

TORRINGTON
"MissFits"
BOOTCAMP

2-Week Fat-Loss Jump-Start



Nutrition Blueprint

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MissFits 2-Week Fat-Loss Jump-Start Nutritional Blueprint

During the **2-Week Fat-Loss Jump-Start** you'll learn how to eat differently. This is a realistic, satisfying, and healthy way to get moving on your weight loss goal. Whether you're shedding a few extra pounds or working on a major weight-loss goal, the **2-Week Fat-Loss Jump-Start** is where you should begin.

You're not to go hungry during this phase, and severe calorie restrictions are to be avoided. By properly managing your food choices, you will reset your body's metabolism, eat healthy, and reduce hunger and cravings.

You'll follow this Jump Start for two weeks before moving to the less rigorous **Steady Weight Loss** stage. However, you may be encouraged to continue because of the results you see, and you may do so for another week or two. Also, you may return to this stage for up to two weeks at a time upon reaching a weight loss plateau.

During this stage you're permitted to eat regular portions of meat and seafood including chicken, beef, fish, and shrimp. You'll also eat plenty of vegetables, eggs, cheese, nuts, and properly dressed salads. You will eat them in three balanced meals a day. You will also eat a snack between breakfast and lunch, and then again between lunch and dinner.

What you won't eat during this stage are bread, rice, potatoes, pasta, baked goods, or fruits. Don't worry, you can begin adding those back in after the **2-Week Fat-Loss Jump-Start**. However, for now you need to stay away from them. Obviously, candy, cake, cookies, ice cream, or sugar are out of the picture for these two weeks as well.

You'll also stay "dry" for two weeks, so no alcoholic beverages. We're resetting your metabolism here, and any alcohol will place other metabolic processes "on hold." Upon completing this stage you'll be able to have some wine, and a greater variety of desserts, but for now it's a no-no.

If you're feeling overwhelmed about the foods that will be taken out of your diet during the first two weeks, remember this. Two weeks is a short investment of time towards losing unwanted weight in order to gain a lifetime of health. You are worth it!

The first two or three days might be challenging, but stick with it. When you see the results that these changes bring, you will be glad you did not give up!

The Science Behind The MissFits 2-Week Fat-Loss Jump-Start

Following this 2-Week Fat-Loss Jump-Start can lead to substantial and rapid weight loss. Losses of up to 8-13 pounds in two weeks time are common. Let's take a closer look at what's happening and how this weight loss can happen so rapidly.

Your body is fueled by what are called macronutrients. Macronutrients provide energy to your body in units called calories. All calories come from four sources, those being protein, carbohydrates, fat, and alcohol. The 2-Week Jump Start primarily uses the manipulation of carbs to stimulate rapid weight loss. This is how it happens.

Carbohydrates are mainly found in starchy foods (like grain and potatoes), fruits, milk, and yogurt. Other foods like vegetables, beans, nuts, seeds and cottage cheese contain carbohydrates, but in lesser amounts. The process of digestion converts carbohydrates into simpler sugars until glucose is absorbed into the blood stream from the small intestine. Elevated concentrations of glucose in blood then stimulate the release of insulin. The well known effect of insulin is that it lowers the concentration of glucose in the blood stream.

Blood glucose concentrations are lowered as insulin acts to either store glucose or convert it to something else. The presence of insulin allows glucose to enter muscle, fat (adipose), and other tissues. Insulin "tells" the cells of the body to not only absorb glucose, but to absorb fatty acids and amino acids as well.

Insulin also facilitates the conversion of a large portion of glucose into glycogen which is stored mostly in the liver and muscle tissue. Glycogen can also be converted back into glucose very quickly, and this is how the body stores its reserves of "fast" energy.

When glycogen is at high levels, as is usually the case for most people, glucose will be shunted into metabolic pathways that cause the glucose to be turned into lipoproteins or fatty acids and eventually into fat. When glycogen levels are reduced, not only can we avoid storing fat, but we can also begin burning our body's stores of fat as fuel. Glycogen stores can be lowered by manipulating the intake of carbohydrates using two methods.

The first method that the 2-Week Jump Start uses to manipulate carbs to achieve rapid weight loss is to slow the digestion of carbohydrates. The digestion of carbohydrates is lowered in two ways. The first way is through eating carbohydrates that are considered low on the Glycemic Index. The Glycemic Index is a ranking of carbohydrates on a scale from 0 to 100, according to the extent to which they raise blood glucose concentrations after eating. Low

Glycemic Index foods (less than 55) produce a small rise in blood glucose and subsequent insulin level. The result is a more stable blood glucose level which has the added benefit of reducing hunger and cravings. All carbohydrates on the 2-Week Jump Start Approved Food List are Low Glycemic.

The digestion of carbohydrates is also slowed by eating them with protein and healthy fats. Protein sources slow the digestive process, as does fat. Protein also has a thermogenic effect which raises your metabolism for a short period of time. Also, the high fiber sources found in the 2-Week Jump Start Approved Food List can help slow the digestive process and also help to lower water retention.

The second method that the 2-Week Jump Start uses to manipulate carbs to achieve rapid weight loss is by lowering the total amount of carbohydrates ingested. This is easily done by eliminating starchy foods and relying on wholesome Low Glycemic and high nutrient value vegetable sources. By reducing total carbohydrate intake, excess glucose will not be turned into fat, and your body will also begin to use up the glycogen it has stored in your liver and muscles.

However, here's the thing that most promoters of low carbohydrate diets don't tell you. Glycogen is bonded to water in your body. For every gram of glycogen stored, you store anywhere from 3-4 grams of water with it. So when you deplete glycogen stores you also shed the water that it is bonded to. While you may lose 5-10 pounds or more very quickly, understand that in the beginning it is mostly water weight, and that water weight can be put on as fast as you can eat the carbohydrates needed to replenish those glycogen stores.

The good news is that at lower levels of glycogen the body must begin to tap into its fat reserves for energy. The downside is that intensity of your workout is harder to maintain because you don't have as much of the fast energy glycogen. However, you will burn a greater percentage of fat during your workout. It is not certain how much more fat you'll burn, but some studies have suggested that up to 300% more fat is burned during a cardio workout that is done in a glycogen depleted state.

So remember, when you're doing the 2-Week Fat Loss Jump Start it is exactly that - a jump start. The weight can, and should, come off fairly quickly. Just keep in mind that much of the weight is water weight, initially. Follow the diet protocol exactly as it is for 2-4 weeks, attend Boot Camp no less than three times a week, and your body will be primed to be a fat-burning, muscle-building machine.

MissFits 2-Week Fat-Loss Jump-Start Food List

BEEF Lean cuts, such as:

- Eye of Round
- Ground beef:
- Extra Lean (96/4)
- Lean (92/8)
- Sirloin (90/10)
- Tenderloin
- Top Loin
- Top Round

BEEF to Avoid

- Brisket
- Liver
- Rib steaks
- Other fatty cuts

LAMB (Remove all visible fat)

- Center Cut
- Chop
- Loin

PORK

- Boiled ham
- Canadian bacon
- Loin
- Tenderloin

PORK to Avoid

- Honey-baked ham

POULTRY (SKINLESS)

- Cornish hen
- Turkey bacon (2 slices per day)
- Turkey and chicken breast

POULTRY to Avoid

- Chicken, wings and legs
- Duck
- Goose
- Poultry products, processed

SEAFOOD

- All types of fish and shellfish

TOFU

- Use soft, low-fat or lite varieties

VEAL

- Chop
- Cutlet, leg
- Top round

VEAL to Avoid

- Breast

EGGS

The use of whole eggs is not limited unless otherwise directed by your doctor. Use egg whites and egg substitute if desired.

LUNCHMEAT

- Fat-free or low-fat only

MEAT SUBSTITUTES (SOY BASED)

- Bacon - Limit to 2 slices per day
- Burger - < 3 gms fat per 2-3 oz portion
- Chicken Patties & Nuggets - < 3 gms fat per 2-3 oz portion
- Hot Dogs - < 3 gms fat per 2-3 oz portion
- Natural Peanut Butter - 2 Tbsp (may use as protein choice or limited nut choice)
- Sausage Pattie - Limit 1 patty per day
- Seitan
- Soy Crumbles
- Soy Nuts - 1/4 cup for a protein snack is suggested serving
- Tempeh
- Yuba

DAIRY (limit to 2-3 cups daily including yogurt)

- Low-fat (1 percent) or fat-free milk or soy milk
- Plain or sugar-free, low-fat, or fat-free yogurt
- Fat-free half & half

DAIRY to Avoid

- All other milk dairy products
- Ice cream
- Full fat cheeses

CHEESE (FAT-FREE OR LOW-FAT)

- American
- Cheddar
- Cottage cheese, 1-2% or fat-free
- Cream cheese substitute, dairy-free
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- String

CHEESE to Avoid

- Brie
- Edam
- Non-reduced fat

NUTS (Limit to one serving per day as specified)

- Almonds - 15 (Dry roasted recommended)
- Brazil Nuts - 4
- Cashews - 15 (Dry roasted recommended)
- Pecans - 15 (Dry roasted recommended)
- Macadamia - 8 (Dry roasted recommended)
- Peanut Butter - 1 tsp
- Peanut Butter, Natural = 2 TBS
- Peanuts, 20 small (May use dry roasted or boiled)
- Pine Nuts (Pignolia) - 1 ounce
- Pistachios - 30 (Dry roasted recommended)
- Walnuts - 15 (Dry roasted recommended)
- In place of nuts, may use: Flax Seed - 3 TBS

VEGETABLE CHOICES (includes legumes) (May use fresh, frozen, or canned without added sugar. However fresh is best)

- Artichokes
- Asparagus
- Beans, Green
- Beans, Italian
- Beans, Wax

- Beans or Legumes
- Black Beans
- Butter Beans
- Chickpeas or Garbanzo
- Pigeon Peas
- Soy Beans
- Split Peas
- Broccoli
- Bok Choy
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Eggplant
- Lettuce (All varieties)
- Juice (Limit to 6 ounces per day)
- Tomato
- V-8
- Mushrooms
- Mustard Greens
- Okra
- Onion - Limit to 1/2 per day
- Peppers (All varieties)
- Pickles - Dill or those sweetened with Splenda®
- Radishes (All varieties)
- Rhubarb
- Sauerkraut
- Snow peas
- Spinach
- Sprouts, Alfalfa
- Squash, Spaghetti
- Squash, Summer
- Yellow
- Zucchini
- Tomato - Limit to 1 whole or 10 cherry per serving

VEGETABLES to Avoid

- Beets
- Carrots
- Corn
- Peas
- Potatoes, white
- Potatoes, sweet
- Yams

FAT CHOICES (with some suggested serving sizes) The following monounsaturated oils are recommended to be consumed daily:

- Olive Oil
- Canola Oil

Other Oil Choices (Polyunsaturated or a blend of Monounsaturated):

- Corn
- Enova
- Grape seed
- Safflower
- Soybean

OTHER FAT CHOICES:

- Avocado - $\frac{1}{3}$ whole = 1 TBS oil
- Guacamole - $\frac{1}{2}$ cup = 1 TBS oil
- Margarine - Choose those that do not contain Trans Fatty Acids such as Fleishmann's Premium Olive Oil or Smart Balance
- Mayonnaise - Regular or Low Fat
- Olives (Green or Ripe) 15 = $\frac{1}{2}$ TBS
- Salad Dressing - Use those < 3 gms sugar per serving

TOPPINGS & SAUCES use sparingly (check labels for added sugar)

- Hot Sauce
- Salsa - Limit to 2 TBS during phase 1
- Soy Sauce - 1/2 TBS
- Steak Sauce - 1/2 TBS
- Worcestershire Sauce - 1 TBS
- Whipped Topping (Light) - 2 TBS

SPICES AND SEASONINGS

- All spices that contain no added sugar
- Broth
- Extracts (almond, vanilla, or others)
- Horseradish sauce
- I Can't Believe It's Not Butter! Spray
- Lemon Juice
- Lime Juice
- Pepper (black, cayenne, red, white)

SUGAR SUBSTITUTES

- Nutrasweet (Equal)
- Saccharin (Sweet & Low)
- Sucralose (Splenda)
- Stevia
- Acesulfame K
- Fructose (needs to be counted as Sweet Treats, Caloric Limit)

SWEET TREATS (Limit to 75 calories per day)

- Candies, hard, sugar-free
- Chocolate powder, no-added-sugar
- Cocoa powder, baking type
- Fudgsicles, sugar-free
- Gelatin, sugar-free
- Gum, sugar-free
- Popsicles, sugar-free
- Products may be made with sugar alcohols (isomalt, lactitol, mannitol, sorbitol or xylitol) and are permitted. They may have associated side effects of GI distress (abdominal pain, diarrhea & gas) if consumed in excessive amounts.

FRUIT

Avoid ALL fruits and fruit juices including:

- Apples
- Apricots
- Berries
- Cantaloupe
- Grapefruit
- Peaches
- Pears

STARCHES AND CARBS

Avoid ALL starchy food in this stage including:

- Bread, all types
- Cereal
- Croutons, all types
- Matzo
- Oatmeal
- Rice, all types
- Pasta, all types
- Pastry and baked goods, all types

MISCELLANEOUS

- No alcohol of any kind, including beer and wine
- No regular ketchup or cocktail sauce
- No pork rinds - too high in saturated fat
- No jerky - too high in sugar content
- Limit Caffeine-Containing Beverages to 1-2 servings per day

MissFits 2-Week Fat-Loss Jump-Start Made Simple

Eat immediately upon waking and then every 2-4 hours for a total of 5 meals per day EXACTLY as outlined below:

Meal #	Meal Time Example	Menu
1	6 am	Drink 2-4 cups of cold water Take PROGRADE EFA Icon and VGF+25 Multi-Vitamin as directed on bottle Choose your Fat Loss Jump Start <u>Meal</u> of choice
2	9 am	Drink at least 1-2 cups of cold water Choose your Fat Loss Jump Start <u>Snack</u> of choice
3	NOON	Drink at least 1-2 cups of cold water Choose your Fat Loss Jump Start <u>Meal</u> of choice
4	3 pm	Drink at least 1-2 cups of cold water Choose your Fat Loss Jump Start <u>Snack</u> of choice
5	6 pm	Drink at least 1-2 cups of cold water Choose your Fat Loss Jump Start <u>Meal</u> of choice
6	OPTIONAL IF NEEDED	Drink at least 1-2 cups of cold water Choose your Fat Loss Jump Start <u>Dessert</u> of choice
<p><u>Say "NO" To:</u> Anything NOT on the Approved Foods List including alcohol, starches, refined sugars, packaged goods, and liquid calories</p>		

MissFits Fat Loss Jump Start Meals

<u>Options</u>	<u>Servings</u>
1	3 Omega-3 Eggs UNLIMITED Greens (at least 2 cups = 2 clenched fists)
2	3-4 oz Extra Lean Meat, Fish, <u>OR</u> Seafood (size of 1 clenched fist) 1.5 Tsp. Extra Virgin Olive Oil <u>OR</u> 1/8 cup mixed nuts <u>OR</u> 1 oz. low-fat cheese <u>OR</u> 1.5-2 oz. Avocado UNLIMITED Greens (at least 2 cups = 2 clenched fists)
3	3-4 oz Extra Lean Beef <u>OR</u> Salmon (size of 1 clenched fist) UNLIMITED Greens (at least 2 cups = 2 clenched fists)
4	Any MEAL from the MissFits Fat Loss Jump Start Recipe Guide

UNLIMITED GREENS =

Green beans, broccoli, asparagus, spinach, romaine, brussels sprouts, any dark green leaf lettuce, cauliflower, and **unlimited veggies besides** corn, peas, carrots, potatoes, and beets!

MissFits Fat Loss Jump Start Snacks

<u>Options</u>	<u>Item and Serving Size</u>
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) or 2-4 Tbsp. all natural nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)
4	1-2 Servings PROGRADE LEAN
5	Any SNACK from the MissFits Fat Loss Jump Start Recipe Guide

MissFits Fat Loss Jump Start Desserts

<u>Options</u>	<u>Item and Serving Size</u>
1	Basic ricotta crème desserts using flavorings and extracts Mix 1/2 cup part-skim ricotta cheese with any flavoring you like (many are available) usually 1/4 to 1/2 teaspoon and 2 or 3 packets sugar substitute. Chill and top with nuts, if desired.
2	1 PROGRADE CRAVER
3	Any DESSERT from the MissFits Fat Loss Jump Start Recipe Guide

MissFits Fat Loss Jump Start - Meal Plan Sample 1

Breakfast

6 oz tomato juice

Scrambled eggs with fresh herbs and mushrooms

2 slices Canadian bacon

Decaffeinated coffee or decaffeinated tea with nonfat milk and sugar substitute

Midmorning snack

1 part-skim mozzarella cheese stick

Lunch

Chicken Caesar salad (no croutons)

2 Tbsp prepared Caesar dressing

Mid-afternoon snack

1/2 cup low-fat cottage cheese with 1/2 cup chopped tomatoes and cucumbers

Dinner

Mahi mahi

Oven-roasted vegetables

Arugula salad

2 Tbsp balsamic vinaigrette or low-sugar prepared dressing

Dessert

Lemon zest ricotta crème

MissFits Fat Loss Jump Start - Meal Plan Sample 2

Breakfast

6 oz vegetable juice cocktail

Portobello breakfast stack (top a Portobello mushroom with a slice of tomato and broil 3 minutes; top mushroom with scrambled eggs and chopped chives)

Coffee or tea with 1% or fat-free milk and sugar substitute

Midmorning Snack

Celery sticks stuffed with 1 wedge French onion and garlic reduced-fat spreadable cheese

Lunch

Light water-packed tuna with tomato and onion slices on a bed of greens with 2 tablespoons low-sugar prepared dressing.

Midafternoon Snack

1/2 cup shelled edamame with sea salt

Dinner

Roasted rotisserie chicken breast, without the skin (buy supermarket rotisserie chicken breast)

Mixed green salad with 2 tablespoons low-sugar prepared dressing of your choice

Roasted artichoke hearts (toss thawed frozen artichoke hearts with a little olive oil and freshly ground black pepper and bake at 350 degrees until crisped)

Dessert

Peanut Butter Delight

In a blender, process 1/2 cup part-skim ricotta, 1 tablespoon natural peanut butter, 1/2 teaspoon vanilla extract, and 1 packet sugar substitute until smooth; chill and serve.

MissFits Fat Loss Jump Start - Meal Plan Sample 3

Breakfast

Smoked Salmon Frittata

Vegetable Juice Cocktail

Decaf Coffee or Tea with Nonfat Milk and Sugar Substitute

Midmorning Snack

Celery with Laughing Cow Light Cheese

Lunch

Crab Cobb Salad

Sugar-Free Gelatin

Midafternoon Snack

Part-Skim Mozzarella Cheese and Tomatoes

Dinner

Marinated London Broil

Spinach-Stuffed Mushrooms

Surprise Mashed Potatoes

Tossed Salad with Olive Oil and Vinegar Dressing

Dessert

Lime Zest Ricotta Crème

MissFits Fat-Loss Jump-Start —> Grocery List

Produce Section- Fruits and Vegetables

- Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- Mixed Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)
- Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood

4-5 lbs* total of a healthy mix of the following:

- Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- Extra Lean Deli Cuts (unsweetened, low in salt)
- Extra Lean Skinless, Boneless Chicken Breasts
- Extra Lean Turkey or Extra Lean Ground Turkey
- Extra Lean Pork
- Fish: Salmon, Tuna, Tilapia, etc.
- Seafood: Shrimp, Mussels, Squid, Scallops, etc.

*assuming 9-12 oz. consumed per day

Dairy Section

- 2-4 Cartons of eggs (preferably omega-3 eggs like Eggland's Best Brand)
- Part-skim string cheese, part-skim mozzarella cheese, or low-fat/fat-free cheeses of choice

Miscellaneous

- 100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)
- Non-Fat cooking spray (extra virgin olive oil spray) and calorie free spray butter
- Extra Virgin Olive Oil
- Salad Dressings: Maple Grove Fat Free Balsamic Vinaigrette or Walden Farms calorie free dressings.
- Vinegars: apple cider or red wine (great for salads)
- 1 package of organic ground flax meal (contains added fiber/omega 3's to toss in meal replacement shakes)
- Low Calorie/Carb Condiments: Mustard, No Sugar-Added Tomato Sauce, etc.



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MissFits 2-Week Fat-Loss Jump-Start Recipes

Smoked Salmon Frittata

2 Servings

Description

Tired of the basic egg? Want to liven up your morning meal? Try this delicious dish that is full of fun vegetables and yummy smoked salmon!

Ingredients

8 stalks fresh asparagus
1 tablespoon extra-virgin olive oil
1/2 Bermuda onion
1/4 cup dry-packed sun-dried tomatoes
2 ounces smoked salmon
1/2 cup liquid egg substitute
1/4 cup water
3 tablespoons nonfat dry milk
1/4 teaspoon chopped fresh marjoram
Pinch freshly ground black pepper
Fat-free sour cream (optional)
Chives (optional)

To soften the sun dried tomatoes, place them in a bowl and cover them with hot water. Let them stand for 30 minutes.

Boil 1" of water in a large skillet. Add the asparagus and cook, uncovered, until tender-crisp. Coat an ovenproof 8" skillet with cooking spray and place over medium-low heat until hot. Add the olive oil and sauté the onion until soft. Add the asparagus and sun-dried tomatoes. Add the smoked salmon and remove from the heat.

Preheat the broiler. Combine the egg substitute, water, dry milk, marjoram, and pepper. Pour over the salmon mixture. Cover and cook over medium-low heat for 7 minutes or until the bottom is set and the top is slightly wet. Place the skillet under the broiler 4"–6" from the heat source until the top of the frittata is puffed and set, 2–3 minutes. Top with fat-free sour cream, marjoram, and chives, if desired. Slice into wedges and serve immediately.

Try substituting 1 cup of broccoli florets for the asparagus and 2 ounces of ham for the salmon.

Nutritional Information Per Serving:

241 calories
11 total fat (2 g sat)
5 mg cholesterol
18 g carbohydrate
19 g protein
4 g fiber
730 mg sodium

Surprise Mashed Potatoes

2 Servings

Description

Our Surprise Mashed "Potatoes" are made from pureed cauliflower, so they taste like the real thing (as the name implies). Below is the original recipe, but feel free to get creative. Like potatoes, cauliflower is great for taking on flavors, so try vamping up this Jump Start staple and create a sensational holiday side dish with the addition of roasted garlic, horseradish, or a touch of chipotle peppers.

Ingredients

2 cups cauliflower florets

1/2 ounce butter-flavored spray

1/2 ounce fat-free half & half

Pinch salt

Pinch freshly ground black pepper

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

Nutritional Information Per Serving:

81 calories

6 total fat (2 g sat)

4 mg cholesterol

5 g carbohydrate

2 g protein

3 g fiber

82 mg sodium

Spinach-Stuffed Mushrooms

Serves 2

Ingredients

1/2 package (2.5 ounces) frozen chopped spinach

pinch of salt

2 large mushrooms

1 tablespoon extra-virgin olive oil

Instructions

In a medium saucepan, bring 1/4 cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends, then chop the stems.

Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to the skillet and sauté for 4–5 minutes. Remove the mushroom caps to a heatproof serving platter.

Drain the spinach. Stir in the sautéed chopped mushrooms.

Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm. Any leftover spinach can be enjoyed as a side dish.

Nutritional Information Per Serving:

33 calories

2 total fat (0 g sat)

0 mg cholesterol

3 g carbohydrate

2 g protein

2 g fiber

74 mg sodium

Chopped Salad With Tuna

Serves 1

Salad

1 tin tuna chunks in brine (185 g), drained and flaked
75g chopped cucumber
75 g chopped tomato
75 g chopped avocado
75 g chopped radishes
1 handful chopped romaine lettuce

Salad Dressing

4 teaspoon extra virgin olive oil
2 tablespoon fresh lime juice
2 cloves garlic, finely chopped
1/2 teaspoon crushed black pepper

To make the salad: Layer the tuna, cucumber, tomato, avocado, celery, radishes, and lettuce in a decorative glass bowl.

To make the dressing: Mix the olive oil, lime juice, garlic and pepper. Drizzle over the salad.

Nutritional Information Per Serving:

506 calories
48 g protein
18 g carbohydrates
28 g fat
4 g saturated fat
640 mg sodium
50 mg cholesterol
6 g fiber

Grilled Mahi Mahi

Serves 4

Ingredients

450 g Mahi mahi or swordfish, fresh or frozen

2 teaspoons olive oil

2 teaspoon lemon juice

1/4 teaspoon salt

2 cloves garlic, minced

Capers (optional)

Cut the fish into 4 serving size portions. Brush both sides of the fish with the olive oil and lemon juice. Sprinkle with salt and pepper, then rub the garlic on fish.

To grill, arrange the fish on a grill rack and grill over medium hot heat for 6 minutes per 1 cm (1/2 inch) Thickness, or until fish flakes easily when tested with a fork. If the fish is more than 2.5 cm (1 inch) thick, gently turn it half way to grilling.

To serve top the fish with capers, if using.

Nutritional Information Per Serving:

120 calories

21 g protein

1 g carbohydrates

3 g fat

1 g saturated fat

245 mg sodium

83mg cholesterol

0 g fiber

Oven Roasted Vegetables

Serves 4

1 medium courgette, cut into bite size pieces
1 medium summer squash, cut into bite size pieces
1 medium red pepper, cut into bite-size pieces
450 g yellow asparagus, cut into bite- size pieces
1 red onion
3 tablespoon extra-virgin oil
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Heat the oven to 230 deg C/450 deg F/ Gas 8. Place the courgette, squash, peppers, asparagus, and onion in a large roasting pan and toss with the olive oil, salt & pepper to mix and coat. Spread in a single layer. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

Nutritional Information Per Serving:

170 calories
5 g protein
15 g carbohydrates
11 g fat
2 g saturated fat
586 mg sodium
0 mg cholesterol
5 g fiber

Turkey Roll-Ups

Serves 2

4 slices turkey breast
4 medium round lettuce
Coriander mayonnaise (see below)
4 spring onions
4 red pepper strips

Place 1 slice of turkey on each lettuce leaf spread with Coriander Mayonnaise. Add 1 spring onion and 1 pepper strip. Fold into tight cigar- like rolls.

Nutritional Information Per Serving:

54 calories
10g protein
2 g carbohydrate
1 g fat
0 g saturated fat
604 mg sodium
17 mg cholesterol
1g fiber

Coriander Mayonnaise

Serves 10

175 g reduced fat mayonnaise
20 g loosely packed coriander leaves
1 tablespoon fresh lime juice
1 teaspoon light soy sauce
1 small clove garlic

Place the mayonnaise, coriander, lime juice, soy sauce and garlic in a blender or food processor and blend until smooth.

Nutritional Information Per Serving:

36 calories
0 g protein
3 g carbohydrates
3 g fat
1 g saturated fat
104 mg sodium
4 mg cholesterol
0 mg fiber

Basic Ricotta Crème Desserts Using Flavorings And Extracts

Mix 1/2 cup part-skim ricotta cheese with any flavoring you like (many are available) usually 1/4 to 1/2 teaspoon and 2 or 3 packets sugar substitute. Chill and top with nuts, if desired.