



Wellness 90

PROGRAM

MEAL PLAN AND RECIPES

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RECIPES

BREAKFAST



Peppermint Patty Shake

1 Scoop TMR Chocolate Shake Mix

8 oz. cold water

1/4 tsp. peppermint extract

3-5 ice cubes

Blend and enjoy

Total Calories per serving : 200



Chocolate Cherry Shake

1 Scoop TMR Chocolate Shake Mix

8 oz. cold water

1/2 cup frozen dark cherries

Blend and enjoy

Total Calories per serving : 245



Birthday Cake

1 Scoop TMR Vanilla Shake Mix
8 oz. cold water
1/2 cup frozen banana slices
1/4 tsp. vanilla extract
1/4 tsp. almond extract
1 tsp. rainbow sprinkles (optional)

Total Calories per serving : 283

Blend in blender. Pour into glass.
Top with whipped cream and sprinkles if desired.

LUNCH



Tuna Avocado Salad - Serves 2

1 5.4-ounce can tuna, drained
1/2 ripe avocado, mashed
1/2 cup minced celery
1/4 cup minced red onion
2 teaspoons lemon juice
1 teaspoon lemon zest
2 Tbsp chopped fresh cilantro or parsley
1/2 tsp. Saveur Himalayan Salt & Pepper
Mash avocado. Mix in the rest of the ingredients.
Can be served on lettuce, or on bread if you choose.
For extra flavor sprinkle in 1/2 tsp. Saveur Guacamole Spice Mix

Total Calories : 362

Total Calories per serving : 181



Roasted Cauliflower, Spinach & Lentil Soup - Serves 4

1 large head of cauliflower, cut into pieces (discard leaves, core/tough stalk)

Saveur Himalayan Salt & Pepper

6 cups vegetable stock

2 tsp soy sauce

1 tsp garlic powder

1/2 tsp onion powder

1/2 tsp dried parsley

1/4 tsp paprika

1/8-1/4 tsp dried thyme

1 cup cooked lentils

1 cup sliced carrots

1 Tbsp. Butter

2 cups fresh baby spinach

Total Calories : 653

Total Calories per serving : 163.3

Place cut up cauliflower on a parchment-lined baking sheet and sprinkle with a little salt and pepper.

Roast at 400F for 30 minutes, turning halfway.

Saute carrot slices in 1 Tbsp. Butter until softend, and set aside.

To a large pot, add: roasted cauliflower, vegetable stock, soy sauce, garlic powder, onion powder, parsley, paprika, and thyme.

Heat soup until it is warmed and hot (don't boil). Take out 2 cups of soup and blend in blender or use an immersion blender to blend some soupto make creamier. Add in carrots and lentils. Bring to a simmer over medium heat. Stir in the spinach and simmer for another minute, or until the spinach is wilted. Serve.



Open Face Ciabatta Ham & Pear Sandwich - 4 servings

2 Ciabatta rolls, cut in half.

1/4 cup cream cheese

1 tsp. lemon juice

1 Tbsp. chopped fresh basil

1 cup baby arugula

1 Tbsp. Saveur Spiced Fig, Maple and Pear Balsamic Vinegar

4 oz. thinly sliced ham

2 cups thinly sliced pears

1/4 cup red onion, thin sliced

1 oz. shaved Parmesan Cheese

Total Calories : 1207

Total Calories per serving : 301.8

Preheat broiler. Place rolls, cut sides up, on a baking sheet Broil 4 to 5 inches from heat 1 to 2 minutes or until lightly toasted.

In a small bowl combine cream cheese, basil and lemon juice; spread on rolls. In another small bowl drizzle arugula with vinegar; toss to coat.

Top rolls with ham, pears, arugula, onion, cheese.

DINNER



Vegetable Frittata- 4 Servings

3 whole eggs

3 egg whites

1/4 cup grated Parmigiano Reggiano cheese

2 tablespoons diced fresh tarragon (or 2 teaspoons dried)

Saveur Himalayan Salt & Pepper to taste

3 Tbsp. butter, divided

1 onion, diced

1 zucchini, diced
1 red or orange bell pepper, diced

Total Calories : 783

Total Calories per serving : 195.8

Combine the eggs, egg whites, cheese, tarragon, salt, and pepper in a large bowl, and whisk to blend. Set aside while you prepare the vegetables.

Heat 1 tablespoon of the butter in a large, oven safe skillet over medium high heat. When hot, add in the diced vegetables and cook, stirring for 5-7 minutes, or until tender, with golden brown edges. Season with a pinch of Saveur Himalayan Salt & Pepper. Remove the vegetables and set aside in a bowl. Heat the broiler.

Add the remaining 2 tablespoons of butter to the pan, and melt.

Pour in the egg mixture and cook for about a minute, then gently spoon the vegetables over the eggs (do not mix them in). Continue cooking until the edges have set. Lift the frittata gently to see that the bottom has browned, about 5 minutes.

Put the skillet under the broiler for 2 minutes, or until the top is set and lightly browned. Let the Frittata cool for a few minutes.

Then slide it onto a serving plate, cut into wedges, and serve.



Sausage Soup with Brussel Sprouts- 4 Servings

3 Tbsp. butter, divided

8 oz. Italian Sausage, casings removed (or bulk sausage)

1 cup diced onion

1/2 cup diced carrot

2 Tbsp. chopped garlic

2 tsp. paprika

12 oz. baby yellow potatoes, cut into quarters

8 oz. brussel sprouts, trimmed and cut into quarters

2 Tbsp. red wine vinegar

4 cups low sodium chicken broth

1/4 cup chopped flat leaf parsley

Total Calories : 1688

Total Calories per serving : 422

Heat 1 Tbsp. Butter in a large pot over medium heat. Add sausage and cook, stirring occasionally and breaking up with the spoon, until browned, 4 to 6 minutes.

Transfer to a plate.

Add the remaining 2 Tbsp. Butter, onion, carrot and celery to the pot; cook, stirring occasionally, until softened, about 5 minutes. Add garlic and paprika; cook for 30 seconds. Add potatoes, Brussels sprouts and broth;

bring to a boil over high heat.

Reduce heat to a simmer and cook, stirring occasionally, until the potatoes are tender, 6 to 8 minutes.

Stir in the sausage, vinegar, salt and pepper. Serve sprinkled with parsley.



Grilled Stuffed Peppers - Serves 6

1 Tbsp. Butter

1 small yellow onion, chopped

1 cup short grain rice, soaked in water for 15 minutes, then drained

1 cup canned chickpeas, drained

1/2 lb ground beef

1/2 cup chopped parsley, more for garnish

3 tbsp tomato sauce

1/2 tsp allspice

1/2 tsp garlic powder

1/2 tsp hot or sweet paprika

2 1/4 cup water

6 bell peppers, any colors, tops removed, cored

3/4 cup low sodium chicken broth

Total Calories : 1803.5

Total Calories per serving : 300.6

In a medium heavy pot, melt 1 tbsp of butter. Saute the chopped onions until golden.

Add the meat and cook on medium-high heat, stirring occasionally, until browned.

Season with salt, pepper, allspice and garlic powder. Stir in the chickpeas and cook briefly.

Add the parsley, rice, paprika and tomato sauce; stir to combine.

Add the water and bring to a high simmer until liquid has reduced by one half.

Turn the heat to low. Cover and cook for 15-20 minutes or until the rice is fully cooked and no longer hard nor too chewy.

While the rice is cooking, heat a gas grill to medium-high.

Grill the bell peppers for 10-15 minutes, covered. Be sure to turn the peppers occasionally so that all sides get charred. Remove from the grill and let cool briefly.

(The peppers can also be broiled in the oven until slightly charred as well)

Preheat the oven to 350F.

Assemble the bell peppers. Put peppers in baking dish and fill each with the meat mixture. Add water to the pan so that the peppers are sitting in about



1/2 inch water.

Cover the baking dish tightly with foil and place in the oven. Bake for 20-30 minutes. Remove from the oven and garnish with parsley and serve.

SNACKS



Chia Seed Coconut Pudding with Berry Compote- Serves 4

1/2 cups coconut milk

1/2 cup chia seeds

1-2 Tbsp maple syrup (more or less to taste)

1 tsp vanilla extract

Total Calories : 722

Total Calories per serving : 180.5

Total Calories with compote : 903

Total Calories per serving with compote : 225.8

In a medium bowl mix coconut milk, chia seeds, maple syrup (to taste), and vanilla.

Cover and refrigerate overnight (or at least 6 hours).

The chia pudding should be thick and creamy. If not, add more chia seeds, stir,

and refrigerate for another hour or so.

Berry Compote (optional)

1 cup frozen cherries

1 cup frozen raspberries

3 Tbsp. orange Juice

Cinnamon to taste (optional)

Total Calories : 181

Total Calories per serving : 45.3

Place fruit and juice in a small saucepan and bring to medium heat.

Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.

Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine.

Remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the fridge.

Compote and chia pudding can be stored up to 5 days

To serve - put compote in bottom of bowl or cup. Top with pudding.

Sprinkle with cinnamon if desired.