



NEW WEIGHT WATCHERS

F R E E S T Y L E C O O K B O O K

START YOUR WEIGHT LOSS PROGRAM WITH
THE WW FREESTYLE NEW HEALTHY PLAN

500

Quick &
Easy Meals
with WW Smart
Points System

2021

EMILY WATSONS

New Weight Watchers Freestyle Cookbook

Emily Watsons





© Copyright 2021 - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



CONTENTS



[Chapter 1: Breakfast Recipes](#)

[Simple Green Smoothie](#)

[Bacon Quiche With CHeese](#)

[Toasted Guac](#)

Breakfast Casserole

Simple Almond Cereal

Perfect Bake Eggs

Tri-Ingredient Pancake

Chapter 2: Soup Recipes

Saffron Coconut Broth

Elegant Thai Soup

Perfect Egg Drop Soup

Fancy Chicken Noodle Soup

Lovely Onion Soup

Excellent Emmenthal Soup

Chapter 3: Poultry Recipes

Orange Pineapple Chicken

BBQ Turkey Meatballs

Salsa Chicken Meal

BBQ Chicken And Potato Slaw

Balsamic Chicken With Berries

Chapter 4: Beef And Other Meat Recipes

Awesome BBQ Loaf

Salisbury Steak

Mustard Glazed Lamb Cutlets

The Perfect London Broil

Steak Sandwich And Golden Onions

Beef Broccoli Dinner

Roast Taco Wraps

Grilled Spiced Chops

Corn Potato Beef

Classic Oregano Tenderloins

Chapter 5: Fish And Seafood Recipes

Cilantro And Shrimp Meal

Tuna Salad

Dijon Fish Fillets

Lemon Garlic Scallops

No-Fuss Tuna Salad

Authentic Oven Tilapia

Garlic Scallops

Cilantro And Shrimp Meal

Chapter 6: Vegan And Vegetarian Recipes

Cooked Apple Slices

Juicy Heirloom Carrots

Zucchini Boats

Balls Of Bean

Chapter 7: Sweet Treats

Carrot Balls

The Fluttering Banana

Date And Coconut Bars

Chocolaty Snickers Mini Tarts



Chapter 1: Breakfast Recipes

Simple Green Smoothie

*(Prepping time: 10 minutes \ Cooking time: 0 minute \ For 1 serving\
Smartpoints:1)*

Ingredients

- 1 ripe banana, medium sized and sliced up
- 1 cup berries, frozen mixed
- ½ cup baby spinach leaves
- 2 tablespoons fresh orange juice
- 2 tablespoons water

Directions

1. Add all of the listed ingredients into your blender
2. Blend everything well until a smooth consistency comes
3. Serve chilled and enjoy!

Nutrition Values (Per Serving)

- Calories: 29
- Fat: 4g
- Carbohydrates: 54g
- Protein: 18g
- Saturated fat: 1g
- Fiber: 5g
- Sodium: 225 mg

Bacon Quiche With CHeese

(Prepping time: 10 minutes \ Cooking time: 30 minutes \ For 4 servings \ Smartpoints:4)

Ingredients

- 3 and a ½ ounce Broccoli, raw and cut up into small florets
- 3 and ½ ounce soft cheese, low-fat
- 3 rasher bacon medallions, raw and roughly chopped up
- 2 raw whole eggs, medium sized
- 2 medium spring onions, trimmed and sliced
- 2 and ½ ounce cheese, low fat and grated
- 4 sprays Calorie controlled cooking spray
- ½ cup skimmed milk

Directions

1. Preheat your oven to 356 degree F
2. Take a pan and add broccoli into it
3. Cook broccoli in boiling water over medium heat
4. Cook for 4 minutes
5. Drain and spread out layers in kitchen paper and allow them to dry
6. Take a nonstick frying pan and place it over medium heat
7. Grease with cooking spray and add bacon and spring onions
8. Cook for 4 to 5 minutes
9. Take a 7 inch shallow round cake and grease with cooking spray
10. Spread broccoli and bacon mix over the base and scatter cheese
11. Season with black pepper then beat the eggs, milk, soft cheese together
12. Pour into the tin and bake for 25 minutes
13. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 365
- Fat: 24g
- Carbohydrates: 32g

- Protein: 4g
- Saturated fat: 8g
- Fiber: 8g
- Sodium: 429mg

Toasted Guac

(Prepping time: 10 minutes \ Cooking time: 5 minutes\ For 4 servings \ Smartpoints:2)

Ingredients

- ½ medium avocado, finely chopped
- 1 cup beans, cooked
- 4 slices multigrain/ sourdough, toasted
- 2 tablespoons coarsely chopped fresh coriander
- 2 medium tomato, finely fresh
- 1 tablespoon lime juice

Directions

1. Add beans, tomato, coriander, lime juice in a small sized bowl
2. Season with salt and pepper
3. Spoon up the bean mix over toast
4. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 173
- Fat: 15g
- Carbohydrates: 12g
- Protein: 2g
- Saturated fat: 3g
- Fiber: 5g
- Sodium: 358 mg

Breakfast Casserole

Prep Time: 8-10 min.

Cooking Time: 45 min.

Number of Servings: 4

Freestyle Points per Serving: 4

Ingredients:

- 4 eggs
- 2 teaspoons cinnamon
- 1 cup milk
- 1 1/3 cup egg whites
- 2 apples, peeled and cut to dice
- 8 slices bread, low calorie

Directions:

1. Lightly grease a casserole dish (9x13-inch) with cooking spray. Preheat an oven to 350°F.
2. In a microwave-safe mixing bowl, mix 1 teaspoon cinnamon and apples.
3. Microwave the mix for 2-3 minutes.
4. In the dish, add the bread slices and cooked apples.
5. In a mixing bowl, whisk fresh milk, egg whites, and eggs.
6. Add the mix over the dish; bake for 45 minutes.
7. Serve warm.

Nutritional Values (Per Serving):

Calories – 376

Fat – 9g

Saturated Fats – 3g

Trans Fats - 0g

Carbohydrates – 36g

Fiber – 12g

Sodium – 752mg

Protein – 24g

Simple Almond Cereal

Number of Servings: 3

Prep Time: 10 minutes

Cooking Time: Nil

SmartPoints: 2

Ingredients:

- 2 tablespoons almond, chopped
- 1/3 cup coconut milk
- 1 tablespoon chia seeds
- 2 tablespoons pepitas, roasted
- Handful of berries
- 1 small banana, chopped
- 1/3 cup water

Method:

1. Take a bowl and add chia seeds, coconut milk, keep it on the side for 5 minutes
2. Take your food processor and add half of pepitas, almonds and pulse them
3. Add this mix to chia seeds
4. Add water and stir
5. Top with remaining pepitas, bananas and blueberries
6. Stir and serve
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 200
- Fat: 3g

- Carbohydrates: 5g
- Protein: 4g
- Saturated Fat: 1g
- Sodium: 65mg
- Fiber: 1g

Perfect Bake Eggs

(Prepping time: 10 minutes \ Cooking time: 20 minutes \ For 4 servings \ Smartpoints:7)

Ingredients

- 4 pieces large eggs
- ½ a cup parmesan, grated
- 2 cups marinara sauce
- ¼ cup fresh basil, chopped
- ¼ teaspoon red pepper flakes

Directions

1. Pre-heat your oven to 350 degree F
2. Place your oven rack in the middle position
3. Take a baking dish and pour in marinara sauce
4. Sprinkle some basil over it
5. Make 4 narrow wells and crack an egg into each of the wells
6. Sprinkle the eggs with some parmesan cheese and red pepper flakes
7. Bake for about 18-20 minutes
8. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 287
- Fat: 15g
- Carbohydrates: 22g
- Protein: 16g
- Saturated fat: 4g
- Fiber: 2g
- Sodium: 149mg

Tri-Ingredient Pancake

(Prepping time: 15 minutes \ Cooking time: 10 minutes \ For 1 serving \ Smartpoints:2)

Ingredients

- 2 tablespoon of whole meal self-rising flour
- 1 ripe banana, small sized
- 1 egg, medium sized
- Cooking spray

Directions

1. Add bananas to the bowl into a medium sized bowl
2. Mash them using a fork
3. Whisk in egg, flour and mix well to combine everything
4. Allow the mix to sit for 5 minutes
5. Take a non-stick frying pan and grease it with oil
6. Heat the pan over medium-heat and spoon 2 tablespoon of batter
7. Cook each side for 2 minutes on each side
8. Repeat the same process for rest of the batter
9. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 139
- Fat: 6g
- Carbohydrates: 18g
- Protein: 3g
- Saturated fat: 1g
- Fiber: 3g
- Sodium: 278mg

Chapter 2: Soup Recipes

Saffron Coconut Broth

(Prepping time: 20 minutes \ Cooking time: 25 minutes \ For 4 servings \ Smartpoints:0)

Ingredients

- 1 brown onion, medium sized and finely chopped
- 1/8 teaspoon saffron, dried
- 1 fresh garlic, crushed
- 1 teaspoon fresh ginger, finely grated
- ½ a teaspoon coriander, grounded
- 1 thinly sliced whole fresh red chili
- 1 tablespoon sunflower oil
- 1 medium sized fresh lemon wedges

Directions

1. Take a large sized saucepan and place it over medium high heat
2. Add oil and allow the oil to heat up
3. Add onion and keep stirring them for 5 minutes
4. Add ground coriander, chili, ginger, garlic and saffron
5. Cook for 1 minute
6. Add coconut milk, 1 cup of water, fish sauce to the mix
7. Bring it to a boil
8. Then add potato and pumpkin
9. Lower down the heat and bring it to a simmer
10. Simmer for 8-10 minutes
11. Add beans, capsicum and cover
12. Simmer for 5 minutes more
13. Add capsicum, bean and cover
14. Cook for 5 minutes
15. Stir in half of your fresh coriander
16. Garnish with lemon wedge
17. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 235
- Fat: 17g
- Carbohydrates: 19g
- Protein: 5g
- Saturated fat: 4g
- Fiber: 5g
- Sodium: 348 mg

Elegant Thai Soup

(Prepping time: 10 minutes \ Cooking time: 15 minutes \ For 4 servings \ Smartpoints:1)

Ingredients

- 2 chicken breast, skinless and boneless all shredded up
- 4 ounce mushrooms, thinly sliced
- ½ a clove garlic clove, finely chopped
- 1 tablespoon tom yum paste
- 3 cups chicken stock
- 1 tablespoon fish sauce
- 3 stalks lemon grass, chopped
- 2 kaffir lime leaves
- 1 tablespoon lime juice
- 1 sprig fresh basil, chopped
- 1 teaspoon green chile pepper, chopped
- 1 bunch coriander, chopped

Directions

1. Take a large sized saucepan and add chicken stock
2. Mix them well and bring to a boil
3. Stir in tom yum paste and garlic then cook for 2 minutes
4. Stir in lemon grass, kaffir lime leaves
5. Simmer for 5 minutes over low heat
6. Add mushrooms, green chile, lime juice, pepper and fish sauce
7. Cook over medium heat until blended well
8. Remove the heat
9. Garnish with coriander and basil
10. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 71
- Fat: 1.8g
- Carbohydrates: 5g

- Protein: 10g
- Saturated fat: 2g
- Fiber: 3g
- Sodium: 311mg

Perfect Egg Drop Soup

(Prepping time: 5 minutes \ Cooking time: 5 minutes \ For 5 servings \ Smartpoints:1)

Ingredients

- ½ cup chicken breast, cooked, boneless, chopped and skinless
- 4 cups chicken broth, low sodium
- ½ cup frozen, green pea
- ¼ cup green onion, thinly sliced
- 1 egg, lightly beaten
- ½ teaspoon soy sauce

Directions

1. Take a saucepan and place it over medium heat
2. Add chicken stock and soy sauce
3. Bring the mix to a boil
4. Then add chicken, peas and green onions
5. Give it a nice stir
6. Bring the mix to boil once again
7. Remove the heat and slowly drizzle in the egg
8. Wait for a minute until the egg sets in
9. Stir it gently
10. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories: 119
- Fat: 4g
- Carbohydrates: 8g
- Protein: 14g
- Saturated fat: 1g
- Fiber: 3g
- Sodium: 429 mg

Fancy Chicken Noodle Soup

(Prepping time: 15 minutes \ Cooking time: 15 minutes \ For 4 servings \ Smartpoints:5)

Ingredients

- 1 cup thin spaghetti, broken up into 2 inch long pieces
- 8 ounces chicken breast, cut up into bite sized portions
- 5 cups chicken broth, fat free
- 8 pieces green onion, thinly sliced
- ½ cup carrots, chopped up
- ½ cup celery, chopped
- ¼ teaspoon parsley, dried
- ¼ teaspoon thyme, dried
- Black pepper as needed
- Salt as needed

Directions

1. Take your chicken in bowl and season it with salt and pepper
2. Take a non-stick skillet and place it over medium-high heat
3. Spray it with cooking spray
4. Cook chicken for 3-5 minutes making sure to keep stirring it constantly
5. Take a soup pot and add the cooked chicken, carrots, spaghetti, chicken broth, green onion, celery, thyme and parsley into the pot
6. Bring the mix to a boil and lower down the heat
7. Let it simmer until your spaghetti get soften
8. Season with some salt and black pepper
9. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 287
- Fat: 15g

- Carbohydrates: 22g
- Protein: 16g
- Saturated fat: 3g
- Fiber: 2g
- Sodium: 278 mg

Lovely Onion Soup

(Prepping time: 5 minutes \ Cooking time: 25 minutes \ For 4 servings \ Smartpoints:4)

Ingredients

- 2 onion, large sized and finely sliced
- 1 tablespoon plain flour
- 2 tablespoons olive oil
- 2 cups vegetable stock
- 1 teaspoon brown sugar
- 4 slices stale bread
- 4 ounce grated strong cheese
- 1 ounce grated parmesan
- 1 ounce butter
- 1 cup red wine
- 1 measure brandy
- 1 teaspoon herbs de Provence
- Salt as needed
- Pepper as needed

Directions

1. Take a pan and place it over medium-high heat
2. Add oil and butter and allow it to heat up
3. Add onion and sugar and keep cooking until the sugar dissolves and the onions are slightly caramelized
4. Pour brandy and stir well
5. Add flour and herbs de Provence
6. Give a nice stir

7. Add stock and followed by gradual addition of the red wine
8. Season a bit and a lower down the heat to low
9. Simmer for 20 minutes
10. Add a bit more water if needed to make it less thick
11. Place rounds of stale bread on top and add a bit of cheese
12. Garnish with some parmesan and melted cheese
13. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 55
- Fat: 1.7g
- Carbohydrates: 8g
- Protein: 3.6g
- Saturated fat: 0g
- Fiber: 2g
- Sodium: 254mg

Excellent Emmenthal Soup

*(Prepping time: 5 minutes \ Cooking time: 5 minutes \ For 2 servings *

Smartpoints:1)

Ingredients

- 3 tablespoons Emmenthal cheese, cubed
- 1 potato, cubed
- 2 cups cauliflower pieces
- 2 cups vegetable stock, yeast free
- 1 pinch nutmeg
- 2 tablespoons fresh chives
- 1 tablespoon pumpkin seeds
- 1 pinch cayenne pepper

Directions

1. Take a pot and add vegetable broth
2. Place the pot over medium heat
3. Allow the broth to heat up
4. Transfer the veggies to a blender and puree
5. Return the pureed mixture to the broth and stir well
6. Season the soup with nutmeg, cayenne, salt and pepper
7. Add Emmenthal cheese and chives
8. Give it a nice stir
9. Garnish with pumpkin seeds
10. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 351
- Fats: 14g
- Carbs:28g
- Fiber: 4g
- Saturated fat: 3g
- Fiber: 2g
- Sodium: 458mg

Chapter 3: Poultry Recipes

Orange Pineapple Chicken

Prep Time: 8-10 min.

Cooking Time: 12 min.

Number of Servings: 8

Freestyle Points per Serving: 1

Ingredients:

- ¼ cup soy sauce
- 1 teaspoon garlic powder
- 1-pound skinless chicken breasts, make 2-inch chunks
- ½ cup orange juice
- 1 teaspoon onion powder
- ½ teaspoon ginger
- ½ yellow bell pepper, seeded and cubed
- ½ red bell pepper, seeded and cubed
- 1 teaspoon black pepper
- 1 teaspoon salt
- ½ red onion, make wedges
- 1 ½ cups pineapple, make slices

Directions:

1. Take a mixing bowl (either medium or large size), add in the chicken, orange juice, soy sauce, garlic powder, onion powder, black pepper, salt and ginger in the bowl to mix well with each other.
2. Place to marinate for 2 hours inside the fridge.
3. Take the skewers. Skew the bell pepper, onions, and pineapple, and chicken onto them in altering manner.
4. Heat the grill to high-temperature setting; cook the skewers for 5-6 minutes on each side until cooks well.

5. Serve warm.

Nutritional Values (Per Serving):

Calories – 238

Fat – 1g

Saturated Fats – 0g

Trans Fats - 0g

Carbohydrates – 34g

Fiber – 5g

Sodium – 723mg

Protein – 20g

BBQ Turkey Meatballs

Prep Time: 8-10 min.

Cooking Time: 15-20 min.

Number of Servings: 5-6

Freestyle Points per Serving: 1

Ingredients:

- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1-pound ground skinless turkey breasts
- ½ teaspoon salt
- 1 teaspoon garlic powder
- ¼ cup teriyaki sauce
- ¼ cup BBQ sauce, sugar-free
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/3 cup apple cider vinegar
- 1 tablespoon brown sugar

Directions:

1. Take a mixing bowl (either medium or large size), add in the dry ingredients except for the sugar in the bowl to mix well with each other. Form into 12 meatballs.
2. In another bowl, combine the wet ingredients and sugar.
3. Preheat an oven to 375°F.
4. Bake the meatballs for 8-10 minutes.
5. Turn the meatballs and cook for 10 more minutes.
6. Serve with the sauce mix.

Nutritional Values (Per Serving):

Calories – 281

Fat – 1g

Saturated Fats – 0g

Trans Fats - 0g

Carbohydrates – 43g

Fiber – 6g

Sodium – 532mg

Protein – 16g

Salsa Chicken Meal

(Prepping time: 5 minutes \ Cooking time: 40 minutes \ For 4 servings \ Smartpoints:0)

Ingredients

- 4 ounce of chicken breast fillet
- ¼ cup fresh cilantro, chopped
- 1/3 cup Salsa
- 2 tablespoons fresh lime juice
- Vegetable cooking oil spray

Directions

1. Preheat your oven to a temperature of 350 degrees F
2. Take an 11 x 7-inch baking dish
3. Coat it up with cooking spray
4. Spoon the Salsa evenly over the chicken
5. Top it up with some sprinkled cheese and green onions
6. Cover it up
7. Bake for 30 minutes
8. Uncover and bake for another 10 minutes until the chicken is ready
9. Serve with a side of hot cooked rice or baked potatoes
10. Enjoy!

Nutrition Values (Per Serving)

- Calories: 238
- Fat: 6g
- Carbohydrates: 4g
- Protein: 40g
- Saturated fat: 2g
- Fiber: 1g
- Sodium: 350 mg

BBQ Chicken And Potato Slaw

(Prepping time: 5 minutes \ Cooking time: 45 minutes \ For 1 servings \ Smartpoints:2)

Ingredients

- 1 Sweet Potato, medium sized and raw
- 1 chicken breast, medium sized, skinless and raw
- 1 medium spring onions, finely sliced
- BBQ sauce as needed
- 1 tablespoon Mayonnaise, low fat
- 1 tablespoon natural Greek yogurt
- 1 teaspoon fresh lemon juice
- 1 and ¾ ounce cabbage, finely shredded
- 1 ounce carrots, raw and grated

Directions

1. Pre-heat your oven to 352 degree F
2. Prick the potato skin using a fork
3. Transfer them to a baking sheet
4. Roast them in the oven for 40-45 minutes
5. Take an ovenproof dish and add chicken alongside 2 tablespoon of water
6. Cover tightly with foil
7. Bake for 25 minutes more
8. Drain the cooking juice and cover the chicken with BBQ sauce
9. Coat them very well
10. Take a bowl and add mayonnaise, lemon juice and yogurt
11. Season with black pepper
12. Stir in cabbage, spring onion and carrot
13. Shred the chicken using forks
14. Make a deep cut on top of the potatoes
15. Top them with shredded chicken
16. Add veggie slaw
17. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 472
- Fat: 26g
- Carbohydrates: 36g
- Protein: 24g
- Saturated fat: 6g
- Fiber: 6g
- Sodium: 247 mg

Balsamic Chicken With Berries

(Prepping time: 10 minutes \ Cooking time: 20 minutes \ For 4 servings \ Smartpoints:3)

Ingredients

- 3 pieces chicken breast, skinless and boneless
- ½ cup raspberry, low sugar and preserve
- ¼ cup all-purpose flour
- 1 and ½ tablespoon balsamic vinegar
- 2/3 cup chicken broth, low fat
- 1 and ½ teaspoon corn starch
- Black pepper as needed
- Salt as needed

Directions

1. Cut the chicken into bite sized portions and season with salt and pepper
2. Dredge the meat into flour and shake off excess
3. Take a non-stick skillet and add chicken
4. Place it over medium heat
5. Cook for 15 minutes, turn once halfway through
6. Remove cooked chicken and transfer to plate
7. Add cornstarch, chicken broth, raspberry preserve into the skillet and stir in balsamic vinegar
8. Keep the heat on medium
9. Transfer the cooked chicken to the skillet
10. Cook for 15 minutes more, making sure to turn once
11. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 546
- Fat: 35g
- Carbohydrates: 11g

- Protein: 44g
- Saturated fat: 7g
- Fiber: 5g
- Sodium: 357 mg

Chapter 4: Beef And Other Meat Recipes

Awesome BBQ Loaf

(Prepping time: 5 minutes\ Cooking time: 40 minutes |For 4 servings\SmartPoints:6)

Ingredients

- 1 pound 93% lean ground beef
- ½ a cup of BBQ sauce
- ¼ cup of frozen chopped onion pressed dry
- ¼ cup of seasoned Italian bread crumbs
- 2 large egg whites

Directions

1. Preheat your oven to 375 degrees Fahrenheit
2. Take a bowl and add meat, ¼ cup of BBQ sauce, onion, egg whites, bread crumbs, seasoning of your choice
3. Stir
4. Shape the mixture into a loaf pan
5. Spread remaining ¼ cup of BBQ sauce over loaf
6. Bake for 40 minutes at 375 degrees Fahrenheit
7. Check the doneness and enjoy!

Nutrition Values (Per Serving)

- Calories: 240
- Fat: 6g
- Carbohydrates: 17g
- Protein: 27g
- Saturated Fat: 2g
- Fiber: 5g
- Sodium: 355

Salisbury Steak

(Prepping time: 10 minutes \ Cooking time: 10 minutes \ For 4 servings \ Smartpoints:2)

Ingredients

- 1 pound ground beef, extra lean
- 12 ounce beef gravy, fat free
- ¼ teaspoon garlic powder
- 8 ounce mushrooms, sliced
- ¼ cup onion, minced
- 1 teaspoon thyme, dried
- 2 tablespoon dry sherry white wine
- ½ a teaspoon kosher salt
- ¼ teaspoon black pepper

Directions

1. Take a small sized bowl and add ground beef
2. Season with salt and pepper and mix
3. Shape the mix into 4 half inch thick patties
4. Take a large sized non-stick skillet and grease with cooking spray
5. Place it over medium-high heat and allow it to heat up
6. Add patties to the skillet
7. Cook for 4 minutes each side
8. Remove from the skillet and keep them on the side
9. Increase the heat to medium-high and add mushroom, thyme and onion
10. Sauté for 3 minutes
11. Add sherry and Sauté for 1 minute more
12. Add gravy and return the cooked patties to the skillet
13. Cook for 2 minutes more
14. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 225
- Fat: 8g
- Carbohydrates: 8g
- Protein: 29g
- Saturated fat: 3g
- Fiber: 2g
- Sodium: 358mg

Mustard Glazed Lamb Cutlets

(Prepping time: 10 minutes \ Cooking time: 10 minutes \ For 4 servings \ Smartpoints:3)

Ingredients

- 1 lb lamb cutlet, trimmed with fat trimmed
- ½ lb brown quick rice, cooked
- 1 tablespoon Dijon mustard
- 2 cups baby spinach leaves, finely shredded
- 1 tablespoon honey
- 2 tablespoon white wine vinegar

Directions

1. Take a small sized bowl and add mustard, honey, vinegar
2. Mix them well
3. Pre-heat your BBQ grill to high
4. Cook the cutlets for about 2 minutes per side
5. Brush half of your mustard mix near the end of the cooking
6. Add rice, place them in your microwave into a microwave safe bowl
7. Stir in spinach leaves while the rice is hot
8. Divide the rice amongst your serving plates and top up with the grille cutlets
9. Drizzle the remaining mustard mix on top
10. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 1570

- Fat: 126g
- Carbohydrates: 55g
- Protein: 54g
- Saturated fat: 30g
- Fiber: 10g
- Sodium: 465mg

The Perfect London Broil

(Prepping time: 10 minutes + Chill Time \ Cooking time: 5-10 minutes \ For 4 servings \ Smartpoints:5)

Ingredients

- ½ cup dry red wine
- 1 garlic clove, minced
- 1 tablespoon fresh rosemary, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound top sirloin steak, trimmed

Directions

1. Take a zip bag and add garlic, wine, rosemary, salt, pepper and steak
2. Squeeze out air and seal the bag
3. Chill for about 6 hours
4. Pre-heat your broiler
5. Remove steak from marinade, put steak on broiler rack and broil for 5 inches away from the heat source until center has 145 degrees F temperature
6. It should take about 4 minutes per side
7. Let it stand for 5 minutes, cut across grain
8. Enjoy!

Nutrition Values (Per Serving)

- Calories: 186
- Fat: 5g
- Carbohydrates: 0g
- Protein: 27g
- Saturated fat: 1g
- Fiber: 2g
- Sodium: 327mg

Steak Sandwich And Golden Onions

(Prepping time: 10 minutes + Chill Time \ Cooking time: 10-15 minutes \ For 4 servings \ Smartpoints:7)

Ingredients

- 1 teaspoon olive oil
- 2 large onions, thinly sliced 2 teaspoons sugar
- 2 teaspoons red wine vinegar 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (1-pound) flank steak, trimmed
- 2 tablespoons Dijon mustard 8 slices whole grain bread
- 1 cup lightly packed baby arugula

Directions

1. cook, stirring, until onions are golden, about 10 minutes. Add vinegar, 1/8 teaspoon of salt, and 1/8 teaspoon of pepper; cook, stirring constantly, until vinegar is evaporated, about 30 seconds. Remove skillet from heat.
2. Meanwhile, spray broiler rack with nonstick spray. Preheat broiler.
3. Sprinkle steak with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper. Put steak on prepared broiler rack and broil 5 inches from heat until instant-read thermometer inserted into side of steak registers 145°F about 5 minutes per side. Let stand 5 minutes. Cut against grain into 12 slices.
4. Spread mustard evenly on 4 slices of bread; top evenly with arugula. Place 3 slices of steak in each sandwich; top each with 1/4 cup of onion. Cover with remaining bread.

Nutrition Values (Per Serving)

- Calories: 350
- Fat: 4g
- Carbohydrates: 12g
- Protein: 29g
- Saturated fat: 2g
- Fiber: 2g

- Sodium: 661mg

Beef Broccoli Dinner

Prep Time: 8-10 min.

Cooking Time: 10-15 min.

Number of Servings: 4

Freestyle Points per Serving: 3

Ingredients:

- 3/4 pound lean sirloin beef
- 1/4 teaspoon salt
- 5 cups broccoli florets
- 1 cup chicken broth, reduced-sodium
- 2 ½ tablespoon cornstarch
- 2 teaspoon canola oil
- 1/4 cup water
- 1/4 teaspoon red pepper flakes
- 2 tablespoon minced garlic
- 1/4 cup soy sauce
- 1 tablespoon minced ginger root

Directions:

1. Combine the 2 tablespoons cornstarch and salt; coat the beef with it.
2. Take a skillet or saucepan (medium size preferable); heat it over a medium cooking flame.
3. Add the oil and heat it.

4. Add the beef and cook, while stirring, until turns evenly brown for 3-4 minutes. Set the beef aside.
5. Add ½ cup of the broth, broccoli and cook for 2-3 minutes.
6. Add the garlic, ginger, and pepper flakes. Simmer the mix for 1 more minute.
7. Take a mixing bowl (either medium or large size), add in the rest of the broth, soy sauce, and rest of the cornstarch in the bowl to mix well with each other.
8. Turn down heat; cover and simmer for 1 minute. Mix in the broth mix and beef; serve warm.

Nutritional Values (Per Serving):

Calories – 253

Fat – 11g

Saturated Fats – 3g

Trans Fats - 0g

Carbohydrates – 7g

Fiber – 1g

Sodium – 753mg

Protein – 27g

Zucchini Chili Beef

Prep Time: 8-10 min.

Cooking Time: 20 min.

Number of Servings: 4

Freestyle Points per Serving: 6

Ingredients:

- 3 minced garlic cloves
- 1 pound lean ground beef
- 1 teaspoon olive oil
- 1 chopped onion
- 1 can (4 ounce) green chilies
- 1 lime, juiced
- 1 tablespoon chili powder
- 1 can (14 ounce) tomatoes, diced
- 1 can (14 ounce) black beans, drained
- 2 chopped zucchinis
- Ground black pepper & salt as per taste

Directions:

1. Take a skillet or saucepan (medium size preferable); heat it over a medium cooking flame.
2. Add the oil and heat it.
3. Add the onions and garlic. Sauté for 2-3 minutes to make them soft and add the beef.
4. Cook until turns even brown; stir in the chilies, beans, tomatoes, lime juice, chili powder, pepper, and salt.
5. Continue cooking for 8-10 minutes; add the zucchini. Cook 8-10 more minutes and serve warm.

Nutritional Values (Per Serving):

Calories – 374

Fat – 14g

Saturated Fats – 5g

Trans Fats - 0g

Carbohydrates – 27g

Fiber – 10g

Sodium – 237mg

Protein – 31g

Beef Lettuce Burgers

Prep Time: 8-10 min.

Cooking Time: 10 min.

Number of Servings: 4

Freestyle Points per Serving: 4

Ingredients:

- ½ teaspoon salt
- 1 tablespoon Worcestershire sauce
- 2 teaspoons garlic, minced
- ¼ teaspoon pepper
- 4 hamburger buns, low calorie
- 1 pound ground beef
- Shredded lettuce as needed

Directions:

1. Coat a griddle with some olive oil or cooking spray and heat it.
2. Take a mixing bowl (either medium or large size), add in the pepper, salt, Worcestershire sauce, garlic, and beef in the bowl to mix well with each other.
3. Prepare 4 patties from the mix.
4. Place them over the griddle and cook for 4-5 minutes on each side.
5. Take the buns and make burgers with your favorite toppings, lettuce, and serve.

Nutritional Values (Per Serving):

Calories – 327

Fat – 12g

Saturated Fats – 5g

Trans Fats - 0g

Carbohydrates – 22g

Fiber – 1g

Sodium – 642mg

Protein – 27g

Creamy Pork Chops

Prep Time: 8-10 min.

Cooking Time: 15 min.

Number of Servings: 4

Freestyle Points per Serving: 5

Ingredients:

- 4 pork loin chops, center-cut
- 1/3 cup non-fat, half-and-half
- 1/3 cup fat-free chicken stock
- 1/2 teaspoon salt
- 1 1/2 tablespoon Dijon mustard
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- Pinch of dried thyme

Directions:

1. Rub the salt, pepper, and onion powder over the chops.
2. Take a skillet or saucepan (medium size preferable); heat it over a medium cooking flame.
3. Add the oil and heat it.
4. Add the meat and cook, while stirring, until turns evenly brown for 3-4 minute per side.
5. Pour the stock, mustard, and half-and-half.
6. Lower temperature setting; cook for 6-7 more minutes.
7. When the sauce becomes thick, add the thyme. Serve warm.

Nutritional Values (Per Serving):

Calories – 134

Fat – 5g

Saturated Fats – 2g

Trans Fats - 0g

Carbohydrates – 2g

Fiber – 0g

Sodium – 447mg

Protein – 14g

Beef Broccoli Dinner

Prep Time: 8-10 min.

Cooking Time: 10-15 min.

Number of Servings: 4

Freestyle Points per Serving: 3

Ingredients:

- 3/4 pound lean sirloin beef
- 1/4 teaspoon salt
- 5 cups broccoli florets
- 1 cup chicken broth, reduced-sodium
- 2 ½ tablespoon cornstarch
- 2 teaspoon canola oil
- 1/4 cup water
- 1/4 teaspoon red pepper flakes
- 2 tablespoon minced garlic
- 1/4 cup soy sauce
- 1 tablespoon minced ginger root

Directions:

9. Combine the 2 tablespoons cornstarch and salt; coat the beef with it.
10. Take a skillet or saucepan (medium size preferable); heat it over a medium cooking flame.
11. Add the oil and heat it.
12. Add the beef and cook, while stirring, until turns evenly brown for 3-4 minutes. Set the beef aside.
13. Add ½ cup of the broth, broccoli and cook for 2-3 minutes.
14. Add the garlic, ginger, and pepper flakes. Simmer the mix for 1 more minute.

15. Take a mixing bowl (either medium or large size), add in the rest of the broth, soy sauce, and rest of the cornstarch in the bowl to mix well with each other.
16. Turn down heat; cover and simmer for 1 minute. Mix in the broth mix and beef; serve warm.

Nutritional Values (Per Serving):

Calories – 253

Fat – 11g

Saturated Fats – 3g

Trans Fats - 0g

Carbohydrates – 7g

Fiber – 1g

Sodium – 753mg

Protein – 27g

Roast Taco Wraps

Prep Time: 8-10 min.

Cooking Time: 0 min.

Number of Servings: 7

Freestyle Points per Serving: 6

Ingredients:

- ½ pound cooked roast beef, make slices
- 2 make slices tomatoes
- ¼ teaspoon pepper
- 7 pieces tortilla
- 2 teaspoon Dijon mustard
- 1/3 cup basil
- 1/3 cup mayo
- 2 cup shredded lettuce
- ¼ teaspoon salt

Directions:

1. Take a mixing bowl (either medium or large size), add in the pepper, mustard, salt, basil, and mayo in the bowl to mix well with each other.
2. Arrange the tortillas and spread the mix; top with some lettuce, roast beef, and tomatoes. Roll the tortillas and serve.

Nutritional Values (Per Serving):

Calories – 193

Fat – 9g

Saturated Fats – 2g

Trans Fats - 0g

Carbohydrates – 16g

Fiber – 1g

Sodium – 647mg

Protein – 12g

Grilled Spiced Chops

Prep Time: 8-10 min.

Cooking Time: 8 min.

Number of Servings: 4

Freestyle Points per Serving: 6

Ingredients:

- 2 teaspoons brown sugar
- 1 1/3 pound boneless pork chops
- 2 teaspoons vegetable oil
- 2 teaspoons sweet paprika
- 1/2 teaspoon ground garlic powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground ginger

Directions:

1. Take a mixing bowl (either medium or large size), add in the paprika, sugar, chili powder, cinnamon, salt, ginger, and garlic powder in the bowl to mix well with each other.
2. Rub over the chops.
3. Preheat your grill over medium-high temperature setting.
4. Grill 3-4 minutes for each side; until cooks well.
5. Serve warm.

Nutritional Values (Per Serving):

Calories – 367

Fat – 23g

Saturated Fats – 3g

Trans Fats - 0g

Carbohydrates – 3g

Fiber – 0g

Sodium – 283mg

Protein – 36g

Corn Potato Beef

Prep Time: 8-10 min.

Cooking Time: 25 min.

Number of Servings: 6-8

SmartPoints: 3

Ingredients:

- 3 cups beef broth
- 1 teaspoon olive oil
- Pepper and salt as needed
- 1-pound lean beef, make cubes
- 1 bay leaf
- ½ teaspoon dried oregano
- 1 onion, chopped
- 1 cup carrots, chopped
- 15-ounces tomato sauce
- 2 garlic cloves, minced
- 1 cup frozen corn, drained
- 1 cup celery, chopped
- 1 ½ cups red potatoes, cubed and skin removed

Directions:

1. Take an Instant Pot; open the top lid.
2. Press “SAUTÉ” cooking function.
3. In the cooking pot area, add the oil, garlic, dried oregano, and onions. Cook until turn translucent and softened for 1-2 minutes.
4. add the meat and cook for about 3–4 minutes to evenly brown.
5. Add the celery, carrots, pepper, and salt; stir-cook for more 3–4 minutes.
6. Add in the remaining ingredients; combine well.
7. Close the top lid and make sure the valve is sealed.

8. Press “MANUAL” cooking function. Adjust cooking time to 15-18 minutes.
9. Allow pressure to build and cook the ingredients for the set time.
10. After the set cooking time ends, press “CANCEL” and then press “NPR”. Instant Pot will slowly and naturally release the pressure for 8-10 minutes.
11. Open the top lid, add the cooked mixture in serving plates.
12. Serve warm.

Nutritional Values (Per Serving):

Calories – 346

Fat – 7g

Carbohydrates – 28.5g

Fiber – 6g

Sodium - 546mg

Protein – 21g

Classic Oregano Tenderloins

Prep Time: 8-10 min.

Cooking Time: 25 min.

Number of Servings: 6-8

SmartPoints: 1

Ingredients:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 1 teaspoon table salt
- 2 teaspoons olive oil
- 1 teaspoon black pepper
- 2-pounds lean pork tenderloin

Directions:

1. In a mixing bowl, mix together oregano, thyme, onion powder, garlic powder, salt, and pepper.
2. Coat the oil over the pork and sprinkle the herb mixture. Let it rest for 30 minutes to season.
3. Take an Instant Pot; open the top lid.
4. Pour 1 cup water and place steamer basket/trivet inside the cooking pot.
5. Arrange the pork over the basket/trivet.
6. Close the top lid and make sure the valve is sealed.
7. Press “MANUAL” cooking function. Adjust cooking time to 25 minutes.
8. Allow pressure to build and cook the ingredients for the set time.
9. After the set cooking time ends, press “CANCEL” and then press “QPR”. Instant Pot will quickly release pressure.

10. Open the top lid, add the cooked mixture in serving plates.
11. Serve warm.

Nutritional Values (Per Serving):

Calories – 267

Fat – 3.5g

Carbohydrates – 38.5g

Fiber – 6g

Sodium - 221mg

Protein – 23.5g

Chapter 5: Fish And Seafood Recipes

Cilantro And Shrimp Meal

(Prepping time: 15 minutes \ Cooking time: 5 minutes\ For 8 servings \ Smartpoints:8)

Ingredients

- 1 and $\frac{3}{4}$ pound shrimp, peeled and deveined
- $\frac{1}{2}$ teaspoon cumin, grounded
- 1 and $\frac{1}{4}$ cups cilantro, freshly chopped
- 2 tablespoons fresh lime juice
- $\frac{1}{4}$ teaspoon cloves, minced
- 1 tablespoon olive oil
- 1 teaspoon lime zest
- $\frac{1}{2}$ a teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions

1. Add shrimp, cumin, garlic, lime juice, ginger into a large sized bowl
2. Toss them well
3. Take a large sized non-stick skillet and add oil
4. Allow the oil to heat up over medium-high heat
5. Add shrimp mix and Sauté for 4 minutes
6. Remove the heat and add cilantro, lime zest, salt and pepper
7. Mix well
8. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories- 177
- Fat- 6g
- Carbohydrates- 3g
- Protein- 27g
- Saturated fat: 2g
- Fiber: 1g
- Sodium: 259mg

Tuna Salad

(Prepping time: 10 minutes \ Cooking time: 0 minute\ For 4 servings \ Smartpoints:1)

Ingredients

- 12 ounce solid white tuna in water, drained
- 2 tablespoons mayonnaise, reduced calorie
- 2 tablespoons fresh parsley, chopped
- ½ teaspoon Dijon mustard
- ½ cup celery, finely diced
- ½ teaspoon salt
- ¼ teaspoon black pepper, freshly grounded

Directions

1. Add tuna, parsley and celery into a medium sized bowl
2. Mix well and add mayonnaise
3. Season with salt and pepper
4. Stir well
5. Add olives, relish, chopped pickle, onion and mix well
6. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories- 137
- Fat- 5g
- Carbohydrates- 1g
- Protein- 20g
- Saturated fat: 2g
- Fiber: 0g
- Sodium: 229 mg

Dijon Fish Fillets

*(Prepping time: 3 minutes \ Cooking time: 12 minutes\ For 2 servings \
Smartpoints:2)*

Ingredients

- 1 piece perch, flounder or sole fillet
- 2 tablespoons Italian seasoned bread crumbs
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce, reduced sodium
- 1 and ½ teaspoons lemon juice
- 1 butter flavored cooking spray

Directions

1. Pre-heat your oven to 450 degree F
2. Take a 11 x 7inch baking dish and arrange your fish fillets
3. Add lemon juice, mustard, Worcestershire sauce into a small bowl
4. Mix them well
5. Pour the mixture over the fillets
6. Sprinkle breadcrumbs on top
7. Bake for 12 minutes or more if needed
8. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories: 125
- Fat: 2g
- Carbohydrates: 6g
- Protein: 21g
- Saturated fat: 1g
- Fiber: 2g
- Sodium: 358 mg

Lovely Mediterranean Fish

Number of Servings: 4

Prep Time: 10 minutes

Cooking Time: 25 minutes

SmartPoints: 2

Ingredients:

- 2 tablespoons olive oil
- 4 pieces (6 ounces each) fish fillets
- 1 large tomato, chopped
- ¼ cup pitted olives, low sodium
- 2 tablespoons capers
- 1 tablespoon lemon juice
- Salt and pepper to taste

Method:

1. Preheat your oven to 350 degrees F
2. Place olive oil in the middle of a large aluminum foil, put fish in middle and top with tomato, onion, olives, and capers
3. Season well with lemon juice, salt, and pepper
4. Fold in aluminum foil and seal edges well
5. Transfer to baking pan and bake for 25 minutes
6. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 210
- Fat: 9g
- Carbohydrates: 7g
- Protein: 27g
- Saturated Fat: 3g
- Sodium: 550mg

- Fiber: 3g

Lemon Garlic Scallops

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 3

SmartPoints: 2

Ingredients:

- 1 tablespoon olive oil
- 1 and ¼ pound dried scallops
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 4-5 garlic cloves, minced
- 1 scallop, chopped
- 1 pinch ground sage
- 2 tablespoons parsley, chopped

Method:

1. Take a non-stick skillet and place it over medium-high heat
2. Add oil and allow the oil to heat up
3. Take a medium-sized bowl and add scallops alongside salt and flour
4. Place the scallops in the skillet and add scallions, garlic, and sage
5. Sauté for 3-4 minutes until they show an opaque texture
6. Stir in lemon juice and parsley
7. Remove heat and serve hot!

Nutritional Values (Per Serving)

- Calories: 151
- Fat: 4 g
- Saturated Fat: 2 g
- Carbohydrates: 10 g
- Fiber: 3 g

- Sodium: 652 mg
- Protein: 18 g

No-Fuss Tuna Salad

Prep Time: 10 minutes

Cooking Time Nil

Number of Servings: 3

SmartPoints: 1

Ingredients:

- 12 ounces solid tuna, drained
- ½ cup celery, diced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons low-calorie mayonnaise
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper

Method:

1. Take a medium-sized bowl and add tuna, parsley, and celery
2. Mix well and add mayonnaise
3. Season with pepper and salt
4. Stir and add olives, relish, chopped pickle, onion and mix well
5. Serve and enjoy

Nutritional Values (Per Serving)

- Calories: 137
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 1 g
- Fiber: 0.2 g
- Sodium: 247 mg
- Protein: 20 g

Authentic Oven Tilapia

Number of Servings: 4

Prep Time: 10 minutes

Cooking Time: 10 minutes

SmartPoints: 2

Ingredients:

- 1 and ½ pound fresh haddock tilapia fillets
- ¼ cup of white cornmeal
- ¼ cup of dry plain bread crumbs
- ½ a teaspoon of dried dill
- ½ a teaspoon of salt
- 1/8 teaspoon of black pepper
- ½ a teaspoon of paprika
- 1/3 cup of skim milk
- 3 tablespoon of melted butter

Method:

1. Pre-heat your oven to a temperature of 450 degrees Fahrenheit
2. Take a shallow dish and add all of the listed dry ingredients
3. Take another shallow dish and pour milk
4. Dip the fish in the milk and then in the dry crumb mix
5. Place the fish in a pan and coat it evenly with cooking spray
6. Drizzle some melted butter on top
7. Bake for about 10 minutes until the fish flakes start to fall apart
8. Serve crispy and hot!

Nutritional Values (Per Serving)

- Calories: 196
- Fat: 7g
- Carbohydrates: 8g

- Protein: 12g
- Saturated Fat: 3g
- Sodium: 550mg
- Fiber: 3g

Garlic Scallops

(Prepping time: 10 minutes \ Cooking time: 5 minutes\ For 4 servings \ Smartpoints:2)

Ingredients

- 1 and ¼ pound scallops, dried
- 2 tablespoons parsley, chopped
- 1 scallion, finely chopped
- 1 pinch sage, grounded
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 4-6 pieces garlic cloves, minced
- 1 juice lemon

Directions

1. Take a non-stick skillet and place it over medium-high heat
2. Add oil and allow the oil to heat up
3. Add scallops alongside salt and flour into a medium sized bowl
4. Place the scallops in the skillet
5. Add scallions, garlic and sage into it
6. Sauté for 3-4 minutes
7. Stir in lemon juice and parsley
8. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories- 151
- Fat- 4g
- Carbohydrates- 10g
- Protein- 18g
- Saturated fat: 2g
- Fiber: 3g
- Sodium: 254 mg

Cilantro And Shrimp Meal

(Prepping time: 15 minutes \ Cooking time: 5 minutes\ For 8 servings \ Smartpoints:8)

Ingredients

- 1 and ¾ pound shrimp, peeled and deveined
- ½ teaspoon cumin, grounded
- 1 and ¼ cups cilantro, freshly chopped
- 2 tablespoons fresh lime juice
- ¼ teaspoon cloves, minced
- 1 tablespoon olive oil
- 1 teaspoon lime zest
- ½ a teaspoon salt
- ¼ teaspoon pepper

Directions

9. Add shrimp, cumin, garlic, lime juice, ginger into a large sized bowl
10. Toss them well
11. Take a large sized non-stick skillet and add oil
12. Allow the oil to heat up over medium-high heat
13. Add shrimp mix and Sauté for 4 minutes
14. Remove the heat and add cilantro, lime zest, salt and pepper
15. Mix well
16. Serve hot and enjoy!

Nutrition Values (Per Serving)

- Calories- 177
- Fat- 6g
- Carbohydrates- 3g
- Protein- 27g
- Saturated fat: 2g
- Fiber: 1g
- Sodium: 259mg

Chapter 6: Vegan And Vegetarian Recipes

Cooked Apple Slices

(Prepping time: 10 minutes \ Cooking time: 10 minutes\ For 4 servings \ Smartpoints:1)

Ingredients

- 4 pieces Granny Smith Apples, peeled, sliced and cored
- ½ cup coconut oil
- 2 tablespoons cinnamon, grounded
- ¼ cup date paste

Directions

1. Take a large sized skillet and place it over medium heat
2. Add oil and allow the oil to heat up
3. Stir in cinnamon and date paste into the oil
4. Add cut up apples
5. Cook for 5-8 minutes until crispy
6. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories- 368
- Fat- 23g
- Carbohydrates- 44g
- Protein- 1g
- Saturated fat: 10g
- Fiber: 5g
- Sodium: 5mg

Juicy Heirloom Carrots

(Prepping time: 10 minutes \ Cooking time: 45 minutes\ For 3-4 servings \ Smartpoints:1)

Ingredients

- 1 bunch fine heirloom carrots
- 1/8 cup fresh squeeze orange juices
- 1 tablespoon fresh thyme leaves
- 1/8 teaspoon sea salt
- 1 tablespoon date paste
- ½ tablespoon coconut oil
- Salt as needed

Directions

1. Pre-heat your oven to 350 degree F
2. Wash the carrots and discard the green pieces
3. Add coconut oil, orange juice, date paste and salt into a small sized bowl
4. Pour the mix over the carrots and spread the whole mixture on a large sized baking sheet
5. Sprinkle thyme on top
6. Roast for 45 minutes
7. Season with salt
8. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 70
- Fat: 3g
- Carbohydrates: 11g
- Protein: 1g
- Saturated fat: 1g
- Fiber: 4g
- Sodium: 229mg

Zucchini Boats

(Prepping time: 10 minutes \ Cooking time: 25 minutes \ For 4 servings \ Smartpoints:4)

Ingredients

- 4 pieces of medium zucchini
- ½ cup cherry tomatoes, sliced
- ½ cup Whole30 compliant Marinara sauce/tomato sauce
- 2 tablespoons fresh basil
- 1/4 red onion, sliced
- ¼ cup kalamata olives, chopped

Directions

1. Pre-heat your oven to 400 degree Fahrenheit
2. Cut the zucchini half-lengthwise and shape them in boats
3. In a bowl add tomato sauce, spread 1 layer of sauce on top of each of the boat
4. Top with tomatoes, onion and olives
5. Bake for 20-25 minutes
6. Top with basil
7. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 278
- Fat: 20g
- Carbohydrates: 10g
- Protein: 15g
- Saturated fat: 4g
- Fiber: 4g
- Sodium: 267mg

Balls Of Bean

(Prepping time: 10 minutes \ Cooking time: 0 minute\ For 30 servings \ Smartpoints:2)

Ingredients

- ½ a cup of dates
- ½ a cup of dried berries and cherries
- ½ a cup of ground almonds
- 2 tablespoons of cocoa
- 3 and ¾ cups of Black beans
- 1 small orange zest
- Cocoa, for topping
- Coconut, for topping
- Toasted Pistachios, for topping

Directions

1. Add dates, ground almond, cherries, cocoa, black bean and orange zest into a food processor
2. Process until chopped
3. Make balls out of the mixture by using your hands
4. Garnish the balls with toasted cocoa, pistachios and coconut
5. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 366
- Fat: 14g
- Carbohydrates: 96g
- Protein: 8g
- Saturated fat: 5g
- Fiber: 8g
- Sodium: 236mg

Friendly Vegan Butter Balls

(Prepping time: 10 minutes \ Cooking time: 0 minute\ For 4 servings \ Smartpoints:3)

Ingredients

- 12 pieces dates, diced and pitted
- 2 and ½ tablespoons almond butter
- 1/3 cup coconut, unsweetened shredded

Directions

1. Take a bowl and add the dates, coconut and almond flour
2. Give it a nice mix
3. Use the mixture to form balls
4. Store the balls and chill them
5. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 62
- Fat: 3g
- Carbohydrates: 8g
- Protein: 1g
- Saturated fat: 1g
- Fiber: 3g
- Sodium: 255mg

Chapter 7: Sweet Treats

Carrot Balls

(Prepping time: 10 minutes \ Cooking time: 0 minute\ For 10 servings \ Smartpoints:2)

Ingredients

- 6 pieces Mejdool dates, pitted
- ¼ cup coconut, unsweetened finely shredded
- 1 teaspoon nutmeg
- 1 carrot, finely grated
- ¼ cup raw walnuts
- 1/8 teaspoon sea salt

Directions

1. Add dates, ¼ cup of grated carrots, salt, coconut, nutmeg into a food processor
2. Mix them and process well
3. Add walnuts and remaining ¼ cup carrots and pulse until you have a slightly chunky mix
4. Form balls using the mixture and roll them in the shredded coconut
5. Top with extra carrots and chill them in your fridge
6. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 326
- Fat: 16g
- Carbohydrates: 42g
- Protein: 3g
- Saturated fat: 4g
- Fiber: 9g
- Sodium: 479 mg

The Fluttering Banana

(Prepping time: 10 minutes \ Cooking time: 0 minute\ For 4 servings \ Smartpoints:2)

Ingredients

- 2 small bananas, sliced
- 4 teaspoons cocoa powder unsweetened
- 4 teaspoons toasted unsweetened coconut

Directions

1. Take two individual plates and add cocoa and coconut to the those plate
2. Roll the banana slices in the cocoa first and shake any excess
3. Dip them in the toasted coconut
4. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories- 60
- Fat- 1g
- Carbohydrates- 13g
- Protein- 1g
- Saturated fat: 4g
- Fiber: 2g
- Sodium: 352mg

Date And Coconut Bars

(Prepping time: 10 minutes \ Cooking time: 30 minutes \ For 4 servings \ Smartpoints:2)

Ingredients

- 10 pieces dates, pitted
- ¼ cup cashews
- ½ cup coconut, flaked
- 1/3 cup almonds, slivered
- 1 teaspoon coconut oil

Directions

1. Add almonds to a food processor
2. Blend them to a coarse mixture
3. Add dates and pulse
4. Add coconut oil, cashew and pulse well until you have a thick mix
5. Transfer the mix to wax paper and form squares
6. Fold the squares and chill for 20 minutes
7. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories- 154
- Fat- 0g
- Carbohydrates- 39g
- Protein- 0.1g
- Saturated fat: 0g
- Fiber: 10g
- Sodium: 290mg

Chocolaty Snickers Mini Tarts

(Prepping time: 5 minutes \ Cooking time: 10 minutes\ For 5 servings \ Smartpoints:2)

Ingredients

- 10 frozen filo mini shells
- 1 snicker chocolate bar
- Salt or chopped up peanuts for garnish

Directions

1. Pre-heat the oven to 350 degree F
2. Place your filo shells on baking sheet
3. Cut up the snicker bar in half
4. Cut up each of the halves in 5 chunks
5. Place them in the filo shells
6. Bake for 10 minutes
7. Remove it from the oven and allow to cool
8. Once done, top it up with salt or chopped up peanuts
9. Serve and enjoy!

Nutrition Values (Per Serving)

- Calories: 83
- Fat: 3.7g
- Carbohydrates: 11g
- Protein: 1.5g
- Saturated fat: 1g
- Fiber: 4g
- Sodium: 246 mg