



Rev 90

PROGRAM

MAINTENANCE & SUPPLEMENTAL RECIPES

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RECIPES

Once you are done with your weight loss phase, and on the maintenance phase, these recipes gives you nutrient-rich meals to keep you on a healthy lifestyle path. Remember to gradually increase calorie intake and continue to monitor your weight as you add variety to your diet.

BREAKFAST



Butternut Squash Smoothie

1 scoop Fit Shake
1 cup cold water
1/2 cup cooked butternut squash
Dash cinnamon
Dash nutmeg
3-4 ice cubes

Total Calories : 191

Blend and enjoy



Banana Coconut Breeze

1 scoop Fit shake
1 cup cold water
1/2 tsp coconut extract
3-4 ice cubes

Total Calories : 150

Blend and enjoy



Banana Kiwi Cooler

1 s Fit Shake
1 cup cold water
1/2 cup fresh kiwi cubes
3-4 ice cubes

Total Calories : 205

Blend and enjoy



Banana Nut Bread Shake

1 scoop Fit Shake
1/4 cup pecans
dash cinnamon
3-4 ice cubes

Total Calories : 321

blend and enjoy
(Can also add butter buds for more flavor or 1/4 tsp vanilla extract)

LUNCH



Zucchini soup with Bacon- 2 servings

2 strips bacon
1 small yellow onion, sliced
1/2 tsp. garlic powder
4 medium zucchinis (chop 3 of them and leave the remaining one whole)
2 cups chicken broth, low sodium (or use vegetable broth if making vegan)
Savour Himalayan salt and pepper
1/2 cup packed fresh basil

Total Calories : 296

Total Calories per serving : 148

Place the bacon in a large pot and put the heat on medium. Let cook until crispy. Remove and drain on paper towel.
Add the onion and cook until fragrant and onions are translucent. Stir in the garlic powder and let cook for 1 minute.
Add the zucchini and cook for 2-3 minutes or until they start to soften.
Add the broth, salt, and pepper and stir. Bring the mixture to a boil over high heat and then once boiling, reduce to low heat and let simmer, covered for about 15 minutes or until when you fork a zucchini cube, it mashes easily.
While zucchini cooks, spiralize the zucchini to make zucchini noodles. Set aside.
Pour the cooked soup mixture into a blender and add the basil and blend until smooth. Taste and adjust with more salt, if needed.
Divide the soup into bowls, top with zucchini noodles and crumble over the bacon. Season with extra pepper and serve. Add ground turkey and cook until browned.
Add in the riced cauliflower, and seasonings. Add heavy cream, and bring to a simmer.
Cook for 5-8 minutes and serve. For additional fat, top with cheddar cheese.



Chicken Edamame Salad - Serves 4

6 oz. cooked chicken (deli slices and/or baked chicken)
1 cup frozen edamame beans/soybeans, thawed
1 cup chopped celery
3/4 cup chopped green bell pepper
2 cups cherry tomatoes, quartered
1/4 cup thinly sliced green onion
3 Tbsp. Saveur Spiced Fig, Maple, & Pear Balsamic vinegar
4 cups baby spinach leaves
1oz. Broken up pita chips (for garnish- about 4 tbsp)
2 Tbsp. Shredded Parmesan Cheese
Saveur Himalayan Salt & Pepper to taste

Total Calories : 905

Total Calories per serving : 226.25

Can be served hot or cold

Cold - mix all ingredients up to Balsamic vinegar. Mix well. Divide Spinach amongst 4 plates. Top with Chicken mixture.

Sprinkle pita chips and parmesan over salad and serve.
Warm - heat skillet over medium heat. Add chicken, edamame, celery, green pepper, and cherry tomatoes. Sautee until warmed.
Serve over spinach and top with balsamic, parmesan, pita chips. Serve.

DINNER



Zucchini Noodle Shrimp Pesto Sautee - 4 servings

2 tbsp, Butter, divided
1 bag (12-ounces) Jumbo Cooked Shrimp, peeled and deveined
1 tsp. garlic powder
4 zucchini , spiralized
salt and fresh ground pepper , to taste
1/2- cup basil pesto
freshly grated parmesan cheese

Total Calories : 1157

Total Calories per serving : 289.25

Heat 1 tbsp. butter in a large skillet over medium-high heat.
Season shrimp with salt and pepper and add to skillet; sautee for 2 to 3 minutes.
Remove from skillet and set aside in a bowl.
Add remaining butter to skillet; add garlic and cook for 15 seconds, or until fragrant.
Add zucchini to skillet and continue to cook for 7 minutes, or until tender, stirring frequently.
Add shrimp back to skillet, stir in pesto, and cook just until things are heated through.
Transfer to a serving bowl.
Sprinkle with parmesan cheese.
Serve.

**Ginger Roasted Salmon with Broccoli - serves 4**

1 Tbsp. Butter - softened

1 Tbsp. honey

1 Tbsp. Dijon mustard

1/2 tsp. dried ginger

1 pound salmon, cut into 4 filets

1 pound broccoli florets

1 tablespoon Saveur Mango Apricot Strawberry Balsamic Vinegar

Total Calories : 1228.5

Total Calories per serving : 307.1

Preheat oven to 350F.

Mix butter with honey, dijon mustard and ginger.

Spread the butter mixture on the salmon and place on baking sheet.

Toss broccoli with balsamic vinegar, add to baking pan.

Bake 10-15 minutes until salmon is cooked through, and broccoli is soft and slightly browned.

**Sweet & Tangy Hot Beef Salad - 4 servings**

1 12-ounce beef top round steak, cut 1 inch thick

1 Tbsp. Butter

1 medium red or green sweet pepper, seeded and cut into bite-size strips

1/2 cup Saveur Spiced Fig, Maple, & Pear Balsamic vinaigrette

6 cups torn mixed salad greens

1/4 cup finely shredded Parmesan cheese (1 ounce)

Coarsely ground black pepper (optional)

Total Calories : 1177,5

Total Calories per serving : 294.4

Heat butter in a medium size skillet. Add beef and green bell pepper and saute until beef is cooked and bell pepper is soft.

Add Saveur Balsamic vinaigrette and simmer until vinegar evaporates and forms a thickened sauce (about 5 minutes).

Serve over mixed salad greens, and top with parmesan cheese.

SNACKS



Shrimp Strawberry Spring Rolls - 4 Servings

8 8-inch rice papers

6 ounces fresh peeled and deveined cooked medium shrimp, halved lengthwise

4 cups packed arugula

1½ cups very thinly sliced fennel

½ cup fresh sliced strawberries

1 tablespoon Saveur Mango Apricot Strawberry Balsamic Vinegar

2 Tbsp. mashed avocado

Orange Zest

Saveur Himalayan Salt & pepper to taste

Orange Spice Dipping Sauce

1 orange

1/3 cup plain greek yogurt

1 tsp. stevia or other sweetener

2 tsp. Saveur Ceylonor Madras Curry Spice

Total Calories : 662

Total Calories per serving : 165.5