



# Week Eleven

Regular Recipes

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# Crustless Smoked Turkey and Spinach Quiche

## Ingredients

- Cooking spray
- 3/4 cup (4 ounces) cubed smoked turkey ham
- 1/2 cup chopped onion
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup (3 ounces) shredded Swiss cheese, divided
- 1 cup fresh baby spinach leaves
- 1 cup fat-free cottage cheese
- 1/2 cup evaporated fat-free milk
- 1/4 cup (1 ounce) shredded reduced-fat cheddar cheese
- 2 large eggs
- 2 large egg whites
- 1/2 cup all-purpose flour (about 2 1/4 ounces)
- 1 teaspoon baking powder

## Directions

1. Preheat oven to 350°.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add ham, onion, and pepper to pan; sauté 4 minutes or until ham is lightly browned.
3. Sprinkle 1/4 cup shredded Swiss cheese in a 9-inch pie plate coated with cooking spray. Top with ham mixture.
4. Combine remaining 1/2 cup Swiss cheese, spinach, and next 5 ingredients (through egg whites) in a large bowl; stir with a whisk.
5. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and baking powder in a small bowl, stirring with a whisk. Add flour mixture to egg mixture, stirring with a whisk until blended. Pour egg mixture over ham mixture. Bake at 350° for 45 minutes or until a knife inserted in center of quiche comes out clean.

Serving Size	Calories	Fat	Protein	Sodium
1/8 of recipe	152 per serving	5.1g per serving	14.2g per serving	427mg per serving

BREAKFAST

# Buffalo Chicken Wrap

## Ingredients

- 2 tablespoons hot pepper sauce, such as Frank's RedHot
- 3 tablespoons white vinegar, divided
- 1/4 teaspoon cayenne pepper
- 2 teaspoons extra-virgin olive oil
- 1 pound chicken tenders
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- Freshly ground pepper, to taste
- 1/4 cup crumbled blue cheese
- 4 8-inch whole-wheat tortillas
- 1 cup shredded romaine lettuce
- 1 cup sliced celery
- 1 large tomato, diced

## Directions

1. Whisk hot pepper sauce, 2 tablespoons vinegar and cayenne pepper in a medium bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce; toss to coat well.
3. Whisk mayonnaise, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese.
4. To assemble wraps: Lay a tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken, lettuce, celery and tomato.
5. Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich.
6. Repeat with the remaining tortillas.

Serving Size	Calories	Fat	Protein	Sodium
1 wrap	275 per serving	8g per serving	24g per serving	756mg per serving

# LUNCH

# Grilled Steak with Green Beans, Tomatoes, & Chimichurri Sauce

## Ingredients

- 3/4 pound green beans, trimmed
- 1 pint grape tomatoes, halved
- 1 tablespoon olive oil, plus more for grill grates
- Kosher salt and freshly ground pepper
- 2 strip steaks (about 1-inch thick), about 1 1/2 pounds total, trimmed of excess fat and halved
- Chimichurri sauce (recipe on next page)

## Directions

1. Place a double layered piece of heavy-duty foil on a tray or cutting board; fold and gather edge to form a rim.
2. Toss the green beans and tomatoes on foil with 1 tablespoon olive oil; season with salt and pepper.
3. Preheat a grill to medium. Lightly oil the grill grates and season the steak with salt and pepper. Slide the foil tray onto the grill; cook, tossing occasionally, until the beans char slightly and cook through, about 15 minutes.
4. Meanwhile, add the steaks to the grill; cook until desired doneness, about 5 minutes per side for medium-rare.
5. Remove steaks to cutting board to rest 5 minutes.
6. Slice, and serve steak and the vegetables with the Chimichurri Sauce.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	451 per serving	29g per serving	37g per serving	217mg per serving

# DINNER

# Chimichurri Sauce

## Ingredients

- 1/2 small garlic clove
- 1 tablespoon red-wine vinegar
- 1/4 cup fresh herbs, such as parsley, mint and cilantro
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water
- Kosher salt and freshly ground black pepper

## Directions

1. Combine the garlic, vinegar, herbs, olive oil and water in small food processor
2. Pulse until herbs are coarsely chopped.
3. Season with salt and pepper.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	33 per serving	3.5g per serving	1g per serving	121mg per serving

DINNER