

Stir-Fried Vegetables & Chicken (serves 2)



servings: 1 protein, 2 oil, 4 cat. 1 veg.

310 calories, 19 g carbohydrates, 30 g protein, 14 g fat per serving

- > 6 oz. (170 g) boneless, skinless chicken, cut into strips or cubes
- > ½ cup (120 ml) lite coconut milk (canned)
- > Basil, chopped (optional)
- > 1 tsp. (5 ml) flaxseed oil
- > 1 tsp. (5 ml) coconut oil
- > 2 tsp. (4 g) grated fresh ginger (use more or less for your personal taste)
- > Any combination of the following veggies:
 - 2 carrots, diced
 - 1 stalk celery, diced
 - 1 cup (24 g) bok choy, chopped
 - ½ cup (80 g) diced onion
 - ½ cup (72 g) chopped broccoli and/or cauliflower
 - ½ cup (46 g) snow peas
 - ¼ cup (26 g) mung bean sprouts

Heat coconut oil and ginger in a wok and stir-fry your choice of vegetables for about 5 minutes. Add chicken pieces and continue to stir-fry until cooked through. Just before removing from heat, add coconut milk and optional freshly chopped basil. Add 1 tsp. (5 ml) flaxseed oil upon completion of cooking.

TIP:

- Serve with **Pecan Rice** (p. 65).

Thai Chicken Curry with Steamed Vegetables (serves 2)



servings: 1 protein, 4 cat. 1 veg., 2½ oil

292 calories, 17 g carbohydrates, 31 g protein, 12 g fat per serving

- > 2 tsp. (10 ml) olive oil or coconut oil
- > 8 oz. (227 g) chicken breast portions, cut into strips
- > 1 medium onion, sliced into rings
- > Finely chopped fresh ginger to taste
- > ½ cup (120 ml) lowfat canned coconut milk
- > Green curry paste to taste (no added sugar)
- > 1 cup (144 g) broccoli
- > 1 cup (121 g) green beans
- > 1 cup (100 g) cauliflower
- > 1 cup (113 g) zucchini, cut lengthways

Heat oil in a frying pan. Add onions and cook for about 3–4 minutes. Add chicken and ginger to sauté, stirring occasionally until chicken is partially cooked. Add coconut milk and curry paste. Simmer for 5–10 minutes. Meanwhile, lightly steam broccoli, green beans, cauliflower, and zucchini. Serve chicken mixture over steamed veggies.

Turkey-Bulgur Skillet (serves 4 at ~1½ cups [360 ml] each)



servings: 1 protein, 1 grain, ¾ legume, 1 cat. 1 veg.

350 calories, 39 g carbohydrates, 27 g protein, 10 g fat per serving

- > 1 lb. (454 g) ground turkey
- > 1 medium onion, chopped
- > 1 clove garlic, minced
- > 1 cup (140 g) uncooked bulgur wheat
- > 1 lb. (475 ml) can tomatoes, including juice
- > 1 cup (240 ml) water
- > ¼ tsp. (0.12 g) marjoram
- > ½ tsp. (0.25 g) thyme
- > 2 bay leaves
- > 1½ cups (200 g) frozen peas, defrosted
- > Sea salt to taste
- > Freshly ground black pepper to taste

In a large, heavy skillet over medium heat, sauté turkey, onion, and garlic until onion is softened. Drain off excess fat. Add bulgur and cook for one more minute, stirring. Then stir in tomatoes, water, and spices. Cover and simmer for 20 minutes, stirring occasionally to break up tomatoes. Add peas and salt/pepper to taste. Cook for 2 more minutes until peas are heated through.

Turkey Chili (serves 8 at ~1¼ cups [300 ml] each)



servings: 1 protein, 1 legume, 1 oil, 1 cat. 1 veg.

344 calories, 38 g carbohydrates, 36 g protein, 5 g fat per serving

- > 2 lb. (908 g) ground turkey
- > 2 cans (16 oz. [475 g] each) tomatoes (undrained), diced
- > 2 cans (15 oz. [425 g] each) red kidney beans, drained
- > 8-oz. (226 g) can tomato sauce
- > 1 medium onion, chopped
- > ¼ cup (60 ml) dry red wine (optional)
- > 1 tsp. (0.5 g) dried parsley flakes
- > ¾ tsp. (0.37 g) dried basil, crushed
- > ¼ tsp. (0.37 g) dried oregano, crushed
- > ½ tsp. (2.5 g) freshly ground black pepper
- > ½ tsp. (1 g) ground cinnamon
- > 1 clove garlic, minced
- > ¼-½ tsp. (0.5-1 g) ground red pepper
- > 1-2 Tbsp. (8-16 g) chili powder
- > 1 bay leaf

In a 4-qt. (4 L) Dutch oven, cook the turkey until it is no longer pink. Drain off fat. Stir in remaining ingredients. Simmer uncovered for 45 minutes, stirring occasionally. Remove bay leaf before serving.

Turkey Lettuce Wraps (serves 4)



servings: 1 protein, 1 cat. 1 veg., 1 oil

241 calories, 8 g carbohydrates, 23 g protein, 13 g fat per serving

- > 1 lb. (454 g) ground turkey
- > 1 Tbsp. (15 ml) coconut or grapeseed oil
- > 1-2 cups (70-140 g) shredded cabbage
- > 1 medium zucchini, shredded
- > 4 green onions, thinly sliced
- > ¼ cup (60 ml) tamari/soy sauce
(GF: use wheat-free tamari or soy sauce)
- > Dash of garlic powder
- > Crisp lettuce leaves (butter lettuce, green leaf)

Heat oil in a large skillet. Add carrots, zucchini, and onions and sauté until tender. Add turkey and stir into the vegetables, breaking up the meat. Cook and stir for 5-7 more minutes. Add tamari/soy sauce and garlic powder, stir and cook for another 2 minutes. Fill the lettuce leaves with the turkey mixture and enjoy!

Turkey Meatloaf (serves 5)



servings: 1 protein, 1 cat. 1 veg.

184 calories, 7 g carbohydrates, 19 g protein, 9 g fat per serving

- > 1 lb. (454 g) ground turkey
- > 1 egg, beaten
- > ½-¾ cup (48-73 g) sautéed mushrooms
- > ½ cup (55 g) shredded carrot
- > ¼ cup (60 ml) unsweetened orange juice
- > ¼ cup (20 g) oats **(GF: use gluten-free oats)**
- > 2 Tbsp. (3 g) dried parsley
- > 2 tsp. (1 g) dried tarragon
- > 1 tsp. (0.5 g) dried sage
- > Sea salt and freshly ground black pepper to taste

Preheat oven to 350° F (180° C). Mix all ingredients together in a medium bowl. Pat into a loaf shape in a 9" (23 cm) pie plate or other flat dish. Bake for approximately 35 minutes for 1 large loaf. (Smaller loaves will take less time.) Be careful not to over bake as it will be too dry.

TIPS:

- If you prefer, you can make 2 smaller loaves and store one in the freezer after baking.
- This recipe can also be doubled to make 2 larger loaves or 4 small ones.