



WEEK THREE

Breakfast Recipes



PREPPING TIME: 10 MIN COOKING TIME: 10 MIN

BREAKFAST FRUIT & NUTS SALAD

INGREDIENTS

2 ORANGES, CUT INTO SMALL
BITS
1 BANANA, SLICED
6 WALNUT HALVES
2 TABLESPOONS DRIED
GROUNDED COCONUT

DIRECTIONS

1. MIX BANANA, ORANGES,
AND WALNUTS IN A BOWL.
SPRINKLE WITH COCONUT.



WEEK THREE

Breakfast Recipes



SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 1 1/4 HRS

FRUIT SALAD

INGREDIENTS

2 FRESH PEACHES, PEELED AND
SLICED (CANNED WITH JUICE IF
FRESH NOT AVAILABLE)

1 LARGE APPLE, PEELED AND
LARGE DICED

1 LARGE ORANGE, PEELED AND
LARGE DICED

1 KIWI, PEELED AND SLICED

1/4 CANTALOUPE, CUBED

2 CUPS WATERMELONS, CUBED

1 BANANA, SLICED IN RINGS

1 CUP WALNUTS, ROUGH
CHOPPED (OR WHOLE)

1/4 TEASPOON SALT

1/4 TEASPOON PEPPER, FRESH
GROUND

1/2 TEASPOON GROUND

CARDAMOM

DIRECTIONS

1. CAREFULLY COMBINE ALL
INGREDIENTS IN A LARGE
BOWL. REFRIGERATE AT
LEAST ONE HOUR.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

GRILLED CHICKEN WITH CHERRIES

INGREDIENTS

1/2 CUP CHICKEN STOCK
1 CUP FRESH CHERRIES, PITTED
2 TEASPOONS BALSAMIC VINEGAR
1 TEASPOON BLUE AGAVE
2 TABLESPOONS BUTTER
2 BONELESS SKINLESS CHICKEN BREASTS
SALT AND PEPPER, TO TASTE

DIRECTIONS

1. IN A SMALL SAUCEPAN, COMBINE CHICKEN STOCK, CHERRIES, VINEGAR AND BLUE AGAVE, AND BRING TO A BOIL.
2. REDUCE HEAT AND SIMMER UNTIL CHERRIES SOFTEN, ABOUT 5 TO 7 MINUTES. WHILE GLAZE IS SIMMERING, SEASON CHICKEN WITH SALT AND PEPPER, AND GRILL UNTIL DONE.
3. TO SERVE, SPOON CHERRY GLAZE ON PLATE, PLACE CHICKEN BREAST IN THE MIDDLE AND DRIZZLE WITH MORE GLAZE.



WEEK
THREE



SERVINGS: 2-4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

TILAPIA AL AJILLO (GARLIC TILAPIA)

INGREDIENTS

1 1/2 LBS TILAPIA FILLETS
4 CLOVES GARLIC, THINLY
SLICED
3 TABLESPOONS BUTTER
SALT AND PEPPER
LEMONS, FOR SERVING
CHOPPED PARSLEY (TO
GARNISH)

DIRECTIONS

1. SEASON TILAPIA FILLETS WITH SALT AND PEPPER. HEAT BUTTER IN A SKILLET OVER MEDIUM HEAT.
2. PUT FILLETS IN FIRST. AND WHEN THEY START TO TURN COLOR A BIT (AFTER 1-2 MINUTES) ADD GARLIC SLICES.
3. CONTINUE COOKING ABOUT 4 MINUTES OR SO, THEN FLIP FILLETS. SAUTE UNTIL COOKED THROUGH, AND FISH FLAKES EASILY WITH A FORK- THIS WILL DEPEND ENTIRELY ON THE THICKNESS OF YOUR FILLETS, SO YOU WILL NEED TO WATCH THEM CAREFULLY. ~
4. THE GARLIC SHOULD TURN A DARK GOLDEN BROWN. SERVE WITH FRESHLY SQUEEZED LEMON JUICE; GARNISH WITH CHOPPED PARSLEY



WEEK THREE

Main Course Recipes



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

CAJUN SALMON

INGREDIENTS

8 OUNCES SALMON FILLETS
2 TEASPOONS GROUND CUMIN
2 TEASPOONS GROUND
CORIANDER
2 TEASPOONS CAJUN SPICES
2 TEASPOONS OREGANO
BUTTER, TO BRUSH THE PAN

DIRECTIONS

1. BRUSH A LITTLE BUTTER IN A FRYING PAN AND PREHEAT THE PAN.
2. COMBINE THE SPICES FOR THE SALMON IN A SMALL BOWL.
3. TURN THE SALMON FILLETS IN THE SPICES, COVERING ALL SIDES.
4. PLACE THE SALMON FILLETS (SKIN SIDE UNDER) IN THE HOT FRYING PAN.
5. FRY FOR 4 MINUTES BEFORE TURNING OVER AND FRYING FOR ANOTHER 3 MINUTES OR UNTIL DONE



WEEK THREE

Main Course Recipes



SERVINGS: 2-4

PREPPING TIME: 20 MIN COOKING TIME: 50 MIN

GARDEN TILAPIA

INGREDIENTS

4 TILAPIA FILLETS
1 TEASPOON OLD BAY SEASONING
1 TEASPOON GARLIC POWDER
1 ONION, SLICED
4 CUPS SPINACH LEAVES
10 BABY CARROTS
1/8 CUP GREEN ONIONS, CHOPPED
1/8 CUP GREEN PEPPERS, DICED
1 ZUCCHINI, SLICED
1 TEASPOON DRIED DILL WEED
1 TABLESPOON BUTTER
1 YAM, SLICED IN 1/4 INCH SLICES,
PRECOOKED
SALT AND PEPPER

DIRECTIONS

1. LINE A JELLY ROLL PAN WITH FOIL. SPRAY WITH COOKING SPRAY. PLACE FILETS ON FOIL COVERED PAN AND SPRINKLE WITH OLD BAY SEASONING, AND GARLIC POWDER.
2. LAY ONION SLICES, SLICED ZUCCHINI, SLICED YAM, SPINACH, BABY CARROTS, GREEN ONIONS, GREEN PEPPERS, AND ANY OTHER VEGGIES YOU MAY LIKE, OVER THE FILETS.
3. SPRINKLE WITH DILL WEED. DIVIDE THE BUTTER INTO QUARTERS AND PLACE THE DOTS RANDOMLY OVER THE DISH.
4. COVER TIGHTLY WITH FOIL. BAKE AT 350 DEGREES FOR APPROXIMATELY 30 MINUTES.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 11 MIN

MEDITERRANEAN SALMON

INGREDIENTS

2 TOMATOES, SEEDED COARSELY
CHOPPED
3 TABLESPOONS OLIVE OIL
1 TABLESPOON RED WINE
VINEGAR
1/2 CUP NICOISE OLIVES, PITTED
AND COARSELY CHOPPED
1/4 CUP RED ONIONS, CHOPPED
2 TABLESPOONS CAPERS,
DRAINED
3/4 TEASPOON SALT, DIVIDED
1/2 TEASPOON PEPPER, DIVIDED
4 (6 OUNCE) SALMON FILLETS
1/3 CUP FRESH BASIL, LOOSELY
PACKED THINLY SLICED

DIRECTIONS

1. COMBINE TOMATOES, 2
TABLESPOONS OLIVE OIL, RED WINE
VINEGAR, OLIVES, ONION, CAPERS, 1/2
TEASPOON
SALT, 1/2 TEASPOON PEPPER. SET
ASIDE. BRUSH BOTH SIDES OF THE
SALMON WITH THE REMAINING OLIVE
OIL.
2. SPRINKLE WITH REMAINING SALT
AND PEPPER.
3. HEAT A LARGE NON-STICK
SKILLET OVER MEDIUM-HIGH HEAT.
SAUTE SALMON 3-4 MINUTES PER
SIDE OR UNTIL
COOKED THROUGH.
4. ADD BASIL TO RESERVED TOMATO
MIXTURE. SERVE WITH SALMON.



WEEK THREE

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

FLOUNDER ALMANDINE

INGREDIENTS

1 LB FLOUNDER FILLETS
3 TABLESPOONS BUTTER
2 TABLESPOONS WATER
1 TABLESPOON LEMON JUICE,
FRESH SQUEEZED
1/4 TEASPOON SALT
PEPPER, FRESHLY GRATED (TO
TASTE)
1/4 CUP SLIVERED ALMONDS
2 TABLESPOONS FRESH PARSLEY,
MINCED

DIRECTIONS

1. PREHEAT OVEN TO 450 DEGREES
F. MELT BUTTER IN SHALLOW
BAKING DISH IN OVEN
2. REMOVE BAKING DISH FROM OVEN
AND ADD THE WATER, LEMON JUICE,
SALT AND PEPPER.
3. ARRANGE FISH IN BAKING DISH;
FLIP TO COAT WITH BUTTER
MIXTURE.
4. BAKE IN 450 DEGREE OVEN 10
MINUTES PER SIDE, 20 MINUTES
TOTAL, OR UNTIL FISH FLAKES
EASILY WITH FORK. REMOVE FISH
FROM PAN. STIR ALMONDS AND
PARSLEY INTO BUTTER MIXTURE.
SPOON MIXTURE OVER FISH TO
SERVE.



WEEK THREE

Side Dish Recipes



COOKING TIME: 55 MIN

LENTIL SOUP

INGREDIENTS

1 LB LENTILS
2 TABLESPOONS BUTTER
2 CUP CARROTS, CHOPPED
2 CUP ONIONS, CHOPPED
2 CUP CELERY, CHOPPED
1 CAN DICED TOMATOES
2 QUARTS ORGANIC CHICKEN
BROTH
SALT, PEPPER, THYME, OREGANO
- TO TASTE

DIRECTIONS

1 SAUTE ONIONS, CARROTS, AND
CELERY IN BUTTER 6-7
MINUTES.
2 ADD THE REMAINING
INGREDIENTS AND COOK OVER
STOVE 30-45 MINUTES UNTIL
TENDER



WEEK THREE

Dessert Recipes



PREPPING TIME: 15 MIN COOKING TIME: 35 MIN

POACHED PEARS WITH BLACKBERRIES

INGREDIENTS

4 PEARS, PEELED, BUT LEFT
WHOLE
1/2 LEMON, JUICE AND ZEST OF
8 7/8 OUNCES BLACKBERRIES
1 1/3 CUPS WATER
1 OZ BLUE AGAVE

DIRECTIONS

1. PUT THE PEARS IN A SAUCEPAN WITH THE LEMON RIND AND THE LEMON JUICE.
2. TIP IN HALF THE BLACKBERRIES, AND THE WATER. HEAT UNTIL THE MIXTURE BUBBLES, THEN COVER AND COOK GENTLY FOR 20 MINUTES OR UNTIL THE PEARS ARE TENDER. FLIP THE PEARS OVER HALF WAY SO THEY COOK EVENLY ON BOTH SIDES.
3. LIFT THE PEARS FROM THE COOKING LIQUID AND COOL FOR A FEW MINUTES. SLICE EACH ONE IN HALF AND SCOOP OUT THE CORES WITH THE TIP OF A TEASPOON. TIP THE COOKING LIQUID INTO A SIEVE SET OVER A BOWL AND RUB IT THROUGH, LEAVING THE SEEDS BEHIND.

4. POUR THE FRUITY SYRUP BACK INTO THE SAUCEPAN, ADD THE REST OF THE



WEEK THREE

Dessert Recipes



CINNAMON BAKED APPLES

INGREDIENTS

- 2 COOKING APPLES
- 2 TABLESPOONS RAISINS
- 1 TABLESPOON BLUE AGAVE
- 1/4 TEASPOON CINNAMON,
GROUND
- 1 TEASPOON BUTTER

DIRECTIONS

1. CORE THE APPLES AND PARE A 1-INCH STRIP OF SKIN FROM AROUND THE MIDDLE OF EACH TO PREVENT SPLITTING.
2. PLACE THE APPLES IN TWO 10-OZ CUSTARD CUPS. PACK THE RAISINS INTO THE APPLES.
3. MIX THE BLUE AGAVE AND CINNAMON, POUR OVER THE RAISINS AND INTO THE APPLES. TOP WITH BUTTER.
4. BAKE AT 375°F FOR 30 MINUTE



WEEK THREE

Dessert Recipes



SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 1 1/4 HRS

VANILLA POACHED PEARS

INGREDIENTS

4 LARGE PEARS, HALVED, PEELED,
AND CORED OR 8 SMALLISH
PEARS, PEELED AND LEFT WHOLE
WATER, TO COVER
1 1/2 INCHES PIECE FRESH
VANILLA BEANS
GROUND CINNAMON
MINT SPRIGS (TO GARNISH)

DIRECTIONS

1. PLACE THE PEARS IN A LARGE SAUCEPAN AND POUR WATER IN TO COVER THE PEARS.
2. ADD VANILLA BEAN AND BRING THE PEARS TO A SIMMER OVER MEDIUM HEAT. SIMMER UNTIL TENDER, BEING CAREFUL NOT TO BURN.
3. ALLOW PEARS TO COOL, THEN SERVE IN THE CENTER OF A DESSERT PLATE. SPOON SAUCE OVER THE PEARS, THEN SPRINKLE WITH CINNAMON POWDER AND GARNISH WITH A SPRIG OF MINT.
4. ENJOY.