

Recipe List: Snacks

Apple/peanut butter snack

1 large, crisp apple

1 - 2 Tbsp of natural peanut butter, or other nut butters

Wash, and peel. (or if you like, keep the peel on), the apple dip it in peanut butter, or apply it to each slice with a knife.

enjoy. Better than a [\(more...\)](#)

Baked Apples

1/3 C (78 ml) unsweetened apple juice

1/3 C dry white wine (optional)

1/3 C (78 ml) water

2 TBS (30 ml) grated orange zest

4 medium-size, 6 ounce [\(more...\)](#)

1. Preheat oven to 375° F (190° C).

2. In a small pot simmer the apple juice, wine, and water with the orange zest for 10 minutes.

3. Core the apple [\(more...\)](#)

Black Bean Pate'

Adapted from "Romancing the Bean," by Joanne Saltzman

Deep and delicious, the flavors in this dish are strong. You could easily shift the theme of [\(more...\)](#)

1. Preheat the oven to 350_F

2. In a food processor, blend the shallots, green onions, cilantro, and onions into the finest pieces possible. Ad

[\(more...\)](#)

Blueberry Yogurt (Snack)

1 C. Trader Joe's Low fat Greek Yogurt

3/4 C. Fresh Blueberries

Add a few slivered almonds, if desired

Stevia (optional)

Mix all together, smashing some of the blueberries, to make a sweeter yogurt.

TJ's Low-fat Greek Yogurt (plain) is a rich-tasting, but low-fat, high [\(more...\)](#)

Bran Flax Muffins

3/4 cup stone ground whole wheat flour

3/4 cup oatmeal (traditional, not quick oats)

3/4 cup oat bran

3/4 cup flaxseed meal

1/2 - 3/4 cup granulat [\(more...\)](#)

Preheat oven to 350 degrees. Add all ingredients in order listed and mix until batter is moist. Fill muffin cups 3/4 full. Makes 24 muffins.

Bak [\(more...\)](#)

caramel apples

2 small or 1 large apples (yellow type)
1/8 cup of Da Vinci Sugar Free Caramel syrup (www.davincigourmet.com)

2 packets of Stevia sweetener [\(more...\)](#)

In small sauce pan cut up and decore the apples and put directly in pan. Sprinkle the Stevia and cinnamon (to taste) on the apples. Pour the caramel [\(more...\)](#)

Chocolate Nut Clusters

1 1/2 (or more) pounds of mixed nuts
(Preferrably unsalted)

2-3 ounces chow mein noodles

1 12 ounce package of Hershey's Special [\(more...\)](#)

Melt the chips in microwave stirring frequently to avoid scorching.

Add nuts and chow mein noodles and stir.

Drop by teaspoonful onto 2 waxpaper co [\(more...\)](#)

chocolate pudding

non fat or lowfat plain organic yogurt
2 scoops choc. nutrimeal
1 packet stevia
stir and enjoy

Cottage Cheese w/Fruit & Nuts

Cottage Cheese
Grapes (red or green seedless)
Walnuts or Almonds
Cinnamon or Nutmeg
Add all ingredients, mix and enjoy.

Frozen Grapes

Red seedless grapes
Freeze grapes. They make a terrific snack. It's like eating ices and great when you crave ice cream!

FRUIT Y YOGURT

1 CUP, (OR MORE, I'M NOT TOO PRECISE) PLAIN LOW FAT YOGURT

1 LARGE APPLE, PEELED, AND SHREDDED
ABOUT 10 DROPS LIQUID STEVIA (TO TASTE)
ABOUT 1 TSP. [\(more...\)](#)
MIX THE YOGURT, STEVIA, VANILLA, AND SPLENDA
TOGETHER, ADD THE SHREDDED APPLE, AND GRAPE NUTS,
IF DESIRED.
THIS IS VERY TASTY AND REFRESHING,

Hot Coca

8-10 oz. filtered water
3 Tbl. nonfat dry milk
3 Tbl. Splenda
1 Tbl. Cocoa powder
1-2 dash of cinnamon
1/2 tsp. vanilla (or flavoring of your cho [\(more...\)](#))
Heat in a saucepan. Stirring frequently with a whisk helps to
dissolve all the powder ingredients.

Mexican snack

cooked soy patty
black beans to cover
Guacamole to cover

Guacamole for one
1/2 avocado mashed
1/2 slice onion, chopped
1 slice tomato, cho [\(more...\)](#)
Make the guacamole while soy patty cooks.
(Just stir the above ingredients and stir)

put the cooked patty in the center of a small plate, complete
[\(more...\)](#)

Nutrimeal Blocks

1 T unflavored gelatin
2 T cool water
2 scoops Strawberry Nutrimeal
7 oz very hot water
_ medium banana or _ c strawberries (sliced)
Disperse the gelatin in the 2 T water. Stir the Nutrimeal in the
hot water. Add the two together. Pour into an 8" square or
round dish and add the [\(more...\)](#)

peanut butter balls

1 cup of (natural) peanut butter, such as Adams...
1 and 1/2 cups of powdered milk
about 12 drops of liquid stevia, (to taste)
no more than 1/4 cup [\(more...\)](#)

This is was my attempt to make a healthy alternative to the Usana bars, so it took some experimenting....but we came up with a rather tasty treat..

M [\(more...\)](#)

Roasted Red Pepper Dip

This is a colorful and glamorous accompaniment to an extravagant platter of mixed crudités (aka raw vegetables), a must for every gathering.

2 larg [\(more...\)](#)

1. Preheat oven to 350 degrees (F)
2. Slice the top off of the garlic so most of the cloves are exposed. Place in a garlic baker or a small baking di [\(more...\)](#)

Sugar Free Jello Salad with Nuts

1 large box of sugar free jello (orange is great but any flavor is good)

plain yogurt (get low carb, or the lowest sugar content)

1 can of lite fruit [\(more...\)](#)

Mix jello with 2 cups boiling water.

Stir in 2 cups plain or vanilla yogurt until smooth.

Add fruit cocktail and chopped pecans.

The flavor i [\(more...\)](#)

Turkey Avacado Roll

Deli Sliced Turkey

Fresh Avacado (sliced)

It's kind of like a ham and cheese roll up...except better for you! Take the turkey, and roll it around the avacodo...then enjoy! A great snack, tha [\(more...\)](#)

Recipe List: Shakes

Almond Joyful Nutrimeal

2 cups soymilk or skim milk
3 scoops chocolate nutrimeal
1 cup ice
1 scoop SoyaMax
_ t almond extract
1-2 T shredded coconut

Banana Eggnog Shake

2-3 scoops Vanilla Nutrimeal
1 scoop Almond Fibergy (optional)
1 scoop Soyamax (optional)
1 C. Water, Non-fat or 1% milk
2-3 TBS Egg Substitute

[\(more...\)](#)

Blend all together until shake is desired consistency. (The egg substitute, being all protein also helps balance the sugars in the banana.) May also [\(more...\)](#)

Banana Smoothie

2 scoops Vanilla Nutrimeal
8 oz. orange juice
4 oz. water
1 med. banana
1 scoop Soyamax
Blend well.

Base Shake

3 scoops Nutrimeal
1 scoop Soyamax
_ Tbs Optomega
1 - 1_ cup Cold water (8 - 10 oz)

Recommended Combinations, Additions and Modifications

Flavor Combinations: You can also decrease the ammount of Nutrimeal to 2 scoops and add 1 sco [\(more...\)](#)

Berry Shake

2 scoops Strawberry Nutrimeal
12 oz. milk
1/4 c. frozen strawberries, raspberries, mixed, (triple berry blend avail. at Costco) or other type berrie [\(more...\)](#)

Blend well in blender.

Berry Berry Bar Shake

Need a Blender

Basic Strawberry Nutrimeal Shake

2 cups Milk or water

2 scoops Strawberry Nutrimeal

1 scoop soy

1 scoop Peach/Mango Fibergy

Then [\(more...\)](#)

Blend well and drink. It adds extra Berry flavor and can replace fresh or frozen berries if you don't have any.

Oh, I add 4-5 ice cubes as well to [\(more...\)](#)

Cappachino

Dutch Chocolate Nutrimeal

Soy Milk

ice

Splenda, instant coffe & dash of cinnamon

Mix everything together with a blender.

You will be amazed at how good and legal this is.

Chocolate Malty

2. scoops Dutch Choc. Nutrimeal

1/2 tsp. coconut extract

1/2 tsp. vanilla extract

1/2 sm. banana

1 scoop Soyamax

12 oz. skim milk

Mix well.

Cran Water

4-8 oz. Unsweetened Cranberry Juice (such as Knudsen's Just Cranberry, Mountain Sun Pure Cranberry)

Purified Water

1/8-1/4 tsp. Stevia (Wisdom Herbs [\(more...\)](#))

Enjoy straight or mixed 1/2 and 1/2 with sparkling mineral water for a refreshing drink. Also good in Nutritional drinks with fruit.

Cranberry jui [\(more...\)](#)

Cranberry HOLIDAY shake

Base SHAKE:

2 scoops Nutrimeal

1 scoop Fibergy
1 scoop Soyamax
_ Tbs Optomega
1 - 1_ cup Cold water (8 - 10 oz)

I add

1/8 cup of frozen [\(more...\)](#)

Mix and serve as you do your regular shakes. ENJOY.

HAPPY HOLIDAYS.

Frozen treat

Make your USANA Shake I use water then put the shake in an ice cream maker and let it get slushie. Then mix in your fruit and or nuts. It makes a gr [\(more...\)](#)

I like Strawberry nutrimeal shake and I add Kiwi and raw almonds.

Fruit Nutrimeal

4-5 frozen strawberries
1/2 banana
2 tbspsn blueberry low-fat yougurt
1 scoop Peach fibergy
1 scoop strawberry Nutri
1 Scoop vanilla Nutri
1 sco [\(more...\)](#)

Blend water, frozen strawberries and banana first. Add all other ingredients.

Healthy Greens Soy Shake

2 scoops SoyaMax
2 scoops Mango Fibergy (gluten -free!)
2 tsp powdered greens (usually includes alfalfa, broccoli, kale, brussel sprouts
1 T. OptOm [\(more...\)](#)

Blend all in bottle. Get a serving or so of the best cruciferous greens for your health!

Check you health food store for an organic source that has [\(more...\)](#)

Mandarin Orange Choc. Freeze (adapted from Curves)

2 scoops Choc. Nutrimeal
12 oz. orange juice
1 med. banana
1 scoop fibergy

1 scoop Soyamax
Blend well.

MANGO/BERRY SHAKE

8 OZ WATER
1 SCOOP SOYMAX
2 SCOOPS VANILLA NUTRIMEAL
1 SCOOP PEACH MANGO FIBERGY
1/2 - 1 CUP ICE CUBES
1/2 - 1 CUP FROZEN UNSWEETENED RASPBERRIES [\(more...\)](#)
MIX ALL TOGETHER IN BLENDER. (MORE ICE FOR A THICKER
SHAKE/LESS FOR A THINNER SHAKE)

Mocha Nutrimeal

1 cup soymilk or skim milk
_ cup ice
_ cup frozen nonfat chocolate yogurt
2 scoops chocolate Nutrimeal
1 scoop Almond Fibergy
2 T cocoa
_ t grou [\(more...\)](#)

Neopolitan Shake

One scoop each of:
New Nutrimeal Chocolate, Strawberry & Vanilla.
Mix with water as usual.
Great taste, great change.

Nutty Chocolate & Coffee Dream Shake

2 scoops Almond Fibergy
1 scoop Chocolate Nutrimeal
1/4 teaspoon Chocolate Extract
1 teaspoon Instant Coffee
1/2 - 2/3 cup Walnuts
1/2 cup ice
8 [\(more...\)](#)
Blend well and spoil yourself

Orange Delicious

10 oz. Orange Juice
1 packet French Vanilla (from Reset Kit)
2 scoops Fibergy
Cup of Non-fat Vanilla Yogurt
1/2 to 1 cup Ice Cubes
Blend all in a blender. (I got this from an associate at STI-Live)

in Dallas and it's awesome. I'm not sure it's in compliance, but it sure was tasty [\(more...\)](#)

Peach Vanilla (adapted from a Curves4Women Recipe)

2 scoops Vanilla Nutrimeal
1 peach (skin on)
1 c. pineapple (unsweetened)
1-2 c. ice
1 scoop Soyamax

Cut peach in pieces and mix in blender till smooth.

Peppermint Shake

1 scoop Chocolate Nutrimeal
2 scoops Almond Fibergy
1 tsp peppermint extract
1/2 or 1 banana
1 tablespoon Optomega
10oz very cold water
Blend well

Pina Colada Shake

(adapted from Curves for Women recipes)

2 scoops Vanilla Nutrimeal
1 tsp. coconut extract
1 tsp. vanilla extract
1/8 c. (2 TBLS) crushed pineapple [\(more...\)](#)
Mix well.

(Note: One of the previous recipes called the Tropical Smoothie Pina Colada Shake is really just the Tropical Smoothie. My disc som [\(more...\)](#)

Pumpkin Pie Shake

An Autumn Shake idea:

1 Scoop SoyaMax
2 scoop Vanilla Nutrimeal
1 scoop Mango Fibergy
1/2 C. canned pumpkin or sweet potato (depending on your G-I [\(more...\)](#)

Blend all briefly together. Add 1 T. Optomega at the end.

A great shake with your "orange vegetable" (Vit A!!)

ENJOY!

Pumpkin Shake

2 scoops vanilla nutrimeal
1 scoop almond fibergy
1/2 cup pumkin pie filling (see below)
1 c water

Pie Filling

1 1/2 c canned pumpkin
1 c sc [\(more...\)](#)

Mix up pie filling. (This can be frozen in ice cube trays.)

Put ingredients for shake into shaker (blender if pumpkin is frozen)

Shake well.

Enjo [\(more...\)](#)

Shakes

Instead of water try mixing with diet ICE Botanical drinks, available at Sam's Club (sweetened with Splenda). This offers 6 great flavor varieties. [\(more...\)](#)

Just using the Usana shaker cup makes this easy.

Strawberry Lemon

11 oz. skim milk
1 Scoop Soyamax
2 scoops Strawberry Nutrimeal
1/4 tsp. Lemon Extract

Place the extract in the milk before adding powders. Mix well.

Strawberry Shazam!

New Strawberry Nutrimeal - 3 scoops or 1 package,
Dehydrated Strawberries (OR any dehydrated fruit. I like Emergency Essentials #10 cans - they last [\(more...\)](#)
Mix shake with water in blender. Add 1/4 cup dehydrated strawberries. Pulse to keep some "chunks" in the shake or pulverize if you don't like chunks [\(more...\)](#)

Tropical Smoothie Pina Colada Shake

(adapted from Cruves for Women recipes)

2 scoops Vanilla Nutrimeal
1/4 v. crushed pineapple
1/8 c. (2 TBLS) Grapenuts
12 oz. skim milk
1/2 banan [\(more...\)](#)

Mix well in blender.

USANA Hot Chocolate

10 oz. boiling water

2 scoops chocolate Nutrimeal

stevia or splenda (optional)

peppermint extract (optional)

Microwave or boil water and pour into a large cup (you'll need room for stirring).

Add nutrimeal powder and stir until all the lumps dissolve.

Co [\(more...\)](#)

Zippy Shake

12 to 16 oz. Seltzer water

6 or 7 frozen strawberries

6 or 7 frozen peaches

1 package of chocolate shake

Put ingredients in blender, just long enough to pulverize the frozen fruit. The seltzer water gives the shake a frappe zippy, tang to the chocolate. S [\(more...\)](#)

Recipe List: Lunch

Almond Chicken Dijon

4 small boneless skinless chicken breasts halves (1 lb.)

2 Tbsp. low fat mayonnaise

2 Tbsp. Dijon Mustard

1/4 cup slivered Almonds, coarsely chopped

Place chicken in lightly greased 13X9 inch baking pan.

Mix mayo and mustard until well blended. Spread top side of each chicken breast half with 1 Tb [\(more...\)](#)

BBQ Chicken Pizza (Phase 2 or 3)

1/2 - 1 cup honey bbq sauce

2 chicken breasts (chopped and cooked, then covered in 1/4 cup bbq sauce)

3/4 cup chopped peppers (red and green)

1/2 c [\(more...\)](#)

I make this pizza with the stoneground pizza dough recipe (also posted on the site), but you need only 1/2 of the dough to make 1 recipe of this pizza [\(more...\)](#)

Beef Stroganoff

4 tbsp olive oil

1 tbsp flour ??

1 cup water or veg or chicken broth

1 pkg "Oh Natural" - Meatless Beef Tips

1/2 cup thinly sliced onions

1 lb b [\(more...\)](#)

Pour 2 tbsp olive oil in a small heavy sauce pan over moderate heat and whisk in flour. Continue whisking and add water or broth in a slow stream, whisk [\(more...\)](#)

Greek Salad

2 Large Cucumbers

4 Roma Tomatoes

1 Small Red Onion

2-3 Chicken Breasts

6 oz Reduced Fat Fetta Cheese

20-30 Greek Olives (pitted)

Olive Oil

Bals [\(more...\)](#)

Cut chicken into bite sized pieces, and then cook in olive oil over medium/high heat until done (season with minced garlic and italian herbs). Cut cuc [\(more...\)](#)

Grilled Lemon Dill Fish

1/2C. low fat mayonnaise
1 Tbsp. lemon juice
1 tsp. dill weed
1/2 tsp. gated lemon peel
1 lb. firm-textured fish fillets (such as cod, catfish or s
[\(more...\)](#)
Mix mayo, juice dill and peel

Place fish on greased grill over medium coals. Brush wih 1/2
of the mayo mixture.

Grill 5 minutes; turn. Brush w [\(more...\)](#)

Italian Shrimp and Pasta Toss

1 cup sliced fresh mushrooms
1/2 c chopped onion
2 cloves garlic, finely chopped
1 tsp basil leaves
2 tblsp olive oil
1/2 c water
2 tblsp ReaLem [\(more...\)](#)

In large skillet, cook mushrooms, onion, garlic and basil in oil
until tender. Add water, lemon jc and bouillon; bring to a boil.

Reduce heat; add s [\(more...\)](#)

Lemon Dill Salmon

1 salmon fillet-about 1/2 lb.
1/2 tsp olive oil
1 Tablespoon fresh lemon juice
grated zest from 1 lemon
1/8 teaspoon dried dill weed (I use more a [\(more...\)](#))

Spray grill rack with vegetable spray

Rinse fish and pat dry;place in shallow dish.

Combine oil, lemon juice, zest, dill and wine;pour over fish, co
[\(more...\)](#)

Ocean Perch with Zuchinni

1 pound Ocean Pearch fillets
1 red onion
1 cup sundried tomatoes
3 zucchini thinly sliced
1/2 cup exta virgin olive oil
Saute onions until browned
Add in sundried tomatoes and zucchini

Add Perch fillets and cover until fish is "flakey"

Ocean Perch with Zucchini

I forgot an ingredient! 1 1/2 cups Roasted Red Bell Pepper sauce - pour over fish and let simmer for 10 to 15 minutes.

Charly Kenyon

See above

Phase 2 Whole Wheat Pizza Crust

1 teaspoon fructose

1 1/2 cups warm water (110 degrees F/45 degrees C)

1 tablespoon active dry yeast

1 tablespoon olive oil

1 teaspoon salt

(more...)

1. In a large bowl, dissolve fructose in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.

2. Stir the o (more...)

Stir-Fried Tofu with Broccoli

2 tbsp (30 ml) olive oil

1 lb (450 g) firm tofu, cut into 1" (2.5)cm cubes

2 tbsp (30) ml ginger root finely chopped, divided

2 onions sliced

6 cu (more...)

Description is with the ingredients

Thai Stir Fry

Ingredient

boneless chicken, cut into strips 1 lb

Light Virgin Olive oil 1 tbsp

cloves garlic 2

minced ginger root 1 tbsp

snow peas 2 cup

(more...)

Directions

In a large skillet, heat oil. Stir fry chicken until golden. Add garlic, ginger root, peas, pepper and carrot. Add chicken broth, soy sau (more...)

Tuna Stuffed Tomato

2 Medium Ripe Tomatoes

Albacore Tuna (water packed and drained)

Diced Celery
Pickle Relish (sweet or dill)
Chopped Onion
Black Olives
Sliced G [\(more...\)](#)

Cut top piece out of tomatoes. Mix tuna with all other ingredients to taste. Stuff tuna in tomatoes & enjoy!

Turkey Chile

3 lb. ground turkey
1-2 large red onions, chopped
2-3 green bell peppers, chopped
2 lg cans French Style green beans, drained.
Tomato Juice. 1 [\(more...\)](#)

In large pot brown the turkey, add the onions and green peppers and cook for few minutes. Add the green beans, tomato juice and tomatoes. Add the se [\(more...\)](#)

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1 lb b [\(more...\)](#)

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Chicken Spinach Stir-Fry

3 TBS olive oil

2 TBS water

2 TBS soy sauce

_ lb skinless chicken breast

1 package of fresh or frozen vegetables (containing green beans, mushroom [\(more...\)](#)

Heat a large skillet or wok until water sizzles and then add 1 _ tablespoons of oil to coat pan (be sure not to heat this so much that your oil smokes [\(more...\)](#)

Greek Salad

2 Large Cucumbers

4 Roma Tomatoes
1 Small Red Onion
2-3 Chicken Breasts
6 oz Reduced Fat Fetta Cheese
20-30 Greek Olives (pitted)
Olive Oil
Bals [\(more...\)](#)

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Ocean Perch with Zucchini

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SoyaMax Meatloaf

1 t olive oil

3 cloves garlic (minced)

_ cup chopped onion

_ cup chopped mushrooms

Sauté the above for 7-10 minutes in a large pot. Remove from

[\(more...\)](#)

Preheat oven to 400. Press the mixture in 9 x 5" loaf pan.

Press olives into the top, if desired. Cover with foil, and bake for 30 minutes. Remove [\(more...\)](#)

Spaghetti - squash, that is...

3/4 pound lean ground turkey
1 spaghetti squash
one medium sized zucchini - chopped
one onion - chopped
12 medium sized mushrooms - chopped
one ti [\(more...\)](#)

Cut up spaghetti squash, remove seeds (my daughter loves these roasted - ut them on a cookie sheet and roast at 200 with a little soy sauce for about [\(more...\)](#)

Spaghetti and Meatballs

1 lb Ground Sirloin or Ground Turkey (extra lean)
2 cups cooked Spaghetti (cooked al dente or firm)
1 egg white
_ cup bread crumbs
1TBS Italian Se [\(more...\)](#)

Mix ground sirloin with one egg white, whole grain bread crumbs, and Italian seasonings. Form small meatballs and brown slowly in a nonstick pan. A [\(more...\)](#)

Stir-Fried Tofu with Broccoli

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Turkey Meat Loaf

6 oz tomato paste

_ cup water

1 clove garlic (minced)

_ tsp dried basil leaves

_ tsp dried oregano leaves

_ tsp salt

16 oz ground turkey breast [\(more...\)](#)

Preheat oven to 350. Combine the tomato paste, water, garlic, basil, oregano, and salt in a small sauce pan. Bring to a boil, and then reduce heat t [\(more...\)](#)