

GET FIT SUMMER CHALLENGE RECIPES

2,300 calorie plan

BREAKFAST

1. Tomato and Avocado Omelet

Makes 1 serving

INGREDIENTS

¼ avocado, diced into ¼-inch pieces
4 grape tomatoes, quartered
1 tablespoon cilantro or parsley, coarsely chopped (*optional*)
squeeze of lime juice
pinch of kosher salt
4 large egg whites (*or ¾ cup tablespoons liquid egg whites*)

1 cup strawberries
1 slice whole grain bread, toasted

PREPARATION

In a small mixing bowl, combine avocado, tomato, herbs, lime juice, and a pinch of kosher salt. Toss together and set aside.

Heat a large nonstick skillet over medium heat, then add the liquid egg whites. Cook, moving the egg whites around with a rubber spatula, until the egg whites are cooked on the bottom but still slightly jiggly on top, about 2 minutes.

Use a spoon to scatter the avocado-tomato mixture over half of the omelet. Turn the heat off, then fold the omelet in half and slide it onto a plate to serve with the strawberries and toast on the side.

464 calories, 20 g fat (3 g saturated fat), 42 g carbohydrate (16 g dietary fiber, 16 g sugars), 29 g protein

2. Peach and Pecan Yogurt Parfait

Makes 1 serving

INGREDIENTS

1 cup plain, unsweetened, nonfat Greek yogurt
¼ teaspoon vanilla extract
sprinkle of cinnamon
1 large peach, cored and diced into ½-inch pieces
20 pecan halves, roughly chopped
2 tablespoons low-sugar granola

PREPARATION

In a small bowl, mix together the Greek yogurt, vanilla extract, and cinnamon. Spoon the chopped peach on top, then sprinkle with the pecans and granola. Finish with some extra cinnamon if you want.

464 calories, 20 g fat (2.3 g saturated fat), 43 g carbohydrate (7.2 dietary fiber, 28.5 g sugars), 28 g protein

3. Kale and Sweet Potato Hash

Makes 1 serving

This is a super easy breakfast if you have leftover roasted sweet potatoes, or you can make them specifically for this. Roast the sweet potatoes at night to save time in the morning.

INGREDIENTS

2 cups kale, stems removed, leaves thinly sliced into ribbons
1 clove garlic, minced
pinch of kosher salt
freshly ground pepper
¾ cup roasted sweet potatoes, cut in ½-inch cubes (**recipe below**)
2 teaspoons olive oil
3 large eggs

PREPARATION

Heat a medium nonstick skillet over medium heat, then add the kale ribbons, the minced garlic, kosher salt, pepper, and 2 tablespoons of water. Cook until the kale is wilted and bright green, the garlic is soft, and the water is evaporated, about 2 minutes.

Add roasted sweet potatoes to the skillet and cook, stirring often, just until the sweet potatoes are heated through, about 1 minute. When everything is hot, slide the vegetables onto a plate, cover them with foil, and set them aside while you cook the eggs.

Wipe out the nonstick skillet with a paper towel, then heat it over medium-low heat and add the olive oil. Crack the two eggs into the skillet, sprinkle with a pinch of kosher salt and some freshly ground pepper, and cook until the whites are set but the yolks are still runny, 2-3 minutes.

To serve, slide the eggs over the cooked kale and sweet potatoes and eat immediately.

462 calories, 22 g fat (5.5 g saturated fat), 41 g carbohydrate (7 g dietary fiber, 13.3 g sugars), 25 g protein

Roasted Sweet Potatoes

Makes about 2 cups

INGREDIENTS

½ teaspoon olive oil
2 medium sweet potatoes
pinch of kosher salt
freshly ground pepper

PREPARATION

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper. Brush the parchment with olive oil.

Wash and dry the sweet potatoes, then cut them into ½-inch cubes. Spread the cubed sweet potatoes out over the baking sheet and season them with a little bit of salt and pepper. Roast in the preheated oven until they're soft and lightly browned, 20-25 minutes.

Let the sweet potatoes cool slightly before eating, and cool leftovers completely before storing in an airtight container in the fridge for up to 5 days.

4. Banana Green Smoothie

Makes 1 serving

INGREDIENTS

1 large banana, peeled, frozen if possible
¾ cup plain, unsweetened nonfat Greek yogurt
1 cup unsweetened almond milk
1 cup baby spinach
¼ teaspoon vanilla extract
1 ½ tablespoons almond butter

PREPARATION

Combine all ingredients in a blender and blend on high until the mixture is smooth, about 30 seconds.

450 calories, 18 g fat (1.2 g saturated fat), 44 g carbohydrate (7.1 g dietary fiber, 23 g sugars), 28 g protein

5. Spring Vegetable and Feta Egg White Frittata

Makes 2 servings (save one for leftovers!)

INGREDIENTS

2 medium yukon gold potatoes, washed and cut in ½-inch cubes (*about 2 cups*)
2 medium carrots, peeled and cut in coins ¼-inch thick (*about 1 cup*)
2 cloves garlic, minced
1 cup snap peas, ends trimmed, cut in 1/2 -inch pieces
1 ½ tablespoons olive oil
1 ½ cups egg whites
pinch of kosher salt
freshly ground pepper
2 ounces feta cheese, crumbled (*about ¼ cup*)
a few fresh basil leaves, rough chopped, for garnish (*optional*)

PREPARATION

Preheat the oven to 375°F.

Bring ½ cup of water to a boil in a large, oven-safe skillet with a lid. Add ¼ teaspoon of kosher salt and the cubed potatoes. Cover the skillet and cook over medium heat for 5 minutes. Add the sliced carrots and minced garlic and cook, covered, for 5 minutes more, until the potatoes are soft and the carrots are still slightly crisp. Turn the heat down to low, add the snap peas and cook, uncovered, until the snap peas are bright green and almost all the water has evaporated, about 2 minutes more. When the vegetables are cooked, transfer them to a bowl or plate and wipe out the skillet.

Beat the egg whites vigorously with a whisk or an electric mixer until they're frothy and bubbling, about 45 seconds.

Heat the olive oil in the clean, dry skillet over medium heat. If you have a pastry brush, use it to brush the bottom of the pan and about 2 inches up the sides with olive oil. If you don't have a pastry brush, swirl the oil around the bottom and sides of the pan. When the oil is hot, add the egg whites, then scatter the cooked vegetables evenly over top. Let the frittata cook on the stove for 2 minutes to set the eggs on the bottom slightly. Sprinkle the feta cheese on top.

Transfer the skillet to the oven and cook until the frittata is puffed, cooked through (the center shouldn't jiggle when you shake it), and slightly browned, about 15 minutes.

Let the frittata cool in the skillet for 5 minutes, then serve half immediately. Let the remaining half cool completely before storing it in an airtight container in the fridge to eat another day.

426 calories, 18 g fat (5.8 g saturated fat), 39 g carbohydrate (5.3 g dietary fiber, 5.7 g sugars), 27 g protein

LUNCH

1. Wild Rice, Cucumber, and Walnut Chicken Salad

Makes 1 serving

For this recipe, you'll need to cook a chicken breast. If you want, you can cook more than one, just cut up a little extra lemon and make sure your baking dish is big enough that the breasts aren't touching. Cooked chicken breasts will only keep about 4 days in an airtight container in the fridge though, so you probably don't want to cook more than 4 at once!

INGREDIENTS

olive oil, for greasing the baking dish

1 6-ounce boneless, skinless chicken breast (*1 medium breast*)

½ a lemon, thinly sliced

pinch of kosher salt

freshly ground pepper

1 tablespoon red wine vinegar

1 tablespoon tarragon or parsley leaves, chopped

½ tablespoon olive oil

1 cup arugula

¾ cup cooked wild rice (*¼ cup dry, cooked according to the package directions*), at room temperature

½ a large English cucumber, thinly sliced

1 cup halved grape tomatoes

3 kalamata olives, thinly sliced

3 walnut halves, chopped

PREPARATION

Preheat the oven to 400°F and brush a small, ovenproof baking dish with a little bit of olive oil. Season the chicken breast(s) with a pinch of kosher salt and some freshly ground pepper and lay it in the baking dish. Lay the sliced lemon on top of the chicken. Cover the dish with foil and cook the chicken in the preheated oven for 20 minutes, or until the chicken is cooked through and a thermometer inserted into the center of the breast reads 165°F.

Once the chicken has cooled to room temperature, cut it into ½-inch cubes and set it aside while you prepare the rest of the salad.

Combine the red wine vinegar and chopped tarragon in a large mixing bowl and whisk them together to combine. While continuing to whisk vigorously, add the olive oil in a slow, steady stream to make a vinaigrette. Add all ingredients, including the chicken, to the mixing bowl, and toss together to combine and coat with the vinaigrette. Serve immediately.

593 calories, 25 g fat (3.1 g saturated fat), 42 g carbohydrate (5 g dietary fiber, 4.1 g sugars), 50 g protein

2. Chicken, Chickpea, and Roasted Vegetable Salad

Makes 1 serving; you'll have leftover roasted vegetables if you're following the 1400 or 1700 calorie plan

For this salad, roast the chicken and vegetables the night before, then store everything in the fridge overnight.

INGREDIENTS

2 medium bulbs fennel, cored and cut into 8 wedges, lengthwise
1 cup Brussels sprouts, roots trimmed, halved
4 medium carrots, peeled and cut crosswise into 1-inch pieces
1 tablespoon olive oil
pinch of kosher salt
freshly ground pepper
1 6-ounce boneless, skinless chicken breast
½ cup canned chickpeas, rinsed and drained
1 tablespoon raw, unsalted sunflower seeds
¼ cup basil leaves, torn
drizzle of balsamic vinegar

PREPARATION

Preheat the oven to 400°F. Line a large, rimmed baking sheet with parchment paper.

In a large mixing bowl, combine the cut fennel, Brussels sprouts, carrots, olive oil, salt, and pepper. Toss together to coat the vegetables. Spread the vegetables out over the

parchment-lined baking sheet and roast for 15 minutes. After 15 minutes, take the sheet tray out and move the vegetables around so that there's room in a corner of the sheet tray for the chicken breast. Place the chicken breast in the corner and put the sheet tray back in the oven. Continue to cook until the vegetables are roasted and the chicken is cooked through (a thermometer inserted in the center of the breast should read 165°F), about 20 minutes more.

Let the vegetables and chicken cool for about 10 minutes, then cut the chicken into bite-sized pieces and put it in a bowl with the roasted vegetables, chickpeas, sunflower seeds, and basil. Toss everything together and serve with a drizzle of balsamic vinegar.

601 calories, 25 g fat (3.7 g saturated fat), 43 g carbohydrate (11.9 g dietary fiber, 3.2 g sugars), 51 g protein

3. Salmon, Avocado, and Sweet Potato Kale Salad

Makes 1 serving

For this recipe you need to roast a salmon fillet. If you want, you can roast several 6-ounce fillets at once, then eat leftover fillets for other lunches and dinners. Leftover roasted salmon will keep for up to 4 days in an airtight container in the fridge.

INGREDIENTS

1 6-ounce fillet salmon, skinless
kosher salt
freshly ground pepper
2 ¼-inch slices of lemon
juice of ½ lemon
1 teaspoon olive oil
1 ½ cups kale leaves, stems removed, leaves sliced into ribbons ½-inch thick
¾ cup roasted sweet potato cubes (**recipe below**)
⅓ avocado, peeled and diced into ½-inch cubes
½ English cucumber, thinly sliced
1 tablespoon chopped dill (*optional, but recommended*)
1 tablespoon chopped parsley leaves

PREPARATION

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper.

Season the salmon fillet with a little bit of kosher salt and freshly ground pepper on all sides. Lay the lemon slices next to each other on the baking sheet, then place the seasoned salmon fillet on top of the lemon slices. Roast in the preheated oven until the salmon is opaque on the outside and flakes easily with a fork, but still pink on the inside. A salmon fillet 1-inch thick will take about 8 minutes to cook; a thicker fillet will take about an additional 4 minutes per extra ½-inch of thickness. Let the salmon cool at least 5 minutes, then cut it into 1-inch cubes.

In a medium mixing bowl, combine the lemon juice with a pinch of salt and some freshly ground pepper. Whisk the mixture, then add the olive oil while continuing to whisk. Add the kale ribbons and use your hands to massage the vinaigrette into the kale until it starts to soften, about 30 seconds. Add avocado, roasted sweet potato cubes, cucumber, and herbs, and toss everything together.

Transfer to a bowl and top with the cubed salmon. If you cooked the salmon ahead of time, it's fine to eat it cold in the salad.

595 calories, 23 g fat (3.8 g saturated fat), 46 g carbohydrate (12.4 g dietary fiber, 15.1 g sugars), 51 g protein

Roasted Sweet Potatoes

Makes about 2 cups

INGREDIENTS

½ teaspoon olive oil
2 medium sweet potatoes
pinch of kosher salt
freshly ground pepper

PREPARATION

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper. Brush the parchment with the olive oil.

Wash and dry the sweet potatoes, then cut them into ½-inch cubes. Spread the cubed sweet potatoes out over the baking sheet and season them with a little bit of salt and

pepper. Roast in the preheated oven until they're soft and lightly browned, 20-25 minutes.

Let the sweet potatoes cool slightly before eating; cool leftovers completely before storing in an airtight container in the fridge for up to 5 days.

4. Marinated Tofu, Egg and Vegetable Bowl

Makes 1 serving

For this recipe, you'll need to marinate the tofu at least 6 hours in advance. Since it's usually sold in a 12-ounce package, feel free to double the marinade recipe and marinate enough tofu for two meals.

INGREDIENTS

For the tofu:

6 ounces extra firm tofu
1 tablespoon unseasoned rice vinegar
1 tablespoon tamari
juice of ½ a lime
1 teaspoon honey
1 clove garlic, crushed

For the vegetable bowl:

2 teaspoons natural, unsalted almond butter
2 teaspoons rice vinegar
2 teaspoons tamari
1 scallion, thinly sliced on a bias
1 medium red bell pepper, cored, seeds removed, thinly sliced
1 medium carrot, peeled and grated
½ English cucumber, cut into matchsticks about 2-inches long and 1/4 -inch wide
¼ cup canned chickpeas, drained and rinsed
1 tablespoon parsley leaves
1 tablespoon cilantro leaves
2 hard-boiled eggs (**recipe below**), quartered

PREPARATION

For the tofu: Drain any excess liquid from the tofu and cut it into strips about 2 inches long, ½-inch wide and ¼-inch thick. Put the tofu in a quart-sized ziploc bag or a container or baking dish big enough to fit the tofu in a single layer.

Whisk together the rice vinegar, tamari, lime juice, and honey, then add the garlic clove. Pour over the tofu in the ziploc bag or container. Refrigerate and marinate for a minimum of 6 and a maximum of 24 hours, flipping halfway through. When the tofu is marinated, drain the liquid but don't pat the tofu dry. Marinated tofu will keep for up to 5 days in an airtight container in the fridge.

For the vegetable bowl:

In a medium mixing bowl, whisk together the almond butter, tamari and rice vinegar until it forms a sauce. Add scallion, red bell pepper, carrot, cucumber, and chickpeas and toss everything to coat.

Transfer the vegetables to a serving bowl, and top with the parsley, cilantro, chopped egg, and marinated tofu.

589 calories, 25 g fat (5.7 g saturated fat), 45 g carbohydrate (11.3 g dietary fiber, 11 g sugars), 46 g protein

Hard-Boiled Eggs

Cook as many eggs as you want, as long as they fit in a single layer in your pot. Cooked eggs will keep for up to 6 days in an airtight container in the fridge.

Procedure

Fill a medium saucepan with a lid with at least 5 inches of water and bring to a boil. When water is boiling, add eggs one at a time, dropping them in carefully with a spoon so as not to crack the shells. Reduce the heat as low as it will go, cover, and cook for exactly 10 minutes. Meanwhile, set up a medium mixing bowl with 1 ½ cups cold water and 1 ½ cups ice. When eggs are done, use a spoon to transfer them, one at a time, into the ice water bath. Cool 3 minutes, then peel the eggs and serve. Refrigerate leftover eggs in an airtight container.

5. Tossed Turkey Cobb

Makes 1 serving

INGREDIENTS

2 teaspoons cider vinegar

1 tablespoon chopped chives

kosher salt

freshly ground pepper

2 teaspoons olive oil

2 cups mixed greens

1 hard-boiled egg, roughly chopped (*recipe above*)

5 ounces low-sodium deli turkey, sliced and cut in bite-sized pieces

1 medium beefsteak tomato

¼ avocado, peeled and cut in ½-inch cubes

1 cup fresh, raw corn (*can substitute thawed, frozen corn*)

579 calories, 23 g fat (4.3 g saturated fat), 40 g carbohydrate (9.7 g dietary fiber, 9.1 g sugars), 53 g protein

DINNER

1. Thai Beef Salad Lettuce Boats

Makes 1 serving

INGREDIENTS

1 scallion, green and white divided

1 teaspoon peanut oil or canola oil

1 tablespoon minced shallot

2 teaspoons minced ginger (*optional, but recommended*)

6 ounces ground beef (*95% lean, 5% fat*)

1 clove garlic, minced

1 cup green beans, ends trimmed, cut into 1-inch pieces

½ a red bell pepper, cored, seeds removed, thinly sliced and cut into 1-inch pieces

1 teaspoon fish sauce (*can substitute tamari*)

juice of ½ lime

red chili flakes (*optional*)

½ cup cooked brown rice (*cooked according to package directions*)

1 tablespoon parsley leaves

1 tablespoon basil leaves, torn

1 tablespoon cilantro leaves

4 romaine lettuce leaves

PREPARATION

Thinly slice the scallion white, then cut the green into 1-inch pieces and set aside.

Heat the oil a large skillet over medium heat. Add the minced shallot, ginger, and sliced scallion whites and cook, stirring often, just until fragrant and starting to soften, about a minute. Add the ground beef, stir, and break up any big pieces. Cook, stirring occasionally, until the beef is almost cooked but still slightly pink in places, about 2 minutes. Add the garlic, green beans, and red pepper and continue to cook, stirring occasionally, until the pork is completely cooked and the vegetables are warm but still very crunchy, about 2 minutes more. Drain any excess grease by tipping the pan and pouring it out.

Turn the heat off under the skillet, then add the fish sauce, lime juice, red chili flakes, cooked brown rice, herbs, and reserved scallion greens. Stir everything together so that it's all evenly mixed.

Lay the lettuce leaves on a plate and divide the pork mixture evenly between the leaves, spreading the beef out down the center of the leaves so that they're easy to pick up. Serve immediately.

492 calories, 16 g fat (5.3 g saturated fat), 37 g carbohydrate (4.8 g dietary fiber, 0.7 g sugars), 42 g protein

2. One-Pan Chicken with Fennel, Tomatoes, Olives, and Spinach

Makes 1 serving

INGREDIENTS

6 ounces boneless, skinless chicken breast (*about ½ a large breast*)

kosher salt

freshly ground pepper

½ cup low sodium chicken stock
1 teaspoon crushed red pepper flakes (*optional, to taste*)
2-4 cloves garlic, crushed
½ a lemon, cut crosswise in ½-inch slices
1 medium (5 ounce) yukon gold potato, cut crosswise in slices ¼-inch thick
6 cherry tomatoes, halved
1 small bulb fennel, sliced lengthwise in wedges 1-inch thick
5 kalamata olives, halved
1 teaspoon olive oil
1 cup loosely packed baby spinach

PREPARATION

Season chicken breast with a little bit of salt and pepper on all sides, and let it sit on the counter for at least 10 minutes but no more than 20 minutes, so that it's not refrigerator cold.

Pour the chicken stock into a large skillet or sauce pot with a lid, season it with a little bit of salt and pepper, then bring it to a simmer over high heat. As soon as the liquid is boiling, add the red pepper flakes, garlic, lemon slices, potato slices, cherry tomatoes, fennel, and olives, spread everything out over the bottom of the pan, then lay the chicken breast on top and drizzle with the olive oil. Cover the pan and turn the heat down to medium-low.

Cook, covered, until a thermometer inserted in the center of the breast reads 165°F, 8-10 minutes.

As soon as the chicken is cooked, remove it from the skillet and let it rest on a cutting board for 5 minutes. Turn the heat off under the skillet and drain any remaining liquid from the skillet by tilting the pan and using a spatula to keep the vegetables in. Take out the lemon slices and garlic and throw them away. With the skillet still off the heat, add the spinach and toss everything together, so that the spinach wilts just a little bit.

Transfer the vegetables to a plate. Slice the chicken and serve it atop the vegetables.

478 calories, 14 g fat (1.2 g saturated fat), 39 g carbohydrate (7.5 g dietary fiber, 3.5 g sugars), 49 g protein

3. Marinated Flank Steak with Cauliflower “Rice” and Mustard Greens

Makes 1 serving

For this recipe, you'll have to marinate the skirt steak for at least 6 hours. Ideally you'll use a food processor to mince cauliflower, but you can also do it with a box grater or a knife.

INGREDIENTS

For the marinated skirt steak:

- 1 tablespoon tamari
- 2 tablespoons pineapple juice
- 1 teaspoon apple cider vinegar (*can substitute white vinegar*)
- 1 clove garlic, crushed
- 1 teaspoon minced ginger
- 6 ounces flank steak, fat removed, sliced into strips crosswise, about ½-inch thick

For the steak, cauliflower rice, and mustard greens:

- 1 ½ cups cauliflower florets
- 1 teaspoon peanut oil
- marinated skirt steak (*above*)
- 2 tablespoons low sodium chicken stock (*you can substitute water*)
- 1 clove garlic, minced
- 1 teaspoon minced ginger
- 1 scallion, green and white separated, thinly sliced
- 2 teaspoons tamari
- 1 cup mustard greens, stems removed, leaves thinly sliced into ribbons (*you can substitute kale*)
- ½ cup cooked brown rice (*cooked according to the package directions*)

PREPARATION

For the marinated skirt steak:

Combine all ingredients except the steak in a small airtight container or ziploc bag, and shake or stir everything together to combine. Add the skirt steak and shake or stir to coat the steak with the marinade. Refrigerate and marinate for a minimum of 6 and a maximum of 24 hours, flipping halfway through.

For the steak, cauliflower rice, and mustard greens:

Add the cauliflower florets to a food processor fitted with the blade attachment, and pulse 10-15 times, until the florets are roughly the consistency of rice. Some chunks are

OK, just pick them out before you cook. If you don't have a food processor, you can grate the florets on a box grater or mince them by hand, but it's messy.

Once the steak is marinated, take it out of the marinade and pat it dry with paper towels. Throw the marinade away.

Heat the peanut oil in a large skillet over medium-high heat. When the oil is hot, add the skirt steak strips, spreading them out so they're not touching. Cook, without touching the steak, until the undersides are lightly browned, about 90 seconds. Flip the steak strips and cook until both sides are browned and the steak is cooked to medium-rare, about 90 seconds more. Use a spoon or spatula to take the steak strips out of the pan and set them aside on a plate.

Turn the heat on the skillet down to medium-low and add the chicken stock, garlic, ginger, and scallion whites. As the chicken stock simmers, scrape the bottom of the pan with a spoon or spatula, to release any browned steak bits stuck to the pan. Cook until the stock is almost evaporated and the garlic and ginger are fragrant, about 45 seconds. Add the raw cauliflower rice, tamari, and mustard greens. Cook, stirring occasionally, until the cauliflower is tender and the mustard greens are bright green, about 4 minutes. If the liquid evaporates and things start to stick, add a splash of water.

When the cauliflower is tender, add the cooked steak strips, cooked brown rice and the sliced scallion greens. Cook over low heat, stirring occasionally, just until the rice is warm, about 30 seconds. Serve immediately.

497 calories, 17 g fat (6.5 g saturated fat), 38 g carbohydrate (10 g dietary fiber, 1.9 g sugars), 48 g protein

4. Spicy Roasted Tofu and Portobello Mushroom Bowl

Makes 1 serving

INGREDIENTS

5 ounces extra firm tofu

2 teaspoons unseasoned rice vinegar, divided

2 teaspoons fish sauce (*you can substitute tamari*), divided

1 teaspoon peanut oil

2 large portobello mushroom caps, cut into strips about ½-inch thick

½ a small red Thai chili, halved, seeds removed, thinly sliced lengthwise (*optional*)
3 large egg whites (*or 9 tablespoons liquid egg whites*) plus 1 large egg, beaten
½ english cucumber, cut into matchsticks 2 inches long, ½-inch wide and ½-inch thick
⅓ cup cooked brown rice (*cooked according to the package directions*)
1 tablespoon parsley leaves
1 tablespoon cilantro leaves
1 scallion, thinly sliced on a bias

PREPARATION

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper.

Drain the tofu and use paper towels to dry it thoroughly. Cut the tofu into strips, roughly 2 inches long, ½-inch wide, and ½-inch thick. Set aside.

In a medium mixing bowl, combine 1 teaspoon unseasoned rice vinegar, 1 teaspoon fish sauce, and the peanut oil. Stir together, then add the tofu and *gently* toss the tofu with your hands, coating it with the liquid. Try not to break up the pieces of tofu, but it's no big deal if a couple of them get broken up. Spread the tofu out over about ⅓ of the baking sheet, leaving behind liquid in the mixing bowl and reserving it. Roast the tofu in the preheated oven for 15 minutes. Meanwhile, add sliced mushrooms and chili to the same mixing bowl and toss with the remaining to coat. When the tofu has been roasted for 15 minutes, take the baking sheet out of the oven and spread the mushrooms and chili out over the remaining ⅔ of the baking sheet. Continue to roast tofu with mushrooms until the chili is shriveled, the mushrooms are very soft, and the tofu is light brown and crispy on the bottom, about 15 minutes more. When the tofu and mushrooms are done, take the baking sheet out of the oven and set it aside.

Heat a small nonstick skillet over medium-low heat. Add beate, egg and egg whites to the skillet. Cook, moving the eggs around constantly with a wooden spoon or rubber spatula, until the whites are cooked through, about a minute. Turn the heat off underneath the skillet.

In a large mixing bowl, combine the remaining 1 teaspoon rice vinegar and 1 teaspoon fish sauce. Add the cucumber, cooked brown rice, parsley, cilantro, and scallion, and toss to coat everything. Add the mushrooms, tofu, and egg to the bowl and toss everything together, breaking up the egg.

Transfer to a serving bowl and serve immediately.

491 calories, 19 g fat (4.1 g saturated fat), 33 g carbohydrate (5.8 g dietary fiber, 2.5 g sugars), 47 g protein

5. Collard-Wrapped Turkey Burger with Turnip “Fries”

Makes 1 serving

INGREDIENTS

2 large turnips (*big enough to yield 1.5 cups raw “fries,” instructions below*)
1 small (4 ounce) yukon gold potato
2 teaspoons peanut oil or canola oil, divided
kosher salt
freshly ground pepper
1 scallion, green thinly sliced, white finely minced
6 ounces ground turkey (*97% lean*)
¼ teaspoon paprika
2 large collard green leaves, stems removed
2 ½-inch slices beefsteak tomato
a few thin slices red onion (*optional*)
½ teaspoon mustard (*no sugar added*)

PREPARATION

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper.

Peel the turnips and cut into “fries” that are roughly 3 inches long, ½-inch wide and ½-inch thick. It’s OK if they’re not all totally uniform. Cut the potato the same way, but don’t peel it. Put the turnip and potato fries on the lined baking sheet, drizzle with 1 teaspoon oil, and sprinkle with a little bit of salt and pepper. Spread the fries out and roast in the preheated oven until they’re soft in the middle and slightly crispy on the outside, 20-25 minutes. While the fries cook, make the turkey burger.

In a small mixing bowl, combine scallion whites and greens, ground turkey, paprika, a pinch of kosher salt, and some freshly ground pepper. Use your hands to mix everything together, then form it into a patty about ¾-inch thick. Put the patty in the fridge while you prepare the collard greens.

Simmer ¼ cup water in a large skillet over medium heat. Add one large collard green

leaf to the simmering water and let it cook for about 30 seconds, then flip it and cook for another 30 seconds. This will soften the collard a little bit, so that it's easier to wrap around the burger and doesn't taste weird. Put the cooked leaf on a paper towel-lined plate, and repeat with the second leaf. You might only need one leaf, but cooking two will give you a thicker wrap, in case one rips.

Wipe out the skillet so that it's clean and dry, then return it to the stove. Heat the remaining 1 teaspoon of oil in the skillet over medium-high heat. When the oil in the skillet is very hot, lay the turkey patty in the skillet. Cook until the underside is deeply browned, about 5 minutes. Carefully flip the burger and cook until the meat is cooked through (a thermometer inserted into the center should read 165°F, and there should be no pink in the middle when you cut into the patty) and the underside is deeply browned, about 5 minutes more.

When the turkey burger is cooked, turn the heat off under the skillet. Lay the whole collard leaf on a plate with the fries, then lay the burger in the center of the leaf. Top with mustard, sliced tomato, and sliced onion (if you're using it). Wrap and serve.

483 calories, 15 g fat (3.3 g saturated fat), 35 g carbohydrate (5.7 g dietary fiber, 8.5 g sugars), 52 g protein

LIGHT SNACK

1. Balsamic-Marinated Strawberries with Cottage Cheese and Mint

Makes 1 serving

You can toss the strawberries with balsamic right before you eat, but they'll taste better if they sit in the vinegar for a minimum of two hours and a maximum of 24 hours. (Perfect if you're preparing this in the morning and taking it on-the-go!) Just make sure to keep it refrigerated.

INGREDIENTS

6 large strawberries, hulled and thinly sliced (*about 1 cup*)

1 teaspoon balsamic vinegar

few drops of vanilla extract (*optional*)

1 cup 1% low-fat cottage cheese
3 mint leaves, roughly chopped

PREPARATION

In a small bowl, toss the sliced strawberries with the balsamic vinegar and vanilla extract (*if you're using it*). For the most delicious snack, let the strawberries sit in the vinegar for at least 2 hours and up to 24 hours in an airtight container in the fridge.

When you're ready to eat, put the cottage cheese in a bowl, top with the strawberries, and sprinkle with the mint leaves.

227 calories, 3 g fat (2 g saturated fat), 24 g carbohydrate (3.5 g dietary fiber, 18.7 g sugars), 26 g protein

2. Peach and Turkey Roll-Ups with Chive Ribbons

Makes 1 serving

For this recipe, long chives are tied around the peach-turkey roll-ups. The chives add a little bit of crunch, but the ribbons are mostly just cute. If the cuteness of your snack isn't something you care about, you can just thinly slice 3 chives, sprinkle them on the turkey, and not tie the ribbons.

INGREDIENTS

6 chives (*the longer the better*)
4 ounces low-sodium deli turkey breast, thinly sliced in about 8 slices
1 large peach, cored and cut in 8 wedges

PREPARATION

Thinly slice two of the chives and leave the other 4 whole.

Make four roll-ups by rolling 2 peach wedges and a sprinkle of sliced chives in 1-2 slices of turkey. Wrap each roll-up in a chive, and tie the chive in a knot, to keep the roll-up together (and also to look adorable). Serve immediately, or make the roll-ups up to 1 day in advance and store in the fridge.

216 calories, 1.8 g fat (0.4 g saturated fat), 25 g carbohydrate (4.7 g dietary fiber, 22 g sugars), 25 g protein

3. Two-Ingredient Banana Pancake

Makes 1 serving

To make this pancake work, you need a blender and a true non-stick pan. If your nonstick skillet is old or scraped, you may need to brush it with a little bit of olive oil to keep the pancake from sticking.

INGREDIENTS

5 large egg whites (or 15 tablespoons liquid egg whites)

1 medium, ripe banana

pinch kosher salt (*optional*)

sprinkle of cinnamon (*optional*)

PREPARATION

Put the egg whites and the peeled banana in a blender (*with the kosher salt and cinnamon, if you're using them*) and blend on high until the mixture is smooth.

Heat a large nonstick skillet with a lid over medium heat. Pour the banana-egg white mixture into the hot skillet, and let it cook, uncovered, for 2 minutes, until the edges start to brown. Cover the skillet and turn the heat down to low, then cook until the "pancake" is cooked through and doesn't jiggle when you shake the pan, about 10 minutes.

Use a large plastic or rubber spatula to *carefully* flip the pancake, then turn the heat back up to medium and cook, uncovered, just until the underside of the pancake starts to brown, about 2 minutes more.

Serve immediately, sprinkled with some additional cinnamon if you want.

181 calories, .5 g fat (.1 g saturated fat), 23 g carbohydrate (2.6 g dietary fiber, 12.4 g sugars), 21.1 g protein

217 calories, .6 g fat (.2 g saturated fat), 27 g carbohydrate (3.1 g dietary fiber, 14.5 g sugars), 26 g protein

4. Chopped Chicken Salad with Grapes and Dijon Mustard

Makes 1 serving

This snack is super easy when you have leftover cooked chicken. Plan ahead and cook an extra chicken breast or two every time you make a lunch or dinner recipe that calls for chicken breast. Or, buy a rotisserie chicken at the supermarket and remove the skin

INGREDIENTS

4 ounces roasted skinless chicken breast, cut in ½-inch cubes
1 teaspoon dijon mustard
3 chives, thinly sliced
1 tablespoon parsley leaves, roughly chopped
1 cup grapes, halved

PREPARATION

Put the cubed chicken breast in a small mixing bowl, then add the mustard and toss to coat the chicken. Add the remaining ingredients and toss together. Serve immediately or refrigerate in an airtight container for up to 24 hours.

235 calories, 3 g fat (0.9 g saturated fat), 25 g carbohydrate (0.9 g dietary fiber, 21.2 g sugars), 27 g protein

5. Blackberry-Flax Seed Yogurt Parfait

Makes 1 serving

INGREDIENTS

1 cup blackberries, divided
1 cup plain, unsweetened, nonfat Greek yogurt
¼ teaspoon vanilla extract
1 tablespoon ground flax seed
sprinkle of cinnamon

PREPARATION

Put half the blackberries in a small bowl and use a fork to mash them into a chunky paste. Add the Greek yogurt and vanilla extract and stir everything together to thoroughly mix. Transfer to a small serving bowl and top with the remaining blackberries, ground flax seed, and cinnamon.

239 calories, 3 g fat (0 g saturated fat), 27 g carbohydrate (9.6 g dietary fiber, 19 g sugars), 26 g protein

BIG SNACK

1. Apple and Tuna Salad In Lettuce Boats

Makes 1 serving

Eating the tuna salad in lettuce boats makes things more fun. If you want, you can forgo the ~fun~ and just eat the tuna salad with a fork, skipping the lettuce boats.

INGREDIENTS

1 medium apple
1 5-ounce can tuna, drained (4 ounces tuna)
1 tablespoon organic mayonnaise
½ teaspoon dijon mustard
2 chives, thinly sliced
freshly ground pepper
squeeze of lemon juice
4 romaine leaves, washed and dried

PREPARATION

Core the apple. Slice one half of the apple into 4 wedges and chop the other half into rough ¼-inch cubes. Put the cubes in a small mixing bowl and set the wedges aside on a plate.

To the small mixing bowl with the chopped apple, add the tuna, mayonnaise, mustard, chives, freshly ground pepper, and lemon juice. Mix everything together with a fork until it's evenly coated and combined.

Put the romaine leaves on the plate with the apple wedges, then divide the tuna salad mixture among the leaves. Serve immediately. If you're packing this snack to-go, keep the tuna salad and romaine leaves separate until you're ready to eat. Also, don't slice the remaining apple half into wedges; squeeze some additional lemon juice onto the

exposed apple flesh to keep it from browning, then slice it when you're ready to eat. Make sure everything is refrigerated until you're ready to eat.

278 calories, 10 g fat (1.6 g saturated fat), 24 g carbohydrate (4.1 g dietary fiber, 17.7 g sugars), 23 g protein

2. Chocolate-Banana Smoothie

Makes 1 serving

This smoothie works best if you peel and freeze the banana ahead of time, but it's fine to use a banana that isn't frozen.

INGREDIENTS

½ a large, ripe, banana, peeled and frozen, cut in 1-inch chunks
¾ cup plain, unsweetened, nonfat Greek yogurt
½ cup plain, unsweetened almond milk
½ teaspoon vanilla extract
1 tablespoon natural, unsalted almond butter
1 tablespoon unsweetened cocoa powder

PREPARATION

Combine all ingredients in a blender and blend on high until the mixture is smooth. Serve immediately, or store in an airtight thermos or jar in the fridge until you're ready to eat, up to 12 hours.

299 calories, 11 g fat (1 g saturated fat), 27 g carbohydrate (5.6 g dietary fiber, 16.2 g sugars), 23 g protein

3. Pineapple, Macadamia Nut, and Cottage Cheese Parfait

Makes 1 serving

INGREDIENTS

¾ cup 1% low-fat cottage cheese
1 cup diced pineapple
5 macadamia nuts, roughly chopped

PREPARATION

In a small bowl or jar, layer half the cottage cheese, half the pineapple chunks, and half the macadamia nuts, then repeat with the remaining ingredients. You can also just dump it together, if you don't care about the cuteness factor. Serve immediately, or keep in an airtight container in the fridge for up to 1 day until you're ready to eat.

300 calories, 12 g fat (2.8 g saturated fat), 25 g carbohydrate (3.1 g dietary fiber, 21.3 g sugars), 23 g protein

4. Chicken, Sweet Potato, and Cucumber Salad

Makes 1 serving

This snack is great when you have leftover sweet potatoes and cooked chicken. When you make a lunch or dinner recipe that calls for roasted sweet potatoes or chicken breast, make extra to use for this snack!

INGREDIENTS

2 teaspoons apple cider vinegar
pinch of kosher salt
freshly ground pepper
2 teaspoons olive oil
3 ounces roasted boneless, skinless chicken breast, cut into ½-inch cubes
½ cup roasted sweet potatoes, cut into ½-inch cubes
½ an English cucumber, cut in ½-inch pieces
1 tablespoon parsley leaves, roughly chopped
2 scallions, thinly sliced

PREPARATION

Pour the apple cider vinegar into a medium mixing bowl and season with salt and pepper. Whisk together, then slowly add the olive oil, continuing to whisk vigorously. When the olive oil is incorporated, add all other ingredients to the bowl and toss to coat and combine. Serve immediately, or store in an airtight container in the fridge for up to 12 hours, until you're ready to eat.

300 calories, 12 g fat (2 g saturated fat), 24 g carbohydrate (4.2 g dietary fiber, 8.8 g sugars), 24 g protein

5. Baked Apple with Coconut and Greek Yogurt

Makes 1 serving

INGREDIENTS

1 small apple
½ teaspoon cinnamon
½ tablespoon coconut oil
2 tablespoons unsweetened shredded coconut
1 cup fat-free, plain Greek yogurt
¼ teaspoon vanilla extract

PREPARATION

Preheat the oven to 375°F and line a small baking dish or skillet with parchment paper.

Use a paring knife to cut the core out of the apple, without cutting all the way through to the bottom (leave about a ½-inch of uncut apple at the bottom), then cut away a little bit extra, so there's a well in the apple that's about ¾-inch in diameter. Put the cored apple in the center of the lined baking dish, then sprinkle with cinnamon. Spoon the coconut oil into the well in the center of the apple. Bake until the apple is very soft, 30-35 minutes.

As soon as the apple comes out of the oven, sprinkle it with the shredded coconut then let it sit for at least 5 minutes before eating.

Mix the Greek yogurt and vanilla in a medium bowl, then slice the apple into 2 or 4 pieces and serve it atop the Greek yogurt. Sprinkle with extra cinnamon, if you want.

304 calories, 12 g fat (10 g saturated fat), 25 g carbohydrate (3.5 g dietary fiber, 20.5 g sugars), 24 g protein