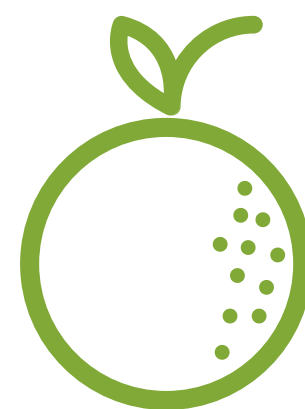
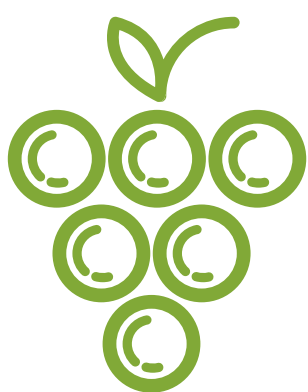


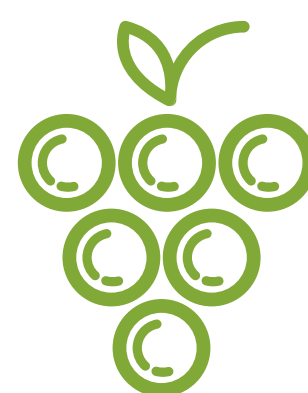
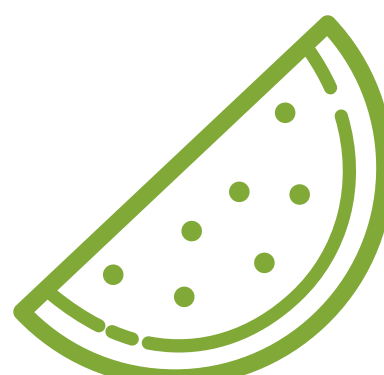
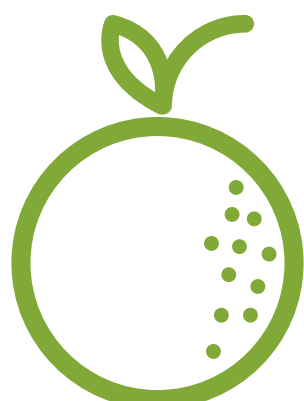
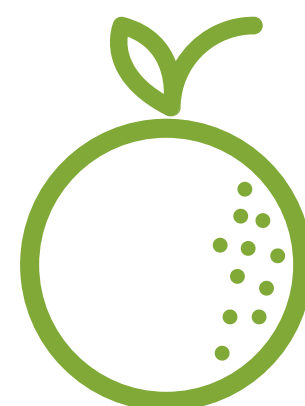
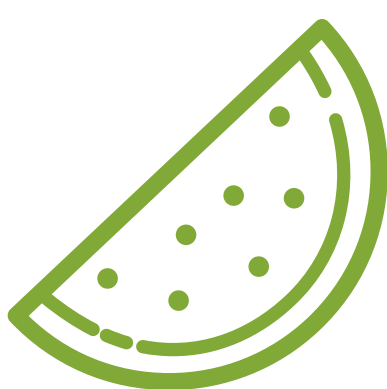
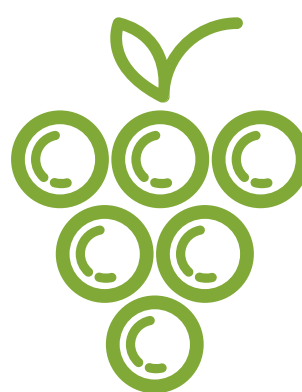
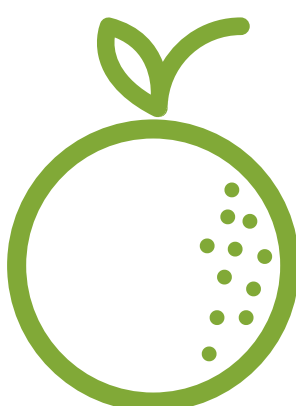
NUTRITION



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THE HEALTH GAP

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BROCCOLI CHEESE BITES

Serving Size: 5 Pieces

Servings: 6

INGREDIENTS

- 2 heads broccoli, trimmed
- 1 egg
- 1 egg white
- 1/3 cup reduced fat shredded cheese
- 1/3 cup bread crumbs
- 1/2 cup onions, chopped
- 1/4 tsp black pepper

DIRECTIONS

1. Preheat oven to 400 deg. F and coat one large baking sheet with cooking spray.
2. Steam the broccoli in a saucepan for 10-12 minutes or until soft. Set aside to cool.
3. Add the broccoli and remaining ingredients to a food processor and pulse to combine. The mixture should be slightly chunky. Let rest for 10 minutes.
4. Stir the mixture, scoop it by 1 tablespoon and drop onto prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray. Bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.

Nutrition Facts	
6 Servings	
Serving Size	5 pieces
Amount per serving	
Calories	100
Total Fat 3g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 35mg	
Sodium 150mg	
Total Carbohydrate 13g	
Dietary Fiber 3g	
Total Sugars 3g	
Protein 7g	
Potassium 420mg	
Phosphorus 140mg	

Why broccoli?

Broccoli contains vitamin C which helps with immune function and skin health. It also contains potassium which helps to lower blood pressure and prevent heart disease.

Broccoli contains a compound called sulforaphane. Studies show that those who eat sulforaphane containing vegetables like broccoli have a reduced risk of cancer.

BUFFALO CHICKEN DIP

Serving Size: 1/4 cup
Servings: 16

INGREDIENTS

- 1/2 cup roasted red peppers, drained
- 4 oz cream cheese, softened
- 1 cup reduced fat sour cream
- 2 tsp hot sauce like Tabasco
- 2 cups cooked shredded chicken

DIRECTIONS

1. Puree drained red peppers in a food processor or with a fork.
2. In a medium bowl, mix cream cheese and sour cream until smooth. Add pureed peppers and 2 teaspoons hot sauce. Stir until combined. Add the chicken and mix gently. Taste and add additional hot sauce if preferred.
3. Bake in the oven at 350 deg. F for 30 minutes, or place in a slow cooker for 2-3 hours on low heat.
4. Serve warm with carrots, celery, cucumber, or cauliflower. Alternatively, make roll ups by wrapping dip inside of lettuce or cabbage leaves.

Nutrition Facts	
16 Servings	
Serving Size	1/4 cup
Amount per serving	
Calories	85
Total Fat 6g	
Saturated Fat 3g	
Trans Fat 0g	
Cholesterol 30mg	
Sodium 110mg	
Total Carbohydrate 2g	
Dietary Fiber 0g	
Total Sugars 0g	
Added Sugars 0g	
Protein 6g	
Potassium 90mg	
Phosphorus 55mg	

Why chicken?

Chicken is a great source of protein. Protein is the building block of muscles, bones, skin, and cartilage. Protein helps your body repair your body tissue.

Chicken is also lower in saturated fat than other meats. Saturated fat raises your bad, or LDL cholesterol and can contribute to heart disease.

EASY ENGLISH MUFFIN PIZZAS

Serving Size: 1 pizza

Servings: 4

INGREDIENTS

- 2 whole wheat English muffins, split in half
- 4 tbsp frozen spinach, chopped, thawed, and drained
- 6 tbsp pizza sauce
- 2 oz low sodium deli ham
- ½ cup reduced fat shredded mozzarella

DIRECTIONS

1. Preheat oven to 425 deg. F
2. Top each English muffin half with 1 tbsp spinach, 1.5 tbsp pizza sauce, ½ oz ham and 2 tbsp mozzarella.
3. Bakes pizzas on a baking sheet for 8 minutes or until cheese is golden brown.

Nutrition Facts	
4 Servings	
Serving Size	1 pizza
Amount per serving	
Calories	110
Total Fat 3.5g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 15mg	
Sodium 430mg	
Total Carbohydrate 17g	
Dietary Fiber 5g	
Total Sugars 2g	
Protein 9g	
Potassium 220mg	
Phosphorus 190mg	

Why spinach?

Spinach contains an antioxidant called alpha-lipoic acid, which has been shown to lower blood sugar levels and increase insulin sensitivity in people with diabetes.

Spinach is a great source of protein! In fact, more than 50% of spinach’s weight is from protein. Protein is important for keeping the body strong.

CHICKEN TAQUITOS

Serving Size: 2 Taquitos

Servings: 4

INGREDIENTS

- 1/2 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 8 oz boneless skinless chicken breast
- 1/2 cup low fat shredded Mexican cheese blend
- 1/2 cup fat free refried beans
- 8 six-inch corn tortillas
- 1 cup lettuce, shredded
- 1/2 cup prepared guacamole, or mashed avocado
- 1 cup diced tomatoes (canned is fine)

DIRECTIONS

1. Preheat the oven to 400 deg. F. Coat a baking sheet with cooking spray and set aside.
2. In a small bowl, mix the cumin, chili powder, garlic powder, and black pepper.
3. Lay the chicken breasts on a prepared sheet pan. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until an internal temperature of 165 deg. F is reached. Once cooked, set chicken aside to cool slightly. Keep the oven on and coat a clean baking sheet with cooking spray.
4. Once the chicken is slightly cooled, shred the chicken meat with 2 forks and add it to a medium bowl. Add the cheese and refried beans and mix.
5. Place the corn tortillas between two damp paper towels. Microwave on high for 30 seconds.
6. Fill each corn tortillas with 1/4 cup chicken filling and roll tightly. Lay seam side down on the baking sheet. Once all the taquitos are on the baking sheet, spray each with cooking spray.
7. Bake for 15 minutes or until the tortillas are crispy, and serve with lettuce, guacamole, and tomatoes.

Nutrition Facts

4 Servings	
Serving Size	2 taquitos
Amount per serving	
Calories	320
Total Fat 11g	
Saturated Fat 3g	
Trans Fat 0g	
Cholesterol 40mg	
Sodium 380mg	
Total Carbohydrate 35g	
Dietary Fiber 7g	
Total Sugars 2g	
Protein 22g	
Potassium 600mg	
Phosphorus 390mg	

Why spices?

Spices are a great way to add flavor to a recipe without adding salt, which can raise your blood pressure.

Like fruits and vegetables, spices contain antioxidants, and have some anti-inflammatory properties. Antioxidants help to protect your body from damage, and can lessen your risk for things like heart disease and cancer.

BEAN BURGER

Serving Size: 1 burger

Servings: 8

INGREDIENTS

2 15-ounce cans of beans, any type

1/2 cup onion, minced

1 cup cooked whole grains like brown rice, oatmeal or quinoa

1 large egg

1 tsp garlic powder

1/2 tsp salt

1/2 tsp black pepper

DIRECTIONS

1. Add 1.5 cups of beans to a large bowl with onions. With a fork, mash until mostly smooth. You can also use a food processor.
2. Add the remaining beans, cooked grain, egg, garlic powder, salt, and pepper. Stir until well combined.
3. Form bean mix into 8, 1/2 inch thick patties.
4. Add cooking spray to a nonstick skillet over medium heat. Add bean patties and cook 2-3 minutes per side, until slightly brown.
5. Enjoy with a whole wheat bun, wrapped in lettuce, or topped with avocado.

Nutrition Facts

4 Servings	
Serving Size	2 taquitos
Amount per serving	
Calories	320
Total Fat 11g	
Saturated Fat 3g	
Trans Fat 0g	
Cholesterol 40mg	
Sodium 380mg	
Total Carbohydrate 35g	
Dietary Fiber 7g	
Total Sugars 2g	
Protein 22g	
Potassium 600mg	
Phosphorus 390mg	

Why beans?

Beans are a great source of both protein and fiber.

Protein is important for building strong muscles.

Fiber helps to regulate the body’s use of sugar, and so can help reduce or keep blood sugar levels steady. Fiber also helps to reduce cholesterol which can reduce your risk of heart disease. Fiber can also prevent and relieve constipation.

CABBAGE SOUP

Serving Size: 1 cup

Servings: 9

INGREDIENTS

- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- ½ cabbage, roughly chopped
- ½ pound lean turkey sausage
- 5 cups low sodium chicken broth
- 1 14.5 ounce can diced tomatoes
- 1 14.5 ounce can Great Northern beans
- ¼ tsp black pepper
- ½ tsp dried oregano

DIRECTIONS

1. Spray large soup pot with cooking spray. Add celery, onion, and carrots and saute over medium heat for 3 minutes or until onions are clear. Remove from pan and set aside.
2. Add turkey sausage and cook until brown, 6-7 minutes. Add celery, onion and carrot mix back to pan and mix.
3. Add remaining ingredients and bring to a boil. Reduce heat and let simmer about 30 minutes.

Nutrition Facts

9 Servings	
Serving Size	1 cup
Amount per serving	
Calories	120
Total Fat 2.5g	
Saturated Fat 1g	
Cholesterol 20mg	
Sodium 360mg	
Total Carbohydrate 15g	
Dietary Fiber 5g	
Total Sugars 5g	
Protein 10g	
Potassium 550mg	

Why cabbage?

Per pound, cabbage is one of the cheapest and healthiest items at the grocery store.

It contains vitamin c, vitamin k, folate, and manganese, which all work together to keep your skin, blood vessels, and bones healthy.

Cabbage also contains antioxidants that help reduce inflammation in the joints and muscles.

PUMPKIN PIE SMOOTHIE

Serving Size: 1 smoothie

INGREDIENTS

- 1 scoop carb free vanilla protein powder
- 1 tbsp flax seed, whole or ground
- 1/3 cup plain nonfat Greek yogurt
- 1/2 cup canned pumpkin puree
- 1/2 cup vanilla almond milk
- 1/4 tsp pumpkin pie spice
- 1/4 cup ice
- 2 tbsp whipped topping, fat free

DIRECTIONS

1. Combine all ingredients into a blender. Blend until smooth.
2. Pour smoothie into a glass and top with whipped topping. Sprinkle with more pumpkin pie spice if desired.

Nutrition Facts	
1 Servings	
Serving Size	1 smoothie
Amount per serving	
Calories	285
Total Fat 7g	
Saturated Fat 1.5g	
Cholesterol 55mg	
Sodium 180mg	
Total Carbohydrate 29g	
Dietary Fiber 6g	
Total Sugars 18g	
Protein 29g	
Potassium 540mg	

Why pumpkin?

Pumpkin is full of vitamin A, which is important for healthy vision, especially in low light conditions. Dietary sources of vitamin A also reduce your risk of some cancers.

Pumpkin contains potassium and so can help reduce your risk for high blood pressure.

It also contains beta-carotene, an antioxidant that keeps your heart and lungs healthy, and can keep your skin looking young.

FROYO FRUIT POPS

Serving Size: 2 pops

Servings: 6

INGREDIENTS

- ¼ cup pecans, chopped
- 12 cake pop sticks or kebab sticks
- ½ cup blueberry nonfat Greek yogurt
- 12 strawberries
- 1 sheet wax paper

DIRECTIONS

1. Line small baking sheet with wax paper and set aside.
2. Insert the cake pops into just the top part of the strawberry. Don’t skewer it the whole way through.
3. Dip each strawberry into the yogurt until the strawberry is coated. You may need to use a spoon to help coat the strawberries evenly.
4. Sprinkle 1 tsp of pecans over each coated strawberry.
5. Place the strawberry pops on the wax paper and place in the freezer. Freeze for 1-2 hours or until the yogurt is frozen. Once frozen, pops can be placed into a freezer friendly zip lock bag.

Nutrition Facts	
6 Servings	
Serving Size	2 pops
Amount per serving	
Calories	55
Total Fat	3.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	5g
Dietary Fiber	1g
Total Sugars	3g
Protein	2g
Potassium	95mg

Why Greek yogurt?

Greek yogurt is a fermented food and so contains probiotics. Probiotics are bacteria that are beneficial for digestion. Probiotics can even strengthen your immune system. Your immune system keeps you from getting sick.

Yogurt is also a great source of both calcium and Vitamin D. These nutrients work together to keep your bones strong and reduce your risk of osteoporosis.