

## CHICKEN RECIPES

### ▪ **CHICKEN CUTLETS**

Chicken breast (3-1/2 oz/100 grams)  
1 melba toast ground into crumbs  
1/2 cup fat free chicken broth  
1/4 tsp. garlic powder  
1/4 tsp. paprika  
1/4 tsp. poultry seasoning  
1/4 tsp. cayenne (some like it hot!!)  
Salt and pepper to taste.  
--Combine Melba crumbs, garlic powder, paprika, poultry seasoning, cayenne, salt and pepper. Put in a Ziploc bag and add chicken to fully coat with seasonings and crumbs. Add half of the broth to a frying pan along with coated chicken, cook about 3-4 min each side. Keep adding more broth as it cooks off.

### ▪ **MOO SHU CHICKEN**

Chicken breast cut into thin strips (3-1/2 oz/100 grams)  
Green cabbage sliced thin  
Green onions chopped  
Braggs Amino Acid  
Chicken Broth  
--Wilt cabbage and onion in a little chicken broth. Add chicken that has been sprayed with Braggs. Sauté till chicken is cooked. Add Braggs to taste, BUT be careful...very salty if you add too much.

### ▪ **CURRIED CHICKEN**

Cooked chicken breast (3-1/2 oz/100 grams)  
1/4 cup Greek nonfat yogurt  
1/4 tsp. minced onion  
1 stalk celery minced  
1/4 tsp. curry powder or to taste  
1/4 tsp. mustard  
--Combine above ingredients and serve on a bed of greens  
Can substitute Shrimp or Fish for Chicken

### ▪ **ITALIAN CHICKEN OR STEAK**

Chicken (or Steak) (3-1/2 oz/100 grams)  
Diced tomato  
2-3 minced garlic  
1 tsp. oregano  
1 tsp. basil (fresh is best)  
Dash of dried red pepper flakes  
Dash of liquid smoke  
--Preheat oven to 350. Sear Chicken each side for a minute or two in a frying pan until just browned. Place 1/2 of the diced tomato in casserole dish. Add meat on top of the tomatoes and top with garlic. Combine the rest of the tomatoes and herbs and spices, place on top of meat. Cover tightly. Bake 45-60 min.

### ▪ **FRIED CHICKEN STRIPS**

Chicken breast sliced into 3 strips (3-1/2 oz/100 grams)  
1Tbsp. Milk  
1 Melba toast  
Salt, pepper, paprika, red pepper, garlic powder to taste  
--Preheat oven to 350. In small bowl combine milk and any seasonings you prefer. Grind up Melba to powder and set aside in separate bowl. Add Chicken to milk/seasoning mixture and coat well. Then place chicken in Melba powder and coat both sides of chicken. Bake for 30-40 min. turning over halfway through. Broil last 5 min. 2-3 min each side.  
\*\* This recipe includes one of your servings of melba toast as well as your 1-Tbsp. of milk.

### ▪ **ROSEMARY LEMON CHICKEN**

Chicken (3-1/2 oz/100 grams)  
1/2 lemon  
Lemon zest to taste  
1/2 tsp. rosemary (fresh is best)  
1-2 cloves of garlic minced

Salt and pepper

--Combine all ingredients in a bowl and toss in chicken. Place in a non-stick skillet and cook for 5 min or until juices run clear.

### ▪ **GREEK CHICKEN**

Chicken (3-1/2 oz/100 grams)  
1/4 tsp. oregano  
1/4 tsp. dried minced onion  
3-5 cloves of garlic (left whole)  
1/2 juice of lemon  
Salt and pepper to taste

--Preheat oven to 350. Place all ingredients in a covered casserole dish. Cook for 30-45min or until chicken is no longer pink.

### ▪ **BLACKENED CHICKEN, SHRIMP OR STEAK RUB**

Meat (3-1/2 oz/100 grams)  
1 tsp. paprika  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1/4 tsp. oregano  
1/4 tsp. thyme  
1/4 tsp. ground red pepper flakes  
Salt and pepper to taste  
--Combine all spices and use as a rub on meat. Grill and serve over mixed greens or spinach

### ▪ **CHICKEN, LEAN GROUND BEEF OR STEAK CABBAGE ROLLS**

Chicken breast cooked and chopped (3-1/2 oz/100 grams)  
2-3 Steamed cabbage leaves  
Onions, salt  
Garlic powder  
Dash of liquid smoke  
--Wrap in big cabbage leaves.

### ▪ **SHRIMP OR CHICKEN CURRY**

Shrimp or Chicken (3-1/2 oz/100 grams)  
Chopped onion  
3-4 garlic cloves minced  
1/8 cup water or fat free chicken broth  
1/2 tsp. curry powder  
1/4 tsp. cumin  
Salt and pepper to taste  
--Cook onion and garlic until translucent. Add Shrimp or Chicken seasonings and water.

### ▪ **Tasty Chicken Tacos**

Ground chicken sautéd (3-1/2 oz/100 grams)  
1 tsp. cumin  
1 tsp. chili powder  
Fresh Pico de gallo  
Fresh cilantro,  
--Wrap in lettuce and ENJOY

### ▪ **Chicken Sauté**

Sauté chicken breast (3-1/2 oz/100 grams) with 1 sliced apple  
Salt and pepper to taste  
--Serve with steamed cabbage sprinkled with rice vinaigrette!!

### ▪ **Chicken Salad**

Chopped cooked chicken (3-1/2 oz/100 grams)  
1 apple diced  
1 tsp. Walden farms mayo  
1 tsp. cilantro  
--Serve with lettuce

### ▪ **Italian Veal**

Ground veal, sautéd (3-1/2 oz/100 grams)  
1 tsp. tomato paste  
Fresh garlic to taste,  
Onion powder to taste  
Pinch of Allspice  
Pinch of Italian seasoning  
--Serve on sliced tomato's!!

### ▪ **Maindish Ceviche**

Chopped cooked shrimp (3-1/2 oz/100 grams)  
1 tsp. fresh grated ginger  
1 tsp. fresh HOT salsa fresca  
1 whole lemon

--Spoon ceviche on to cup cucumber with a dollop of Walden farms ketchup!! ENJOY

## Marinates:

- ¼ Cup Balsamic Vinegar,  
1 Tbs Walden farms maple syrup,  
--GREAT ON CHICKEN!!
- 1-Tbs Tapatio,  
1-Lemon,  
--GREAT ON FISH!!
- ½ cup Braggs amino acids  
Fresh ginger  
--GREAT ON EVERY THING!
- **Soups:**  
Soup can taste like anything you want!  
Use only chicken broth in a box with NO fat and NO sugar.
- **Tomato Soup**  
1 box chicken broth  
1 tsp. tomato paste  
1 tsp. Garlic  
Pinch Basil  
Pinch Salt  
Pinch Allspice  
--Blend
- **Mexican Soup**  
1 box chicken broth  
½ cup red chili  
1 tsp. coco powder  
Lemon to taste  
Pinch Cilantro  
Salt to taste  
Stevia to taste  
--Stir
- **Asian Flare**  
1 box chicken broth  
¼ cup fresh grated ginger  
Chinese 5 spice to taste  
Green onions  
1 egg white (slowly blend in to hot soup)
- **Chili**  
1-lb Lean ground beef  
3-cups Organic fire roasted tomatoes  
1 chopped onion  
4 Cloves of garlic, pressed  
1-tsp. garlic powder  
1-tsp onion powder  
Dash of red pepper Flakes  
½-tsp. oregano  
½-tsp. cumin  
Salt & pepper  
--Combine---3 servings
- **Taco Salad**  
Place above **Chili** on Chopped Romaine lettuce
- **Go Greek Salad Dressing**  
Fat-free cottage cheese  
Garlic (shredded)  
Diced cucumber  
Chopped dill  
Salt & pepper to taste  
--Put in blender or food processor
- **Pasta HA! Marinara Sauce**  
Chopped steamed cabbage (till tender)  
1 can fire roasted tomatoes  
1 chopped onion  
3 cloves garlic pressed  
1 bunch of basil  
½ tsp. oregano  
Dash of red pepper flakes  
Dash of liquid smoke (hold the msg please and no sugar!!)  
Truvia to taste

- **Frittata Cauliflower, Broccoli, Spinach or Asparagus**  
3 egg whites  
1 whole egg  
Choose your veggie (allowed amount)  
1-2 pressed garlic cloves  
1 tbsp. dehydrated minced onion  
1 tbsp. water  
1 tsp. parsley  
1 tbsp. chopped dill  
Salt & pepper and maybe--Tabasco??  
--Heat veggie and garlic until tender  
--Preheat oven to 400deg  
--Mix eggs and water. Add veggie of choice, minced onion,  
and seasonings  
--Pour egg mixture into non-stick baking dish  
--Place in oven 10-15 min or until done  
--Top with Tabasco sauce if you dare!!

## Desserts & Goodies

- **Orange Strawberry Sorbet**  
1 can orange Zevia soda  
6 frozen strawberries  
Put in blender equals one of your daily fruit servings
- **Apple Cinnamon Dip**  
1-Sliced apple (Organic preferably--Fuji's are great)  
Cinnamon and Truvia mixed to taste put in small container  
and dip away!  
This satisfies the munchies, good fiber & great tasting!  
Note: Cinnamon is a natural blood sugar moderator which is Great! Tasty and good for you.
- **Apple Bake**  
1-Chopped Apple  
Lemon juice  
Cinnamon and truvia mixture  
Microwave till apple is tender.
- **Strawberry Smoothie**  
Fat-free cottage cheese  
Sliced Strawberries  
Truvia  
Enjoy as "ice cream" or blend!
- **Lemonade**  
1-lemon  
16-drops of lemon drop stevia  
2-strawberries  
½- cup water  
Scoop of ice  
--Blend together and enjoy!!
- **Orange Julius**  
1-orange  
1-Tbs low fat milk  
8-drops vanilla stevia  
½- cup water  
Scoop of ice  
--Blend together and enjoy!!
- **Root beer float**  
1-Tbs low fat milk (optional)  
8-drops root beer stevia  
½- cup water  
Scoop of ice  
--Blend together and enjoy!!
- **Café Mocha**  
½- cup coffee  
1- Tbs low fat milk (optional)  
1- tsp coco powder  
2- packets of stevia or Truvia  
Scoop of ice  
--Mix, shake or blend.
- **Chocolate covered strawberries**  
Mix 1-jar Walden farms Marshmallow cream

Coco powder  
--Mix to taste-Amazing on top of strawberries!

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### **Grocery list to add a little spice**

- Braggs Liquid Aminos
- Liquid Smoke (no msg)
- Mustards (no sugar or fats)
- Tabasco sauce
- Can of organic Fire Roasted Tomatoes
- Trader Joes Garlic and Herbs in Cubes (Freezer section)
- Truvia (sugar substitute)
- Zevia (soda) Black Cherry, Dr. Zevia (Dr. Pepper) Root Beer, Cola, Orange, Ginger ale, Lemon Lime
- Fresh Herbs