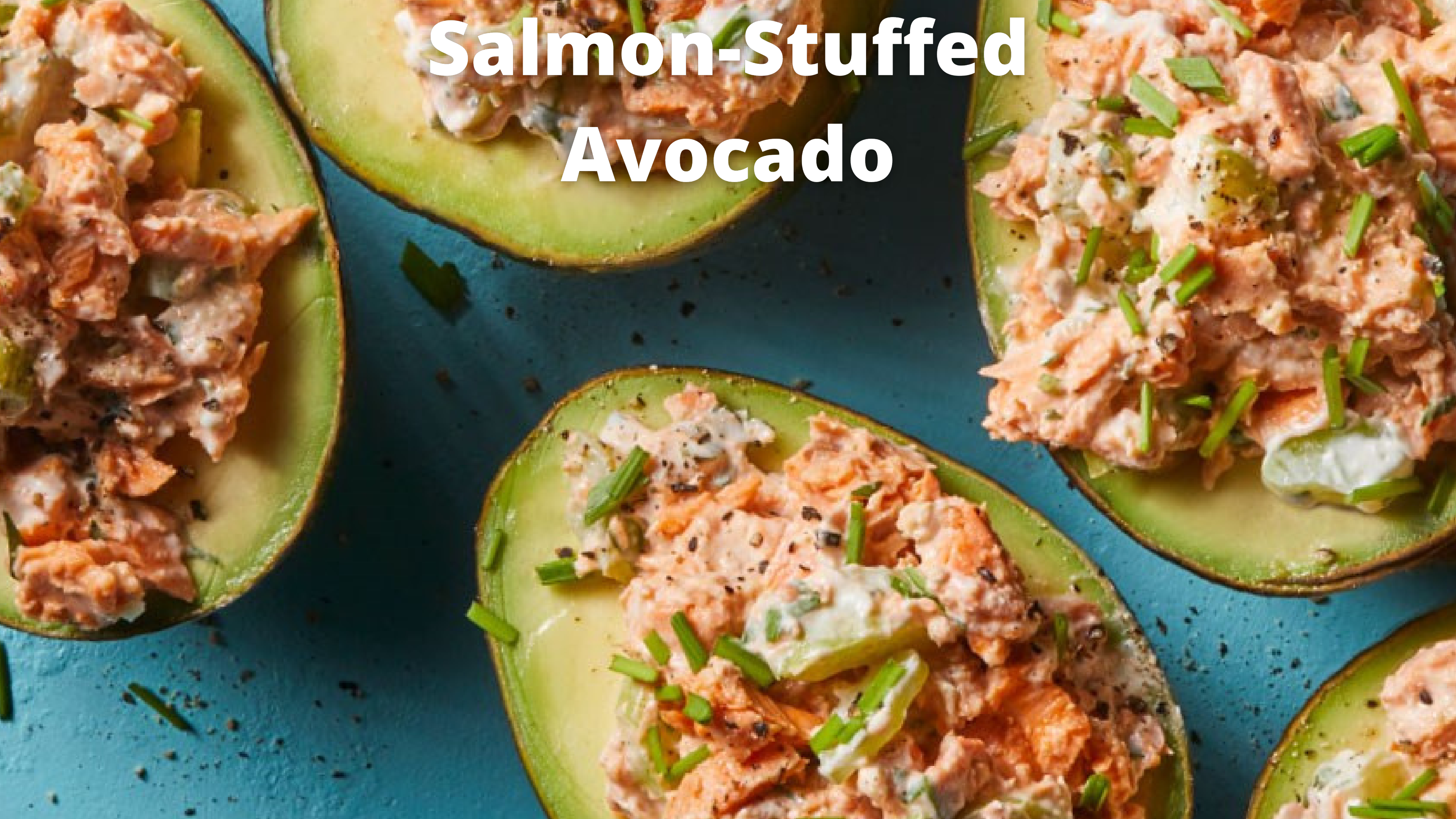


TOP SHAPE LIFESTYLE

FAT LOSS RECIPES FOR FORMER ATHLETES

FORMER ATHLETE TRANSFORMATION

Salmon-Stuffed Avocado





Salmon-Stuffed Avocado

Step 1:

Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.

Step 2:

Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.

Step 3:

Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

Salmon-Stuffed Avocado

Ingredients:

- 1/2 cup of non fat plain greek yogurt

- 1/2 cup of diced celery

- 2 tablespoons of chopped fresh parsley

- 1 tablespoon of lime juice

- 2 tablespoons of mayonnaise

- 1 teaspoon of dijon mustard

- 1/8 teaspoon of salt

- 1/8 teaspoon of ground pepper

- 10 ounces of salmon

- chopped chives for garnish

Salmon-Stuffed Avocado

Nutrition Facts:

Serving Size:

1/2 avocado and 1/4 cup salmon salad

Per Serving:

Calories 293

Protein 22.5g

Carbs 10.5g;

Fat 19.6g

Dietary Fiber 7g

Sugars 1.8g; Saturated fat 3g; Cholesterol 61.2mg; Vitamin a iu 413IU; Vitamin c 14.1mg; Folate 94.1mcg; Calcium 94.2mg; Iron 1.1mg; Magnesium 52mg; Potassium 807.2mg; Sodium 399.8mg.

HEALTH IS
WEALTH



Kale & White Bean Potpie with Chive Biscuits



Kale & White Bean Potpie with Chive Biscuits

Step 1:

Preheat oven to 350 degrees F. Coat a 10-inch cast-iron skillet (or similar-size 2-quart baking dish) with cooking spray.

Step 2:

Heat 2 tablespoons oil in a large pot over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the vegetables are soft, 4 to 6 minutes. Add garlic, thyme and rosemary; cook, stirring, until fragrant, about 30 seconds. Add kale; cook, stirring often, until tender and wilted, 3 to 5 minutes. Sprinkle with 1/4 cup flour and cook, stirring, for 30 seconds. Stir in broth, increase heat to high and bring to a boil. Reduce heat to a simmer and cook, stirring, until thickened, about 2 minutes. Stir in beans and 1/2 teaspoon each salt and pepper. Transfer the mixture to the prepared pan.

Kale & White Bean Potpie with Chive Biscuits



Step 3:

To prepare biscuits: Whisk flour, baking powder, baking soda, salt and pepper in a large bowl. Using a pastry blender or your fingertips, cut or rub butter into the dry ingredients. Stir in chives. Add buttermilk and stir until just combined. Form the dough into 6 biscuits and place on top of the vegetable mixture. Lightly brush with the remaining 2 teaspoons oil. Place the potpie on a baking sheet.

Step 4:

Bake until the biscuits are lightly browned and the filling is bubbling, about 30 minutes. Let cool 5 minutes before serving.

Kale & White Bean Potpie with Chive Biscuits

Ingredients:

- **8 cups of chopped kale (1 small-to-medium bunch)**
- **1/2 cup of white whole-wheat flour**
- **3 cups of low-sodium vegetable broth or no-chicken broth**
- **One 15 ounce can of white beans, rinsed**
- **1/2 teaspoon of kosher salt**
- **1/2 teaspoon of ground pepper**
- **1 cup of white whole-wheat flour(see Tips)**
- **1 teaspoon of baking powder**
- **1/4 teaspoon of baking soda**
- **1/4 teaspoon of kosher salt**
- **3 tablespoons of cold butter, cut into small pieces**
- **3 tablespoons of minced fresh chives**
- **1/2 of cold buttermilk**

Kale & White Bean Potpie with Chive Biscuits

Tips:

Make Ahead Tip: Prepare through Step 2; refrigerate for up to 1 day. Let stand at room temperature for 30 minutes before finishing.

Try white whole-wheat flour in place of all-purpose flour in baked goods. It's made from hard white wheat berries, which makes it lighter in color and flavor than regular whole-wheat flour, but with the same nutritional properties. Look for it near other whole-grain flours. For the best flavor, store it airtight in the freezer.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Kale & White Bean Potpie with Chive Biscuits

Nutrition Facts::

Serving Size:
about 1 1/4 cups filling & 1 biscuit

Per Serving:

Calories 277

Protein 9.1g

Carbs 37g

Fat 12.7g

Dietary Fiber 7.8g

**Sugars 4.8g; Saturated fat 4.7g; Cholesterol 16.1mg; Vitamin A iu 4221.6IU; Vitamin C 30.5mg;
Folate 92.3mcg; Calcium 162.3mg; Iron 4.9mg; Magnesium 19.5mg; Potassium 457.4mg; Sodium
550mg; Thiamin 0.1mg.**

Chipotle Chicken Quinoa Burrito Bowl



Chipotle Chicken Quinoa Burrito Bowl

Step 1:

Preheat grill to medium-high or preheat broiler.

Step 2:

Combine chipotles, oil, garlic powder and cumin in a small bowl.

Chipotle Chicken Quinoa Burrito Bowl

Step 3:

Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.

Step 4:

Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

Chipotle Chicken Quinoa Burrito Bowl

Ingredients:

- 1 tablespoon of finely chopped chipotle peppers in adobo sauce

- 1 tablespoon of extra-virgin olive oil

- 1/2 teaspoon of garlic powder

- 1/2 teaspoon of ground cumin

- 1 pound of boneless skinless chicken breast

- 1/4 teaspoon of salt

- 2 cups of cooked quinoa

- 2 cups of shredded romaine lettuce

- 1 cup of canned pinto beans, rinsed

- 1 ripe avocado, diced

- 1/2 cup of prepared pico de gallo or other salsa

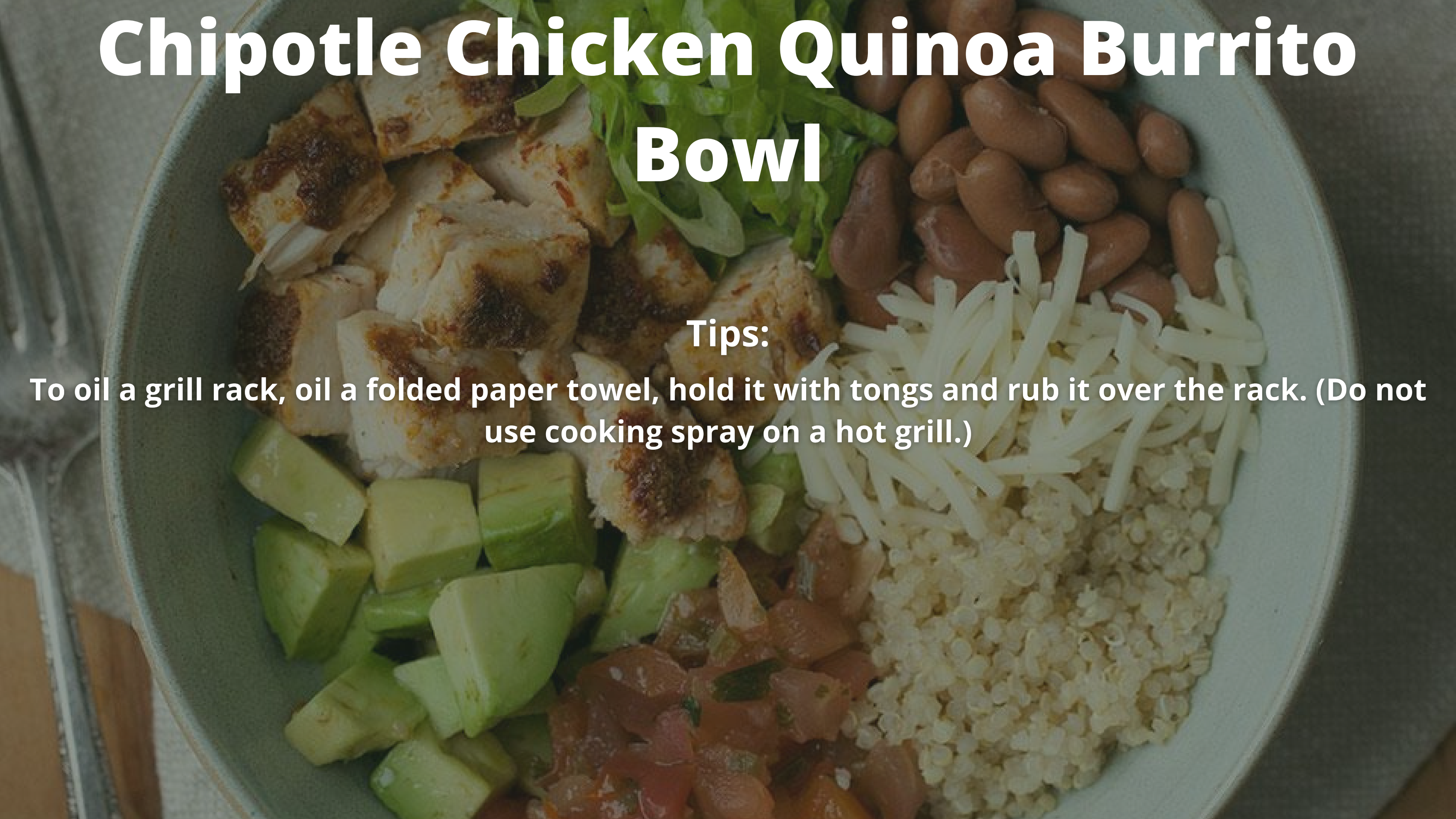
- 1/4 cup of shredded cheddar or Monterey jack cheese

- Lime wedges for serving

Chipotle Chicken Quinoa Burrito Bowl

Tips:

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



Chipotle Chicken Quinoa Burrito Bowl

Nutrition Facts:

Serving Size:

1 burrito bowl, about 2 1/2 cups

Per Serving:

Calories 450

Protein 35.6g

Carbs 36.1g

Fat 18.7g

Dietary Fiber 9.4g

Sugars 2.6g; Saturated fat 3.9g; Cholesterol 90mg; Vitamin A iu 2274.4IU; Vitamin C 7.1mg; Folate 159.7mcg; Calcium 110.7mg; Iron 3.3mg; Magnesium 127.2mg; Potassium 995.4mg; Sodium 461.8mg; Thiamin 0.3mg.

Tomato & Avocado Cheese Sandwich



Tomato & Avocado Cheese Sandwich

Step 1:

Lay bread on work surface. Spread avocado on one slice. Top with tomatoes and sprinkle with cheese. Toast both pieces of bread in a toaster oven until the plain piece is toasted and the cheese is starting to melt on the topped piece, 4 to 6 minutes.

Step 2:

Remove the toast from the toaster oven with a spatula, and mound greens (or spinach) on top of the cheese side. Drizzle with vinegar and top with the remaining toast. Cut in half if desired and serve with pear.

Tomato & Avocado Cheese Sandwich

Ingredients:

- 2 slices of whole-wheat bread
- 1/4 of an avocado
- 3 slices of tomato
- 1/4 cup of grated Parmesan cheese
- 1 cup of mixed salad greens or baby spinach
- 2 teaspoons of balsamic vinegar
- 1 medium ripe pear

Tomato & Avocado Cheese Sandwich

Nutrition Facts:

Serving Size:

1 sandwich and 1 pear

Per Serving:

Calories 440


Protein 17.8g

Carbs 62.6g

Fat 15.3g

Dietary Fiber 14.4g

Sugars 24.4g; Saturated fat 5g; Cholesterol 14.4mg; Vitamin A iu 2462.7IU; Vitamin C 32.6mg; Folate 154mcg; Calcium 403.9mg; Iron 3.2mg; Magnesium 102.6mg; Potassium 990mg; Sodium 619.8mg; Thiamin 0.3mg; Added Sugar 2g.



90%

OF ADULTS DON'T MEET THE
DAILY RECOMMENDED
VEGETABLE INTAKE

75%

OF ADULTS ARE INTERESTED
IN MAKING THEIR DIET
HEALTHIER

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions



Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

Step 1:

To prepare beans: Heat 1 tablespoon oil in a medium saucepan over medium heat. Add garlic and cumin seeds; cook, stirring, until fragrant and starting to brown, 30 seconds to 1 minute. Stir in beans, lime juice and 1/4 teaspoon salt and cook until hot, 2 to 4 minutes. Remove from heat and mash with a potato masher until mostly smooth. Refrigerate 1/2 cup of the mashed beans for another use (see Tips). Cover the remaining beans to keep warm.

Step 2:

To prepare chicken & vegetables: Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

Step 3:

Toss scallions and bell peppers in a large bowl with 1 1/2 tablespoons oil and 1/4 teaspoon each salt and pepper. Transfer to the prepared baking sheet. Broil, stirring twice, until the vegetables are charred, 8 to 12 minutes.

Step 4:

Meanwhile, place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan to an even 1/2-inch thickness. Combine chile powder, cinnamon, cocoa, brown sugar and the remaining 1/2 teaspoon salt in a small bowl. Brush both sides of the chicken with the remaining 2 teaspoons oil and coat both sides with the spice mixture.

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

A top-down view of a white plate containing a cooked chicken breast, black beans, sliced bell peppers, and scallions. The chicken is dark brown and appears to be cooked in a skillet. The beans are black and are piled on the right side of the plate. The bell peppers are sliced into strips and are also piled on the right side. The scallions are green and are scattered throughout the dish.

Step 5:

Coat a large grill pan or skillet with cooking spray and heat over medium-high heat. Reduce heat to medium and add half the chicken. Cook until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 2 to 4 minutes per side. Repeat with the remaining chicken, reducing the heat if necessary.

Step 6:

Place about 2/3 cup of the beans on each of 4 dinner plates and top each portion with scallions, bell peppers and chicken.

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

Ingredients:

Beans

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1 teaspoon cumin seeds
- 2 (15 ounce) cans low sodium black beans
- Juice of 1 lime
- 1/4 teaspoon kosher salt

Chicken & Vegetables

- 16 scallions, trimmed
- 3 medium red bell peppers, cut into 1-inch strips
- 1 1/2 tablespoons extra-virgin olive oil plus 2 teaspoons, divided
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon ground pepper
- 2 (8 ounce) boneless, skinless chicken breasts, trimmed and halved crosswise
- 1 teaspoon ancho chile powder (see Tips)
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon unsweetened cocoa powder
- 1 teaspoon brown sugar

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

Tips:

Ancho chiles--dried poblano peppers--are one of the most popular dried chiles used in Mexico; ancho chile powder has a mild, sweet spicy flavor. Look for it with specialty spices in large supermarkets or Mexican grocers.

Turn leftovers into black bean tacos for lunch: Spread the 1/2 cup leftover beans on 2 corn tortillas. Top each taco with 1/4 cup each chopped romaine lettuce and tomato, 1 Tbsp. each shredded Cheddar cheese and tomato salsa and a squeeze of lime juice. Serves 1.

Ancho Chicken Breast w/ Black Beans, Bell Peppers & Scallions

Nutrition Facts:

Serving Size:

3 oz. chicken, 2/3 cup beans, 3/4 cup peppers & 4 scallions each

Per Serving:

Calories 400

Protein 32.4g

Carbs 36.1g

Fat 14g

Dietary Fiber 11.2g

Sugars 11.1g; Saturated fat 2.4g; Cholesterol 62.7mg; Vitamin A iu 3620IU; Vitamin C 131.8mg; Folate 156.9mcg; Calcium 124.3mg; Iron 4.8mg; Magnesium 49.5mg; Potassium 959mg; Sodium 463.9mg; Added Sugar 1g

Pan-Seared Steak w/ Crispy Herbs & Escarole



Pan-Seared Steak w/ Crispy Herbs & Escarole

Step 1:

Sprinkle steak with 1/4 teaspoon each salt and pepper. Heat a large cast-iron skillet over medium-high heat. Add the steak and cook until charred on one side, about 3 minutes. Turn the steak over and add oil, garlic, thyme, sage and rosemary. Cook, stirring the herbs occasionally, until an instant-read thermometer inserted in the thickest part of the steak reaches 125 degrees F for medium-rare, 3 to 4 minutes.

Transfer the steak to a plate and top with the garlic and herbs. Tent with foil

Step 2:

Add escarole and the remaining 1/4 teaspoon each salt and pepper to the pan. Cook stirring often, until the escarole starts to wilt, about 2 minutes. Thinly slice the steak and serve with the escarole and crispy herbs.

Pan-Seared Steak w/ Crispy Herbs & Escarole

Ingredients:

- **1 pound of sirloin steak, about 1/2 inch thick**
- **1/2 teaspoon of salt, divided**
- **1/2 teaspoon of ground pepper, divided**
- **2 tablespoons of grapeseed oil or canola oil**
- **4 cloves of garlic, crushed**
- **5 sprigs of fresh thyme**
- **3 sprigs of fresh sage**
- **1 sprig of fresh rosemary**
- **16 cups of chopped escarole (about 1 pound)**

Pan-Seared Steak w/ Crispy Herbs & Escarole

Nutrition Facts:

Serving Size:

3 oz. meat, 1/2 cup escarole and 1/2 Tbsp. herbs

Per Serving:

Calories 244

Protein 25.5g

Carbs 10g

Fat 11.8g

Dietary Fiber 8.2g

Sugars 0.7g; Saturated fat 2.5g; Cholesterol 59.2mg; Vitamin A iu 5606.1IU; Vitamin C 18.6mg; Folate 373.3mcg; Calcium 160.1mg; Iron 3.7mg; Magnesium 60.3mg; Potassium 1110.5mg; Sodium 393.6mg.

Creamy Tomato Salmon Skillet



Creamy Tomato Salmon Skillet

Step 1:

Pat salmon dry and sprinkle with 1/8 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the salmon and cook until the underside is browned and releases easily from the pan, 3 to 4 minutes. Flip the salmon and continue to cook until opaque in the center, another 2 to 3 minutes. Transfer to a plate.

Step 2:

Meanwhile, add the remaining 1 tablespoon oil, zucchini and onion to the pan. Cook, stirring, until starting to soften, about 3 minutes. Increase heat to medium-high and add wine. Cook, stirring, until the liquid has mostly evaporated, about 2 minutes. Add tomatoes, cream cheese, Italian seasoning, garlic powder and the remaining 1/8 teaspoon each salt and pepper. Bring to a simmer and cook, stirring, until the cream cheese is melted, 4 to 5 minutes. Return the salmon to the pan and turn to coat with the sauce. Serve topped with basil.

Creamy Tomato Salmon Skillet

Ingredients:

- 1 1/4 pounds of salmon filet, skinned and cut into 4 portions

- 1/4 teaspoon of salt, divided

- 1/4 teaspoon of ground pepper, divided

- 2 tablespoons of olive oil, divided

- 1 medium zucchini, halved lengthwise and thinly sliced

- 1/2 cup of chopped onion

- 1/3 cup of dry white wine

- One 15 ounce can of no-salt-added diced tomatoes

- 2 ounces of cream cheese, cut into cubes

- 1 teaspoon of Italian seasoning

- 1/2 teaspoon of garlic powder

- 1/4 cup of chopped fresh basil

Creamy Tomato Salmon Skillet

Nutrition Facts:

Serving Size:

4 oz. salmon & 3/4 cup vegetables

Per Serving:

Calories 366

Protein 30g

Carbs 10g

Fat 21g

Dietary Fiber: 2g

Cholesterol 92mg; Sodium 263mg; Sugars 5g; Niacin equivalents 12mg; Saturated fat 5g;

Vitamin A iu 716IU; Potassium 1064mg.

Loaded Cauliflower Casserole



Loaded Cauliflower Casserole

Step 1:

Gather all the ingredients. Preheat oven to 425 degrees F.

Step 2:

Place bacon in a large nonstick skillet over medium heat; cook until crisp, 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool. (Reserve the drippings in the pan.)

Step 3:

Combine cauliflower, 1/2 teaspoon pepper, 1/4 teaspoon salt and the bacon drippings in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.

Step 4:

Meanwhile, combine 1 cup cheese, 2/3 cup sour cream and half the scallions in a small bowl.

Loaded Cauliflower Casserole



Step 5:

When the cauliflower is tender, stir the cheese mixture into the cauliflower in the pan. Sprinkle with the remaining 1/4 cup cheese. Bake until hot, 5 to 7 minutes more.

Step 6:

Chop the cooled bacon.

Step 7:

Sprinkle the hot casserole with the bacon and the remaining scallions.

Loaded Cauliflower Casserole

Ingredients:

- 3 slices of bacon
- 1 head of cauliflower (about 2 pounds), cut into bite size pieces
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 1 1/4 cups shredded sharp cheddar cheese, divided
- 2/3 cup of sour cream
- 4 scallions, sliced, divided

Loaded Cauliflower Casserole

Nutrition Facts:

Serving Size:

1/2 cup

Per Serving:

Calories 150

Protein 7.9g

Carbs 7.6g

Fat 10.5g

Dietary Fiber 2.5g

Sugars 3g; Saturated fat 5.5g; Cholesterol 30.1mg; Vitamin A iu 366.8IU; Vitamin C 56.2mg; Folate 75.2mcg; Calcium 172.7mg; Iron 0.7mg; Magnesium 26.1mg; Potassium 411.9mg; Sodium 279.6mg; Thiamin 0.1mg.



PASS ON
HEALTHY HABITS

Chicken Cutlets w/ Roasted Red Peppers & Arugula Relish



A top-down view of a dark grey plate containing several golden-brown chicken cutlets. Each cutlet is topped with a vibrant relish consisting of finely chopped red peppers, fresh green arugula leaves, and light-colored pine nuts. The background is a dark, textured surface.

Chicken Cutlets w/ Roasted Red Peppers & Arugula Relish

Step 1:

Sprinkle chicken with paprika, 1/4 teaspoon pepper and 1/8 teaspoon salt. Heat oil in a large skillet over medium-high heat until shimmering. Add the chicken and cook, flipping halfway, until golden brown and an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes. Transfer to a plate.

Step 2:

Meanwhile, soak currants in water for 5 minutes; drain. Combine the currants, arugula, roasted peppers, pine nuts, sugar, garlic, vinegar and the remaining 1/4 teaspoon pepper and pinch of salt in a small bowl. Serve with the chicken.

Chicken Cutlets w/ Roasted Red Peppers & Arugula Relish

Ingredients:

- 1 pound of chicken cutlets
- 3/4 teaspoon of sweet or hot Hungarian paprika
- 1/2 teaspoon of ground pepper, divided
- 1/8 teaspoon of salt plus a pinch, divided
- 1 tablespoon of extra-virgin olive oil
- 1 tablespoon of dried currants
- 2 tablespoons of warm water
- 1/2 cup of chopped arugula
- 1/2 cup of jarred roasted red peppers, rinsed and finely chopped
- 1 tablespoon of pine nuts, toasted
- 1 1/2 teaspoons of granulated sugar
- 1/2 clove of garlic, grated
- 1 teaspoon of sherry vinegar

Chicken Cutlets w/ Roasted Red Peppers & Arugula Relish

Nutrition Facts:

Serving Size:

3 oz. chicken & 3 Tbsp. relish

Per Serving:

Calories 211

Protein 27g

Carbs 8g

Fat 6g;

Cholesterol 65mg; Sodium 354mg; Sugars 3g; Saturated fat 1g; Vitamin A iu 720IU; Potassium 47mg.

Rosemary & Garlic Basted Sirloin Steak



Rosemary & Garlic Basted Sirloin Steak

Step 1:

Let steak stand at room temperature for 30 minutes. Pat dry with paper towels. Brush with oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Step 2:

Heat a large cast-iron skillet over medium-high heat. Add steak and cook for 1 minute. Add garlic, shallots, butter and rosemary; cook, tilting the pan slightly to pool the butter and drippings on one side, for 1 minute. Use a spoon to baste the steak with the butter mixture. Flip the steak and cook, basting occasionally, until an instant-read thermometer registers 125 degrees F for medium-rare, 2 minutes more. Transfer the steak to a clean cutting board and top with the shallots, garlic and rosemary. Cover loosely with foil; let stand for 10 minutes.

Rosemary & Garlic Basted Sirloin Steak

Step 3:

Discard the rosemary sprig. Thinly slice the steak against the grain and transfer to a serving platter. Spoon drippings from the pan and cutting board over the steak. Season with the remaining 1/4 teaspoon each salt and pepper and garnish with more rosemary, if desired.

Rosemary & Garlic Basted Sirloin Steak

Ingredients:

- 1 pound of boneless top sirloin steak, trimmed
- 1 tablespoon of extra-virgin olive oil
- 3/4 teaspoon of kosher salt, divided
- 1/2 teaspoon of ground pepper, divided
- 4 medium cloves of garlic, minced
- 2 medium shallots, sliced lengthwise
- 1 1/2 tablespoons of butter
- 1 spring fresh rosemary, plus more for garnish

Rosemary & Garlic Basted Sirloin Steak

Nutrition Facts:

Serving Size:

3 oz.

Per Serving:

Calories; 216

Protein 22.6g;

Carbs 2.9g;

Fat 12.2g

Dietary Fiber 0.2g;

Sugars 0.4g; Saturated fat 4.8g; Cholesterol 70.7mg; Vitamin A iu 253.9IU; Vitamin C 1.7mg; Folate 11.9mcg; Calcium 25.9mg; Iron 1.6mg; Magnesium 22.2mg; Potassium 332.5mg; Sodium 408.1mg.