

# MealMixer Personalized Menu for GFCF User

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	Breakfast	Lunch	Dinner																					
S U N	Individual Spinach Quiches (1 of 6) Mandarin Oranges - Canned (1 of 4)	Kidney Beans & Quinoa (1 of 4) Spinach Romaine Salad (1 of 4)	Oregano Sirloin Steak (1 of 4) Broccoli Saute (1 of 4) Corn Rice Saute (1 of 4) Fruit Picks (1 of 4)																					
	<b>Snacks:</b> cheese cracker apple																							
	<b>Exercise:</b> 🏃 Running -- 8 min mile (25 min. 402 cal) <b>Total Burned:</b> 1980(sedentary) + 402(exercise) = 2382 <b>Total Cals:</b> 1736(eaten) - 2382(burned) = -646																							
	<table border="0"> <thead> <tr> <th>Calories</th> <th>Carbs</th> <th>Fat</th> <th>Unsat.: 34g (48%) Sat.: 37g (52%)</th> <th>Protein</th> <th>Sugars</th> <th>Fiber</th> <th>Sodium</th> <th>Calcium</th> <th>Pts</th> <th></th> </tr> </thead> <tbody> <tr> <td>1736 / 2015</td> <td>213 / 246g</td> <td>71 / 73g</td> <td></td> <td>71 / 93g</td> <td>56g</td> <td>28 / 30g</td> <td>2474 / 2418mg</td> <td>0 / 1000mg</td> <td>40</td> <td></td> </tr> </tbody> </table>			Calories	Carbs	Fat	Unsat.: 34g (48%) Sat.: 37g (52%)	Protein	Sugars	Fiber	Sodium	Calcium	Pts		1736 / 2015	213 / 246g	71 / 73g		71 / 93g	56g	28 / 30g	2474 / 2418mg	0 / 1000mg	40
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M O N	Raisin Walnut Oatmeal (1 of 4) Pork Breakfast Sausage (1 of 4)	Plain Ham Sandwich (1 of 1) Peaches - Canned (1 of 4) Potato Chips - Reduced Fat (1 of 4)	Lemon Rosemary Chicken (1 of 4) Applesauce - Jarred (1 of 4) Braised Carrots (1 of 4) Green Bean Saute (1 of 4)																					
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T U E	Individual Spinach Quiches (1 of 6) Cranberry Cherry Juice (1 of 1)	Botana (1 of 4) Berry Melon Mix (1 of 4) Instant Lemonade (1 of 4)	Hot Sausage and Peppers (1 of 4) Apple Coleslaw (1 of 4) Buttered Noodles (1 of 4)																					
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W E D	Breakfast BLT (1 of 1) Orange Juice (1 of 1)	Peanut Butter Stuffed Celery (1 of 2) Purple Cow Smoothie (1 of 2)	Crock Pot Carnitas (1 of 6) Fried Apples (1 of 4) Spanish Rice - Vegetarian (1 of 4) Mini Brownie Bites (1 of 12)																					
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T H U	Amaranth Cereal and Fruit (1 of 4) Breakfast Ham (1 of 4) Orange Pomegranate Juice (1 of 1)	Turkey Apple Sandwiches (1 of 4) Gluten Free Hearty Whole Grain Bread (1 of 6) Glutino Pretzel Sticks (1 of 1)	Chicken Saltimbocca (1 of 4) Almond Green Beans (1 of 4) Cranberry Rice (1 of 4)																					
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F R I	Gluten Free Waffles (1 of 1) Bacon (1 of 4) Vegetable Juice - 6 ounces (1 of 1)	Pizza Dogs (1 of 6) 4 Fruit Salad (1 of 6)	Ratatouille with Eggs (1 of 4) Grilled Herb Breadsticks (1 of 10)																					
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	1081 / 2015	117 / 246g	52 / 73g	39 / 93g	57g	15 / 30g	3714 / 2418mg	0 / 1000mg	25	
S A T	Poached Eggs with Garlic Mushrooms (1 of 4) Bacon (1 of 4) Baklava Baked Apples (1 of 6)			BLT Pinwheels Sandwiches (1 of 2) 4 Fruit Salad (1 of 6)			Vegetarian Cincinnati- Style Chili over Spaghetti (1 of 4) Strawberry Spinach Salad (1 of 4)			
	<b>Snacks:</b>									
<b>Exercise:</b>										
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	1189 / 2015	138 / 246g	47 / 73g	55 / 93g	88g	30 / 30g	2152 / 2418mg	0 / 1000mg	27	

**Daily Averages (actual/goal)**

	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Sugar</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Calcium</b>	<b>Pts</b>
<u>Too High</u> Good Too Low <a href="#">what's this?</a>	1425 / 2015	167 / 246g	59 / 73g	62 / 93g	67g	23 / 30g	3022 / 2418mg	0 / 1000mg	33

# MealMixer Shopping List

## Baking

- all-purpose flour (3/4 cups)
- baking powder (1/2 tsp)
- blanched slivered almonds (1/4 cups)
- brown sugar (1/4 cups)
- cocoa powder (1/2 cups)
- extra virgin olive oil (1 tsp)
- Gluten Free Hearty Bread Mix (Bob's Red Mill) (20 oz)
- light brown sugar (2 tsp)
- olive oil (3/4 cups)
- poppy seed (1 tsp)
- raisins (3/4 cups)
- semisweet chocolate chips (1/2 cups)
- sliced almonds (3/4 cups)
- sugar (1 1/8 cups)
- vanilla extract (1 tsp)
- vegetable oil (3/4 cups)
- walnuts (1/4 cups)

## Beans

- canned kidney beans (30 oz)

## Bread

- bread (2 sl)
- Brown Rice Tortillas (Food For Life) (2 ea)
- french bread (16 oz)
- whole-wheat bread (10 sl)

## Canned Fruit

- applesauce (2 cups)
- canned mandarin oranges (45 oz)
- canned pineapple chunks in juice (40 oz)
- canned sliced peaches in juice (55 oz)

## Canned Goods

- canned corn (15 oz)
- canned diced tomatoes (29 oz)
- canned green beans (15 oz)
- tomato paste (1/4 cups)
- tomato sauce (1 cup)
- tomato sauce (8 oz)

## Cereal

- Amaranth Cereal (Nu-World Foods) (3 cups)
- maple syrup (3/8 cups)
- oatmeal (2 cups)

## Chips Nuts

- reduced fat potato chips (4 oz)

## Condiments

- apple cider vinegar (1 tsp)
- black olive (3 oz)
- capers (2 tsp)
- dijon mustard (1/2 tsp)
- honey mustard (1/4 cups)
- hot pepper sauce (1 tsp)
- hot pepper sauce (2 dash)
- mayonnaise (3/8 cups)
- mustard (2 tsp)
- red wine vinegar (1/8 cups)
- reduced fat mayonnaise (1/4 cups)
- vinegar (2 tsp)
- white wine vinegar (1/2 cups)

## Cookies Crackers

- corn chips (4 cups)
- cheese cracker (58.70 )
- cheese cracker (2 oz)

## Dairy

- Better Than Cream Cheese (Tofutti) (2 oz)
- butter (1 1/4 cups)
- butter - unsalted (2 tsp)
- cheddar cheese (1 1/2 cups)
- egg (12 ea)
- Egg Beaters (1 1/2 cups)
- milk - 2% (1 cup)
- milk - whole (2 cups)
- parmesan cheese (1/8 cups)
- shredded cheddar cheese (1 cup)
- shredded mozzarella cheese (1 cup)

## Deli

- deli ham (2 oz)
- deli turkey breast (8 oz)

## Ethnic

- canned enchilada sauce (28 oz)
- refried beans (15 oz)
- salsa (5/8 cups)

## Frozen

- frozen chopped spinach (20 oz)
- frozen grape juice concentrate (3/8 cups)
- Glutino Pretzel Sticks (1 oz)
- meatless burger patty (12 oz)
- Van's Gluten Free Waffle (2 ea)

## Jams Jellies

- creamy peanut butter (1/4 cups)
- honey (1/8 cups)

## Juices

- cranberry-cherry juice (6 oz)
- lemon juice (1 Tbs)
- lemonade (1/4 cups)
- pomegranate juice (1/4 cups)
- vegetable juice cocktail (3/4 cups)

## Meat

- bacon (24 sl)
- beef hot dog (6 ea)
- beef sirloin steak (16 oz)
- boneless pork loin (18 oz)
- boneless skinless chicken breast half (4 ea)
- canadian-style bacon (4 oz)
- chicken cutlet (24 oz)
- ham steak (12 oz)
- pork sausage patty (4 ea)
- prosciutto (3 oz)
- turkey italian sausage (20 oz)

# MealMixer Shopping List

## Pasta Rice

- brown rice (1 cup)
- egg noodles (8 oz)
- quinoa (1 cup)
- rice (2 cups)
- spaghetti (8 oz)
- spaghetti sauce (3/4 cups)

## Produce

- apple (6 ea)
- baby spinach (14 oz)
- banana (2 ea)
- broccoli flowerette (2 cups)
- button mushroom (12 oz)
- cabbage (2 cups)
- cantaloupe (1 cup)
- carrots - baby (16 oz)
- celery stalk (4 ea)
- cucumber (0.50 ea)
- dried cherries (1/2 cups)
- dried cranberries (1/2 cups)
- eggplant (16 oz)
- fresh basil leaf (3/8 cups)
- fresh blueberries (1 cup)
- fresh green beans (16 oz)
- fresh parsley (1 Tbs)
- fresh raspberries (1 cup)
- fresh rosemary sprig (1 Tbs)
- fresh sage leaves (15 ea)
- fresh thyme (2 tsp)
- garlic clove (1/8 cups)
- garlic clove (12 ea)
- granny smith apple (5 ea)
- green bell pepper (2 ea)
- italian plum tomato (4 ea)
- kiwi fruit (1 ea)
- lemon (1 ea)
- onion (2 ea)
- red bell pepper (3 ea)
- red onion (0.25 ea)
- romaine lettuce leaf (1 ea)
- seedless red grape (1 cup)
- strawberry (1 1/2 cups)
- tomato (2 sl)
- yellow bell pepper (1 ea)
- zucchini (16 oz)
- apple (1 ea)

## Refrigerator Case

- orange juice (1 1/2 cups)
- refrigerated pizza dough (10 oz)

## Soup

- beef broth (1 3/4 cups)
- chicken broth (2 1/4 cups)
- vegetable broth (4 3/4 cups)

## Wine Spirits

- dry white wine (1 1/4 cups)

## MealMixer Recipes

### Individual Spinach Quiches

3/4 cup <a href="#">Egg Beaters</a>	1/4 cup onion, diced
10 ozs frozen chopped spinach	1/4 tsp salt
3/4 cup cheddar cheese, shredded	1 dash hot pepper sauce, optional
1/4 cup red bell pepper, diced	

- **Preheat oven to 350.**
- Line 12 cup muffin pan with foil baking cups, spray the cups with the cooking spray.
- Thaw and squeeze spinach.
- Mix everything together.
- Divide the mixture between the cups, and bake 20 minutes.
- A knife inserted in the middle should come out clean.

**Prep Time:** 0:15 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 90.9 **Fat:** 5.1g **Unsaturated Fat:** 1.55g **Protein:** 8.5g  
**Carb.:** 3.8g **Sugar:** 1g **Sodium:** 278.3mg **Sodium:** 278.3mg **Fiber:** 1.7g

### Kidney Beans & Quinoa

1 tbs olive oil	1 tbs paprika
1/2 cup onion, chopped	1/2 tbs dried oregano
1/2 cup red bell pepper, diced	1/4 tsp cayenne pepper
1/4 cup celery stalk, diced	15 ozs canned kidney beans, rinsed and drained
3 garlic cloves, minced	2 cups vegetable broth
1/4 tsp dried thyme, crumbled	1 cup quinoa

- Bring vegetable broth and quinoa to a boil, then cover and simmer 15 minutes.
- In a medium skillet, saute the onion, bell pepper and celery until soft.
- Stir in the garlic, thyme and spices and cook until fragrant.
- Add the beans and simmer until the quinoa is done.
- Plate the quinoa and top with beans.

**Prep Time:** 0:10 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 323.3 **Fat:** 7.3g **Unsaturated Fat:** 5.46g **Protein:** 14.4g  
**Carb.:** 52.8g **Sugar:** 2.5g **Sodium:** 416.7mg **Sodium:** 416.7mg **Fiber:** 11.1g

### Spinach Romaine Salad

<u>Dressing:</u>	
3 tbs olive oil	1/4 tsp pepper
6 tbs white wine vinegar	2 tbs fresh basil leaves
2 tsps powdered mustard	1 tbs fresh thyme, minced
1/2 cup water	<u>Salad</u>
1 garlic clove, minced	8 ozs baby spinach
1 tbs fresh parsley, chopped	4 cups romaine lettuce
1/2 tsp salt	3 ozs black olives, drained
	2 tomatoes, chopped

#### Dressing

- Whisk or shake all ingredients together and refrigerate until needed.

#### Salad

- Tear all greens into fork sized pieces, toss with olives, tomatoes, and dressing.

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 162.5 **Fat:** 13.5g **Unsaturated Fat:** 11.17g **Protein:** 3.7g  
**Carb.:** 10.3g **Sugar:** 4g **Sodium:** 530.5mg **Sodium:** 530.5mg **Fiber:** 4.4g

## MealMixer Recipes

### Oregano Sirloin Steak

1 lb beef sirloin steak  
2 tps dried oregano  
2 tps olive oil

1 tsp freshly ground black pepper  
1/2 tsp coarse salt

- Slash fat around steak at 1 inch intervals.
- Combine oregano, oil, pepper and salt.
- Rub over both sides of steak.
- Place steak on greased grill over medium-high heat.
- Cook, covered, 15 minutes or to desired doneness, turning once.
- Transfer to cutting board. Tent with foil.
- Let stand 5 minutes.

**Prep Time:** 0:05 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** Italian **Serves:** 4 **Calories:** 314.9 **Fat:** 20.2g **Unsaturated Fat:** 10.05g **Protein:** 30.5g  
**Carb.:** 0.8g **Sugar:** 0g **Sodium:** 356.4mg **Sodium:** 356.4mg **Fiber:** 0.5g

### Corn Rice Saute

1 cup rice  
2 cups water  
3 tbs raisins  
1 tbs butter

1/2 cup onion, diced  
1/4 cup celery stalk  
15 ozs canned corn, drained

- Cook rice.
- Soak raisins in boiling water to plump.
- In a deep skillet, saute the celery and onion in butter for 5 minutes.
- Add drained raisins, and cook for 2 minutes. Add corn and cooked rice and heat through.
- Season to taste with salt and white pepper.

**Prep Time:** 0:15 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 325 **Fat:** 3.8g **Unsaturated Fat:** 1.46g **Protein:** 6.3g  
**Carb.:** 69.8g **Sugar:** 4.9g **Sodium:** 320.3mg **Sodium:** 320.3mg **Fiber:** 3.9g

### Broccoli Saute

1 tbs butter - unsalted  
1 tbs olive oil

2 cups broccoli flowerettes  
1/4 cup water

- Cut the broccoli so that the stalk ends are not more than 1/4" thick (otherwise they won't get cooked).
- Melt butter in olive oil in a large skillet that has a lid.
- Add broccoli and stir to coat.
- Cook and stir over high heat until broccoli is bright green.
- Pour in water and slap on the lid.
- Cook 3 minutes or until as crisp/tender as you prefer.

**Prep Time:** 0:10 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 65.2 **Fat:** 6.4g **Unsaturated Fat:** 3.76g **Protein:** 1.1g  
**Carb.:** 1.9g **Sugar:** 0g **Sodium:** 10.4mg **Sodium:** 10.4mg **Fiber:** 0g

### Fruit Picks

1 banana  
1 apple

1 kiwi fruit  
1 cup seedless red grape

- Cut the fruit into similar sized pieces and thread onto skewers.
- Or, toss them in a bowl and serve with cocktail toothpicks.

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 82.5 **Fat:** 0.3g **Unsaturated Fat:** 0.14g **Protein:** 0.9g  
**Carb.:** 21.3g **Sugar:** 14.9g **Sodium:** 2mg **Sodium:** 2mg **Fiber:** 2.5g

## MealMixer Recipes

### Raisin Walnut Oatmeal

2 cups oatmeal  
3 1/2 cups water  
1/2 cup raisins

1/4 cup walnuts, chopped  
4 tbs maple syrup

- Cook oatmeal as package directs.
- Top with raisins, walnuts and maple syrup.

**Prep Time:** 0:05 **Cook Time:** 0:08 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 321 **Fat:** 6.3g **Unsaturated Fat:** 5.2g **Protein:** 6.5g  
**Carb.:** 66.5g **Sugar:** 13g **Sodium:** 25.4mg **Sodium:** 25.4mg **Fiber:** 7.3g

### Plain Ham Sandwich

2 ozs deli ham  
2 tsps mustard

2 tsps mayonnaise  
2 sl whole-wheat bread

**Prep Time:** 0:05 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 1 **Calories:** 273.5 **Fat:** 12.4g **Unsaturated Fat:** 9.84g **Protein:** 15.2g  
**Carb.:** 27.9g **Sugar:** 12g **Sodium:** 1166.8mg **Sodium:** 1166.8mg **Fiber:** 4.2g

### Lemon Rosemary Chicken

1 tbs olive oil  
4 garlic cloves, halved  
1/8 tsp freshly ground black pepper  
4 boneless skinless chicken breast halves  
1/2 cup dry white wine

4 tsps fresh rosemary sprigs  
1/2 cup chicken broth  
1 tbs lemon juice  
1 tbs butter, cold

- Heat oil in a large skillet and add garlic.
- Sprinkle chicken with with pepper and add to skillet.
- Cook until browned on both sides, about 6 minutes.
- Remove chicken to a plate.
- Add wine to deglaze pan, then add rosemary and cook until fragrant.
- Add broth and lemon juice.
- Return chicken to skillet, then cover and simmer 12 minutes or until chicken is done.
- Remove chicken to serving plate.
- Bring sauce to a boil and allow to reduce for 3 minutes.
- Remove from heat and whisk in cold butter, then pour sauce over chicken.

**Prep Time:** 0:10 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** Italian **Serves:** 4 **Calories:** 302 **Fat:** 11.9g **Unsaturated Fat:** 7.07g **Protein:** 39.4g  
**Carb.:** 2.4g **Sugar:** 0.1g **Sodium:** 303.6mg **Sodium:** 303.6mg **Fiber:** 0.1g

### Green Bean Saute

15 ozs canned green beans, drained  
4 sl bacon

1/2 cup onion, chopped

- Chop bacon and saute with onion until bacon is crisp and onion is tender.
- Drain off excess grease.
- Add green beans and cook just until hot.

**Prep Time:** 0:05 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 71.8 **Fat:** 3.3g **Unsaturated Fat:** 1.85g **Protein:** 4.4g  
**Carb.:** 6.9g **Sugar:** 1.9g **Sodium:** 470.9mg **Sodium:** 470.9mg **Fiber:** 2.3g

### Braised Carrots

1 lb carrots - baby  
2 tbs butter

1/4 cup water

- Put everything in a pot, bring to a boil, cover, and cook 5 minutes.
- Uncover, and continue to cook over medium heat until water has evaporated and carrots are fork tender.
- Season to taste with salt and pepper.

**Prep Time:** 0:05 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 90.5 **Fat:** 5.9g **Unsaturated Fat:** 1.79g **Protein:** 0.8g  
**Carb.:** 9.3g **Sugar:** 5.4g **Sodium:** 129.6mg **Sodium:** 129.6mg **Fiber:** 2g

## MealMixer Recipes

### Botana

15 ozs refried beans	1/2 cup red bell pepper, sliced
1/4 cup water	1/2 cup green bell pepper, sliced
1 tsp extra virgin olive oil	4 cups corn chips
1/4 cup onion, sliced	1/2 cup salsa

- Heat the refried beans and water until warm and smooth.
- Heat the olive oil in a medium skillet and sauté the onions for 5 minutes until translucent.
- Add the peppers and sauté another 5 to 7 minutes until tender.
- Place one cup of corn chips on each serving plate.
- Top with 1/4 of the beans, vegetables, and salsa.

**Prep Time:** 0:05 **Cook Time:** 0:10 **Skill Level:** Simple **Cuisine:** American **Serves:** 4 **Calories:** 398.1 **Fat:** 19.3g **Unsaturated Fat:** 14.86g **Protein:** 10g **Carb.:** 49.3g **Sugar:** 3.3g **Sodium:** 828.3mg **Sodium:** 828.3mg **Fiber:** 9.3g

### Berry Melon Mix

1 cup cantaloupe, diced	1 cup fresh blueberries
1 cup fresh raspberries	

- Toss everything together in a bowl about 10 minutes before serving. If the berries are tart, sprinkle in a teaspoon of sugar and toss.

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 49.9 **Fat:** 0.4g **Unsaturated Fat:** 0.24g **Protein:** 1g **Carb.:** 12.1g **Sugar:** 8g **Sodium:** 6.9mg **Sodium:** 6.9mg **Fiber:** 3.2g

### Instant Lemonade

(from divine miss m)

4 tbs lemonade

- Mix and drink

**Prep Time:** 0:00 **Cook Time:** 0:00 **Skill Level:** Simple **Cuisine:** American **Serves:** 4 **Calories:** 6.5 **Fat:** 0g **Unsaturated Fat:** 0g **Protein:** 0g **Carb.:** 1.7g **Sugar:** 1.7g **Sodium:** 0.7mg **Sodium:** 0.7mg **Fiber:** 0g

### Hot Sausage and Peppers

1 tsp olive oil	1 red bell pepper
1 1/4 lbs turkey italian sausage, chopped	1 green bell pepper, sliced
1 onion, sliced thinly	3 tbs tomato paste
3/4 cup dry white wine	1 tsp fennel seed
1 tbs garlic clove, minced	

- Heat oil in a large skillet.
- Add sausage and onion and cook until sausage is no longer pink.
- Pour off excess fat.
- Add wine and stir for 1 minute (it should cook away)
- And add remaining ingredients.
- Cook, covered, over low heat 20 minutes.

**Prep Time:** 0:10 **Cook Time:** 0:30 **Skill Level:** Average **Cuisine:** Italian **Serves:** 4 **Calories:** 304.7 **Fat:** 12.9g **Unsaturated Fat:** 8.24g **Protein:** 28.3g **Carb.:** 11.4g **Sugar:** 5.1g **Sodium:** 943.1mg **Sodium:** 943.1mg **Fiber:** 2.4g

### Apple Coleslaw

2 cups cabbage, shredded	2 tsps vinegar
1 granny smith apple, shredded	2 tbs mayonnaise
1 carrot, shredded	2 tbs honey
1 tbs brown sugar	

- Toss cabbage, apple, and carrot in a large bowl.
- Mix remaining ingredients and toss.
- Chill until ready to serve.

**Prep Time:** 0:15 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 130.6 **Fat:** 6g **Unsaturated Fat:** 5.06g **Protein:** 0.9g **Carb.:** 20.5g **Sugar:** 17.5g **Sodium:** 62.5mg **Sodium:** 62.5mg **Fiber:** 2.1g

## MealMixer Recipes

### Buttered Noodles

8 ozs egg noodles  
1 tbs butter

2 tbs parmesan cheese

- Cook noodles in well salted water.
- Drain and toss with butter and parmesan cheese.

**Prep Time:** 0:05 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 252.4 **Fat:** 6g **Unsaturated Fat:** 2.46g **Protein:** 8.9g  
**Carb.:** 40.5g **Sugar:** 0.6g **Sodium:** 70.6mg **Sodium:** 70.6mg **Fiber:** 1.5g

### Breakfast BLT

4 ozs canadian-style bacon  
2 sl tomato  
1 romaine lettuce leaf

2 sl bread  
1 tbs mayonnaise

- Cook bacon until it's as crisp as you like it and then layer remaining ingredients on bread (toasted if you like.)

**Prep Time:** 0:05 **Cook Time:** 0:10 **Skill Level:** Simple **Cuisine:** American **Serves:** 1 **Calories:** 385.6 **Fat:** 19g **Unsaturated Fat:** 14.62g **Protein:** 23.6g  
**Carb.:** 29.7g **Sugar:** 4.9g **Sodium:** 1578.9mg **Sodium:** 1578.9mg **Fiber:** 1.9g

### Peanut Butter Stuffed Celery

4 celery stalks

4 tbs creamy peanut butter

- Wipe celery with a damp cloth.
- Stuff with peanut butter.

**Prep Time:** 0:05 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 2 **Calories:** 199.6 **Fat:** 16.3g **Unsaturated Fat:** 12.12g **Protein:** 8.1g  
**Carb.:** 8.7g **Sugar:** 7g **Sodium:** 218mg **Sodium:** 218mg **Fiber:** 3.9g

### Purple Cow Smoothie

1/3 cup frozen grape juice concentrate  
1 banana

1 cup milk - 2%  
1/2 cup ice cube

- Blend until smooth

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 2 **Calories:** 204.5 **Fat:** 2.8g **Unsaturated Fat:** 0.91g **Protein:** 5.8g  
**Carb.:** 40.8g **Sugar:** 34.1g **Sodium:** 77.6mg **Sodium:** 77.6mg **Fiber:** 1.7g

### Crock Pot Carnitas

18 ozs boneless pork loin, chopped  
28 ozs canned enchilada sauce  
14 fl ozs beef broth  
1 green bell pepper, chopped

1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
4 italian plum tomatoes, chopped

- Place everything in a crockpot and cook on low for 6-8 hours.

**Prep Time:** 0:15 **Cook Time:** 8:00 **Skill Level:** Average **Cuisine:** Mexican **Serves:** 6 **Calories:** 241.1 **Fat:** 9.2g **Unsaturated Fat:** 3.24g **Protein:** 27.4g  
**Carb.:** 11.8g **Sugar:** 3.7g **Sodium:** 1584.8mg **Sodium:** 1584.8mg **Fiber:** 2.4g

### Fried Apples

3 tbs butter  
4 granny smith apple, thinly sliced  
1 tsp lemon juice  
3 tbs brown sugar, packed

1/8 tsp salt  
1/2 tsp cinnamon  
1 dash nutmeg

- Melt butter in a large skillet and add apples.
- Stir in lemon juice, brown sugar and salt.
- Cover and cook 20 minutes, or until tender, then sprinkle with cinnamon and nutmeg.

**Prep Time:** 0:10 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 182.8 **Fat:** 8.9g **Unsaturated Fat:** 2.64g **Protein:** 0.4g  
**Carb.:** 28g **Sugar:** 23.3g **Sodium:** 139.6mg **Sodium:** 139.6mg **Fiber:** 3.2g

## MealMixer Recipes

### Spanish Rice - Vegetarian

1 tbs vegetable oil	1/2 cup green bell pepper, chopped
1 cup rice	1 garlic clove, minced
1 cup onion, chopped	1 1/2 tps salt
2 1/2 cups vegetable broth	3/4 tsp chili powder
8 ozs tomato sauce	

- In a large skillet, heat the oil over medium heat.
- Add the rice and onion and cook and stir 5-10 minutes until onion is tender and rice is lightly golden.
- Stir in remaining ingredients and bring to a boil.
- Reduce heat, cover and simmer for 30 minutes.

**Prep Time:** 0:10 **Cook Time:** 0:30 **Skill Level:** Average **Cuisine:** Spanish **Serves:** 4 **Calories:** 271.3 **Fat:** 4.9g **Unsaturated Fat:** 3.97g **Protein:** 7.7g  
**Carb.:** 50.1g **Sugar:** 4.6g **Sodium:** 1222mg **Sodium:** 1222mg **Fiber:** 2.6g

### Mini Brownie Bites

6 tbs cocoa powder	1/2 cup sugar
2/3 cup all-purpose flour	2 eggs
1/2 tsp baking powder	1 tsp vanilla extract
1/4 tsp salt	1/2 cup semisweet chocolate chips
1/3 cup vegetable oil	

- Preheat oven to 350 and spray a 24 cup mini muffin pan.
- Mix dry ingredients in one bowl.
- Mix wet ingredients in another bowl.
- Fold the mixtures together, then fold in chocolate chips.
- Spoon into muffin cups; batter is thick.
- Bake 15 minutes.
- Cool on a wire rack.

**Prep Time:** 0:10 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** American **Serves:** 12 **Calories:** 169.2 **Fat:** 9.3g **Unsaturated Fat:** 6.59g **Protein:** 2.6g  
**Carb.:** 19.9g **Sugar:** 12.3g **Sodium:** 81.4mg **Sodium:** 81.4mg **Fiber:** 1.1g

### Breakfast Ham

12 ozs ham steak

- Cut into serving or fork sized portions and fry or microwave as your time, or whim dictates.

**Prep Time:** 0:05 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 103.8 **Fat:** 3.6g **Unsaturated Fat:** 2.07g **Protein:** 16.6g  
**Carb.:** 0g **Sugar:** 0g **Sodium:** 1079.3mg **Sodium:** 1079.3mg **Fiber:** 0g

### Orange Pomegranate Juice

1/4 cup pomegranate juice	3/4 cup orange juice
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**Prep Time:** 0:00 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 1 **Calories:** 124 **Fat:** 0.4g **Unsaturated Fat:** 0.14g **Protein:** 1.3g  
**Carb.:** 29.4g **Sugar:** 15.7g **Sodium:** 1.9mg **Sodium:** 1.9mg **Fiber:** 0.4g

### Turkey Apple Sandwiches

3 tbs honey mustard	8 ozs deli turkey breast
3 tbs reduced fat mayonnaise	1 apple, cored and sliced very thinly
8 sl whole-wheat bread	

- Combine mustard and mayonnaise and spread on bread.
- Divide remaining ingredients between sandwiches.

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 259.9 **Fat:** 7.4g **Unsaturated Fat:** 2.23g **Protein:** 15.6g  
**Carb.:** 34.8g **Sugar:** 15.5g **Sodium:** 906.1mg **Sodium:** 906.1mg **Fiber:** 4.6g

## MealMixer Recipes

### Gluten Free Hearty Whole Grain Bread

20 ozs [Gluten Free Hearty Bread Mix \(Bob's Red Mill\)](#)  
1 3/4 cups water  
1/4 cup vegetable oil

2 eggs  
1 tsp apple cider vinegar

- Preheat oven to 375°F. Dissolve enclosed packet of yeast in 1 3/4 cups warm (110°F) water and let stand for 5 minutes to foam. Have all ingredients at room temperature. Put dry mix in large mixing bowl (preferably use a stand mixer). Add water, eggs, oil, cider vinegar, yeast-water mixture. With mixer on low speed, blend all ingredients until smooth. Turn mixer to medium and beat 15 seconds or until mixture thickens slightly. Pour into generously greased 9 x 5-inch nonstick pan. Smooth top of dough with wet spatula. Cover pan with plastic wrap and put in warm place (75° to 80°F) to rise for about 40 to 45 minutes or until dough is level with top of pan. Bake 60 to 65 minutes or until internal temperature of bread reaches 205°F, covering bread with foil after it starts to brown. Remove pan from oven and cool bread in pan for 5 minutes. Remove bread from pan and finish cooling on wire rack. Cool completely before slicing.

**Prep Time:** 1:00 **Cook Time:** 1:05 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 455.8 **Fat:** 20.2g **Unsaturated Fat:** 8.9g **Protein:** 12.9g **Carb.:** 62.3g **Sugar:** 0.2g **Sodium:** 483.6mg **Sodium:** 483.6mg **Fiber:** 10.8g

### Chicken Saltimbocca

1 1/2 lbs chicken cutlet, should have 6  
1/2 tsp freshly ground black pepper  
3 ozs prosciutto  
15 fresh sage leaves

1 tbs butter  
1 tbs olive oil  
1 tbs capers

- Preheat oven to 200.
- Pound cutlets so they are about 1/4" thick.
- Sprinkle with pepper.
- Remove 10-12 of the largest sage leaves.
- Chop enough remaining sage to equal 2 tsp and sprinkle this sparingly on the chicken.
- Fit a slice of prosciutto on each cutlet. You may have to fold a bit, this is fine.
- Heat half of the oil and butter in a large skillet.
- Fry the reserved sage leaves until they turn bright green. This takes only a few seconds. Remove and drain on a paper towel.
- Put the cutlets in the, prosciutto side down.
- Cook 2 minutes.
- Flip and cook 2 minutes more.
- Place on serving plate and keep warm in the oven.
- Cook the remaining chicken in the remaining butter and oil.
- Plate the chicken, and sprinkle with capers and the fried sage.

**Prep Time:** 0:10 **Cook Time:** 0:08 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 474 **Fat:** 20.1g **Unsaturated Fat:** 11.19g **Protein:** 62.5g **Carb.:** 10.3g **Sugar:** 0.3g **Sodium:** 496.3mg **Sodium:** 496.3mg **Fiber:** 6.2g

### Cranberry Rice

1 cup brown rice  
1 tsp olive oil

14 fl ozs chicken broth  
1/2 cup dried cranberries

- Stir the rice and olive oil in a saucepot until rice is covered and just beginning to get fragrant.
- Add chicken broth and bring to a boil.
- Stir in cranberries, reduce heat to a simmer, cover, and leave alone for 40 minutes, or until rice is done.

**Prep Time:** 0:10 **Cook Time:** 0:40 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 265 **Fat:** 3.8g **Unsaturated Fat:** 2.79g **Protein:** 8.4g **Carb.:** 50.1g **Sugar:** 11.1g **Sodium:** 672mg **Sodium:** 672mg **Fiber:** 2.6g

### Almond Green Beans

1 lb fresh green beans  
1 tsp butter

1 tsp olive oil  
1/4 cup blanched slivered almonds

- Steam green beans until crisp tender (can be done in advance).
- Saute almonds in butter and oil until golden.
- Toss in beans and warm through

**Prep Time:** 0:10 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 105.9 **Fat:** 6.8g **Unsaturated Fat:** 5.29g **Protein:** 4g **Carb.:** 9.9g **Sugar:** 2g **Sodium:** 16.2mg **Sodium:** 16.2mg **Fiber:** 4.8g

## MealMixer Recipes

### Pizza Dogs

6 beef hot dogs  
1 cup shredded mozzarella cheese

10 ozs refrigerated pizza dough  
3/4 cup spaghetti sauce

- **Preheat oven to 425, and line a baking sheet with foil (spray the foil with non-stick spray).**
- Roll pizza dough into a 12x8 rectangle, then cut in half lengthwise, then widthwise into thirds (6 equal peices).
- Spread equal amounts of sauce in the center of each rectangle.
- Top with cheese and put the hot dog in the middle.
- Gently wrap dough around hot dogs, covering completely and pinching sides and ends to seal.
- Place seam side down, on sheet and bake 8 minutes or until lightly golden.

**Prep Time:** 0:10 **Cook Time:** 0:08 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 386.2 **Fat:** 22.4g **Unsaturated Fat:** 10.46g **Protein:** 15.9g **Carb.:** 29.8g **Sugar:** 4.7g **Sodium:** 1196.4mg **Sodium:** 1196.4mg **Fiber:** 1g

### 4 Fruit Salad

20 ozs canned sliced peaches in juice, drained  
20 ozs canned pineapple chunks in juice, drained

15 ozs canned mandarin oranges, drained  
1/4 cup dried cherries

- Mix and eat!
- Nice to let it sit so the cherries soften.

**Prep Time:** 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 156.9 **Fat:** 0.2g **Unsaturated Fat:** 0.13g **Protein:** 1.3g **Carb.:** 41.4g **Sugar:** 37.6g **Sodium:** 9.1mg **Sodium:** 9.1mg **Fiber:** 2.8g

### Ratatouille with Eggs

2 tbs olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1 lb eggplant, peeled and cubed  
1 lb zucchini, cubed  
1 tsp salt  
1/2 tsp pepper

3/4 cup water  
1 red bell pepper, cubed  
14 ozs canned diced tomatoes  
1/2 tsp dried thyme  
4 eggs  
1/4 cup fresh basil leaf

- Heat oil in a dutch oven over medium heat.
- Cook onions, stirring occasionally, until soft, about 5 minutes. Add garlic, eggplant, zucchini, and salt and pepper.
- Add water; and cover, and simmer until vegetables are beginning to soften, stirring once, about 5 minutes.
- Stir in bell peppers and simmer until softened, 5 more minutes.
- Stir in tomatoes and thyme; bring to a boil then reduce heat to medium-low.
- Simmer, stirring often, until vegetables are tender, 15 to 20 minutes.
- Make 4 indentations at 12, 3, 6, and 9, and break the eggs into these indentations.
- Cover and cook 5 minutes, then sprinkle on basil.

**Prep Time:** 0:10 **Cook Time:** 0:40 **Skill Level:** Average **Cuisine:** Mediterranean **Serves:** 4 **Calories:** 239.7 **Fat:** 12.5g **Unsaturated Fat:** 8.69g **Protein:** 11.2g **Carb.:** 24.8g **Sugar:** 7.9g **Sodium:** 1057.9mg **Sodium:** 1057.9mg **Fiber:** 8.6g

### Grilled Herb Breadsticks

1 lb french bread, italian is fine too  
1/2 cup butter  
1 tsp dried thyme

1 tsp dried tarragon  
1 tsp garlic salt

- Place the butter, thyme, tarragon and garlic salt into a bowl and microwave until butter is melted.
- Cut the bread in half lengthwise and brush both sides with the butter.
- Cut the bread halves into 4 pieces each. Grill 7-10 minutes, butter side down first, until crispy and golden, then cut into serving size pieces.

**Prep Time:** 0:10 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 10 **Calories:** 206.3 **Fat:** 10.6g **Unsaturated Fat:** 3.6g **Protein:** 4.1g **Carb.:** 23.7g **Sugar:** 0.1g **Sodium:** 577.5mg **Sodium:** 577.5mg **Fiber:** 1.4g

## MealMixer Recipes

### Poached Eggs with Garlic Mushrooms

12 ozs button mushrooms, sliced  
1 tbs butter  
1 garlic clove, minced

1/4 tbs fresh parsley, chopped  
1/4 cup vegetable broth  
4 eggs

- In a 10" pan, saute the mushrooms in the butter until golden brown.
- Stir in the garlic, parsley, and broth and bring to a boil.
- Reduce heat to a simmer, push 4 wells into the mushrooms, and break the eggs into the wells.
- Cover and cook 6-8 minutes, or until the eggs are as cooked as you like.

**Prep Time:** 0:10 **Cook Time:** 0:08 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 121.3 **Fat:** 8.2g **Unsaturated Fat:** 3.63g **Protein:** 9.3g  
**Carb.:** 3.6g **Sugar:** 2g **Sodium:** 98.7mg **Sodium:** 98.7mg **Fiber:** 1g

### Baklava Baked Apples

1/2 cup sliced almonds  
1 tbs butter, melted  
1/4 cup sugar

1 dash nutmeg  
1 dash cinnamon  
4 apples

- **Preheat the oven to 350.**
- Toast the almonds in a frying pan until they just start to turn golden, then toss them immediately into the food processor.
- Drop the butter into the pan to melt.
- Put the melted butter, sugar, nutmeg and cinnamon into the food processor and pulse until coarse.
- Spray a brownie pan (or line it with parchment paper).
- Using a tablespoon, core the apples. You'll leave a good sized crater in the apple, this is good.
- Fill the apples with the almond mixture.
- Bake about 40 minutes, until apples are soft and topping is golden.

**Prep Time:** 0:10 **Cook Time:** 0:40 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 139.4 **Fat:** 6.1g **Unsaturated Fat:** 4.13g **Protein:** 1.9g  
**Carb.:** 21.7g **Sugar:** 17.6g **Sodium:** 14.6mg **Sodium:** 14.6mg **Fiber:** 3g

### BLT Pinwheels Sandwiches

(from divine miss m)

4 sl bacon  
2 tbs mayonnaise  
2 ozs [Better Than Cream Cheese \(Tofutti\)](#), softened  
1 tbs salsa

1/2 tsp dijon mustard  
2 [Brown Rice Tortillas \(Food For Life\)](#), 10 inch  
1 tomato, chopped seeded  
1 cup romaine lettuce, shredded

- Cook bacon until crispy; drain and chop.
- Mix mayonnaise, cream cheese, salsa and mustard in a small bowl until blended; stir in bacon.
- Spread bacon mixture evenly over tortillas.
- Top with tomatoes and lettuce.
- Tightly roll up tortillas and wrap individually in plastic wrap. Refrigerate at least 1 hour but no longer than 8.

**Prep Time:** 0:15 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** American **Serves:** 2 **Calories:** 547.2 **Fat:** 21.5g **Unsaturated Fat:** 14.17g **Protein:** 14.3g  
**Carb.:** 54.4g **Sugar:** 5.2g **Sodium:** 1027.7mg **Sodium:** 1027.7mg **Fiber:** 8.8g

## MealMixer Recipes

### Vegetarian Cincinnati-Style Chili over Spaghetti

1 tbs olive oil	1/2 tsp cinnamon
12 ozs meatless burger patties	1/2 tsp paprika
1/2 cup onion, chopped	1/2 tsp ground allspice
1 tbs garlic clove, minced	1 tbs light brown sugar
1 cup tomato sauce	1 tbs cocoa powder
1 cup water	1 tsp hot pepper sauce
15 ozs canned diced tomatoes	15 ozs canned kidney beans, drained and rinsed
2 tbs red wine vinegar	1 cup shredded cheddar cheese
2 tbs chili powder	8 ozs spaghetti

- Heat olive oil in a large frying pan. Sauté onion until tender.
- Crumble meatless patty and add to pan with garlic and cook until fragrant.
- Stir in tomato sauce, water, diced tomatoes, vinegar, and all the spices (hot sauce, too).
- Bring mixture to a boil, then reduce heat to low, add beans, cover, and simmer 15 to 20 minutes until thickened.
- While the sauce is thickening, cook spaghetti.
- Serve chili over spaghetti garnished with cheese.

**Prep Time:** 0:10 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 563.7 **Fat:** 19.6g **Unsaturated Fat:** 11g **Protein:** 33.2g  
**Carb.:** 68.1g **Sugar:** 9.3g **Sodium:** 1608.8mg **Sodium:** 1608.8mg **Fiber:** 18g

### Strawberry Spinach Salad

<u>Dressing</u>	<u>Salad</u>
1 lemon	1/4 cup sliced almonds, toasted
2 tbs white wine vinegar	1 1/2 cups strawberries, sliced
1/3 cup sugar	1/2 cucumber, halved seeded sliced
1 tbs vegetable oil	1/4 red onion, sliced into thin wedges
1 tsp poppy seed	6 ozs baby spinach

#### Dressing

- Scrape 1/2 teaspoon of the lemon peel into a small bowl.
- Juice 2 tbs of lemon juice into the same bowl.
- Whisk in remaining ingredients until well blended.
- Cover; refrigerate until ready to use.

#### Salad

- Toast almonds in a dry frying pan just until you can smell them, then pour onto a paper towel to cool.
- In a large salad bowl, toss strawberries, cucumber, onion and spinach.
- Toss with dressing and sprinkle with almonds.

**Prep Time:** 0:20 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 176.1 **Fat:** 7.1g **Unsaturated Fat:** 6.07g **Protein:** 3.6g  
**Carb.:** 29.3g **Sugar:** 21.4g **Sodium:** 36.3mg **Sodium:** 36.3mg **Fiber:** 4.6g