

# WELLNESS 90 PROGRAM

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# WELLNESS 90 PROGRAM

OVERVIEW						
	BREAKFAST	LUNCH	DINNER	SIDE DISH	SNACK	TOTAL CALORIES
DAY 1	<i>Almond Banana TMR Shake</i>	<i>Green Salad with Spiced Chickpea "Nuts"</i>	<i>Roast Salmon with Fennel &amp; Cauliflower Rice</i>		<i>1/2 medium apple with 1 Tbsp. almond butter</i>	1070
DAY 2	<i>Pumpkin Blueberry Breakfast Bars</i>	<i>Beyond Tangy Tangerine Shake</i>	<i>Tomato &amp; Artichoke Gnocchi</i>	<i>Side salad with balsamic vinegar or lemon juice</i>	<i>2 small clementine oranges</i>	1200
DAY 3	<i>Orange Sunrise TMR Shake</i>	<i>Saveur Curried Pumpkin Soup</i>	<i>Cod with Vegetables &amp; Cauliflower Rice</i>	<i>Side salad with balsamic vinegar or lemon juice</i>	<i>1/2 cup nonfat plain Greek yoghurt topped with 1/4 cup</i>	1240
DAY 4	<i>Saveur Pomodoro Omelet</i>	<i>Cushing Grape Shake</i>	<i>Italian Egg Drop Soup</i>		<i>5 walnut halves &amp; 5 dried apricots</i>	1032
DAY 5	<i>Plum Lemon Shake</i>	<i>Mediterranean Lettuce Wrap</i>	<i>Roast Pork, Asparagus &amp; Cherry Tomato Bowl</i>	<i>1/2 cup Spicy Carrot Salad</i>	<i>2 small clementine oranges</i>	1000
DAY 6	<i>Veggie Egg Cups</i>	<i>Strawberry Nut Shake</i>	<i>Chicken Saltimbocca</i>	<i>Side salad with balsamic vinegar or lemon juice</i>	<i>1/2 cup sliced strawberries</i>	1260
DAY 7	<i>Vanilla Coffee Shake</i>	<i>Green Salad with Cucumber Slices &amp; Hummus</i>	<i>Mediterranean Tuna-Spinach Salad</i>		<i>1/4 cup spiced chickpeas</i>	1121

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# WELLNESS 90 RECIPES

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## BREAKFAST

### **Pumpkin Blueberry Breakfast Bars - 315 calories per serving 8 servings**

*For the muffin crust*

½ cup pumpkin puree (no sugar)  
½ cup maple syrup  
¼ cup butter, melted  
3 eggs, whisked  
1 tsp. vanilla extract  
¼ cup coconut flour  
½ tsp. cinnamon  
¼ tsp. nutmeg  
⅛ tsp. ground cloves  
⅛ tsp. powdered ginger  
½ tsp. baking soda  
½ tsp. baking powder  
Pinch of salt

*For the toppings*

2 cups of fresh blueberries (or frozen blueberries, thawed)  
2 Tbsp. honey  
2 Tbsp. butter  
1 tsp. lemon juice  
Zest of ½ a lemon  
2 Tbsp. coconut flour

*For the crumble*

½ cup mixed nuts, chopped (cashews, pecans, and walnuts)  
3 Tbsp. unsweetened shredded coconut  
1 tsp. sesame seeds  
1 Tbsp. honey  
Sprinkle of cinnamon  
Pinch of salt

Preheat oven to 350 degrees. Mix together wet ingredients in a bowl: pumpkin puree, maple syrup, butter, eggs, and vanilla extract. In another bowl, whisk together coconut flour, cinnamon, nutmeg, ground cloves, powdered ginger, baking soda, baking powder, and salt. Pour dry

ingredients into wet ingredients and mix well.

Grease an 8x8 glass baking dish then cut a piece of parchment paper so it fits into the baking dish, leaving two sides out of the baking dish. This way you can pick the bars out of the dish without breaking them apart.

Pour the muffin batter into the parchment lined baking sheet and spread out evenly. Place in oven and bake for 30-35 minutes until cooked through.

While the crust bakes, place a small saucepan over medium heat and add blueberries. Add honey, butter, lemon juice, and lemon zest. Mix well. Once the blueberries begin to burst, remove from heat and add coconut flour. Mix until completely combined. Let sit for about 5 minutes to thicken up. When the crust is done cooking, pour the blueberry mixture on top.

In a bowl, add nuts, coconut, sesame seeds, honey, cinnamon and salt and mix together and mix. Add nut crumbles to the top of the blueberry mixture. Add to oven and bake for 15 minutes. Let cool for 10 minutes, remove from pan, then place on a cool rack to cool for 5 more minutes before cutting into 6-8 squares. Store in fridge.

### **Veggie Egg Cups - 75 calories per serving**

#### **Serves: 6**

4 large eggs

½ bunch asparagus, sliced in ½" chunks

½ head of cauliflower, heads cut off and crumbled

1 cup grape tomatoes, quartered

3 green onions, chopped

4 pickled Peperoncini peppers, chopped (optional)

½ tsp. garlic powder

1 tsp. dried oregano

#### *Directions*

Preheat oven to 375F. In a small bowl pour eggs, adding in the garlic and oregano. Whisk to mix. In a silicone muffin pan (large 6 muffins), portion out vegetables starting with cauliflower. Pour eggs mixture to cover each muffin cup, approximately ¾ full. Bake in the oven for 20 minutes, serve warm or cold. Store in the refrigerator for up to 4 days for an easy snack or meal.

**TMR Breakfast Protein Pancakes - 352 calories**

1 scoop TMR Vanilla Shake Mix  
3 egg whites  
¼ cup water  
1 Tbsp. almond butter  
½ tsp. Stevia

*Directions*

Mix ingredients in a bowl. If needed, add a bit more water. Cook over medium heat. Plate and spread 1 Tbsp. almond butter on top of the pancakes. Sprinkle with Stevia and drizzle with maple syrup. If desired, add a few strawberries and bananas for variety.

**Saveur Cajun Eggs - 211 calories**

2 extra large eggs, boiled  
1 tsp. Saveur Spicy Cajun Mix (or try Dill Mix, California Onion, or Spiced Beet Hummus)  
Saveur Himalayan Salt & Pepper  
1 Tbsp. Butter (or cream)

*Directions*

Boil eggs and then immediately place in cold water to prevent egg yolks browning. Peel eggs, cut in half lengthways. Remove yolk and add remaining ingredients. Mash and place in egg.

**Saveur Pomodoro Omelet - 272 calories**

2 extra large eggs  
2 stalks fresh asparagus, cut  
3 cherry tomatoes chopped in half  
1 oz. cream cheese cut in cubes  
1 slice middle eye bacon, diced  
1 Tbsp. Saveur Pomodoro Basil Mix  
Saveur Seasoned Salt to taste

*Directions*

Whisk eggs, 1 Tbsp. water and Saveur spices. Add egg mix to non-stick pan. (1 Tbsp. ghee or butter can be added to pan to prevent sticking.) Once egg mix starts to set on bottom add asparagus, bacon, cream cheese and tomatoes. Finish cooking under grill. Serve with greens to bulk up meal without the calories.

**Saveur Calabrese Pesto Muffins**  
**Makes 9 muffins - 300 calories per muffin**

*Dry Ingredients*

1 ½ cups almond flour  
½ cup flaxseed meal  
2 tsp. gluten-free baking powder  
2 Tbsp. Saveur Calabrese Pesto Mix  
1 tsp. Saveur Seasoned Salt

*Wet Ingredients*

½ cup full-fat sour cream  
4 Tbsp. melted butter  
4 extra large eggs

*Add-ins*

½ cup grated cheese, like cheddar  
1 red pepper roasted, skinned/seeded diced finely  
1 small red chili chopped finely (optional)

*Directions*

Preheat oven to 375F. Place muffin cases in tray. In a large bowl mix together the dry ingredients. In a separate bowl whisk the wet ingredients. Mix the wet and dry ingredients together, then fold the cheese, pepper and chili into the batter. Spoon the batter into muffin cases. Bake for 20-25 minutes or until the muffins start to turn golden brown. Allow to cool before eating. Muffins can be stored in fridge or frozen. Makes 9 medium sized muffins.

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## SHAKE RECIPES

### **Almond & Banana Shake**

**290 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
1 small frozen banana  
½ tsp. almond extract  
3-5 ice cubes  
*Blend and enjoy*

### **Vanilla Coffee Shake**

**200 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
1 packet instant coffee (Sozo, or other brand)  
3-5 ice cubes  
*Blend and enjoy*  
*Optional - dash of Saveur Cinnamon Blend*

### **Orange Sunrise Shake**

**317 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
Juice of 3 fresh oranges (not canned, frozen or bottled juice as it has too much sugar)  
3-5 ice cubes  
*Blend and enjoy*

### **Beyond Tangy Tangerine Shake**

**230 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
1 serving Beyond Tangy Tangerine Powder Mix  
3-5 ice cubes  
*Blend and enjoy*

### **Gushing Grape Shake - 240 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
1 serving Pollen Burst Gushing Grape Powder  
3-5 ice cubes  
*Blend and enjoy*

### **Strawberry Nut Shake**

**277 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
⅓ cup frozen strawberries  
6 pecans  
3-5 ice cubes  
*Blend and enjoy*

### **Plum Lemon Shake**

**242 calories**

2 scoops TMR Vanilla Shake mix  
1 cup cold water  
1 medium plum, pitted, chopped  
Juice of 1 lemon  
3-5 ice cubes  
*Blend and enjoy*

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## LUNCH RECIPES

### **Green Salad with Spiced Chickpea “Nuts” - 320 calories per serving**

2 cups mixed greens  
½ cup cucumber slices  
5 cherry tomatoes, halved  
1 Tbsp. feta cheese  
Kalamata olives, pitted  
¼ cup chickpeas, spiced

#### *Directions*

Combine ingredients and top salad with ½ Tbsp. each balsamic vinaigrette and olive oil.

### **Spiced Chickpeas “nuts”**

1- 15 oz. can chickpeas, drained  
1 Tbsp. butter, melted  
3 tsp. Saveur Spicy Cajun Mix

#### *Directions*

Position rack in upper third of oven and preheat to 450F. Blot chickpeas dry and toss in a bowl with melted butter, and Saveur spice. Spread on a rimmed baking sheet. Bake, stirring once or twice until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes. Store covered at room temperature for up to 2 days.

### **Green Salad with Cucumber Slices & Hummus - 241 calories**

2 cups mixed greens  
½ cup cucumber slices  
5 cherry tomatoes, halved  
1 Tbsp. feta cheese  
½ Tbsp. balsamic vinegar

#### *Directions*

Combine ingredients and top salad with ½ Tbsp. balsamic vinegar. Serve with cucumber slices (6, 1/2-inch slices), and 3 Tbsp. hummus for dipping.

### **Saveur Italian Eggplant - 129 calories**

1 medium eggplant  
1 small tomato  
2 Tbsp. feta  
2 tsp. Saveur Pizza Spice  
Fresh basil  
Lemon

#### *Directions*

Steam eggplant until just soft to touch. Place immediately into cold water. Once cool, slice eggplant lengthways while still keeping intact. Spread out on baking tray, top each slice with sliced tomato, crumbled feta & Pizza Spice. Bake in oven at 180 (350F) for 10-15 minutes or until feta is browned. Top with fresh basil and squeeze of lemon juice. Serve with salad greens and greek yogurt mixed with lemon juice and a sprinkle of Pizza Spice.

### **Saveur Curried Pumpkin Soup - 320 calories**

1 cup pumpkin  
½ cup coconut milk  
1-2 Tbsp. Saveur Curry House Mix  
Saveur Himalayan Salt & Pepper to taste

#### *Directions*

Boil or roast pumpkin or use 1 cup canned (un-sweetened) pumpkin. Blend with remaining ingredients to consistency of your choice.

### **Quinoa Chickpea Salad with Roasted Red Pepper Hummus Dressing 379 calories**

2 Tbsp. hummus, original or roasted red pepper flavor  
1 Tbsp. lemon juice  
1 Tbsp. chopped roasted red pepper  
2 cups mixed salad greens  
½ cup cooked quinoa  
½ cup chickpeas, rinsed  
1 Tbsp. unsalted sunflower seeds  
1 Tbsp. chopped fresh parsley  
Pinch of salt  
Pinch of ground pepper

#### *Directions*

Stir hummus, lemon juice and red peppers in a small dish. Thin with water to desired consistency for dressing. Arrange greens, quinoa and chickpeas in a large bowl. Top with sunflower seeds, parsley, salt and pepper. Serve with the dressing.

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**Mediterranean Lettuce Wrap - 4 servings, 510 calories per serving**

½ cup water  
⅓ cup couscous (from pearl millet only)  
1 cup chopped fresh parsley  
½ cup chopped fresh mint  
¼ cup lemon juice  
3 Tbsp. extra-virgin olive oil  
1 medium tomato, chopped  
1 cup chopped cucumber  
¼ tsp. salt, divided  
¼ tsp. freshly ground pepper  
1 lb. chicken tenders  
4 large romain or butter lettuce leaves for the 'wrap'

*Directions*

Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside. Meanwhile, combine parsley, mint, lemon juice, oil, garlic, ⅛ tsp. salt and pepper in a small bowl. Toss chicken tenders in a medium bowl with 1 Tbsp. of the parsley mixture and the remaining ⅛ tsp. salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked through, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle. Stir the remaining parsley mixture into the couscous along with tomato and cucumber. To assemble wraps, spread about ¾ cup of the couscous mixture onto each wrap. Divide the chicken among the lettuce wraps. Roll each wrap and serve.

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## DINNER RECIPES

### Roast Salmon with Fennel & Cauliflower Rice - 310 calories

5 oz. roasted salmon  
¼ tsp. oregano, dried  
Salt and pepper to taste  
1 cup roasted fennel  
1 cup cooked cauliflower rice  
1 Tbsp. walnuts  
Lemon garnish

Put on a plate 5 oz. roasted salmon fillet, top with ¼ tsp. dried oregano and season with a pinch each of salt and pepper. Add 1 cup roasted fennel bulb, and 1 cup cooked cauliflower 'rice' topped with 1 Tbsp. chopped walnuts. Lemon wedge as garnish

### Tomato & Artichoke Gnocchi- 427 calories

#### Serving size - 1 ¾ cup

1 16 oz. package shelf-stable gnocchi  
1 small onion, sliced  
1 15 oz. can chickpeas, rinsed  
1 14 oz. can no-salt-added diced tomato  
1 9 oz. box frozen artichoke hearts, thawed and chopped  
1 small red bell pepper, diced  
4 large cloves garlic, thinly sliced  
1 Tbsp. chopped fresh oregano, plus more for garnish  
8 pitted Kalamata olives, sliced  
1 Tbsp. red wine vinegar  
¼ tsp. ground pepper  
2 Tbsp. butter

#### Directions

Heat 1 Tbsp. butter in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Transfer to a bowl and cover to keep warm. Reduce heat to medium. Add the remaining 1 Tbsp. butter and onion to the pan. Cook, stirring occasionally, until starting to brown, 2 to 3 minutes. Add bell pepper; cook, stirring occasionally, until crisp-tender, about 3 minutes. Add garlic and oregano; cook, stirring, for 30 seconds. Add chickpeas, tomatoes and artichokes; cook, stirring, until hot, about 3 minutes. Stir in olives, vinegar, pepper and the gnocchi. Sprinkle with oregano, if desired.

### Cod with Vegetables & Cauliflower Rice - 300 calories

5 oz. cod, cooked in 1 tsp. butter and seasoned with herbs of your liking  
½ cup cherry tomatoes  
1 cup sliced zucchini sautéed in ½ Tbsp. butter and seasoned with a pinch each of salt and pepper  
½ - 1 cup cooked cauliflower 'rice'  
Lemon wedge as garnish

Place cauliflower rice on a plate, top with the cooked cod, and serve with cherry tomatoes and zucchini.

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**Italian Egg Drop Soup - 416 calories****Serving Size - 1 1/2 cups**

6 cups reduced-sodium chicken broth  
2 cups water  
1 cup zucchini noodles  
1 7 oz. can chickpeas, rinsed  
3 cups chopped arugula, any tough stems removed  
4 large eggs, lightly beaten  
1 bunch scallions, sliced, whites and greens divided  
2 Tbsp. lemon juice  
6 Tbsp. freshly grated Parmesan cheese  
Freshly ground pepper to taste

*Directions*

Combine broth, water, zucchini, chickpeas, scallion whites and nutmeg in a Dutch oven; cover and bring to a boil over high heat. Uncover and boil for 3 to 5 minutes. Stir in arugula and cook until wilted, about 1 minute. Reduce heat to low. While stirring the soup constantly, slowly add eggs; cook for 2 minutes. (The cooked egg will look like feathery strands.) Season with pepper and stir in the scallion greens and lemon juice. Ladle into 6 bowls and top with Parmesan.

**Roast Pork, Asparagus & Cherry Tomato Bowl - 400 calories per serving****Serves 4**

2½ cups water plus 2 Tbsp., divided  
1¼ cups millet, rice or quinoa  
¾ tsp. salt, divided  
1 lb. pork tenderloin, trimmed  
1 bunch asparagus, trimmed and cut into 1-inch pieces  
1 tsp. dried marjoram  
¼ tsp. ground pepper  
2 Tbsp. melted butter, divided into 1 Tbsp. servings  
1 large red onion, chopped  
1 cup halved cherry tomatoes  
½ cup finely chopped fresh parsley  
2 tsp. lemon zest  
2 Tbsp. lemon juice  
¼ cup plain hummus

*Directions*

Preheat oven to 400F. Bring 2½ cups water to a boil in a medium saucepan. Toss asparagus and onion with the remaining 1 Tbsp. melted butter and ¼ tsp. salt in a medium bowl. When the pork is browned, scatter the asparagus and onion around it. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center of the pork registers 145°F, 12 to 16 minutes. About 5 minutes before the pork is done, scatter the tomatoes over the vegetables in the pan. Transfer the pork to a clean cutting board and let rest for 5 minutes before slicing. Toss the vegetables with the pan juices. Drain any remaining liquid from the bulgur, then stir in parsley, lemon zest and lemon juice. Combine hummus and 2 Tbsp. hot water in a small bowl. Divide the millet, rice or quinoa among 4 bowls and top with the pork and vegetables; drizzle with the hummus sauce.

**Mediterranean Tuna-Spinach Salad - 444 calories**

6 small melba toast (gluten-free)  
1 5 oz. can chunk light tuna in water, drained  
1½ Tbsp. tahini  
1½ Tbsp. lemon juice  
1½ Tbsp. water  
2 Tbsp. feta cheese  
2 Tbsp. parsley  
2 cups baby spinach  
1 medium orange, peeled or sliced

*Directions*

Whisk tahini, lemon juice and water together in a bowl. Add tuna, olives, feta and parsley; stir to combine. Serve the tuna salad over 2 cups spinach, with the orange and melba toast on the side.

**Chicken Saltimbocca - 484 calories per serving  
2 servings**

2 small boneless, skinless chicken breasts (5-6 oz. each)  
¼ tsp. ground pepper  
2 thin slices prosciutto  
2-4 fresh sage leaves  
1½ tsp. all-purpose, gluten-free flour  
2 Tbsp. butter  
¾ cup of dry Marsala

*Directions*

Put chicken breasts between pieces of plastic wrap and, using a rolling pin or the smooth side of a meat mallet, bash them to a thickness of about ¼ inch, but don't bash so hard that they break up. Season with pepper. Wrap a slice of prosciutto around each chicken escalope and put a sage leaf or two on top. Lightly dust the chicken on both sides with flour. Heat butter and in a large skillet over medium heat. Cook the chicken until no longer pink in the middle, about 3 minutes per side. To check if it's done, stick the tip of a sharp knife into it: the juice that runs out should be clear with no trace of pink. Transfer the chicken to a warm platter and cover with foil. Add Marsala to the pan and cook over high heat until thickened and reduced by about half, 3 to 4 minutes. Serve the sauce over the chicken. Serve each breast with 1/2 cup cooked cauliflower rice, or rice, and 1 cup steamed broccoli florets.

**Spicy Carrot Salad**

Steam or microwave ½ cup grated carrots and ¼ tsp. minced garlic in ¼ cup water until crisp-tender. Drain and toss with ½ tsp. lemon juice, 1 Tbsp. melted butter, salt, red pepper flakes and parsley.

## SNACKS

1 medium apple - 94 calories

6 dried apricots - 51 calories

1 medium plum- 67 calories

2 small clementine oranges - 70 calories

5 walnut halves & 5 dried apricots - 108 calories

¼ cup spiced chickpeas (see recipe in lunch section) - 131 calories

½ cup non-fat plain greek yogurt topped with ¼ cup sliced strawberries - 80 calories

½ medium apple with 1 Tbsp. almond butter - 152 calories

½ cup sliced strawberries - 27 calories

1 hard boiled egg seasoned with a pinch each of salt and pepper - 78 calories