

A tasty transformation...

from the outside in...

& the inside out...

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Table of Contents:

Preface & Bonus Recipe

Chapter 1: Chicken Recipes

Chapter 2: Meat Dishes

Chapter 3: Pasta and Vegetarian Dishes

Chapter 4: Breakfast Items

Chapter 5: Desserts

Please note the following in regards to all the recipes:

*Any oil listed in ingredients should be COLD PRESSED

*Eggs should be either cage-free or free-range

*Any butter listed should be “Pasture Butter” (butter from grass-fed, free-range cows) containing naturally occurring CLA

*Feel free to use organic ingredients anywhere in these recipes

Preface:

The [Web-Nutritionist](#) is on a mission to help as many people as she possibly can lead healthier and happier lives. She believes that many chronic illnesses can be prevented through proper nutrition practices and through fostering healthy lifestyles. Proper nutrition is a key preventative measure in chronic illness and disease, and it doesn't have to be hard or tasteless either. Thus, the Web-Nutritionist put together this invigorating cookbook to prove just that. These recipes will prove that healthy eating does NOT have to be tasteless and boring. She takes your favorite comfort foods and puts a healthy twist on them! Whether you are looking to lose weight, improve your current diet and health, or if you are just looking for some incredible, delicious recipes...this cookbook is for you!

While these recipes are a great platform to kickoff your health or weight loss journey, nutritional guidance and regular exercise play a leading role in maintaining weight and overall health. For an overall, encompassing experience, the Web-Nutritionist offers online nutritional guidance. She offers two fully online nutrition programs; her 12-Step Nutrition Program and her Meal Plan Program.

The 12-Step Nutrition Program is a 12 week program. The program addresses each of the following topics as a new step in the program each week, and applies it to the unique individual:

- 1.) The Food Pyramid and Food Group Equivalents
- 2.) Carbohydrates, Lipids, and Proteins
- 3.) “Calorie Cycling” (Did you know that if you strive to eat the same number of calories each day your body adjusts its metabolism to burn that exact number, thus causing weight loss to come to a plateau quite fast! Calorie cycling keeps your body guessing, thus allowing consistent weight loss that will STAY OFF!)
- 4.) “Estrogenic” Compounds! (These “estrogenic” compounds may actually contribute to belly and thigh fat. You may be consuming these compounds without even knowing it. Find out which food is a huge culprit, yet the media and health industry portray it as a leading health food.)
- 5.) Exercise for Weight Loss (Did you know that boring, same pace cardio doesn’t help much in your weight loss efforts? The Web-Nutritionist will teach you an effective type of training that is FUN and FAST. Don't have time to work-out? Not anymore!)
- 6.) Shocking and Surprising Fats (You won't see this one coming! This topic is really eye opening and contains many weight loss secrets and shocking information)
- 7.) The Controversy on Egg Yolks (Discarding your yolks for just the “healthy” whites? Think again!)

- 8.) Dietary Calcium and Dairy for a Lean Body AND Bioavailability of Nutrients (Did you know your body can NOT absorb much from supplements and vitamins?)
- 9.) Real Foods vs. "Fake" Foods for Weight Loss (You may actually be encouraging your body to store fat by eating these "fake" foods marketed as "health foods"!)
- 10.)The Importance of Alkalinity in the Diet (You just might find many of your individual ailments "cured"!)
- 11.)Fiber in Foods (Are you really getting enough?)
- 12.)Whole Grains vs. Refined Grains

On the other hand, the Meal Plan Program is a 16 week program. Each week, the Web-Nutritionist will custom make the client a modified meal plan based on their individual bodily needs and goals. These meal plans will be created specifically to help you reach your goal. Each weekly meal plan will have many options for the client to choose from. A hand selected list of many different foods within each of the food groups will be given to the client via email attachment. The client will highlight all the foods they want/ do not want/ and are open to being incorporated into their meal plans.

If you would like further nutrition help from the Web-Nutritionist beyond the recipes in this cookbook, feel free to contact her at NutritionandFitness4U@gmail.com.

Exercise is another vital portion of your health or weight loss journey. If you are looking for a complimentary exercise program to your online nutrition experience, I recommend [Tanya Stroh's online personal training program](#). She offers a wonderful virtual training experience. Her unique 'TSTRAX' program will help you become well on your way to achieving your fitness goal.

Finally, many people who attempt to lose weight fail because they have not yet dealt with their underlying problem; that they tend to use food as an emotional outlet. If you struggle with emotional eating, I recommend you first address this psychological barrier before you go through with a nutrition or exercise program. I highly recommend [Dr. Roger Gould's 'Shrink Yourself' Program](#) for emotional eaters. After this obstacle is dealt with, the nutrition and exercise regimes can be conquered more effectively.

BONUS Recipe:

DELICIOUS Invigorating Weight Loss/Health Boost Drink:

Ingredients:

- ◆ 8 fl.oz [Sea Buckthorn Dietary Liquid](#) -- [Find out why Sea Buckthorn is the new miracle berry in weight loss and health from Dr. Oz](#)
- ◆ 2 teaspoons [Organic Apple Cider Vinegar w/ “the mother”](#)
- ◆ ½ cup Crushed Ice
- ◆ 2 tbsp [Agave Nectar](#)
- ◆ ¼ cup Organic Low-Fat Vanilla Yogurt
- ◆ 1 tbsp [virgin, unrefined/cold-pressed coconut oil](#)

Preparation:

Blend all ingredients in a blender and serve! Enjoy this amazing weight loss/health boost!

Chapter 1: Chicken Recipes

Chicken Parmesan Meatball Subs

Ingredients:

- ◆ 1 1/2 pounds ground lean chicken
- ◆ 1 tablespoon grill seasoning blend (recommended: Montreal Steak Seasoning by McCormick)
- ◆ 1 large egg
- ◆ 1 cup grated Parmesan Cheese
- ◆ 1/2 cup whole wheat bread crumbs (pulse 2 slices of 100% whole wheat bread) with Italian seasoning
- ◆ Handful of chopped parsley leaves
- ◆ 3 tablespoons extra-virgin olive oil,
- ◆ Canned or homemade tomato basil spaghetti sauce
- ◆ 4 (6 to 8-inch) crusty whole wheat sub rolls
- ◆ 1 1/2 cups shredded provolone

Preparation:

Preheat oven to 425 degrees F.

Place ground chicken in a bowl and season with grill seasoning. Add egg, half of the grated cheese, bread crumbs, parsley, and extra-virgin olive oil to the bowl. Mix the chicken and form 12 large meatballs. Squish the balls to flatten them a bit like mini oval meatloaves. Bake the meatballs 15 minutes until golden and firm. Once the meatballs come out switch the broiler on. Remove the meat from oven and loosen with a thin spatula. Turn meat balls in tomato sauce. Cut sub rolls making the bottom a little deeper than the top. Hollow out a little bread and lightly toast the sub rolls under broiler. Fill the bottoms of the breads with flattened balls and extra sauce. Combine the provolone and remaining Parmesan. Cover the subs with cheese and return to broiler to melt the cheese until golden.

Garlic Pesto Stuffed Chicken

Ingredients:

- ◆ 4 boneless, skinless chicken breasts
- ◆ 4 cubes of light laughing cow cheese (garlic and herb flavor)
- ◆ Garlic Pesto
- ◆ Salt and freshly ground black pepper
- ◆ Olive Oil cooking spray

Preparation:

Heat a cast iron griddle or skillet over high heat. Preheat the oven to 350 degrees F.

Meanwhile, using a sharp paring knife or boning knife, make a crosswise slit at the end of each chicken

breast, cutting through the middle to form a pocket and being careful not to cut through the outside of the chicken breast. Fill each of the pockets with 2 tablespoons of the Garlic Pesto and cube of the laughing cow cheese. Press the cut ends together, and season the chicken breasts with salt and pepper.

Drizzle some extra-virgin olive oil on the hot griddle and add the chicken breasts. Let the meat cook undisturbed for a few minutes. Sear to a golden brown and turn the breasts over and cook on the other side until golden brown. Place the pan in the oven and allow the chicken to sizzle for another 5 to 7 minutes, or until the breasts are cooked through. Remove from the pan and top with drizzle of pesto.

Pulled BBQ Chicken

Ingredients

- ◆ 1 tablespoon extra-virgin olive oil
- ◆ 1 large onion, chopped
- ◆ 3 cloves garlic, minced
- ◆ 1 (14-ounce) can low-sodium tomato sauce
- ◆ 1/4 cup tomato paste
- ◆ 1/2 cup water
- ◆ 1/3 cup organic [apple cider vinegar w/ "the mother"](#)
- ◆ 5 tablespoons pure molasses
- ◆ 1/4 teaspoon ground black pepper
- ◆ 1/2 teaspoon liquid smoke
- ◆ 6 boneless, skinless chicken breasts (cooked and shredded)
- ◆ 6 whole-wheat hamburger rolls or 12 whole wheat bread slices
- ◆ 6 large green lettuce leaves (optional)

Preparation:

Heat the oil in a large saute pan over a medium heat. Add the onions and cook until they are soft and for about 5 minutes. Add the garlic and cook for another minute. Add tomato sauce, tomato paste, water, vinegar, molasses, pepper and liquid smoke and bring to a boil. Reduce heat to medium-low and simmer for 15 minutes. Add shredded chicken, return to a simmer, and cook an additional 10 minutes.

Split buns/slices. Place a leaf of lettuce on each roll (optional), then pile on 3/4 cup of the chicken mixture onto the roll.

Saucy Salsa Chicken

Ingredients:

- ◆ 6 boneless, skinless chicken breasts

- ◆ 2 cups salsa
- ◆ 1/3 cup Organic [Sucanat](#)
- ◆ 2 Tbsp. honey dijon mustard
- ◆ 1 tbsp RAW honey

Preparation:

Preheat oven to 350 degrees F. Combine all ingredients and place in baking dish. Marinate for a couple of hours. Bake at 350 degrees F. for 40-45 minutes until chicken is thoroughly cooked. 6 servings

*Serve with brown rice

Parmesan-Crusted Chicken Breasts

Ingredients:

- ◆ 3/4 cup finely chopped fresh Italian parsley (or 1/4 cup dried parsley flakes)
- ◆ 2/3 cup whole wheat breadcrumbs (pulsate 100% whole wheat bread slices)
- ◆ 1/2 cup shredded Parmesan cheese
- ◆ 1/2 teaspoon ground pepper
- ◆ 1 tablespoon lemon zest
- ◆ 4 skinless and boneless chicken breasts
- ◆ Extra-virgin olive oil

Preparation:

Preheat oven to 450 degrees.

Cover a 9 x 13-inch baking pan with foil; coat the foil with the oil. Add parsley, breadcrumbs, parmesan, pepper, and lemon zest to medium bowl and blend well. Press both sides of each chicken breast in breadcrumb mixture, and place in prepared pan. Coat the top of each crusted breast lightly with oil. Bake until the chicken is completely cooked through, and the tops and bottoms are lightly browned (about 25 minutes).

Thai Peanut Butter Chicken

Ingredients:

- ◆ 1/4 cup natural creamy peanut butter
- ◆ 1/4 cup water
- ◆ 1/4 cup soy sauce
- ◆ 2 tbsp lime juice

- ◆ 2 cloves garlic, minced and crushed
- ◆ 2 tbsp rice vinegar
- ◆ Pinch ginger
- ◆ Brown rice
- ◆ Stir-Fry veggies (frozen)
- ◆ Boneless, skinless chicken breasts

Preparation:

Sauce:

Combine all ingredients in a saucepan over low heat.

Put diced cooked chicken breasts on a bed of brown rice. Sauté veggies and put on top of chicken. Pour peanut sauce over.

Spinach and Mushroom Stuffed Chicken Breasts

Ingredients

- ◆ 4 boneless, skinless chicken breasts,
- ◆ Large plastic food storage bags or waxed paper
- ◆ 1 package, 10 ounces, frozen chopped spinach
- ◆ 2 tablespoons pasture butter
- ◆ 12 small mushroom caps
- ◆ 2 cloves garlic, cracked
- ◆ 1 small shallot, quartered
- ◆ Salt and freshly ground black pepper
- ◆ 1 cup lowfat ricotta cheese
- ◆ 1/2 cup grated parmesan cheese
- ◆ 1/2 teaspoon fresh grated or ground nutmeg
- ◆ Toothpicks
- ◆ 2 tablespoons extra-virgin olive oil

Sauce:

- ◆ 2 tablespoons pasture butter
- ◆ 2 tablespoons whole wheat pastry flour
- ◆ 1/2 cup white wine
- ◆ 1 cup low-sodium chicken broth

Preparation:

Place breasts in the center of a plastic food storage bag or 2 large sheets of waxed paper. Pound out the chicken from the center of the bag outward using a heavy-bottomed skillet or mallet.

Defrost spinach in the microwave. Transfer spinach to a kitchen towel. Twist towel around spinach and wring it out until very dry. Transfer to a medium-mixing bowl.

Place a nonstick skillet over moderate heat. When skillet is hot, add butter, mushrooms, garlic and shallot. Season with salt and pepper and saute 5 minutes. Transfer mushrooms, garlic and shallot to the food processor. Pulse to grind the mushrooms and transfer to the mixing bowl, adding the processed mushrooms to the spinach. Add ricotta and grated cheese to the bowl and the nutmeg. Stir to combine the stuffing. Return your skillet to the stove over medium high heat.

Place a mound of stuffing on each breast and wrap and roll breast over the stuffing. Secure breasts with toothpicks. Add 3 tablespoons oil to the pan, 3 turns of the pan. Add breasts to the pan and brown on all sides, cooking chicken 10 to 12 minutes. The meat will cook quickly because it is thin. Remove breasts; add butter to the pan and flour. Cook butter and flour for a minute, whisk in wine and reduce another minute. Whisk in broth and return breasts to the pan. Reduce heat and simmer until ready to serve. Remove toothpicks. Top stuffed chicken breasts or sliced stuffed breasts with generous spoonfuls of the sauce.

Chicken Stir-Fried Rice

Ingredients:

- ◆ 2 cups brown rice
- ◆ 6 ounces cooked, diced chicken
- ◆ Frozen Stir-Fry Veggies
- ◆ ¼ cup pre-made stir-fry sauce

Preparation:

In large skillet heat oil, combine all ingredients except stir-fry sauce and saute until veggies are thawed. Finally add stir-fry sauce and toss.

Crispy Chicken Fingers

Ingredients

- ◆ 1 1/4 pound boneless, skinless chicken breasts (or chicken tenderloins) cut across into 1/2-inch pieces
- ◆ 1/2 cup lowfat buttermilk
- ◆ Extra Virgin Olive Oil
- ◆ 4 cups whole-grain flake cereal (recommend: Nature's Path Organic Flax Plus Multibran Cereal)
- ◆ 1/4 teaspoon salt

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