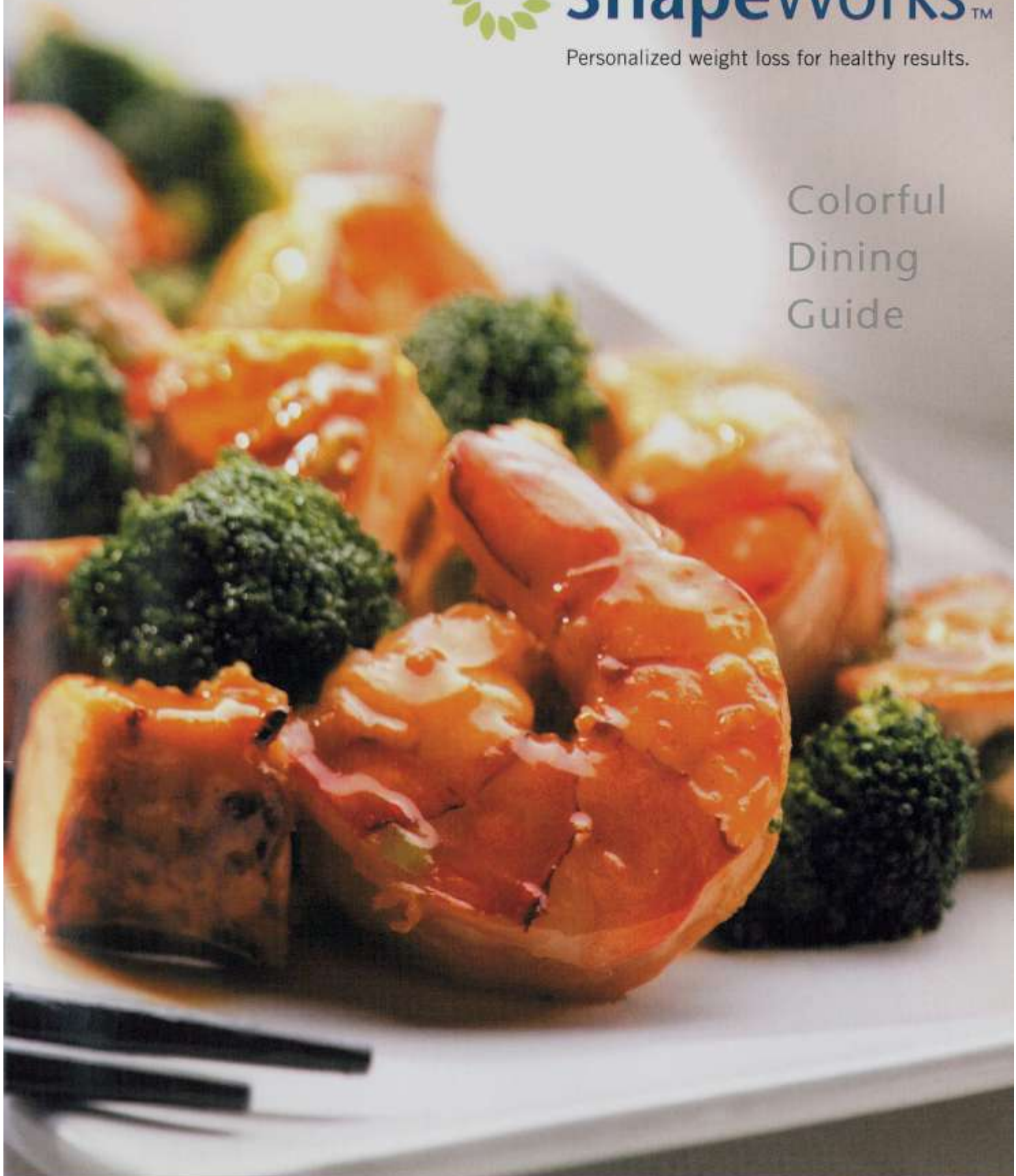




ShapeWorks™

Personalized weight loss for healthy results.

Colorful
Dining
Guide



Contents

IDEAL MEAL SHAKES

Berry

Chocolate Raspberry Shake	5
Strawberry Parfait	5
Chocolate Strawberry Shake	6
Very Berry Shake	6
Blueberry Cranberry Shake	6

Citrus

Orange Mango Shake	6
Pineapple Orange Coconut Shake	6

Classics

Apple Pie Shake	7
Banana Bread Shake	7
Peach Almond Shake	7
Café Mocha Shake	7



SAVORY SALADS

Spinach and Shrimp Salad	9
Baja Slaw	9
Chef's Salad with Balsamic Vinaigrette	10
Marinated Cucumber Salad	10

PROTEIN-RICH ENTRÉES

Poultry

Broiled Country Mustard Chicken	13
Chicken Tarragon	13
Spicy Chicken Cacciatore	14
Chicken with Wine Glaze	14
Chicken with Onion Sauté	14
Moroccan Grilled Chicken	15
Turkey Piccata	16
Curried Turkey Meatballs	16

Seafood

Grilled Citrus Snapper	17
Peppered Snapper with Tomato Mint Salsa	17
Pan-Seared Cod with Balsamic Vinegar and Thyme	18
Chipotle Grilled Swordfish	18
Halibut and Vegetable Kabobs	19
Spicy Seafood Stew	20
Shrimp, Tofu and Broccoli Stir-Fry	21

Vegetarian

Breakfast Burritos	22
Quick Soy Chili	22
Sweet and Sour Stuffed Cabbage	23



More than just a diet...

A whole new way of life!

Why are the foods on the ShapeWorks[®] personalized weight-loss program so good? Because ShapeWorks[®] isn't just a diet. It's a whole new way of living. To ensure that this program produces lasting results, we've selected foods that are tasty, satisfying and affordable. These irresistible, no-hassle meals will help you reach your weight-loss goals—while making mealtime a real treat.

Your Ideal Meal

A key component of your ShapeWorks[®] diet is protein. A good hunger-fighting meal has 25 grams of protein or more. You can find 29 to 30 grams in the variety of delicious shake recipes that are your "Ideal Meal."

Colorful dishes

From sumptuous salads to gourmet entrées, this book is also your guide to wonderful dishes that promote colorful dining. We provide you with step-by-step instructions for easy-to-make meals that are heavy on flavor and light on guilt.

Variety is an essential element of any

successful health program. If you get bored with foods, you're much more likely to abandon your program altogether. ShapeWorks[®] recipes include colorful fruits and vegetables that offer you a variety of nutrients, and add flavor and visual appeal. Just look at all the colorful meals you can make while getting plenty of protein, vitamins and other nutrients.

A quick guide to better nutrition

Each Colorful Dining Guide recipe is accompanied by a nutritional analysis for those who like to count calories, carbohydrates, fat and protein grams. The guide includes information on which foods to watch out for and why, and helps you select the healthiest alternatives when your food choices are limited.

The right stuff for your body

Get the right types of foods your body needs to lose weight and keep it off, build fat-burning lean muscle mass and feel energetic all day. And most of all, enjoy!



Ideal Meal SHAKES

Chocolate Strawberry. Peach Almond. Café Mocha. You can enjoy delicious shakes like these and still lose weight. Formula 1 Nutritional Shake Mix includes heart-smart soy protein and essential vitamins and minerals—all in one delicious meal! Each of these recipes delivers at least 29 grams of protein. The combination of protein and fruit in ShapeWorks™ shakes makes them more filling to help keep you satisfied and your cravings at bay. Replacing two meals with two shakes a day will help you lose weight. Or, you can replace just one meal a day to maintain your weight.

Directions:

Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional.

BERRY

CHOCOLATE RASPBERRY SHAKE

Ingredients:

- 2 scoops Dutch Chocolate Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen raspberries
- $\frac{1}{8}$ teaspoon orange extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 280

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 39 grams

STRAWBERRY PARFAIT

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 3 tablespoons Formula 3 Personalized Protein Powder
- 1 6-ounce carton strawberry-flavored fat-free yogurt
- 1 cup strawberries
- 4 ice cubes

Note: For a less pudding-like consistency, add $\frac{1}{4}$ cup nonfat milk and Formula 3 Personalized Protein Powder in the blender first, then add other ingredients and continue blending.

Nutritional Analysis

Calories: 240

Protein: 29 grams

Fat: 0.5 grams

Carbohydrates: 38 grams



CHOCOLATE STRAWBERRY SHAKE

Ingredients:

- 2 scoops Dutch Chocolate Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen strawberries
- few drops vanilla extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 265

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 35 grams

VERY BERRY SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- ½ cup nonfat dry milk powder
- 1 cup low-calorie cranberry juice
- 1 cup frozen mixed berries
- few drops vanilla extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 310

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 39 grams

BLUEBERRY CRANBERRY SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- ½ cup nonfat dry milk
- ½ cup low-calorie cranberry juice
- ½ cup frozen blueberries
- few drops orange extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 340

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 44 grams

CITRUS

ORANGE MANGO SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- ½ cup frozen mango chunks
- ½ cup canned mandarin oranges, drained
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 320

Protein: 30 grams

Fat: 0.5 gram

Carbohydrates: 47 grams

PINEAPPLE ORANGE COCONUT SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen pineapple chunks
- ¼ teaspoon coconut extract
- ¼ teaspoon orange extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 295

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 44 grams



CLASSICS

APPLE PIE SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen apple slices
- few dashes each cinnamon, nutmeg, cloves
- $\frac{1}{4}$ teaspoon vanilla extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 300

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 46 grams

BANANA BREAD SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- $\frac{1}{2}$ very ripe banana
- $\frac{1}{8}$ teaspoon black-walnut flavoring
- few drops vanilla extract
- 1 dash cinnamon
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 270

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 26 grams

PEACH ALMOND SHAKE

Ingredients:

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1 cup frozen peach slices
- few dashes ground ginger
- $\frac{1}{4}$ teaspoon almond extract
- 4 ice cubes

Nutritional Analysis (with nonfat milk)

Calories: 260

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 35 grams

CAFÉ MOCHA SHAKE

Ingredients:

- 2 scoops Dutch Chocolate Formula 1 Nutritional Shake Mix
- 2 tablespoons Formula 3 Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- $\frac{1}{2}$ medium banana
- 2 teaspoons instant-coffee crystals
- 1 dash cinnamon
- 4 ice cubes

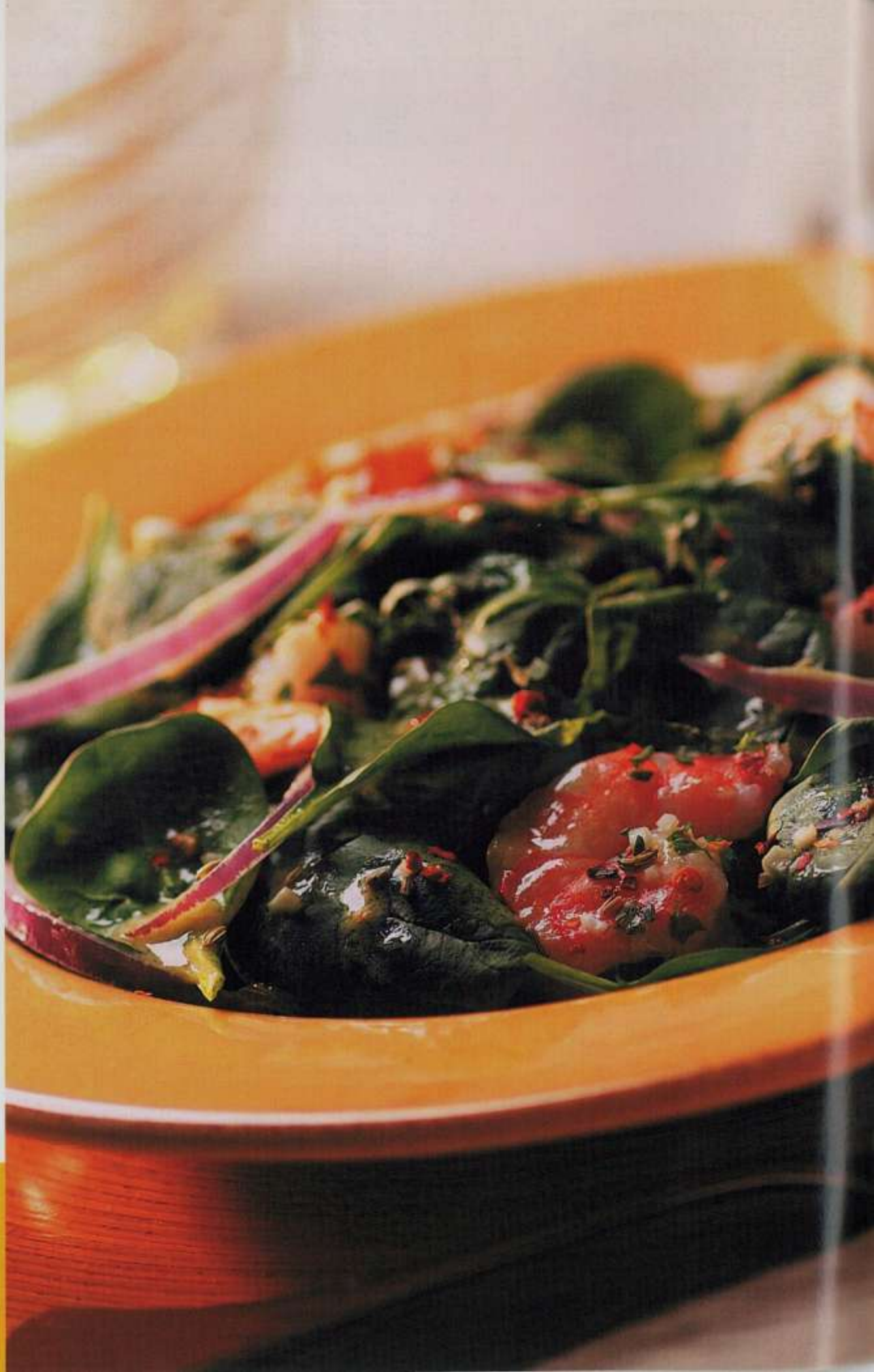
Nutritional Analysis (with nonfat milk)

Calories: 275

Protein: 30 grams

Fat: 0.5 gram

Carbohydrates: 38 grams



Savory SALADS

Delicious dressings. Mouthwatering spices. Crisp, fresh ingredients. Who says salads have to be dull? With ShapeWorks™, you'll find palate-pleasing salads bursting with flavor and color.

SPINACH AND SHRIMP SALAD

(serves 4)

Ingredients:

For vinaigrette dressing:

- ½ cup fresh lemon juice
- 2 minced garlic cloves
- 1 tablespoon Dijon mustard
- 1 tablespoon virgin olive oil
- 2 tablespoons chopped parsley
- 1 tablespoon chopped oregano
- ½ teaspoon crushed fennel seeds
- 2 tablespoons water
- 1 teaspoon salt
- ¼ teaspoon crushed red pepper

For the salad, combine:

- 8 cups baby-spinach leaves
- 2 tablespoons shredded, fresh basil
- 1 pound medium-cooked and peeled shrimp
- ½ cup thinly sliced red onion

Directions:

Whisk vinaigrette ingredients together and refrigerate until chilled. Toss salad with vinaigrette and serve on chilled plates.

Nutritional Analysis Per Serving:

Calories: 205

Protein: 27 grams

Fat: 6 grams

Carbohydrates: 12 grams

BAJA SLAW

(serves 10)

Ingredients:

- 1 medium-sized head green cabbage, shredded
- 1 tablespoon lime juice
- 4 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon cumin seed
- ½ cup cilantro leaves
- 2 tablespoons seasoned rice vinegar

Directions:

Place shredded cabbage in a large bowl. Whisk lime juice, oil, salt, cumin, cilantro and rice vinegar in a bowl until well blended. Pour dressing over cabbage and mix well. Chill for a few hours before serving to allow flavors to blend.

Savory Salads



Nutritional Analysis Per Serving:

Calories: 75

Protein: 1 gram

Fat: 5 grams

Carbohydrates: 6 grams

CHEF'S SALAD WITH BALSAMIC VINAIGRETTE

(serves 2)

Ingredients:

- 2 cups bite-sized pieces romaine lettuce
- 2 cups fresh spinach leaves
- 1 scallion, chopped
- 2 tomatoes, chopped
- 12 egg whites, hard cooked and diced
- 12 slices vegetarian turkey, sliced
- 2 tablespoons finely minced parsley

Dressing:

- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- 1 clove garlic, minced
- ½ teaspoon Dijon-style mustard
- ¼ teaspoon salt
- freshly ground pepper to taste

Directions:

About ½ hour before serving, wash lettuce and spinach leaves thoroughly and dry. Place in refrigerator to chill. Mix dressing ingredients in a bowl or shake in a jar and set aside. When ready to serve, toss lettuce, spinach, scallion and tomatoes with dressing and arrange on two plates. Arrange half the egg whites and half the turkey slices on top of each plate of greens. Sprinkle with minced parsley and serve.

Nutritional Analysis Per Serving:

Calories: 305

Protein: 46 grams

Fat: 4 grams

Carbohydrates: 9 grams

MARINATED CUCUMBER SALAD

(serves 4)

Ingredients:

- 2 large cucumbers
- ¼ cup seasoned rice vinegar
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sugar
- ½ teaspoon hot red-pepper flakes, or season according to taste
- ¼ teaspoon salt
- 1 slice fresh ginger, ¼-inch thick, peeled and minced
- ¼ teaspoon sesame oil
- 1 teaspoon fresh dill or ½ tsp. dried
- 1 tablespoon chopped parsley
- 1-2 teaspoons sesame seeds for garnish

Directions:

Cut off the ends of the cucumbers. Peel cucumbers, slice very thin and put into a serving bowl. Mix remaining ingredients in a small bowl. Taste dressing and adjust seasonings to taste. Pour over cucumbers and toss gently. You may choose to sprinkle sesame seeds over salad for garnish. Refrigerate for at least 30 minutes before serving. Cucumbers will soften as they marinate.

Nutritional Analysis Per Serving:

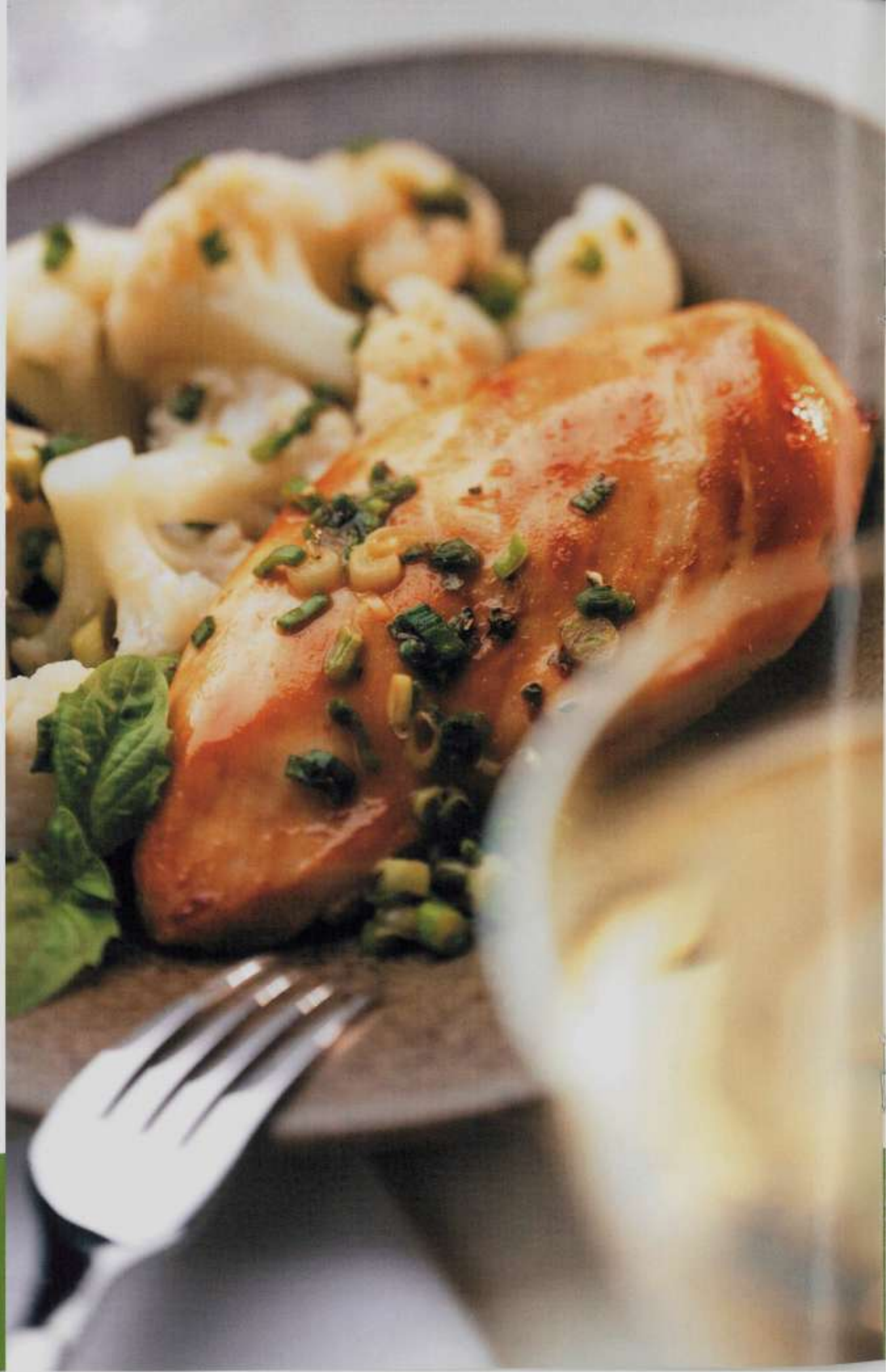
Calories: 10

Protein: 0 grams

Fat: 0 grams

Carbohydrates: 2 grams





Protein-Rich ENTRÉES

With all the enticing ShapeWorks™ meals, the hardest part of the program will be choosing which mouthwatering dish to prepare. These flavorful entrees can quickly and easily be prepared with ingredients you have on hand—but they'll taste like you've spent hours cooking.

POULTRY

BROILED COUNTRY MUSTARD CHICKEN

(serves 4)

Ingredients:

- 4 chicken breast halves, boneless and skinless
- 1 teaspoon Dijon-style mustard
- 2 garlic cloves
- ½ teaspoon dried basil
- ¼ cup lemon juice
- 2 tablespoons soy sauce
- ½ cup green onions, chopped
- 2 cups cauliflower florets

Directions:

Preheat oven to 475 degrees. In a small bowl combine mustard, garlic, basil, lemon juice, soy sauce and onion. Blend well. Coat chicken with marinade. Place chicken on broiling pan sprayed with pan spray and bake about 15 minutes per side until crispy brown. Steam cauliflower in salted water and serve with chicken and sauce.

Nutritional Analysis Per Serving:

Calories: 315

Protein: 28 grams

Fat: 3 grams

Carbohydrates: 11 grams

CHICKEN TARRAGON

(serves 2)

Ingredients:

- 2 chicken breast halves, boneless and skinless
- ¼ teaspoon salt
- 1 tablespoon fresh tarragon
- ½ cup low-sodium chicken broth
- 1 tablespoon Dijon mustard

Directions:

Season chicken with salt and tarragon. In a nonstick skillet sprayed with pan spray, cook chicken for 3 minutes on each side over medium-high heat until brown. Remove chicken breasts to a plate and set aside. Deglaze the pan with broth, stirring up any bits that stick to the bottom. Add mustard and stir, and cook until reduced and thickened, about 3 minutes. Return chicken to pan and turn to coat with sauce.

Nutritional Analysis Per Serving:

Calories: 150

Protein: 28 grams

Fat: 3.5 grams

Carbohydrates: 0 grams



SPICY CHICKEN CACCIATORE

(serves 2)

Ingredients:

- 2 chicken breast halves, boneless and skinless
- ½ teaspoon salt
- pepper to taste
- ½ red onion, chopped
- 6 garlic cloves, minced
- 1 tablespoon capers
- 2 tablespoons fresh basil or 2 tablespoons dried basil
- ½ teaspoon dried red chili flakes
- 1 14-ounce can stewed tomatoes
- 2 red bell peppers, chopped

Directions:

Season chicken with salt and pepper. Spray a large skillet with pan spray and brown chicken over medium heat, 3 minutes on each side. Transfer chicken to a plate and set aside. Add remaining ingredients to skillet and simmer for 10 minutes. Return chicken and juices to skillet, spoon sauce over chicken. Cover and simmer for an additional 7 minutes or until chicken is tender and cooked through.

Nutritional Analysis Per Serving:

Calories: 242

Protein: 30 grams

Fat: 3.5 grams

Carbohydrates: 24 grams

CHICKEN WITH WINE GLAZE

(serves 2)

Ingredients:

- 2 large chicken breast halves, boneless and skinless
- ½ teaspoon table salt
- ½ teaspoon black pepper
- ½ cup port wine
- ½ cup steak sauce
- 1½ teaspoons olive oil

Directions:

Pat chicken dry and season with salt and pepper. In a small bowl whisk together port, steak sauce and olive oil. Spray a nonstick skillet with pan spray and place over moderately high heat until hot. Cook chicken 5 minutes per side or longer until cooked thoroughly. Transfer chicken to a warm platter. Pour port mixture carefully down side of skillet and boil, stirring until reduced to about 2 tablespoons. Serve chicken with glaze.

Nutritional Analysis Per Serving:

Calories: 275

Protein: 39 grams

Fat: 5.5 grams

Carbohydrates: 11 grams

CHICKEN WITH ONION SAUTÉ

(serves 2)

Ingredients:

- 1 tablespoon olive oil
- 2 onions, halved and sliced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 chicken breast halves, boneless and skinless
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon curry powder

Directions:

In a large heavy skillet, heat olive oil over moderate heat. Add onions, salt and pepper and cook, stirring 15 minutes or until golden brown. Remove onions from skillet and keep the onions warm and covered. Wipe out the skillet with a paper towel and spray with pan spray. Pat chicken dry and season with salt, pepper and curry powder. Heat the skillet over moderately high heat and cook chicken breasts 8 to 10 minutes on each side until done. Place sautéed onions on plate and top with chicken. Serve immediately.



Nutritional Analysis Per Serving:

Calories: 250

Protein: 28 grams

Fat: 8.5 grams

Carbohydrates: 14 grams

MOROCCAN GRILLED CHICKEN

(serves 6)

Ingredients (for marinade):

- ¼ cup lemon juice
- 1 teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon allspice
- 1½ teaspoons olive oil
- 1 pinch pepper
- 1 pinch cardamom
- 1 pinch salt
- 3 minced garlic cloves

6 boneless, skinless chicken breasts

1 head white cabbage for garnish

3 chopped tomatoes for garnish

Directions:

Prepare marinade. Place chicken breasts in a large resealable plastic bag and cover with marinade. Seal bag and place in refrigerator for at least eight hours. Grill or broil chicken until cooked through. Thinly slice cooked chicken breasts diagonally into strips. Serve chicken garnished with shredded cabbage and chopped tomato.

Nutritional Analysis Per Serving:

Calories: 275

Protein: 40 grams

Fat: 5 grams

Carbohydrates: 15 grams



TURKEY PICCATTA

(serves 4)

Ingredients:

- 1 whole lemon
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 pounds turkey-breast cutlets
- 1 tablespoon olive oil
- 2 fresh garlic cloves
- $\frac{1}{2}$ cup low-sodium chicken broth
- 1 tablespoon capers

$\frac{1}{2}$ teaspoon sugar

2 tablespoons chopped, fresh parsley

Directions:

With a sharp knife, remove skin and white pith from lemon and discard. Working over a bowl, cut lemon segments from their surrounding skin. Chop segments and reserve with the juice.

In a shallow dish, combine flour, salt and pepper. Lightly dredge turkey cutlets in flour mixture, shaking off excess. In a large nonstick skillet, heat oil over medium-high heat. Add turkey and cook until golden brown on the outside and no longer pink inside, 2 to 3 minutes per side.

Transfer to a platter and keep warm. Add garlic to the skillet and cook, stirring for several seconds. Add chicken broth and bring to a boil, stirring and scraping up any browned bits. Cook for 1 minute. Stir in reserved lemon segments and juice, capers and sugar. Cook for 30 seconds.

Spoon sauce over turkey. Sprinkle with parsley and a grinding of black pepper.

Nutritional Analysis Per Serving:

Calories: 320

Protein: 58 grams

Fat: 5 grams

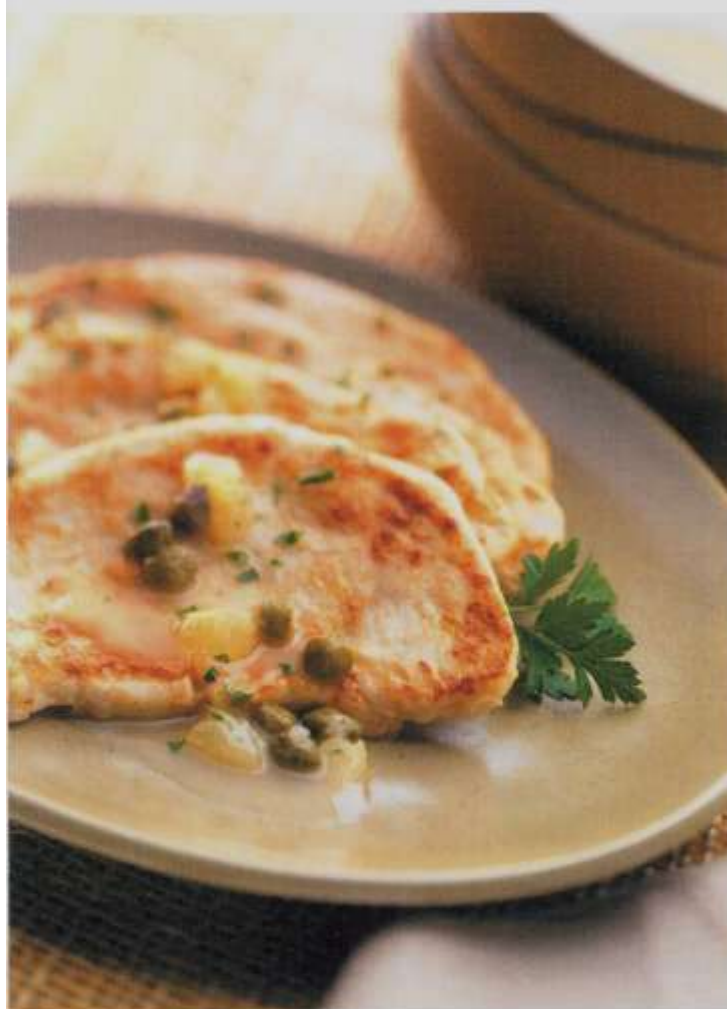
Carbohydrates: 7 grams

CURRIED TURKEY MEATBALLS

(serves 4)

Ingredients for sauce:

- 1 cup chopped onion
- 1 tablespoon fresh, minced ginger
- 2 minced garlic cloves
- 2 tablespoons curry powder
- $\frac{1}{2}$ teaspoon cumin
- $3\frac{1}{2}$ cups low-fat chicken broth
- 3 tablespoons cornstarch
- 1 tablespoon olive oil



Ingredients for meatballs:

- 1 pound ground turkey breast
- 2 egg whites
- 6 tablespoons dried bread crumbs
- 1 teaspoon coriander
- 1 teaspoon salt
- ½ cup minced onion

Directions:

In a saucepan sprayed with pan spray, sauté the onion, ginger and garlic in oil until the onion is soft. Add the curry, cumin and cayenne and stir for 1 minute. Add 3 cups of chicken broth and bring to a boil.

Combine all meatball ingredients in a bowl and roll into golf-ball-sized meatballs. Drop into the boiling broth, cover and simmer on low for 7 to 10 minutes until done. Remove with a slotted spoon and set aside.

In a separate bowl, whisk the cornstarch into remaining ½ cup of broth. Pour this mixture into simmering broth in saucepan and bring it to a boil. Add salt to taste.

Serving suggestions:

Cover each plate with spinach leaves and place meatballs on top. Spoon curry sauce over meatballs and serve plain, nonfat yogurt as a garnish.

Nutritional Analysis Per Serving:

Calories: 300

Protein: 32 grams

Fat: 7 grams

Carbohydrates: 23 grams

SEAFOOD

GRILLED CITRUS SNAPPER

(serves 2)

Ingredients:

- ¼ cup bottled citrus marinade
- ¼ cup green onion, chopped

- 1 garlic clove, minced
- 1 teaspoon minced, fresh ginger root
- 1 pound red-snapper filets
- 1 pound asparagus
- 1 lemon
- 1 garlic clove

Directions:

Prepare marinade by combining the first four ingredients in a bowl. Then pour marinade over snapper, flesh side down, and let set for 15 minutes. Prepare grill. Remove snapper from marinade and pat dry. Season snapper with salt and pepper. Grill skin side down on an oiled rack set 5 to 6 inches over glowing coals for 4 minutes. Place lid on the grill to cover, grilling snapper until just cooked through for another 4 minutes.* Carefully transfer snapper with a metal spatula to a platter and remove skin before serving. Serve with steamed asparagus tossed with lemon and garlic and season to taste.

*Note: Alternatively, snapper may be grilled in a hot, well-seasoned grill pan with a lid over moderate heat.

Nutritional Analysis Per Serving:

Calories: 335

Protein: 48 grams

Fat: 3 grams

Carbohydrates: 22 grams

PEPPERED SNAPPER WITH TOMATO MINT SALSA

(serves 4)

Ingredients for snapper:

- 4 6-ounce red-snapper filets
- 1 teaspoon coarsely ground black pepper
- 3 teaspoons Dijon mustard
- pan spray

Ingredients for tomato mint salsa:

- 4 cups chopped tomato
- ¼ cup diced red onion



- 1 tablespoon chopped, fresh basil
- 1 tablespoon lemon juice
- 2 tablespoons chopped, fresh mint
- 1 tablespoon chopped jalapeno pepper

Directions:

Combine salsa ingredients in a bowl and set aside to let flavors develop. Place snapper on a baking pan coated with pan spray. Spread mustard on filets and sprinkle with pepper. Broil 10 to 12 minutes until snapper is done. Top each filet with salsa, garnish with fresh mint.

Nutritional Analysis Per Serving:

Calories: 225

Protein: 39 grams

Fat: 3 grams

Carbohydrates: 10 grams

PAN-SEARED COD WITH BALSAMIC VINEGAR AND THYME

(serves 2)

Ingredients:

- 1 pound fresh cod filet (or boneless, skinless chicken breasts)
- 2 teaspoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon fresh thyme
- salt and pepper to taste

Directions:

Sprinkle fish with salt and freshly ground pepper on both sides. Heat a large skillet for which you have a cover over medium-high heat. When hot, add the olive oil. When the oil is hot, place the fish in the pan, lower the heat to medium and cook for five minutes or until the underside is brown and a crust begins to form.

Carefully turn the fish over, turn the heat down to medium-low and cover the skillet. Cook for about 5 minutes more.* Fish is done when it flakes with a fork. Remove fish from skillet and place on a plate. Bring the

heat back up to medium-high, add the balsamic vinegar and cook quickly, scraping the pan with a spatula.

Turn off the heat, put the fish back in the skillet and turn over to coat both sides with the reduced vinegar. Sprinkle with fresh thyme leaves and serve immediately.

*Note: Fish should cook for about 10 minutes for each inch of thickness. If you use chicken breast instead, it will need a total of about 15 minutes cooking time.

Nutritional Analysis Per Serving (with cod):

Calories: 228

Protein: 40 grams

Fat: 6 grams

Carbohydrates: 1 gram

CHIPOTLE GRILLED SWORDFISH

(serves 4)

Ingredients:

- ½ cup orange juice
- ¼ cup low-sodium soy sauce
- 2 fresh garlic cloves, peeled and minced
- ¼ cup scallions, chopped
- ¼ cup fresh cilantro leaves
- ½ cup canned mild green chiles
- 2 pounds swordfish or other mild fish filet

Directions:

Combine orange juice, soy sauce, garlic, scallion, cilantro and chiles in a food processor. Place marinade in a flat dish and add the fish, turning a few times to coat with the marinade. Marinate fish in the refrigerator for 30 minutes, turning occasionally. Preheat broiler or barbeque. Removing swordfish from marinade, place on rack sprayed with pan spray. Transfer marinade to small saucepan and boil for 1 minute. Grill swordfish until just opaque in center, basting with marinade, about 4 minutes per side.



Nutritional Analysis Per Serving:

Calories: 305

Protein: 47 grams

Fat: 9 grams

Carbohydrates: 7 grams

**HALIBUT AND
VEGETABLE KABOBS**
(serves 4)

Ingredients:

2 pounds fresh halibut filet

½ red pepper

½ yellow pepper

1 yellow onion

16 cherry tomatoes

16 medium white mushrooms

Ingredients for basting sauce:

8 tablespoons low-sodium soy sauce

4 cloves garlic

1 slice fresh ginger root ½-inch thick

2 tablespoons + 2 teaspoons brown sugar

2 tablespoons + 2 teaspoons rice wine
vinegar

Gourmet Entrées



Directions:

Cut the halibut filet into 1-inch cubes, making enough to evenly thread onto 8 skewers.* Sprinkle with salt and pepper and set aside. Cut the red and yellow peppers into 1-inch squares. Cut the onion into 8 large chunks, and then separate each chunk into 2 pieces for easier threading. Wash the mushrooms and snap out the stems.

If you plan to barbecue the kabobs and are using wooden skewers, soak the skewers in water briefly before threading so they don't burn. Thread the fish, peppers, tomatoes, onion chunks and mushrooms onto 4 large or 8 small skewers. If you are not going to cook the kabobs right away, place in the refrigerator, loosely covered with waxed paper.

Whirl all ingredients for the basting sauce in the blender. The basting sauce can be made in advance and refrigerated.

Preheat broiler (or prepare barbecue) and spray cold broiler pan with pan spray. Place broiler pan under the heat for a few minutes to heat up, then place the skewers carefully

on the hot pan. This will sear the fish and vegetables quickly. Spoon some of the basting sauce over the fish, and broil 3 to 4 minutes, or until fish and vegetables begin to brown. Turn skewers, spoon basting sauce over, and cook the other side for another 2 to 3 minutes. Spoon any additional basting sauce over the fish when serving.

*Note: Any firm fish will work for this recipe, as will cubed chicken breast. Vary the vegetables according to your taste, but mushrooms, tomatoes and peppers are a classic.

Nutritional Analysis Per Serving:

Calories: 335

Protein: 52 grams

Fat: 6 grams

Carbohydrates: 19 grams

SPICY SEAFOOD STEW

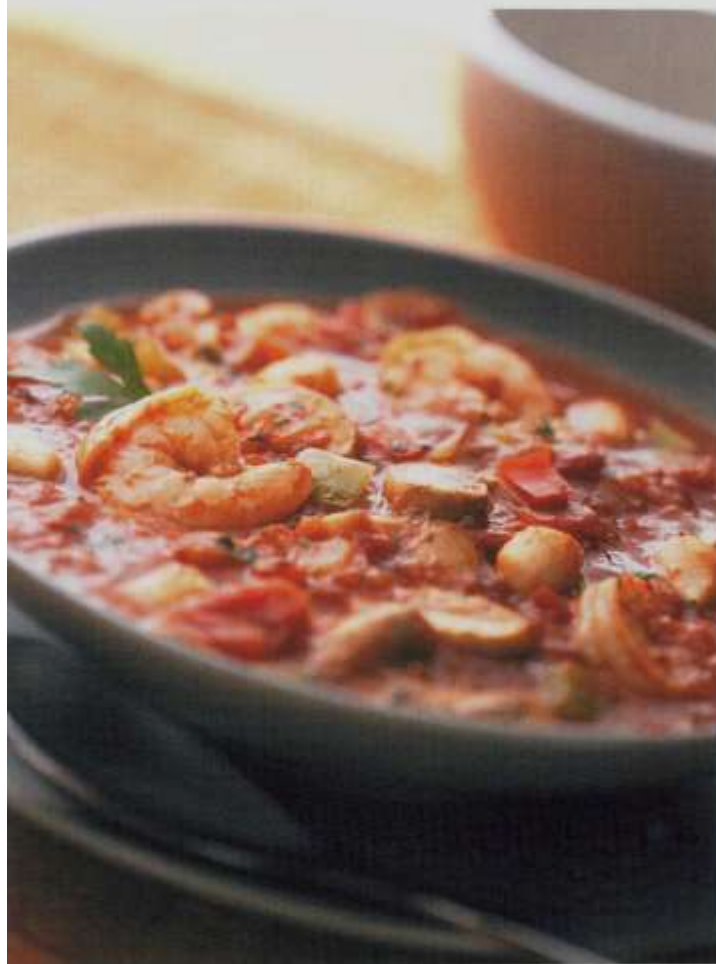
(serves 4)

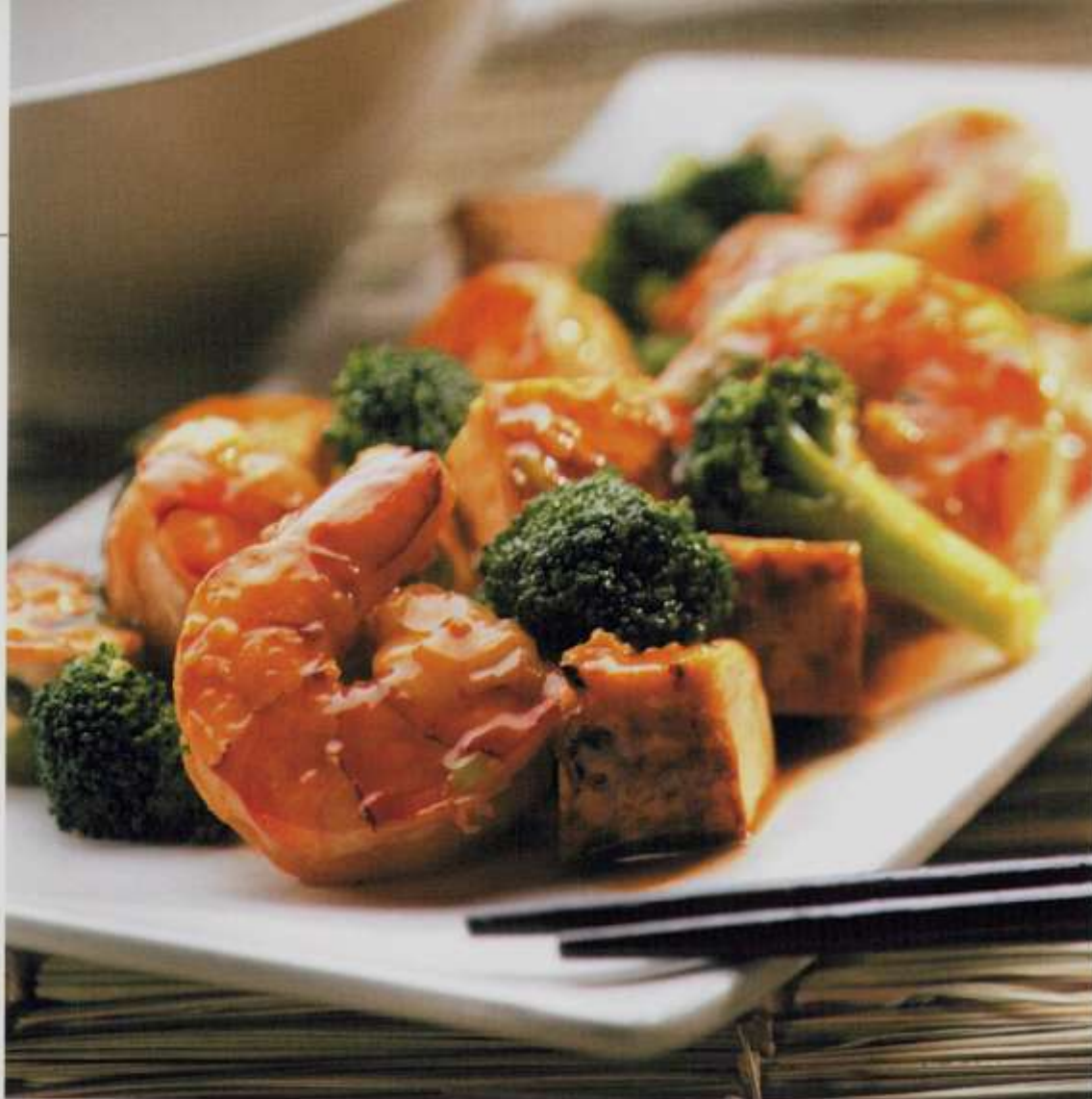
Ingredients:

- 1 tablespoon olive oil
- 1 cup diced yellow onion
- ½ cup coarsely chopped red bell pepper
- ½ cup coarsely chopped green bell pepper
- ¼ cup sliced mushrooms
- 2 cloves garlic, finely minced
- 1 cup low-sodium chicken stock
- 2 14½-ounce cans diced tomatoes
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 bay leaf
- 8 ounces fresh or frozen cooked shrimp, peeled and devined
- 6 ounces fresh or frozen scallops
- 1 tablespoon chopped parsley

Directions:

In a large soup pot, heat olive oil over medium heat. Add onion, peppers,





mushrooms and garlic, and stir and cook for 8 to 10 minutes, stirring frequently. Add chicken stock, tomatoes, cumin, cayenne, salt, pepper and bay leaf. Simmer, uncovered, for 30 minutes, stirring occasionally. Add the shrimp and scallops to the sauce, cover the pot and simmer another 10 to 15 minutes, depending on the size of the scallops, until the scallops are cooked and the dish is heated through.* Finally, adjust seasonings, remove bay leaf and stir in parsley before serving.

*Note: This recipe is very flexible, and you can experiment with different vegetables and a variety of seafood. Frozen shrimp and scallops are widely available and make this dish quick and easy, but you can use any kind of fish. Some seafood markets sell mixed fish pieces for chowders that are perfect for this, and much less expensive than whole filets.

Nutritional Analysis Per Serving:

Calories: 215

Protein: 23 grams

Fat: 5 grams

Carbohydrates: 21 grams

SHRIMP, TOFU AND BROCCOLI STIR-FRY (serves 2)

Ingredients for dish:

- 12 ounces raw shrimp, fresh or frozen, peeled and deveined
- 4 cups fresh broccoli florets
- 1 clove garlic, minced
- ½-inch thick-sliced fresh ginger, peeled and finely minced
- 1 scallion, minced
- 4 ounces firm tofu, cubed into ½-inch dices



nonstick pan spray
1 tablespoon olive oil

Ingredients for sauce:

2 tablespoons low-sodium soy sauce
3 tablespoons rice wine or chicken broth
2 teaspoons rice vinegar
 $\frac{1}{2}$ teaspoon sugar
1 tablespoon prepared ketchup
 $\frac{1}{2}$ teaspoon ground white pepper
3 teaspoons cornstarch

Directions:

If shrimp is frozen, defrost according to package directions. Remove shrimp tails. Blanch broccoli florets by dropping into boiling water for 1 minute. Drain, but do not rinse; cover and set aside. Combine sauce ingredients in a small saucepan over medium-high heat, and cook, stirring until mixture boils, thickens and clears. Set sauce aside.

Spray a large skillet with pan spray. Heat skillet over medium heat. When hot, add tofu and cook until slightly brown. Remove and set aside. Add olive oil and then garlic, ginger and scallions. Stir-fry for a few seconds, but do not allow the garlic to brown. Add the shrimp and continue to stir-fry until the shrimp is pink and almost cooked through. Add the blanched broccoli florets and stir-fry for another minute, until hot, then add tofu. Finally, pour in the sauce mixture and stir quickly to mix.

Nutritional Analysis Per Serving:

Calories: 420
Protein: 50 grams
Fat: 14 grams
Carbohydrates: 23 grams

VEGETARIAN

BREAKFAST BURRITOS

(serves 2)

Ingredients:

$\frac{1}{4}$ avocado

4 corn tortillas
6 egg whites
2 soy sausage patties
prepared tomato salsa
1 scallion, chopped

Directions:

Peel avocado, dice and set aside. Wrap tortillas in foil and place in a 350-degree oven to heat while preparing the eggs and sausage. In a nonstick skillet or a skillet sprayed with pan spray over medium-low heat, crumble sausage patties and stir just long enough to heat the sausage thoroughly. Remove the sausage to a covered bowl and set aside. Wipe out the skillet with a paper towel, spray with pan spray and return skillet to the heat. Whisk the egg whites with a fork and pour into the heated pan. Cook, stirring frequently, until eggs are scrambled.

To assemble, place two tortillas on each of two plates. Evenly divide sausage, egg whites and avocado among the tortillas. Top with chopped scallions and salsa, and roll tortilla around filling.

Nutritional Analysis Per Serving:

Calories: 310
Protein: 33 grams
Fat: 5 grams
Carbohydrates: 36 grams

QUICK SOY CHILI

(serves 6)

Ingredients:

1 medium onion, chopped
1 carrot, peeled and diced
2 stalks celery, chopped
1 4-ounce can diced mild green chili
2 14 $\frac{1}{2}$ -ounce cans stewed tomatoes
(1 can whirled smooth in blender)
2 packages soy ground meat substitute,
about 12 ounces each
1 teaspoon ground cumin
1 teaspoon dried oregano leaves

2 tablespoons ground chili powder
1 teaspoon salt
¼ teaspoon liquid hot pepper sauce
fresh cilantro leaves

Directions:

Spray a medium-sized stockpot with pan spray, and place over medium-high heat. Add the onion, carrot and celery, and sauté for about 5 minutes until vegetables begin to soften. Add the can of stewed tomatoes, the can of tomatoes that has been whirled smooth in the blender, the soy meat substitute, and the seasonings. Stir well. Cover and lower the heat to medium-low and allow the chili to simmer for 15 or 20 minutes until the flavors are blended. Garnish with fresh cilantro, if desired.

Nutritional Analysis Per Serving:

Calories: 180

Protein: 22 grams

Fat: 2 grams

Carbohydrates: 22 grams

**SWEET AND SOUR STUFFED
CABBAGE**

(serves 4)

Ingredients:

1 small head green cabbage
12 ounces soy ground round
1 cup cooked brown rice
½ cup chopped onions
½ teaspoon salt
1 teaspoon caraway seeds (optional)
½ teaspoon dried thyme
freshly ground pepper to taste
2 teaspoons olive oil
1 28-ounce can tomato puree
½ cup golden raisins
¼ cup brown sugar
1 tablespoon fresh lemon juice
1 teaspoon rice vinegar
¼ teaspoon salt
1 teaspoon ground ginger

Directions:

Preheat oven to 350 degrees. Core the cabbage, and carefully remove 8 large outer leaves, rinse and set aside. Shred the remaining cabbage into fine strips. You should have about 6 to 7 cups. Rinse the shredded cabbage and set aside to drain. Bring a large saucepan of water to boil, and cook the 8 large cabbage leaves for 5 minutes. Cool under running cold water, then drain and set aside. Combine soy ground round, cooked rice, scallions, salt, caraway seeds, thyme and pepper in a large bowl, and toss until thoroughly blended.

In a large stockpot, heat olive oil over medium-high heat. Add shredded cabbage and cook, stirring occasionally, until cabbage is soft, about 10 minutes. Add tomato puree, raisins, brown sugar, lemon juice, vinegar, salt and ginger and stir. Lower heat to medium-low, cover, and let simmer 15 minutes for flavors to blend.

While sauce is simmering, fill the cabbage leaves by placing about ½ cup of the filling into the center of each cabbage leaf. Fold up the bottom of the leaf to cover the filling, then fold in the sides and roll up to cover the top.

Place half the cabbage-tomato mixture in casserole dish large enough to hold the cabbage rolls in one layer. Place the cabbage rolls on top, and then cover with the remaining cabbage-tomato mixture. Cover the casserole with foil, transfer to the preheated oven, and bake for 1 hour.

Nutritional Analysis Per Serving:

Calories: 360

Protein: 22 grams

Fat: 4 grams

Carbohydrates: 68 grams

Glycemic Index, Glycemic Load and Calories

The Glycemic Index (GI), Glycemic Load (GL) and total calories of foods are listed here. The Glycemic Index is a scoring system that indicates how rapidly a particular portion of a carbohydrate-rich food will raise your blood-sugar levels when compared to pure glucose, which is given a value of 100. The Glycemic Load is a measurement of the effect on blood sugar, which factors in not only the GI but also the amount of available carbohydrate in the food. For healthy weight loss, focus as much as possible on low-calorie, low-GI and low-GL foods.

Green: Enjoy often

Yellow: Eat occasionally

Red: Reach for infrequently

Low GI, low GL foods (110 calories per serving or less)

	GI	GL	serving size	calories	fiber
Most vegetables	<20	<5	1 cup, cooked	40	
Apple	40	6	1 average	75	4
Banana	52	12	1 average	90	3
Cherries*	22	3	15 cherries	85	3
Grapefruit	25	5	1 average fruit	75	2
Kiwi	53	6	1 average fruit	45	3
Mango	51	14	1 small fruit	110	3
Orange	48	5	1 average fruit	65	3
Peach	42	7	1 average fruit	70	2
Plums	39	5	2 medium	70	2
Strawberries	40	1	1 cup	50	4
Tomato juice	38	4	1 cup	40	1

High GI, low GL foods (All-low calorie 110 or less)

	GI	GL	serving size	calories	fiber
Apricots	57	6	4 medium	70	4
Orange juice	57	15	1 cup	110	0
Papaya	60	9	1 cup cubes	55	3
Pineapple	59	7	1 cup cubes	75	2
Pumpkin	75	3	1 cup mashed	85	7
Shredded wheat	75	15	1 cup mini-squares	110	5
Toasted oats	74	15	1 cup	110	2
Watermelon	72	7	1 cup cubes	50	1

Moderate calorie, low GI, low GL (110 to 135 calories per serving or less)

	GI	GL	serving size	calories	fiber
Apple juice	40	12	1 cup	135	0
Grapefruit juice	48	9	1 cup	115	0
Pear	33	10	1 medium	125	2
Peas	48	3	1 cup	135	9
Pineapple juice	46	15	1 cup	130	0
Whole-grain bread	51	14	1 slice	80-120	2-5

Higher calorie, low GI, low GL (160 to 300 calories per serving)

	GI	GL	serving size	calories	fiber
Barley	25	11	1 cup cooked	190	8
Black beans	20	8	1 cup cooked	235	15
Garbanzo beans	28	13	1 cup cooked	285	12
Grapes*	46	13	40 grapes	160	2

Kidney beans	23	10	1 cup cooked	210	9
Lentils	29	7	1 cup cooked	230	15
Soybeans	18	1	1 cup cooked	300	8
Yam	37	13	1 cup cooked	160	6

Low GI, low GL (But high fat and high calorie)

	GI	GL	serving size	calories	fiber
Cashews*	22	4	1/2 cup	395	2
Ice cream	38	10	1 cup	360	0
Low-fat ice cream	37-50	13	1 cup	220	0
Peanuts*	14	1	1/2 cup	330	3
Popcorn full fat	72	16	2 cups	110	2
Potato chips	54	15	2 ounces	345	2
Whole milk	27	3	1 cup	150	0
Vanilla pudding	44	16	1 cup	250	0
Fruit yogurt*	31	9	1 cup	200+	1
Soy yogurt	50	13	1 cup	200+	1

High GI, high GL (Many trigger foods, high calorie)

	GI	GL	serving size	calories	fiber
Baked potato	85	34	1 small	220	3
Brown rice	50	16	1 cup	215	4
Cola*	63	33	16-ounce bottle	200	0
Corn	60	20	1 ear, 1 cup kernels	134	4
Corn chips*	63	21	2 ounces	350	3
Corn flakes	92	24	1 cup	100	1
Cranberry juice	68	24	1 cup	145	1
Cream of wheat	74	22	1 cup cooked	130	0
Croissant	67	17	1 average	275	1
French fries*	75	25	1 large order	515	1
Mac 'n' cheese*	64	46	1 cup	285	2
Oatmeal	75	17	1 cup cooked	140	4
Pizza*	60	20	1 large slice	300	2
Pretzels*	83	33	1 ounce	115	1
Raisin bran	61	29	1 cup	185	8
Raisins	66	42	1/2 cup	250	3
Soda crackers*	74	18	12 crackers	155	1
Waffles	76	18	1 average	150	0
White bread	73	20	2 small slices	160	1
White rice	64	23	1 cup cooked	210	1

*Items on the Trigger-Food List

©2004 Herbalife International of America, Inc. All rights reserved. Printed in USA #6519-US-00 03/04

