

IBD-AID MENU Phase 2

Butternut Squash Oats

Honey & Vanilla Roasted Pears

Mango Avocado Salsa

Spaghetti Squash
with Tomato Basil Sauce

Roasted Thyme Summer Vegetables

Spinach Soup

Banana Almond Oat Pancakes

Dijon Fish with Dijon Miso Dressing

Avocado, Spinach and Cheese Scramble

Zucchini Lasagna

IBD-AID Phase II Menu Guide

Phase 2 is for those who have improved significantly, but may still be experiencing some symptoms. Those in this phase may still be having difficulty digesting high-fat or high (intact) fiber foods. Foods in Phase 2 should be soft in texture: foods may still need to be pureed or cooked to be better tolerated; stems, seeds and hard peels should be avoided; and some foods, especially proteins, may need to be finely minced. More fibrous foods are slowly added in this phase (as tolerated), including soft cooked vegetables and pureed beans and lentils.

All foods and recipes from earlier phases can be used in later phases - Phase I recipes can be used in Phase II as well.

Tips:

- When adding fiber to your diet, it is important to also drink plenty of water.
- Use the shopping list provided to plan your meals (or, you can switch up the recipes according to what you prefer).
- Some recipes can be cooked the night before or a few days ahead so they are all ready to enjoy. This really helps with learning and sticking with the diet.



WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Almond Oat Pancakes	Slow-Cooker Steel-Cut Oatmeal	Avocado, Spinach and Cheese Scramble	Nutty Banana Smoothie	Mom's Blueberry Muffins	Early Morning Smoothie	Crustless Spinach Quiche
Lunch	Caribbean Avocado Soup	Spinach Soup	Leftover Spaghetti Squash with Tomato Basil Sauce and Focaccia Bread	Leftover Dijon Fish, Butternut Squash Oats and Baby Spinach Salad	Leftover Chicken and Roasted Vegetables	Watermelon and Microgreens Salad with Pomegranate Vinaigrette	Leftover Zucchini Lasagna
Dinner	Easy Lemon Dill Tofu with Mushroom Oat Risotto	Spaghetti Squash with Tomato Basil Sauce and Focaccia Bread	Dijon Fish with Dijon Miso Dressing, Butternut Squash Oats and Baby Spinach Salad	Simple Marinated Chicken Strips with Roasted Thyme Summer Vegetables	Zucchini Lasagna	Crispy Chicken Nuggets with Baked Kale Chips	Braised Chard with Chicken and Steel-Cut Oats

Snacks

Herb Crackers

White Bean Dip

Mango Avocado Salsa

Soft Baked Banana Power Bars

Desserts

Honey and Vanilla Roasted Pears

Avocado Ice Cream

Lemon Madeleines

Quick & Easy Pumpkin Treat

Beverages

Pineapple Mint Water

Assorted Tea with Honey (Hot or Iced)

Basil Lemonade

Coconut Water

Raspberry Sunrise Smoothie

Shopping List Phase 2

*(Ingredients for snacks, desserts and beverages
are not included in the shopping list)*

Fruits:

9 avocados
4 Bananas
2 Lemons
2 Pears
1 cup fresh blueberries
1 watermelon
Apple juice
Orange juice (no-sugar-added)

Vegetables:

1 Spaghetti Squash
Butternut squash
12 Plum Tomatoes
8 Medium Onions (white)
3 red onions
4 Carrots
3 large Sweet Potatoes
3 Bags of Fresh Baby Spinach
1 (10-oz) package frozen chopped spinach
5 medium zucchini
2 cups microgreens
1 bunch Kale
1 1/2 lbs Chard

Chicken/Fish/ Meat:

1 1/2 lb Chicken breast, skinless (or chicken tenders)
4 bone-in chicken thighs
1 lb Haddock Fillets
24 eggs (omega-3 enhanced)

Nuts/Seeds/Beans:

Almond Butter
Almonds/Almond Flour
Tahini

Dairy/ Non-dairy:

Unsweetened Almond milk
Tub of Plain yogurt (or low-fat Greek)
Parmesan cheese, grated

Monterey Jack Cheese, grated
Cheddar cheese, grated
Farmer's cheese
Unsalted butter
Cottage cheese
3 cups Muenster Cheese

Sweeteners/Flavoring:

Unsweetened Cocoa Powder
Raw Honey (local is best)
Vanilla Extract

Spices:

Cinnamon
Curry Powder
Garlic Powder
Nutmeg
Oregano
Salt
Parsley
Pepper
Rosemary
Thyme
White pepper

Fresh Herbs:

Dill weed
Basil
Parsley or Cilantro
Rosemary
Scallions
Shallots
Thyme
22 garlic cloves

Stock:

Chicken Stock
Vegetable Stock

Oils:

Olive Oil

Grains:

Steel- cut oats

Others:

Balsamic vinegar

Dijon mustard (no sugar added)

Mayonnaise

Miso

Baking soda (Featherweight or other variety without cornstarch)

Baking powder

Balsamic vinegar

Tofu (1 package extra-firm, non-GMO)

Monday

Breakfast

Banana Almond Oat Pancakes

(Servings = 10)

(Note: requires pre preparation, frozen banana)

Ingredients:

1 cup steel-cut oats (80g)
 1/4 cup Almonds (35g) or approximately 1/3 cup almond meal or flour if you already have it
 1/2 tsp cinnamon
 1/2 tsp nutmeg
 1/2 tsp baking powder
 1/2 tsp baking soda (Featherweight brand)
 1 medium banana
 1 tsp vanilla
 1 egg
 1/2 cup Unsweetened vanilla almond milk

Directions:

1. Grind up the oats and almonds in a processor or blender.
2. In a bowl mix the processed oats/almonds, cinnamon, nutmeg, baking soda and baking powder.
3. In another bowl mash the banana. Then whisk with the vanilla, egg, and milk.
4. Pour the dry ingredients into the wet ingredients to create the batter.
5. Heat a non-stick skillet or griddle over medium heat and spray with non-stick spray.
6. Pour batter on the griddle in about quarter cups (I don't usually measure – this recipe make about 10 cakes)
7. Cook for 3-4 minutes. The edges will start to brown slightly and there will be a few bubbles. Flip.

Recipe adapted from: <http://greenlitebites.com/2012/11/20/banana-almond-oat-pancakes/>

**Calories: 532; Total Fat: 15g; Total Carbohydrate 83g; Total Protein: 18g; Total Dietary Fiber: 11g; Soluble Fiber: 4g*

***Excellent source of fiber, protein and calcium (>20% DV)*

**Per Serving*

Lunch

Caribbean Avocado Soup

(Servings = 2)

Ingredients:

3 ripe avocados
 2 1/2 cups chicken or vegetable stock (choose organic, no added preservatives)
 1 teaspoon curry powder
 1 teaspoon lemon juice
 1/4 teaspoon salt
 1/4 teaspoon white pepper
 1/2 cup plain yogurt

Directions:

1. Cut the avocados in half lengthwise, scoop out the inside of 5 halves of the avocados, setting one half aside for garnish.
2. Place the avocados into a blender with 1-1/2 cups of chicken stock. Blend.
3. Add the curry powder, lemon juice, salt, white pepper, yogurt and remaining 1 cup of stock to the blender. Mix thoroughly.
4. Chill in the refrigerator for 5 to 10 minutes.
5. Serve immediately (as to not let avocado get brown) and garnish each bowl with a few slices of the reserved avocado.

Recipe adapted from: Recipes for the Specific Carbohydrate Diet by Raman Prasad

**Per Serving*

**Calories: 434; Total Fat: 34g; Total Carbohydrate: 24g; Total Protein: 14g; Total Dietary Fiber 14.5g; Soluble Fiber: 5g*

***Excellent source of fiber, protein, calcium, phosphorous, and potassium (>20% DV)*

Dinner

Easy Lemon Dill Tofu

(Servings = 2)

Ingredients:

1 package **extra-firm** non-GMO tofu, drained, rinsed, and pressed
 1 tsp cooking oil
 1 garlic clove
 3 tbsp fresh lemon juice
 1 tbsp tahini
 1 tbsp dill pickle juice (or water)
 1 tsp extra virgin olive oil
 3/4 cup fresh dill weed, large stems removed & roughly chopped
 Kosher salt and pepper, to taste

Directions:

1. Rinse and press the tofu for about 25 minutes.
2. Meanwhile, prepare the lemon dill dressing in a processor.
3. Preheat a large skillet over high heat and add a teaspoon of oil. Meanwhile, chop up the tofu into small, thin squares.
4. When the skillet is hot, add the tofu and cook on high heat for 6 minutes or so, flip, and cook for another 6-8 minutes, reducing heat if necessary to avoid burning.
5. When tofu is golden brown on each side, remove from heat. Pour dressing into a medium-sized bowl and add the cooked tofu and stir well until coated. Serve immediately on its own, or over grains and vegetables.

Recipe adapted from: <http://ohsheglows.com/2012/03/14/easy-lemon-dill-tofu/#ixzz3EMJjEBIA>

**Calories: 300; Total Fat: 22g; Total Carbohydrate: 8g; Total Protein: 24g; Total Dietary Fiber 2g; Soluble Fiber: 0.6g*

***Excellent source of protein, calcium and phosphorous (>20% DV)*

**Per Serving*

Mushroom Oat Risotto

(Servings = 2)

Ingredients:

- 1 cup steel-cut oats
- 2 cups unsweetened almond milk
- 2 cups low sodium chicken broth
- 1 to 2 tablespoons extra virgin olive oil
- 1/2 small onion, minced
- 2 cloves of garlic, minced
- 1 cup diced mushrooms
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried marjoram
- pinch of salt and pepper
- freshly grated Parmesan cheese to taste

Directions:

1. In a pot, add olive oil and sauté diced onions and garlic. When onions are translucent add liquid. Bring almond milk and vegetable broth to a boil, add oats, and reduce heat to medium.
2. While oats are cooking, purée mushrooms thoroughly. When you have no clumps remaining, add to oatmeal. Add spices, salt and pepper.
3. Once most of the liquid has absorbed, top with cheese and serve.

**Calories: 227; Total Fat: 8g; Total Carbohydrate: 31.5g; Total Protein: 8g; Total Dietary Fiber 5g; Soluble Fiber: 2g*

***Good source of protein and vitamin E (>10% DV)*

**Per Serving*

Tuesday

Breakfast

Slow-Cooker Steel-Cut Oatmeal

(Servings = 4)

Ingredients:

3 cups water

1 cup steel-cut oats

Toppings of choice (cinnamon, honey, soy/almond milk, slivered almonds, walnuts, almond or peanut butter, banana, apple, etc.)

Directions:

1. Combine all ingredients in your slow cooker or crock pot, put on the lid, and set to WARM setting. Let sit overnight, no need to stir until ready to eat breakfast the following morning! If you don't own a slow cooker, you can, of course, still make steel-cut oatmeal. Just follow the cooking directions on the package of oats.

Recipe adapted from: <http://chocolatecoveredkatie.com/2012/11/11/how-to-make-oatmeal-in-the-slow-cooker-the-easy-way/>

**Calories: 304; Total Fat: 5g; Total Carbohydrate: 54g; Total Protein: 10.5g; Total Dietary Fiber 8g; Soluble Fiber: 4g*

***Excellent source of fiber, protein, Thiamin (vitamin B1) and zinc (>20% DV)*

**Per Serving*

Lunch

Spinach Soup

(Servings =4)

Ingredients:

1 tablespoon olive oil
 1 medium or large onion white or sweet, chopped
 12 oz. spinach or baby spinach
 4 cups broth
 Freshly grated parmesan cheese to taste

Directions:

1. Heat oil in pot. Add the onions and sauté for 5 minutes or until soft.
2. Add the spinach in sections, stirring it with the onions until it wilts.
3. If you have an immersion blender blend the spinach in the pot and add broth
4. If you do not have an immersion blender, remove onions and spinach from the pot and place in a food processor. Blend until smooth.
5. Return the mixture back to the pot and add 4 cups preferably low sodium vegetable/chicken/beef broth.
6. Bring to a boil, then reduce. It is ready to serve.
7. Grate Parmesan cheese to taste over soup.

**Calories: 78; Total Fat: 4g; Total Carbohydrate: 8g; Total Protein: 4g; Total Dietary Fiber 2g; Soluble Fiber: 1g*

***Excellent source of fiber, protein, Thiamin (vitamin B1) and zinc (>20% DV)*

Dinner

Spaghetti Squash with Tomato Basil Sauce

(Servings: Tomato sauce =4-5 Spaghetti Squash= 2)

Spaghetti Squash

Ingredients:

1 spaghetti squash
 1 tablespoon olive oil
 Salt and pepper, to taste

Directions:

Preheat the oven to 425 degrees.

Cut the spaghetti squash in half lengthwise and remove the seeds.

Rub the squash with 1 tablespoon oil and sprinkle with salt and pepper.

Place on a baking sheet, cut side up, and roast for 45 to 60 minutes, or until tender.

Once it is done, run a fork over the spaghetti squash to separate it into strands

Tomato Sauce**Ingredients:**

12 plum tomatoes

2 tablespoons olive oil

2 cloves garlic, minced

1 small onion minced

½ cup water

1 cup fresh basil leaves, chopped

2 tablespoons fresh parsley

1 teaspoon salt

½ teaspoon black pepper

Directions for Tomato Sauce:

1. Peel, core, and dice the tomatoes. To peel tomatoes, immerse them in boiling water for 20 to 30 seconds and then dip them in cool water. The peels will slip off.

2. In a large saucepan, heat the olive oil over medium heat and sauté the garlic and onion until tender, 4 to 5 minutes.

3. Add the tomatoes, water, basil leaves, parsley, salt, and pepper. Bring to a boil and then reduce heat, simmering uncovered for 45 minutes and stirring occasionally to make sure the tomatoes are well mixed. If you prefer a smooth sauce, allow the sauce to cool and then blend in a food processor.

4. Refrigerate the leftover sauce for up to 5 days or freeze until needed.

**Calories: 501; Total Fat: 17g; Total Carbohydrate: 89g; Total Protein: 11g; Total Dietary Fiber 21g; Soluble Fiber: 10g*

***Excellent source of protein, fiber, vitamin A, vitamin E, vitamin K, vitamin C, folate, calcium, phosphorus, magnesium and potassium (>20% DV)*

Focaccia Bread

(Servings = 12)

Ingredients for bread:

2 cups almond flour

7 ounces dry curd cottage cheese (aka farmer's cheese)

1 teaspoon baking soda

1/4 teaspoon salt

1/2 teaspoon coarse black pepper

1/2 cup grated cheddar cheese

3 eggs

3 tablespoons butter or soft spread, melted
 2 scallion sprigs, finely sliced

Ingredients for topping:

1/2 teaspoon coarse sea salt
 1 tablespoon finely grated cheddar cheese
 1 teaspoon dried rosemary

Directions:

1. Preheat the oven to 375 F. Grease a 9 by 13 inch baking dish.
2. To make the bread, mix together the bread ingredients in a food processor until well blended. Remove from the blender and spread out in the greased baking dish.
3. To make the topping, combine the topping ingredients and mix well. Sprinkle topping over the bread.
4. Place in the oven and bake until the edges brown, 30 to 40 minutes. Allow to cool and then cut into sandwich squares.

**Calories: 220; Total Fat: 19g; Total Carbohydrate: 5g; Total Protein: 10g; Total Dietary Fiber 2g; Soluble Fiber: 0.1g **Excellent source of protein and vitamin E (>20% DV)*

Wednesday

Breakfast

Avocado, Spinach, and Cheese Scramble

(Servings =4)

Ingredients:

1 tablespoon olive oil
 2 cups baby spinach (stems removed)
 6 large eggs, beaten
 1 large avocado
 1 ounce farmer's cheese (DCCC) or reduced-fat aged cheese

Directions:

1. Heat the oil in a skillet over medium heat.
2. Add the spinach and sauté until wilted, about 5 minutes.
3. Add the beaten eggs to the spinach and scramble on low-medium heat until cooked through, about 2 more minutes.
4. Remove from heat and stir in the avocado and cheese.

**Calories: 230; Total Fat: 19g; Total Carbohydrate: 4g; Total Protein: 12g; Total Dietary Fiber 3g; Soluble Fiber: 1g*

***Excellent source of protein and vitamin A (>20% DV)*

Also a good source of monounsaturated fatty acids

Lunch**Left over Spaghetti Squash with Tomato Basil Sauce****Dinner****Dijon Fish with Dijon Miso Dressing, Butternut Squash Oats and Snow Pea Sauté**

(Servings: Dijon Fish=2

Dijon miso dressing=8

Butternut squash oats=1

Baby Spinach Salad=4 side-salads)

Dijon Fish**Ingredients:**

¼ cup mayonnaise

1 tablespoon Dijon mustard (no sugar added)

3 tablespoons grated parmesan cheese

Olive oil

1 lb. haddock or white fish

Directions:

1. Set the oven to broil.
2. Coat the fish lightly in olive oil.
3. Mix the mayonnaise, Dijon mustard, and parmesan cheese together in a bowl.
4. Next, spread the mixture over the fish.
5. Broil for approximately 8-10 minutes depending upon the thickness of the fish.

Dijon Miso Dressing**Ingredients:**

2 tablespoons extra virgin olive oil

1 small onion, minced

1 tablespoon any type of miso
 1 tablespoon Dijon mustard
 3 tablespoons lemon juice
 Black pepper

Directions:

Whisk together the dressing ingredients.

Recipe adapted from: <http://www.superfoodsrx.com/kitchen/extra-virgin-olive-oil/dijon-miso-dressing.html>

**Calories: 455; Total Fat: 30g; Total Carbohydrate: 4g; Total Protein: 39g; Total Dietary Fiber 0.6g; Soluble Fiber: 0.1g*

***Excellent source of protein, niacin and vitamin K (>20% DV)*

Butternut Squash Oats

Ingredients:

1 clove garlic
 2 tablespoons diced onion
 1 teaspoon extra virgin olive oil
 1/2 cup unsweetened, plain almond milk
 1/2 cup low sodium vegetable broth
 1/2 cup rolled oats (or steel-cut -- will take a little more time to cook)
 1 cup butternut squash, roasted and mashed
 Pinch of salt and pepper

Directions:

1. Preheat oven to 375 degrees F and roast butternut squash until tender, approximately 30 minutes.
2. In a pot, add olive oil and sauté diced onions and garlic. When onions are translucent add liquid. Bring milk and vegetable broth to a boil, add oats, and reduce heat to medium.
3. While oats are cooking, mash butternut squash thoroughly. When you have no clumps remaining, add to oatmeal. Add pinch of salt and pepper.
4. Once most of the liquid has absorbed, serve.

Recipe adapted from: <http://www.theoatmealartist.com>

**Calories: 478; Total Fat: 12g; Total Carbohydrate: 85g; Total Protein: 14g; Total Dietary Fiber 17g; Soluble Fiber: 6g*

***Excellent source of fiber, protein, vitamin A, vitamin E and vitamin C (>20% DV)*

Baby Spinach Salad with Roasted Pears and Farmer's Cheese and Orange Balsamic Vinaigrette

Ingredients:

1 bag pre-washed baby spinach leaves
 2 pears; peeled, cored, sliced thin and roasted for 15 minutes in a 350 degree oven
 4 oz of farmer's cheese or blue cheese, crumbled
 1 shallot, minced
 2-3 tbsp of no-sugar-added fresh orange juice
 2 tbsp balsamic vinegar
 1 tsp Dijon mustard
 6 tbsp extra virgin olive oil

Directions:

1. Begin by dividing spinach equally on serving plates and topping with roasted pears. Use one half of a pear for each serving of salad (makes 4 servings). Add crumbled cheese and set aside.
2. In a medium bowl, combine orange juice, vinegar and shallots. If you prefer a mellower shallot flavor, do this step first to allow the shallots to soften in the acids. Whisk in Dijon mustard and then slowly pour in olive oil while continuing to whisk. Go very slowly to create an emulsion and ensure the dressing won't separate.
3. Add one to two tablespoons of vinaigrette to each plate. Serve with additional dressing on the side.

Recipe adapted from: <http://www.examiner.com/article/spinach-salad-with-goat-cheese-roasted-pears-and-orange-balsamicvinaigrette>

**Calories: 298; Total Fat: 23g; Total Carbohydrate: 20g; Total Protein: 4.5g; Total Dietary Fiber 4g; Soluble Fiber: 1g*

***Excellent source of vitamin A, vitamin E, vitamin K and vitamin C (>20% DV)*

Thursday

Breakfast

Nutty Banana Smoothie

(Servings = 2)

(note: require pre-preparation, frozen banana)

Ingredients:

¾ cup unsweetened nonfat almond or soy milk
 ¾ cup nonfat plain Greek or regular yogurt
 1 Tbsp honey (local is best)
 1/3 cup almond butter
 2 fresh bananas, frozen and sliced
 Optional 1 tsp pure vanilla extract

Directions:

1. Put all the ingredients in a blender and blend until smooth.

**Calories: 484; Total Fat: 27g; Total Carbohydrate: 48g; Total Protein: 20g; Total Dietary Fiber 8g; Soluble Fiber: 1g*

***Excellent source of protein, vitamin E, potassium, calcium, phosphorous and magnesium (>20% DV)*

Lunch

Leftover Fish, Butternut Squash Oats, and Spinach Salad

Dinner

Simple Marinated Chicken Strips with Roasted Thyme Summer Vegetables

(Servings: Chicken Strips = 6 Roasted Vegetables = 12)

Chicken Strips

Ingredients:

3 Tbsp lemon juice
2 cloves garlic, minced
4 Tbsp olive oil
1/8 tsp black pepper
2 Tbsp fresh parsley or cilantro

Directions:

1. Prepare marinade for chicken by mixing lemon juice, garlic, olive oil, pepper, and parsley/cilantro in a zip lock bag.
2. Add chicken and marinate in refrigerator for at least 1 hour.
3. Grill or cook on stovetop until tender and white through.

Roasted Vegetables

Ingredients:

3 large Sweet Potatoes
5 Tablespoons Olive Oil
8 cloves peeled garlic, sliced in half (optional)
3 tsp dried thyme
2 zucchini
4 carrots
3 onions
Salt & Pepper

Directions:

1. Preheat oven to 375 degrees
2. Wash and dry vegetables and cut into 1" cubes.
3. Place vegetables in baking pan, drizzle olive oil, garlic, thyme, pepper, and salt over them potatoes, and mix until vegetables are well coated
4. Bake for 25-30 minutes, flip and stir vegetables every 10 minutes to assure even cooking.
5. Test for doneness by inserting fork into the vegetables. They should be tender yet hold their shape.
6. Remove from oven, cool about 10 minutes.

**Calories: 226; Total Fat: 13g; Total Carbohydrate: 0.9g; Total Protein: 26g; Total Dietary Fiber 0g; Soluble Fiber: 0g*

***Excellent source of protein, niacin and selenium (>20% DV)*

Friday

Breakfast

Mom's Blueberry Muffins

(Servings=10)

Ingredients:

- 2 1/2 cups almond flour
- 4 tablespoons unsalted butter (melted), or canola oil
- 1 teaspoon baking soda (Featherweight or other variety without cornstarch)
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/3 cup honey
- 1 teaspoon pure vanilla extract
- 1/3 cup plain, non-fat Greek yogurt
- 2 eggs (omega 3 enhanced)
- 1 cup fresh blueberries

Directions:

1. Preheat oven to 325 F.
2. Line a muffin pan with muffin liners or grease the muffin tins.

3. Place all the ingredients, except the blueberries, in a food processor and process until well mixed. Fold in the blueberries. Pour the mixture into the muffin pans.
4. Bake for 15 to 20 minutes, or until toothpick inserted comes out clean.

**Calories: 264; Total Fat: 20g; Total Carbohydrate: 18g; Total Protein: 8g; Total Dietary Fiber 3.4g; Soluble Fiber: 0.2g*

***Excellent source of protein and vitamin E (>20% DV)*

Lunch

Leftover Chicken and Roasted Vegetables

Dinner

Zucchini Lasagna

(Servings =3)

Ingredients:

- 2 or 3 medium zucchini, peeled
- 1 cup tomato sauce (see earlier recipe on Tuesday's menu)
- ¼ cup olive oil
- ½ cup reduced fat Monterey Jack cheese, grated
- ½ cup parmesan cheese, grated

Directions:

1. Preheat the oven to 375 degrees.
2. Using a mandolin or sharp knife, cut the zucchini lengthwise into long, thin slices. Set aside.
3. Pour 1/3 cup tomato sauce into an 8X8-inch baking dish. Add one-third of the zucchini and drizzle with some oil. Sprinkle one-third of each of the cheeses on top.
4. Repeat the process, creating 2 more layers, until all the ingredients are used.
5. Bake uncovered in the oven for 40 to 45 minutes, or until bubbling on top. Allow to cool slightly before slicing.

The lasagna can be made ahead, cooled, covered, and frozen for up to 2 months.

**Calories: 314; Total Fat: 26g; Total Carbohydrate: 24g; Total Protein: 11g; Total Dietary Fiber 3g; Soluble Fiber: 1g*

***Excellent source of protein, vitamin A, vitamin E, vitamin K, calcium, phosphorous and potassium (>20% DV)*

Saturday

Breakfast

Early Morning Smoothie

(Servings =1)

Ingredients:

1/2 cup dry curd cottage cheese (aka farmers cheese)

1/2 cup Greek yogurt

1/2 cup apple juice (no sugar added)

1 banana

Directions:

Combine all the ingredients together in a blender until smooth.

**Calories: 406; Total Fat: 13g; Total Carbohydrate: 49g; Total Protein: 25g; Total Dietary Fiber 3g; Soluble Fiber: 1g*

***Excellent source of protein, niacin, calcium, phosphorus and potassium (>20% DV)*

Lunch

Watermelon and Microgreens Salad with Pomegranate Vinaigrette

(Servings =2)

Ingredients:

3 cups cubed watermelon, seedless

2 cups microgreens

Optional topping: aged or non-dairy cheese

Directions:

Cut watermelon into 1/2-1 inch cubes.

Place watermelon cubes on plate. Add microgreens on top of and around watermelon cubes as desired.

Optional: Sprinkle over with small amount of cheese.

**Calories: 76; Total Fat: 0.6g; Total Carbohydrate: 18g; Total Protein: 3g; Total Dietary Fiber 1.5g; Soluble Fiber: 0.5g*

***Excellent source of vitamin A and vitamin C (>20% DV)*

Dinner

Crispy Chicken Nuggets

(Servings = 4-6)

Ingredients:

- 1 1/2 pounds boneless, skinless chicken breast (or chicken tenders)
- 1 cup almond flour
- 1/2 tsp salt
- 1/2 tsp pepper (experiment with seasonings like garlic powder, oregano, rosemary or thyme)
- 2 eggs
- 1/2 cup yogurt (plain, low-fat Greek or regular)
- Extra virgin olive oil for frying

Directions:

1. Slice chicken into nugget sized pieces.
2. Sift almond flour in to a medium bowl. Stir in seasonings (feel free to add any other seasonings you like).
3. In a separate bowl, beat the eggs and stir in the yogurt. Stir until well blended.
4. Dip the chicken in the egg mixture and coat well, then dredge it in the almond flour until evenly coated. Place the nuggets on a plate.
5. Heat frying pan over medium heat. Add about a 1/2-inch of oil. Place a single layer of chicken in pan. Cook for about 3 minutes on each side (more if needed). The crust should be golden brown. You can cut open one of the nuggets to see if the chicken is cooked through.
6. Place the nuggets on paper towels to soak up any extra oil. Dry out as much as possible. Repeat until all the nuggets are cooked

**Calories: 459; Total Fat: 26g; Total Carbohydrate: 8g; Total Protein: 49g; Total Dietary Fiber 3g; Soluble Fiber: 0.2g*

***Excellent source of protein, vitamin E, niacin, phosphorus, magnesium, iron, zinc and selenium (>20% DV)*

Baked Kale Chips

(Servings = 6)

Ingredients:

- 1 bunch kale (about 1/2 lb)
- 1 tbsp extra virgin olive oil
- Seasoning to taste (salt, pepper, herbs, spices)

Directions:

1. Preheat an oven to 350 degrees F . Line a cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems of kale and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with any seasonings you like.
3. Bake until the edges brown but are not burnt, 10 - 15 minutes.

**Calories: 33; Total Fat: 2.5g; Total Carbohydrate: 2g; Total Protein: 1g; Total Dietary Fiber 1g; Soluble Fiber: 0.1g*

***Excellent source of vitamin A, vitamin K and vitamin C (>20% DV)*

Sunday

Breakfast

Crustless Spinach Quiche

(servings =6)

Ingredients:

1 tbsp extra virgin olive oil
 1 onion, chopped,
 1 (10-ounce) package frozen chopped spinach, thawed and drained
 5 eggs, beaten
 3 cups shredded Muenster cheese, reduced fat if possible
 1/4 teaspoon salt
 1/8 teaspoon ground black pepper

Directions:

1. Preheat oven to 350 degrees F. Lightly grease a 9 inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

**Calories: 303; Total Fat: 23g; Total Carbohydrate: 4g; Total Protein: 19g; Total Dietary Fiber 1g; Soluble Fiber: 0.3g*

***Excellent source of protein, vitamin A, vitamin K, calcium, phosphorus and zinc (>20% DV)*

Lunch

Leftover Zucchini Lasagna

Dinner

Braised Chard with Chicken and Steel-Cut Oats

(servings=4)

Ingredients:

About 1 1/2 pounds chard
 2 tablespoons extra virgin olive oil

4 bone-in chicken thighs
 salt and black pepper
 1 red onion, halved and sliced
 3 garlic cloves, sliced
 3/4 cup steel-cut oats
 1/2 cup water
 2 cups vegetable or chicken stock or water, or more as needed
 2 tablespoons balsamic vinegar

Directions:

1. Cut the stems out of the chard leaves. Cut the leaves into wide ribbons and slice the stems; keep the leaves and stems separate.
2. Put the oil in a large skillet over medium-high heat. When it's hot, add the chicken thighs, skin side down, and sprinkle with salt and pepper; cook, rotating and turning as necessary, until browned on all sides, 10 to 15 minutes. Remove the chicken. Add the onion and garlic to the skillet and cook, stirring, until softened, 3 to 5 minutes.
3. Add the chard stems and oats along with another sprinkling of salt and pepper; cook, stirring occasionally, until the oats are glossy and coated with oil, 2 to 3 minutes. Add the wine, stir, and let the liquid bubble away. Add the 2 cups stock all at once and return the chicken thighs to the skillet (skin side up). Reduce the heat to medium-low, cover, and cook. Check to see if the oats are tender after 15 minutes; if they're not quite done, cook for another 5 minutes, then test again. If the oats become dry, add a little more stock or water.
4. When the oats are almost done, add the chard leaves and the vinegar. Replace the lid, remove the skillet from the heat, and let rest for 5 minutes. Fluff with a fork and taste and adjust the seasoning. Serve.

Calories: 365; Total Fat: 14g; Total Carbohydrate: 34g; Total Protein: 28g; Total Dietary Fiber 8g; Soluble Fiber: 3gExcellent source of protein, fiber, vitamin A, vitamin K, phosphorus, iron, zinc and potassium (>20% DV)*

Dessert



Honey and Vanilla Roasted Pears

(Servings = 4)

Ingredients:

2-3 medium sized avocados
 1 tablespoon freshly squeezed lemon juice
 2 cups half & half yogurt
 1/2 cup honey--local is best
 1 teaspoon pure vanilla extract

Directions:

1. Pit the avocados and remove the fruit. Add the avocados, lemon juice, yogurt, honey and vanilla to a blender and mix well.
2. Place the mixture into the refrigerator and chill. Process the mixture in an ice cream maker according to manufacturer's directions. This mixture sets up very fast so it may take less time to process.
3. For soft ice cream, serve immediately. If desired, place in freezer for 3 to 4 hours for firmer texture.

Recipe adapted from: <http://honestcooking.com/maple-and-vanilla-roasted-pears/>

**Calories: 316; Total Fat: 6g; Total Carbohydrate: 71g; Total Protein: 1g; Total Dietary Fiber 7g; Soluble Fiber: 2g*

***Excellent source of fiber and vitamin C (>20% DV)*

Avocado Ice Cream

(Servings =6)

Ingredients:

- 1 1/2 ripe avocados
- 1 large ripe banana, peeled and sliced
- 1/2 cup unsweetened cocoa or cacao powder
- 1/2 cup salted creamy peanut butter + more for topping
- 1/4 cup raw honey – local is best
- 1/4 cup unsweetened vanilla almond milk (or other non-dairy milk)

Directions:

1. Add all ingredients into a food processor and blend until creamy and smooth.
2. Divide between 6 small serving glasses, cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving drizzle with peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

**Calories: 283; Total Fat: 19g; Total Carbohydrate: 29g; Total Protein: 8g; Total Dietary Fiber 7g; Soluble Fiber: 2g*

***Excellent source of fiber, niacin and magnesium (>20% DV)*

Lemon Madeleines

(Servings =10)

Ingredients:

- 2 eggs
- 1/2 cup honey
- 1/8 cup fresh lemon juice
- 1 teaspoon lemon extract

1 cup almond flour

Directions:

1. Preheat oven to 350°F.
2. Liberally grease the madeleine molds using canola or coconut oil (the greasier, the easier to pry out later – an important factor to observe, to ensure easy removal of the cakes when done.)
3. Mix wet ingredients together first and add the almond flour last, to make batter. Fill the molds.
4. Bake for 20 minutes. The madeleines will be soft; cool before removing from pans. Gently pry them out of the mold with a butter knife or a large spoon. Enjoy!

**Calories: 131; Total Fat: 7g; Total Carbohydrate: 17g; Total Protein: 4g; Total Dietary Fiber 1g; Soluble Fiber: 0g*

***Good source of manganese (>10% DV)*

Quick and Easy Pumpkin Treat

(Servings =2)

Ingredients:

1/2 cup of canned pumpkin, unsweetened

Optional: cinnamon, honey, plain nonfat or low fat yogurt (regular or Greek)

Directions:

1. Scoop the canned pumpkin into a microwave-safe bowl and microwave on high for 2 minutes, stirring occasionally.
2. Add cinnamon, honey, or yogurt to taste if desired.

**Calories: 103; Total Fat: 1g; Total Carbohydrate: 17g; Total Protein: 7g; Total Dietary Fiber 2g; Soluble Fiber: 0.2g*

***Excellent source of vitamin A (>20% DV)*

Snacks



Herb Crackers

(Servings =10)

Ingredients:

3 1/2 cups almond flour

1 teaspoon sea salt

2 tablespoons finely chopped fresh rosemary
 2 tablespoons finely chopped fresh thyme
 2 tablespoons canola oil
 2 large eggs

Directions:

1. Preheat the oven to 350 F. Set aside 2 large baking sheets.
2. Cut 3 pieces of parchment paper to the size of the baking sheets.
3. In a large bowl, combine the almond flour, salt, rosemary, and thyme. In a medium bowl, whisk together the canola oil and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
4. Divide the dough into 2 pieces.
5. Place one piece of dough between 2 sheets of parchment paper and roll to 1/16-inch thickness. Remove the top piece of parchment paper and transfer the bottom piece of parchment with the rolled-out dough onto the baking sheet.
6. Repeat this process with the remaining piece of dough.
7. Cut dough into 2-inch squares with a knife or pizza cutter.
8. Bake for 12-15 minutes, until lightly golden. (After crackers have cooled, you might need to put them in again for another 15 minutes to make them more crisp).
9. Let the crackers cool on the baking sheet for 30 minutes, then serve.

Makes 60 crackers.

Put extras in an airtight container and have a delicious snack for the remainder of the week.

**Calories: 265; Total Fat: 23.5g; Total Carbohydrate: 8g; Total Protein: 9g; Total Dietary Fiber 4g; Soluble Fiber: 0.3g*

***Excellent source of vitamin E, phosphorus and magnesium (>20% DV)*

White Bean Dip

(Servings=2)

Ingredients:

1 can cannellini beans (white kidney beans) – drained and rinsed
 1-2 cloves garlic, chopped
 2 tbsp lemon juice
 2 tbsp extra virgin olive oil
 ¼ cup fresh parsley leaves, chopped
 1/8 tsp pepper

Directions:

1. Place all ingredients in blender or food processor.
2. Purée until smooth.

**Calories: 330; Total Fat: 14g; Total Carbohydrate: 39g; Total Protein: 14.5g; Total Dietary Fiber 9g; Soluble Fiber: 0.6g*

***Excellent source of protein, fiber, vitamin K, vitamin C, folate, magnesium and potassium (>20% DV)*

Mango Avocado Salsa

(Servings=4)

Ingredients:

2 tablespoons extra virgin olive oil
 1 large ripe mango, diced
 1 small red onion
 1 avocado, diced
 1/2 cup chopped fresh cilantro leaved
 2 cloves garlic, minced (optional)
 1/4 cup freshly squeezed lime or lemon juice

Directions:

Mix together the olive oil, mango, onion, avocado, cilantro, garlic and lime or lemon juice.

**Calories: 180; Total Fat: 12g; Total Carbohydrate: 19g; Total Protein: 2g; Total Dietary Fiber 4g; Soluble Fiber: 1.5g*

***Excellent source of vitamin A, vitamin K and vitamin C (>20% DV)*

Soft Baked Banana Power Bars

(Servings =12)

Requires pre-preparation of 2 cups steel-cut oats

Ingredients:

2 large ripe bananas mashed with a fork
 2 cups cooked steel-cut oats*
 1/2 cup unsweetened almond milk
 1 egg
 2 tablespoons extra virgin olive oil
 1/2 teaspoon pure vanilla extract
 2 tablespoons honey
 pinch of salt
 1 cup dried Medjool dates (or other dried fruit, no sugar added), chopped

Directions:

1. Preheat oven to 375 degrees. Combine all ingredients in a bowl and mix well.
2. Place "batter" on greased cookie sheet, pat down and form them into flat bars.
3. Bake for 20 to 25 minutes, or until desired firmness (softer bars may be better tolerated).

**Calories: 127; Total Fat: 3g; Total Carbohydrate: 23g; Total Protein: 2g; Total Dietary Fiber 2.5g; Soluble Fiber: 0.7g*



Beverages

Pineapple Mint Water

Add a sprig of mint to a jar/pitcher, then press with a muddler or handle of a wooden spoon to release flavor.

Add 2 cups of pineapple pieces to jar/pitcher and muddle.

Fill jar/pitcher with ice cubes, and add water. Refrigerate for up to 3 days.

**Calories: 83; Total Fat: 0.2g; Total Carbohydrate: 22g; Total Protein: 0.9g; Total Dietary Fiber: 2g; Soluble Fiber: 0g*

***Excellent source of vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Assorted Tea with Honey (Hot or Iced)

In a mug of boiling water put the tea bag and let it sit for 2-3 minutes.

Add honey as per taste.

Can be served as such or in a glass filled with ice.

**Calories: 67; Total Fat: 0g; Total Carbohydrate: 18g; Total Protein: 0g; Total Dietary Fiber: 0g; Soluble Fiber: 0g*

Basil Lemonade

Warm 4 1/2 cups of water and 1/3 cup honey in a saucepan over low heat.

Stir to dissolve the honey, and add a sprig of basil.

After about one minute, remove from heat and add 1 cup of freshly squeezed lemon juice from about 4-7 large lemons.

Stir, and add more honey if desired. Chill and serve.

**Calories: 199; Total Fat: 0.3g; Total Carbohydrate: 55g; Total Protein: 0.6g; Total Dietary Fiber: 0.5g; Soluble Fiber: 0g*

***Excellent source of vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Coconut Water

Fresh or 100% coconut juice without coconut meat

**Calories: 43; Total Fat: 0.5g; Total Carbohydrate: 8g; Total Protein: 2g; Total Dietary Fiber: 2g; Soluble Fiber: 0.3g*

***Good source of potassium (>10% DV)*

Raspberry Sunrise Smoothie

Combine 1 1/2 cups frozen raspberries with 2/3 cup almond milk and 1/2 cup ice in blender until smooth, and set aside.

Combine 1 1/2 cups frozen mango chunks, 2/3 cup orange juice and 1/2 cup ice in blender until smooth, and set aside.

Serve raspberry mixture topped with mango mixture.

Recipe adapted from damndelicious.net

**Calories: 321; Total Fat: 2g; Total Carbohydrate: 78g; Total Protein: 3g; Total Dietary Fiber: 11g; Soluble Fiber: 2g*

***Excellent source of fiber, vitamin A, vitamin E, vitamin K, vitamin C and folate (>20% DV)*