

Here are a few of my favorite 52WWL recipes!

These will help you get underway in the 52 Weeks of Weight Loss!

Can you see how they fit the format of the "4x4 Eating Plan"!?

Choose one for breakfast, lunch, dinner and a snack each day!

BREAKFAST OPTIONS:

Super Green Smoothie

1 cup nonfat yogurt

1 cup frozen pineapple

1 cup chopped kale (or or less to taste)

blend well in blender until smooth

Top with 1 or 2 tablespoons shredded UNSWEETENED coconut OR 1 or 2
tablespoons chopped pecans

Add some stevia to sweeten if you like -- NO splenda or artificial
sweeteners!

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Veggie Frittata

2 eggs, lightly beaten

1/2 cup chopped bell peppers

1/4 cup chopped onions

1/4 cup sliced mushrooms and /or 1/4 chopped spinach

1 teaspoon butter, olive oil or coconut oil

Melt 1/2 tsp butter in a skillet and sautee the veggies until

lightly cooked, set aside

Melt rest of the butter, then pour in the eggs until 1/2 way cooked
(top should be liquid still)

top with cooked veggies

Cover the skillet with a tight-fitting lid and continue cooking
until the eggs are firm (5 minutes or so on medium heat)

Serve with 1 piece of toast (topped with 1/2 tsp of coconut oil,
olive oil or butter)

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Peanut-Butter Chocolate Oatmeal

Boil one cup water

Add 1/2 cup dry oats (no sugar or flavorings added) -- cook 2 min
or so until done

Stir in 1 tablespoon peanut butter (natural, no added sugar, salt
or oils -- you may substitute almond butter if you prefer)

Stir in 1 tablespoon unsweetened cocoa

Add stevia or honey to taste

Serve with 1 cup nonfat yogurt (flavored with stevia, such as
English Toffee or Hazelnut or Milk Chocolate) OR 2 hard-boiled eggs

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LUNCH:

Mediterranean Salad

2 cups arugula or mixed greens
1 grated carrot
4 cherry tomatoes, halved
6 olives, chopped with pits removed
1/2 cup white beans (rinsed well)
4 oz of tuna, salmon or sardines
1 or 2 tablespoons of Fat Burning Salad Dressing

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Chicken Salad Sandwich

3-4 ounces of cooked chicken, chopped or shredded
1/2 cup romaine lettuce (or other type you prefer) --
chopped/shredded
1/4 cup shredded cabbage
1/2 shredded carrot
1/4 shredded apple
1/2 tablespoon natural mayonnaise (made with olive oil NOT soy oil;
no sugar or artificial sweeteners)
1/2 tablespoon nonfat yogurt
1/2 or 1 pita bread (about 1 oz or more)

Mix everything but the pita bread in a big bowl, season with a
pinch of sea salt and ground pepper
serve in pita, opened and toasted in the oven if you prefer

DINNER:

Grilled Salmon

4 oz or more of broiled salmon (and substitute other fish, or have lean beef or chicken)

4 oz or more of baked potato (or sweet potato)

1 or 2 teaspoons of butter

1 cup of green beans, asparagus or broccoli -- or 1 artichoke

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Eggs over Green Beans

(I don't know why I like this meal so much, except it's easy and filling!)

Scramble 2 eggs in 1 tsp of butter or olive oil

Meanwhile, cook 1 - 2 cups of green beans (using frozen is fine)

Drain green beans, toss lightly with 1 -2 tsp of apple cider vinegar top with the scrambled eggs and sprinkle with 1 - 2 tsp parmesan cheese (optional)

Enjoy one cup of berries for dessert (or swap out for a sliced pear sprinkled with cinnamon)

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Chicken Soup

(vegetarians: swap out the chicken for chickpeas/garbanzo beans)

Use a big soup pot

Sautee 1 chopped onion in 1 tablespoon each of olive oil and butter

(butter allows for higher cooking temps)

add in 3-4 stalks of celery, chopped; sautee for about 5 minutes

until softened (HINT: buy the "mirepoix" already prepared at Trader Joes: contains onions, carrots and celery!)

Chop 2-3 carrots (peeled) into 1/2 inch pieces, add to pot

Keep stirring, then add:

- 2 tsp thyme
- 1 tsp curry powder
- 1/4 tsp sea salt
- 1/2 tsp ground pepper

mix all together and sautee a minute or two until spices are fragrant

Add 4 cups of low-sodium (MUST be LOW sodium) chicken or vegetable broth; bring to a boil, then simmer

Add 2 cups of peeled, chopped potatoes

Simmer and cook until veggies are soft, about 20-30 minutes

Add 8-12 ounces of cooked, shredded chicken OR 2 cups of garbanzo beans

Adjust seasonings

Make 2-3 or more servings, depending on portion sizes.

Soup is even better the following day!

Great to take to work for lunch, too!

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SNACKS:

- apple with 2 hard-boiled eggs + 10 walnut halves + celery sticks

- 20 grapes + 2 ounces of string cheese or other cheese + a few
carrot slices

- 1 grapefruit sprinkled with 1 tablespoon sesame seeds; few pieces
of cold, cooked chicken or 1/2 cup of nonfat yogurt

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Stay tuned for MORE meal ideas coming your way!

Plus -- a few tweaks to my "4x4 Eating Plan" to make it even more
enjoyable and customizable! Remember, your options are ENDLESS!

Here's to your success! I'll be in touch again shortly!

Fire away with any questions...

And remember: treat yourself WELL! You DESERVE it!!

Peggy Hall

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