

# The Luminous *Cookbook*

a collection of recipes & menus for The Luminous Plan

SARA NICHOLS



## **INTRODUCTION .....9**

*The Luminous Rules .....9*

*Kitchen Philosophy.....10*

*My Favorite Things.....11*

*The Luminous Weight Loss Plan.....12*

*The Luminous Maintenance Plan .....12*

## **THE FOOD OPTIONS .....13**

*Protein Options.....13*

*Starch Options.....13*

*Vegetable Options .....14*

*Fruit Options.....14*

*Fat Options.....15*

## **THE MENUS .....16**

*Breakfast Menus .....16*

*Lunch & Dinner Menus .....18*

## **THE RECIPES.....22**

### **BREAKFAST & BRUNCH.....23**

*Luminous PB & Banana Pancakes .....23*

*Vanilla Chia Pudding .....23*

*Luminous Hash Browns .....24*

*Poached Eggs & Cakes .....25*

*Make-Ahead Steel Cut Oats .....25*

*Lentil & Quinoa Breakfast Patties .....26*

*That's Bananas! Bread .....27*

*Breakfast Oatmeal Cookies .....27*

*Chocolate Avocado Pudding.....28*

*Janet's Dairy-Free Amaranth Porridge with Fruit and Nuts.....28*

*Janet's Quinoa and Banana Pancakes .....29*

<i>Janet's Dairy-free Breakfast Hash</i> .....	29
<i>Ricotta &amp; Kale Sunday Quiche</i> .....	30
<b>DRESSINGS, SAUCES, &amp; DIPS</b> .....	<b>31</b>
<i>Sara's Awesome Sauce (Tomato)</i> .....	31
<i>Can Your Awesome Sauce!</i> .....	32
<i>Luminous Lemon Vinaigrette Dressing</i> .....	33
<i>Creamy Balsamic Vinaigrette</i> .....	33
<i>Red Wine &amp; Dijon Vinaigrette</i> .....	33
<i>Legal Thousand Island Dressing</i> .....	34
<i>Magnificent Mayonnaise</i> .....	34
<i>Tofu Ranch Dressing &amp; Dip</i> .....	35
<i>Tsatsiki</i> .....	35
<i>SANE's Guacamole</i> .....	36
<i>Simply Amazing Green Sauce</i> .....	36
<i>Mango Salsa</i> .....	37
<i>Super Simple Hollandaise Sauce</i> .....	37
<i>Herbed White Bean Hummus</i> .....	38
<i>Tahini Hummus</i> .....	38
<i>Walnut Pesto</i> .....	39
<i>Red Thai Chili Paste</i> .....	40
<i>Coconut Curry Hummus</i> .....	41
<i>Plantain Chips</i> .....	41
<b>SALADS</b> .....	<b>42</b>
<i>Balela (Middle Eastern Bean Salad)</i> .....	42
<i>Cucumber Avocado Salad</i> .....	43
<i>Greek-Italian Chopped Salad</i> .....	43
<i>Massaged Kale and Ricotta Salata Salad</i> .....	44
<i>Moroccan Carrot Salad</i> .....	44

<i>Warm and Hearty Lentil Salad .....</i>	<i>45</i>
<i>Vegetable Timbale .....</i>	<i>46</i>

## **VEGETABLES.....47**

<i>Cheesy Zucchini Poppers .....</i>	<i>47</i>
<i>Mashed Cauliflower .....</i>	<i>48</i>
<i>Kicked Up Cauliflower .....</i>	<i>48</i>
<i>Cauliflower Grilled Cheese Sandwiches.....</i>	<i>49</i>
<i>Broccoli “Meatballs” .....</i>	<i>50</i>
<i>Brussels Sprouts Hash .....</i>	<i>51</i>
<i>Roasted Brussels Sprouts.....</i>	<i>51</i>
<i>Pan Roasted Root Vegetables.....</i>	<i>52</i>
<i>Crisp Haricots Verts with Pine Nuts .....</i>	<i>53</i>
<i>Sautéed Swiss Chard with Onions.....</i>	<i>54</i>

## **STARCH SIDES .....55**

<i>Herbed Roasted Winter Vegetables .....</i>	<i>55</i>
<i>Parmesan-Roasted Butternut Squash.....</i>	<i>56</i>
<i>Yukon Mashed Potatoes.....</i>	<i>57</i>
<i>Three Cheese Risotto .....</i>	<i>58</i>

## **POULTRY .....59**

<i>Buffalo Chicken Stuffed Portobellas.....</i>	<i>59</i>
<i>Limey Chicken Barbecue.....</i>	<i>60</i>
<i>Easy Grilled Cajun Chicken .....</i>	<i>60</i>
<i>Chicken Piccata.....</i>	<i>61</i>
<i>Chicken Tandoori With Mango Chutney Dip.....</i>	<i>62</i>
<i>**Hot Mango Chutney.....</i>	<i>62</i>
<i>Buffalo Chicken Wings.....</i>	<i>63</i>
<i>Turkey Meatballs.....</i>	<i>64</i>
<i>Turkey Kabobs and Greek Salad .....</i>	<i>65</i>

<i>Grilled Turkey Burgers with Smoky Aioli .....</i>	<i>66</i>
--	-----------

## **FISH & SHELLFISH ENTREES .....67**

<i>Shrimp Scampi with Spaghetti Squash .....</i>	<i>67</i>
--	-----------

<i>Almond-Crusted Salmon &amp; Garlic Sauce .....</i>	<i>68</i>
---	-----------

<i>Baked Flounder With Tomatoes and Basil .....</i>	<i>68</i>
---	-----------

<i>Moroccan Grilled Salmon.....</i>	<i>69</i>
-------------------------------------	-----------

## **MEAT ENTREES .....70**

<i>Zucchini Carrot Sausage Fest.....</i>	<i>70</i>
--	-----------

<i>Zucchini &amp; Pesto .....</i>	<i>71</i>
-----------------------------------	-----------

<i>Cumin-Crusted Beef Steaks with Orange-Olive Relish.....</i>	<i>72</i>
--	-----------

<i>Asian Beef &amp; Cauliflower Rice Bowl.....</i>	<i>73</i>
--	-----------

<i>Sinead's Texas Beef.....</i>	<i>74</i>
---------------------------------	-----------

<i>Standing Rib Roast.....</i>	<i>75</i>
--------------------------------	-----------

<i>Lamb Rogan Josh.....</i>	<i>76</i>
-----------------------------	-----------

<i>Sara's Marinated Steak.....</i>	<i>77</i>
------------------------------------	-----------

<i>Tuscany Beef &amp; Spinach.....</i>	<i>77</i>
--	-----------

<i>SANE's Chili Con Carne.....</i>	<i>78</i>
------------------------------------	-----------

## **VEGETARIAN & VEGAN ENTREES .....79**

<i>Cauliflower Pizza Crust.....</i>	<i>79</i>
-------------------------------------	-----------

<i>Baked Eggplant With Ricotta Salata.....</i>	<i>80</i>
--	-----------

<i>Mickey's Yogi Bowl.....</i>	<i>81</i>
--------------------------------	-----------

<i>Roasted Chickpeas &amp; Zucchini Noodles.....</i>	<i>82</i>
--	-----------

<i>Goji Chili Stew .....</i>	<i>83</i>
------------------------------	-----------

<i>Vegetable Bean Burrito .....</i>	<i>83</i>
-------------------------------------	-----------

<i>Asian Eggplant &amp; Tofu in Black Bean Ginger Sauce .....</i>	<i>84</i>
---	-----------

<i>Vegan Stuffed Peppers.....</i>	<i>85</i>
-----------------------------------	-----------

<i>Vegan Bolognese &amp; "Zoodles" .....</i>	<i>86</i>
--	-----------

<i>Red Lentil Curry.....</i>	<i>87</i>
------------------------------	-----------

<i>Baked Vegetables with Halloumi Cheese</i> .....	88
--	----

## **INSTANT POT .....89**

<i>Organic Beans</i> .....	89
----------------------------	----

<i>Bone Broth</i> .....	90
-------------------------	----

<i>Killer Chicken Soup</i> .....	91
----------------------------------	----

<i>Instant Pot Chops</i> .....	92
--------------------------------	----

<i>Instant Pot Lamb &amp; Feta Meatballs</i> .....	93
--	----

<i>Instant Pot Mushroom Risotto</i> .....	94
---	----

## **SOUPS .....95**

<i>Beef Mushroom Barley Soup</i> .....	95
--	----

<i>Cream of Wild Mushroom Soup</i> .....	96
--	----

<i>Carrot Ginger Soup</i> .....	97
---------------------------------	----

<i>Mama Joni's Ham and Split Pea Soup</i> .....	98
---	----

## **ACKNOWLEDGEMENTS .....99**

# INTRODUCTION

If you aren't already familiar with the back story and science behind the plan, please download your free copy [here](#).

## THE LUMINOUS RULES

### *1. No Added Sugar.*

Added sugar is found in many items, particularly processed foods. Trace amounts of sugar are OK, but you must read the label. Added sugar in items like tomato sauce or salad dressings must be listed as the 4th ingredient or later in order to work for this plan. No maple syrup, honey, agave syrup, corn syrup or cane sugar. No artificial sweeteners (like Sweet N Low, Equal or Splenda) or 'natural' sweeteners like Truvia or Stevia.

### *2. No Flour of Any Kind.*

This includes grain flour, nut or bean flour, pasta, breads and crackers.

### *3. Weigh and Measure Your Food.*

Weighing and measuring is important in order to change habits permanently plus remove the guesswork, which means you don't have to stress about it. You measure, you prepare, it's done. The best investment is the purchase of a [food scale](#). When measuring your meal, always measure cooked or fully prepared.

### *4. Eat 3 Meals a Day.*

No snacks in between, no skipping meals, and no eating three hours before bed.



# KITCHEN PHILOSOPHY

## *Keep it simple.*

When I cook, I like to keep it simple. Simplicity fits perfectly with the Luminous way of eating. Most of us lead busy lives where often the simple things get pushed aside. I believe cooking should be like gardening. You are churning, chopping, creating, and getting your hands a little dirty. If you're a novice cook, or previously didn't think you had the time or the energy or the skill, I encourage you to give it a try. Many of these recipes can be made ahead. I often make large batches and freeze to have extra homemade meals on hand for busier days. You can also do some prep on weekends, like chopping veggies.

## *Eat food that remembers where it came from.*

I believe we should eat food that "remembers" where it came from—unprocessed, fresh, colorful and full of its original flavor and nutrients. You'll notice when you're eating this way, the clean up is easier because we aren't using heavy sauces, high fat or floury "pasty" food that sticks to the pan or takes a ton of scrubbing. I stick mainly to organic produce as much as possible, especially meat and poultry, and buy locally where possible. While organic is more expensive short term, I believe there is a big rebate in the end with lower medical bills and less illness.

## *Invest in high quality over quantity.*

Most professional chefs can make a fabulous feast using only a few tools. Better to have one great knife, than a dozen cheap ones that make your life harder and don't last. The same goes for kitchen appliances, pots and pans. I adore my food processor, and the higher end one has lasted for decades. I love high grade stainless steel pots and pans and use my one or two cheaper non-stick pans for things like eggs. I still have a stainless steel pot from my mom that is over 50 years old -still looks great and functions perfectly!



# MY FAVORITE THINGS

The products below are the items I love and use all the time. They make meal prep a breeze:

**OXO Good Grips Food Scale** - Whether it's portions or weighing for the recipes, this scale is the fancier model with the ability to pull out the bottom when you're weighing bulkier items. I like the stainless steel surface. It's easy to wipe clean. The best tool in The Luminous arsenal.

**The Spiralizer!** You can make noodles from zucchini and other vegetables in just a few minutes! The Deluxe version is worth the few extra bucks-much easier to use.

**KitchenAid Spiralizer Attachment** - If you already own a KitchenAid Mixer, this attachment makes veggie noodles super fast. It can also core and peel apples. It's a little pricey, but has saved me a lot of time and is super easy to clean.

**Instant Pot!** - Yep, I have gotten on the Instant Pot bandwagon! You'll see a few recipes in this edition of the cookbook. I replaced my slow cooker and use this a lot more now. We bought the 8 quart to fit roasts, whole chickens and large batches of beans, soup and chili.

**Breville 12 Cup Food Processor** - I had a Cuisinart for years, but have seen recent reviews on the newer models that weren't great. So I switched, and this Breville is WAY more powerful with more slicing options. Invaluable for chopping, slicing, grating & ricing.

**Potato Ricer** - I host every Thanksgiving and this little wonder has made mashed potatoes a breeze. I put the cooked potatoes in with the peel, push it through, no skin. Works for yams as well! No more peeling!

**Homemade Household Cleaners** - For kitchen clean up, I make my own cleaning solutions. Having an autoimmune disease, I try to steer clear of too many chemicals. You'll find my recipes along with nifty containers and labels [here](#).

**All-Clad Griddle** - I don't typically like a lot of non-stick cookware but this griddle is fantastic for making large batches of scrambled eggs and veggies. It fits over 2 burners and cleans up in seconds.

**Cuisinart Hand Blender** - This immersion blender is fantastic for pureeing and making soups.

# THE MENUS

## BREAKFAST MENUS

### *Steel Cut Oats & Fruit - Vegan Option*

Starch: Steel Cut Oats  
Fruit: Banana or Your Choice  
Fat: Nuts or Peanut Butter (peanuts only)  
Protein: Milk or Yogurt

💡 *Luminous Tip: Make a large batch of steel cut oats in advance to carry you through the week! Mix it up with a blend of fruit such as bananas and strawberries.*

### *Luminous Pancakes*

Starch: Toasted Oats (measured uncooked)  
Fruit: Banana, mashed  
Fat: Butter  
Protein: Eggs + 2 tsp Plain Whole Yogurt  
Extras: Vanilla or cinnamon

*Combine the oats, banana, eggs, dash of vanilla/cinnamon and yogurt to create a batter. Heat frying pan with butter and pour batter to make the pancakes. These can be made in a large batch and frozen in pre-measured portions.*

### *Veggie Scramble With Potatoes - Grain-Free Option*

Starch: White Potato or Yam, shredded  
Fruit: Mixed Fresh Fruit: Honeydew, Strawberries, and Blueberries  
Fat: Butter  
Protein: Eggs  
Extras: Peppers & Onions

*Shred potatoes in food processor and sauté in heated pan with onions & peppers. Whisk eggs in small bowl and add to pan once potatoes are cooked. Serve fruit on the side.*

### *Breakfast On The Run - Vegan Option*

Starch: Breakfast Oatmeal Cookies (2 cookies) - see recipe.  
Fruit: your choice  
Fat: 1 TBS Peanut Butter (put ½ TBS on top of each cookie)  
Protein: Milk

Follow the recipe (these can be made in advance).

## LUNCH & DINNER MENUS

### *SANE's Chopped Salad - Vegan Option*

Vegetable: Mixed Baby Greens-Chopped, Shredded Carrots, Cooked Beets,  
Protein: Garbanzo beans or beans of your choice  
Fat: Salad Dressing of your choice  
Fruit: Oranges or Tangerines (lunch only)

*Combine veggies and beans the night before and store in fridge. When serving add dressing. Oranges can be added to salad or eaten separately.*

### *Hummus & Veggies To Go - Vegan Option*

Vegetable: Organic Baby Carrots  
Protein: Hummus (3 oz)  
Fat: Hummus (1 oz)  
Fruit: Organic Gala Apple Slices (lunch only)

💡 *Luminous Tip: This is an excellent grab and go meal. Add a salad if you choose this for dinner to round out your vegetables.*

### *Moroccan Grilled Salmon with Roasted Green Beans & Mashed Cauliflower*

Vegetable: Roasted Green Beans + Mashed Cauliflower (see recipe)  
Protein: Grilled Salmon with Garlic  
Fat: Olive Oil + Cream Cheese in the mashed cauliflower  
Fruit: Your Choice (lunch only)

*Follow the recipes for Salmon and Cauliflower. Place green beans on parchment paper covered pan. Spray the beans with oil and season to taste (garlic or smoked paprika). Roast at 400°F oven for approximately 30 minutes.*

### *Roast Chicken with Pan Roasted Root Vegetables & Salad*

Vegetable: Pan Roasted Root Vegetables (See recipe) + Mixed Green Salad  
Protein: Roast Chicken  
Fat: Salad Dressing + Olive Oil for Root Vegetables  
Fruit: Your Choice (lunch only)

*Roast whole chicken at 400°F for first 15 minutes. Season as desired. Follow recipe for the root vegetables.*

### *Baked Flounder & Roasted Asparagus*

Vegetable: Tomato + Roasted Asparagus with Parmesan Cheese

Protein: Flounder + Parmesan Cheese

Fat: Olive Oil

Fruit: Your choice (lunch only)

*Follow recipe for Baked Flounder with Tomato and Basil . For asparagus, line a pan with parchment paper. Cut 2 inches off bottom of asparagus, and place on pan. Spray with olive oil and sprinkle smoked paprika, garlic powder parmesan cheese. Roast for 35-40 minutes in 400°F oven.*

### *Shrimp Scampi with Spaghetti Squash*

Vegetable: Spaghetti Squash - For Dinner: add Steamed Spinach (as 2nd vegetable)

Protein: Shrimp

Fat: Butter

Fruit: Your choice (lunch only)

*See recipe for Shrimp Scampi & Spaghetti Squash.*

### *Pizza Night*

Vegetable: Cauliflower Pizza

Protein: Pizza with Cheese Topping or Plant-Based Cheese

Fat: Flax Seed - sprinkled on top of pizza

Fruit: Your choice (lunch only)

*See recipe for Cauliflower Pizza Crust. Sprinkle flax seed on top of pizza after baking.*

### *Vegan's Delight: Asian Eggplant & Tofu in Black Bean Ginger Sauce*

Vegetable: Eggplant & Mushrooms (in recipe)

Protein: Tofu (in recipe)

Fat: Oil (in recipe)

Fruit: Your choice (lunch only)

*See recipe on for this wonderful vegan dish.*

# THE RECIPES

The recipes on the following pages were adapted with the Luminous Plan in mind. I have tested them all in my own kitchen. Typically I plan out dinners for the week on the weekend and do a fair amount of chopping and other prep on Sunday night to get ready for the week. Consider prepping ingredients in advance so that during the week, you have less to do, especially for dinner.

The recipes have symbols:

**M**

**Maintenance Plan.** *These recipes are only for the maintenance plan (once you reach goal weight) with some exceptions. Some recipes simply have a higher protein count, and if you have adjusted your plan to include additional protein, then you may use them during the weight loss phase. Once you've been on the plan for awhile, you can occasionally move your starch portion to dinner, so some of these can work in that scenario.*

**W**

**Weight Loss Plan.** *Luminous-approved for the weight loss phase.*

**V**

**Vegan.** *Luminous-approved for anyone preferring a plant-based diet for all or some of their meals.*

For each recipe you will see the following serving information:

*Yield: 1 Serving - Each serving equals ½ Starch, ½ Fat, 1 Fruit, 1 Protein*

1 Protein means each serving contains the full protein allowance for that meal (4 oz meat/poultry or 6 oz fish or legumes.)

# BREAKFAST & BRUNCH

## LUMINOUS PB & BANANA PANCAKES

W

 *Luminous Tip: Make a large batch and refrigerate individual portions.*

Yield: 1 Serving - Each serving equals 1 Starch, ½ Fruit, 1 Protein

---

3 oz Ripe Banana

1 oz Rolled Oats (dry)

1 Egg

1 tsp Vanilla Extract

¼ tsp Baking Soda

1 oz Natural Peanut Butter

Heat a non-stick pan (no oil or butter needed). Using a food processor combine all ingredients, except for the peanut butter, and lightly pulse to mix - do not puree (you can also mash by hand). Spoon out the batter like you would with traditional pancakes. Flip when the mixture begins to bubble. Heat the peanut butter in the microwave for a few seconds and spread on the pancakes.

## VANILLA CHIA PUDDING

V

W

Yield: 1 Serving - Each serving equals 1 Starch, ½ Fat, 1 Fruit, 1 Protein

---

½ cup (4 oz) cooked quinoa

½ oz chia seeds (1 TBS)

1 TBS hemp hearts

¼ tsp vanilla powder

1 large very ripe banana (4-6 oz)

pinch of cinnamon

6 oz cashew milk (or milk of your choice)

Cut banana in half, and mash half of it. Slice the other half for topping the pudding. Add remaining ingredients to a mason jar and stir together, topping with the half of banana. Tighten lid and place in the fridge to set, about 2 hours (or more).



# DRESSINGS, SAUCES, & DIPS

## SARA'S AWESOME SAUCE (TOMATO)

W

V

*💡 Luminous Tip: Try Muir's fire-roasted organic tomatoes to give this an extra smoky flavor. You may use fresh tomatoes, but be sure to let them cook down for at least 30 minutes or more before adding the other ingredients. The carrots give this sauce a lovely sweetness. If you're into canning, this is a perfect recipe, and you'll have it on hand whenever you need it!*

Yield: About 20 Servings - Each 6 oz Serving equals 1 Vegetable


1/3 cup extra-virgin olive oil	1/2 cup dry red wine
1 large yellow onion, diced	3 TBS fresh minced thyme
4 cloves garlic, peeled and thinly sliced or minced	4- 28 oz cans of crushed tomatoes
3 cups shredded carrots	1 cup fresh basil leaves
	Salt and freshly ground pepper, to taste

In a saucepan over medium-high heat, add the olive oil and heat. Add the onions and garlic to the pan, cooking until softened. Add the carrots, stir, and then add the wine to deglaze. If you prefer NOT to use the wine, it will work well without, but note that the alcohol does evaporate. Next, reduce the heat to medium and add the thyme, cooking for an additional 5 minutes. Add the tomatoes and juices, bring to a boil and then reduce the heat to a simmer. Finally, add the basil and continue to cook over low heat, 20 to 30 minutes. Taste to season and remove from the heat.





# CAN YOUR AWESOME SAUCE!

 *Luminous Tip: I make large batches of this sauce and use the water canning method so that I can store them in the pantry for up to 18 months (though they never last that long!). This canning method should ONLY be used for tomato sauce and other acidic foods. Anything else you want to can (like soup) should be done with a pressure canner.*

## What You'll Need:

21-Quart Water Canner or Large Stock Pot - I like the water canner because it comes with a metal rack to easily lift the jars. I store my empty jars in it as well.

1 Quart Mason Jars with Lids

Canning Accessories - this little kit gives you nifty tools to help with putting sauce easily into jars, and gripping the individual jars out of the boiling water.

Labels for Jar with a Sharpie Paint Pen.

8-12 Quarts of Awesome Sauce - The recipe above makes about 3.75 quarts. I usually quadruple the recipe to make about 12 quarts with a little left over.

Put the open jars in the water canner and fill with water (fill the jars as well). Heat to a low simmer - do not boil. Wash lids in warm soapy water and set bands aside.

Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles and re-measure headspace. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight. Meanwhile, heat the water canner to boiling.

Place filled jars in the boiling water canner for 35 minutes. Remove jars and cool.

Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

I like to put the black labels on them (labels are removable). The canned sauce will keep for about 18 months.

For more info on high acid food water canning the [Ball canning site](#) is a great resource.

# SALADS

## BALELA (MIDDLE EASTERN BEAN SALAD)

W

V

 *Luminous Tip: For Non-Vegan option, add 1 oz crumbled Feta Cheese.*

Yield: 4 Servings - Each 12 oz serving equals ½ Vegetable, 1 Fat, 1 Protein

---

12 oz chickpeas	⅓ cup fresh basil, chopped (or mint)
12 oz black beans	⅓ cup fresh Italian parsley (flat leaf), chopped
½ cup chopped onion	3 TBS fresh lemon juice (to taste)
1 jalapeño, finely chopped (optional)	¼ cup extra-virgin olive oil
½ cup sun dried tomatoes	2 cloves garlic, pressed
16 oz grape tomatoes, cut in half	2 TBS apple cider vinegar
⅓ cup fresh dill, chopped	Salt and black pepper to taste

In a medium bowl, mix together the chickpeas, black beans, onion, jalapeño pepper, sun dried tomatoes, tomatoes, and herbs.

Whisk together the lemon juice, olive oil, garlic, vinegar, and salt and pepper.

Drizzle the dressing over the salad mixture; lightly stir.

Refrigerate salad several hours or overnight to meld flavors.

# VEGETABLES

💡 *Luminous Tip: Use any of these recipes as side dishes with your protein at lunch or dinner.*

## CHEESY ZUCCHINI POPPERS

W

Yield: 2 Servings - Each serving yields 1 Vegetable, 1 Protein

---

4 medium zucchini, grated (about 16 ounces)

2 oz parmesan cheese, grated

1 TBS garlic powder

½ tsp black pepper

½ tsp red pepper flakes

½ tsp salt

1 large egg

2 oz cheddar cheese

2 oz mozzarella cheese

6 oz Marinara sauce (for dipping)

Preheat oven to 400°. Grate zucchini into a medium bowl. Transfer grated zucchini into a large bowl and add garlic powder, parmesan cheese, salt, pepper, red pepper flakes, and egg. Mix together.


Pour the mixture onto a small towel and wring the excess fluid from mix.

Place a piece of parchment paper on a baking sheet and spread mixture evenly into a square about a ½-inch thick.

Bake for 35-40 minutes or until middle has thickened. Remove from oven and spread cheddar and mozzarella cheese over top .

Place back in the oven at 350°F/175°C for 10 more minutes or until cheese melts and is bubbling. Let cool for 5 minutes, slice into squares. Enjoy with marinara sauce.

# STARCH SIDES

 *Luminous Tip: Most of the selections in this section are for when you get to goal and begin adding starch options to lunch and/or dinner Occasionally during the weight loss phase, (after the first 8 weeks) you may elect to use your starch at lunch or dinner (skipping starch at breakfast).*

## HERBED ROASTED WINTER VEGETABLES

M

Yield: About 12 Servings - Each 6 oz Serving equals ½ Fat, ½ Starch, ½ Vegetable

---

 *Luminous Tip: You need a very hot grill or oven to give these veges texture.*

Nonstick olive oil spray	2 acorn squash (about 2 ¾ pounds total), unpeeled, halved, seeded, each half cut into 6 wedges
3 TBS butter	2 medium turnips, peeled, each cut into 6 wedges
¼ cup (2 oz) olive oil	2 large parsnips, peeled, each cut crosswise into 6 pieces
3 large red beets, peeled, each cut into 6 wedges	1 large rutabaga, peeled, cut into 12 wedges
2 TBS chopped fresh thyme	12 garlic cloves, peeled
2 TBS chopped fresh summer savory	
8 large shallots, peeled, halved through root end	
3 large golden beets, peeled, each cut into 6 wedges	

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Spray 2 large rimmed baking sheets with nonstick spray. Melt butter with olive oil in small saucepan over medium-low heat. Combine all vegetables and herbs, garlic, with butter mixture in large bowl. Sprinkle generously with salt and pepper and toss to coat. Divide vegetable mixture between prepared baking sheets.

Roast vegetables 30 minutes. Reverse baking sheets and continue to roast until all vegetables are tender, stirring occasionally, about 45 minutes longer. (Can be prepared 4 hours ahead. Let stand at room temperature. Rewarm in 350°F oven about 20 minutes.) Transfer to platter and serve.

# POULTRY

## BUFFALO CHICKEN STUFFED PORTOBELLAS

W

Yield: Approximately 2 Servings - Each Serving equals 1 Protein, 1 Vegetable, 1 Fat

---

8 oz raw boneless chicken breast, cut into bite-sized pieces

2 large portabella mushroom caps

2 tsp Frank's Hot Sauce

¼ cup celery, finely chopped

¼ cup carrots, finely chopped

1 TBS Greek yogurt

Fresh salt and pepper, to taste

2 oz bleu cheese dressing

Preheat oven to 375 degrees. Line a baking sheet with foil and spray with non-stick spray. Combine all ingredients except for the mushroom caps in a bowl. Stir to coat.

Place mushroom caps on foil, round side down. Spoon out chicken mixture evenly between the two caps. Cover with another piece of foil, and fold together the edges of the foil to form a tight seal.

Bake for 25 minutes, until chicken is cooked through and mushrooms are soft. Open packet slightly to release steam before opening all the way. Top with bleu cheese dressing and serve.

# FISH & SHELLFISH ENTREES

## SHRIMP SCAMPI WITH SPAGHETTI SQUASH W

*Note: This recipe contains vermouth. The alcohol content dissipates while cooking. If you prefer, you can eliminate the vermouth and add additional herbs and spices.*

**Yield:** 4 Servings - Each 12 oz (6 oz shrimp + 6 oz squash) Serving equals 1 Fat, 1 Vegetable, 1 Protein

---

24 oz jumbo shrimp, shelled and deveined  
Kosher salt and freshly ground black pepper  
2 TBS unsalted butter  
2 tsp minced garlic  
¼ cup dry white vermouth (2 oz)  
¼ tsp grated lemon zest plus 1 TBS freshly squeezed lemon juice

2 tsp finely chopped flat-leaf parsley  
Red Pepper Flakes and Oregano to taste (optional, for spicier version)

For "Spaghetti":

1 large spaghetti squash  
2 TBS butter

Pre-heat oven to 400°F. Cut spaghetti squash lengthwise, remove seeds, and place face down on baking sheet covered with parchment paper. Bake squash in oven for approximately 45 minutes or until the strands of squash easily pull away.


Meanwhile, put the shrimp on a large disposable pie pan or paper plate and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced.

Heat a large skillet over medium heat. Season the shrimp with salt and pepper. Add the butter to the skillet. When the foaming subsides, raise the heat to high and invert the plate of shrimp over the skillet so the shrimp fall into the pan all at once. Cook the shrimp, without moving them, for 1 minute. Add the garlic and cook for 1 minute. Turn the shrimp over and cook for 2 minutes more. Transfer the shrimp to a bowl. Return the skillet to the heat and pour in the vermouth and lemon juice. Boil the liquid until slightly thickened, about 30 seconds. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir the lemon zest and parsley into the sauce.

Remove the spaghetti squash, gently separating the strands with a fork. Add to the shrimp. Pour the sauce over the shrimp, season with salt and pepper to taste and toss to combine.

# MEAT ENTREES

## ZUCCHINI CARROT SAUSAGE FEST

 *Luminous Tip: This serves up a double portion of vegetables so if you'd like to skip the dinner salad, you can substitute this extra serving. Add the squash last so as not to overcook it.*

Yield: 2 Servings - Each serving is 1 Protein, 2 Vegetable, 1 Fat

---

8 oz Fresh Bratwurst or Polish Sausage  
6 oz zucchini squash  
6 oz carrots  
1 large sweet onion  
3 tsp olive oil  
¼ cup chicken or beef broth (or bone broth)  
½ tsp salt  
¼ tsp pepper  
½ tsp smoked paprika

Heat a large sauté pan with ⅓ of the olive oil. Add the sausage and cook thoroughly. While sausage is cooking, slice the onion, carrots and zucchini. I like to use the slicing blade on the food processor to get really thin slices, but you can do it by hand as well.

When sausage is cooked, remove and set aside. Deglaze the pan with broth. Add the remaining olive oil to the pan along with the carrots and onion. Add salt, pepper and paprika.

Cook until carrots soften, then add the zucchini. When the zucchini softens, return the sausage to the pan and toss.



# VEGETARIAN & VEGAN ENTREES

## CAULIFLOWER PIZZA CRUST W

Yield: 2 Servings - 1 Serving ( $\frac{1}{2}$  crust) equals  $\frac{1}{2}$  Vegetable,  $\frac{1}{2}$  Protein

---

 *Luminous Tip: Cook a large batch of cauliflower in advance. Freeze the cooked cauliflower in 2 cup portions in a ziploc bag and have it on hand for easy meals! Simply thaw in the morning for pizza night. Be sure to weigh and measure any pizza toppings including tomato sauce or extra cheese on top, and count those in addition to the serving counts above. My favorite is cooked onions, sauce and 2 ounces of a provolone and mozzarella blend of cheese on top.*

2 cups grated cauliflower  
2 oz of freshly grated or shredded parmesan cheese  
1 egg, beaten

Using the grate blade, cut cauliflower and grate in food processor. Heat the grated cauliflower in the microwave for about 5-8 minutes, stirring midway. Let cool.

Spread parchment paper onto a baking sheet. Using a thin kitchen towel or cloth napkin, put the cauliflower in the middle of the napkin and bring up the ends, like you're holding a bag. Over the sink wring out the excess water, twisting until most of the water is out.

In a bowl, beat the egg. Add grated Parmesan cheese to the egg. You can substitute, asiago or romano cheeses, as long as it is a hard cheese. Add the cauliflower to the bowl and mix well with the egg and cheese and form into a ball.


Place the balled cauliflower mixture onto the parchment paper and spread out into a pizza shape about  $\frac{1}{4}$  inch thick. The crust will be about 10" across. Place crust into an oven preheated to 400°F and cook for 20 minutes until the crust has colored and firmed up.

Remove cauliflower pizza crust from the oven and top with your favorite pizza sauce and other toppings (be sure to add this to the total food counts). Return pizza to the oven and continue to cook at 400° F for about 10 minutes or until the toppings are done.

# INSTANT POT

*The Instant Pot is very versatile for using as a slow cooker and a pressure cooker. The following recipes are for high pressure, but you can also make the soups and chili using the Instant Pot as well.*

## ORGANIC BEANS

 *Luminous Tip: I buy organic dried beans and make large batches and freeze them in 12-16 oz portions in 1 quart Ziploc freezer bags. They are much less expensive than canned and assure there are no added sugars or preservatives. Adding vinegar helps keep these beans from being “gassy.”*

Yield: 8 Servings - Each 4 oz. serving equals 1 Protein

---

2 lbs Dried Beans - Black, Kidney, Pinto, Garbanzo or Great Northern  
2 TBS Salt  
1 TBS Apple Vinegar

Rinse the beans in a stainless steel colander and place them in the Instant Pot. Cover with water and stir in the salt and vinegar. Secure the lid, making sure the steam vent is closed. Press “Manual” and set the high pressure time for 10 minutes (for black beans, you can lower to 7-8 minutes).

Once the timer goes off, unplug the Instant Pot. Leave the lid on and allow the pressure to decrease on its own for about 10 minutes. After 10 minutes, open the steam vent to release the remaining pressure. Drain the beans, and rinse. When cool, you can measure out 12 or 16 oz into the 1 quart freezer bags.

# SOUPS

## BEEF MUSHROOM BARLEY SOUP

M

Yield: About 4 Servings - Each 12 oz Serving equals ½ Protein, 1 Fat, ½ Vegetable, ½ Starch

---

2 TBS plus 1 tsp canola oil

1½ pounds beef shin on the bone,  
trimmed of excess fat

Kosher salt and freshly ground black  
pepper to taste

4 carrots, diced

½ onion, diced

2 celery stalks, diced

½ tsp dried thyme

6 cups water

2 oz pearl barley, rinsed

1 cup chopped canned tomato

1 TBS unsalted butter

12 oz medium-sized button mushrooms,  
brushed, trimmed, and quartered

3 TBS minced flat-leaf parsley

Heat a large soup pot or Dutch oven over medium-high heat; add 2 tablespoons of the oil. Season the meat generously with salt and pepper. Sear the meat on all sides until well browned; this will take about 15 minutes. Wipe the pan out with a paper towel. Lower the heat to medium, add the oil to the pan. Add the carrot, onion, and celery to the pan and sauté until tender, about 10 minutes. Return the meat to the pan with the water. Bring to a boil, adjust the heat to maintain a gentle simmer, cover, and cook for 1 ½ hours or until the meat is just tender. Add the thyme, barley, and tomato, continue to simmer the soup, covered, for 45 minutes.

Meanwhile, in a medium sauté pan, heat the butter over medium-high heat, add the mushrooms and sauté until golden, about 10 minutes. Season the mushrooms with salt and pepper and add them to the soup, and simmer for 15 minutes more. Remove the meat from the soup; cut the meat from the bone and dice. Skim any fat from the surface of the soup with a ladle or large spoon. Return the meat to the soup with the parsley. Season the soup with salt and pepper. Serve in warm bowls.