RECIPES & HOT BODY TIPS

Easy and delicious recipes that will help you lose weight...deliciously!

Here are some recipes and tips to help you achieve your goals. Remember to try to cook when you can, it doesn't have to take a long time or be a source of stress. Cooking is sexy!

Most importantly, be sure to love your food! If you hate it, you'll feel deprived and will wind up eating less healthy options. Fresh delicious healthy food is your HOT BODY lifestyle now!

Doesn't that feel good??!!

BREAKFAST OPTIONS

FLAT BELLY SMOOTHIE

One to two cups dark leafy greens (kale, collards, spinach. May be lightly steamed and chilled if you have thyroid issues)
Low Sugar Fruit: ¼ cup berries or ½ green apple
1 scoop Best Quality Protein Powder
Sexy Fat (1 tbs coconut oil OR ¼ avocado)
Water

***Optional additons:**
1 small scoop Greens Powder
Juice of 1 lemon or lime

****HOT TIPS!****
If using FRESH fruit instead of frozen, add a few ice cubes for best taste!
For a thinner smoothie use more water, for a thicker smoothie use less water.

BANANA CREPEY PANCAKES...that won't make you puffy!

This is one of the easiest recipes ever, and it is really delicious and good for you too!

1 banana (make sure it is well ripened)
Dash of cinnamon
2 eggs beaten
Virgin Unrefined Coconut oil

Peel banana and mash completely with a fork or whisk, add eggs. Batter should be frothy and mixed completely, some small bits of banana are ok...but not too much!
Heat a small pan to medium heat, add a small amount of Virgin Unrefined coconut oil. Spoon in small amount of batter, and heat for 2 minutes (be careful not to burn, just brown slightly) flip and heat other side.

OMG delicious. After making you can top with fresh fruit, some chopped nuts, all fruit jam (not sweetened) or agave...or just eat plain. Kids love them too!

PORTABLE EGG MUFFINS (for you busy HOT babes) makes 12 muffins

12 eggs
1/4 teaspoon ground black
1 cup of sautéed chopped pepper or veggies of your choice (whatever you like...mushrooms, tomatoes asparagus, leeks, onions)
1/4 teaspoon garlic powder or whatever other spices you may like (rosemary, basil, parsley...you can use dried or fresh)
1/2 teaspoon salt

Preheat oven to 350 degrees. Lightly grease 12 muffin cups, or line with paper muffin liners. Heat a large skillet over medium-high heat w oil of your choice (small amount) and stir veggies and sauté till slightly soft. Beat eggs in a large bowl. Stir in veggies of your choice. Spoon by 1/3 cup full into muffin cups. Bake in preheated oven until a knife inserted near the center comes out clean, 20 to 25 minutes.

I'm in a rush! I need a grab and go breakfast!

THROW IN YOUR BAG CHOICES:

Start with Fruit and Veggies!

- Your choice of fresh fruit: apple, pear, grapefruit, or orange

And

- A green juice: either fresh squeezed or a cold pressed bottled

Along with your choice of:

- One BEST quality nutrition bar
- Two hard boiled eggs
- One scoop of vegan high quality protein mixed with water, almond or coconut milk.

I'm at Starbucks what should I get?

Starbucks now carries Evolution Juices, which are a great option if you can't find a juice bar. Also, add a package of nuts, or a good quality bar.

STARBUCKS PROTEIN PLATE:

This is an energizing combo of fruit, peanut butter, a hard cooked egg, and mini raisin bread. **DO NOT EAT THE RAISIN BREAD** while in clean and simple phase, give to a friend or toss it! Together these deliver the perfect balance of protein, complex carbs and healthy fats to help you power through your morning. I eat this when I have to work for 3-4 hours in the am, and am in a rush.

LUNCH OPTIONS

KALE SALAD MIX-UP

Another of my fave lunches, as it is PACKED with nutrients and gives me wonderful energy!

1-2 cups of fresh washed, chopped kale
1 cup of grape tomatoes (so sweet and delicious)
1 cup of any mixed up veggies you have in the house (radishes, celery, bell peppers, carrots, scallions)
1 teaspoon of capers
1 teaspoon of raisins
1 teaspoon chopped raw almonds or walnuts

Dress lightly with vinegar of your choice (balsamic, apple cider, white, white balsamic), extra virgin olive oil, and fresh ground black pepper. For a delicious tropical treat, substitute raw unrefined coconut oil for olive oil...delicious!

LA DOLCE VITA TUNA SALAD

I really got into this while I was living in Italy. If you don't eat fish, feel free to omit or add tofu, cooked chicken, or nuts. Livin la dolce vita!

1 to 2 cups arugula (if you don't like the spiciness of arugula, you can sub spinach or chopped kale
optional 1 tablespoon chopped red onion
Can oil packed tuna drained (good fats and better flavor! Try to get the Italian brands)
1 cup grape tomatoes, halved

Dress with red wine vinegar, salt and pepper to taste (no need for oil here as the tuna already has some) Buon Appetito!

TOMATO FENNEL SOUP

Adapted from Anthony Bourdain's Les Halles Cookbook

This is one of my FAVORITE soups ever!!! I make a huge vat and freeze it...everyone loves it and thinks you slaved over it. Trust me!

Olive oil
2 fennel bulbs
1 small onion, diced
1 28-oz can plum tomatoes
6 cups of broth (either chicken or vegetable...I sometimes mix them!)
salt and freshly ground pepper to taste

Cut the stalks from the fennel bulbs level with the bulbs. Cut the fennel bulb in half from top to bottom, and then each half, in half from top to bottom. This will reveal the fennel's core which you should remove. Slice the fennel thinly.

Gently sauté the onions in a couple of tablespoons of olive oil. When the onions are translucent, add the sliced fennel. Salt lightly. Gently sauté for about 10 more minutes, then add the tomatoes and the broth. Bring to a boil, adjust to a simmer, and continue to simmer for about an hour. Allow the soup to cool slightly, then puree in the blender in batches. Be careful not to overload blender...they can explode with hot liquid.
Reheat soup. Taste for seasoning. Serve.

SMOKED SALMON NORI ROLLS

These are great for breakfast or a snack. Or as lunch with a big salad. This is a technique so get creative with your nori wraps. Veggies only are also delicious. YUM!!!!

Nori Wrappers (you can get at most big supermarkets or an Asian market)
Persian Cucumbers Sliced to small stick shapes
Wild Smoked Salmon
Capers or Caper Berries
Avocado slices

Take a nori wrapper on a plate and moisten slightly with a small amount of water (not too much! Just enough to make wrapper pliable). Add a small layer of salmon, avocado, cucumber slices and capers. Roll like a burrito or a sushi roll, or even like a hand roll for sushi. Cutting can be tricky, I usually just cut in half and gobble it up. :)

VEGGIE FRITTATA

This is one of my fave ways to use up veggies and make a great brunch item that is easy. Again, this is a technique so get creative!

6 eggs
Olive Oil
1 cup sautéed veggies of your choice
Salt and Pepper to taste

Pre-heat oven to 350 degrees. In a large bowl beat the eggs. Meanwhile, sauté your veggies so they are slightly soft. Great options are: tomato, leek, mushroom, asparagus, broccoli, broccoli rape...endless choices.
Add to eggs along with salt and pepper. Lightly oil a round baking dish or quiche dish. Allow to cook for about 30 minutes or until a fork comes out clean. I usually slice with a pizza cutter. Excellent!

I'm in a rush! I need a grab and go lunch!

THROW IN YOUR BAG LUNCH OPTIONS:

Start with Veggies!

- 1-2 cups of fresh veggies: celery sticks, red pepper slices, carrots, cucumber slices, steamed asparagus, grape tomatoes

And

- One BEST quality nutrition bar
- Two hard boiled eggs or 1 can water packed tuna
- One good quality protein powder mixed with water, or non-dairy milk in Blender bottle.

DINNER OPTIONS

Dinner is always the fun "veggie game", trying to get as many delicious and healthy veggies in and having anything else be your side dish. All of the below recipes can be served with a side of fresh or steamed veggies, or simple salad...the more veggies, the better!

STEAMED KALE WITH CRANBERRIES AND SALMON

Lightly steam 1-2 cups of Kale
Add zest of one orange or lemon (only the colored part, not the white)
Add tablespoon dried cranberries
pinch of salt and fresh ground black pepper

Steam, Grill or Saute one Salmon Filet (4-6oz) and serve on top of Kale mixture

CHICKEN WITH SPINACH AND MUSHROOMS

Cook 1 (4-6oz) Chicken Breast in pan with light amount of extra virgin olive oil (about 5-7 minutes per side), Remove chicken from pan and set aside.
Add ½ clove garlic to pan (with extra oil if necessary) and saute till golden
Add ½ cup cut mushrooms (button or baby bellas are delicious) and saute till mushrooms are tender
Add 1 cup spinach. Mix all (1 minute, keep spinach green...not brown!)

Plate beautifully with Chicken alongside of spinach/mushroom mix.
May squeeze some lemon on top of all for delicious freshness!

SAUTEED SHRIMP WITH ARTICHOKE AND EDAMAME

½ cup Shrimp (I usually buy frozen, and thaw under cold water in sink)
1 clove garlic chopped
½ cup frozen artichoke hearts
¼ cup frozen edamame
¼ fresh grape tomatoes
Fresh greens (I use kale or arugula..whatever I have on hand)

Heat large pan over medium heat. Add small amount of coconut oil, add garlic and cook till garlic is soft (not burned/brown)
Add frozen artichoke hearts and edamame (no need to thaw!) Sautee till veggies are cooked and warm. Add Shrimp and cook till pink, not translucent. Add tomatoes and cook about 5 minutes more. Add greens and just toss thru, simply warming them. Serve in a bowl, so good!

ROASTED FISH WITH GREEN LEMONY SAUCE

2 Filets of fresh white fish (tilapia, cod, haddock are good examples)
Salt and Pepper to taste
Juice of half a lemon

Green Lemony Sauce

¼ cup fresh lemon juice
¼ cup lightly packed fresh Italian parsley leaves
2 cloves garlic
2 teaspoons finely grated lemon zest
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1/3 cup extra-virgin olive oil

Preheat oven to 350 degrees.
Prepare fish filet with salt and pepper to taste, add juice of half lemon.
Cook until fish is cooked through, about 8 minutes.
Meanwhile blend the lemon juice, parsley, garlic, lemon zest, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper. Drizzle the Green Lemony Sauce over the fish.

TRACY'S FAMOUS ROASTED BRUSSEL SPROUTS

My friends all obsess over these and always request at dinner parties :)

1lb fresh Brussel Sprouts
Salt and Pepper
4 slices of Bacon
Balsamic Vinegar
Olive Oil

Heat oven to 375. Meanwhile cut brussel sprouts in half and place on a large baking sheet. Using kitchen shears, slice bacon into small pieces. Drizzle olive oil over sprouts and salt and pepper to taste. Place in oven to cook for about 35 minutes.
When sprouts are looking soft and bacon crispy,drizzle balsamic vinegar over them (I don't measure but probably about a teaspoon or so). Mix and allow to cook for about 5-10 minutes more. Be attentive to not burn. ENJOY!

JUNIORS GREEN BEANS WITH MINT

Ok, Junior was my dear cat and he loved green beans...
but raw not cooked! Now you know!

1lb Fresh Green Beans, trimmed
Fresh Mint chopped of top and bottom stems
Salt and Pepper to Taste
Oil of choice (olive, coconut)

Place cleaned beans in a large pan with a small amount of water. Blanche the beans till they get BRIGHT green but are still firm. Remove and place in a strainer and run cold water over (to stop cooking process). Heat small amount of oil in pan and add beans.
Be sure to keep some "bite" in beans...mushy=gross. Add fresh mint and salt and pepper. Toss all and eat. Such a great combo, beans and mint!

I have to eat at a Restaurant tonight…what do I do?

Don't worry, I've got you covered!

1. Don't show up ravenous...a few raw almonds and a half an apple, pear or a green juice prior will help to curb your appetite so that you can stay away from the bread basket.
2. Order something that looks and sounds simple and delicious. A grilled piece of fish with some veggies. Some roasted chicken and vegetables. . You can always find the best choice!
3. Portions tend to be massive in many restaurants. Eat veggies with freedom but you don't have to clean your plate, or share with your company to try lots of healthy choices and stay hot!
4. **Remember:** You are not starving! Enjoy the company and conversation and be your beautiful charming self:)

SNACK TIME!

You may find during the day that you are craving a snack. And that's ok! Just be sure you are eating because you are hungry, and not bored, tired, thirsty stressed or any other reasons.
Remember to stick with the guidelines depending on what phase you are in: **Clean and Simple** or **HOT BODY**.

Here are some easy and healthy snack options:

- An apple with a teaspoon of almond butter
- Fresh Kale Juice (see my youtube video for an easy blender option or at your local fresh juice stand) http://y2u.be/XzlbciYjDL4
- Kale Chips (store bought at health food store or whole foods or make your own) http://y2u.be/FVuoJsCgIxM
- Fresh Cut Veggies
- Grapefruit. Either plain and peeled or cut with cinnamon and anise seed Yummy!
- Frozen Dark Cherries, blueberries or peaches: no sugar added, with a teaspoon of nuts. This is so good!! Like ice cream.