

Speedy 40-30-30 Breakthrough Nutrition Shake

Protein: One scoop of Quest Protein (vanilla or chocolate) in 1½ cups of 2% Milk or water.

Carbs: The fruit (**see low glycemic fruit chart**) of your Choice.

Fat: 1 teaspoon olive oil. Blend with three ice cubes on High speed for 45 seconds and serve.

Note: When using this shake recipe as a snack, cut all **ingredients in half**.

Delicious Yogurt & Fruit Breakfast

Note: When used for a snack cut ingredients in half.

Protein:

1 cup plain low-fat yogurt
1 scoop Quest protein powder

Carbohydrates:

1 cup sliced strawberries, divided
½ cup pineapple

Fat:

1 Tablespoon nuts (peanuts, almonds, etc.)
or
1 Teaspoon olive oil

Blender with 1 cube ice for 45 seconds.

Suggestion: Leave strawberries and nuts to sprinkle on top after blending. Also use same proportion of frozen strawberries (or other frozen fruits) to get a frosty yogurt dessert.

Simple

Country Kitchen Omelet

- Protein:** Beat 3 eggs with two tablespoons of 2% milk
- Carbs:** 1 piece of whole-wheat bread
½ piece or ½ cup of fruit
- Fat:** Cook in 1 tablespoon of olive oil
- Suggestions:** Skip the break and have 1 & ½ cup of fruit.

Zesty

Country Kitchen Omelet

- Protein:** Beat 3 eggs with two tablespoons of 2% milk
- Carbs:** 5 ½ cups alfalfa sprouts
½ cup onion, chopped
3/3 cup red and green bell peppers
1 ½ mushrooms, sliced
½ cup salsa
1/3 cup Mandarin orange sections
- Fat:** Cook in 1 tablespoon of olive oil

Suggestions: Substitute any fruit.

Heat oil over medium-high heat.
Mix eggs & milk in a separate bowl
In second bowl combine all other ingredients except salsa.
Spoon vegetable mix into pan and cook for approximately 3 minutes until soft.
Add eggs, milk, and cook until almost set.
Sprinkle sprouts onto half of omelet and fold over. Remove to serving plate. Decorate with orange sections (or other fruit of choice). And top omelet with salsa.

- Spices:** 1/8 teaspoon nutmeg
1/8 teaspoon orange zest
1/8 teaspoon cinnamon

**Cottage Cheese
and
Fruit Cocktail**

- Protein:** 1 cup low-fat cottage cheese
- Carbs:** 1 apple, cored and chopped*
1 teaspoon raisins
½ cup pineapple, chipped
- Fat:** 3 teaspoons almonds (or other nuts)
- Spices:** 1/8 teaspoon cinnamon
1/8 teaspoon cilantro
1/8 teaspoon nutmeg

Combine cottage cheese, apple, raisins, pineapple, and almonds in medium serving bowl. Sprinkle with spices and serve immediately.

*Note: To keep apples from turning brown, dip in water mixed with lemon, lime juice or vitamin c powder.

**Cottage Cheese
and
Yogurt Delight**

- Protein:** ½ cup low-fat cottage cheese
½ cup yogurt, plain
- Carbohydrates:**
2 cups blueberries (or other fruit of choice)
- Fat:**
3 teaspoons almonds (or other nuts)
or
1 teaspoon olive oil

Mix in blender with a cube of ice for 45 seconds.

Suggestions: Stir cottage cheese, olive oil, and yogurt with blueberries. Sprinkle with nuts. Sweeten with stevia if desired.

Tuna Salad Express

Protein:

1 can of tuna

Carbohydrates:

Chopped Lettuce as much as you want
Your choice of fruit serving

Fat:

1 teaspoon regular mayonnaise

Spices:

3 tablespoons dill pickle relish
lemon juice from 1/2 lemon slice squeezed
1/8 teaspoon sea salt

Mix tuna, mayonnaise, pickle relish and salt in mixing bowl. Cut lettuce and sprinkle with lemon juice. Place lettuce on serving plate with tuna on top. Decorate around plate with fruit of your choice.

Suggestions: Tuna can be changed to any canned fish or meat of your choosing.

Sautéed Turkey Salad with Peaches

Protein:

3 ounces diced turkey breast
(Portion is about the size
of the palm of your hand)

Carbohydrates:

1 cup celery, finely sliced
½ cup red onion, finely sliced
4 cups lettuce (romaine preferred)
1/3 cup Mandarin oranges
1 peach, diced

Fat:

1 teaspoons olive oil

Spices:

1 tablespoon fresh mint, chopped
1/8 teaspoon turmeric

Heat 1/3 teaspoon oil in small saute' pan. Add sliced onions with turkey. Stir-fry until cooked through. In a salad bowl, combine turkey, onions, celery, 2/3 teaspoon olive, peach, oranges, tumeric, mint and your favorite salad dressing. Toss lightly to coat. On serving plate place lettuce, and top with turkey mixture.

The Speedy Hungry Tiger

Brown Bag Lunch Express

Anywhere - Anytime

Protein:

4 pieces of string cheese

Carbohydrate:

2 apples

Fat:

12 almonds

Suggestions: If you're just the hungry kitten on the run, just cut the portions in half.

Protein sources can be changed for variety.
Chicken breast(s), $\frac{3}{4}$ cup cottage cheese,

Fruit choices can be chosen from fruit chart.

Fat choices can be 24 peanuts, 12 olives, or $\frac{1}{2}$ avocado with salt.

Eating Out

Burger King

BK Broiler Chicken sandwich
Plain hamburger

Jack in the Box

Chicken Fajita pita

McDonald's

McGrilled Chicken sandwich
Egg McMuffin

Taco Bell

1 $\frac{1}{2}$ Soft chicken tacos

Wendy's

Grilled Chicken sandwich (for the bigger appetite)

Chili
Plain hamburger

Western Steak and Potato

Protein:

Filet Mignon (Portion is about the size of the palm of your hand)

Carbs:

Baked potato
Green salad all you can eat with lemon Juice

Fat:

1 teaspoon butter

Bake or microwave potato. Cook steak to your liking. Make toss green salad, with cucumbers, tomatoes, radishes, etc. and have all you want. Sprinkle with lemon juice and salt.

Thanksgiving at Sunset

Protein:

Thinly sliced baked turkey breast (Portion about the size of the palm of your hand)

Carbohydrates:

1 tablespoons cranberry sauce
1/3 cup sweet potatoes
2 teaspoons brown sugar
Tossed green salad with lemon

Fats:

1 teaspoon butter

Peel, slice and quarter slices of sweet potato. Place small pan, with brown sugar and butter. Cook until sweet potatoes are soft. Sweet potatoes are served with sauce from the pan poured over top. Heat cranberry sauce in microwave for 30 seconds. Pour sauce over turkey and serve.

Suggestions: Choose *fruit, cooked or raw vegetables* from the special **servings charts**

Make toss green salad, with cucumbers, tomatoes, radishes, etc. and have all you want. Sprinkle with lemon juice and salt.

Low Glycemic Fruit Chart

Servings per Meal

Apples	2	Lime	4 juiced
Apricots	12	Nectarine, medium	1 & 1/3 cups
Applesauce	1 & 1/3 cups	Oranges	2
Blackberries	3 cups	Orange, mandarin	1 & 1/3 cups
Blueberries	2 cups	Peaches	4
Cantaloupe, cubed	2 cups	Peaches, canned	2 cups
Cherries	3 cups	Pears	2
Fruit Cocktail	2 cups	Pineapple, cubed	2 cups
Grapefruit	2 cups	Plums	4
Grapes	2 cups	Raspberries	4 cups
Honeydew melon	2 cups	Tangerines	4
Kiwi fruit	4	Watermelon, cubed	3 cups

Low Glycemic Cooked Vegetables Chart

Servings per meal

Artichoke, medium	3	Leeks	3 cups
Asparagus	3 cups	Lentils	¾ cup
	36 Pieces		
Beans, green	3 cups	Mushrooms (boiled)	3 cups
Bok choy	9 cups	Okra, sliced	3 cups
Broccoli	4 cups	Onions, chopped (boiled)	3 cups
Brussels sprouts	4 cups	Sauerkraut	3 cups
Cabbage, shredded	4 cups	Spinach, chopped	4 cups
Cauliflower	6 cups	Swiss chard, chopped	4 cups
Chickpeas	¾ cup	Turnip, mashed	3 cups
Collard greens	6 cups	Turnip greens, chopped	5 cups
Eggplant	3 cups	Yellow squash, sliced	5 cups
Kale	3 cups	Zucchini, sliced	4 cups
Kidney beans	¾ cup		

Low Glycemic Raw Vegetables Chart

Servings per meal

Alfalfa sprouts	33 cups	Humus	¾ cup
Bamboo Shoots, cuts	5 cups	Lettuce, iceberg 6" diameter	1 head
Broccoli	4 cups	Lettuce, romaine, chopped	12 cups
Cabbage, shredded	9 cups	Mushrooms, chopped	9 cups
Cauliflower, pieces	6 cups	Onions, chopped	3 cups
Celery, sliced	8 cups	Radishes, sliced	7 cups
Cucumber	3	Salsa	¾ cup
Cucumber, sliced	12 cups	Snow peas	3 cups
Endive, chopped	22 cups	Spinach, chopped	18 cups
Escarole, chopped	22 cups	Water chestnuts	1 cup
Green or Red peppers	9 cups		