Introduction
Introduction

Would it be a dream come true if you could have an attractive, flat belly and still enjoy tasty, mouth-watering foods like BBQ chicken pizza, beef stroganoff, mashed potatoes, banana cream pie, and cherry cheesecake?

Well, your wish has come true with The 7-Day Belly Blast Diet Cookbook. Now you can indulge in delicious Italian, Mexican, Asian, and American meals—and even desserts—and still lose the belly fat to look great in a pair of jeans.

At your fingertips you now have recipes for popular favorites that your whole family will enjoy, including: spaghetti, tacos, Hawaiian pork, oatmeal raisin cinnamon muffins, and creamy milk shakes. Yes, it really is possible to enjoy tasty food while you're zapping belly fat.

If, in the past, you've tried restrictive diets without long-term success, it's time for a new approach. With my 7-Day Belly Blast Diet Program, first you fight food addiction by reducing the number of obesity additives you're consuming in many processed foods. (Refer to 7-Day Belly Blast Diet for a complete listing.) Then you boost your calorie-burning metabolism by eating five balanced mini-meals each day.

That's why all of these meals in The 7-Day Belly Blast Diet Cookbook are naturally low in dangerous obesity additives, plus the combo recipes are created to contain the correct amount of proteins and carbohydrates, as outlined in the 7-Day Belly Blast Diet Program. This way all of the guesswork is removed. What's more, I've included some of my favorite 7-Day Belly Blast Diet smoothie recipes, so you can have a nutritious and delicious meal on the go. Forget about those restrictive diets of the past.

7-Day Belly Blast Diet is not a diet, but a new, wonderful way of living. Here, in this companion cookbook, you'll find more than 101 delicious recipes that are so easy
anyone can create them. You'll discover how to whip up a mouth-watering snack in 2 minutes, and you'll learn how to prepare a meal that's so good, you can serve it when company comes over. You'll taste dishes that are so devilishly delicious, you'll enjoy staying on track and you won't have to worry about falling off the slippery slope to obesity and bad health. You'll discover the variety and the simplicity and the satisfaction you need to have a healthy, attractive body for the rest of your life. And that's truly a dream come true.

To Your New Freedom From Belly Fat,

Josh Bezon

P.S. This cookbook is organized differently than most other cookbooks, which put their recipes in traditional categories, such as main dishes or appetizers. A well-balanced 7-Day Belly Blast Diet meal should contain quality protein, good fats, low-glycemic (low-sugar) carbohydrates, and fibrous vegetables. That's why this cookbook is organized into those nutritional categories.

To create a healthy meal, just pick a recipe from each of the nutritional categories or choose a combo meal. Navigating around The 7-Day Belly Blast Diet Cookbook is easy. It's just like a Web page. Click on an underlined word or phrase to jump to that page. To go back to the page you came from, select Alt + Left Arrow Key.
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BBQ Potatoes

Serendipity was at the heart of this recipe. One day while fooling around with spices, I happened to lick my finger and thought, "Gee, this tastes like BBQ potato chips." A little tinkering later and I had my ersatz BBQ "chip" powder.

Yield: 12 servings

Ingredients

- 4 pounds Yukon gold potatoes, about 10 potatoes
- 1 tablespoon olive oil
- 2 tablespoons paprika
- 2 tablespoons ZSweet®
- 2 teaspoons salt
- 1 teaspoon ground chipotle pepper
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. Preheat oven to 450 degrees F.
2. Cut potatoes in wedges by first cutting each in half along the longest edge and then cutting each half into three wedges.
3. Mix paprika, ZSweet®, salt, chipotle, pepper, garlic, and onion in a small bowl.
4. In a large bowl, toss potatoes with olive oil.
5. Sprinkle potatoes with half of the spice mixture and toss.
6. Sprinkle potatoes with the remaining spice mixture and toss.
7. Arrange each potato wedge on a jelly roll pan with one of the cut edges facing down.
8. Cover pan with aluminum foil and bake on the middle oven shelf for 20 minutes.
9. Remove aluminum foil and bake potatoes until golden brown, about 30 – 40 minutes more.

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Basque Soup

It is very common for the meals at the Basque restaurants in my town to be served with a "setup" that includes a hot bowl of hearty vegetable soup accompanied by a hot and spicy salsa and pinto beans. This soup is very satisfying and delicious. It's also very good for you, with a scant amount of fat.

Yield: 8 servings

Ingredients

Soup

- 3 large carrots, peeled and sliced
- 2 large potatoes, cut into 1-inch pieces
- 1 small head green cabbage, cut into 1-inch pieces
- 2 leeks, thoroughly washed (soil tends to be trapped in the leaves), cut into 1-inch pieces
- 1 (14-ounce) can chicken broth
- 1 (8-ounce) can tomato sauce
- 1 large onion, diced
- ½ teaspoons thyme
- Salt and pepper
- 9 cups water

Salsa

- 1 (14.5-ounce) can whole or diced tomatoes
- 1 small sweet onion, diced
- 1 (4-ounce) can diced jalapeño peppers
- 1 clove garlic, minced
- Italian seasoning
- Salt and pepper

Directions

Soup

1. Place all soup ingredients in large pot. Season with salt and pepper to taste.
2. Bring to a boil over high heat.
3. Reduce heat and simmer until vegetables are very soft, about 2 hours, stirring occasionally.
Salsa

1. Place all salsa ingredients in the jar of a blender. Season with Italian seasoning, salt, and pepper to taste.

2. Blend on medium-high speed until well mixed.

3. Refrigerate to allow flavor to develop, about 2 hours.

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Caramelized Onion Mashed Potatoes

The caramelized onions give these potatoes a touch of sweetness.

Yield: 10 servings

Ingredients

- 2 pounds russet potatoes, about 4 large potatoes, peeled and quartered
- 1 large red onion, cut into strips
- 2 teaspoons olive oil
- 1 tablespoon balsamic vinegar
- ¼ cup low-fat buttermilk
- ¼ cup fat-free sour cream
- 1 tablespoon salt
- Salt and pepper

Directions

1. Place potatoes and 1 tablespoon salt in a large pot, cover with water, and bring to a boil
2. Reduce to a simmer, and cook the potatoes until a fork pushes into the potatoes easily, about 20 - 30 minutes. Drain.
3. Heat olive oil in a heavy skillet over medium-high heat until shimmering but not smoking.
4. Cook and stir onions over medium-high heat for about 2 minutes. Reduce to medium-low and cook until the onions begin to caramelize, about 10 minutes. Reduce heat to low and continue cooking until completely caramelized, about 10 minutes.
5. Add balsamic vinegar and cook until no liquid remains.
6. Add buttermilk and sour cream to potatoes and mix with a wooden spoon. A few lumps are okay.
7. Season potatoes with salt and pepper to taste. Stir in caramelized onions.
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Cheese and Onion Mashed Potatoes

The reduced-fat cheeses and low-fat sour cream in this recipe make the potatoes very smooth and creamy. I think the red onions provide an interesting contrast to the soft potatoes and make the dish more visually appealing with their reddish purple color.

Yield: 18 servings

Ingredients

- 6 pounds russet potatoes, about 16 potatoes, peeled, and cut into 2-inch pieces
- 1 small red onion, finely chopped
- 2 (8-ounce) packages fat-free cream cheese
- ¼ cup low-fat sour cream
- 8 ounces shredded reduced-fat cheddar cheese
- 1 teaspoon salt
- Salt and pepper

Directions

1. Place potatoes in a large pot, cover with water, and add 1 teaspoon salt.

2. Cover pot and bring to boil over high heat. Reduce heat to low and simmer, covered, until tender and a fork easily pushes into a potato. Drain.

3. Add onions, cheeses, and sour cream to potatoes. Mash or mix with an electric hand mixer.

4. Season with salt and pepper to taste.

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Mashed Potatoes with Parsnips and Corn

Parsnips and corn make these mashed potatoes slightly sweet and the cream cheese gives them a velvety texture. The green onions balance the parsnips and provide a little color.

Yield: 18 servings

Ingredients

- 5 pounds russet potatoes, about 13, peeled, cut into 2-inch pieces
- 5 large parsnips, peeled, cut into 1-inch pieces
- 1 (12-ounce) package fat-free cream cheese
- 2 (11-ounce) cans corn, drained
- 3 green onions, finely chopped
- 1 tablespoon Watkins™ or Molly McButter®
- 1 teaspoon salt
- Salt and pepper

Directions

1. Place potatoes in a large pot, cover with water, and add 1 teaspoon salt.
2. Cover pot and bring to boil over high heat. Reduce heat to low and simmer, covered, until tender and a fork easily pushes into a potato, about 15 – 35 minutes. Drain.
3. Place parsnips in a medium sauce pan and cover with water.
4. Cover saucepan and bring to boil over high heat. Reduce heat to low and simmer, covered, until the parsnips are very tender, about 25 – 45 minutes. Drain. Note: The parsnips are cooked separately from the potatoes because they need to cook longer.
5. Add parsnips, cream cheese, corn, green onions, and butter flavoring to potatoes. Mash or mix with an electric hand mixer.
6. Season with salt and pepper to taste.

Nutrition Facts per Serving

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Roasted Garlic and Caramelized Onion Mashed Potatoes

Yield: 10 servings

Ingredients

- 6 green onions, finely chopped
- 5 medium russet potatoes, peeled and quartered
- 1 large red onion, cut into strips
- 3 tablespoons balsamic vinegar
- 1 large head of garlic
- 6 tablespoons water
- 6 tablespoons low-fat buttermilk
- 1 teaspoon olive oil
- Salt and pepper

Directions

1. Preheat oven to 350 degrees F

2. Cut the top off a head of garlic and place it in the center of a square piece of aluminum foil with the cut side up. Drizzle about ½ teaspoon olive oil over the top and sprinkle with a pinch of salt (see below). Fold foil over the top and cook in oven until very soft, about 1 hour. Unwrap the garlic enough to expose the top. While holding garlic with a kitchen towel, squeeze the roasted garlic out into a small bowl. Mash garlic with a fork.

3. Heat 1-teaspoon olive oil in a heavy skillet over medium-high heat. Cook and stir onions until they begin to caramelize. Reduce heat to medium-low and continue cooking until completely caramelized. Add the balsamic vinegar and cook until no liquid remains. Add the water and cook until no water remains.

4. Place potatoes and the salt in a large pot, cover with water, bring to a boil, reduce to a simmer, and cook until a fork pushes into the potatoes easily.

5. Transfer drained potatoes to a large bowl (or use the pot they were cooked in). Add the buttermilk and salt and pepper to taste. Mash potatoes, then add caramelized onions and garlic. Mix with a wooden spoon. Sprinkle with chopped green onions before serving.
Garlic prepared for roasting

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Spanish Rice

Yield: 8 servings

Ingredients
- 2 teaspoons olive oil
- 1 ½ cups American basmati rice
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 (15-ounce) can diced tomatoes
- 2 2/3 cups fat-free chicken broth
- ½ teaspoon cumin
- ½ teaspoon salt

Directions
1. Heat olive oil in a large sauce pan over medium-high heat.
2. Cook and stir onions until tender, about 5 minutes.
3. Add garlic. Cook and stir until fragrant, about 30 seconds.
4. Add rice, tomatoes, chicken broth, and salt.
5. Stir mixture and bring to a boil.
6. Reduce heat to low, cover, and simmer for 20 minutes.
7. Remove pan from heat and keep covered for 20 minutes.
8. Stir rice before serving.

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# Rice

With this master recipe for rice, you can make perfect rice in any desired quantity. The secret is the ratio of liquid to rice — 1 ¾ cups liquid for every 1 cup of rice. Almost any liquid may be used, but water is the most common. Add your favorite seasonings to the cooking water to turn plain-old rice into something special. For example, add 2 tablespoons chicken base for easy chicken-flavored rice.

Brown rice has the lowest glycemic index value and is the healthiest for you, but I don’t care for it very much. My preference is a hybrid rice with the brand name Texmati, which is a cross between American long-grain white rice and Indian basmati rice. In general, the longer the grain and less sticky the rice, the lower glycemic value it will have.

Yield: 5 (½-cup) servings

## Ingredients

- 1 ¾ cups water
- 1 cup American basmati rice
- 1 teaspoon salt (optional)

## Directions

1. Place water and salt (if using) in a large pot. Cover and bring to a boil over high heat.

2. Pour rice into boiling water, stir once, cover, reduce heat to low, and simmer for 20 minutes. **Note: Do not remove the cover to check for doneness as you will allow cooking steam to escape.**

3. Remove from heat and allow the rice to rest for 20 minutes.

4. Fluff rice with a wooden spoon before serving.

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Red Pepper Rice

With the simple addition of red bell pepper, plain-old rice becomes festive and colorful. This dish is very easy to prepare — if you can boil water, you can make perfect rice!

Yield: 6 servings

Ingredients

- 2 cups American basmati rice
- 2 red bell peppers, finely diced
- 3 ½ cups water
- 1 tablespoon tomato chicken bouillon
- 1 tablespoon chicken base

Directions

1. Pour water into a large pot.
2. Add tomato chicken bouillon and chicken base.
3. Bring to a boil over medium-high heat.
4. Add rice and peppers.
5. Stir mixture and bring to a boil.
6. Reduce heat to low, cover pot, and simmer for 20 minutes.
7. Remove pot from heat and allow rice to rest, covered, for 20 minutes.
8. Stir rice before serving.

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Whole Wheat Flax Seed Bread

This wholesome bread gets its unique taste from flax seeds. It’s easy to make and is low in fat. I like it best when toasted.

Yield: 14 slices

Ingredients
- 1 ¾ cups warm water
- 1 tablespoon rapid-rise dry yeast
- 1 tablespoon honey
- 1 teaspoon salt
- ¾ cup ZSweet®
- 2 teaspoons dry milk powder
- 2 tablespoons olive oil
- ½ cup sunflower seeds
- ¾ cup flax seeds
- 4 cups whole wheat flour

Directions
1. Preheat oven to 350 degrees F.
2. In a medium mixing bowl, dissolve yeast in warm water
3. Add honey, salt, ZSweet®, dry milk, and olive oil. Stir mixture with a wooden spoon until combined.
4. Add sunflower seeds, flax seeds, and whole wheat flour. Stir with a wooden spoon until loose dough is formed.
5. Turn dough out onto a work surface lightly dusted with flour and knead with your hands until smooth and elastic, about 5 minutes.
6. Shape dough into a loaf, and place in a lightly oiled loaf pan.
7. Place on middle oven shelf, and bake until the bread sounds hollow when tapped on top, about 40 minutes.

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Pot O’ Gold Potatoes

These Yukon Gold potatoes, with their rich yellow hue, trick your eyes into believing that they were prepared with mass quantities of butter. In fact, despite the creamy texture, these potatoes are very nearly fat-free.

Yield: 8 servings

Ingredients

- 3 pounds Yukon Gold potatoes, about 8, peeled, rinsed, and cut in half
- ½ cup fat-free half & half
- 1 tablespoon low-fat sour cream
- 1 tablespoon fat-free sour cream
- 2 teaspoons Watkins™ or Molly McButter®
- 2 teaspoons salt
- Salt and pepper

Directions

1. Place potatoes in a large pot. Cover with water and add 2 teaspoons salt. Place lid on pot and bring to a boil over high heat. Reduce heat to medium-low and simmer until a fork pushes easily into a potato, about 25 - 30 minutes. Drain.

2. Add butter flavoring, sour creams, and half & half. Whip with an electric hand mixer, or mix with a potato masher or a wooden spoon. Season with salt and pepper to taste.

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Fish and Chips
Turkey and Carbohydrate Combination Recipes

- Meatball Soup
- Turkey Chili
- Hot Turkey Sandwich
Bok Choy Salad

This salad has a delicious sweet and tangy dressing.

Yield: 6 servings

Ingredients

- 1 head bok choy, chopped into bite-sized pieces
- 6 green onions, cut into ¼-inch pieces
- ½ cup sunflower seeds
- 3 tablespoons slivered almonds
- ¾ cup ZSweet®
- ¼ cup cider vinegar
- 3 tablespoons water
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 2 teaspoons cornstarch mixed with enough water to form a slurry

Directions

1. In a medium saucepan, whisk together vinegar, water, soy sauce, olive oil, and ZSweet®.
2. Heat mixture over medium-high heat until it comes to a boil, and continue cooking for 3 minutes.
3. Remove saucepan from heat and whisk in starch. Return to heat. Cook and stir until the mixture comes to a boil and thickens.
4. Place bok choy and onions in a large bowl. Drizzle dressing over the top and toss to coat.
5. Sprinkle seeds and almonds over the salad and toss.
6. Place salad in refrigerator for 2 – 8 hours to allow the flavor to develop.

Nutrition Facts per Serving

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Colorful Steamed Vegetables

Chili’s® restaurants feature “guilt-free” menu entrées that are served with this vegetable combination.

“Steamed” is a misnomer here, because a microwave oven is used instead of actual steam, but the results are very similar and a microwave is faster and easier to use.

Yield: 6 servings

Ingredients

- Head of broccoli, cut into florets
- 6 large zucchini, cut as shown
- 4 large yellow squash, cut diagonally into ¾-inch wide slices
- 1 red bell pepper, cut into ½-inch wide strips
- 2 medium carrots, peeled and shredded
- 2 tablespoons fat-free chicken broth
- 1 tablespoon low-fat Parmesan cheese

Directions

1. Place vegetables in a large microwaveable covered dish.
2. Pour chicken broth over vegetables.
3. Microwave, covered, on high-power until tender but not soft, about 5 – 12 minutes.
4. Leave covered for 2 minutes.
5. Season with Parmesan cheese and salt.

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Creamy Cauliflower Soup

This delicious soup has a delightfully creamy texture and a delicate flavor that I’m sure you will love. If you claim to dislike vegetables, give this recipe a try — it might change your mind.

This dish is very easy to make. It’s the perfect accompaniment to a sandwich.

Yield: 8 servings

Ingredients

- 1 head cauliflower, cut into 2-inch pieces
- 1 large yellow onion, diced
- 1 white potato, cut into 1-inch pieces
- 4 cups fat-free chicken broth
- 1 tablespoon olive oil
- ½ cup fat-free half & half
- ½ cup (about 4 ounces) shredded, reduced-fat cheddar cheese
- 1 teaspoon Watkins™ or Molly McButter®
- Pinch cayenne pepper
- Salt and pepper

Directions

1. Heat olive oil in a large pot over medium-high heat until shimmering but not smoking.

2. Place cauliflower, onions, and potato in pot. Season with salt and pepper to taste. Cook and stir vegetables until just starting to brown, about 8 minutes.

3. Add chicken broth and bring to a boil. Reduce heat to low and simmer until the vegetables are very tender and you can easily push a fork through them, about 30 minutes.

4. Transfer the contents of the pot to a blender. Add half & half. Blend until smooth.

5. Pour the contents of the blender back into the pot. Stir in the cheese, butter flavoring, and cayenne pepper. Cook and stir over medium-high heat until the cheese has completely melted.

6. Season with salt and pepper to taste.

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Garlic Tomatoes

My wife Nancy loves Roma (plum) tomatoes and garlic, so naturally she paired those two ingredients together for this recipe. This dish has a zesty Italian flavor that I really enjoy.

Yield: 2 servings

Ingredients

- 7 large Roma tomatoes, about 1 ½ pounds, cut in half lengthwise and then cut into ½-inch slices
- 2 green onions, chopped
- 1 clove garlic, peeled, minced
- 2 tablespoons red wine vinegar
- 2 teaspoons balsamic vinegar
- Salt and pepper

Directions

1. Place tomatoes in a medium bowl. Sprinkle garlic and green onions over tomatoes. Mix with a flexible spatula.
2. Drizzle vinegars over tomatoes and mix with flexible spatula.
3. Season with salt and pepper to taste.
4. Refrigerate for ½ hour to allow the flavors to develop.

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Green Beans and Ham

Let’s face it: green beans are pretty boring unless they are dressed with butter and bacon. This recipe lets you enjoy delicious green beans with a rich and savory dressing, but without all the extra fat.

Yield: 8 servings

Ingredients

- 1 ½ pounds frozen or fresh green beans, ends trimmed
- 2 large shallots, peeled and minced, about ½ cup
- 4 large cloves garlic, minced
- ½ cup Marsala wine
- 2 tablespoons olive oil
- 1 tablespoon ham base
- 2 tablespoons reduced-fat Parmesan cheese, grated
- Watkins™ or Molly McButter®
- 1 tablespoon salt
- Salt and pepper

Directions

1. Fill a large pot with 4 quarts of water and 1 tablespoon salt. Bring water to a boil over high heat.
2. Place green beans in boiling water and cook until soft enough to bend without breaking, about 4 minutes for fresh beans or 8 minutes if using frozen beans. Drain beans in a colander.
3. Heat 2 teaspoons olive oil in the same large pot over medium-high heat until shimmering but not smoking.
4. Add shallots to pot. Stir and then season with salt and pepper. Cook and stir onions until soft and just beginning to brown, about 3 minutes.
5. Add garlic. Cook and stir until fragrant, about 1 minute.
6. Add Marsala wine and ham base. Cook and stir until the dressing thickens and the wine has reduced by about half. Remove from heat.
7. Add drained green beans and stir to coat with the dressing.
8. Sprinkle the Parmesan cheese over the top and stir to combine.
9. Season with salt, pepper, and butter salt to taste.
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Grilled Vegetables with Balsamic Glaze

Grilling brings out the natural sweetness of vegetables. When cooked carefully, the vegetables will have a delightful tender-crisp texture.

Yield: about 4 (12-inch) skewers

**Ingredients**

- 2 red bell peppers, cut into 1 ½-inch squares
- 2 green bell peppers, cut into 1 ½-inch squares
- 2 large red onions cut into 1 ½-inch pieces
- 2 large yellow onions cut into 1 ½-inch pieces
- 2 large zucchini, cut into ¾-inch thick slices
- 2 teaspoons salt
- 1 teaspoon granulated garlic
- 1 teaspoon white pepper
- 2 teaspoons olive oil
- Balsamic Glaze

**Directions**

1. Pre-heat grill to medium.
2. Mix salt, granulated garlic, and white pepper in a shaker or a small bowl.
3. Place vegetables in a large bowl, drizzle with olive oil, and toss to coat.
4. Season vegetables by sprinkling them with the spice blend and tossing (do this several times).
5. Carefully push metal skewers through centers of vegetables in random order.
6. Grill vegetables, turning every 5 minutes, until the edges begin to char, about 30 minutes.
7. Drizzle or brush vegetables with balsamic glaze.

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Roasted Carrots

Carrots become wonderfully soft and sweet when roasted this way. The spice blend provides a nice balance to the sweetness of the carrots.

Yield: 4 servings

Ingredients

- 12 large carrots, peeled and cut into sticks
- 1 tablespoon olive oil
- 2 teaspoons salt
- 1 teaspoon granulated garlic
- 1 teaspoon white pepper

Directions

1. Heat oven to 425 degrees F.
2. Place carrots in a large bowl.
3. Drizzle with olive oil and toss to coat.
4. Season with salt, garlic, and white pepper.
5. Arrange carrots in a single layer on a jelly roll pan.
6. Roast in oven until the edges just begin to blacken, about 45 minutes.
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Snap Peas with Sherry Glaze

Yield: 6 servings

Ingredients

- 2 pounds fresh snap peas, about 3 cups
- ¾ cup cream sherry wine
- 2 tablespoons soy sauce
- 1 tablespoon sesame seeds
- ½ teaspoon sesame oil
- 1 tablespoon ZSweet®
- 2 teaspoons cornstarch mixed with enough water to make a slurry.
- 2 teaspoons olive oil
- Salt and pepper

Directions

1. Preheat oven to 425 degrees F.

2. In a large pot, bring 6 quarts of water to a boil. Cook peas in boiling water for 4 minutes. Chill peas in a large bowl of ice water. Drain and dry peas.

3. Toss peas with olive oil and season with salt and pepper to taste. Spread peas out on a jelly roll pan. Place on middle oven rack and roast for 18 – 20 minutes.

4. In a small saucepan, combine sherry, soy sauce, and sesame oil. Cook over medium-high heat until slightly reduced. Remove from heat and whisk in starch and ZSweet®. Return to heat. Cook and stir until the mixture comes to a boil and thickens.

5. Toss peas with glaze and sprinkle with sesame seeds.

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Banana Cream Pie

It took several attempts to create this recipe, but I think the result was worth the effort — I ate three slices just to be certain! Even though this pie has very little fat, it still has a wonderfully creamy texture with a subtle banana flavor.

Yield: 8 servings

Ingredients

- 2 cups 1% fat milk
- ¾ cup ZSweet®
- ½ cup fat-free sour cream
- Half (7-ounce) can fat-free Reddi-wip®
- 2 ripe bananas
- 3 tablespoons cornstarch
- 1 tablespoon banana flavor extract
- 1 tablespoon vanilla extract
- 3 low-fat graham crackers

Directions

1. In a large saucepan, whisk together milk, ZSweet®, starch, banana extract, and vanilla extract.
2. Cook over medium-high heat, stirring frequently, until the mixture thickens and begins to boil. Transfer to a medium mixing bowl and allow to cool to room temperature.
3. Arrange graham crackers in a 9-inch glass pie plate.
4. Fold sour cream and Reddi-wip® into the thickened milk mixture.
5. Peel and cut bananas into ¼-inch slices. Arrange slices on top of graham crackers.
6. Turn filling out over bananas and spread evenly.
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Blueberry Pie

Yield: 6 servings

Ingredients

- 4 (6-ounce) baskets of blueberries, washed
- 5 tablespoons ZSweet®
- ¼ teaspoon fresh lemon juice
- 2 – 3 teaspoons cornstarch mixed with enough water to make a slurry
- 1 (7-ounce) can fat-free Reddi-wip®
- 8 low-fat graham cracker sheets (4 crackers per sheet), ground into crumbs.

Directions

1. Place blueberries in a medium saucepan and cook over medium-high heat, mashing them with a wooden spoon to release the juice, until they just come to a boil. Remove from heat.

2. Add ZSweet®, lemon juice, and starch. Return to heat and cook until thickened. If the blueberry filling is too thin, remove from heat and add more starch. If the mixture is too thick, add some water.

3. Assemble individual desserts by placing a layer of graham cracker crumbs in the bottom of a glass dish followed by a layer of the blueberry filling. Place in refrigerator to cool. Top with Reddi-wip® before serving.

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Cherry Cheese Cake

Each year for my birthday, my mother would make two cherry cream cheese pies, one for the family and one for me. She was always amazed that one kid could eat a whole pie — in a single sitting!

Thanks to the wonders of modern food science, I was able to faithfully recreate my mom's cream cheese pie recipe. With a smooth cream cheese-flavored filling and a sweet, slightly tart cherry topping, you may feel guilty for enjoying this “decadent” dessert.

Yield: 6 servings

Ingredients

For Topping
- 1 (14 ½-ounce) can pitted red tart pie cherries
- ¾ cup ZSweet®
- 5 teaspoons cornstarch
- ¼ teaspoon almond flavor extract
- ¼ teaspoon red food coloring

For Filling
- 1 (12-ounce) package of Kraft® fat-free cream cheese
- 1 (7-ounce) can fat-free Reddi-wip®
- 3 tablespoons ZSweet®
- 2 teaspoons vanilla extract

Directions

1. For Topping
   A. Strain cherry packing water into measuring cup, reserving cherries. Add water if necessary to increase the volume to 2/3 cup liquid. Pour into a medium saucepan.
   B. Add ¾ cup ZSweet®, starch, and almond flavor extract. Stir mixture with a balloon whisk until the dry ingredients have completely dissolved.
   C. Cook and stir over medium-high heat until the mixture comes to a boil and the sauce thickens. Remove from heat.
   D. Add reserved cherries and carefully stir until evenly coated with the sauce.
E. Refrigerate for 1 hour.

2. **For Filling**

   A. In a medium mixing bowl, add cream cheese, 3 tablespoons ZSweet®, and vanilla extract. Beat ingredients with an electric mixer or a balloon whisk until smooth.

   B. Carefully *fold* in Reddi-wip® with a flexible spatula. Do not over mix!

   C. Spoon mixture equally into 4 dessert dishes. Spoon some of the cherry topping on top of each dessert.

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Glazed Strawberries

Yield: 4 servings

Ingredients

- 1 pound ripe strawberries, washed, stems removed, and cut in half
- 1 (7-ounce) can fat-free Reddi-wip®
- 1 cup water
- 1 ½ cup + 6 tablespoons ZSweet®
- 3 tablespoons strawberry extract
- 5 teaspoons cornstarch
- ½ teaspoon red food coloring

Directions

1. Place strawberries in a medium bowl and sprinkle with 6 tablespoons ZSweet®.
2. In a medium saucepan, whisk together water, 1 cup ZSweet®, strawberry extract, starch, and food coloring. Cook over medium-high heat, stirring frequently, until the mixture comes to a boil and thickens, about 5 minutes.
3. To assemble, place strawberries in a dessert cup, and top with strawberry glaze and Reddi-wip®.

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Fruit Salad

This fresh and creamy fruit salad is delightfully light and refreshing and especially inviting during warm weather. It’s also very quick and easy to prepare.

Yield: 8 servings

Ingredients

- 1 cup fat-free sour cream
- ¼ cup low-fat sour cream
- 1 (7-ounce) can fat-free Reddi-wip®
- 2 ripe bananas, peeled and sliced
- 1 (8-ounce) can mandarin oranges packed in water (preferred) or light syrup, drained
- 1 (8-ounce) can pineapple chunks, drained
- 1 (6-ounce) basket of fresh blueberries, washed
- 5 tablespoons ZSweet®

Directions

1. In a medium bowl, whisk together sour creams and ZSweet®.
2. Fold in Reddi-wip®.
3. Fold in fruit.

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Oatmeal Raisin Cinnamon Muffins

If you want the health benefits of eating oatmeal but don't care for it served the traditional way, this recipe is an ideal solution. It's also a convenient way to have your oatmeal to go.

These muffins are soft and moist with a delicious cinnamon flavor. Serve them for breakfast or as a tasty snack.

Yield: 8 muffins

Ingredients

- 2 cups oatmeal
- 1 ½ cups unsweetened apple sauce
- 1/3 cup egg whites
- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- ½ cup raisins
- 5 tablespoons ZSweet®
- 1 ½ teaspoons cinnamon
- 1 tablespoon molasses
- ¾ teaspoon baking powder
- ½ teaspoon salt

Directions

1. Preheat oven to 350 degrees F.
2. Combine all ingredients in a medium bowl.
3. Beat with an electric mixer at low speed until the ingredients are well mixed, about 30 seconds. Scrape the sides of the bowl and mix again briefly. Alternatively, stir ingredients with a wooden spoon to incorporate.
4. Pour mixture into a muffin pan coated with a fat-free vegetable spray, such as Pam®.
5. Bake on middle shelf for 25 minutes.
6. Remove from oven and allow muffins to cool for 10 minutes.
7. Run a butter knife around the outside of each muffin, and carefully remove them.

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BBQ Sauce

I love BBQ sauce, so I was very motivated to come up with a tasty low-carb version. This sauce is thick and sweet and is far superior to any of the commercially produced low-carb varieties I have tried.

It's especially good when baked on meat loaf or chicken.

Yield: 16 (2-tablespoon) servings

Ingredients

- 2 (29-ounce) cans tomato sauce
- 1 cup orange juice
- ½ cup apple cider vinegar
- ¼ cup Worcestershire sauce
- 1 ¾ cup + 2 tablespoons ZSweet®
- 1 tablespoon molasses
- 1 tablespoon paprika
- 1 teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon liquid smoke
- Dash cayenne pepper

Directions

1. Combine all ingredients in a large heavy-bottomed saucepan.
2. Bring to boil, reduce heat to low, and simmer, uncovered, until thickened, about 1 – 2 hours.

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Balsamic Glaze

This sweet and piquant sauce is excellent when drizzled over roasted vegetables or as a glaze for pork chops.

Yield: 8 (1-tablespoon) servings

Ingredients

- ½ cup balsamic vinegar
- ¼ cup ZSweet®
- 1 teaspoon cornstarch
- Pinch white pepper
- Pinch cayenne pepper

Directions

1. In a small saucepan, whisk together all ingredients.
2. Cook mixture over medium-high heat, stirring occasionally, until the sauce comes to a boil and thickens, about 4 minutes.

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Curry Mustard Sauce

With the addition of a small amount of curry, my honey mustard sauce changes cuisines from French to Indian. Excellent with chicken, pork, or beef.

Yield: 6 (2-tablespoon) servings

Ingredients

- **Honey Mustard Sauce**
- 2 teaspoons curry powder

Directions

1. In a small bowl, whisk together honey mustard sauce and curry.

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Honey Mustard Sauce

This delicious sauce is ridiculously easy to make. A simple chicken breast or pork chop becomes a fancy entree when served with this sauce.

Yield: 6 (2-tablespoon) servings

Ingredients

- ½ cup Dijon mustard
- ½ cup spicy brown mustard
- ½ cup fat-free mayonnaise
- ¾ cup ZSweet®
- Pinch cayenne pepper
- White pepper

Directions

1. In a small bowl, whisk together mustards, mayonnaise, and ZSweet®.
2. Season with white pepper to taste.

Nutrition Facts per Serving

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Ginger Sauce

At Japanese teppan restaurants (a teppan is a large table-top grill) such as Benihana, meals are traditionally accompanied with a delicious ginger sauce (I always ask for extra ginger sauce). The sauce is very refreshing with a well-balanced flavor; there is a pleasant amount of ginger flavor without being overpowering.

Yield: 3 cups (12 ¼-cup servings)

**Ingredients**

- 1 medium sweet onion, about 5 ounces, peeled and thinly sliced
- 2 ounces fresh ginger, peeled and thinly sliced
- 1 cup ZSweet®
- ¼ cup sherry wine
- ¼ cup water
- ½ cup rice vinegar
- ¾ cup soy sauce, preferably Kimlan brand
- 1 teaspoon fresh lemon juice
- ½ teaspoon xanthan gum (optional)

**Directions**

1. Place onions in a medium bowl and cover with a strainer. Position the bowl in the sink under the water spout. Adjust the faucet so that a steady stream of the cold water pours into the bowl and freely flows over the top. Flush the onions with water this way for about 15 minutes. Alternatively, you can let the onions soak in cold water for a several minutes and drain. Repeat this several times to “sweeten” the onions.

2. Place all ingredients in a blender and mix at high speed until the mixture is very smooth, about 1 minute.

3. Refrigerate for about 1 hour to allow the flavors to develop.

**Nutrition Facts per Serving**

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Jalapeño Tartar Sauce

Pickled jalapeños make this tarter sauce zesty, but still mild. This tarter sauce is excellent with fish, shrimp, and crab cakes.

Even though this recipe has very little fat, it’s vastly superior to stuff you are likely to find sitting at room temperature on a shelf at the grocery store. I have to keep reminding myself that it’s healthy because it tastes just like “the real thing.”

Yield: 10 (¼-cup) servings

Ingredients

- ¾ cup chopped dill pickles
- ¾ cup finely diced sweet onion, about half of a medium onion
- 14 pickled jalapeño slices, seeds removed, and finely minced
- 1 ¼ cup fat-free mayonnaise
- ½ cup fat-free sour cream
- ¼ cup low-fat sour cream
- 1 tablespoon ZSweet®
- 1 tablespoon fresh lemon juice
- 2 teaspoons Worcestershire sauce
- 1 teaspoon prepared horseradish
  Suggestion for horseradish lovers: use 2 teaspoons
- 4 drops Tabasco™ hot sauce
- Salt and pepper, to taste

Directions

1. In a medium bowl, whisk together all ingredients.
2. Refrigerate for at least 2 hours to allow flavor to develop.

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**Lemon Ginger Salad Dressing**

Yield: 1 serving, enough for a small salad

**Ingredients**
- 2 tablespoons lemon juice, about 1 lemon
- 1 tablespoon water
- 1 tablespoon finely minced shallot, about 1 medium
- 2 teaspoons finely grated fresh ginger
- 2 teaspoons Dijon mustard
- 2 teaspoons olive oil
- 1 tablespoon rice vinegar
- 5 tablespoons ZSweet®
- 1 drop yellow food coloring
- Salt and pepper
- 2 teaspoons no-sugar pectin fruit jell

**Directions**

1. In a small bowl, whisk together lemon juice, shallots, ginger, mustard, olive oil, rice vinegar, yellow food coloring, and ZSweet®.

2. Season with salt and pepper to taste.

3. Whisk in pectin to thicken the dressing.

**Nutrition Facts per Serving**

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Orange Teriyaki Sauce

I was going to make regular teriyaki sauce to go with some grilled shrimp when my wife suggested using oranges. We tried it and now it’s my favorite sauce for shrimp.

Yield: 14 (¼-cup) servings

Ingredients

- 4 cups unsweetened orange juice
- ¾ cup soy sauce
- ¾ cup ZSweet®
- 3 tablespoons cornstarch mixed with enough water to form a slurry
- ½ teaspoon sesame oil
- 4 drops Tabasco® pepper sauce

Directions

1. Pour orange juice into a medium saucepan and boil over medium-high heat until reduced by about 1/3, about 20 minutes.

2. Remove from heat and add remaining ingredients.

3. Return saucepan to heat. Cook and stir with a balloon whip until the sauce begins to boil and thickens. See Making Sauces for more detail.

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Pico de Gallo

This colorful and flavorful salsa is very simple to make and is a great accompaniment to Mexican food. It's also fat-free and low-glycemic, so you can enjoy it guilt-free.

Yield: 10 (¼-cup) servings

Ingredients

- 2 pounds plum tomatoes, diced
- 1 medium yellow onion, diced
- ½ cup chopped fresh cilantro
- 3 medium jalapeño peppers, minced
- 1 clove garlic, minced
- 2 tablespoons lime juice, about 1 lime
- ¾ teaspoon salt
- Pinch of cayenne pepper

Directions

1. In a medium bowl, stir together all ingredients.
2. Leave at room temperature for about an 1 to allow the flavor to develop.

Nutrition Facts per Serving

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Ranchera Sauce

This spicy red sauce is great with Mexican dishes, especially enchiladas.

Yield: 24 (2-tablespoon) servings

Ingredients

- 1 medium yellow onion, diced, about 1 cup
- 2 celery stalks, chopped (see below), about 1 cup
- 1 carrot, peeled and chopped (see below), about ½ cup
- 2 cloves garlic, minced
- 2 (15-ounce) cans tomato sauce
- 2 teaspoons olive oil
- 2 tablespoons chili powder
- 4 ½ teaspoons California chile powder
- 5 teaspoons ZSweet®
- ¼ teaspoon salt

Directions

1. Heat olive oil in a skillet over medium-high heat until hot and shimmering, but not smoking, about 2 minutes.

2. Add onions, celery, and carrots to skillet. Cook and stir until the onions are soft and begin to brown, about 10 minutes.

3. Add garlic. Cook and stir until fragrant, about 30 seconds.

4. Add chili powder, California chile powder, and salt. Cook and stir for 1 minute.

5. Add tomato sauce and ZSweet®. Stir until well mixed.

6. Allow mixture to come to a boil, reduce heat to low, and simmer, uncovered, for about 30 minutes.
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Raspberry Orange Vinaigrette

Yield: 1 serving, enough for a small salad

Ingredients
- ¼ cup fresh orange juice
- ¼ cup raspberry vinegar
- 2 tablespoons finely minced shallot, about 1 large shallot
- 2 teaspoons Dijon mustard
- 3 tablespoons ZSweet®
- 2 teaspoons olive oil
- 4 teaspoons no-sugar pectin fruit jell
- Salt and pepper

Directions
1. Whisk together orange juice, vinegar, shallots, mustard, olive oil, and ZSweet® in a small bowl.
2. Season with salt and pepper to taste.
3. Whisk in pectin to thicken the dressing.

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Suiza Sauce

This sauce is a creamier and milder version of my Tomatillo Sauce. It’s very good on top of enchiladas.

Yield: 12 (¼-cup) servings

Ingredients

- Tomatillo Sauce
- ½ cup fat-free sour cream
- ¼ cup low free sour cream
- 1 tablespoon chicken base
- 1 tablespoon cornstarch mixed with enough water to form a slurry.

Directions

1. Combine all ingredients in a large saucepan.
2. Cook and stir over medium-high heat until the sauce comes to a boil and thickens.

Nutrition Facts per Serving

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Spicy Steak Sauce

Try this easy-to-make sauce the next time you grill steaks. The sauce gets its kick from the chipotle pepper (a smoked jalepeño) sauce. But don’t worry too much. Even the members of my family with low heat tolerance love it.

Yield: 4 (¼-cup) servings

Ingredients

- 1 (14-ounce) can tomato sauce
- 3 tablespoons Worcestershire sauce
- 2 tablespoons Tabasco® chipotle sauce
- 6 tablespoons ZSweet®
- 1 teaspoon Kitchen Bouquet®

Directions

1. Whisk together all ingredients in a large saucepan.
2. Bring to boil, reduce heat to low, and simmer, uncovered, until thickened, about 14 – 20 minutes.

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**Teriyaki Sauce**

Yield: 5 (¼-cup) servings

**Ingredients**

- ½ cup fat-free beef broth
- ½ cup fat-free chicken broth
- 6 tablespoons soy sauce
- 1 cup + 2 tablespoons ZSweet®
- 2 tablespoons cornstarch

**Directions**

1. Whisk together all ingredients in a medium saucepan.
2. Cook and stir mixture over medium-high heat until the sauce comes to a boil and thickens, about 4 minutes.

**Nutrition Facts per Serving**

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Tomatillo Sauce

This tangy green salsa is great with tacos and enchiladas. Can be served either warm or cold.

Yield: 12 (¼-cup) servings

Ingredients

- 1 ½ pounds tomatillos, husks and stems removed
- 6 large jalapeño peppers, seeds removed, coarsely chopped
- 6 large garlic cloves, minced
- 2 medium onions, diced
- ½ cup fat-free chicken broth
- 2 tablespoons lime juice, about 1 lime
- 1 tablespoon ZSweet®
- 2 teaspoons olive oil
- 1 teaspoon salt

Directions

1. Heat olive oil in a skillet over medium-high heat until hot and shimmering, but not smoking, about 2 minutes.
2. Add onions to skillet. Cook and stir until the onions are soft and beginning to brown, about 6 minutes.
3. Add tomatillos, jalapeños, and garlic. Cook and stir until fragrant, about 30 seconds.
4. Add chicken broth, lime juice, ZSweet®, and salt. Reduce heat to medium. Cook and stir occasionally until the tomatillos are softened, about 8 minutes.
5. Transfer mixture to a food processor or blender and puree until smooth.
6. For a smoother sauce, press the mixture through a fine strainer with a flexible (rubber or silicone) spatula.

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Tomato Ketchup

Ketchup happens to be my favorite condiment, but regular ketchup is loaded with sugar. Fortunately, you can easily make your own delicious sugar-free ketchup out of tomato sauce with a few spices. Another advantage to making your own ketchup is that you control the thickness — the longer you simmer it, the thicker it will get.

This ketchup will keep for at least two weeks in the refrigerator.

Yield: 40 (1-tablespoon) servings

Ingredients

- 3 (28-ounce) cans tomato sauce
- 1 cup apple cider vinegar
- 1 1/2 teaspoon whole cloves
- 1 1/2 teaspoon stick cinnamon, broken
- 1 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups ZSweet®

Directions

1. Combine the cloves, cinnamon, celery seed, and vinegar in a small saucepan and bring to a boil. Turn off the heat and let this “tea” stand until needed.

2. In a large pot, simmer tomato sauce for 2 hours or until the volume has reduced by half.

3. Strain the tea into the tomato sauce, discarding the cloves, cinnamon, and celery seed.

4. Add onion powder, pepper, and ZSweet®. Stir and simmer for an additional 30 minutes.

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Turkey Stock

Turkey stock is more flavorful than chicken stock. Unfortunately you probably cannot find it at your local grocery store. The good news is that you can easily make your own delicious turkey stock.

Try substituting turkey stock for chicken broth in most recipes for a richer, deeper flavor. The stock freezes well, so you can enjoy the same on-hand convenience as commercially produced chicken broth.

When properly defatted, turkey stock is nearly fat-free and is perfect for healthy cooking.

Yield: 8 (1-cup) servings

Ingredients

- 2 – 3 pounds of turkey legs and/or wings (the carcass of a whole roasted turkey is excellent too), seasoned with salt and pepper
- 4 stalks celery, coarsely chopped, about 1 ½ cups
- 3 large carrots, coarsely chopped, about 1 ½ cups
- 1 large onion, coarsely chopped, about 2 cups
- 4 cloves garlic, peeled, coarsely chopped
- ½ cup Marsala wine
- 8 cups (2 quarts) fat-free chicken broth
- 8 cups (2 quarts) water
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 4 sprigs parsley
- 1 bay leaf
- Salt and pepper

Directions

1. Heat two teaspoons olive oil in a large pot over medium-high heat until shimmering, but not smoking.
2. Place carrots, onions, and celery in the pot. Season with salt and pepper. Cook and stir until the vegetables just start to brown, about 8 minutes.
3. Add garlic, thyme, and parsley. Cook and stir until fragrant, about 1 minute. Transfer vegetables to
4. Heat remaining two teaspoons olive oil as before.
5. Cook and turn turkey parts until well browned on all sides, about 8 – 10 minutes.
6. **Deglaze** pot with Marsala wine.
7. Add vegetables, chicken broth, water, and bay leaf to pot.
8. Bring to a boil, then reduce heat to low and simmer for 2 hours.
9. Allow stock to cool to room temperature. Strain stock into a large glass bowl and refrigerate overnight.
10. Carefully **skim** the accumulated fat off the top with a ladle. Note that the stock will be Jell-O like due to the natural gelatin from the turkey bones.

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Wasabi Sauce

Wasabi is a Japanese horseradish that packs a punch.

Before I tell you about how this sauce tastes, I need to issue a disclaimer. When it comes to horseradish, there tends to be two kinds of people: those who love it and those who think that the people who love it are completely insane.

For my fellow horseradish aficionados, this sauce has a touch of sweetness and that wonderful sinus-clearing, frontal lobe stimulating zing that for some inexplicable reason I really like.

This sauce is excellent with meat sandwiches and roast beef. And, unlike store-bought horseradish sauces, this one is fat- and sugar-free.

Yield: 16 (1-tablespoon) servings

Ingredients

- ½ cup fat-free mayonnaise
- 5 tablespoons fat-free sour cream
- 4 ½ teaspoons ZSweet®
- 2 ½ teaspoons wasabi
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon dry mustard
- Pinch cayenne pepper
- Pinch salt

Directions

1. Combine all ingredients in a small bowl.
2. Whisk until well mixed.
3. Refrigerate for at least 1 hour to allow the flavor to develop.

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Apple Pie Shake

As yummy as apple pie, but without all the calories.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products/products)
- ½ apple, peeled, and core removed
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)
- 1 cup fat-free milk
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

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Banana Coconut Cream Shake

The secret is in the coconut extract, which diffuses the fluffiness of the shake mix and adds a burst of flavor that tastes every bit as good as coconut cream pie.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- ½ banana, peeled, wrapped in plastic wrap, and frozen
- 3 drops coconut extract
- ½ cup fat-free milk
- ½ cup cold water
- 3 - 4 ice cubes

Directions

1. Unwrap frozen banana.
2. Combine all ingredients in a blender and mix until smooth, about 60 seconds on high speed.

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Banana Cream Pudding

Enjoy this scrumptious dessert when you need a sweet treat. Works well to make ahead and chill.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- 2 tablespoons sugar-free, fat-free Jell-O brand banana pudding mix
- 1 cup fat-free milk
- Fat-free Reddi-wip® (optional)
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix on high for 1 minute. Chill in refrigerator.

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Banana Creme Pie

Recipe makes four yummy servings, so your whole family can enjoy this guilt-free dessert.

Yield: 8 servings

Ingredients

**For Crust**
- ½ cup low-fat graham cracker crumbs, about 4 full graham cracker sheets ground to crumbs
- 2 egg whites

**For Filling**
- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products).
- 2 cups blended fat-free cottage cheese
- 1 large ripe banana, peeled and cut into thin slices
- ¼ cup ZSweet®
- 1 (1-ounce) box sugar-free, fat-free Jell-O brand French vanilla instant pudding mix
- 2 teaspoons banana extract

Directions


2. Make filling by mixing together Slim Body mix, cottage cheese, ZSweet® pudding mix, and banana extract in a food processor.

3. Slice banana and layer in the bottom of cooled pie shell.

4. Pour blended filling mixture into crust. Chill in refrigerator before serving.

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Banana Nut Shake

This shake has a rich nutty flavor, much like your favorite banana bread.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- ½ cup fat-free milk
- ½ cup cold water
- 1 teaspoon vanilla
- ½ teaspoon nutmeg
- ½ ripe banana, peeled
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

Nutrition Facts per Serving

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Old Fashioned Banana Split

Serve in a fancy banana split dish, and you'll feel like you're in an old-time soda shop!

Yield: 1 serving

Ingredients

- 1 (35g) serving chocolate Slim Body shake mix ([www.7daybellyblastdiet.com/products](http://www.7daybellyblastdiet.com/products))
- 1 cup fat-free milk
- Fat-free Reddi-wip®
- 2 - 3 strawberries

Directions

1. Combine Slim Body shake mix and milk in a blender. Mix on high until very smooth, about 60 seconds.
2. Pour into freezer-safe bowl and let freeze.
3. Mix frozen shake in food processor or blender until it reaches the consistency of ice cream. Spoon into fancy dish.
4. Top with thinly-sliced strawberries.

Nutrition Facts per Serving

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Berry Blast

You'll feel good all morning when you start your day with this high-protein, high-calcium delicious shake.

Yield: 1 serving

Ingredients

- 1 (35g) serving strawberry Slim Body shake mix (www.7daybellyblastdiet.com/products)
- 1 cup fat-free milk
- 1 (6-ounce) container fat-free blueberry yogurt
- 12 frozen blueberries
- 3 - 4 ice cubes

Directions

1. Mix the Slim Body shake mix, milk, ice, and yogurt in a blender on high for 30 seconds. Add blueberries and blend for an additional 30 seconds.

Nutrition Facts per Serving

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Berry Cinnamon Shake

A nice combination of flavors when you want something a little different.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- ½ cup fat-free milk
- 3 ounces low-fat berry yogurt
- 1 tablespoon fat-free vanilla-flavored coffee creamer
- ¼ teaspoon cinnamon
- 3 - 4 ice cubes

Directions

1. Mix all ingredients in a blender until well blended, about 30 seconds.

Nutrition Facts per Serving

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Blueberry Smoothie

A terrific tasting smoothie that's good for you.

Yield: 1 serving

Ingredients

- 1 serving vanilla cake batter Slim Body shake mix (www.7daybellyblastdiet.com/products)
- 1 fat-free blueberry yogurt
- 1 cup cold water or fat-free milk
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

Nutrition Facts per Serving

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Chocolate-Covered Cherry Shake

Tastes as good as chocolate-covered cherry bon-bons!

Yield: 1 serving

Ingredients

- 1 (35g) serving chocolate Slim Body shake mix (www.7daybellyblastdiet.com/products)
- 1 cup fat-free milk
- 10 frozen cherries
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

Nutrition Facts per Serving

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<td>Carbohydrate (g)</td>
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</table>
Chocolate Orange Shake

Tastes like those melt-in-your-mouth chocolate-orange candy balls they sell during the Christmas season.

Yield: 1 serving

Ingredients

- 1 (35g) serving chocolate Slim Body shake mix (www.7daybellyblastdiet.com/products)
- 2 tablespoons frozen concentrated orange juice
- 1 cup fat-free milk
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

Nutrition Facts per Serving

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Cinnamon Kick

This is fantastic on a cold morning before going to work.

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix ([www.7daybellyblastdiet.com/products](http://www.7daybellyblastdiet.com/products))
- 1 teaspoon cinnamon
- 1 teaspoon instant coffee
- 1 cup hot water

Directions

1. Stir all ingredients together until well blended.

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<tbody>
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<td>Carbohydrate (g)</td>
<td>7.5</td>
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Iced Almond Latté

This refreshing beverage is a good morning energy booster or a refreshing afternoon snack in warm weather. The iced coffee cubes are the "flavor secret!"

Yield: 1 serving

Ingredients

- 1 (35g) serving vanilla cake batter Slim Body shake mix ([www.7daybellyblastdiet.com/products](http://www.7daybellyblastdiet.com/products))
- 1 cup fat-free milk
- 3 drops almond extract
- Brewed coffee, frozen into cubes

Directions

1. In a blender, combine Slim Body shake mix, milk, almond extract, and three frozen coffee cubes. Mix well.

Nutrition Facts per Serving

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Peanut Butter Cup Shake

A satisfying shake that will keep you feeling full for hours. Great for breakfast or as an after-workout snack.

Yield: 1 serving

Ingredients

- 1 (35g) serving chocolate Slim Body shake mix ([www.7daybellyblastdiet.com/products](http://www.7daybellyblastdiet.com/products))
- 1 tablespoon all-natural peanut butter
- ½ banana, peeled
- ½ cup fat-free milk
- ½ cup cold water
- 3 - 4 ice cubes

Directions

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

Nutrition Facts per Serving

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<tr>
<td>Carbohydrate (g)</td>
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**Tropical Delight**

Serve in a martini glass with a little paper umbrella, and you'll feel like you're on a tropical vacation!

Yield: 1 serving

**Ingredients**

- 1 (35g) serving vanilla cake batter Slim Body shake mix ([www.7daybellyblastdiet.com/products](http://www.7daybellyblastdiet.com/products))
- 1 cup pineapple with the juice
- A small handful of frozen strawberries or blueberries
- 1 cup fat-free milk
- 3 - 4 ice cubes

**Directions**

1. Combine all ingredients in a blender and mix until smooth, about 45 seconds on high speed.

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<th>Nutrition Facts per Serving</th>
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<tbody>
<tr>
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<td>2.5</td>
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<td>Carbohydrate (g)</td>
<td>54.7</td>
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BBQ Meat Loaf

My wife, a real meat loaf connoisseur, diligently made dozens of different meat loaves before writing this recipe in her quest for the perfect low-fat meat loaf. This meat loaf is hearty and savory with a wonderful touch of sweetness from the baked-on BBQ sauce.

Everybody raves about this dish, and as an added bonus, it’s very quick and simple to prepare. Fair warning: it’s hard to stop eating this stuff!

Yield: 10 servings

Ingredients

- 2 pounds 7% fat ground beef
- 2 egg whites
- 2 Weetabix® biscuits, crushed
- ¼ cup grated reduced-fat Parmesan cheese
- ¼ cup low-fat sour cream
- 2 garlic cloves, minced
- ½ cup diced red bell peppers,
- 1 cup BBQ Sauce
- Salt and pepper

Directions

1. Preheat oven to 350 degrees F.
2. Mix all ingredients in a large bowl.
3. Form the mixture into two loaves.
4. Set shallow rack on a jelly roll pan and place loaves on top of the rack. Bake on center shelf for 1 hour.
5. Remove from oven, top with BBQ sauce, and bake until the sauce becomes thick and dark, about 20 minutes more.

Nutrition Facts per Serving

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Beef Curry Tomato

When I was growing up, one of my favorite places to eat was Sun Sun Kitchen, a small hole-in-the-wall Chinese restaurant in Fresno, California. Their beef curry tomato chow mein plate was to die for. I was never able to find a similar dish anywhere else, much less a healthy one, so I decided to try my hand at re-creating it. This recipe, while not exactly the same as the original, is close enough to satisfy my longing for an old childhood favorite.

Yield: 10 servings

Ingredients

- 2 ½ pounds top sirloin steak, visible fat removed
- ¾ cup ZSweet®
- 1 (28-ounce) can tomato sauce
- 2 yellow onions, cut into 1-inch pieces
- 2 red bell peppers, cut into 1-inch pieces
- 2 green bell peppers, cut into 1-inch pieces
- 1 cup fat-free beef broth
- 2 ½ teaspoons curry powder
- 2 tablespoons cornstarch mixed with enough water to make a slurry
- 2 teaspoons olive oil (1 teaspoon + 1 teaspoon)
- Salt

Directions

1. Heat 1 teaspoon of olive oil in a large skillet over medium-high heat. Add onions and peppers. Season with salt. Cook and stir vegetables until soft, about 5 minutes. Transfer vegetables to a bowl.

2. Add remaining 1 teaspoon olive oil to skillet.

3. Season beef with salt. Cook until well browned, about 6 – 8 minutes on each side. Transfer beef to a plate and cover with aluminum foil.

4. Add beef broth to pan. Use a wooden spoon to scrape brown bits from bottom of pan.

5. Whisk in tomato sauce, curry, and ZSweet® and simmer until slightly reduced.

6. Remove from heat, whisk in starch, and bring to a boil to thicken the sauce. Note: You might need more or less starch depending on how thick you want the sauce. If the sauce is too thin, add more starch.
7. Cut cooked beef into thin slices. Add beef and vegetables to pan. Cook and stir for 2 minutes.

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<td>Carbohydrate (g)</td>
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Beef with White Pepper Sauce

My favorite menu item, Yen Ching Beef, at a local restaurant with the same name, was the inspiration for this recipe. It took a few attempts to reverse-engineer it, but I think this recipe is faithful to the original.

Yield: 8 servings

Ingredients

- 2 pounds top sirloin steak, visible fat removed
- 2 cups fat-free chicken broth
- 6 tablespoons ZSweet®
- ½ teaspoon white pepper
- 4 ½ teaspoons cornstarch mixed with enough water to make a slurry
- 1 tablespoon soy sauce
- 1 medium onion, cut into 1-inch pieces
- 2 teaspoons olive oil (1 teaspoon + 1 teaspoon)
- Salt

Directions

1. Heat 1 teaspoon of olive oil in a large skillet over medium-high heat until shimmering but not smoking. Cook and stir onions until soft, about 5 minutes. Transfer onions to a bowl.

2. Add remaining 1 teaspoon olive oil to pan.

3. Season beef with salt and cook until well browned, about 4 – 6 minutes on each side. Transfer beef to a plate and cover with aluminum foil.

4. Add chicken broth, soy sauce, ZSweet®, and white pepper. Cook and stir, using a wooden spoon to scrape brown bits from bottom of pan, until slightly reduced. Pour any accumulated beef juices into the sauce.

5. Remove from heat, whisk in starch, and bring to a boil to thicken sauce. Note: You might need more or less starch depending on how thick you want the sauce. If the sauce is too thin, add more starch off heat and bring to a boil. Reduce heat to low.

6. Cut beef into thin strips, add to sauce, and stir to coat the meat with sauce.

Nutrition Facts per Serving

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Braised Beef

Yield: 16 servings

Ingredients

- 6 pounds sirloin tip beef roast, visible fat removed, cut into 4-inch pieces
- 2 teaspoons olive oil
- 6 sprigs fresh thyme
- 6 sprigs fresh parsley
- 2 bay leaves, crumbled
- 2 medium onions, peeled and cut in half
- 2 carrots, peeled and sliced into 1 ½-inch pieces
- 2 cups port or dry red wine
- 2 cups fat-free chicken broth
- 2 tablespoons cornstarch mixed with enough water to form a slurry
- Salt and pepper

Directions

1. Preheat oven to 350 degrees F.
2. Heat olive oil in large skillet over medium-high heat until shimmering but not smoking.
3. Season meat with salt and pepper. Cook beef until brown on all sides, about 4 minutes per side.
4. Transfer meat to a large pot. Pour ½ cup of the wine into the skillet. Cook and stir wine, scraping the bottom of the pan with a wooden spoon to loosen any brown bits. Remove from heat.
5. Make a bouquet garni by placing thyme, parsley, and bay leaves in the center of two overlapped 8-inch square pieces of cheesecloth, bringing the corners together, and tying with kitchen twine (or use small bags designed for this purpose).
6. Place onions, carrots, and bouquet garni in the pot alongside the meat. Pour wine from skillet and enough chicken broth and wine to come about halfway up the meat. Bring liquid to a boil. Cover pot and place in oven. Cook until meat is very tender, about 3 – 4 hours.
7. Strain liquid from pot into a saucepan. Allow liquid to cool. Skim off any oil that accumulates on the surface. Bring to a boil and reduce by half.
8. Remove from heat, and whisk in starch. Bring the sauce back to a boil briefly. If the sauce is too thick, add some water, or if it’s too thin, add more starch.
9. Spoon sauce over meat to serve.
<table>
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Broccoli Beef

Yield: 10 servings

Ingredients

- 2 ¾ pounds top sirloin steak, visible fat removed
- 4 cups broccoli florets, about 2 pounds
- 1 teaspoon olive oil
- 2 cups fat-free chicken broth
- 1 teaspoon beef base
- 1 tablespoon soy sauce
- 3 tablespoons ZSweet®
- 4 ½ teaspoons cornstarch mixed with enough water to make a slurry
- Salt and pepper

Directions

1. Place broccoli and 1 tablespoon water in a covered glass bowl, and microwave on full power until tender, but still firm, about 5 minutes.

2. Season meat with salt and pepper. Heat oil in large skillet over high heat until shimmering but not smoking. Cook meat until browned, about 4 minutes on each side. Transfer meat to a platter and cover with aluminum foil.

3. Add chicken broth to skillet and scrape the bottom with a wooden spoon.

4. Add beef broth concentrate, soy sauce, and ZSweet®. Simmer until slightly reduced.

5. Whisk in starch while bringing the sauce to a boil. If the sauce is too thick, add some more broth or if it’s too thin, add more starch. Reduce heat to low.

6. Cut meat into thin strips. Add meat and broccoli to skillet. Cook and stir for 1 minute.

Nutrition Facts per Serving

- Calories 304.4
- Protein (g) 50.4
- Fat (g) 8.9
- Carbohydrate (g) 23.3

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Chili Colorado

Preparing the chilies for this dish requires a little extra time, but the results are well worth the trouble. This chili Colorado is very spicy with rich, thick sauce. Serve it with Spanish rice or use it to make an excellent chili Colorado burrito. Everyone I have made this for has really enjoyed it.

Yield: 10 servings

Ingredients

- 4 pounds lean beef, visible fat removed, cut into 2-inch pieces
- 8 dried New Mexico peppers, seeds removed
- 6 dried arbol chilies, seeds removed
- 6 dried ancho chilies, seeds removed
- 4 dried Chipotle chilies, seeds removed
- 3 cups water, boiling
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- ½ teaspoon ground Mexican oregano
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 large onion, diced
- 6 cloves garlic, minced
- 1 ½ cups fat-free beef broth
- 1 (15-ounce) can tomato sauce
- ½ cup chopped cilantro

Directions

1. Cover peppers and chilies with boiling water, cover the bowl with a plate, and let stand for 30 minutes.

2. Heat two teaspoons olive oil in a large heavy skillet over medium-high heat and cook half of the beef until browned on all sides.

3. Transfer the browned beef to a large pot.

4. Repeat steps 2 and 3 with the remaining beef.

5. Blend the chili mixture in a food processor until smooth.
6. Press blended chili mixture through a fine sieve into the pot containing the meat.
7. Add oregano, cumin, salt, onion, garlic, beef broth, and tomato sauce to the pot.
8. Bring the liquid in pot to a boil over high heat.
9. Reduce heat to medium-low and cook uncovered until the meat is very tender and the liquid has thickened, about 4 - 5 hours.
10. Add cilantro and cook on low for 30 minutes.

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**Flank Steak with Chimichurri Sauce**

Chimichurri is a thick herb sauce that in Argentina is typically served with steak.

**Yield:** 8 servings

**Ingredients**

- 1 ½ pounds flank steak, visible fat removed
- 1 ½ teaspoons kosher salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon black pepper
- 1 large garlic clove
- 1 ½ cups fresh cilantro
- 1 ½ cups fresh flat leaf parsley
- ¼ cup distilled white vinegar
- ¼ cup olive oil
- ¼ teaspoon cayenne

**Directions**

1. Pat steak dry. Stir together 1 teaspoon salt, cumin, coriander, and pepper in a small bowl and rub mixture onto both sides of steak. Broil steak on a broiler pan about 4-inches from heat 6 minutes per side for medium-rare. Transfer to a cutting board and let stand 5 minutes.

2. Meanwhile, with motor running, add garlic to a food processor and finely chop. Add cilantro, parsley, vinegar, oil, cayenne, and remaining ½ teaspoon salt, then pulse until herbs are finely chopped.

3. Holding a knife at a 45-degree angle, thinly slice steak. Serve with the chimichurri sauce.

**Nutrition Facts per Serving**

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Filet Steak with Port Wine Sauce

This is a very elegant main dish that is excellent for entertaining. Combine with sautéed mushrooms for a very special meal.

Yield: 6 servings

Ingredients

- 2 pounds filet steak, visible fat removed
- 1 ½ cups port wine
- 1 cup fat-free beef broth
- 3 tablespoons minced shallots, about 3 medium shallots
- 1 teaspoon olive oil
- 2 tablespoons cornstarch mixed with enough water to make a slurry
- 2 teaspoons Dijon mustard
- 1 teaspoon Kitchen Bouquet®
- 2 teaspoons balsamic vinegar
- Salt and pepper

Directions

1. Heat olive oil in a large skillet over high heat until shimmering but not smoking.
2. Season steak with salt and pepper.
3. Cook steak until well browned, about 6 minutes on each side. Transfer steak to a plate and cover with foil.
4. Add wine and use a wooden spoon to scrape any brown bits from the bottom of the skillet.
5. Add shallots and simmer until wine is reduced by about half.
7. Remove from heat, whisk in starch, and bring to a boil to thicken the sauce. Note: you might need more or less starch depending on how thick you want the sauce. If the sauce is too thin, add more starch off heat and bring to a boil. If the sauce is too thick, add more beef broth.
8. Spoon sauce over meat.

Nutrition Facts per Serving

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French Onion Steak

If you like French onion soup, you'll love this dish. It has a hearty, beefy flavor with just a touch of sweetness from the caramelized onions.

Yield: 6 servings

Ingredients

- 1 ½ pounds top sirloin steak, visible fat removed
- 1 large yellow onion, diced
- 1 cup fat-free beef broth
- ½ cup fat-free chicken broth
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- ½ cup water
- 2 teaspoons beef base
- 2 tablespoons cornstarch mixed with enough water to make a slurry
- Salt and pepper

Directions

1. Heat 2 teaspoons olive oil in a large skillet over medium-high heat until shimmering but not smoking.
2. Place onions in skillet and season with salt and pepper to taste. Cook and stir onions until just starting to brown, about 4 minutes.
3. Reduce heat to medium-low. Cook and stir onions until lightly browned and soft, about 4 minutes.
4. Add ½ cup water. Cook and stir onions until the water is gone, about 5 minutes.
5. Reduce heat to low. Cook and stir onions until dark brown in color and syrupy, about 10 – 12 minutes more. Transfer onions to a small bowl.
6. Season steak with salt and pepper.
7. Heat remaining olive oil in skillet over medium-high heat until shimmering but not smoking.
8. Cook steak until well browned, about 6 minutes on each side. Transfer steak to a plate and cover with foil.
9. Add beef broth and use a wooden spoon to scrape any brown bits from the bottom of the skillet.
10. Whisk in beef base, chicken broth, and any accumulated beef juices. Simmer until slightly reduced.
11. Remove from heat, whisk in starch, and bring to a boil to thicken the sauce. Note: you might need more or less starch depending on how thick you want the sauce. If the sauce is too thin, add more starch off heat and bring to a boil. If the sauce is too thick, add more beef broth.

12. Add onions into sauce and mix well.

13. Spoon sauce over meat.

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Hungarian Goulash

Hungarian Goulash is a childhood favorite of my wife’s. This recipe’s unique sweet and spicy tomato sauce makes this one of my favorite dishes too.

No one will ever guess the secret ingredient — diet Coke®!

Yield: 10 servings

Ingredients

- 2 pounds 7% fat ground beef
- 2 medium onions, diced
- 1 clove garlic, minced
- 1 tablespoon sweet Hungarian paprika
- 2 ½ teaspoons salt
- 1 teaspoon caraway seeds
- 2 ¼ cups diet Coke®, 1 ½ (12-ounce) cans
- ¾ cup port wine
- 2 (28-ounce) can diced tomatoes
- 2 tablespoons cornstarch mixed with enough water to form a slurry

Directions

1. Brown meat in a large skillet over medium high heat. Transfer meat to bowl.
2. Cook and stir onions until soft, about 5 minutes.
3. Add garlic and cook until fragrant, about 1 minute.
4. Stir in the paprika, salt, and Caraway seeds, cook for 1 minute.
5. Return meat to skillet. Add Coke®, wine, and tomatoes. Simmer for about 15 minutes.
6. Remove from heat, and stir in enough starch to thicken the sauce.
7. Return to heat and cook until the mixture just starts to boil, stirring constantly. Note: you may need more or less starch. If the sauce is not thick enough, just add more starch. If it becomes too thick, thin with water.
8. Serve over freshly cooked whole wheat pasta.
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Marinated Flank Steak

This is one of my favorite ways to prepare flank steak. In addition to being delightfully savory and sweet, the marinade helps to tenderize the meat and make it extra juicy.

Yield: 8 servings

Ingredients

**For Marinade**
- ¾ cup dry red wine such as Chianti, Bordeaux, or Burgundy
- ¾ cup soy sauce, Kimlan® brand preferred
- ¼ cup olive oil
- 1 cup + 2 tablespoons ZSweet®
- 3 tablespoons Worcestershire sauce
- 3 tablespoons dry mustard
- 1 teaspoon fresh ground black pepper
- 1 tablespoon dried parsley flakes
- ¼ cup fresh lemon juice, about 1 one large lemon
- 1 teaspoon granulated garlic

**For Optional Side Sauce**
- 1 tablespoon cornstarch mixed with enough cold water to form a slurry

**Directions**

1. **For Marinade**
   A. Whisk together marinade ingredients into a medium bowl.
   B. Fold each steak in half and poke holes over the entire surface spaced about ½-inches apart.
   C. Place steaks in a sealable plastic bag, pour in the marinade, and close.
   D. Allow steaks to marinate in refrigerator for at least 6 hours.
   E. Preheat barbecue grill on high heat
   F. Cook steaks on grill until browned on bottom side, about 6 minutes. Reserve marinade for
side sauce.

G. Reduce heat to medium. Turn steaks over and cook until browned, about 6 minutes more. Transfer to a plate and allow the meat to rest for 5 minutes.

H. Slice meat into thin strips as shown.

2. **For Side Sauce**

   A. Pour reserved marinade into a medium saucepan. Bring to a boil over medium-high heat and cook for 2 minutes.

   B. Whisk in cornstarch mixture in a steady stream until the sauce is thickened to the desired consistency.

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Pepper Steak

This hearty dish is excellent served over rice or accompanied with roasted or mashed potatoes.

Yield: 12 servings

Ingredients

- 3 pounds top sirloin steak, viable fat removed
- 4 bell peppers (1 each red, green, yellow, and orange), cut into ¾ inch pieces
- 2 large onions, cut into ¾-inch pieces
- 3 cloves garlic, minced
- 2 cups fat-free beef broth
- 1 tablespoon soy sauce
- 1 tablespoon ZSweet®
- 2 tablespoons cornstarch mixed with enough water to form a slurry
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- Salt and pepper
- Paprika

Directions

1. Heat 2 teaspoons olive oil in large skillet over medium-high heat.
2. Season peppers and onions with salt and pepper to taste. Cook and stir peppers and onions until softened, about 8 minutes. Add garlic. Cook and stir for 1 minute. Transfer vegetables to a bowl.
3. Season steak with salt and pepper and a generous amount of paprika.
4. Heat remaining 2 teaspoons olive oil and cook steak until well browned on each side, about 6 minutes per side. Transfer to a plate and cover with foil.
5. Add beef broth and scrape the bottom of the pan to loosen any brown bits.
6. Add soy sauce and ZSweet®. Cook until reduced slightly, about 3 minutes.
7. Slice steak into thin strips.
8. Whisk in starch slurry in a steady stream until the sauce is quite thick. If the sauce becomes too thick, add some more beef broth or water to thin. If the sauce is too thin, add more starch.
9. Add steak strips and cooked vegetables to the sauce, stir to combine, and cook over medium-low heat for about 1 minute.
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Salisbury Steak with Mushroom Sauce

Yield: 10 servings

**Ingredients**

- 3 pounds 7% fat ground beef
- 4 teaspoons olive oil (1 teaspoon + 1 teaspoon + 1 teaspoon + 1 teaspoon)
- 1 small yellow onion, diced
- 2 bell peppers, any color, diced
- 12 ounces mushrooms, sliced
- 1 large shallot, minced
- 1 ½ cups Marsala wine
- 2 ½ cups fat-free beef broth
- 1 tablespoon cornstarch mixed with enough water to form a slurry
- Salt and pepper

**Directions**

1. Heat 1 teaspoon olive oil in a skillet over medium-high heat. Cook and stir mushrooms until soft, about 8 – 10 minutes, gradually reducing heat throughout the cooking time. Transfer mushrooms to a bowl.

2. Heat 1 teaspoon olive oil in another large skillet over medium-high heat. Cook and stir onions and peppers until tender, about 3 – 5 minutes.

3. Mix onions and peppers with the ground beef. Season the meat with salt and pepper to taste. Form the ground beef mixture into 10 patties.

4. Heat 1 teaspoon of olive oil in each of two skillets over medium-high heat. Cook the patties until the internal temperature reaches 150 degrees F, about 6 – 8 minutes on each side. Transfer patties to a plate and cover with aluminum foil.

5. Deglaze both pans with the Marsala, scraping the bottom with a wooden spoon to loosen any brown bits. Strain the liquid into a glass measuring cup.

6. Add shallots and strained liquid into one of the skillets. Cook and stir of medium-high heat until reduced by about half. Add the beef broth and cook until reduced slightly. Season the sauce with salt and pepper to taste. Stir in enough starch to thicken the sauce until it will coat the back of a spoon. If the sauce becomes too thick, thin with a little beef broth. Stir in the mushrooms and cook until heated.
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Sloppy Joes

This dish is my daughter Caitlyn’s favorite. She insisted that it remain the first one in my recipe binder.

Yield: 12 servings

Ingredients

- 3 pounds 7% fat ground beef
- 1 large onion, diced
- 12 multigrain sandwich thins
- 1 (29-ounce) can tomato sauce
- 1 tablespoons apple cider vinegar
- 5 tablespoons ZSweet®
- 1 tablespoon paprika
- 2 tablespoons Worcestershire sauce
- 2 tablespoons cornstarch mixed with enough water to form a slurry
- Salt and pepper

Directions

1. Cook and stir ground beef in a large heavy skillet until brown, about 10 minutes; drain.
2. Season with salt and pepper to taste.
3. Add tomato sauce, vinegar, ZSweet®, Worcestershire, and paprika.
4. Cook and stir over medium heat until liquid is reduced, about 10 minutes.
5. Add one teaspoon starch; Cook and stir to thicken. Repeat as required to thicken.
6. Serve over sandwich thins

Nutrition Facts per Serving

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Swiss Steak

Worcestershire sauce gives this dish a spicy and slightly sweet flavor. After being braised in the tomato-based sauce, even tough meat is easily cut with a fork.

Yield: 10 servings

Ingredients

- 3 ½ pounds top sirloin steak, visible fat removed, pounded to ½ inch thick
- 1 large onion, diced
- 2 large carrots, peeled and diced
- 4 celery stocks, diced
- 2 teaspoons olive oil
- 3 (14 ½-ounce) cans diced tomatoes
- 2 tablespoons Worcestershire sauce
- 3 tablespoons ZSweet®
- Salt and pepper

Directions

1. Heat oven to 350 degrees F.
2. Season meat with salt and pepper.
3. Heat 2 teaspoons olive oil in a heavy skillet over medium-high heat. Cook meat until brown, about 6 minutes on each side. Transfer meat to a plate.
4. Add onions, carrots, and celery to pan. Season with salt and pepper. Cook and stir until soft and starting to brown, about 10 minutes.
5. Add tomatoes, Worcestershire sauce, and ZSweet®. Bring to a boil, then reduce heat to medium and simmer for 10 minutes.
6. Coat the bottom of a large roasting pan with the sauce. Arrange meat on top of the sauce. Cover meat with remaining sauce.
7. Cover pan with foil and bake until the meat is very tender, about 1 ½ hours.

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Carnitas

Yield: 16 servings

Ingredients

- 4 pounds pork shoulder, visible fat removed, cut into 2-inch pieces
- 1 medium onion, diced
- 3 tablespoons finely chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon ground cumin
- 2 teaspoons ground Ancho chili pepper or California chili powder
- ½ teaspoon salt

Directions

1. Place pork in large pot and cover with water. Stir in salt.
2. Bring to a boil, reduce heat to medium-low, and simmer until the meat is very tender and no water remains, 1 - 1 ½ hours.
3. Transfer pork to a large bowl
4. Add olive oil and onions to pot. Cook and stir onions until brown, about 6 minutes.
5. Return pork to pot. Season with chili pepper and cumin. Cook and stir for 2 minutes.
6. Add cilantro. Cook and stir for 2 minutes more.

Nutrition Facts per Serving

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Chili Verde

This a low-fat version of a Mexican classic. The succulent pork will be tender enough to cut with a fork.

Yield: 14 servings

**Ingredients**

- 3 ½ pounds lean pork shoulder, visible fat removed, cut into 2-inch pieces
- 2 (7-ounce) cans diced green chilies
- 6 cups fat-free chicken broth
- 1 medium onion, diced
- 1 jalapeño pepper, minced
- 2 (12-ounce) cans tomatillos, coarsely chopped
- ¾ cup chopped fresh cilantro
- 1 ½ teaspoons dried Mexican oregano
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon paprika
- 3 tablespoons chopped garlic
- 3 teaspoons olive oil (1 teaspoon + 1 teaspoon + 1 teaspoon)
- 2 tablespoons cornstarch mixed with enough water to form a slurry
- Salt and pepper

**Directions**

1. Heat 1 teaspoon olive oil in large skillet over high heat until shimmering but not smoking. Season pork with salt and pepper. Cook half of the pork on all sides until browned, about 8 - 10 minutes. Transfer to a large pot. Repeat this step with the remaining pork.

2. Add 1 teaspoon olive oil to skillet. Add onions and jalapeño pepper. Cook and stir over medium-high heat until tender and slightly browned, about 6 minutes.

3. Add garlic. Cook and stir until fragrant, about 30 seconds. Transfer to the pot.

4. Add chilies, tomatillos, oregano, chili powder, cumin, paprika, and chicken broth to pot. Stir and bring to a boil. Reduce heat and simmer covered for 2 hours.

5. Remove lid, skim off any dark liquid that may have accumulated on the surface, stir in cilantro, and simmer for 1 - 2 hours until the pork is very tender and the liquid has reduced by about half. Stir in starch and cook until thickened, about 1 minute.
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Grilled Garlic Lime Pork Tenderloin

Yield: 12 servings

Ingredients

4 pork tenderloins (about ¾ pounds each), visible fat and silver skin removed

Marinade

- 6 large garlic cloves, chopped
- 2 tablespoons soy sauce
- 2 tablespoons grated fresh ginger root
- 2 teaspoons Dijon mustard
- ½ cup lime juice, about 4 limes
- 2 teaspoons olive oil
- Cayenne pepper to taste

Jalapeño Onion Marmalade

- 1 ¼ pounds red onions, chopped fine, about 4 cups
- 2 teaspoons olive oil
- 2 fresh jalapeño peppers, seeded and minced
- 3 tablespoons ZSweet®
- ¼ cup red wine vinegar
- ¼ cup water

Directions

1. Marinade

   A. The day before, in a blender or food processor, blend marinade ingredients. Season with salt and pepper to taste.

   B. In a large sealable plastic bag, combine pork with marinade. Seal the bag, pressing out excess air. Marinate pork in refrigerator for at least 1 day and up to 2 days, turning once or twice.

2. Jalapeño Onion Marmalade

   A. The day of, in a large heavy skillet, cook onions in oil with salt and pepper to taste over moderate heat, stirring until soft.
B. Add jalapeños and cook, stirring, 1 minute.
C. Add ZSweet®, and cook, stirring, 1 minute.
D. Add vinegar and simmer, stirring, until almost all liquid is evaporated. Add water and simmer, stirring, until mixture is slightly thickened and onions are very tender, about 10 minutes.
E. Season with salt and pepper to taste. Marmalade may be made 2 days ahead and chilled, covered. Reheat marmalade before serving.

3. **Grilling**

A. Allow marinated pork to stand at room temperature for 2 hours before cooking.
B. Remove pork from the marinade, letting excess drip off, and grill over medium-high heat, turning every 5 minutes, until a meat thermometer registers 160 degrees F, about 15 – 20 minutes.
C. Transfer meat to a cutting board and let stand 5 minutes before slicing at a 30-degree angle.
D. Spoon marmalade over pork.

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Hawaiian Pork

You can enjoy a taste of Hawaii with these pork chops cooked in sweet and tangy pineapple and tomato sauce. I just love this dish served over a bed of rice.

Yield: 12 servings

**Ingredients**

- 2 ½ pounds pork loin, visible fat removed
- 1 (14-ounce) can tomato sauce
- 1 (20-ounce) can crushed pineapple packed in juice
- 3 cups water
- 1 green bell pepper, cut into ½-inch pieces.
- 1 cup + 1 tablespoon ZSweet®
- ¼ cup apple cider vinegar
- 3 tablespoons salt
- 2 teaspoons molasses
- 1 teaspoon paprika
- ¼ teaspoon onion powder
- 2 teaspoons olive oil

**Directions**

1. Brine pork: In a sealable gallon-size bag, combine the meat, water, and salt. Push out as much air as possible and seal the bag. Shake the bag to dissolve the salt. Allow meat to marinate in the brine solution in the refrigerator for 1 hour.

2. Heat oil in large skillet over medium-high heat until shimmering but not smoking. Remove chops from the brine solution, shaking off as much water as possible. Brown chops on both sides, about 4 minutes per side. Transfer browned meat to a plate.

3. In the same skillet, combine tomato sauce, pineapple, bell pepper, ZSweet® vinegar, molasses, paprika, and onion powder. Cook and stir ingredients until the mixture comes to a boil. Reduce heat to medium-low and simmer until the sauce is slightly reduced, about 5 minutes.

4. Place chops in pineapple and tomato mixture, and simmer until their internal temperature reaches 130 degrees F., about 7 minutes on each side. Remove from heat and allow the chops to rest until their internal temperature reaches 145 degrees F., about 5 minutes.

5. Spoon sauce over chops to serve.

**Nutrition Facts per Serving**
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Pork Chops with Spicy Citrus Sauce

A sweet and tangy sauce with a little heat and a hint of smoke flavor give these chops a delicious exotic flavor.

Yield: 12 servings

Ingredients

- 2 ¾ pounds pork loin, visible fat removed
- 1 teaspoon olive oil
- ½ cup fat-free chicken broth
- 1 teaspoon molasses
- 3 cloves garlic
- 5 tablespoons ZSweet®
- 2 teaspoons Kitchen Bouquet®
- ¼ cup lime juice and 1 ½ teaspoons lime zest, about 2 limes
- 1 cup orange juice, about 2 oranges
- 4 chipotle chilies en adobo
- 4 ½ teaspoons cornstarch mixed with enough water to make a slurry
- Salt

Directions

1. Preheat jelly roll pan in 450 degrees F. oven.

2. Season chops with salt. Heat oil in large skillet over high heat until shimmering but not smoking. Brown chops on both sides, about 2 minutes per side. Transfer chops from skillet to preheated pan, and roast in oven until their internal temperature is 125 – 127 degrees, 8 – 10 minutes, turning chops over once halfway through cooking time. Transfer chops to platter; cover loosely with foil, and let rest about 5 minutes. Internal temperature should be about 145 degrees.

3. Combine lime juice, zest, molasses, Kitchen Bouquet®, garlic, chilies, and chicken broth in the work bowl of food processor fitted with a steel blade or a blender and, blend until smooth.

4. Add orange juice and ZSweet® and blend to combine. Pour mixture into skillet and scrape the bottom with a wooden spoon. Simmer until slightly reduced.

5. Add food starch slurry while stirring constantly with a wire whip, bringing the sauce to a boil. If the sauce is too thick, add some more broth, or if it’s too thin, add more starch.

6. Spoon sauce over chops.
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Pork with Cranberry Cherry Port Sauce

Yield: 8 servings

Ingredients

- 2 pounds pork shoulder roast
- ½ cup water
- ¾ cup ZSweet®
- 1 cup fresh or thawed frozen cranberries
- 1 cup fresh or thawed frozen cherries
- 1 tablespoon minced shallot, about 1 shallot
- 1 tablespoon balsamic vinegar
- 1 ¾ cups port wine
- 1 cup fat-free chicken broth
- 1 tablespoon cornstarch mixed with enough water to form a slurry
- 2 teaspoons olive oil
- 2 teaspoons salt
- 2 teaspoons coriander
- 1 teaspoon black pepper

Directions

1. Heat a foil-lined jelly roll pan on middle oven rack to 450 degrees F.
2. Combine salt, pepper, and coriander and rub the spice mixture into the pork.
3. Heat 2 tablespoons of olive oil in a large heavy skillet over medium-high heat. Cook the pork in the skillet until all sides are well browned, about 4 minutes per side. Transfer pork to preheated pan and roast until the internal temperature reaches 150 degrees F, about 30 - 40 minutes. Allow the meat to rest for 5 - 10 minutes before slicing.
4. Sweeten the cranberries by cooking them in a small saucepan with ½ cup water and ZSweet® over medium-high heat until the cranberries begin to split. Reduce heat to low and cook until the cranberries are soft but not mushy, about 3 - 5 minutes. Try not to overcook the cranberries.
5. Deglaze the skillet used to brown the pork by cooking the port wine and shallots over medium-high heat while scraping the brown bits from the bottom of the pan using a wooden spoon. Continue cooking the wine until it is reduced by about 1/3.
6. Add chicken broth, 1 tablespoon balsamic vinegar, sweetened cranberries, and cherries. Cook until slightly reduced. Stir in about 1/3 to ½ of the starch and cook until the sauce is just thick enough to coat the back of a spoon. If the sauce is too thin, add more of the remaining starch.
7. Spoon sauce over pork.

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Sweet and Sour Pork

I love how the sweetness in this dish is perfectly balanced by the tartness of the vinegar. I remember wondering as a child how something could be both sweet and sour at the same time. Sweet and sour pork was my favorite oriental food when I was young and still is today. This is one of those rare dishes that is enjoyed by both young and old alike.

Yield: 10 servings

Ingredients

- 2 pounds pork loin, visible fat removed
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 cup fat-free chicken broth
- 1 cup fat-free beef broth
- ½ cup ZSweet®
- 2/3 cup apple cider vinegar
- 1 (20-ounce) can crushed pineapple packed in juice
- 2 red bell peppers, cut into 1-inch squares
- 2 green bell peppers, cut into 1-inch squares
- 2 medium yellow onions, cut into wedges and rings separated
- 3 tablespoons cornstarch mixed with enough water to make a slurry
- Salt

Directions

1. Heat two teaspoons olive oil in large skillet over high heat until shimmering but not smoking. Cook and stir vegetables over medium-high heat until tender but still crisp. Reduce heat if they start to burn. Transfer vegetables to a bowl.

2. Add remaining two teaspoons olive oil to skillet. Season chops with salt, and cook on both sides until well browned, about 6 – 8 minutes per side. Transfer chops from skillet to plate and loosely cover with aluminum foil.

3. Add beef broth and chicken broth to skillet, bring to a simmer, and scrape the bottom of the pan with a wooden spoon. Add vinegar, crushed pineapple, and ZSweet® and simmer until slightly reduced. Add food starch slurry while stirring constantly with a wire whip, bringing the sauce to a boil. If the sauce is too thick, add some water or if it’s too thin, add more starch.

4. Cut pork chops into thin slices.

5. Reduce heat to low. Add sliced pork and vegetables to skillet. Cook and stir with the sauce for
about 2 minutes.

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Teriyaki Marinated Pork Tenderloin

Yield: 10 servings

Ingredients

- 4 pork tenderloins (about ¾ pounds each), fat and silver skin removed
- ¾ cup soy sauce
- 2/3 cup Sauvignon Blanc wine
- 1 ½ cups ZSweet®
- 2 green onions, finely sliced
- 1 tablespoon sesame seeds
- 1 teaspoon sesame oil
- 2 cloves garlic, minced
- White pepper
- Teriyaki sauce (optional)

Directions

1. In a medium bowl, whisk together soy sauce, wine, ZSweet®, onions, sesame oil, and sesame seeds. Season with white pepper to taste.

2. Place tenderloins and marinade in a sealable plastic bag, press out air, and seal. Marinate meat in refrigerator for 2 – 8 hours.

3. Grill tenderloins until internal temperature is 145 degrees F, about 18 minutes. Allow meat to rest for 10 minutes.

4. Cut pork into thin slices at a 30-degree angle across the grain of the meat.

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# Chicken with Basil Cream Sauce

Cream sauces are very rich and delicious. Unfortunately, their flavor and texture are derived from fat. Indulge yourself with this faux cream sauce that mimics the taste and smoothness of a cream based-sauce without all the fat.

Yield: 6 servings

**Ingredients**

- 6 (4-ounce) skinless chicken breasts
- 16 ounces low-fat cottage cheese
- 4 ½ teaspoons ZSweet®
- 4 bell peppers (one each: red, green, yellow, and orange), cut into ¼-inch wide strips
- 2 medium red onions, cut into ¼-inch wide strips
- 2 cups loosely packed basil
- 2 teaspoons Watkins™ or Molly McButter®
- 5 cloves minced garlic
- ¼ cup fat-free chicken broth
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- Salt and pepper

**Directions**

1. To make the sauce, place cottage cheese, butter flavoring, ZSweet®, basil, and chicken broth in the work bowl of a food processor. Blend until smooth. Season with salt and pepper to taste.

2. Heat 2 teaspoons of olive oil in a large skillet over medium-high heat. Season chicken breasts with salt and pepper. Cook until well browned, about 6 – 8 minutes on each side. Transfer chicken to a plate and cover with aluminum foil.

3. Heat the remaining 2 teaspoons of olive oil over medium-high heat. Add peppers and onions to skillet. Season with salt and pepper. Cook and stir until tender, about 6 minutes.

4. Stir in the garlic and heat until fragrant, about 30 seconds.

5. Cut the chicken across the grain at a slight angle into thin strips.

6. Combine chicken and sauce with the vegetables. Cook and stir for 2 minutes.
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Chicken Cacciatore

Yield: 4 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- 2 teaspoons olive oil
- 1 large red bell pepper, diced
- 1 onion, diced
- 5 garlic cloves, minced
- 1 teaspoon fennel seeds
- 1 teaspoon dried oregano
- ½ teaspoon chili pepper flakes
- 6 basil leaves, sliced into thin ribbons
- 1 (28-ounce) can diced tomatoes in juice
- ¼ cup tomato paste
- ¼ cup dry red wine
- ¼ cup fat-free chicken broth
- 3 tablespoons balsamic vinegar

Directions

1. Heat olive oil in large skillet over medium-high heat. Cook chicken until brown on both sides, but not completely cooked through. Transfer chicken to plate.

2. Add bell pepper and onion. Cook and stir until softened for about 4 minutes.

3. Add fennel, oregano, and chili pepper flakes.

4. Stir in garlic and cook until fragrant, about 30 seconds.

5. Add red wine. Cook and stir, scraping any brown bits on the bottom of the pan with a wooden spoon.

6. Add broth, vinegar, tomatoes with juices, tomato paste, and basil. Stir until paste is fully incorporated.

7. Return chicken to skillet, spooning sauce over the breasts to coat. Bring briefly to boil then reduce heat to low. Cover and simmer until chicken is cooked through. Turn chicken while cooking to keep evenly moist.
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Chicken Cordon Bleu

Tired of ordinary chicken breasts? Inspired by French cuisine, this elegant dish is anything but ordinary. These chicken breasts are stuffed with ham and Swiss cheese, pan seared, and baked to perfection.

Preparing this dish takes a bit more time than some of my other chicken recipes, but the results are worth the extra effort. Serve this dish to your friends and they will never know they are eating healthy food.

Yield: 6 servings

Ingredients

- 6 (4-ounce) skinless chicken breasts
- 1 pound lean honey ham, skin removed, cut into 1-inch cubes.
- 8 Laughing Cow® light original Swiss cheese wedges, about 6 ounces total
- ½ cup minced red onion, about ½ medium onion
- 1 tablespoon olive oil
- 1 tablespoon granulated garlic
- 1 tablespoon white pepper
- 2 tablespoons salt
- Salt and pepper
- Honey Mustard Sauce or Curry Mustard Sauce (optional)

Directions

1. Preheat oven to 350 degrees F.
2. Place a chicken breast inside a plastic bag and gently pound to ¼ inch thickness, being careful not to tear the meat. Repeat with remaining breasts.
3. Place ham and cheese cubes in the work bowl of a food processor and mix until smooth, about 1 minute. Season ham mixture with salt and pepper.
4. Add onions to work bowl and mix until combined, about 5 seconds.
5. Divide the ham mixture into 6 equal portions.
6. For each breast: spread a portion of the ham mixture over the breast, starting with the short side, roll-up the breast, and secure by tying with kitchen twine.
7. Mix garlic, white pepper, and salt in spice jar or small bowl.
8. Brush chicken breasts with olive oil.
9. Heat a non-stick skillet over medium-high heat.
10. Season breasts with spice mixture.
11. Cook breasts until browned, about 2 minutes on each side.
12. Arrange breasts on a jelly roll pan and bake on center oven rack until an instant-read thermometer registers 160 degrees F, about 35 minutes.

Nutrition Facts per Serving

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Chicken Fajitas

The spicy citrus marinade makes the grilled chicken very tender and gives it a distinctive Mexican flavor. Ole!

This recipe requires a little planning since the chicken needs to be marinated for 24 hours, but it's well worth it.

Yield: 8 servings

Ingredients

- 8 (4-ounce) skinless chicken breasts
- 1 green bell pepper, sliced into thin strips
- 1 red bell pepper, sliced into thin strips
- 1 yellow bell pepper, sliced into thin strips
- 1 orange bell pepper, sliced into thin strips
- 1 red onion, sliced into strips
- 2 teaspoons olive oil

Marinade

- 1 ½ cups orange juice, about 3 oranges
- ¾ cup lime juice, about 6 limes
- 1 tablespoon olive oil
- 6 garlic cloves, minced
- 3 jalapeño, seeded and chopped
- 3 tablespoons fresh cilantro, finely chopped
- 4 ½ teaspoons ZSweet®
- 1 tablespoon cumin
- 1 tablespoon salt

Sauce

- 1 cup marinade
- 1 tablespoon cornstarch mixed with enough water to make a slurry.

Directions

1. The day before, in a blender or food processor, blend marinade ingredients until smooth.
2. In a large sealable plastic bag, combine chicken with half of the marinade. In another sealable plastic bag, add the vegetables and the remaining marinade. Seal both bags, pressing out excess air. Marinate in refrigerator for 1 day, turning once or twice.

3. The day of, remove the chicken breasts from the marinade, reserving marinade, and grill until the internal temperature reaches 160 degrees F., about 6 – 8 minutes on each side. Transfer breasts to a plate and cover with aluminum foil.

4. Heat 2 teaspoons olive oil in a large cast iron skillet over medium-high heat. Remove vegetables from the marinade, reserving marinade. Cook and stir vegetables until they begin to blacken, about 8 – 10 minutes.

5. Transfer reserved marinade to a medium saucepan. Whisk in food starch and bring to a boil over medium-high heat, stirring occasionally, to thicken the sauce.


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Chicken Marsala

This Italian classic is delicious and very easy to prepare.

Yield: 5 servings

Ingredients

- 5 (4-ounce) skinless chicken breasts
- 2 teaspoons olive oil (1 teaspoon + 1 teaspoon)
- 2 cups Marsala wine
- 1 cup fat-free chicken broth
- 1 tablespoon finely minced shallots, about 1
- ½ teaspoon Kitchen Bouquet®
- 6 ounces mushrooms, sliced, about 2 cups
- 4 ½ teaspoons cornstarch mixed with enough water to make a slurry
- Salt and pepper

Directions

1. Heat 1 teaspoon olive oil in a large skillet over medium-high heat. Cook and stir mushrooms until browned, about 8 - 10 minutes. Reduce heat to medium-low after 4 minutes. Transfer mushrooms to a bowl.

2. Heat 1 teaspoon oil in large skillet over medium-high heat until shimmering but not smoking. Season chicken breasts with salt. Cook breasts until well browned, about 6 - 8 minutes on each side. Transfer breasts to a plate and cover with aluminum foil.

3. Add wine to skillet and scrape the bottom of the pan with a wooden spoon to loosen any brown bits.

4. Add shallots. Cook and stir until wine has been reduced by about half.

5. Add broth and any accumulated juices from the resting breasts. Cook and stir until slightly reduced.

6. Add food starch slurry while stirring constantly with a wire whisk, bringing the sauce to a boil. If the sauce is too thick, add some more broth or if it’s too thin, add more starch.

7. Add mushrooms. Cook and stir for 1 minute.

8. Spoon sauce over chicken breasts to serve.

Nutrition Facts per Serving

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Chicken Parmesan

This version of the classic Italian dish made with pan-fried breaded chicken breasts topped with tomato sauce and cheese has all the flavor as the traditional one but without all the extra fat. The thin chicken breasts are easily tender enough to cut with a fork.

Yield: 8 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- ½ cup Egg Beaters®
- ½ cup white whole wheat flour
- 2 tablespoons cornstarch
- Olive oil cooking spray
- 4 ounces reduced-fat mozzarella cheese, shredded, about 1 cup
- 2 tablespoons reduced-fat Parmesan cheese, grated
- Salt and pepper
- Granulated garlic
- 1 cup low-fat spaghetti sauce

Directions

1. Place each chicken breast on a cutting board and slice along the long edge with a thin sharp knife while carefully holding the top with your flattened hand. You should now have two pieces of equal size but half as thick as the original.

2. In a medium bowl, make a batter by whisking the Egg Beaters® and cornstarch together.

3. In another medium bowl, combine flour and Parmesan cheese. Generously season flour with garlic, salt, and pepper and mix well. You should be able to smell the garlic in the flour.

4. Do the following for each breast: Working over a plate, brush on a thin layer of the batter. Completely dust the battered side with the seasoned flour (a spice container with large holes works well for this). Turn the breast over and do the same on the other side. Gently pick up the breast with tongs and lightly shake to dislodge any loose flour. Transfer to another plate.

5. Heat a large non-stick skillet over medium-high heat and preheat oven to 350 degrees F.

6. Working in batches, spray one side of each chicken breast with olive oil spray and place that side down in hot pan. Spray the other side. Cook each side until lightly browned, about 3 - 4 minutes per side. Check occasionally for burning, and reduce heat if necessary.

7. Arrange chicken breasts on a rimmed baking sheet. Top each breast with 2 tablespoons of
spaghetti sauce and mozzarella cheese. Bake on middle oven shelf until the cheese is melted, about 12 minutes.

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**Chicken Suiza**

Shredded Mexican-spiced chicken combines wonderfully with a mild and creamy green sauce for this delicious dish. This dish has all the flavor you would expect from an Enchilada Suiza entrée at your favorite Mexican restaurant — without all the fat!

This dish is not difficult to prepare, but it does take a little extra time.

Yield: 8 servings

**Ingredients**

- 8 (4-ounce) skinless chicken breasts
- 8 ounces reduced-fat Mexican blend cheese, shredded, about 2 cups
- 1 ½ cups sauvignon blanc wine
- 1 ½ cups fat-free chicken broth
- 1 medium onion, peeled, quartered
- ½ cup chopped cilantro
- 2 tablespoons chili powder
- 1 tablespoon salt
- 2 teaspoons cumin
- 1 cup Suiza Sauce

**Directions**

1. Mix chili powder, salt, and cumin in shaker-top spice jar or small bowl.
2. Season chicken breasts with the spice mixture.
3. Place onion pieces in a large pot.
4. Heat 2 teaspoons olive oil in a large skillet over medium-high heat until the oil is shimmering but not smoking.
5. Cook half of the chicken breasts until browned, about 4 minutes on each side. Transfer the cooked chicken breasts to the pot.
6. Deglaze skillet with some of the wine. Pour the deglazing wine into the pot.
7. Repeat the previous 3 steps with the remaining chicken.
8. Pour remaining wine and chicken broth into the pot. Bring to a boil over high heat, reduce heat to low, cover, and simmer until the chicken shreds easily with a fork, about 1 ½ - 2 hours.

9. Preheat oven to 350 degrees F.

10. Transfer the chicken breasts to a large bowl and shred using two forks.

11. Add half of the cheese and the cilantro to the chicken and mix with a wooden spoon.

12. Place chicken mixture in a 13-inch x 9-inch baking dish.

13. Spread suiza sauce over the top of the chicken mixture and sprinkle with the remaining cheese.

14. Place on middle oven rack, and bake until the cheese is melted, about 20 minutes.

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**Chicken with Caramelized Onion Soy Ginger Sauce**

_Yield: 4 servings_

**Ingredients**
- 4 (4-ounce) skinless chicken breasts
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 medium yellow onion, diced
- ½ cup sauvignon blanc wine
- ¼ cup cream sherry
- 1 ½ teaspoons fresh grated ginger
- 2 tablespoons soy sauce
- 4 ½ teaspoons ZSweet®
- Salt and pepper

**Directions**

1. Preheat oven to 420 degrees F.

2. Heat 2 teaspoons olive oil in a heavy skillet over medium-high heat.

3. Add onions to skillet. Cook and stir until caramelized, reducing heat to medium-low when the onions begin to brown, about 10 minutes.

4. Add sauvignon blanc, cream sherry, ginger, soy sauce, and ZSweet® to the caramelized onions. Increase heat to medium-high. Cook and stir until the liquid has been reduced by half. Transfer the caramelized onion sauce to a bowl.

5. Heat 2 teaspoons olive oil in the skillet.

6. Season chicken breasts with salt and pepper. Cook chicken breasts until lightly browned, about 3 – 4 minutes on each side.

7. Transfer cooked chicken breasts to a 9-inch x 13-inch glass baking dish.

8. Spoon caramelized onion sauce over the chicken breasts.

9. Bake chicken breasts on the middle oven shelf until the onions just begin to blacken (see below), about 20 minutes.
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Chicken with Red Chili Sauce

Yield: 8 servings

Ingredients

- 8 (4-ounce) skinless chicken breasts
- Marinade
  - ¾ cup lemon juice, about 4 lemons
  - ¾ cup sauvignon blanc
  - 1 tablespoon olive oil
  - ¼ cup California chili powder
  - 9 garlic cloves, chopped
  - 3 tablespoons minced shallots, about 3 shallots
  - 2 tablespoons soy sauce
  - 3 tablespoons ZSweet®
  - 1 ½ teaspoons dried oregano leaves

Directions

1. One day ahead, puree all marinade ingredients in blender or food processor until smooth.
2. Using meat mallet, pound chicken breasts between sheets of plastic wrap to ½-inch thickness. Place chicken and marinade in a sealable plastic bag, push out air, close bag, and refrigerate overnight.
3. The day of, prepare barbecue (medium-high heat) or preheat broiler.
4. Drain marinade into a small saucepan. Cook over medium-high heat until thickened, about 5 minutes.
5. Season chicken with salt and pepper.
6. Grill or broil chicken until cooked through, about 5 - 8 minutes per side.
7. Spoon cooked marinade over chicken breasts to serve.

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Chicken Verde

This south-of-the-border inspired dish has a mild chili flavor.

Yield: 8 servings

Ingredients

- 8 (4-ounce) skinless chicken breasts
- 2 (4-ounce) cans diced green chilies, drained
- 8 ounces reduced-fat jack cheese, shredded, about 2 cups
- 3 teaspoons olive oil (1 teaspoon + 1 teaspoon + 1 teaspoon)
- 1 small yellow onion, diced
- ½ cup fat-free chicken broth
- Cumin
- Salt and pepper

Directions

1. Heat 1 teaspoon oil in large skillet over medium-high heat until shimmering but not smoking. Season chicken breasts with salt, pepper, and cumin. Place 4 breasts in skillet and cook until browned, about 6 minutes on each side. Transfer breasts to a 11-inch x 13-inch baking dish. Deglaze skillet with half of the chicken broth. Pour liquid over the breasts. Repeat this step with the remaining 4 breasts.

2. Pre-heat oven to 350 degrees F.

3. Heat 1 teaspoon oil over medium-high heat. Cook and stir onions until lightly browned, about 6 minutes. Add chilies. Cook and stir for 2 minutes.

4. Spoon onion and chili mixture over chicken breasts.

5. Cover baking dish with aluminum foil and bake on middle oven rack for 45 minutes.

6. Remove baking dish from oven, uncover, and top chicken breasts with cheese.

7. Return baking dish to oven and bake until cheese is melted, about 15 minutes.

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Chicken with Orange Cranberry Sauce

Cranberries and orange juice combine to produce a wonderful sweet and tangy sauce that is also very tempting to the eye.

Yield: 4 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- 1 teaspoon olive oil
- 1 tablespoon finely minced shallot, about 1 shallot
- 2 cups orange juice and 2 tablespoons orange zest, about 4 large oranges
- ¾ cup cranberries, fresh or frozen
- 6 tablespoons ZSweet®
- 1 ½ tablespoons cornstarch mixed with enough water to make a slurry
- Salt and pepper

Directions

1. Season chicken breasts with salt and pepper.

2. Heat olive oil in large skillet over medium-high heat until shimmering but not smoking. Cook breasts until well browned, about 6 – 8 minutes. Turn and cook the other side until well browned and the internal temperature is 160 degrees F. Transfer chicken to a plate and cover with aluminum foil.

3. Add orange juice, zest, and shallots to a medium saucepan. Cook over medium-high heat until reduced by about half.

4. Add cranberries and cook until softened. Add ZSweet® to taste.

5. Add food starch slurry while stirring constantly with a wire whisk, bringing the sauce to a boil. If the sauce is too thick, add some water, or if it’s too thin, add more starch.

6. Spoon sauce over chicken breasts to serve.

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Chicken with Tequila Lime Sauce

The tequila “shooters” imbibed at a BBQ I hosted the previous night were the inspiration for this dish (thank you Kathy!). Well, that plus the fact that I happened to have ingredients on hand and was desperate to avoid the millionth trip to the grocery store.

Yield: 4 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- ¼ teaspoon cayenne pepper
- 1 cup tequila
- 1 cup fat-free chicken broth
- ¼ cup lime juice, about 2 limes
- 1 cup loosely packed cilantro
- 1 tablespoon ZSweet®
- 2 tablespoons modified cornstarch mixed with enough water to make a slurry.
- 2 tablespoons finely chopped shallot, about 2 shallots
- 3 teaspoons olive oil (2 teaspoons + 1 teaspoon)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt

Directions

1. Heat 2 teaspoons olive oil in a heavy skillet over medium-high heat. Season chicken with cumin, chili powder, salt, and cayenne pepper. Cook chicken until brown, about 6 – 8 minutes. Turn and cook the other side until brown. Transfer chicken to a plate and loosely cover with aluminum foil.

2. Mix cilantro and chicken broth in a blender on high speed until smooth.

3. Clean the skillet and then heat the remaining teaspoon of olive oil over medium heat. Cook and stir shallots until softened, about 2 minutes.

4. Add tequila and simmer until reduced by half.

5. Add cilantro mixture, lime juice, and ZSweet®. Cook and stir until reduced by half.

6. Remove skillet from heat and stir in starch. Return skillet to heat. Cook and stir until the mixture comes to a boil. If the sauce is too thick, add some water or if the sauce is too thin, add more starch.
7. Serve chicken with the sauce.

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Garlic Chicken

Yield: 5 servings

Ingredients

- 5 (4-ounce) skinless chicken breasts
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 2 cups fat-free chicken broth
- 2 teaspoon ZSweet®
- 1 teaspoon chicken base
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 (8-ounce) can sliced water chestnuts
- 1 medium yellow onion, diced
- 4 green onions, finely chopped
- 8 cloves garlic, minced
- 4 celery stocks, cut as shown below
- ¼ cup diced red bell pepper
- 2 tablespoons cornstarch mixed with enough water to make a slurry
- Salt and pepper

Directions

1. Heat 2 teaspoons olive oil in large skillet over high heat until shimmering but not smoking.
2. Season chicken breasts with salt and pepper.
3. Cook breasts on both sides until well browned, about 6 – 8 minutes per side.
4. Transfer chicken from skillet to plate and loosely cover with aluminum foil.
5. Add 1 cup of the chicken broth to the skillet. Bring to a simmer and scrape the bottom of the skillet with a wooden spoon to loosen any brown bits. Pour chicken broth into a small bowl and reserve.
6. Add 2 teaspoons of olive oil. Cook and stir celery, red bell peppers, and onions over medium-high heat until tender but still crisp, about 6 minutes (reduce heat to medium-low after 3 minutes).
7. Add green onions and chestnuts. Cook and stir for 2 – 3 minutes.
8. Reduce heat to medium. Add garlic. Cook and stir until fragrant, about 1 minute.
9. Add reserved chicken broth, remaining 1 cup of chicken broth, and any accumulated chicken juices to skillet. Whisk in vinegar, soy sauce, chicken base, and ZSweet®. Cook and stir until slightly
10. Add food starch slurry while stirring constantly with a whisk, bringing the sauce to a boil. If the sauce is too thick, add some water, or if it’s too thin, add more starch.

11. Cut breasts into thin slices.

12. Add chicken and vegetables to the sauce. Cook and stir over low heat for 2 minutes.
General Tao's Chicken

There is some controversy over the origins and meaning of this dish, but I believe that there is little disagreement that this spicy Hunan-style dish is delicious.

Yield: 8 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts, cut into bite-sized pieces
- 2 teaspoons olive oil
- 2 green onions, chopped
- 2 teaspoons chili garlic sauce
- ¼ cup soy sauce
- ¼ cup sherry wine
- 1 cup fat-free chicken broth
- 2 tablespoons cornstarch, mixed with enough water to form a slurry
- ¾ cup ZSweet®
- 2 tablespoons tomato paste
- 2 tablespoons honey
- Salt and pepper

Directions

1. Season chicken with salt and pepper.
2. Heat olive oil in a large non-stick skillet over medium-high heat until the oil is shimmering but not smoking.
3. Working in batches, cook and stir chicken until lightly browned on all sides. Do not cook too much chicken at one time, or it will not brown. After each batch, scrape out the brown bits from the bottom of the pan and transfer to a plate along with the chicken.
4. Add reserved brown bits, chicken broth, soy sauce, sherry, chili garlic sauce, ZSweet® tomato paste, and honey to pan. Cook and stir until slightly reduced.
5. Whisk in starch mixture in a thin stream until the sauce reaches the desired consistency.
6. Add chicken pieces and stir to evenly coat them with the sauce.
7. Garnish with green onions.
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Orange Chicken

A sweet and tangy orange sauce makes this Asian-inspired dish delicious. The eye-catching colors from the bell peppers and orange sauce will tempt your taste buds.

Serving suggestion: Serve on top of rice.

Yield: 4 servings

Ingredients

- 1 ½ pounds skinless chicken tenders
- 2 cups orange juice
- 1 large sweet onion, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 6 tablespoons ZSweet®
- 4 teaspoons cornstarch mixed with enough water to form a slurry
- 4 teaspoons salt
- 2 teaspoons granulated garlic
- 2 teaspoons white pepper
- ¼ teaspoon dry mustard
- Pinch cayenne pepper
- Salt

Directions

1. Pour orange juice into a large saucepan. Bring to a boil over high heat then reduce heat to medium-high. Cook, stirring occasionally, until reduced by half, about 20 minutes. Remove from heat.

2. Whisk in ZSweet®, dry mustard, and cayenne. Return to medium-high heat. Whisk in starch and cook until the sauce thickens and begins to boil (See making sauces). Remove from heat.

3. In a small bowl or shaker bottle, mix together garlic, white pepper, and 2 teaspoons salt. Season chicken strips with spice blend.

4. In a large non-stick skillet, heat 2 teaspoons olive oil over medium-high heat until shimmering but not smoking.

5. Cook chicken strips until lightly browned, about 5 minutes on each side. Transfer chicken to a plate
and loosely cover with aluminum foil.

6. Add remaining olive oil and vegetables to skillet. Season with salt. Cook and stir until tender-crisp, about 8 minutes.

7. Cut chicken into bite-sized pieces.

8. To serve, drizzle sauce over chicken and vegetables.

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Rosemary Pepper Chicken

Yield: 4 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- 3 tablespoons chopped fresh rosemary
- 2 teaspoons olive oil
- 1 ½ cups thinly sliced red bell peppers
- 3 large garlic cloves, minced
- 4 teaspoons balsamic vinegar

Directions

1. Heat olive oil in large skillet over medium-high heat. Add chicken to skillet; sauté until brown and just cooked through, about 5 minutes per side. Using tongs, transfer chicken to plate.

2. Season chicken with half of the rosemary, salt and pepper.

3. Cook chicken until well browned, about 6 – 8 minutes. Turn breasts over and cook the other sides until well browned. Transfer chicken to plate and cover with aluminum foil.

4. Add peppers to the same skillet. Cook and stir until wilted and beginning to brown, about 3 minutes.

5. Add garlic and remaining rosemary. Cook and stir until fragrant, about 30 seconds.

6. Mix in vinegar.

7. Return chicken and any accumulated juices to skillet. Simmer until chicken is heated through, about 2 minutes. Season with salt and pepper to taste.

8. Transfer chicken to plates. Spoon pepper mixture over and serve.

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Smothered Chicken

Smothered chicken is southern comfort food at its best. This is a very satisfying dish that people will swear is full-fat! I have received great reviews from this dish, and people do not believe me when I tell them it's very low in fat.

Yield: 5 servings

Ingredients

- 5 (4-ounce) skinless chicken breasts
- 12 ounces mushrooms, sliced, about 3 ¾ cups
- 2 cups fat-free chicken broth
- ¾ cup fat-free milk
- 3 tablespoons minced shallots, about 3 shallots
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 ½ teaspoons chicken base
- 1 teaspoon paprika
- Salt and pepper
- Dash cayenne pepper
- 2 tablespoons cornstarch mixed with enough water to form a slurry

Directions

1. Heat 2 teaspoons olive oil in a large skillet over medium-high heat. Stir and cook mushrooms until soft while gradually reducing the heat to low, about 15 – 20 minutes. Season mushrooms with salt and pepper. Transfer mushrooms to a bowl.

2. Heat 2 teaspoons olive oil in a large skillet over medium-high heat. Season chicken with salt and pepper. Cook chicken until brown, about 6 – 8 minutes. Turn and cook the other side until brown. Transfer chicken to a plate and loosely cover with aluminum foil.

3. Add shallots. Stir and cook over medium-heat until soft, about 3 minutes.

4. Add chicken broth and cook, scraping the bottom of the pan to loosen any brown bits.

5. Add milk, chicken base, paprika, cayenne pepper, and black pepper (to taste). Stir and cook until slightly reduced.


7. Add mushrooms. Stir and cook until heated.
8. Spoon sauce over each chicken breast.

Nutrition Facts per Serving

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Baked Marinated Salmon

Yield: 4 servings

**Ingredients**

- 4 salmon fillets
- 2 tablespoons toasted sesame seeds

**Marinade**

- ½ cup sake
- ¼ cup soy sauce
- 1 teaspoon grated ginger, fresh
- 1 teaspoon minced garlic
- 1 teaspoon toasted sesame oil

**Directions**

1. Combine marinade ingredients in small baking pan or Pyrex casserole dish.
2. Rinse salmon filets and remove any large bones.
3. Place fillets in the baking dish and marinate in refrigerator for 1 hour. Turn fish over or spoon marinade over the top of the fillets occasionally, so both sides taste good!
4. Bake fish in the marinade at 350 degrees F. Bake for approximately 8 minutes, then turn fish over and bake an additional 7 minutes depending on thickness of the fillets.
5. To serve, garnish fillets with sesame seeds (a combination of black and white sesame seeds gives it a nice ying and yang appearance!).

**Nutrition Facts per Serving**

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Creamy Shrimp

Tender shrimp in a delightful cream sauce with just a hint of Far East spice.

Serving Suggestion: Serve over rice and garnish with chopped green onion and red bell pepper strips.

Yield: 8 servings

Ingredients
- 4 pounds raw shrimp, peeled, deveined, and tails removed
- 1 cup finely diced onion, about half a medium onion
- 1 cup fat-free half & half
- 1 cup fat-free milk
- 2 tablespoons low-fat sour cream
- 4 teaspoons olive oil (1 tablespoon + 1 teaspoon)
- 2 tablespoons cornstarch
- ¼ teaspoon curry
- ¼ teaspoon cumin
- Salt

Directions

1. In a large bowl, drizzle 1 tablespoon olive oil over shrimp. Toss to coat. Season with salt in several additions, tossing in between.

2. Heat a large non-stick skillet over medium-high heat for 2 minutes. Cover bottom of skillet with shrimp. Cook until they turn pink, about 2 – 3 minutes on each side. Be careful not to overcook. Transfer shrimp to a bowl. Repeat as needed to cook all the shrimp.

3. Wash or wipe skillet clean. Heat remaining 1 teaspoon olive oil over medium-low heat until hot but not shimmering, about 1 minute. Cook and stir onions until soft, about 4 minutes.

4. In a large saucepan, whisk together half & half, milk, sour cream, curry, cumin, and starch. Cook and stir over medium-high heat until the sauce thickens and just starts to boil (see making sauces). Stir in the onions. Cook and stir for 1 minute.

5. Pour sauce over shrimp and mix with a flexible spatula.

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Orange Teriyaki Shrimp

The sweet and slightly tangy sauce combined with the garlic shrimp make for a delicious meal that is simple to prepare.

Yield: 6 servings

Ingredients

- 3 pounds raw shrimp, peeled, deveined, and tails removed
- 3 green onions, finely chopped
- 5 large cloves garlic, minced
- 2 teaspoons olive oil
- 2 teaspoons granulated garlic
- 2 teaspoons white pepper
- 4 teaspoons salt
- 1 ½ cups Orange Teriyaki Sauce

Directions

1. Place shrimp in a large bowl, drizzle with olive oil, and toss to coat.
2. Combine granulated garlic, white pepper, and salt in a jar with a shaker top or a small bowl.
3. Season shrimp with spice mixture and toss. Repeat as desired to taste.
4. Heat a large non-stick skillet over medium-high heat.
5. Place half of the shrimp in a single layer in the skillet. Cook until the down side turns pink, about 2 minutes.
6. Turn shrimp over and sprinkle with half of the green onions. Cook the other side until pink, about 2 minutes more.
7. Sprinkle with garlic. Cook and stir until fragrant, about 30 seconds. Transfer shrimp to a large bowl.
8. Repeat the previous three steps with the remaining shrimp, onions, and garlic.
9. Pour 1 cup of orange teriyaki sauce over shrimp and stir with a flexible spatula to coat the shrimp.

Serving suggestion: Serve over steamed rice and drizzle with more orange teriyaki sauce.

Nutrition Facts per Serving

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Seared Ahi Tuna Steaks with Dipping Sauce

Yield: 4 servings

Ingredients

- 2 (6-ounce) ahi tuna steaks
- ½ cup toasted sesame seeds
- Peanut oil

Marinade

- ¼ cup honey
- 1/3 cup sake or dry white wine
- 1½ teaspoons dry wasabi powder
- 1 teaspoon lemon zest (optional)
- ¼ teaspoon toasted sesame oil

Directions

1. Combine marinade ingredients until wasabi and honey are well mixed (no lumps). Reserve half of the marinade to use as dipping sauce. Marinate tuna in a zippered plastic bag in the refrigerator for 1 – 2 hours.

2. Place sesame seeds in a shallow pan or pie plate. Coat the tuna steaks on all sides in the sesame seeds.

3. On a cold, clean barbecue grill, lightly oil the grilling surface with peanut oil. This is an important step. Peanut oil burns at a very high temperature, and vegetable oil will not work for this recipe! Now, fire up the grill as hot as possible. Once the grill is at maximum temperature, carefully place the seeded tuna steaks on the oiled surface. Get out a stopwatch. Sear the steaks for 1 minute on top, bottom, and each side. Remove from grill and cover with a domed lid or plastic wrap to retain heat. Steaks will continue to cook.


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Shrimp Cocktail

A very elegant and delicious appetizer.

Yield: 3 servings

Ingredients

- 30 jumbo shrimp, uncooked, peeled, deveined
- 1 (29-ounce) can tomato sauce
- ¼ cup finely diced green bell peppers
- ¼ cup finely diced onion
- 2 teaspoons olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons prepared horseradish
- 6 tablespoons ZSweet®
- 2 teaspoons Worcestershire sauce
- 5 drops Tabasco® hot sauce
- 1 tablespoon lemon juice
- 1 tablespoon Old Bay® seasoning
- 3 celery stalks, cut into strips

Directions

1. Heat olive oil in a medium saucepan over medium-high heat.
2. Cook and stir peppers and onions until soft, about 3 minutes.
3. Reduce heat to medium-low, add tomato sauce, 1 tablespoon vinegar, simmer for 45 – 60 minutes, stirring every 10 minutes, until thickened.
4. Remove from heat, add ZSweet®, Worcestershire sauce, Tabasco®, and lemon juice. Whisk ingredients together and place in refrigerator for several hours to develop the flavor.
5. In a large pot, add two quarts of water, Old Bay® seasoning, and 2-tablespoons vinegar. Bring to a boil, add shrimp, and cook 3 – 4 minutes. Remove shrimp and cool in ice water or in refrigerator.
6. To serve, divide sauce into 3 small dishes and arrange shrimp around the rims as shown.

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Teppan Shrimp

This dish is similar to the shrimp entrées served at Japanese teppan restaurants such as Benihana.

Yield: 6 servings

Ingredients

- 2 pounds raw shrimp, peeled, deveined, and tails removed
- 3 zucchini, cut as shown
- 14 ounces bean sprouts, about 3 cups
- 1 medium sweet onion, peeled and coarsely diced
- 6 teaspoons olive oil (2 teaspoons + 2 teaspoons + 2 teaspoons)
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds
- Salt

Directions

1. Heat 2 teaspoons olive oil in a large non-stick skillet over medium-high heat until shimmering but not smoking.

2. Place a single layer of shrimp (about half of the shrimp) in the skillet. Season with salt. Cook shrimp until pink and slightly brown, about 1½ – 3 minutes. Turn the shrimp over and cook the other side. Transfer cooked shrimp to a medium bowl and cover with a plate. Repeat this step with remaining shrimp as needed.

3. Heat 2 teaspoons olive oil as before. Add onions to skillet and season with salt. Cook and stir onions until they begin to soften, about 3 minutes.

4. Add zucchini to skillet and season with salt. Cook and stir until onions and zucchini are tender, about 6 minutes.

5. Add bean sprouts to skillet and sprinkle soy sauce over the top. Cover and steam bean sprouts until soft, about 6 minutes.

6. Remove cover. Cook and stir vegetable mixture until most of the liquid has evaporated, about 2 – 3 minutes.

7. Add cooked shrimp and mix with vegetables. Sprinkle with sesame seeds.
Cut Zucchini

Serving suggestion: Serve over steamed rice and drizzle ginger sauce.

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Kung Pao Shrimp

One of my favorite dishes at P.F. Chang's restaurant is their Kung Pao shrimp. It has a delightfully spicy sauce flavored with small red chili peppers, ginger, and peanuts. This recipe is a healthy version of this dish that you can enjoy guilt free. Compare both versions for yourself, and I think you will agree that they are very close in taste.

Serving Suggestion: Serve over rice

Yield: 6 servings

Ingredients

- 2 pounds shrimp, raw, peeled, deveined, and tails removed
- 2/3 cups fat-free chicken broth
- ¼ cup soy sauce
- ¼ cup dry roasted peanuts
- 2 teaspoons peeled and grated fresh ginger
- 2 green onions, chopped into ¼-inch long pieces
- 2 tablespoons rice vinegar
- 1 tablespoon garlic chili sauce
- 3 tablespoons ZSweet®
- 2 tablespoons cornstarch mixed with enough water to make a slurry
- 4 teaspoons light olive oil
- Salt

Directions

1. Heat 2 teaspoons olive oil in a large non-stick skillet over high heat until shimmering but not smoking.

2. Place half of the shrimp in the pan, lightly season with salt, and stir or toss to distribute the olive oil.

3. Arrange the shrimp so that one side lays flat in the skillet, and cook until pink and just beginning to brown, about 3 minutes. Turn and cook the other side the same way. Transfer cooked shrimp to a bowl and cover. Repeat the first three steps with the remaining shrimp.

4. Place the chicken broth, soy sauce, peanuts, ginger, vinegar, chili sauce, and ZSweet® in the skillet. Cook and stir until the sauce begins to boil.

5. While stirring the sauce with slotted plastic spatula, pour in the starch mixture in a steady stream...
into the sauce until it thickens to the desired consistency (you may not need all the cornstarch). Note: The sauce will become slightly thicker when cooled to serving temperature. See making sauces for more information.

6. Pour sauce over the cooked shrimp. Add the green onions and stir to combine.

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**Cutting an Onion**

This preparation technique takes advantage of an onion's ring structure and is easier than dicing. Using this method, you can obtain larger size pieces that are ideal for roasting and grilling.

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<td>Cut off the opposite end and peel away the dry outside skin.</td>
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<td>Lay the onion flat-side down and cut in half.</td>
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Beef Enchiladas

Tender shredded beef combined with a spicy tomato-based Ranchera sauce all wrapped up in a tortilla make this dish very popular at my house. I always find myself asking "what happened to all those enchiladas I just made?"

Yield: 32 servings (16 large enchiladas)

Ingredients

- 4 pounds lean beef such as top round, visible fat removed, cut into 4-inch pieces
- 1 large yellow onion, peeled and quartered
- 2 cups sauvignon blanc
- 2 cups fat-free chicken broth
- 2 (8-ounce) packages reduced-fat cheese, shredded, about 4 cups
- 16 burrito-size low-fat flour tortillas
- 6 teaspoons olive oil (2 teaspoons + 2 teaspoons + 2 teaspoons)
- 2 tablespoons salt
- 2 tablespoons cumin
- 2 teaspoons coriander
- 1 teaspoon black pepper
- 3 cups Ranchera sauce

Directions

1. Stir together salt, cumin, coriander, and pepper in a small bowl. Season beef with the spice mixture.

2. Heat 2 teaspoons olive in a large skillet over high-heat until the oil is shimmering but not smoking.

3. Cook 1/3 of the beef until brown on all sides, about 2 ½ minutes per side. Reduce heat to medium-high after the first minute of cooking.

4. Deglaze skillet with some of the wine. Transfer the beef and deglazing liquid to a large pot.

5. Repeat the previous three steps with the remaining beef.

6. Add onions, remaining wine, and chicken broth to the pot. Bring to a boil over high-heat, reduce heat to low, and simmer, covered, until the meat is very tender, about 2 to 2 ½ hours. Remove meat from liquid. See braising for more details.

7. Preheat oven to 350 degrees F.
8. Spray the inside of a large roasting pan or casserole dish with a fat-free vegetable coating such as Pam®
9. Smear the bottom of the pan with Ranchera sauce.
10. Assemble each enchilada by coating both sides of a tortilla with Ranchera sauce and then topping one side with meat, cheese, and Ranchera sauce. Tightly roll up the tortilla and place enchilada seam side down in roasting pan. Tip: the tortillas will be easier to roll after they have been heated in a microwave oven for a few seconds.
11. Cover enchiladas with remaining Ranchera sauce and then top with remaining cheese.
12. Cover pan with aluminum foil and bake until heated throughout and the cheese has melted, about 30 – 45 minutes.
Beef Stroganoff

This is a delicious and healthy version of the classic Russian dish. The creamy sauce combines the mild sweetness from the cooked onions with a hearty beef flavor to create a very satisfying meal.

Yield: 8 servings

Ingredients

- 1 pound top sirloin steak, visible fat removed
- 1 large yellow onion, diced
- 8 ounces mushrooms, sliced, about 2 ½ cups
- ¾ cup fat-free beef broth
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 ½ cups fat-free sour cream
- ½ cup low-fat sour cream
- 2 teaspoons cornstarch mixed with enough water to make a slurry
- ½ pound whole wheat pasta (any shape)
- Salt and pepper

Directions

1. Heat 2 teaspoons olive oil in a large skillet over medium-low heat.
2. Place onions and mushrooms in skillet, season with salt and pepper to taste, and cook and stir until soft and syrupy, about 20 minutes.
3. Transfer cooked onions and mushrooms to a small bowl.
4. Fill a large pot halfway up with water, cover, and bring to a boil over high heat.
5. Add pasta to boiling water, reduce heat to medium, and cook until tender, about 15 minutes.
6. Heat remaining 2 teaspoons olive oil in the same skillet over medium-high heat until shimmering but not smoking.
7. Season steak with salt and pepper to taste.
8. Cook steak until well browned, about 4 minutes on each side. Transfer steak to a plate and cover with foil.
9. Add beef broth and use a wooden spoon to scrape any brown bits from the bottom of the skillet.
10. Whisk in sour cream and any accumulated beef juices.
11. Remove from heat, whisk in starch, and bring to a boil to thicken the sauce. Note: you might need more or less starch, depending on how thick you want the sauce. If the sauce is too thin, add more starch off heat and bring to a boil. If the sauce is too thick, add more beef broth.

12. Slice steak into thin bite-sized pieces

13. Add steak, onions, and mushrooms into sauce and mix well.


15. Spoon stroganoff over cooked pasta.

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Burgundy Beef Stew

This hearty dish is a great way to warm your soul on a cold rainy day. The deep beef flavor and thick sauce makes this a satisfying meal. It's also a complete meal with carbohydrates from the vegetables.

Yield: 12 servings

**Ingredients**

- 3 pounds lean beef roast, visible fat removed, cut into 1 ½-inch pieces
- 1 pound carrots, about 5 large, peeled and diagonally cut into 1-inch pieces
- 6 stalks of celery, cut into ½-inch pieces
- 1 large yellow onion, coarsely chopped
- 2 pounds Yukon gold potatoes, about 5, peeled, cut into 1 ½-inch pieces
- 5 cloves garlic, peeled and minced
- 2 cups burgundy wine
- 4 cups fat-free beef broth
- 1 (14-ounce) can diced tomatoes
- 1 tablespoon beef base
- 2 tablespoons cornstarch mixed with enough water to form a slurry
- 1 teaspoon salt
- Salt and pepper

**Directions**

1. Season beef with salt and pepper.

2. Heat a large skillet over medium-high heat. Cook meat until well browned on all sides. Transfer meat to a large stock pot.

3. Pour ½ cup of the wine into the skillet used to cook the beef and scrape the bottom with a wooden spoon to loosen any brown bits. Add garlic. Cook and stir until fragrant, about 30 seconds. Transfer the wine and beef mixture to the stock pot.

4. Add the carrots, onion, potatoes, wine, broth, tomatoes, beef base, and salt to the stock pot. Stir the mixture to combine and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer until the meat is tender, about 2 hours.

5. Pour in the starch slurry while stirring. Increase heat to medium-high and bring mixture to a boil
while stirring to thicken the sauce.

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Meatball Soup

This meal was designed for my teenage daughter Caitlyn who is a college student and wanted a hot meal between classes. I knew that a soup would stay hot in a thermos container and that Caitlyn loved spaghetti. I simply combined both ideas and voilà: Meatball soup!

By cooking the whole-wheat pasta in the soup, it absorbs the rich tomato flavor and tastes vastly superior to pasta boiled in plain-old water.

This recipe makes a large stock pot of soup which, is a good thing at my house since everybody loves it.

Yield: 20 servings

Ingredients

For Meatballs
- 2 pounds lean ground turkey
- 2 pounds 7% ground beef
- 3 Weetabix® biscuits
- ¼ cup Egg Beaters®
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 1 tablespoon reduced-fat Parmesan cheese
- 1 teaspoon granulated garlic
- Salt and pepper to taste

For Soup
- 2 large onions, diced
- 8 medium carrots, sliced diagonally into ¾-inch long pieces, about 1 ¾ pounds
- 10 cloves garlic, peeled and minced
- 12 ounces wide curly noodle or bow tie style whole-wheat pasta
- 2 cups port wine
- 2 (29-ounce) cans tomato sauce
- 1 (29-ounce) can diced tomatoes
- 4 cups water
- 2 cups fat-free beef broth
- 3 tablespoons ZSweet®
Directions

1. For Meatballs

   A. In a large bowl, combine turkey, ground beef, Weetabix®, Egg Beaters®, garlic, cheese, salt, and pepper.

   B. Using your hands, thoroughly mix together the meatball ingredients.

   C. Form meatballs using an ice cream scoop or your hands. Place meatballs on a rimmed baking sheet or similar shallow pan.

   D. Heat 2 teaspoons olive oil in each of two non-stick skillets over medium-high heat until hot and shimmering, but not smoking, about 2 minutes. Note: You can also use one skillet and cook the meatballs in two batches.

   E. Cook meatballs, turning occasionally, until well browned on all sides, about 18 minutes. Transfer meatballs back to washed rimmed baking sheet.

2. For Soup

   A. Add onions and carrots to skillet(s). Cook and stir until the vegetables are soft and begin to brown, about 10 minutes.

   B. Add garlic. Cook and stir until fragrant, about 1 minute.

   C. Add wine and simmer until reduced by about half, about 4 minutes.

   D. Transfer vegetable mixture to a large stock pot.

   E. Add water, beef broth, tomato sauce, diced tomatoes, ZSweet®, basil, Italian herb, balsamic vinegar. Stir with a wooden spoon to combine ingredients.

   F. Add meatballs to soup stock and stir carefully so as not to break up the meatballs.

   G. Allow mixture to come to a boil, reduce heat to low, and simmer, uncovered, for about 30 minutes.

   H. Add pasta to soup and stir carefully. Continue simmering until the pasta is cooked, about 20 minutes more.

Serving suggestion: Sprinkle with a small amount of low-fat Parmesan cheese.

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Spaghetti

This rich, thick, and hearty tomato sauce is very easy to make. Since both young and mature palates usually like this dish, it makes a great family meal. It freezes well, so you might want to double or even triple the recipe.

Yield: 12 servings

Ingredients

- 2 pounds 7% fat ground beef
- 2 teaspoons olive oil
- 1 large yellow onion, diced
- 6 cloves garlic, minced
- 1 teaspoon dried basil
- ½ cup minced fresh Italian parsley
- 1 teaspoon Italian herb seasoning
- 2 teaspoons beef base
- 6 tablespoons ZSweet®
- 1 (16-ounce) can diced tomatoes
- 2 (16-ounce) cans tomato sauce
- 1 (6-ounce) can tomato paste
- 1 cup port wine
- 2 tablespoons balsamic vinegar
- 1 teaspoon salt
- Salt and pepper
- 12 ounces whole wheat spaghetti, boiled and drained

Directions

1. In a large skillet, add ground beef and season with salt and pepper. Cook and stir over high heat until browned. Transfer meat to a large pot.

2. Add olive oil and onions to skillet. Season with salt and pepper. Cook and stir over medium-high heat until soft, about 4 – 5 minutes.

3. Add wine, parsley, and beef base to skillet. Simmer until reduced by about half.

4. Add garlic. Cook and stir until fragrant, about 1 minute. Transfer mixture to the large pot.

5. Add diced tomatoes, tomato sauce, tomato paste, balsamic vinegar, basil, Italian herb, salt, and
ZSweet® to the large pot. Bring to a boil over high heat then reduce heat to medium-low and simmer until the sauce thickens, about 1 ½ – 2 hours.


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Stuffed Peppers

These are stuffed with a delicious spicy, hearty beef filling with a rich tomato sauce. Each pepper is a complete meal with vegetables, lean protein, and good carbohydrates.

Yield: 8 servings

Ingredients

- 2 pounds 7% fat ground beef
- 8 bell peppers (any color), tops, cores, and seeds removed
- Large yellow onion, diced
- 14 ounce can tomato sauce
- 7 ounce can tomato paste
- 11 ounce can sweet corn, drained
- 1 cup American basmati rice
- 1 ½ cups water
- 2 tablespoons paprika
- 2 tablespoons beef base
- 2 tablespoons chili powder
- 3 tablespoons ZSweet®
- 2 tablespoons Worcestershire sauce
- 1 tablespoon cumin
- 1 teaspoon granulated garlic
- 2 teaspoons olive oil
- ¼ cup grated reduced-fat Parmesan cheese
- Vegetable cooking spray
- Salt and pepper

Directions

1. Bring water to a boil in a large saucepan over high heat. Add rice, cover, reduce heat to low, and simmer for 15 minutes. Remove from heat.

2. Heat olive oil in a large non-stick skillet over high heat until shimmering but not smoking.

3. Add onions to skillet and stir. Season with salt and pepper. Reduce heat to medium-high. Cook and stir onions until soft and just beginning to brown, about 6 minutes.

4. Add ground beef to skillet and stir, breaking up meat into small pieces. Increase heat to high. Cook
and stir until meat is lightly browned on all sides, about 8 minutes.

5. Add paprika, chili powder, cumin, garlic, beef base, ZSweet®, Worcestershire sauce, tomato sauce, and tomato paste, and stir well to combine. Bring mixture to a boil, reduce heat to low, and simmer for 2 minutes. Remove from heat. Stir in rice and corn.

6. Preheat oven to 350 degrees F.

7. Coat a 13-inch x 9-inch glass baking dish with vegetable cooking spray.

8. Arrange peppers with uncut ends down in baking dish. Stuff peppers with the meat mixture. Sprinkle Parmesan cheese over the top of each pepper.

9. Cover baking dish with aluminum foil and bake for 1 hour.

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Taco Bell Tacos

For me the make-it-or-break-it thing about tacos is the shell. If it's too brittle, it will explode on the first bite. But it still needs to have that satisfying crunch to be a great taco.

Traditional tacos use corn tortillas that are deep fried in lard or vegetable oil. This recipe uses low-fat flour tortillas that are oven-baked to obtain their crunchiness.

Yield: 10 tacos

Ingredients

- 1 pound 7% fat ground beef
- 2 medium onions, diced
- 2 cups fat-free beef broth
- 2 tablespoons tomato paste
- 10 low-fat tortillas (regular or whole-wheat)
- 8 ounces reduced-fat Monterey Jack cheese, shredded, about 2 cups
- 4 tomatoes, diced
- 8 ounce bag shredded lettuce
- ¼ cup chili powder
- 2 tablespoons cumin
- 2 teaspoons beef base
- 4 ½ teaspoons ZSweet®
- 1 teaspoon garlic powder
- 2 teaspoons olive oil
- Olive oil cooking spray
- Taco sauce
- Salt and pepper

Directions

1. In a large skillet, heat olive oil over medium-high heat until shimmering but not smoking.
2. Add onions. Cook and stir until the onions begin to brown, about 6 minutes.
3. Add ground beef. Season with salt and pepper. Cook and stir until lightly browned, about 12 minutes.
4. Add beef broth, tomato paste, chili powder, cumin, beef base, ZSweet®, and garlic. Mix well. Bring
to a boil, then reduce heat to medium-low and simmer, stirring occasionally, until most of the liquid is gone, about 16 - 20 minutes.

5. Option: if you prefer your taco meat like Taco Bell's, finely chop the taco filling in a food processor fitted with a metal blade.

6. Preheat oven to 350 degrees F.

7. Very lightly spray both sides of each tortilla with olive oil spray.

8. Arrange tortillas over middle oven rack as shown below. Bake until lightly browned and crunchy, about 10 - 15 minutes.

9. Fill each taco as follows: meat, cheese, lettuce, tomatoes. Top with your favorite taco sauce.

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Ham and Potato Salad

The secret to a good potato salad is to cook the potatoes just right. If they are overcooked, you will end up with mashed potatoes. Even worse are hard undercooked potatoes. My solution is to slowly cook the unpeeled potatoes in a covered pot of barely boiling water.

Yield: 12 servings

Ingredients

- 4 ½ pounds potatoes, unpeeled, scrubbed
- 3 pounds lean ham, cut into ¾-inch pieces
- 4 large celery stalks, finely chopped
- 1 red bell pepper, finely chopped
- 12 green onions, chopped
- 5 dill pickles, chopped
- 2 cups fat-free mayonnaise
- ¾ cup apple cider vinegar
- 4 ½ teaspoons ZSweet®
- 1 tablespoon Grey Poupon mustard
- 1 teaspoon salt
- Salt and pepper

Directions

1. Place potatoes in a large pot, cover with water, and add 1 teaspoon salt.
2. Cover pot and bring to a boil over high heat. Reduce heat to low and simmer until the potatoes are tender but not soft, about 15 - 20 minutes. Cooking times can vary, so it’s best to test for doneness by inserting a fork. The fork should push in easily without the potato splitting into pieces.
3. Drain potatoes and allow to cool enough to be handled comfortably.
4. Peel skins from potatoes (they should remove easily).
5. Cut potatoes into 1-inch cubes and sprinkle with vinegar. Season with salt and pepper to taste. Refrigerate potatoes for 2 hours.
6. In a large bowl, combine remaining ingredients and mix thoroughly.
7. Add potatoes and stir carefully until well mixed.
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Pork and Beans

This dish reminds me of cookouts from my childhood. A rich, tangy tomato sauce with an extra zing from jalapeños combine to produce a unique and satisfying flavor.

Yield: 6 servings

Ingredients

- 1 pound lean pork loin, visible fat removed
- 1 (16-ounce) can pinto beans
- 1 (15-ounce) can jalapeño pinto beans
- 1 (8-ounce) can tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 2 teaspoons ham base
- 2 teaspoons olive oil (1 teaspoon + 1 teaspoon)
- ¾ cup ZSweet®
- 1 teaspoon molasses
- ½ teaspoon chili powder
- 1 teaspoon paprika
- 1 small yellow onion, diced
- 1 tablespoon apple cider vinegar
- Salt and pepper

Directions

1. Heat 1 teaspoon olive oil in a large skillet over medium-high heat.

2. Season pork chops with salt and pepper. Cook chops until well browned, about 6 – 8 minutes. Turn the pork chops over and cook the other sides until well browned, another 6 – 8 minutes. Transfer meat to a plate and cover with aluminum foil.

3. Reduce heat to medium. Add remaining 1 teaspoon of olive oil to skillet. Add onion to skillet. Season with salt and pepper. Cook and stir onion, scraping loose any brown bits on the bottom of the pan, until soft, about 5 minutes.

4. Add remaining ingredients and simmer over medium-low heat until the sauce thickens, about 20 minutes. Stir the bean mixture every 5 minutes.

5. Cut pork into bite-sized pieces and add to beans. Cook and stir for 2 minutes.
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Teriyaki Pork Fried Rice

Yield: 6 servings

Ingredients

- 1 pound pork loin, about 4 chops, boneless, visible fat removed
- 1 ½ cups frozen diced peas and carrots
- 4 green onions, chopped
- 1 ½ cups American basmati rice
- 1 ¼ cups fat-free chicken broth
- 1 cup fat-free beef broth
- ¾ cup Egg Beaters®
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- ¼ cup soy sauce
- Teriyaki sauce (optional)

Directions

1. Bring 1 ¼ cups chicken broth and 1 cup beef broth to a boil in a large saucepan. Add rice, bring to a boil, cover, and simmer on low heat for 20 minutes, remove from heat, and let the still-covered rice rest.

2. Place jelly roll pan on middle oven shelf and preheat to 450 degrees F.

3. Season chops with salt. Heat 2 teaspoons olive oil in large skillet over high heat until shimmering but not smoking. Cook chops until brown, about 4 minutes for each side. Transfer chops to oven and roast until internal temperature of each chop is about 150 degrees F, about 8 – 10 minutes, turning once halfway through cooking time. Transfer chops to a platter and cover with aluminum foil.

4. Cook Egg Beaters® in a covered Pyrex container in microwave oven on high until solid, about 3 – 4 minutes.

5. Cook peas and carrots with water in a covered Pyrex container in microwave oven on high until tender, about 7 minutes. Drain.

6. Sprinkle rice with soy sauce to obtain the color, and stir.

7. Cut pork into bite-sized pieces.

8. Heat 2 teaspoons oil in large skillet on medium-high heat. Add rice and fry for about 4 minutes. Turn rice with a spatula and cook about 3 minutes more.

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**Chicken Pot Pie**

Chicken pot pies are a wonderful old-time comfort food for many people. I especially like the creamy filling full of tender chicken and vegetables.

This recipe tastes just how a chicken pot pie is supposed to, but without all the fat.

Yield: 8 servings

**Ingredients**

- 8 (4-ounce) skinless chicken breasts
- 1 yellow onion, peeled, cut into 4 pieces
- 2 cups fat-free half & half
- 1 cup fat-free milk
- 1 ¼ cup Sauvignon Blanc wine
- 2 ¾ cup fat-free chicken broth (1 ¼ cup + 1 ½ cup)
- 1 (16-ounce) package frozen peas and diced carrots
- 2 (11-ounce) cans corn, drained
- 6 tablespoons cornstarch
- 4 teaspoons olive oil (2 teaspoons + 2 teaspoons)
- 2 tablespoons chicken base
- Pinch cayenne pepper
- Salt and pepper

**Directions**

1. **Shredded Chicken**
   
   1. Season chicken with salt and pepper
   2. Heat 2 teaspoons olive oil in large skillet over medium-high heat until shimmering but not smoking.
   3. Cook 4 chicken breasts until brown, about 6 minutes on each side. Transfer breasts to a large pot.
   4. **Deglaze** pan with ¼ cup wine. Pour liquid into pot.
   5. Repeat the previous 3 steps with the remaining breasts.
   6. Distribute onion pieces in the pot. Pour in remaining wine and 1 ¾ cup chicken broth.
7. Bring liquid in pot to a boil over high heat. Reduce heat to low, cover, and simmer until very tender, about 1 hour.


9. Break the chicken into shreds using tongs.

2. **Filling**

   1. Place frozen peas and carrots and 
      \( \frac{1}{4} \) cup water in microwave-safe dish, cover, and cook on high power until tender, about 10–12 minutes. Drain.

   2. In the large pot, whisk together the half & half, milk, 1 \( \frac{1}{2} \) cups chicken broth, 2 tablespoons chicken base, and pinch cayenne pepper. Season with salt and pepper to taste.

   3. Cook and stir over medium-high heat until the mixture begins to boil and thickens. (see making sauces.) Reduce heat to low.

   4. Stir in vegetables and shredded chicken. Cook and stir until vegetables and chicken are heated, about 2 minutes.

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Chicken and Vegetable Casserole

This is one of my family's most-requested dishes. For me, this is good old-fashion comfort food. And, it's nutritionally complete with a good ratio of protein and carbohydrates.

The challenge when developing this recipe was to devise a healthy substitute to a traditional bread crumb and butter casserole topping that was faithful in flavor and texture. I started with Weetabix® cereal crumbs, since that at least looks like a bread crumb topping. The trick was to mask the cereal flavor with the addition of two savory ingredients: grilled onions and garlic.

Yield: 8 servings

**Ingredients**

- 8 (4-ounce) skinless chicken breasts
- 4 large carrots, peeled, and sliced
- 1 large onion, diced
- 14 ounces broccoli, cut into small florets
- 1 (11-ounce) can sweet corn, drained
- 5 Weetabix® cereal biscuits, crushed
- 2 cups fat-free half & half
- 1 cup fat-free milk
- 1 tablespoon chicken base
- 7 tablespoons cornstarch
- 6 ounces reduced-fat Mexican cheese blend (Monterey Jack and cheddar), shredded, about 1 ½ cups
- 2 tablespoons olive oil
- Granulated garlic
- Salt and pepper
- Non-stick vegetable cooking spray

**Directions**

1. Heat 2 teaspoons olive oil in a large non-stick skillet over high heat until shimmering but not smoking.

2. Add onions to skillet. Stir and then season with salt and pepper. Cook and stir onions until they are golden brown, gradually reducing the heat to low to prevent the onions from burning as they lose their liquid, about 6 – 8 minutes.
3. Mix cooked onions with Weetabix crumbs in a medium mixing bowl. Season to taste with the granulated garlic.

4. Preheat oven to 350 degrees F.

5. Season chicken breasts on both sides with salt and pepper.

6. Add 2 teaspoons olive oil to skillet and heat as before. Place one chicken breast in the pan and move across the entire cooking surface using tongs to distribute the oil. Add the remaining breasts and lower the temperature to medium-high. Cook the chicken until lightly browned, about 4 - 5 minutes. Turn the breasts to the other side and cook the same way. Transfer the cooked chicken to a plate and cover loosely with aluminum foil. Repeat this step with remaining chicken.

7. Pour water into the skillet to a depth of ½-inch. Add carrots and bring water to a boil over high heat. Cover, reduce heat to medium-low, and cook carrots until slightly softened, about 5 minutes.

8. Add broccoli to skillet, cover and cook until almost tender, about 4 minutes. Drain vegetables in a colander.

9. Place half & half, milk, chicken base, and any accumulated juices from the cooked chicken in the skillet. Season the sauce mixture with salt and pepper to taste. Cook and stir the sauce mixture over medium-high heat with a slotted plastic spatula until the mixture begins to boil and becomes quite thick. See making sauces for more information.

10. Cut chicken into small pieces.

11. Combine chicken, cooked vegetables, corn, and cheese in a large mixing bowl. Pour sauce over the top and mix well with a wooden spoon.

12. Spray the bottom and sides of a 13-inch x 11-inch glass casserole dish with non-stick vegetable spray. Pour in the filling mixture and smooth the top with a spatula.

13. Sprinkle the prepared Weetabix topping evenly over the entire surface of the filling.

14. Bake in oven until the sauce begins to bubble to the top, about 30 minutes.

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BBQ Chicken Pizza

This recipe is similar to the popular BBQ chicken pizza served at the California Pizza Kitchen restaurant chain.

Yield: 16 slices from two (12-inch) pizzas

**Ingredients**

**Pizza Dough**
- ¾ cup water
- ¼ cup 1% fat milk
- 2 teaspoons dried yeast
- 1 ½ cups white whole wheat flour
- 1 teaspoon salt
- 4 ½ teaspoon ZSweet®
- 2 tablespoons olive oil

**Pizza Toppings**
- 4 (4-ounce) skinless chicken breasts, cut into small bite-sized pieces
- 2 teaspoons olive oil
- 1 cup BBQ Sauce
- 1 each: red, yellow, and orange bell peppers, cut into narrow strips
- 6 tablespoons chopped cilantro
- 1 small red onion, thinly sliced
- 8 ounces reduced-fat Mozzarella cheese, shredded, about 2 cups

**Directions**

1. **Pizza Dough**
   
   A. Mix water and milk together in a small glass bowl and microwave on high until warm (about 20 seconds). Pour milk and water into the work bowl of a stand mixer.
   
   B. Add yeast and allow to dissolve for 3 minutes.
   
   C. Add olive oil, ZSweet®, salt, ¾ cup white whole-wheat flour, and ¾ cup whole-wheat pastry flour. Mix with a wire whip until smooth.
   
   D. Add remaining flour and knead with a dough hook until smooth and not sticky, about 12 minutes. If the dough is too dry, add water 1 tablespoon at a time. Cover work bowl with a dishtowel and allow the dough to rise in a warm place for 1 - 2 hours.
2. **Pizza Toppings**
   A. Heat 2 teaspoons of olive oil in a large skillet over medium-high heat.
   B. Season chicken with salt and pepper
   C. Cook and stir chicken until well browned, about 8 minutes.
   D. Add ¾ cup BBQ sauce over chicken and stir to coat.

3. **Assemble and Bake Pizza**
   A. Place a pizza stone on the middle oven shelf and preheat to 450 degrees F.
   B. Dust work area with flour and roll out half of the dough. Sprinkle corn meal over a peel (a shovel like implement) and place dough on top.
   C. Spread a thin layer of BBQ sauce over dough. Sprinkle with cheese. Distribute half the chicken, peppers, and onions on the pizza. Sprinkle with more cheese. Finish with 3 tablespoons of the cilantro.
   D. Slide pizza off peel and on to the stone. Bake for 15 – 20 minutes. Repeat for the second pizza.

### Nutrition Facts per Serving

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Naked Burrito

This dish was inspired by a similar menu item sold at the Baja Fresh restaurant chain. Essentially it's a burrito sans tortilla. This burrito has the traditional flavor without all the fat.

Yield: 8 servings

Ingredients

- 4 (4-ounce) skinless chicken breasts
- 16-ounce can pinto beans
- ¾ cup American basmati rice
- 1 ½ cups water
- 1 red bell pepper, cut into 1 ½ by ¼-inch strips
- 1 green bell pepper, cut into 1 ½ by ¼-inch strips
- 1 medium red onion, cut into 1 ½ by ¼-inch strips
- 2 teaspoons olive oil (1 teaspoon + 1 teaspoon)
- 1 tablespoon Knorr® tomato bouillon with chicken flavor
- 1 teaspoon chili powder
- Salt, pepper, and chili powder
- Pico de Gallo

Directions

1. In a large sauce pan, stir water, tomato bouillon, and 1 teaspoon chili powder together. Bring to a boil over medium-high heat.
2. Stir in rice, cover, reduce heat to low, and simmer for 20 minutes. Remove from heat and allow rice to sit covered for another 20 minutes.
3. Heat 1 teaspoon olive oil in a large skillet over medium-high heat.
4. Season chicken breasts with salt, pepper, and chili powder.
5. Cook chicken breasts until well browned, about 6 – 8 minutes. Turn breasts over and cook the other side until well browned, another 6 – 8 minutes. Transfer chicken to a plate and cover with aluminum foil. Clean skillet.
6. Heat 1 teaspoon olive oil in skillet over medium-high heat.
7. Cook and stir peppers and onions until tender but still crisp, about 8 – 10 minutes (reduce heat to medium-low after about 4 minutes to prevent the vegetables from burning).
8. Warm pinto beans in a medium saucepan or in microwave oven.
10. In a large bowl, stir together chicken, rice, beans, and vegetables. Serve with Pico de Gallo.

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Fish and Chips

With this recipe you can enjoy delicious English pub-style fish and chips guilt free! The lightly breaded white fish is paired with homemade chips and delightfully piquant tarter sauce that you will swear is loaded with fat.

Yield: 3 servings

Ingredients

Fish and Chips

- 3 (4-ounce) orange roughy fillets
- 2 medium russet potatoes, scrubbed, cut into ¼-inch-thick slices
- 1 large egg white
- 1 teaspoon water
- 1 teaspoon olive oil
- ½ cup white whole-wheat flour
- Salt and pepper
- Olive oil cooking spray
- Jalapeño Tartar Sauce (optional)

Directions

Chips

1. Preheat oven to 450 degrees F.

2. Arrange potato slices on a rimmed baking sheet. Spray with olive oil and lightly season with salt. Turn each piece over and prepare other side the same as the first. Lightly prick each slice with a fork (to help prevent bubbling during baking).

3. Bake on middle oven rack until lightly browned, about 30 minutes.

Fish

1. In a small bowl, combine egg whites, teaspoon water, teaspoon oil, and a dash each of salt and pepper. Whisk mixture until frothy.

2. In a medium bowl, season flour with salt and pepper and mix with a few strokes of a whisk.

3. Working over a plate or parchment paper, dust both sides of each fish fillet. A sifter or seasoning container with large holes works well for this. Shake each fillet lightly to dislodge any loose flour.
4. Heat a non-stick skillet over medium-high heat.

5. Brush one side of each fillet with the egg white mixture and dust with flour. Turn over each piece and do the same for the other side. Gently shake each fillet.

6. Spray one side of each fillet with olive oil and place that side down in the hot pan. Spray the tops of each fillet with olive oil. Cook until lightly browned, about 4 minutes. Caution: the breading can burn quickly, so check occasionally and reduce heat accordingly. Turn each fillet over and cook the other side the same way. The fish should be opaque and flake easily with a fork.

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Turkey Chili

Ground turkey tends to be dry and bland-tasting, but this recipe overcomes both of those problems quite handily. Comparable in flavor and texture to a traditional beef chili, this dish is a real crowd pleaser. If you prefer a five-alarm chili, just add extra cayenne or chili pepper flakes. This can be served with diced onions and shredded non-fat cheddar cheese.

This dish freezes well, so you might want to double the recipe and freeze half of it for later.

Yield: 8 servings

Ingredients

- 1 ½ pounds lean ground turkey
- 1 yellow onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 4 cloves garlic, peeled, minced
- 1 tablespoon olive oil
- 1 (14 ½-ounce) can kidney beans, drained
- 1 (14 ½-ounce) can black beans, drained
- 1 (14 ½-ounce) can pinto beans, drained
- 1 (29-ounce) can diced tomatoes
- 1 (29-ounce) can tomato sauce
- 2 tablespoons cumin
- 1 tablespoon chili powder
- Salt, black pepper, cayenne, or chili pepper flakes to taste

Directions

1. Cook and stir onion, celery, and carrots in olive oil over medium high heat until softened, about 6 minutes.

2. Add ground turkey and garlic. Cook turkey just until done, and do not overcook.

3. Add remaining ingredients and simmer for 20 – 40 minutes, stirring occasionally.

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Hot Turkey Sandwich

This open-faced sandwich is made with roasted turkey topped with a savory gravy, made with homemade turkey stock, and is a delicious alternative to a traditional turkey sandwich.

Yield: 6 sandwiches

Ingredients

- 1 ½ turkey breast tenderloin, skinless
- 2 teaspoons olive oil
- ¼ teaspoon Kitchen Bouquet®
- 3 cups turkey stock
- 3 tablespoons cornstarch mixed with enough water to form a slurry
- 6 slices of whole wheat bread
- Salt and pepper

Directions

1. Season turkey with salt and pepper.
2. In a large skillet, heat olive oil over medium-high heat until shimmering but not smoking.
3. Cook turkey until browned, about 2 minutes on each side.
4. Reduce heat to medium and add ½ cup water to skillet.
5. Cover and cook until turkey is no longer pink and the internal temperature reaches 165 degrees F., about 7 minutes on each side.
6. Transfer turkey to cutting board and cover loosely with aluminum foil.
7. Increase heat to medium-high and add turkey stock to skillet.
8. Bring stock to a boil while scraping the brown bits on the bottom of the skillet with a wooden spoon. Continue cooking until the stock is reduced by half, about 10 minutes.
9. Whisk in cornstarch mixture. Cook and stir until the sauce has thickened.
10. Toast the bread and cut each slice in half diagonally. Place turkey slices, cut at an angle, on top of each slice of bread and drizzle with gravy.

Nutrition Facts per Serving
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A sauce is simply a liquid that has been thickened, usually by one or more of the following methods:

- **Cooking with a starch** (modified food starch, cornstarch, potato starch, flour, or arrow root).
- **Reduction** — water is evaporated by heating the liquid until the remaining solids cause the sauce to thicken.
- **Combining with a gum** such as xanthan or guar. Many commercially manufactured fat-free products use gums as thickeners.
- **Using gelatin**, which is a tasteless, glutinous substance obtained by boiling the ligaments, bones, skin, and so on, of animals in water. It’s what thickens Jell-O® and demi-glace sauces.
- **Addition of a hydrogenated fat**, usually butter. This tastes wonderful, but, alas, is also very unhealthy.

7-Day Belly Blast Diet recipes mostly call for cornstarch to thicken sauces. It contains no fat and only a modest amount of carbohydrate, especially considering how little is needed.

### Steps for Thickening a Sauce with Starch

1. Place the starch in a small measuring cup and mix with enough water, using a fork, to form a slurry.
2. Heat the liquid for the sauce to barely boiling.
3. Stir the sauce quickly (this will reduce the temperature slightly) and slowly drizzle the starch slurry into the hot liquid.
4. When the liquid boils, the maximum amount of thickening is reached.
5. Check the thickness by seeing if the sauce will coat the back of a spoon.

---

**Tip:** *If the sauce is too thin, add more starch slurry. If the sauce is too thick, thin with more of the liquid sauce ingredients or plain.*
water.
Dicing an Onion

Dicing an onion is a very common preparation step so an efficient technique will save you a lot of time in the long run. This is the fastest and easiest way I have found to dice an onion.

**Step 1**
Cut off one end.

**Step 2**
Peel, place cut side down, and cut in half.

**Step 3**
Make a series of horizontal cuts spaced the thickness of the size onion pieces desired. Do not cut all the way across (keeps the slices held together).

**Step 4**
Make a series of vertical cuts parallel to the horizontal cuts from step 3, spaced the same distance apart as for the horizontal cuts. Do not cut all the way across.

**Step 5**
Turn the onion 90 degrees, and make a series of vertical cuts that are perpendicular to the cuts made in step 4.
Cutting a Bell Pepper

Use this technique to cut bell peppers into small (diced) or larger size pieces.

**Step 1**
Orient the pepper so that the stem is either up or down, and cut off one side.

**Step 2**
Rotate the pepper 90 degrees and cut off the adjacent side.

**Step 3**
Rotate the pepper another 90 degrees and cut off the next side.

**Step 4**
Cut off the remaining side and scrape off the seeds and white Capsaicin glands from the cut sides.

**Step 5**
Make a series of cuts parallel to the long edge of each pepper side. Adjust the width of the cuts according to the desired size of pieces.

**Step 6**
Make a series of perpendicular cuts across the strips cut in step 5. Adjust the width according to the desired size of pieces.
Folding is the best way to incorporate mixtures with delicate structures that would lose their desired properties if over-mixed with an electric mixer, for example. Whipped cream (fat-free of course!) and egg white foams must be gently folded with other ingredients, or they will collapse and lose their light and fluffy characteristics.

**Steps**

1. Push spatula down through the center of the mixture and scrape along the bottom of the bowl towards the top side.

2. Rotate the bowl a quarter turn and repeat the first step.
“Secret” Ingredients

Some of these ingredients are used so often in my kitchen that they are left out on the counter.

**Cornstarch or Modified Food Starch** — If you read the labels of commercial fat-free products, you will notice that most of them have cornstarch or modified food starch listed as ingredients. Both are used as thickening agents that are excellent for replacing the fat in sauces. Almost any liquid can be made into a sauce with a very satisfying “mouth feel”

**ZSweet®** is an all-natural sweetener that has an excellent sugar-like taste. It can replace sugar in most recipes. ZSweet® is about 60% - 70% as sweet as sugar. A good rule of thumb is to use about 1.5 times as much ZSweet® as you would sugar.

**Food grade glycerin** is a clear viscous liquid that has properties similar to corn syrup, but it is not quite as sweet. Its main advantage to corn or sugar syrup is that it has a low glycemic index value. In other words, it has only a minimal impact on raising blood sugar levels. It can be used to replace fat and corn syrup in desserts.

**Xantham gum** is a thickening agent that does not require the use of heat, making it ideal for cold sauces and salad dressings. Another useful characteristic is its ability to help prevent mixed ingredients from separating. Xanthan gum is often used in commercial salad dressings to prevent herbs and species from settling to the bottom of the bottle. Xantham gum is very fine powder that does not dissolve very easily in liquid. A blender works well to mix xanthan gum with other ingredients.

---

**Flavorings**
Beef base — Use anytime you want a stronger beef flavor. Excellent for sauces, gravies, stews, spaghetti sauces, and so on. Add to chicken broth to make a quick beef-flavored broth.

Chicken base — Great for chicken gravy.

Ham base — Gives foods a smoky, bacon flavor.

Molly McButter® has a nice butter flavor without any fat. It is especially good on top of steamed vegetables, mashed potatoes, or baked potatoes.

Watkins™ butter salt is similar to Molly McButter®, but it has a more buttery flavor in my opinion. Unfortunately, you will not find it at your local grocery store. You can purchase it on-line from Watkins.

Sauce, Gravy, and Marinade Flavorings

Soy sauce is indispensable for Asian cuisine. Use for flavoring rice and for making teriyaki sauce.

Grey Poupon mustard adds flavor to and helps thicken sauces and salad dressings. Mix with ZSweet® and non-fat mayonnaise for an easy “honey” mustard sauce.

Kitchen Bouquet® or Gravy Master is really more of a coloring agent than a flavoring. Use these products to darken sauces and gravies to make them more visually appealing. For some reason, sauces
that are between white and medium brown tend to be prejudged as bad tasting by our eyes.

### Carbohydrates

When choosing carbohydrates, pay close attention to the glycemic index value. The lower the number, the better the food is for you because it will have less effect on your blood sugar level.

![Healthy Harvest Pasta](image1)

**Whole-wheat pasta** is typically lower in fat and has a lower glycemic index value than regular pasta. Whole wheat pasta is more easily ruined by over-cooking than the regular variety, so be careful to cook the pasta until it is just barely al dente (Italian for “to the tooth,” meaning it can be easily chewed). Pasta will continue to cook even after being drained so, it’s best to remove it from the heat while it’s still just slightly under-cooked.

![Texmati Rice](image2)

**Rice** — Brown rice has the lowest glycemic index value, but I, for one, do not care that much for its taste. American basmati (a cross between American long grain rice and Indian basmati rice) is almost as low in glycemic value, but tastes much better. As a general rule, the shorter the grain and stickier the rice, the worse it is for you.

![Weetabix Cereal](image3)

**Weetabix®** is a very low-fat, low-sugar whole wheat cereal that also makes a great filler for meat loaf. It has a long shelf life, which makes it convenient to have around for when you need a quick and easy carbohydrate.

### Fat Substitutes

Modern food technology has produced many non-fat food products that are very close in texture and flavor to their full-fat counterparts. Through the clever use of starches, flavorings, and gums such as guar and xanthan, food technologists are able to fool our mouths into thinking we are eating the real thing.
Fat-free cream cheese is excellent in desserts, mashed potatoes, and sauces.

Reduced fat cheese — These products have come a long way. Not only do they have the creamy texture and flavor of real cheese, they even melt!

Fat-free mayonnaise — This product has grown on me. I still prefer full-fat mayonnaise, but when used to make a salad dressing or on a sandwich, it's pretty good.

Fat-free half & half is wonderful in mashed potatoes, cream soups, and indispensable for cream sauces.

Fat-free sour cream — Most brands are only fair tasting and are probably not suitable as a replacement for regular sour cream by itself, such a topping for a baked potato. However, when used as a part of something else such as in a sauce or dressing, the result is often quite good.

Low-fat sour cream — Most brands have about 1/3 less fat than regular sour cream, but that is still a lot of fat. I try to use it sparingly or mix it with fat-free sour cream to make ultra-low-fat sour cream.
Fond

When meat is cooked using a sufficiently high temperature, a delicious brown substance called fond will accumulate on the bottom of the pan. Fond is the culinary equivalent of gold. Deglazing is simply a method for "harvesting" fond.

Cooking time and temperature are crucial to formation of fond. If the temperature is too low, the meat will not brown and will not be seared, allowing the juices to escape. At the other end of the spectrum, cooking for too long or using too high of a temperature will cause the fond to burn and ruin it.

Fortunately, it does not take very long to become adept at searing meat. Make sure your pan is hot enough (if using oil, it should shimmer but not smoke) before adding the meat. Try not to cook too much cold meat at one time or the pan’s temperature will drop too much and the meat will not sear. After the meat has cooked for a minute or two, reduce the heat a little to prevent your fond from burning. If your fond begins to burn, you have little choice other than to remove the meat, deglaze the pan, and continue cooking the meat as before. By keeping a reasonably attentive eye on your cooking, you should have no trouble browning both sides of whatever meat you are cooking without burning the fond.

Deglazing

To deglaze a pan, pour about one cup of liquid, typically wine, into the still- hot pan while scraping the bottom with a wooden scraper or spoon. Depending on personal preference, you may want to strain the liquid before using to make a sauce.

Even if you do not intend to use the fond, deglazing with water is an excellent way to clean your pan!
Braising

Braising simply means to slowly simmer meat with liquid in a covered pot. Even the toughest meat will become cut-with-a-fork tender when cooked this way.

When heat is applied to meat for enough time, the connective tissue that holds the meat together breaks down, and thus meat becomes tender. Cooking the meat in the presence of liquid prevents it from drying out.

Typically a combination of wine and stock (or broth) is used for the liquid. You can add flavor and complexity to the taste of the meat by placing aromatic vegetables, such as carrots or onions, or fresh herbs (thyme, bay leaves, and so on.) in the cooking liquid.

Time requirements to braise meat typically range from 2 - 4 hours. Sure, that’s a long time, but on the plus side, the process does not require your attention. I have braised meats using the stove-top and in a 350 degree F. oven with equally good results.