Standard	Metric (Approx.)
¼ teaspoon	1 ml		½ ounce	15 g
½ teaspoon	2 ml		1 ounce	30 g
1 teaspoon	5 ml		2 ounces	60 g
1 tablespoon	15 ml		4 ounces	115 g
¼ cup	59 ml		8 ounces	225 g
½ cup	118 ml		12 ounces	340 g
1 cup	235 ml		16 oz or 1 lb	455 g

## VOLUME EQUIVALENTS (LIQUID) OVEN TEMPERATURES

US Standard	US Standard (ounces)	Metric (Approx.)	Fahrenheit (F)	Celsius (C) (Approx.)
2 tablespoons	1 fl oz	30 ml	250°F	120
¼ cup	2 fl oz	60 ml	300°F	150
½ cup	4 fl oz	120 ml	325°F	165
1 cup	8 fl oz	240 ml	350°F	180
1 ½ cups	12 fl oz	355 ml	375°F	190
2 cups or 1	16 fl oz	475 ml		

pint			400°F	200
4 cups or 1 quart	32 fl oz	1 L	425°F	220
1 gallon	128 fl oz	4 L	450°F	230