

NO MORE FATIGUE

**WHY YOU'RE SO TIRED AND WHAT
YOU CAN DO ABOUT IT**

BY JACK CHALLEM

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The Fatigue Syndrome Questionnaire

Stress and Lifestyle	
I feel as though there is a lot of stress in my life.	Y/N
I tend to get angry at other people, such as family members, coworkers, and slow drivers.	Y/N
I feel tired when I wake up in the morning.	Y/N
I feel tired much of the time.	Y/N
I feel tired after moderate physical activity, such as a walk, cleaning the house, or mowing the lawn.	Y/N
I find it necessary to sleep late on weekends to catch up on a lack of sleep from the week before.	Y/N
I have difficulty falling asleep or staying asleep because I keep thinking about work or family issues.	Y/N
I am the parent of an infant or small child.	Y/N
I find that maintaining a personal relationship wears me out.	Y/N
I often fall asleep while watching television.	Y/N
I don't have the time for regular exercise.	Y/N
I work the swing or graveyard shift.	Y/N
I don't have enough downtime.	Y/N
I don't spend much time in the sun or outdoors.	Y/N
I feel "down" or depressed a lot of the time.	Y/N
I worry or have anxiety about a lot of things.	Y/N
Regardless of my sex, I tend to get angry and short-tempered when I'm stressed or don't have enough time to do things.	Y/N
Eating Habits	
I need to have coffee, cola, or an energy drink to fully wake up and be alert in the morning.	Y/N
I get a headache when I don't have my coffee (or other caffeinated drink).	Y/N
I have three or more cups of coffee (or other caffeinated drink) each day.	Y/N
I either skip breakfast or eat some type of starchy food, such as bread, cereal, pancakes, or a breakfast bar.	Y/N
I feel tired after lunch or dinner.	Y/N
I have two or more alcoholic drinks each day.	Y/N
I eat at McDonald's, Burger King, KFC, Taco Bell, or some other type of fast-food restaurant at least once every week.	Y/N
I eat at McDonald's, Burger King, KFC, Taco Bell, or some other type of fast-food restaurant almost every day.	Y/N
I eat a packaged microwave meal at home or at the office one or more times each week.	Y/N
I make a point of eating low-fat foods.	Y/N
I tend to eat a lot of starches, such as bread, pasta, rice, and noodles.	Y/N
I like to consume soft drinks, either with sugars or artificially sweetened.	Y/N
I tend to feel stuffed after eating a lot of my meals, whether at home or in restaurants.	Y/N
I like eating dessert, and I don't usually skip it.	Y/N

Hormone Levels

I drink a lot of coffee, but I still wish I had more energy.	Y/N
I often feel dizzy when I stand up.	Y/N
I am a woman at least forty-five years of age, and I can tell that my hormone levels fluctuate or are declining (or I am now undergoing hormone-replacement therapy).	Y/N
I am a woman at least forty-five years of age, and my energy levels have noticeably decreased in recent years.	Y/N
I am a woman at least forty-five years of age, and I've started to gain weight that I just can't take off.	Y/N
I am a man at least forty-five years of age, and my energy level and sexual desire have decreased in recent years.	Y/N
I am a man, and I have fatty or enlarged breasts.	Y/N

Illness and Medications

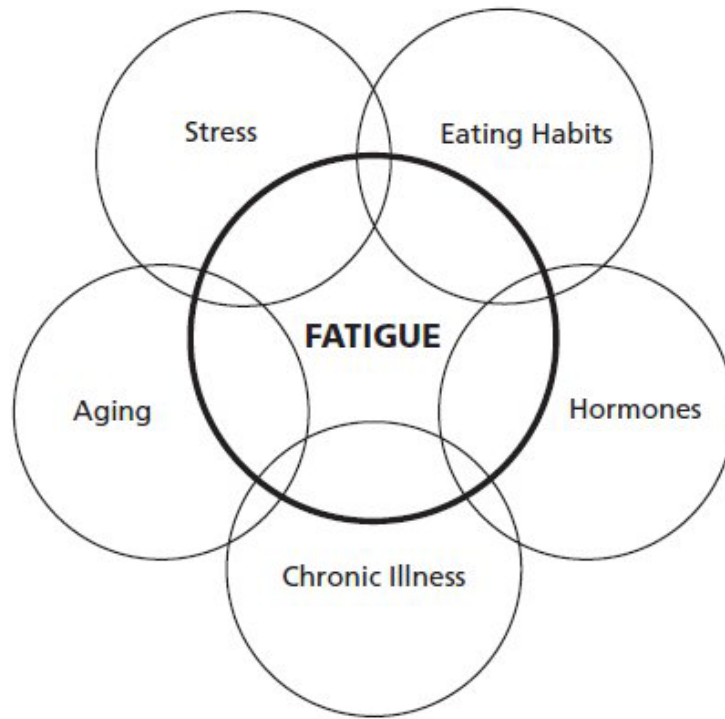
I have been diagnosed with or treated for a serious disease, such as (but not limited to) heart disease, cancer, arthritis, fibromyalgia, or chronic fatigue syndrome.	Y/N
I have undergone surgery for a medical condition sometime during the last five years.	Y/N
I have undergone open-heart surgery.	Y/N
I have undergone chemotherapy or radiation treatment for cancer.	Y/N
I have prediabetes, type 2 diabetes, or hypoglycemia.	Y/N
I take one to two prescription drugs each day.	Y/N
I take three or more prescription drugs each day.	Y/N
I specifically take a statin drug (for example, Lipitor) for cholesterol or an antidepressant (such as Prozac, Zoloft, or Paxil).	Y/N
During the last three years, I have had to be a caregiver for someone who had a serious disease or was dying.	Y/N

Aging

I've tended to gain more weight as I've gotten older.	Y/N
I get sleepy after meals, and I never used to.	Y/N
I feel that I'm more fatigued at my age than I should be.	Y/N
I think that my age might be a big factor in my fatigue.	Y/N
I was told by my doctor that some of my health problems are related to my age.	Y/N
I could easily say that the older I get, the more tired I feel.	Y/N

Interpretation: The more Y (yes) answers in each of the five circles points to the importance of those specific areas in causing your fatigue. For example, if you answered a lot of questions under “Eating Habits” with a Y but marked few Ys in the other categories, this would suggest that your diet is the main factor in your fatigue. It might help if you visualize the “Eating Habits” circle as being larger in your life than the other circles are. At this point, you may not understand how some of these questions relate to fatigue, but the links will become clear as you keep listening.

The Five Circles of Fatigue



Protein Content of Food

<i>Food</i>	<i>Serving</i>	<i>Protein Content</i>
Beef round roast	3 oz	25 g protein
Black beans (boiled)	1 cup	15 g protein
Broccoli	1 cup	3 g protein
Brown rice (cooked)	1 cup	4 g protein
Chicken (white meat)	3.5 oz	31 g protein
Chickpeas (boiled)	1 cup	15 g protein
Halibut	3 oz	18 g protein
Skim milk	1 cup	8 g protein
Peanut butter	1 tbsp	4 g protein
Pork roast	3 oz	21 g protein
Shrimp	12 large	17 g protein
Tuna	3 oz	24 g protein
Turkey	3 oz	28 g protein

Source: University of California, Davis.

Energy-Enhancing Recipes and Menu Plans

Breakfast

SIMPLE SCRAMBLED EGG

(Serves 1)

- 1 teaspoon extra-virgin olive oil
- 1 egg

Heat the oil at medium heat in a small nonstick frying pan. Meanwhile, beat the egg in a bowl. After 1 to 2 minutes, pour the egg into the pan. Use a spatula to form the egg. Double the ingredients for a more substantial breakfast, and serve with some fresh fruit, such as a half banana.

SCRAMBLED EGGS WITH GROUND TURKEY

(Serves 1–2)

- 2 teaspoons extra-virgin olive oil
- ¼ cup ground turkey
- ½ teaspoon ground cumin
- ¼ teaspoon Celtic Salt or Real Salt
- 2 eggs

Heat the oil at medium heat in a small nonstick frying pan. After 1 to 2 minutes, break up the ground turkey (the equivalent of a small handful) into small pieces and sauté it. Add the cumin and salt. Beat the eggs in a bowl. When the turkey is cooked, drain off any excess fat, and pour the eggs into the pan. Use a spatula to form the eggs and turkey. Serve this with some fresh fruit, such as berries.

CHEESE OMELET WITH A HINT OF ROSEMARY

(Serves 1–2)

- 2 teaspoons rosemary-infused avocado oil
- 2–3 eggs, beaten
- 1–2 slices of cheese, such as Danish Swiss

Heat the oil on medium heat in a small nonstick frying pan. After 1 to 2 minutes, add the eggs. When the eggs start to firm, carefully tilt the pan and use a spatula to lift the lower part of the omelet, allowing the eggs to run under the firmer part of the omelet. Do the same for the other side of the omelet. When the eggs start to gel, add the sliced cheese on one half, then use the spatula to fold over the omelet. If the eggs retain some of their gel-like quality, they will function like a thick sauce. The rosemary-infused avocado oil (olivado.com) adds a subtle flavor, but you can substitute olive oil. If the omelet is for two people, cut it in half with a spatula or a knife.

CHICKEN AND AVOCADO OMELET

(Serves 2)

- 2 teaspoons rosemary-infused avocado oil
- 3 eggs, beaten
- ½ avocado, sliced
- ¼ cup diced or chunked chicken, cooked

Heat the oil on medium heat in a small nonstick frying pan. After 1 to 2 minutes, add the eggs. When the eggs start to firm, carefully tilt the pan and use a spatula to lift the lower part of the omelet, allowing the eggs to run under the firmer part of the omelet. Do the same for the other side of the omelet. When the eggs start to gel, add the avocado and then the chicken to one half of the omelet, then use the spatula to fold over the other half. If the eggs retain some of their gel-like quality, they will function like a thick sauce. The rosemary-infused avocado oil (olivado.com) adds a subtle flavor, but you can substitute olive oil. If the omelet is for two people, cut it in half with a spatula or a knife.

EASY POACHED EGGS

(Serves 1)

- Water
- 1 teaspoon white vinegar
- 2 eggs
- Slice of whole-grain bread or 2 ends from a baguette

Bring 1 to 2 inches of water to a boil in a deep frying pan or skillet. Add the vinegar, which will keep the egg whites from spreading. Crack the eggs and slide them into the water. Poach them to the consistency you prefer, such as firm whites and soft or hard yolks, 3 to 5 minutes. Lift the eggs with a slotted spoon and serve them over a slice of whole-grain bread. Alternatively, create two cups by hollowing out the ends of a loaf of whole-wheat French bread or a baguette, lay the ends flat on a plate, and place a cooked egg in each end.

SCRAMBLED EGGS AND SAUTÉED VEGETABLES

(Serves 1–2)

- 2 tablespoons olive oil
- ½ to 1 cup sliced mushrooms
- ¼ cup diced scallions
- ¼ cup diced bell peppers (any color)
- ¼ cup cooked brown rice
- 2 eggs, beaten
- 1 tablespoon shredded (not grated) Romano cheese

Heat the oil on medium high in a medium-size to large nonstick frying pan. After 1 to 2 minutes, add the mushrooms and sauté for 1 minute, then add the scallions and bell peppers and sauté for another minute or so. Add the brown rice, then add the eggs, followed immediately by the cheese. Sauté everything together until the egg is cooked, 3 to 4 minutes.

Tips: Cut up the mushrooms, scallions, and bell peppers the night before. You can also increase the quantities of the eggs and vegetables, then transfer the leftovers to ramekins. Cover the ramekins, refrigerate, and microwave them for breakfast the next couple of mornings.

GERMAN-STYLE ANTIPASTO (MEAT AND CHEESE) PLATE

(Serves 1)

- 2 slices roast beef
- 2 slices deli turkey or chicken
- 4 slices deli cheese, such as Swiss varieties
- 1 teaspoon Dijon mustard
- 4–6 cherry tomatoes

Arrange the ingredients on a plate. This is a variation of a common, casual German breakfast that's centered around protein but still a light meal. You can increase the quantities if you're serving more than 1 person. You can also prepare the plate the night before and refrigerate it.

DANISH-STYLE SMØRREBRØD

(Serves 1)

- 2 slices pumpernickel or other dark whole-grain bread
- Choice of toppings

A smørrebrød (pronounced smur-er-brewth) is essentially an open-face sandwich. Two or three smørrebrøds are commonly served as breakfast in Denmark and other Scandinavian countries. The key is to use a very dark bread (such as pumpernickel). Spread some mayonnaise (such as Spectrum Naturals) or a little butter on the bread. Then add your choice of egg salad, chicken salad, pickled herring, liver paté, tomato, sautéed sliced mushrooms and baby spinach leaves, a roast beef slice with horseradish, or mozzarella cheese and pesto.

STEEL-CUT OATMEAL

(Serves 1–2)

- 4 cups water
- 1 cup McCann's or other brand of steel-cut oatmeal*
- Blueberries or strawberries
- Cinnamon powder

Steel-cut oatmeal has a stabilizing effect on blood sugar, similar to that of protein. (Rolled oats and instant oatmeal varieties do not have this benefit.) You can make 5 days' worth of breakfast oatmeal by starting its preparation in the evening. Follow the directions on the package for the amount of oatmeal you want to make. As a general rule, boil the water in a large saucepan, then add the oatmeal and cook for approximately 30 minutes. Divide up the oatmeal into 5 bowls or ramekins, then cover and refrigerate them. Heat each serving in the microwave for breakfast. Add blueberries or strawberry slices and cinnamon, to taste.

**Note:* Some recipes call for soaking the oatmeal overnight before cooking.

FRUIT SALAD

(Serves 2)

- ¼ cup blueberries
- ¼ cup raspberries
- 1 kiwifruit, sliced
- 1 teaspoon cinnamon powder
- ¼ cup sliced banana
- ½ apple, diced

A fruit salad makes an excellent side dish to the protein portion of breakfast. You can prepare it the night before or in the morning if you have time. Mix together the ingredients. Add the banana and apple immediately before serving.

Lunch

SUPER-SAVVY LIGHT DELI LUNCH

(Serves 1)

- ¼ pound Swiss-style cheese, such as Danish or Norwegian Swiss
- ¼ pound deli chicken, turkey, or roast beef
- Drizzle of mustard, if desired
- 1 apple
- 1 bottle of water or sugar-free green tea

This isn't the most nutritious lunch, but it is far healthier than anything you can get in a fast-food restaurant. You can buy the ingredients at any supermarket or natural foods market, such as Natural Grocers by Vitamin Cottage, Trader Joe's, and Whole Foods. Lay a slice of cheese on a plate or a paper towel, place a slice of meat on it, drizzle on some mustard, and fold it over like a taco.

CEVICHE

(Serves 1–2)

This dish is native to South America, where each country seems to add its own distinctive touch. Basically, ceviche is marinated seafood that “cooks” in lime juice. Prepare it the night before, and take a lunch-size portion to work in a sealed plastic container or in an ice chest in your car. You can eat ceviche with a green salad, avocado slices, root vegetable chips (such as taro), or a few good-quality corn chips (from a health food market, not a conventional supermarket).

- 1 cup minimum of fresh lime juice, pulp removed (use at least 10 limes)
- ½ red onion, very finely sliced
- ½ cup very finely sliced bell pepper (red, orange, or yellow)
- 1 fresh jalapeño pepper, seeded and minced
- ½ teaspoon fresh black pepper
- 1 teaspoon salt, such as Celtic Sea Salt or RealSalt
- 1 pound firm white fish (tilapia, red snapper), bay scallops, or shrimp, cut into small pieces—or any combination of seafood
- ¼ to ½ cup fresh chopped cilantro leaves

Mix together all of the ingredients, except for the seafood and cilantro, in a glass (not metal) baking dish so that they are evenly distributed. Rinse the seafood, add it to the baking dish, and mix it with the other ingredients, ensuring that all of the seafood is covered by liquid. Add more lime juice, if needed. Refrigerate the ceviche for at least 2 to 3 hours before serving; 8 to 12 hours would be ideal.

CURRIED TURKEY SALAD

(Serves 4+)

This is a variation of one of my favorite and most flavorful dishes—I make a large batch, then eat it for several days and never get bored with it. Sometimes I’ll have it with a green salad, other times with apple slices or spooned onto wheat-free crackers (such as Blue Diamond Nut Thins). I always seem to be tweaking the recipe a little. If you cook a turkey breast (see the recipe for Roast Turkey Breast with Rubbed Sage on page 21), this is a great way to use some of the leftovers.

- 2½ to 3 cups (1 to 1½ pounds) turkey white meat, cooked, cooled, and cut into chunks
- 1 cup diced celery
- ½ cup organic raisins
- ½ cup raw almond slices
- 1–2 teaspoons curry powder blend*
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cayenne pepper*
- 2–3 teaspoons apple cider vinegar
- 1 cup high-quality olive-oil mayonnaise or canola mayonnaise (such as Spectrum Naturals)

Combine the dry ingredients first—turkey, celery, raisins, and almond slices—in a large bowl, and mix these ingredients together with a large spoon. Add the curry powder, turmeric, and cayenne pepper, and mix the ingredients together again. Now drizzle on the vinegar, and add the mayonnaise, starting with about ½ cup and adding more mayonnaise to suit your personal preference for creaminess. Allow the ingredients to integrate in the refrigerator for 1 to 2 hours before serving. You can substitute chunks of chicken instead of the turkey.

**Note:* If you do not like or cannot tolerate hot spices, eliminate the cayenne pepper and substitute “Sweet Curry,” available by mail order from www.thespicehouse.com, (847) 328-3711. (Although the Spice House calls this curry powder blend “sweet,” it has no added sugars; it simply does not contain any cayenne pepper.)

LAMB BURGERS

(Serves 1–2)

- 1 pound ground lamb
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 garlic cloves, diced
- 2 teaspoons ground cinnamon
- ¼ cup finely crumbled feta cheese
- 1 teaspoon olive oil

Lamb burgers are easy to make and reheat, and they have the rich flavor I remember finding in ground beef when I was younger. If you are concerned about the fat in ground lamb, simply drain it off if you're cooking in a skillet; if you're cooking on a grill, the fat will drip off. In a bowl, mix the lamb with the basil, oregano, garlic, cinnamon, and feta cheese. Form the meat into patties, thinner if you would like them well done and thicker if you would like them rare to medium. Heat a nonstick frying pan to medium-high and add the oil. Place the patties in the pan, and cook them for approximately 2 minutes per side. If you take the burgers to work, reheat them in a microwave oven, drizzle on some mustard, and enjoy a Simple Green Side Salad or a large serving of cooked vegetables to accompany the burgers.

LAMB MEATBALLS WITH SAUCE

(Serves 1–2)

- 1½ pounds ground lamb
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 teaspoon ground cinnamon
- 3 tablespoons chopped cilantro

In a bowl, mix the lamb with the basil, oregano, garlic, cinnamon, and cilantro. Form the meat into meatballs that measure about 1½ inches in diameter. Place the meatballs in a glass oven dish. Preheat your oven to 375 degrees F, and place the dish on a rack in the middle of the oven. Bake the meatballs for approximately 15 minutes. Use tongs to transfer the meatballs to a serving dish or plates. If you take the meatballs to work, reheat them in a microwave oven, then dip each bite into a little sauce, and enjoy a Simple Green Side Salad or a large serving of cooked vegetables with them.

For the sauce:

- Butter
- 1 shallot, minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon dry vermouth or white wine
- ⅛ to ¼ cup whipping cream
- Salt
- Black pepper

Melt a large pat of butter in a small nonstick skillet. Add the shallot and sauté until it's soft (about 2 minutes). Add a little more butter, followed by the apple cider vinegar and dry vermouth. Stir. Allow the alcohol to burn off and the sauce to reduce. Add the whipping cream and stir. You can thin the sauce by adding more cream. Sprinkle on salt and black pepper.

Alternative sauces: Use some of the Italian-Style Tomato Sauce (see the recipe on page 30); you can thin the sauce with an equal amount of coconut milk.

Salad

SIMPLE GREEN SIDE SALAD

(Serves 1)

- Lettuce
- Cherry tomatoes
- Small cucumber
- ½ to 1 teaspoon dried oregano
- Homemade vinaigrette dressing

This is a simple and easy side salad that you can eat as an alternative to a cooked vegetable. Mix together the salad ingredients, except for the dressing. If you're taking the salad to work, keep the dressing in a separate container. When you're ready to eat lunch, add the dressing (see the next recipe), cover the salad, and shake the container to toss the salad. Tossing a salad enables you to use less dressing.

BASIC OIL AND VINEGAR SALAD DRESSING

(Serves 1–2)

- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- Other optional ingredients

Ounce for ounce, salad dressings are one of the most expensive—and unhealthiest—products sold in supermarkets. They're usually made with soybean oil, have too much salt or sugar, and sometimes contain trans fats and other undesirable ingredients. Mix the oil and vinegar in a 1- or 2-cup spouted measuring cup. If you plan to immediately use all of the dressing, consider adding one of several ingredients: ½ teaspoon each of basil and oregano; basil and oregano with 1 diced garlic clove; or ½ teaspoon Dijon mustard.

CILANTRO LIME SALAD DRESSING

(Serves 1–2)

- ½ cup packed cilantro leaves
- ½ cup extra-virgin olive oil
- ¼ cup fresh lime juice
- 2 teaspoons balsamic vinegar
- 1 small garlic clove, diced
- Salt and pepper

Place all of the ingredients in a blender or food processor. Puree until they're smooth. Drizzle the dressing onto a salad, and toss before serving.

SIMPLE TOMATO AND MOZZARELLA CHEESE SALAD

(Serves 1–2)

- 1 mozzarella cheese ball
- 1 medium-size tomato
- Several small- to medium-size fresh basil leaves

Slice the mozzarella cheese ball. Slice the tomato. Select an equal number of fresh basil leaves. On a plate, spread the mozzarella slices, add a basil leaf to each cheese slice, and place a tomato slice on top. Drizzle on extra-virgin olive oil, followed by balsamic vinegar. As an alternative, skip the fresh basil; after drizzling on the oil and vinegar, sprinkle the cheese and tomato with dried basil.

GREEN SALAD WITH GRILLED CHICKEN

(Serves 1–2)

- 2 to 4 loose cups (or simply eyeball a similar quantity) lettuce, such as Boston, leafy, baby romaine; or spinach; or arugula; or any combination
- 3–4 radicchio leaves, shredded
- 4–8 cherry tomatoes
- 1 small cucumber or equivalent, sliced
- 2 mushrooms, sliced
- ¼ cup sprouts or microgreens
- ¼ cup finely sliced red bell peppers
- ¼ cup finely sliced purple onion or scallions
- ½ cup diced cooked chicken
- 1–2 teaspoons dried oregano
- 2 tablespoons or so extra-virgin olive oil
- 2 tablespoons or so balsamic vinegar

In a large bowl, mix together the lettuce, radicchio, tomatoes, cucumber, mushrooms, sprouts, red bell peppers, onions, and chicken. Sprinkle on the oregano. Toss. Drizzle on the oil, followed by the vinegar. Toss and serve the salad. If you are taking the salad to work, keep the dressing in a separate container until you're ready to eat lunch.

GREEK SALAD AND DRESSING

(Serves 3–4)

For the salad:

- 7–10 ounces torn or sliced Bibb or romaine lettuce
- 15 slices English cucumber, each about the thickness of 2 quarters
- 10–15 cherry tomatoes
- 10–15 pitted Kalamata olives
- 4 very thin slices red onion
- 6 very thin slices red bell pepper
- Optional: ½ cup crumbled feta or goat cheese
- 2 teaspoons dried Greek oregano
- 1 teaspoon dried basil

For the dressing:

- 4 tablespoons (approximately) extra-virgin olive oil
- 3 tablespoons (approximately) balsamic or red wine vinegar
- 1 tablespoon fresh-squeezed lemon juice

Combine all of the salad ingredients, except for the oregano and basil, in a large salad bowl and then toss. Sprinkle on the oregano and basil, and toss once more. Pour the oil over the salad, followed by the vinegar and lemon juice. Toss and serve.

Options: You can adjust the amounts of any ingredient to suit your tastes. In addition, tossing a salad with dressing generally uses less dressing (and therefore has fewer calories), compared with pouring a dressing directly onto the plate.

Dinner

ROASTED WHOLE CHICKEN

(Serves 3–4)

You will need a roasting pan with a removable wire rack to properly roast a chicken. The chicken will rest on the rack, and the pan will catch the drippings that you will use for a sauce.

- 4- to 5-pound whole chicken
- 1 tablespoon chopped rosemary
- 4 garlic cloves, diced
- 1 to 2 cups high-quality chicken broth (for example, Pacific brand)

If your budget allows, use an organic free-range chicken—it will have an exceptional taste and be less fatty than other varieties of whole chickens. Preheat your oven to 425 degrees F. Take the chicken out of its plastic wrapping, and remove the giblets, which will be wrapped in paper inside the cavity. Rinse the chicken inside and out under cold running water, then dry the outside with paper towels. Use your fingers to gently separate part of the skin over the breast, and do the same on the other side of the chicken to create pockets. Rub some of the rosemary and garlic under the skin. If you have extra spices, insert them into the bird's inner cavity.

Roast the chicken for about 1 hour, and use an instant-read thermometer to check that the meat in the thickest part of the breast is 160 to 165 degrees F. If it isn't that hot yet, continue to cook the chicken for a few more minutes. A larger chicken will need about 10 minutes of additional cooking time per pound of weight. When it's cooked, transfer the chicken to a serving plate, cover it with aluminum foil, and allow it to rest for 10 minutes to redistribute its juices. The chicken will continue to cook for a few minutes while it rests.

You can use some of the giblets to make the gravy, boil them separately in water as a treat for your cat or dog (minus the neck, which has too many bones), or dispose of them. If you choose to use them, select the heart and liver and dice them. While the chicken is resting, remove the wire rack from the roasting pan and place the pan in one or two burners on the stovetop. Add the chicken broth. Use a wooden spatula to break up the drippings, but discard any that are very hard. Add the giblets, sauté, and allow the gravy to reduce and thicken, about 5 to 10 minutes.

Slice and serve the chicken, and drizzle the gravy over the slices. When the chicken cools a little, cut or tear off much of the remaining meat for subsequent meals. Save the carcass to make Chicken Rice soup (see the recipe on page 32).

Options: As an alternative to rosemary and garlic, you can try these spice combinations: rubbed sage and garlic, cayenne pepper and paprika, tandoori spice mix, or poultry seasoning.

ROTISSERIE CHICKEN ON THE RUN

(Serves 2)

- 1 rotisserie chicken from the supermarket
- Vegetables for steaming, such as broccoli or cauliflower crowns
- 1 cup good-quality chicken broth, such as Pacific brand
- Salt

If you simply don't have the time to make a roast chicken, you can improvise with a cooked supermarket rotisserie chicken. It's important to avoid chickens that have any sweet-and-sour flavors because they will contain added sugars. The simpler the preparation, the better—with herbs for flavoring being ideal. When you get home, steam some vegetables, such as broccoli or cauliflower, which will take 8 to 10 minutes. Pour about 1 cup of chicken broth into a saucepan and heat it on medium. If you have any juicy runoff from the chicken at the bottom of the pan, add this to the broth. Add a little salt, if you wish. Meanwhile, tear or slice off some of the chicken, arrange it on a plate, and pour a little of the broth over it as a gravy.

ROAST TURKEY BREAST WITH RUBBED SAGE

(Serves 4+)

- Turkey breast on bone, approximately 6 pounds
- Olive oil
- 2 tablespoons rubbed sage
- 1 to 2 cups chicken or vegetable broth

It's easy to cook a turkey breast, and you'll likely have plenty of leftovers for a variety of quick meals, such as turkey sandwiches and turkey tacos. Rinse the breast and pat it dry. Drizzle a little oil to coat all sides of the breast. Sprinkle sage on the breast. Place it breast-side up on the wire rack of a roasting pan. Roast it in an oven preheated to 375 degrees F. Set the timer to 1 hour, and use an instant-read thermometer to check the temperature. If the internal temperature is less than 160 degrees F, roast it for at least another 10 to 20 minutes. Transfer the cooked breast to a large plate or dish, cover it with aluminum foil, and allow it to rest for 10 minutes. Meanwhile, remove the wire rack from the roasting pan, and place the pan so that it straddles two burners on the stove top. Add 1 to 2 cups of chicken or vegetable broth. Use a wooden spatula to stir the broth and mix in some of the drippings to make a quick gravy. Spoon the gravy over the turkey slices. Leftover gravy can be refrigerated and reused for a week.

Options: You can adapt this recipe to a half-breast on the bone or to a boneless breast.

TURKEY TACOS

(Serves 4)

- Olive oil
- 1 cup diced white or cremini mushrooms
- 2 shallot bulbs, diced
- 1–2 cloves garlic, minced
- 1 cup chopped spinach leaves, packed tightly
- 1½ cups chopped, diced, or shredded cooked turkey
- ½ cup crème fraîche
- 3 tablespoons snipped or diced chives
- ½ cup grated Romano or other cheese
- 4 whole-wheat, low-carb tortillas or 4 folded blue-corn taco shells

This is a great way to use some of your leftover baked turkey breast. Start by heating 1 tablespoon of oil in a large nonstick skillet. Add the mushrooms, shallots, and garlic, and sauté for a minute or two. Add the spinach and sauté until it's wilted. Remove the skillet from the heat. Add the turkey, crème fraîche, chives, and cheese, and mix together all of the ingredients. Spread the ingredients in a line from the center of a soft taco shell, roll it up, and serve.

TANDOORI CHICKEN TACOS

(Serves 4)

- 1 pat butter
- 1 tablespoon macadamia nut oil (alternative: “lite” olive oil)
- ½ sweet onion, diced
- 2 cloves garlic, diced
- 2 tablespoons grated ginger
- 1–2 tablespoons tandoori spice blend
- 1 pound boneless, skinless chicken breast, cut into chunks
- ½ cup low-fat, sugar-free yogurt (Fage and Oikos are good brands)
- 4 whole-wheat, low-carb tortillas or 4 folded blue-corn taco shells

Heat a nonstick skillet on medium high, add the butter and oil, then sauté the onion, garlic, and ginger. Add the chicken and sauté, sprinkling on the tandoori spice blend. When the chicken is cooked, reduce the temperature to medium heat and add the yogurt. Mix the ingredients and serve them in either the tortillas or the taco shells. This recipe was adapted from one by Bal Arneson.

CHICKEN AND BROCCOLI STIR-FRY

(Serves 2+)

- 1 tablespoon macadamia nut oil or other neutral-flavored oil
- 2 garlic cloves, diced
- 1 tablespoon peeled and shredded or minced ginger
- 1 shallot bulb, diced
- 1 pound boneless, skinless chicken breast, cut into 2-inch strips
- 3 tablespoons tamari
- 1 teaspoon apple cider vinegar
- ½ cup good-quality chicken broth (such as Pacific brand)
- ¼ to ½ teaspoon red pepper flakes (optional)
- 1 cup small broccoli florets
- 2 ounces Kuzu noodles (optional)*

Heat the oil in a wok on medium high. Add the garlic, ginger, and shallot, and sauté until they're soft (1 to 2 minutes). Add the chicken and sauté until it's about half cooked (the outside of the chicken will be white). Add the tamari and vinegar. Add the chicken broth and red pepper flakes. Add the broccoli and continue to sauté for 3 to 4 more minutes. (The broccoli should be lightly cooked so that it retains some crispness.)

**Note:* For the optional Kuzu noodles, cook them as directed—boil them in water in a separate saucepan for 10 minutes.

BUCKWHEAT NOODLE PASTA WITH RICH RED SAUCE

(Serves 4)

- 2 cups tomato sauce
- 1 cup coconut milk (not lite)
- 1 pound ground turkey
- Buckwheat soba noodles, 1 ounce per person
- Romano cheese

Buckwheat is not a grain or a grass, yet it can sometimes be used like wheat. It is particularly rich in rutin, an antioxidant found in citrus fruits. It does not contain any gluten; however, some people are allergic to buckwheat and can have potentially severe reactions to it.

To make the sauce, bring the tomato sauce to a boil, then add the coconut milk and reduce the heat to medium. (See my Italian-Style Tomato Sauce recipe on page 30, or simply buy a jar of good-quality sauce at a natural foods store.) Meanwhile, sauté the ground turkey, drain off the fat, and add it to the tomato sauce. Reduce the heat to a simmer.

Follow the cooking directions on a package of buckwheat soba noodles. The noodles will cook in 6 to 8 minutes; be careful not to overcook them. Serve the pasta with the sauce on top. Add Romano cheese, if desired.

SEA SCALLOPS IN BUTTER AND WINE SAUCE

(Serves 2)

- 10 plump sea scallops (about 1 pound)
- ½ teaspoon Celtic Sea Salt, Real Salt, or generic sea salt
- ¼ to ½ teaspoon fresh ground black pepper
- ¼ cup Lotus Foods Bhutanese Red Rice Flour
- ½ stick unsalted butter
- 1 large shallot, diced
- 4 cloves garlic, diced
- Juice of 1 lemon
- ¼ cup dry vermouth
- 2 tablespoons chopped flat-leaf parsley

Rinse and pat dry the scallops. Sprinkle the salt and fresh ground pepper on the scallops, then roll them in the red rice flour. Heat a large skillet, and melt about half of the butter. Sauté the diced shallot and garlic, then add the scallops. With a spatula, mix the shallot and garlic with the scallops, and turn the scallops over from time to time to cook them evenly, no more than 10 minutes' total cooking time. The diced shallot and garlic will turn brown and crunchy, adding a nice texture to the sauce. Add the juice from half of the lemon. Drizzle the vermouth toward the edge of the skillet, and tip the skillet to move it around. Add the remaining lemon juice. Finally, sprinkle on the parsley and serve.

TANDOORI SHRIMP

(Serves 2)

- ½ pound (or about 1 cup) sugar-free yogurt
- Tandoori spice mix
- 1 pound shelled and deveined large shrimp (20 count)

In a large glass or plastic bowl, mix together the yogurt and tandoori spices. Add the shrimp, and marinate them for at least 1 hour. Place the shrimp on skewers. (If you use wooden skewers, soak them in water for 1 hour before using them to prevent burning.) Place the skewers on a grill or a wire rack of a broiling pan, so that the pan will catch the drippings. (Pre-coat the wires with a little olive oil to prevent the shrimp from sticking.) Grill or broil the shrimp for 3 to 5 minutes, turn them over, and grill or broil them for another 3 minutes. Be careful not to overcook the shrimp.

Optional: Brush melted butter onto the shrimp once or twice while they're cooking.

MARINATED CHICKEN BREASTS

(Serves 2)

- ⅓ cup olive oil
- Juice of 1 fresh lemon
- 2–3 garlic cloves, diced
- 2 teaspoons chopped fresh oregano, or 1 teaspoon dried oregano, or 1 teaspoon chopped fresh rosemary leaves
- 1 pound boneless, skinless chicken breast, cut into strips or small pieces

Mix together the oil, lemon juice, garlic, and herbs in either a large bowl or a plastic bag. Add the chicken, and marinate everything for 1 to 24 hours. If you cannot completely coat the chicken with the marinade, add a little more oil. Remove the chicken from the marinade, and sauté it in a nonstick skillet until it's cooked. When sautéing, you can use some of the leftover marinade instead of additional olive oil.

KOFTA KABOBS

(Serves 3–4)

- 1 pound ground lamb or extra-lean ground beef, or a mix of both
- ½ cup minced red onion
- 2–5 cloves garlic, minced
- ½ cup fresh chopped cilantro or flat-leaf parsley
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- Pinch ground nutmeg

Kofta kabobs are a traditional Middle Eastern dish. The spicing is rich and fragrant but not hot. To start, use your fingers to thoroughly mix together all of the ingredients in a large bowl. Next, on a flat surface, such as a plastic cutting board, take a handful of the meat and either roll it into a hot-dog shape about 6 inches long or roll it in the same shape onto metal skewers. (Squared off or rectangular skewers work better than round.) Place the kabobs or skewers on a grill or the wire rack of a baking pan. (Precoat the wires with a little olive oil to prevent the meat from sticking.) Cooking times will vary, depending on your grill and oven, but the kabobs will most likely be cooked in 4 to 5 minutes.

THAI RED CURRY SEAFOOD STEW

(Serves 4)

- 1 tablespoon macadamia nut oil or coconut oil
- 2–3 cloves garlic, sliced thinly
- ½ cup cut-up baby asparagus stalks (trimmed and cut into 1-inch pieces)
- ½ cup sliced mushrooms
- ¼ cup thinly sliced red and green bell peppers
- 4 baby corn ears, cut in half
- 12-ounce can coconut milk (not lite)
- 1 tablespoon Thai Kitchen Green Curry Paste
- ½ teaspoon ground turmeric
- ¼ teaspoon red pepper flakes
- ½ pound shrimp, cleaned and deveined
- ½ pound firm white fish, such as tilapia, cut into 1-inch chunks
- Optional: ½ teaspoon Thai Kitchen Fish Sauce (optional because it contains some sugar)
- ¼ cup fresh, tender basil leaves

Heat the oil in a deep skillet on high heat, and, when hot, sauté the garlic, asparagus, mushrooms, bell peppers, and corn. Slowly pour the coconut milk into the skillet, then add the curry paste, turmeric, and red pepper flakes. Using a spatula, thoroughly mix the paste into the coconut milk, while bringing it to a light boil. Add the shrimp and fish, stirring so that all of the seafood is covered by the coconut milk. Cover the skillet (use aluminum foil if you don't have a cover), turn the heat down to medium, and cook the stew for 15 minutes, stirring occasionally. Add the basil leaves and cook for about 1 minute more. Serve the stew with steamed cauliflower and brown or purple "Forbidden" rice.

Side Dishes

GREEN BEANS, MUSHROOMS, SHALLOTS, AND ALMONDS

(Serves 4)

- ½ pound fresh green beans, ends trimmed
- 2 teaspoons olive oil
- 2 shallots, chopped
- ¼ cup sliced chanterelle mushrooms*
- ¼ cup toasted almond slices or slivers
- 2 tablespoons fresh chopped cilantro
- ½ teaspoon dried Greek oregano (or 1 tablespoon chopped fresh)
- Salt

Add some water to a large saucepan, and bring it to a boil. Add the green beans and cook them for 5 to 7 minutes. Drain the water and transfer the green beans to a large mixing bowl. Meanwhile, heat the oil on medium high in a small nonstick skillet. Add the shallots and mushrooms, and sauté for about 3 to 4 minutes (until the shallots soften). Add the shallots and mushrooms to the green beans. Add the almonds and cilantro, sprinkle everything with oregano and salt, and toss.

**Note:* You can use fresh or dried and rehydrated chanterelle mushrooms.

BOK CHOY STIR-FRY

(Serves 2)

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 pound bok choy, rinsed, dried, and chopped
- 1 tablespoon tamari

Heat the oil in a large wok on medium-high heat. Sauté the garlic for about 1 minute, then add the bok choy and sauté until it's soft (about 5 to 10 minutes). Add the tamari, mix it thoroughly with the bok choy, and serve.

SNOW PEA STIR-FRY

(Serves 2)

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 pound snow peas, rinsed, dried
- ¼ cup pine nuts
- 1 tablespoon tamari

Heat the oil in a large wok on medium-high heat. Sauté the garlic for about 1 minute, then add the snow peas and sauté until some of the snow peas start to caramelize (about 5 minutes). Add the pine nuts and continue to sauté for another minute. Then add the tamari, mix it thoroughly with the snow peas, and serve.

STEAMED VEGETABLES

(Serves 2–4)

You don't need an expensive device to steam vegetables. Most supermarkets sell metal steamer baskets, which you can insert into a saucepan. Add enough water so that it just touches the bottom of the steamer. Add broccoli or cauliflower crowns to the steamer basket, and turn the heat on high to cook the vegetables for 8 to 10 minutes. If you want to steam carrots, use either baby carrots or cut larger carrots into small pieces, then place them in the steamer basket. Cook them on high heat for 10 to 15 minutes, until you can easily pierce the carrots with a fork.

MINT CHUTNEY

(Serves 4)

- 2 cups fresh mint leaves
- ½ cup cilantro leaves
- 1 tablespoon chopped Anaheim chili pepper (seeds removed); alternatively, for more hotness, 1 jalapeño pepper, seeds removed, chopped
- ½ cup chopped red onion
- 1 tablespoon garam masala spice blend
- 2 tablespoons fresh lemon juice
- 2 tablespoons or more water

Place all of the ingredients in a food processor or a blender and puree. If the chutney is too thick, add a little more water (up to ½ cup total) to thin it. Use this as a dipping sauce for tandoori chicken or for cooked turkey or lamb chunks.

SAUTÉED FENNEL, OLIVES, AND RAISINS

(Serves 4)

- 2 fennel bulbs, cut into thin strips
- 1 tablespoon olive oil
- 2 tablespoons diced black olives
- 2 tablespoons organic Thompson raisins
- Juice of 1 lemon

Remove and discard the green stems from the fennel bulbs before you cut or shred them into thin strips. Heat the oil in a large wok. Sauté the fennel strips until they are tender and start to caramelize, 15 to 30 minutes, depending on their thickness. Add the black olives and raisins, reduce the heat to a simmer, and stir the ingredients together. Add the lemon juice, stir, and serve.

BAKED ASPARAGUS WITH PANCETTA

(Serves 3)

- 12 ounces fresh asparagus spears
- ¼ red onion, thinly sliced
- 2 slices pancetta, diced
- Extra-virgin olive oil

Cut off the woody 1-inch bottoms of the asparagus stems. Then use a vegetable peeler to remove the skin along the lower part of the stems. Lay the asparagus spears on a baking sheet. Arrange the onion slices and pancetta on top of the asparagus. Drizzle everything with extra-virgin olive oil. Bake the dish for 3 minutes at 400 degrees F. Use a spatula to flip the asparagus over, and bake it for another 3 minutes. Scoop up the onions and pancetta, and spread it on top of the asparagus when you serve the dish.

ROSEMARY CARROTS

(Serves 2)

- 8 ounces baby carrots or large carrots cut into ½-inch pieces
- Extra-virgin olive oil
- 2 teaspoons fresh chopped or dried rosemary leaves

Clean and peel the carrots as necessary, and place them in a microwave-safe bowl. Drizzle extra-virgin olive oil over the carrots, and sprinkle the rosemary leaves over them. Microwave them at medium-high power for 4 minutes. The carrots will cook for 1 or 2 more minutes after being heated.

EXOTIC RICE

(Serves 4)

There are so many varieties of rice—brown, purple, red, and jasmine, to name just a few—that plain old white rice seems boring. One of the best sources of these and other rice varieties is your natural food store or www.lotusfoods.com. All of these types of rice take longer to cook than white rice does. For short- or long-grain brown rice, rinse 1 cup of rice under cold water and transfer it to a large saucepan. Add 1 cup of chicken or vegetable broth, plus 1 cup of water. Heat this on high until the water boils, then reduce the heat to a simmer for approximately 40 minutes. Remove the rice from the heat source and fluff it with a fork. Be careful not to overcook the rice. Follow the same steps with Lotus Foods' red, purple, or jasmine rice, but cook it for only 30 to 35 minutes.

ITALIAN-STYLE TOMATO SAUCE

(Serves 4)

This is an easy homemade sauce that you can use with pizza or chicken breasts, especially if you have used basil and oregano to season the chicken.

- 2 tablespoons extra-virgin olive oil
- ½ cup diced or chopped mild onions
- 2–3 garlic cloves, diced
- 1–3 cups tomato puree or sauce (from a can or jar)
- 3–4 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon honey
- Sea salt
- Pepper

Heat the oil in a 2-quart saucepan on medium heat. Next, add the onion and garlic, stir them occasionally, and cook until they are slightly soft. Add the tomato puree/sauce and tomato paste, along with the basil, oregano, bay leaf, and honey, and simmer everything, covered, for 40 minutes. Add the salt and pepper. You can freeze the sauce for later use with other recipes, such as Lamb Meatballs with Sauce (see the recipe on page 16).

Soup

HEARTY ASIAN-STYLE SOUP

(Serves 1–2)

- 1 handful uncooked kuzu pasta
- 1 tablespoon macadamia nut oil or other neutral cooking oil
- 2 garlic cloves, diced
- 1 tablespoon minced or grated ginger
- 1 to 2 ounces tofu, firm variety, cut into cubes
- ½ cup or so fresh sliced shiitake mushrooms, stems removed
- 16 ounces chicken, beef, or vegetable broth
- 1 cup chopped napa cabbage
- 3 tablespoons or so tamari
- 1–2 tablespoons sesame oil
- 1 scallion, thinly sliced

In a saucepan, heat enough water to boil a handful of kuzu pasta. (Alternatively, use 100 percent buckwheat soba noodles, both available from www.edenfoods.com.) Cook the kuzu pasta per the package instructions, reducing the boiling water to a simmer for 8 minutes. Meanwhile, put the macadamia nut oil in a separate saucepan on medium-high heat. Add the garlic, ginger, and tofu, and sauté for 1 minute. Toss in the shiitake mushrooms, and sauté for another minute. Pour in the broth, bring it to a boil, and then reduce it to a simmer. Stir in the chopped napa cabbage and tamari. When the kuzu pasta is cooked, drain off the water and add the pasta to the broth with vegetables. Add the sesame oil. Allow everything to simmer for 1 or 2 more minutes, transfer the soup to a bowl, sprinkle on the scallion, and serve.

CHICKEN RICE SOUP

- Leftover bones and some chicken meat
- 1 medium-size red or sweet onion, diced
- 3 stalks celery hearts, diced
- 2–3 large carrots, cleaned and sliced
- 1 teaspoon dried thyme*
- 2 bay leaves
- 1 teaspoon fresh ground black pepper
- Filtered water
- 1 cup cooked brown rice
- Sea salt

You'll need a stockpot (at least 6 inches deep) for this recipe. You will also want four to six plastic containers to freeze the soup for later use.

Use a leftover chicken carcass. Remove and discard as much of the chicken skin as possible. Place the bones in the stock pot. Add the onion, celery, carrot, thyme, bay leaves, and ground pepper. Add enough cold water to cover the chicken. Bring the water to a boil, place the cover a little ajar so that some of the water can evaporate and reduce the soup, and then simmer the soup for 3 hours. Turn off the heat, cover the pot tightly, and allow it to cool (such as for several hours or overnight). When it cools, put the pot in the refrigerator.

After it's cool, use a large spoon to skim the hardened fat off the top of the broth. Pull off any meat from the carcass and return the meat to the soup. Discard the bones. Use a slotted spoon to sift through the soup for small bones, joints, or gristle, and throw them out.

Now put some of the cooked brown rice in the plastic containers. Use a ladle to transfer the soup from the pot to the containers, but leave a little room for the soup to expand when it freezes. Place the containers in your freezer and date them. When you're ready to have the soup, allow it to at least partially defrost before you transfer it to a small saucepan and heat it. Add sea salt.

**Note:* Do not add thyme if the chicken was originally seasoned with tandoori spice mix.

SIMPLE SQUASH SOUP

(Serves 2)

- 1 butternut squash
- Olive oil
- 2 cups chicken or vegetable broth
- Sour cream
- Dried sage

Cut the butternut squash in half, scoop it out, and discard the seeds. Lightly coat the exposed flesh with a small amount of olive oil, place the two halves flesh-side down on a baking dish, and bake them at 350 degrees F for 1 hour. Alternatively, buy cubed, ready-to-cook butternut squash, and follow the microwave directions to cook until it's soft (typically, 10 to 15 minutes on high). Scoop out the cooked squash and place it in a blender with the chicken or vegetable broth (a good organic variety, such as Pacific brand). Blend until everything is a liquid. Transfer this to a saucepan, heat the soup on medium heat, and serve. Consider adding a dollop of sour cream, and sprinkle on a little dried sage.

Sample Two-Week Meal Plan

An asterisk (*) indicates that the recipe appears in this document. Many of the other recipes can be found in my previous books and cookbooks and on the Internet.

Day 1: Sunday

Breakfast Scrambled Eggs and Sautéed Vegetables*
Lunch Ceviche*
Dinner Roast Turkey Breast with Rubbed Sage*

Day 2: Monday

Breakfast Reheat Scrambled Eggs and Sautéed Vegetables*
Lunch Curried Turkey Salad* with Simple Green Side Salad*
Dinner Turkey Tacos*

Day 3: Tuesday

Breakfast Reheat Scrambled Eggs and Sautéed Vegetables*
Lunch Curried Turkey Salad* with apple slices
Dinner Mediterranean-Style Pan-Fried Chicken Breasts, with vegetables

Day 4: Wednesday

Breakfast Steel-Cut Oatmeal* with blueberries
Lunch Lamb Burgers*
Dinner Rotisserie Chicken on the Run*

Day 5: Thursday

Breakfast Steel-Cut Oatmeal* with diced apple and cinnamon
Lunch Greek Salad and Dressing*
Dinner Tandoori Shrimp*

Day 6: Friday

Breakfast Easy Poached Eggs* with fruit on the side
Lunch Roast beef and cheese slices, with apple
Dinner Buckwheat Noodle Pasta with Rich Red Sauce*

Day 7: Saturday

Breakfast Easy Poached Eggs* with Danish-Style Smørrebrød*
Lunch Simple Tomato and Mozzarella Cheese Salad*
Dinner Marinated Chicken Breasts*

Day 8: Sunday

Breakfast Chicken and Avocado Omelet*
Lunch Green Salad with Grilled Chicken*
Dinner Roasted Whole Chicken,* with vegetables

Day 9: Monday

Breakfast Scrambled Eggs with Ground Turkey*
Lunch Defrosted Chicken Rice Soup*
Dinner Sautéed scallops and shrimp in olive oil, basil, and oregano

Day 10: Tuesday

Breakfast Steel-Cut Oatmeal* with Fruit Salad* on the side
Lunch Vietnamese chicken spring rolls
Dinner Thai Red Curry Seafood Stew*

Day 11: Wednesday

Breakfast Simple Scrambled Egg*
Lunch Greek-style gyro meat on salad
Dinner Poached salmon with crème sauce, with vegetables

Day 12: Thursday

Breakfast German-Style Antipasto (Meat and Cheese) Plate*
Lunch Super-Savvy Light Deli Lunch*
Dinner Salad with flaked poached salmon (leftover from previous night), oil and vinegar dressing

Day 13: Friday

Breakfast Simple Scrambled Egg* with a side of fresh fruit
Lunch Chicken Caesar salad (sans croutons)
Dinner Chicken piccata with vegetables

Day 14: Saturday

Breakfast Cheese Omelet with a Hint of Rosemary*
Lunch Simple Squash Soup* and Simple Green Side Salad*
Dinner Sea Scallops in Butter and Wine Sauce*