

## **Stop Food Cravings Challenge Day 1**

### **Breakfast**

Pepper Stir Fry Egg White Omelet

### **Lunch**

Pineapple Baked Chicken

Loaded Vegetable Salad w/Newman's Own Olive Oil & Vinegar Dressing

### **Dinner**

Baked Tilapia w/Dill Sauce

Grilled Asparagus

Still hungry? Eat more veggies!

### **Snack**

Fruit & Nuts

## **Stop Food Cravings Challenge Day 2**

### **Breakfast**

Egg & Vegetable muffins

### **Lunch**

Lettuce-Shell Meat & Cheese Tacos

Still hungry? Eat more veggies!

### **Dinner**

Stuffed Bell Peppers

Still hungry? Eat more veggies!

### **Snack**

Yogurt Parfait

## **Stop Food Cravings Challenge Day 3**

### **Breakfast**

1 Cup cottage cheese  
Handful of nuts (use your palm to measure)  
1 Cup of diced berries  
--May mix together or eat separately

### **Lunch**

Grilled Chicken Salad w/Newman's Own Olive Oil & Vinegar Dressing

### **Dinner**

Steak & Vegetable Skewers

### **Snack**

Fruit and Cheese Cubes

## **Stop Food Cravings Challenge Day 4**

### **Breakfast**

Bacon-wrapped Asparagus

### **Lunch**

Tuna Salad Breadless Sandwich

### **Dinner**

Sweet & Spicy Pulled-Chicken

Ranch-Roasted Potatoes

Green Beans

### **Snack**

Yogurt Parfait

## **Stop Food Cravings Challenge Day 5**

### **Breakfast**

Apple Cinnamon Pancakes

### **Lunch**

Unstuffed Cabbage Rolls

### **Dinner**

Pulled-Chicken Sandwich on Plantain Bread

### **Snack**

Fruit & Nuts

## **Stop Food Cravings Challenge Day 6**

### **Breakfast**

Banana Pancakes

### **Lunch**

Easy Bake Chicken & Vegetables

### **Dinner**

Loaded Potato Soup w/Chicken

### **Snack**

Cottage Cheese & Nuts

### **Dessert option**

Yogurt Parfait OR 2 squares Dark Chocolate (85% or higher)

## **Stop Food Cravings Challenge Day 7**

### **Breakfast**

Southwestern Egg White Omelet

### **Lunch**

Cucumber Sandwiches

### **Dinner**

Spaghetti Squash

### **Snack**

Cottage Cheese & Vegetables

### **Dessert Option**

Yogurt Parfait OR 2 Squares Dark Chocolate

## Bacon-Wrapped Asparagus

### Description

Forget pigs in a blanket—they'll only make you fat. How about pigs hugging some asparagus?!? That sounds like some skinny-you-up lovin' right there!

### Ingredients

- 2 lb fresh asparagus, ends trimmed
- 12 slice bacon, uncooked
- 1/2 c butter
- 1/2 tsp garlic salt
- 1/4 tsp freshly ground pepper

### Cooking Instructions

1. Preheat oven to 400 degrees.
2. Divide asparagus spears into 12 bundles (3-4 pieces each). Wrap 1 piece of bacon around each bundle, starting 1/2" from bottom of the tips. Secure the bacon-wrapped asparagus with a toothpick. Arrange bundle in a shallow baking pan.
3. Combine remaining ingredients in a medium saucepan; heat mixture to a boil over medium heat, stirring occasionally. Pour mixture over asparagus bundles.
4. Bake 25 to 30 minutes or until spears have begun to wilt and bacon looks fully cooked. Enjoy!

## Cucumber Sandwiches

### Ingredients

- 2 cucumbers
- 8oz sliced turkey breast
- 2 ripe avocados

### Instructions

1. First, peel your cucumbers - you can leave a tiny bit of skin on for the added texture if preferred.
2. Cut the cucumber in half--not lengthwise.
3. Next, with a sharp paring knife, make an initial indentation lengthwise and start cutting the core of the cucumber out, creating a hollow log shape out of the cucumber.
4. Next, core and slice your avocado in quarters.
5. Layer the turkey in the cucumber and place the avocado in the turkey.
6. Feel free to add mayo, mustard, and/or some basil or other herbs to add more flavors.

## Easy Bake Chicken & Vegetables

### Ingredients

- 6 tablespoons olive oil
- 2 lemons, 1 thinly sliced, 1 juiced
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 pound trimmed green beans
- 8 small red potatoes, quartered
- 4 chicken breasts

### Directions

1. Preheat oven to 400°F ( 180). Coat a large baking dish or cast-iron skillet with 1 tablespoon of the olive oil.
2. Arrange the lemon slices in a single layer in the bottom of the dish or skillet.
3. In a large bowl, combine the remaining oil, lemon juice, garlic, salt, and pepper; add the chicken, green beans and potatoes and toss to coat. Pour this mix into the pan and spread around evenly.
4. Roast for 50 minutes or until cooked through. Serve warm.

## Hudson's Baked Tilapia with Dill Sauce

### Ingredients

- 4 (4 ounce) fillets tilapia
- salt and pepper to taste
- 1 tablespoon Cajun seasoning, or to taste
- 1 lemon, thinly sliced
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/8 teaspoon garlic powder
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped fresh dill

### Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish.
3. Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.
4. While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

## Lettuce-Shelled Tacos

### Ingredients

- 1 lb lean hamburger meat
- Green or red leaf lettuce (or any lettuce w/large leaves)
- 4 tbsp taco seasoning (see below)
- $\frac{3}{4}$  water
- Onion, tomato, shredded cheese, salsa, and sour cream for topping (optional)

### Cooking Instructions

1. Brown meat over medium heat until thoroughly cooked. Drain excess oil. Return meat to burner.
2. Add taco seasoning and water. Stir mixture well so that season is evenly distributed. Bring mixture to a boil, lower heat and let simmer for 5 minutes. Remove from heat.
3. Rinse off two or three leaves of lettuce. Spoon taco filling into leaves.
4. Top with onion, tomato, cheese, salsa, & sour cream.

### Taco Seasoning

1/2 cup chili powder

1/4 cup onion powder

1/8 cup ground cumin

1 tablespoon garlic powder

1 tablespoon paprika

1 tablespoon sea salt

Put ingredients into a jar and shake.

## **Loaded Baked Potato Soup w/Chicken**

### **Ingredients**

- \* 4 Chicken Breasts--cut into cubes
- \* 4 Medium Potatoes (diced--not peeled)
- \* 16 oz Heavy Whipping Cream
- \* 16 oz water
- \* 1 Medium Onion (red or yellow) finely diced
- \* 1/2 garlic clove diced
- \* Salt & Pepper to taste
- \* Bacon, Sour Cream, Chives, Shredded Cheese for topping

### **Cooking Instructions**

- 1) Pour whipping cream & water into crock pot. Add chicken, potatoes, onion, garlic, salt, & pepper.
- 2) Cook on Low setting for 6-8 hours (or High for 3-5 hours)
- 3) Serve hot & top with bacon, sour cream, chives, and cheese.

Note: The original recipe didn't call for chicken, but I figured I'd add in some lean protein and cut down on the amount of potatoes to make it more filling in less quantities and less carb-loaded.

Serves 6

## Plantain Bread

### Description

What?!? You get to eat bread on a gluten-free, grain-free diet?!? Heck Yeah! And you'll LOVE how easy this is to make! It only uses two ingredients—TWO! Plantain bread is so versatile—people use it for sandwiches, stuffing, dessert, you name it! Not to mention it's packed with protein 😊

### Ingredients

- 1 large plantain
- 2 large eggs w/yolk

### Cooking Instructions

- Preheat oven to 350 degrees F
- Mix plantain and eggs in blender
- Pour mixture into a small, greased, non-stick pan. Coconut oil works better than Olive oil as far as the sticking factor goes. Do not use non-stick spray as they usually contain flour or other form of wheat or gluten.
- Bake for 30-35 minutes. Use a toothpick to test if the bread is done in the middle.

Note: For sweet-tasting bread, use ripened plantains (the blacker, the riper). For less sweetness, use yellow or even green plantains. Green plantains will yield gritty bread which can be used as a substitute for corn bread.

## Scrambled Egg Muffins

### Ingredients

- 1 tsp Salt
- 1/2 tsp Coconut Oil, Organic
- 1 cup Broccoli, *chopped*
- 1/2 Onion, *chopped*
- 1/4 whole Green Bell Peppers, *chopped*
- 1/4 whole Red Bell Pepper, *chopped*
- 1 tsp Black Pepper
- 8 Eggs

### Cooking Instructions

1. Preheat oven to 400°F.
2. Grease the muffin tin with coconut oil.
3. Rinse and chop all vegetables into 1/4-inch pieces.
4. Divide vegetables evenly between muffin tins.
5. Whisk the eggs, and then pour into the tins, dividing it evenly.
6. Sprinkle with salt and pepper, then stir the vegetable and egg mixture briefly to evenly disperse the vegetables throughout the egg.
7. Bake the egg muffins in the oven for 18–20 minutes.
8. Serve.

### Notes

For best results, thoroughly grease your muffin tin, or use silicone muffin molds. These egg muffins can be made ahead of time, and refrigerated for up to 4 days.

## Southwestern Eggwhite Omelet

### Ingredients

- 3 eggs, yolk removed
- 1/8 cup milk
- ½ cup diced bell pepper and onion
- 1 tbsp extra virgin olive oil
- Salt, pepper, shredded cheese, jalepeno slices to taste

### Directions

1. Heat oil in a small frying pan over medium heat
2. Combine egg, milk, vegetables, salt, and pepper in bowl. Mix well. Pour mixture in well-heated pan.
3. Cook until top of omelet is semi-solid then flip to the other side. Could be messy—don't worry, practice makes perfect!
4. Top with cheese and jalepeno slices. When cheese is almost completely melted, remove. Serve warm.

## Spaghetti Squash

### Ingredients

- 2 whole spaghetti squash
- 1/4 cup extra-virgin olive oil
- Gray salt and freshly ground black pepper
- 4 cups prepared (jarred) marinara sauce

### Directions

1. Preheat the oven to 450 degrees F.
2. Split the squashes in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.
3. Meanwhile heat the marinara sauce in a large saute pan.
4. When squash is cool enough to handle, using a large kitchen spoon scrape the strands of squash from the inside of the skin. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot. Serve and enjoy.

## Steak & Veggie Skewers

### Ingredients

- 3 Tbsp coconut oil (or extra virgin olive oil)
- 2 Tbsp gluten-free soy sauce
- 1 Tbsp red wine vinegar
- $\frac{3}{4}$  tsp chili spice
- 1 tsp garlic powder
- 1 tsp parsley
- 1 lb beef sirloin steak, cut into 1½ in. cubes
- 1 cup bell pepper, cut into chunks
- 1 cup zucchini, sliced
- 1 cup squash, sliced
- 1 cup red onion, wedged

### Directions

1. Mix first 5 ingredients in small bowl. Place beef in large sealable plastic bag or glass dish. Add marinade; toss to coat well.
2. Refrigerate 30 minutes or longer for extra flavor. Remove beef from marinade. Discard any remaining marinade. Thread beef alternately with vegetables onto skewers.
3. Broil or grill or over medium-high heat 8 to 10 minutes or until beef is desired doneness, turning occasionally.

## Stuffed Bell Peppers

### Description

This one's definitely a family favorite! Since peppers can be stuffed with almost anything, the possibilities here are endless! But I'll do my best to narrow them down to a few. All you'll need are some bell peppers, meat, and cheese!

### Ingredients

- 1 red bell pepper cleaned, halved, and deseeded.
- 4-6 ounces of lean meat (bacon, hamburger, pulled chicken, your choice)
- ½ cup cream cheese
- 2/3 cup shredded cheese
- Shredded lettuce, chives, salsa, and sour cream for topping

### Cooking Instructions

1. Preheat oven at 375 degrees F
2. Mix meat, cream cheese, and shredded cheese together in a bowl.
3. Spoon mixture into the bell pepper halves.
4. Place in a lightly greased non-stick pan.
5. Bake for 30-35 minutes or until cheese is golden brown.
6. Let stand for 5 minutes
7. Top with lettuce, salsa, sour cream, and chives.

Serves 1

## Sweet & Smokey Pulled Chicken

(Crockpot Recipe)

### Description

A sweet and spicy kick to an all-time favorite! Try this pulled chicken in stuffed peppers, baked pepper & cheese casserole, a plantain bread sandwich, lettuce tacos, or all by itself!

### Ingredients

- 1 pkg Boneless Chicken Breasts (I used 4 in this pic)
- 1 packet Hidden Valley Original Ranch Powder
- 1 packet McCormick Sweet & Smokey Pulled Chicken seasoning
- 1/2 stick of butter
- 1/2 cup pineapple juice
- Pepprocinis--optional (I used 7)

### Cooking Directions

- 1) Place chicken in crock pot
- 2) Sprinkle contents of both seasoning packets over chicken evenly
- 3) Add butter, pineapple juice, and peppers  
--DO NOT ADD WATER--
- 4) Cover and cook over LOW for 6-8 hours or HIGH for 3-5 hours.

About 3/4 of the way through cooking time, pull chicken apart with two forks and then recover and let cook for the remainder amount of time.

Note: For more potent flavor, remove the pineapple juice from the recipe and replace it with the other 1/2 stick of butter (total of 1 stick).

\*\*I consider this recipe Gluten-free as the only "questionable" ingredient is caramel coloring in the MM seasoning packet. While caramel coloring USED to be made with Barley malt, it is no longer being made with barley malt in the U.S.

## **Tuna Salad Breadless Sandwich**

### **Ingredients**

- 1 (6 ounce) can of tuna fish (if packed in water, drain it, and add a teaspoon of good quality olive oil)
- Green or red leaf lettuce (or other variety with large leaves—avoid Iceberg)
- 1/3 cup of cottage cheese
- 2 Tablespoons of mayonnaise (NOT Miracle Whip)
- 1/4 purple onion, chopped finely
- 1 celery stalk, chopped finely
- 1 Tablespoon of capers
- Juice of half of a lemon
- Pinch or two of dill
- 2 Tbsp minced fresh parsley
- 1 teaspoon of Dijon mustard

### **Instructions**

Mix all ingredients together. Spoon mixture into large lettuce leaves. May add slices of tomatoes!

## Unstuffed Cabbage Rolls

### Ingredients

- 1 1/2 to 2 pounds lean ground beef
- 1 tablespoon oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 small cabbage, chopped
- 2 cans (14.5 ounces each) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt

### Preparation

1. In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender.
2. Add the garlic and continue cooking for 1 minute.

## Yogurt Parfait

### Ingredients

- 2 cups plain yogurt
- 2 cups your favorite crushed or sliced nuts (almonds, pecans, walnuts, etc—check baking section)
- 2 cups fresh berries (raspberries, blueberries, strawberries (hulled and sliced), and/or other fruit such as 2 cups grapes, sliced in half

### Directions

Mix ingredients together and spoon mixture into 8-oz (1 cup) storable containers. Each container is 1 serving. Cover and refrigerate whatever isn't eaten immediately.