

DINNER

BEEF BARLEY SOUP

Beef, mushrooms and barley served in a warm broth with a side salad

Ingredients (soup):

1 tsp. olive oil
2 oz. beef tenderloin
1 cup sliced mushrooms
½ cup diced onion
½ cup chopped carrots
1 chopped garlic clove
2 ½ cups low sodium chicken stock
½ cup cooked barley
⅛ tsp. dried thyme or ¼ tsp. fresh thyme
¼ tsp. dried parsley or ½ tsp. fresh parsley

Preparation (soup):

Heat oil in a saucepan over medium-high heat and add beef. Brown meat for about 3 minutes. Add mushrooms, onions, carrots and garlic; sauté for 4 minutes. Add barley, chicken stock, thyme and parsley to the pot and bring to a boil. Reduce heat and simmer for 45 minutes. Season with pepper to taste.

Ingredients (salad):

1 ½ cups spinach leaves or other lettuce
1 Tbsp. chopped walnuts
2 Tbsp. blueberries
1 tsp. red wine vinegar
1 tsp. olive oil
½ tsp. Dijon mustard
Pinch of pepper

Preparation (salad):

Combine spinach, walnuts and blueberries in a bowl. In a separate bowl, whisk vinegar, oil, mustard, salt and pepper. Pour over salad.

10-DAY ACCELERATED FAT LOSS PROGRAM

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WEDNESDAY

BREAKFAST

ANTIOXIDANT PARFAIT

Honey-sweetened yogurt parfait with walnuts and fruit

Ingredients:

6 oz. plain nonfat Greek yogurt
(can use goat, soy, sheep's, or cow's milk yogurt)
2 tsp. honey
2 Tbsp. chopped walnuts
½ cup blueberries

Preparation:

Combine yogurt and honey. Put half the yogurt in a glass. Top with 1 Tbsp. walnuts and ¼ cup blueberries. Repeat with the remaining ingredients.

*If you are sensitive to spicy food, omit this.

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LUNCH

SOUTHWESTERN CHICKEN BURGERS

Chicken burgers with black beans, onions and peppers, and topped with avocado on a whole wheat bun and a side salad

Ingredients (burger):

1 ½ tsp. olive oil, divided
1 Tbsp. chopped onion
1 Tbsp. chopped pepper
1 Tbsp. black beans
¼ tsp. cumin
3 oz. ground chicken breast
1 whole wheat hamburger bun
¼ medium avocado, sliced
½ chipotle pepper in adobo seasoning,
minced (optional)*

Ingredients (salad):

1 cup lettuce
¼ cup cucumber
¼ cup chopped tomato
1 Tbsp. lemon juice

Preparation:

Heat 1 tsp. oil in sauté pan over medium heat. Add onions and sauté for 2 minutes, add peppers and cook for 3 more minutes. Add black beans, chipotle and cumin, and cook for an additional 2-3 minutes. Place vegetable mixture aside to cool. Combine chicken and vegetables and form into a patty, season both sides with pepper. Heat remaining oil in pan. Cook burger until internal temperature is 165°F (4 minutes each side). Place burger on bun and top with avocado.

DINNER

HONEY MUSTARD PORK TENDERLOIN

Pork tenderloin in a honey mustard sauce with brown rice and green beans

Ingredients:

1 Tbsp. Dijon mustard
Pinch of pepper
4 oz. pork tenderloin, cut into 4 slices
1 tsp. canola oil
1 Tbsp. cider vinegar
1 ½ tsp. honey
½ tsp. fresh chopped sage or ¼ tsp. dried
1 tsp. olive oil
1 tsp. chopped garlic
1 cup green beans, snow peas or snap peas
½ cup cooked brown rice, barley, quinoa or other whole grain

Preparation:

Coat pork with 1 tsp. mustard and pepper. Heat oil in sauté pan over medium-high heat and add pork. Brown pork on both sides, about 1-2 minutes per side. Remove pork from pan and set aside. Reduce heat to medium. Add the vinegar, honey, remaining mustard and sage to the pan. Scrape up any bits on the bottom of the pan with a wooden spoon to combine with sauce and let it reduce slightly.

Heat olive oil in separate pan over medium-low heat. Add garlic and cook for 2-3 minutes. Turn heat up to medium and add green beans. Cook for 4-5 minutes until hot but still crisp and season with pepper to taste. Serve pork with sauce, brown rice and green beans.



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