

Amy's Body Sculpting Recipes

Taste How Fit Feels





Eat Your Way to the Body You Deserve!

Amy's Body Sculpting Recipes

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If you're reading this book, then you know I'm a big supporter of the TLS Weight Loss system. The one system out there that teaches you how to adopt a new lifestyle, discover new healthy foods, exercise smarter not harder and build the healthy, sexy body you deserve. In my 20 years of fitness, sports, personal training and 4 years of figure competing experience, I know beyond a shadow of a doubt that having a strong, vibrant, energetic, lean body comes through great nutrition. Exercise is important, too, but without proper nutrition your efforts in the gym or miles on the treadmill will offer you little results.

If you've been around gyms long enough, you may have even noticed those certain women and men who've been coming in for a year or more, walk on the treadmill, hit a group fitness or dance class then leave and do the same routine every day only to see their overweight bodies stay exactly the same. Oh come on... you know what I'm talking about! This may even be you! The good news is, it's not your fault and I have an answer if you're looking for a change in your health and fitness level. A lot of times I've encountered the very folks I've mentioned here to find out that they've been misled by some outside voice (like commercials) that what they're eating is healthy or that if they just sweat enough in their class, the food they eat won't matter. This couldn't be farther from the truth!

One of the biggest pleasures in life is food (which is why we have an obesity epidemic). But I've discovered over the last few years that you don't have to go to culinary school to be a chef in your own kitchen. And you don't have to be a world class athlete to have an athletic body. There's a chef and an athlete that lives in all of us and I'm here to help you discover that! In my career, my clients that have followed this program have the most amazing transformations. And there are countless transformations! The biggest difference between those who succeed at seeing the body they desire and those who don't is those who follow the system and those who don't. Plug into the TLS system, read, educate and apply your newfound knowledge. It can't fail you because knowledge is power and application is POWERFUL!

Cooking doesn't have to be elaborate or take hours for one meal. Just keep it simple and use as many fresh ingredients whenever possible. Sticking to fresh ingredients will lengthen your life span and increase the quality of your life, believe it or not. Remember, when you consume products that have a long shelf life you'll have a shorter life. Sticking to the meal plan I've created and recipes in this book are simple enough for anyone to follow. It's not about counting calories, macros or points. It's about keeping your blood sugar stable by coupling the right foods together in a meal to preserve lean muscle mass while shedding the unwanted fat.

I realize there are tons of diets out there and if you're looking to lose weight, you could do so on any diet. My purpose is to get you to look at foods and meals as a way of life and not a calorie restrictive diet. The idea is to get your metabolism revved up and it's simple when you think about eating 5 to 6 small meals each day that contain fiber and protein. Whether you are a meat-eater, vegetarian or vegan, protein is essential for maintaining muscle mass which is the key to having a fired up metabolism. So here you will find that every meal contains fiber and protein, because FIBER AND PROTEIN at every meal, **MAKE BURNING FAT NO BIG DEAL!**

My hopes for you are that you will learn to love how healthy feels more than fat and sugar tastes! It's also important to remember that adopting new healthy habits is a continual process. It's not something that happens overnight. It's all about you being better than you were, not about being perfect!

Now, you'll notice that some of the recipes contain a few grains like rice or quinoa or a gluten-free wrap and some recipes contain no grains at all. The Grain-Free recipes are for those of you who want to kick it up a notch with faster results! These are called **RAPID RESULTS recipes**. You may also notice that fat is used in a lot of the recipes. Contrary to what you may have been told, fat is NOT what makes us fat. It's actually a very important staple in a healthy person's diet. Things like avocado, olive oil, sesame oil, coconut oil, nuts & seeds provide the good fats your body thrives on.

I won't go into detail here on why these recipes contain no gluten or the science behind grain-free diets so if you want more explanation and science on this, please refer to the book **WHEAT BELLY and/or GRAIN BRAIN**. These are two of my favorites on this subject and believe me... what the authors say is the TRUTH!

From a personal training and competing athlete perspective, I know that in order to keep weight on, athletes eat grains like rice, oats, certain breads, etc. Like I said, TO KEEP WEIGHT ON! This means that if you are trying to lose weight but continue keeping a diet full of grains like I mentioned or even worse with highly processed foods, your efforts WILL be sabotaged.

For the most part, these recipes are also corn and soy free. The first reason is because corn and soy are two of the most genetically modified crops in the world and I'm an advocate for consuming organically grown crops, the way God intended us to eat. Consuming genetically engineered foods, in my opinion, offer no health benefits and only health risks that we may be completely unaware of.

The second reason for no corn is because, although thought of as a vegetable, it is actually a grain. Corn is fed to livestock to "fatten" them up. So what do you think it will do to us humans if we eat it? Yup, you guessed it... it'll fatten us up, too!

If you enjoy grilled corn on the cob or popcorn, please enjoy responsibly on occasion and get the Non-GMO corn!

Before beginning a new program or trying anything new for that matter, your mind set is where it starts. A good trainer friend of mine, Coach Patrick, always says "If your mind is right, your body will follow." This is true on so many levels through out life. I say if you can first believe "it" to be true, then you can achieve whatever "it" is. Whatever "it" is, is completely up to you. I can remember hearing adults say when I was a young girl, "You can do anything you set your mind to." I really didn't understand the meaning of this until I got older and found myself in situations where the only way for me to get through a tough time, mentally or physically, was to put my mind in the right place.

If you go through the motions of doing the exercises I've given you and eat the meals in the cookbook without having your mind set on a specific attainable goal you may get some results, but no where NEAR what you're capable of. Visualize what you want to see in the mirror when you look at your naked body. How will you feel when you are slimmer and more toned? What will being more fit and trim do for you in your life? Will you be more confident at your job? Probably so. Will you be able to wear sexier clothes? Yup. Will you feel younger and have more energy? Most Definitely! How big is your "why"? When you know the answer to that, nothing will stop you from the success you deserve. Remember that the bigger your "WHY" the harder you "TRY"! I learned that years ago from my good friend Coach Carin!

My question to you is, "Why are you doing this?" Maybe you're thinking, "Well, I've tried everything else, what's one more thing gonna hurt." But I explore for you to get to the bigger reason WHY you are doing this and what it will do to enhance your life.

Lastly, I'd like to say congratulations for taking a step towards loving yourself more. You are giving yourself a gift you absolutely deserve when you honor your body with good health. I believe you've increased your chances at everything you want out of life by being grateful for the body you have and serving it with healthy choices every day. Your healthy practices will serve you well and I THANK YOU for choosing my program so serve you!

Here's to becoming the very best version of YOU!

Oh, one last thing... Don't forget to take a picture of yourself before you start. You'll be amazed once you look back it a month from now! Happy training!

Your Friend In Fitness,

Coach Amy

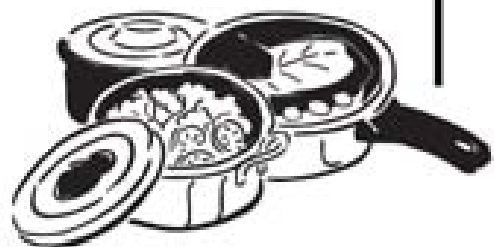
Contributors

Amy Martin

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BREAKFAST



SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year, spices tend to lose flavor so more may be needed for seasonings. Overheating can cause spices to turn bitter. During lengthy cooking, add spices during the last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

ALLSPICE:	<i>Flavor a blend of cinnamon, cloves and nutmeg.</i> Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves.
BASIL:	<i>Pungent, sweet aroma.</i> Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, sauces.
BAY LEAF:	<i>Strong flavor.</i> Stews, soups, vegetables, pickles, gravies, sauces, marinades.
CAYENNE:	<i>Red pepper, very hot.</i> Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.
CHILI POWDER:	<i>Hot, peppery blend of herbs and spices.</i> Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.
CINNAMON:	<i>Sweet, spicy aroma.</i> Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.
CLOVES:	<i>Strong, spicy-sweet aroma.</i> Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.
CUMIN:	<i>Strong, slightly bitter, lemon flavor.</i> Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.
CURRY:	<i>A blend of many spices; warm and sharp to hot and spicy.</i> Meat, seafood, egg and cheese dishes, soups, sauces, seafood, salads, dips.
DILL SEED:	<i>Mild, slight caraway-like flavor.</i> Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.
GINGER:	<i>Pleasant odor, pungent taste.</i> Oriental dishes, meats, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, desserts.
MARJORAM:	<i>Spicy, sweet aroma.</i> Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies.
MUSTARD:	<i>Pungent taste.</i> Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.
NUTMEG:	<i>Warm, sweet, spicy flavor.</i> Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.
OREGANO:	<i>Strong and aromatic.</i> Italian dishes, pizza and pasta, broiled and roasted meats, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.
PAPRIKA:	<i>Varies from mild, slightly sweet to hot; adds colour to many dishes.</i> Meats, poultry, salad dressings, dips, vegetables, soups and salads.
PARSLEY:	<i>Mild flavor.</i> Brings out the flavor of most non-sweet foods.
ROSEMARY:	<i>Sweet, spicy, pine-like fragrance.</i> Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.
SAGE:	<i>Strong, slightly bitter.</i> Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.



Banana Pancakes & Berries

Amy Martin

2 cups Organic Guten Free Rolled oats (DO NOT USE INSTANT OATMEAL)
2 whole organic eggs & 6 egg whites (if batter appears to be very thick, add 1-2 more egg whites)
2 cups Organic Fat Free Plain Greek yogurt
1-2 medium ripe bananas
½ cup fresh blueberries

1. In blender combine oatmeal, eggs and yogurt. Blend until smooth. For added flavor, blend in 1-2 medium bananas
2. Heat up a non-stick skillet to medium/medium-high
3. Use a soup ladle to scoop up pancake batter and pour into skillet. Cook on both sides until golden brown (time will vary based on size of pancake)
4. Serve pancakes with ½ cup of fresh fruit of your choice

Personal Notes: Also try organic peanut butter to spread on top of pancake!

BREAKFAST



Banana Workout Waffles

Amy Martin

¼ cup unsweetened original almond milk
¼ cup oat flour
1 medium ripe banana, mashed
1 organic egg
½ tsp. baking powder
1 packet vanilla TLS Whey Protein Shake or 1 serving Vanilla flavored egg protein powder

Combine all ingredients using a blender or food processor. Thickly coat waffle iron with cooking spray. Pour mixture and cook for 5-6 minutes. Serve with sliced banana and raw honey.

Personal Notes:

Amy Martin - Recipe inspired by TLS

"If you are not willing to risk the unusual, you will have to settle for the ordinary."
--Jim Rohn



Berry Good Breakfast

Amy Martin

1 serving Vanilla TLS Whey Protein Shake or vanilla flavored vegan protein mix of your choice
½ cup frozen organic strawberries
½ cup frozen organic blueberries
1/2 tbsp organic extra virgin coconut oil
1 cup original unsweetened almond milk

Add all ingredients to blender and blend for 30 sec to one minute. add water as you see needed for your likeness. Enjoy!

Personal Notes: No time? No problem! Keeping protein mix on hand at all times makes it easy to get your nutrition in when you're out of time.

BREAKFAST



Breakfast Burrito

Amy Martin

1 sprouted grain or Ezekial tortilla
2 organic eggs scrambled
medium to hot salsa to taste
1 teaspoon olive oil
1 T. finely chopped green onions
1/2 small green pepper finely chopped
2 slices avocado
2 T. finely chopped cilantro
1/4 teaspoon salt
pepper to taste

Slice the avocado and set salsa aside.

Heat the oil in a frying pan over medium to medium high heat and Sauté the onions and green pepper in the oil for about 5 minutes.

While the onions are cooking, beat the eggs with the salt and pepper.

Add the eggs to the pan and stir with a wooden spoon until the eggs are cooked through.

Warm the tortillas between 2 moist paper towels in microwave for about 10 seconds.

Then spoon the egg mixture onto the tortilla, top with salsa, avocado and cilantro. Spread it out, leaving room at the ends, roll it up and enjoy!



Egg Muffins

Amy Martin

4 Whole Eggs
2 Cups Egg Whites, whisked together
1 c. chopped Spinach
1/2 c. Asparagus Tips
1/2 c. Mushrooms
Salsa

Grease muffin tins with non-stick coconut spray. Fill muffin tins halfway with chopped spinach asparagus tips, mushrooms and salsa. Pour egg mixture in each tin to almost full. Bake at 350 for

BREAKFAST

25 minutes.

Personal Notes: These are perfect for prepping a few days ahead. Just put 3 muffins in separate sandwich bags or containers in the fridge and you've got breakfast for 4 mornings straight!

"We must risk going too far to discover just how far we can go."
--Jim Rohn



Energizer Smoothie

Amy Martin

1 packet Vanilla TLS whey protein or vanilla egg protein powder
1 tsp. almond extract
1 tbsp. instant organic coffee
1 C. organic spinach leaves
1/4 C. raw cashews
1 cup unsweetened original almond milk

Blend all together in blender. Ninja, Nutribullet or Vitamix work best to make a creamier texture!
Add water to your likeness of consistency.

"Do the right thing. Do it right. Do it right now."
--Unknown

BREAKFAST



Lean Green Smoothie

Amy Martin

1/2 C. Organic Plain Fat Free Yogurt
1 C. Spinach
1 C. Kale
1/2 C. fresh or frozen pineapple chunks
1/2 avocado
1 cup filtered water
3 or 4 ice cubes

Blend all together and add water to your consistency likeness.

Personal Notes: Drink and enjoy!

"In the middle of difficulty lies opportunity."
--Albert Einstein



Peaches N Cream Smoothie

Amy Martin

Blend together:

- 1 cup frozen peaches**
- ½ cup fat free Organic plain Greek Yogurt**
- ½ cup coconut milk**
- ½ cup unsweetened almond milk**
- ½ tbsp coconut oil**
- 1 tsp. Vanilla extract**
- Dash of nutmeg (sprinkled on top)**

Follow ingredients and blend. Super Simple!

BREAKFAST



Portobello Mushroom Breakfast

Amy Martin

1 Large Portobello Mushroom
1 Whole organic Egg
2 or 3 Egg Whites
4 to 6 organic Spinach leaves
1 tbsp. Organic Cheddar Cheese
Pico De Gallo or salsa

Pull the steam off the mushroom to make room for all the stuff! In a separate pan coated with coconut oil put the Portobello Mushroom in first (upside down so it looks like a bowl), then lay a few baby spinach leaves (cut up or pulled apart to make smaller) inside, scramble the eggs in a separate pan, then 1 tbsp organic cheddar cheese, then pico de gallo. Put lid on and let steam for about 4 minutes. Then top with about 1/4 of an avocado.

Personal Notes: This is so delicious so take your time and enjoy this one with a steak knife and fork. It's easy to make 3 or 4 at a time if more family members want one, too!

Power Pancakes

Amy Martin

2 eggs
1 packet TLS vanilla whey powder
3 oz. applesauce, unsweetened
1 cup spinach, finely chopped
Dash of cinnamon and nutmeg

In a bowl mix eggs, TLS Nutrition Shake, applesauce, spinach, cinnamon and nutmeg.

Cook in a nonstick skillet until golden brown.

Personal Notes: A TLS Recipe

"I am always doing things I can't do, that's how I get to do them."

--Picasso

BREAKFAST



Protein Breakfast Bars

Amy Martin

½ cup unsweetened applesauce
⅓ cup almond flour
¼ cup oat flour
¼ cup organic stevia (powder)
1 tsp. vanilla extract
1 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. baking soda
⅛ tsp. salt
1 packet Vanilla TLS Whey Protein

Frosting (optional):
1 cup low-fat Greek yogurt (plain)
1 tbsp. stevia powder
½ tsp. vanilla extract

Preheat oven to 350°F. Coat 8×8 baking pan with cooking spray. Combine dry ingredients and wet ingredients separately, then combine dry ingredients with wet ingredients and mix thoroughly. Bake for 10-12 minutes until set. Cool and frost before serving.



Scrambled Egg Frittata

Amy Martin

1 Whole Egg
3 or 4 Egg Whites
1/2 Bell Pepper diced
1/4 Red Onion diced
1 c. fresh organic Spinach chopped
1/2 c. grape tomatoes sliced in half
Crushed Red Pepper
Garlic Powder
Sea Salt

1tbsp Organic Cheddar Cheese (optional)

Chop all vegetables & sautee' in 1/2 tbsp coconut oil with sea salt and pepper to taste.

& mix in with scrambled eggs. Top with your favorite salsa and enjoy!

Personal Notes: This recipe is for when the real frittata goes wrong!

I personally like my spinach uncooked, So you can try putting the spinach in AFTER everything else is mixed in.

Cheese is one of those things that I have occasionally so I'll leave that up to you to have the extra calories!

BREAKFAST



TLS Coffee Mocha Shake

Amy Martin

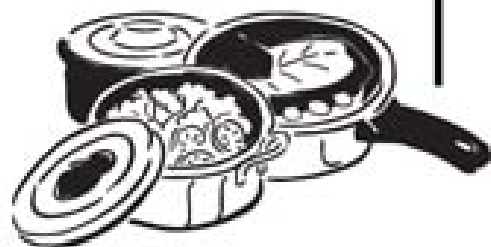
1 packet Chocolate TLS Whey Protein Powder
1 cup unsweetened almond milk
1 tsp. instant coffee
1 tsp. cocoa
1 tsp. vanilla extract

Blend together and enjoy!

Personal Notes: Inspired by TLS

"When you know what you want, and you want it badly enough, you'll find
away to get it"
--Jim Rohn

LUNCH



MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts to the centre.
 - Turn food over when microwaving small items like hamburgers or chops, or when defrosting.
 - Rearrange foods or individual items during cooking to promote even heating.
 - Allow standing time to complete the cooking of roasts and baked products.
 - Shield wings or legs of poultry with small pieces of aluminum foil to prevent over-cooking of these parts.
 - Cover foods to hold in moisture and speed cooking.
 - Arrange foods in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the centre and thicker pieces toward the outside.
 - Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
 - Select foods or pieces of the same size and shape because small items cook faster than large ones.
 - Food at refrigerator temperature takes longer to cook than food at room temperature.
 - Dense foods take more time to heat than light or porous foods.
-
-



Asian Cucumber Sesame Salad

Amy Martin

Ingredients for Salad:

- 2 large seedless cucumbers**
- 2 large carrots**
- 1 sweet pepper, chopped**
- 1 teaspoon kosher salt**
- 1 tablespoon sesame seeds, white or black**
- 1 green onion, sliced**
- 2 tablespoon cilantro, chopped**

Ingredients for Dressing:

- 2 tbsp rice vinegar**
- 1 tbsp freshly squeezed lime juice**
- 1 tbsp Braggs Amino Acids**
- 1 tbsp maple tor raw honey**
- 1 tbsp grated ginger**
- 1 tbsp sesame oil**
- A pinch red pepper flakes, or to taste**
- A tad more salt to taste if needed**

LUNCH

Salad:

Trim the ends of the cucumber and spiralize the cucumbers or use a julienne peeler. Place the sliced cucumbers in a colander and toss them with the 1 teaspoon of salt. Let the cucumbers sit in the colander in the sink for at least 15 minutes.

While the cucumber is draining, spiralize or peel the carrots and chop the sweet peppers. Prepare dressing by mixing ingredients and set aside.

Once the cucumber has drained for 15 minutes, spread them out on a layer of paper towels and gently pat out as much moisture as you can.

Place the cucumber noodles, carrots, and pepper in mixing bowl large enough to hold the salad.

Add 2-3 tablespoons of the dressing and toss to combine, coating the salad. Top with the sliced green onion, sesame seeds, and cilantro.

Serve immediately with a side your favorite left over chicken or fish.

Personal Notes: A TLS Inspired Recipe

"The future belongs to those who believe in the beauty of their dreams."
--Eleanor Roosevelt



Cajun Fish

Amy Martin

4-6 oz trout fillet(s)
1 tsp Cajun spice
1 tbsp paprika
1 small wedge of lemon
10 asparagus stems
1 Roma tomato sliced

Squeeze juice of lemon on fish and asparagus. Season asparagus with Sea salt and pepper.

Dust fish with mixture of Cajun spice and paprika.

You may also use Franks Red Hot Sauce or your choice of chipotle seasoning.

Lay fillet(s) on aluminum foiled pan with asparagus stems.

Bake 8 to 10 min. until spices are browned and fish is firm and flakes.

Garnish with lemon wedge.

Serve with side of sliced roma tomato

LUNCH



Cauliflower Salad

Amy Martin

- 1 large cauliflower, leaves removed
- 1 pint (1.5 cups) grape or cherry tomatoes, sliced
- 1 c. fresh parsley, minced
- 1 c. finely chopped celery
- 3/4 c. cilantro, minced
- 2-4 green onions, thinly sliced (about 1/2 cup or more)
- 2 tablespoons hulled hemp seeds

DRESSING:

2 tbsp. red wine vinegar, 1 tbsp. flax seed oil or grape seed oil, pinch of sea salt

1. Using a food processor, use the grater blade attachment. Drop cauliflower florets into the machine to grate.
2. Stir the rest of the vegetables (tomatoes, parsley, celery, cilantro, and green onion) into the bowl.
3. Whisk together the dressing (red wine vinegar, flax seed oil, and a touch of salt) in a small glass or jar. Pour onto salad and toss to combine, adjusting salt to taste if desired. You can serve it immediately or place it in the fridge for a few hours so the flavors can develop a bit more. Just before serving, sprinkle with hemp seeds for added protein.

Salad will keep in a container for a couple days (possibly longer)

in the fridge.

IMPORTANT: To make this meal complete with protein, be sure to serve with a side of 4oz lean fish or or chicken.

Personal Notes: This is a lot like Tabbouleh but with out grain making it Rapid Results approved!

"Some dream of doing great things, while others stay awake and get on with it."
--Unknown

LUNCH



*"We all need lots of powerful long range goals to help us past the short term obstacles."
--Jim Rohn*

Chicken & Asparagus Casserole

Amy Martin

1 bundle asparagus
1 lb. diced, boiled or sauteed chicken breast
1/2 c. low fat grated mozzarella cheese (organic when possible)
8 Tbsp. Organic Fat Free plain Greek yogurt
1 tbsp. lemon juice
1 tbsp. spicy mustard
1 c. sliced portobello mushrooms (optional)
Black pepper to taste
1/4 c. chopped red onions
¼ cup grated parmesan cheese

Preheat oven to 375°F.

Cut asparagus into 1/2 inch tips then Stir together yogurt, lemon juice, Dijon mustard, black pepper, onions and Swiss cheese & mushrooms. Then add chicken and asparagus to mixture, mix well. Spread entire mixture evenly in casserole dish. Sprinkle parmesan cheese over full casserole. Bake uncovered for 25 minutes or until cheese is melted and slightly browned on top. Serve with a side of spinach salad.

Personal Notes: The hubby says this one is restaurant quality. In other words, he LOVES it!

"If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us."

--Jim Rohn

LUNCH



Chicken Salad

Amy Martin

1 lb Chicken Breast

1 Apple

1/2 Cup Walnuts

Yogurt (to likeness)

1/2 Pack of French Onion Seasoning (use organic seasoning packets when and if available)

Boil Chicken Breast, chop it up, add walnuts, apple, organic french onion dip seasoning, and organic fat free Greek yogurt. Add a touch of Chipotle Spice, if desired.

Personal Notes: The great thing about making this salad is ability to change the flavor to whatever you like. I've used organic ranch seasoning, chipotle seasoning, added jalepeno salt and number of other things. Experiment with this one to get it the way you like it!



Chicken Taco Lettuce Wraps

Amy Martin

Taco Seasoning:

1 tbsp chili powder

1 tbsp cumin

1 tbsp garlic salt

1/2 tbsp cayenne

Mix all together in small bowl.

1 lb. ground chicken or turkey breast.

Bibb lettuce or Romaine

Diced tomatoes

Diced onion

Cilantro

Avocado

Add this homemade seasoning to the cooked turkey or chicken.

Add meat mixture to bibb lettuce or romaine lettuce as wraps.

Top with diced tomatoes, onions, avocado slices & cilantro.

Salsa is also a great topping!

Wrap up and enjoy!

Personal Notes: This is one of my personal favorites! I especially love when the family enjoys eating a healthy version of an american favorite.

LUNCH



Fiesta Lime Chicken with Zucchini

Amy Martin

2 skinless boneless chicken breast cutlets
2 large zucchini
1 yellow squash
2 tbsp extra virgin olive oil
1 tbsp paprika
1/2 cup parsley
1 1/2 tsp minced garlic
1/4 cup lime juice
2 tomatoes
1/2 cup chopped scallion
1/4 cup cilantro
1 dash salt
1 1/2 dashes pepper
1 fl oz white wine

To prepare, slice zucchini and yellow squash into 1/4" sections.

Dice tomatoes into the texture of salsa. Mince garlic, parsley, scallions and cilantro.

Combine diced tomatoes with cilantro, scallions, salt and pepper to create salsa topping.

Season chicken breast cutlets with paprika and parsley. Begin to warm garlic & extra virgin olive oil in sauté pan.

When garlic aromas become apparent, add seasoned chicken cutlets and add white wine.

Sauté chicken in pan until chicken is 3/4 done. At that point, add zucchini, yellow squash, and lime juice. Cover and steam until

vegetables reach desired texture.

Remove chicken and vegetables when cutlets reach a caramelized-looking texture.

Plate chicken and vegetables, and finish by adding desired amount of salsa crudo to the top of chicken.

Personal Notes: To add corn or not to add corn... That is the question!

Fiesta usually means there's corn in the mix and I'm not a big advocate for anyone eating corn on a regular basis or much at all for that matter. BUT.... adding a 1/4 cup of corn to the salsa mix does taste good and the kids seem to like it more. So after reading my opinion on corn, you decide whether or not to add the little yellow grain. It's only Rapid Results without the corn!

"Goals... There's no telling what you can do when you get inspired by them.
There's no telling what you can do when you believe in them. There's no telling
what will happen when you act upon them."

--Jim Rohn

LUNCH



Muscle Up Chicken Bowl

Amy Martin

Ingredients:

- 3-4 oz. organic chicken breast, diced
- ½ c. green pepper, chopped
- ¼ c. onions, chopped
- ¼ c. mushrooms, chopped
- 1 c. spinach, chopped
- 1/4 c. black beans (optional)
- 2 slices avocado
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic salt
- red pepper flakes to taste
- Fresh salsa

Mix dry seasonings together in small bowl then sprinkle over chicken while cooking.

In a nonstick skillet over medium heat,

sauté chicken in nonstick coconut oil spray until cooked. Add green pepper, onions, mushrooms and spinach and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa and avocado. Cilantro is always great to add to the top of this, too!

Personal Notes: Very filling and could be eaten for any meal of the day!

"Obstacles are those frightful things you see when you take your eyes off your goal."
--Henry Ford

LUNCH



Simple Salmon & Veggies

Amy Martin

3 or 4 oz. salmon fillet
1 Tbsp. olive oil
1 tsp. Bragg's liquid amino acids
1 Tbsp. fresh garlic, finely diced
1 Tbsp. spicy or dijon mustard
2 cups organic fresh broccoli, chopped
1 cup fresh cauliflower, chopped
1 cup fresh carrots, chopped
1 lemon

In a shallow dish, add olive oil, Bragg's aminos, garlic, mustard and salmon. Coat salmon with mixture and marinade for at least 30 minutes.

Steam broccoli, carrots and cauliflower in a glass dish covered in microwave for about 5 minutes or until lightly tender. Season veggies with the juice of a lemon, sea salt and pepper if desired.

Sauté salmon in a nonstick skillet for 5-10 minutes. Plate salmon with veggies.

Personal Notes: Inspired by TLS.

You may also use frozen veggies and steam the way as described but fresh is best. This recipe can be used for a DETOX meal, too!



Spicy Summer Slaw

Amy Martin

1 Head of Chopped Cabbage
1 Cup Chopped Cilantro
1 tbsp Organic Greek Yogurt
1 tbsp Light Mayo
1 Jalapeno
2 dashes of Jalapeno salt from Pepper Palace if you have it. If not, the jalapeno and sea salt will work just fine.
Salt & Pepper

Chop cabbage and cilantro. Add greek yogurt, mayo, jalapeno, salt and pepper. Mix Well.

For less heat in this slaw, remove the seeds from the jalapeno before mixing in.

Serve with a small packet of low sodium tuna with 2 slices of avocado and a gluten free wrap. (Use lettuce wraps if you are on the Rapid Results Meal Plan)

LUNCH



Tabbouleh

Amy Martin

- 1 c. Quinoa
- 1 c. cooked chicken breast finely ground (in food processor)
- 1 Medium Cucumber (diced)
- 1 c. Grape Tomatoes (sliced in half)
- 1/4 c. chopped walnuts
- 1 c. finely chopped Kale
- Rice Vinegar
- 2 tbsp. Olive oil
- 1 tsp Sea Salt
- 1 tsp Ground White pepper (black pepper or cayenne works too)

Cook the Quinoa on the stovetop, then allow to cool.
Then mix all listed ingredients together. Add salt and pepper to your own taste.

Careful not to overcook the Quinoa.

This one tastes even better after sitting in the fridge a couple of hours. But can definitely be eaten right away, too!

Personal Notes: You can make a big batch of this to have lunch for the next couple of days. One of my favorites and my husband LOVES when I make this. It's a PROUD CHEF moment when your partner in life gobbles up a bowl full of health!



Tex-Mex Spaghetti Squash

Amy Martin

1 medium spaghetti squash
 1 lb. ground turkey breast
 1 Tablespoon olive oil
 1/2 red onion, chopped
 2 garlic cloves, minced
 1 jalapeno pepper, minced (leave seeds in for more heat)
 1 red bell pepper, chopped
 1/2 Tablespoon ground cumin
 1/2 Tablespoon oregano
 1/2 Tablespoon chili powder
 Sea salt and ground white pepper
 1 (15 oz.) can black beans, drained and rinsed
 1/2 cup freshly torn cilantro, plus more for garnish
 Juice of 1 lime
 1 cup grated colby jack or cheddar cheese
 1 avocado

Preheat oven to 375 degrees F.

Place whole squash on a baking sheet and roast for 50 minutes. Let cool another 30 minutes, then cut in half (a serrated knife is best for this). Spoon out the seeds and discard, then scrape up the spaghetti squash flesh with a fork, creating the “spaghetti.”

In a large skillet, heat oil over medium-high. Add onion, garlic, jalapeno and red bell pepper. Sauté 2 minutes. Stir in cumin, oregano, chili powder, and a good pinch of salt and pepper. Sauté 1

LUNCH

more minute. Stir in beans, half of cilantro and lime juice until well combined. Add the “spaghetti” from each squash to the vegetable mixture and stir to combine. Taste and season as desired.

Set oven to broil. Stuff each squash half with the squash-vegetable mixture and top with grated cheese. Broil until cheese melts and gets brown and bubbly, 1-2 minutes.

Sprinkle with remaining cilantro and serve warm topped with sliced avocado.

"You don't get paid for the hour. You get paid for the value you bring to the hour."

--Jim Rohn



Tuna Cake

Amy Martin

1- 3 oz. packet of WILD PLANET or NATURAL SEA brand albacore tuna
2 Gluten Free Salt Free Rice cakes
1/2 avocado sliced
2 tsp spicy mustard

Mix tuna with mustard. Spread avocado on rice cakes then top with tuna mixture.

This is also DELISH served all in a bowl with the avocado cubed and rice cake crumbled all in bowl. Less messy too! (Plus, all the tuna won't fit on 1 rice cake)

Personal Notes: This take 2 minutes to prepare so it's great when you're in a hurry and need good nutrition!

"The path to success is to take massive, determined action."
--Anthony Robbins

LUNCH



Turkey Rolls

Amy Martin

4-6 oz sliced nitrate free turkey (Applegate is a good brand)

Mixture:

2 tbsp plain non-fat Organic Greek yogurt

1 tsp mustard (or spicy mustard)

1/4 cup fresh basil leaves

1 cup of broccoli

Steam broccoli in covered glass dish in microwave for about 3 or 4 minutes (just enough to soften up a bit)

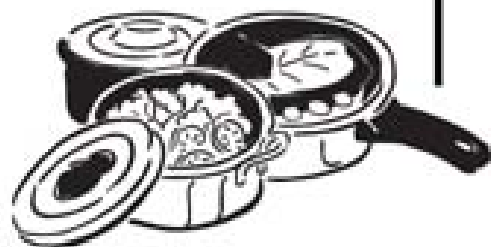
Then mix broccoli with yogurt, mustard and basil.

Spread mixture evenly on top of each slice of turkey then roll each slice up.

Cut into halves or quarters.

Enjoy!

DINNER



CONVERSION OF PAN AND UTENSIL SIZES

<i>UTENSIL</i>	<i>Measure (Volume)</i>	<i>Measure (cm)</i>	<i>Measure (inches)</i>
<i>Baking or cake pan</i>	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
<i>Cookie sheet</i>		40x30	16x12
<i>Jelly roll pan</i>	2 L	40x25x2	15x10x3/4
<i>Loaf pan</i>			
<i>Round layer cake pan</i>	1.2 L	20x4	8x1-1/2
			9x1-1/2
<i>Pie pan</i>	750 mL	20x3	8x1-1/4
	1 L	23x3	9x1-1/4
<i>Tube pan</i>	2 L	20x7	8x3
	3 L	23x10	9x4
<i>Springform pan</i>	2.5 L	23x6	9x3
	3 L	25x8	10x4
<i>Baking dish</i>	1 L		1 qt.
	1.5 L		1-1/2 qt.
	2 L		2 qt.
	2.5 L		2-1/2 qt.
	3 L		3 qt.
	4 L		4 qt.
<i>Custard cup</i>	200 mL		6 fl. oz.
<i>Muffin pans</i>	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1-1/4
	100 mL	7.5x3.5	3x1-1/2
<i>Mixing bowls</i>	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.



Beef & Veggie Skewers

Amy Martin

1 cup cubed, grass fed lean beef steak
1 red, green or yellow pepper
2 tomatoes
1 clove garlic, crushed
1 red onion (quartered)
Juice of 1 lemon
½ teaspoon dried chili flakes

Mushrooms are also a good addition to the skewers!

Put the lemon juice, chili flakes and garlic into a small bowl. Season to taste. Mix well.

Place the beef in a medium sized bowl. Pour the marinade mix over the meat.

Leave to marinate in the refrigerator for at least 20mins.

In the meantime, cut the peppers, onion and tomatoes into large chunks.

Once the meat has marinated, take 4 large skewers and thread the beef, tomato, onion and pepper chunks onto the skewers.

BBQ until the meat is fully cooked, about 10-15 minutes.

DINNER



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Chicken “Fried Rice”

Amy Martin

- 1 head cauliflower
- 1 Tbsp. sesame oil
- 1 Tbsp. minced garlic
- 1 cup fresh carrots, chopped
- 1 cup fresh or frozen green peas
- 2 eggs, scrambled
- 3 Tbsp. Bragg's Liquid Aminos
- 1 lb. boiled chicken breast finely chopped in food processor
- 1 package Nitrate Free Turkey Bacon (Applegate brand is great)

In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains.

In a skillet, cook bacon then chop into small pieces.

Then in a Large skillet, add sesame oil, garlic, carrots, peas, cauliflower, amino acids. Stir well over medium heat for about 3 minutes, or until desired tenderness.

Mix in the chicken, bacon and egg and serve immediately.

Personal Notes: This one takes a little time but so worth it to see your family gobble up their veggies! The cauliflower is so nicely disguised as rice that the kids don't even notice!

DINNER



Creamy Italian Chicken & Tomato Soup

Amy Martin

3 large boneless skinless chicken breasts
1 small onion, chopped
2 cloves garlic, minced
1 full-fat can coconut milk (14 oz.)
1 c. organic low sodium chicken broth
1 can or boxed diced tomatoes (14 oz.)
1 can tomato sauce (8 oz.)
2 tablespoons Italian seasoning
1 tablespoon dried basil
1/2 teaspoon sea salt (add more to taste)
Black pepper to taste

Place the onions, garlic, coconut milk, chicken broth, tomato sauce, diced tomatoes, spices and seasoning in the crock pot. Add chicken. Cover and cook on low for 7-8 hours OR on high for 4-6 hours. Then shred chicken and return to crock pot. Keep warm until ready to serve.

Personal Notes: A TLS Inspired recipe



Eggplant Parmesan

Amy Martin

1 large eggplant, peeled and sliced into ¼ inch thick rounds
1-2 tbsp. olive oil
Salt & pepper or other seasonings (Italian, thyme, rosemary, sage, etc.)
1-2 ripe tomatoes sliced into ¼ inch thick rounds
½ cup low fat mozzarella shredded cheese
Fresh basil (torn)

Serve with 1/4 lb. ground turkey breast on a bed of one serving of black bean noodles.

Cover with 1/4 cup low sugar, low sodium pasta sauce.

Preheat the oven to 400 degrees.

Peel and slice the eggplant.

Lightly brush olive oil on both sides of the eggplant. Season slices with salt and pepper or other seasonings.

Bake eggplant for approximately 10-15 minutes, or until cooked completely.

Slice tomatoes while the eggplant is baking.

DINNER

Top cooked eggplant with tomato slices, fresh basil, and cheese. Return to oven until cheese is melted.

Personal Notes: Recipe Inspired by TLS

"If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results."

--Anthony Robbins



Ginger & Carrot Soup

Amy Martin

3 Tbsp. fresh ginger, diced
1 cup butternut squash, cubed
2 tsp. extra-virgin olive oil
4 large carrots, chopped
1 medium white onions, chopped
2 cups low-sodium vegetable broth
1 clove garlic, chopped
2 tsp. chives, chopped
1 medium apple, chopped
1 medium pear, chopped
2 cups coconut milk, light
2 dashes sea salt to taste
Fresh coriander to garish

1. In a 2-quart stockpot, heat oil over medium heat. Sauté carrots and onions until softened.
2. Add the garlic, ginger, squash, pear and apple; sauté until fragrant.
3. Add broth and salt. Reduce heat to medium-low. Simmer, covered for 45 minutes or until vegetables are tender.
4. Pulse mixture in a blender until smooth. Add coconut milk and salt to taste.
5. Garnish with chives and coriander.

Serve with a spinach salad with 3 oz. Grilled Chicken

DINNER

Personal Notes: A TLS recipe all the way!

"Ability is what you're capable of doing. Motivation determines what you do.
Attitude determines how well you do it."
--Lou Holtz, Coach



Guilt Free Pizza Crust

Amy Martin

1 whole head cauliflower
 1 organic egg
 1/2 C. low fat Mozerella cheese
 1/2 tbsp dry oregano
 1/2 tbsp dry basil
 1/2 tbsp dry thyme
 olive oil

Steam a cut up head of cauliflower in covered glass or ceramic dish & microwave for 6 minutes or so. Then throw in the food processor to grind up finely. Squeeze the water out through a cheese cloth and put in a large mixing bowl. Add the egg, cheese & herbs, Mix together and spread out on pizza stone like a regular pizza crust. Brush with olive oil then Bake at 350 for 20 minutes. Remove from oven and add your favorite ingredients: (just be sure to have protein with it)

I like a little pesto sauce, spinach and grilled chicken, tomatoes & mushrooms. Then Bake for another 10 to 15 minutes. But you can add whatever you like! Enjoy pizza night a new way!

Personal Notes: Steam the whole head of cauliflower, then throw in the food processor to grind up finely. Squeeze the water out through a cheese cloth and put in a large mixing bowl. Add an egg & 1/2 cup low fat mozzarella cheese. Mix together and spread out

DINNER

on pizza stone like a regular pizza crust. brush with olive oil then Bake at 350 for 20 minutes.

Remove from oven and add your favorite ingredients:

I like a little tomato sauce, spinach and grilled chicken & mushrooms. Then Bake for another 10 to 15 minutes. But you can add whatever you like! Enjoy pizza night a new way!

"If you pump casually, you will pump forever. Pump hard to begin with and keep it up until you get that water flowing. Then a great deal will happen."

--Zig Ziglar

Healthy Chicken-Vegetable Bowl

Amy Martin

1-1½ cups cooked brown rice or quinoa
6 oz cooked skinless chicken breast, shredded or cubed
1 cup cooked broccoli
1 cup sautéed spinach
1/2 cup shredded or cubed carrot
2 Tbsp. toasted slivered almonds
4 Tbsp. red wine vinegar & 2 tbsp olive oil mixed together

1. Divide the rice, chicken, and vegetables evenly between 2 bowls. Sprinkle each bowl with 1 Tbsp. almonds.
2. Drizzle each bowl with 2 Tbsp. dressing.

"Success is dependent upon the glands--sweat glands."
--Zig Ziglar

DINNER



Kale Yeah Turkey Burger

Amy Martin

1 lb. Ground turkey breast (as lean as possible)
2 cups fresh organic chopped kale
1/2 diced red onion
1 c. diced mushrooms
1 tbsp. minced garlic
1 tbsp. olive oil

Montreal steak seasoning

Make 4 burgers out of the ground turkey, sprinkle with the steak seasoning and cook in pan over medium heat.

In a separate pan, sautee' olive oil, garlic and onions for about 2 minutes then add kale and mushrooms. Stir and cover to let kale cook down for about 2 minutes.

Serve all of kale mixture on a plate with one burger on top.

Save the other 3 burgers for a later meal!

Personal Notes: It looks like a ton of kale when you put in the pan but don't let it scare you. Once it cooks down, it's more normal "meal size" looking.

"If you want to reach a goal, you must 'see the reaching' in your own mind before you actually arrive at your goal."

--Zig Ziglar

DINNER



Pork Chops with Papaya

Amy Martin

Pork Chop Seasoning:

- 3 garlic cloves, finely chopped
- 1/2 c. olive oil
- 1 tbsp organic brown sugar
- 2 tsp smoked paprika
- 4 pork chops (250g each)

Papaya Mojo Recipe:

- 2 cups diced peeled papaya
- 1/2 cup chopped red bell pepper
- 2 shallots finely chopped
- 1 1/2 tablespoons fresh lime juice and zest of lime
- 2 teaspoons white balsamic vinegar
- 1 garlic clove, minced
- 12 oz. black beans
- 1 tbsp. olive oil
- 2 coriander leaves roughly chopped

Combine garlic, olive oil, sugar and paprika in a small bowl to form a paste. Season chops and coat in the paste. Preheat barbecue to medium high.

For the mojo: Combine all ingredients, stir and chill.

Grill chops for 4 minutes on each side until cooked through – watch them carefully as they easily burn.

Keep warm, resting for 2 minutes, then serve with the mojo and

lime wedges.

"Die-hard conservatives thought that if I couldn't get everything I asked for, I should jump off the cliff with the flag flying--go down in flames. No, if I can get 70 or 80 percent of what it is I'm trying to get ... I'll take that and then continue to try to get the rest in the future."
--Ronald Reagan, US President

DINNER



Quick Zucchini Spaghetti

Amy Martin

3 large zucchini
1 lb. ground turkey breast
½ cup onions, chopped
1 Tbsp. olive oil
1 cup pasta sauce, low sugar
1 Tbsp. minced garlic
Dash of sea salt
Dash of red pepper flakes

In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Cook ground turkey on med-high in separate pan until done then add pasta sauce and cover. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same skillet as the olive oil and onions & cook for 1-2 minutes. Add zucchini mixture to turkey and sauce and serve!

Personal Notes: Bragg's Nutritional yeast is a great topping as replacement for parmesan cheese!



Twice-Baked Spaghetti Squash

Amy Martin

1 large spaghetti squash (6-8 lbs)
 1 lb. ground Turkey breast
 1-2 T olive oil (depending on how big the squash)
 1-2 tsp Italian Herb Blend
 3 T basil pesto
 1 cup coarsely grated Parmesan cheese
 salt and fresh ground black pepper to taste
 Basil leaves or cilantro as garnish

Preheat oven to 400 F. Wash the spaghetti squash, then cut in half lengthwise. Use a sharp pointed spoon to scrape out seeds and stringy insides that's around the seeds.

Cut ends off squash and rub inside surface with a small amount of olive oil and Italian Herb Blend. Put squash on baking sheet that you've sprayed with non-stick spray. Roast squash, starting to check after about 40 minutes and removing when squash is still firm but strings apart fairly easily into spaghetti-like strands. May take longer if squash is larger.

Cook ground turkey meat until done and set aside.

Let squash cool a few minutes if needed, then scrape out strands into a plastic bowl or baking pan and discard skins. Gently mix in pesto and the 3/4 cup of coarsely grated Parmesan cheese, turkey, season with salt and fresh ground black pepper, then pour mixture into a glass dish and top with 1/4 cup more Parmesan cheese. Bake

DINNER

20-30 minutes more, until mixture is slightly bubbling and cheese is melted and starting to brown. Serve hot.

"I've had enough success for two lifetimes, My success is talent put together with hard work and luck."
--Kareem Abdul-Jabar



Vegetable Lasagna

Amy Martin

1 medium onion, diced
 1 medium squash, diced
 1 medium zucchini, diced
 8 oz. of fresh mushrooms, sliced
 2 cloves minced garlic
 1½ tbsp. coconut oil
 28 oz. can of crushed tomatoes
 1-2 tsp Italian seasoning
 1½ tbsp. basil
 1 egg
 15 oz. organic lowfat cottage cheese
 8 oz. mozzarella cheese
 Salt and pepper to taste
 9 oz. box of Quinoa lasagna noodles (cook prior to using)

Preheat oven to 350°F. In a large pan, sauté in oil onion, squash, zucchini, mushrooms and garlic. Cook until squash and zucchini are slightly softened. Careful not to overcook.

Reduce heat. Add in tomatoes, Italian seasoning, basil, salt and pepper. In a bowl, mix together egg, cottage cheese and $\frac{3}{4}$ of mozzarella cheese. In large glass baking dish, layer as follows: Place a small amount of sauce and vegetables on bottom, top with noodles over sauce (single layer) until covered, cover noodles with some of the cottage cheese mixture (not too heavy), and cover with more sauce and vegetables. Repeat this sequence until all sauce, cheese mixture and noodles are used. Dust top layer with the remainder of mozzarella cheese. Bake covered for 30 minutes.

DINNER

Uncover and bake an additional 20-30 minutes until noodles are soft and cheese is melted and slightly browned on top.

Personal Notes: Recipe Inspired by TLS

"Most success springs from an obstacle or failure. I became a cartoonist largely because I failed in my goal of becoming a successful executive."
--Scott Adams, cartoonist



White Fish & Asparagus

Amy Martin

1 wild caught white fish fillet (Cod or Mahi Mahi is ok too)
1 bundle fresh asparagus
1 lemon
garlic salt
lemon pepper

Squeeze 1/2 a lemon's juice on fish and sprinkle with a little garlic salt. Place fish on grill until cooked (about 6 to 8 minutes).

On aluminum foil place asparagus and drizzle with olive oil then sprinkle with sea salt & ground white pepper.

Keeping asparagus on foil, place on grill along side fish for 6 to 8 minutes or until desired tenderness.

About 10 asparagus spears is a good serving size depending on the size of the spears. Save any leftover asparagus for lunch the next day.

Personal Notes: This is a very light meal and if you feel like more is needed for satisfaction and want to keep it on the Rapid Results side, a spinach salad with tomatoes and cucumbers with balsamic vinaigrette is a great addition.

DINNER



Zucchini Spaghetti and Meatballs

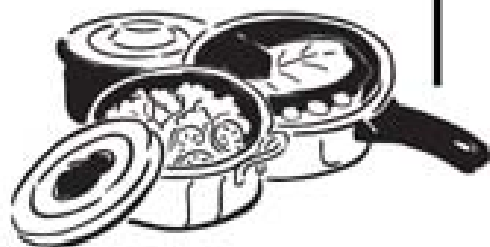
Amy Martin

2 zucchini, large
½ cup onions, chopped
1 Tbsp. olive oil
½ cup pasta sauce, low sugar
Dash of garlic powder
Dash of red pepper flakes
3 oz. lean ground, organic turkey

In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Shape turkey into small balls. Place turkey in the same skillet. Cook until golden brown, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl. Top with turkey meatballs and add pasta sauce.

Personal Notes: A TLS recipe

SNACKS



EQUIVALENTS AND SUBSTITUTIONS

1 pound shelled walnuts	=	3 cups chopped walnuts
1 pound raisins	=	2-3/4 cups seedless raisins
1 pound dates	=	2-1/2 cups pitted dates
1 tablespoon cornstarch	=	2 tablespoons flour or 4 teaspoons tapioca
1 medium clove of garlic	=	1/8 tsp. garlic powder
1 cup honey	=	1 cup molasses or corn syrup
1 cup ketchup	=	1 cup tomato sauce plus 1/2 cup sugar plus 2 table- spoons vinegar
1 teaspoon dry mustard	=	1 tablespoon prepared mustard
1 small onion	=	1 tablespoon dried onion
1 cup tomato juice	=	1/2 cup tomato sauce plus 1/2 cup water
1 cup self-rising flour	=	1 cup flour plus 1-1/2 tablespoons baking powder plus 1/2 teaspoon salt
1 egg	=	1 teaspoon cornstarch
1 cup liquid honey	=	1-1/4 cups sugar plus 1/4 cup liquid
1 cup corn syrup	=	1 cup sugar plus 1/4 cup liquid
1 cup buttermilk	=	1 cup plain yogurt
1 cup sour cream	=	1 cup plain yogurt
1 cup tomato juice	=	1/2 cup tomato paste plus 1/2 cup water



Baked Apple Chips

Amy Martin

3 apples
Cinnamon

Preheat oven to 200°F. Cut apples in thin slices
Line a baking sheet with parchment paper, then place apple slices on top. Bake for 1 hour. Flip apple slices, then continue baking for another hour. After baking for 2 hours total, turn off oven. Allow apples to stay inside oven for one hour – this helps add that extra crunch. Enjoy!

Serve with 1 tbsp all natural sugar free peanut butter or almond butter

Personal Notes: A TLS inspired recipe

"People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to."
--George Allen, coach

SNACKS



Berry Good Shake

Amy Martin

1 packet Vanilla TLS Whey Protein Shake

½ cup blueberries

½ cup blackberries

½ cup strawberries

1 cup original unsweetened almond milk

Blend everything together and enjoy!

"If it was an overnight success, it was one long, hard, sleepless night."
--Dickie Barrett



Cottage Cheese N Fruit

Amy Martin

1 c. Low Fat Organic Cottage cheese
1/2 cup frozen blueberries

Mix together and enjoy!

This is so simple and full of the fiber and protein your body is calling for. Put in a glass bowl, pack in a small cooler with an ice pack and take with you to work or on your day trip. If you leave for work in the morning and have this as your mid morning snack or even lunch, the berries become the perfect plump UNfrozen burst of goodness with every bite of protein filled cottage cheese! My "go to" snack when I'm in a hurry!

"It is not the going out of port, but the coming in, that determines the success of
a voyage."

--Henry Ward Beecher, American clergyman

SNACKS



Lemon Protein Bars

Amy Martin

1/4 C. Coconut flour
3/4 C. Quinoa flour
4 packets stevia
4 oz. organic applesauce
2 tsp baking soda
2 whole organic eggs
4 organic egg whites
6 tbsp organic lemon juice
2 packets TLS vanilla Whey protein powder
2 tbsp organic chia seeds

Preheat oven to 350

Mix together all dry ingredients one bowl

And all other ingredients in another bowl.

Then mix together and pour into 8X8 baking dish greased with coconut oil.

Bake for 25 minutes.

Refrigerate or freeze for later!

Personal Notes: This recipe happened by experimenting with quinoa and coconut flour together. They both offer such a rich, nutty flavor! I certainly learned my lesson with coconut flour, though. Lots of epic failed attempts with it but I finally got this one right!

"The most successful men in the end are those whose success is the result of steady accretion... It is the man who carefully advances step by step, with his mind becoming wider and wider - and progressively better able to grasp any theme or situation - persevering in what he knows to be practical, and concentrating his thought upon it, who is bound to succeed in the greatest degree."

--Alexander Graham Bell



Oven Baked Squash Chips

Amy Martin

2 small or 1 large yellow squash
salt
coconut oil

Preheat your oven to 300 degrees. Wash squash and pat dry. Slice squash as thinly as you possibly can. Spray two baking sheets with cooking spray and line with squash, being careful to keep the pieces from touching. Brush melted coconut oil as lightly as possible over each slice.

Sprinkle squash rounds with salt and place in oven. Bake 1 hour, then check crispiness. The longer you leave them in, the crispier they'll become. Serve with 2 tbsp of plain hummus or a handful of cashews!



Peanut Butter & Jelly Shake

Amy Martin

1 packet Vanilla TLS Whey Protein powder or 1 serving vanilla egg protein powder

1 tbsp. reduced fat all natural (no sugar) peanut butter

½ cup fresh or frozen organic strawberries

1 cup unsweetened almond milk

Blend ingredients together and enjoy!

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."

--Stephan A. Brennan



Pecan Coconut Granola

Amy Martin

1 c. chopped pecans
1/2 c. gluten free rolled oats
1/2 c. coconut shreds
1/4 c. Flax seeds
1/4 c. Sunflower seeds
1/4 c. melted coconut oil
1/4 c. honey
sea salt

Preheat oven to 350.

Mix together all ingredients, EXCEPT HONEY. Spread mixture out on parchment paper and bake for 5 minutes, remove from oven sprinkle with a dash of salt, stir and bake 5 more minutes. Remove again and drizzle with honey.

Let cool and serve 1/4 cup of granola with 1/2 cup of organic fat free plain yogurt.

Store remainder in fridge or airtight container.

Personal Notes: This is a great healthy snack to pack in kids' lunch. They love it!



TLS Dream Green Shake

Amy Martin

1 packet vanilla TLS Whey Protein powder
1 cup fresh organic strawberries
2 kiwifruits (peeled)
½ cup unsweetened almond milk
2 scoops Complete Greens
½ cup water

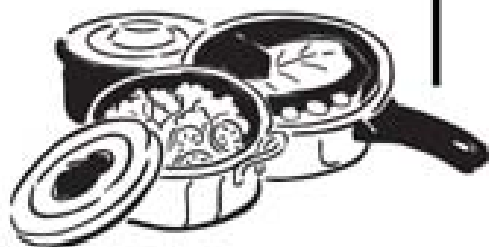
Blend ingredients together and enjoy!

Personal Notes: Inspired by TLS

"Studies indicate that the one quality all successful people have is persistence. They're willing to spend more time accomplishing a task and to persevere in the face of many difficult odds. There's a very positive relationship between people's ability to accomplish any task and the time they're willing to spend on it."

--Dr. Joyce Brothers, American psychologist

SWEET TREATS



OVEN TEMPERATURE CHART

MISCELLANEOUS	Temp.	Minutes
Custard Cup	300F	20-30
Custard Casserole	300F	45-60
Soufflé	325F	50-60
Timbales	300F	35-45
Rice Pudding	325F	50-60

TABLE FOR DRIED FRUITS

FRUIT	Amount of Sugar or Honey	Cooking Time
Apricots	1/4 c. for each c. fruit	40 min.
Figs	1 tbsp. for each c. fruit	30 min.
Peaches	1/4 c. for each c. fruit	45 min.
Prunes	2 tbsp. for each c. fruit	45 min.

RULES FOR WHIPPING CREAM

- Chill the cream, bowl and beaters in a refrigerator for at least 2 hours. Beat until it is fairly stiff.
- If cream is beaten until it is warmer than 45 degrees, it will turn to butter.
- Should cream start to turn buttery, whip in 2 or 3 more tbsp. of cold milk.
- If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.
- Use medium speed when whipping cream with an electric beater.
- Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
 2. Prepare cream as given above. Soak 1 tsp. gelatine in 2 tbsp. cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
 3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
-
-



Delectable Diet Doughnuts

Amy Martin

1 whole egg
2 egg whites
1 cup almond milk
½ cup coconut flour
¼ cup stevia powder
2 tbsp. unsweetened applesauce
2 tbsp. honey
1 tsp. baking soda
⅛ tsp. salt
1 serving TLS Whey Protein Shake – Vanilla

Preheat oven to 350 degrees. Coat DOUGHNUT pan with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes and cool.

"The person interested in success has to learn to view failure as a healthy, inevitable part of the process of getting to the top."
--Dr. Joyce Brothers, American psychologist



Dusted Doughnut Holes

Amy Martin

1 cup oat flour
½ cup stevia powder
¼ cup almond milk
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt
½ tsp. vanilla extract
¼ tsp. baking soda
4 egg whites
1 packet Vanilla TLS Whey Protein Powder or your choice of vanilla flavored whey or egg protein powder

Dusting (optional):
¼ cup stevia powder
2 tbsps. cinnamon

Preheat oven to 325 degrees. Coat mini-muffin tray with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes. Remove while warm and roll in dusting, if desired.

To make your own oat flour, put the desired amount of rolled oats in food processor or blender and pulse until flour-like.



Low- GI Chocolate Chip Cookies

Amy Martin

¼ cup butter
¼ cup coconut palm sugar
2 tbsps. honey
1 large egg, room temperature
2 tsps. vanilla
1½ cup blanched almond flour
2 tbsps. coconut flour
½ tsp baking soda
½ tsp sea salt
¼ cup dark chocolate pieces
¼ cup chocolate chips

Preheat oven to 350°F.

In a food processor, cream the butter, coconut sugar, honey, egg and vanilla for about 15 seconds until smooth and fluffy.

Add the almond flour, coconut flour, baking soda and sea salt and mix again until combined, about 30 seconds. Mix well.

Stir in the chocolate chips by hand.

Place ping-pong sized balls of dough on a cookie sheet lined with parchment. Using another sheet of parchment on top of the dough, flatten them slightly with the palm or your hand or a spatula.

Bake for 9-12 minutes, until slightly golden around the edges.



No-Bake Vanilla Protein Loaf

Amy Martin

1 organic egg
3 tbsp. applesauce
2 tbsp. maple syrup
3 tbsp. unsweetened almond milk
½ tsp. vanilla extract
5 tbsp. Bob's Red Mill Gluten Free baking flour
1 tbsp. organic coconut sugar
1 Packet of Vanilla TLS Whey Protein Powder or 1 serving vanilla flavored egg protein powder

1. Place the eggs, applesauce, syrup, milk, and vanilla extract in a blender and blend well.
2. Add the flour and protein powder to the mixture and continue blending.
3. Pour the mixture into a glass bowl sprayed with non-stick spray and microwave for 2 minutes.
4. If the top is still wet, continue to heat at 10 second intervals until you see the correct consistency for a loaf cake.
5. Enjoy this high-protein sweet treat!



Passion Fruit Ricotta Cupcakes

Amy Martin

½ cup skim milk
1 ¼ cups ricotta cheese
2 eggs
1/2 vanilla bean pod (seeds only)
Approximately 3/16 cup cashew butter
3 tablespoons agave nectar
2 tablespoons baking powder
Pulp and seeds of 2-3 passionfruit
1 cup wholegrain stoneground flour

Preheat oven to 350°F. Lightly grease or line muffin pans with paper baking cups. Set aside.

Beat cashew butter with agave nectar, then add eggs one at a time and continue beating

Add vanilla pod seeds, milk, passionfruit pulp, ricotta cheese and stir well

Fold in flour a few spoonfuls at a time

Spoon batter into prepared muffin pan. Fill each cup approximately 2/3 full.

Bake: 10-15 minutes for small cupcakes

15-20 minutes for larger size

Peanut Butter Chocolate Balls

Amy Martin

3/4 cup + 2 tablespoons salted natural peanut butter
1/4 cup maple syrup
2 teaspoons water
1 teaspoon vanilla extract
2/3 cup almond flour
3 tablespoons Dutch-process cocoa powder
6 tablespoons mini semi-sweet chocolate chips
Pinch of salt if your peanut butter is unsalted

Mix everything together at once and roll into tightly-packed balls. The dough may be a little crumbly but still stiff enough to form balls easily. If the dough is too dry, you can add a little water. Refrigerate in an airtight container for up to one week or store in the freezer.

(Yields 20 balls)

"A minute's success pays the failure of years."
--Robert Browning, British poet



Skinny Chocolate Brownies

Amy Martin

- 1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained
- 2 large organic eggs or Flax eggs
- 3 T coconut oil, melted
- 1/2 C. cocoa powder (the higher quality the better)
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract
- 1/2 C. Organic Unrefined Coconut Sugar, slightly ground or pulsed in a food processor or coffee grinder for refined texture
- 1 1/2 tsp baking powder
- 1 packet TLS chocolate Whey Protein Powder
- Optional toppings: crush walnuts, pecans or semisweet chocolate chips

Preheat oven to 350 degrees.

Lightly grease a 12-slot standard size muffin pan (not mini).

Prepare flax egg by combining flax meal and water in the bowl of the food processor. Use flax instead of eggs for vegan brownies. Follow directions on the flax meal package to get the equivalent of egg consistency.

Pulse a couple times and then let rest for a few minutes.

Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.

If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but not runny.

Evenly distribute the batter into the muffin tin and smooth the tops

SWEET TREATS

with a spoon.

Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.

Bake for 20-25 minutes or until the tops are dry and the edges start to pull away from the sides.

Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very creamy, so don't be concerned if they seem too moist - that's the point.

Store in an airtight container for up to a few days. Refrigerate to keep longer

Personal Notes: This is a very good "sweet tooth" satisfier. Not to be overindulged on, just enjoyed while watching the family eat their black beans and liking it!

"Ideas without action are worthless."
--Harvey Mackay, American author



SWEET POTATO MUFFINS

Amy Martin

2 C. mashed sweet potatoes, 1/4 C. melted coconut oil, 1 whole egg, 2 egg whites, 2 scoops vanilla protein powder, 1 cup Bob's Red Mill Gluten Free baking flour, 2 tsp. cinnamon, 1/4 tsp. nutmeg, 1 tsp. vanilla extract, 1/2 tsp. baking soda

Preheat oven to 375 and grease 12 slot muffin stone or tin with coconut oil.

Mix all dry ingredients together in one bowl and all wet ingredients together in another bowl. Then mix all together.

Pour mixture evenly in muffin stone and bake for 25 to 30 minutes.

2 muffins is one serving.

The kids LOVE this one!

"You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning."

--Barbara Sher



TLS Cross Trainer Cupcakes

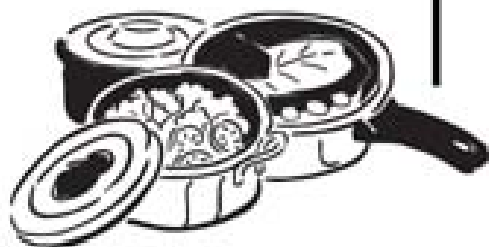
Amy Martin

1 ¼ cup gluten free oat flour
½ cup organic coconut sugar
½ cup unsweetened applesauce
½ cup nonfat, plain Greek yogurt 1 serving TLS Whey Protein Shake – Vanilla
¼ cup unsweetened almond milk
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. almond extract
1 tsp. vanilla extract
3 egg whites
Light whipped cream (optional)

Preheat oven to 350F. Coat muffin pan with cooking spray. Combine all ingredients in blender or food processor, mixing into uniform consistency. Pour into pan and bake for 20 minutes. Cool and top with light whipped cream. Store in refrigerator.

Personal Notes: Inspired by TLS.
These are great to pack in the kids' lunch for snack!

DETOX FOODS



SAUCES

WHITE SAUCE	Liquid	Thickening	Fat	Salt
No.1 thin	1 c. milk	1 tbsp. flour	1 tbsp.	1/2 tsp.
No.2 medium	1 c. milk	2 tbsp. flour	1-1/2 tbsp.	1-1/2 tsp.
No.3	1 c. milk	3 tbsp. flour	2 tbsp.	1 tsp.
No.4 thick	1 c. milk	4 tbsp. flour	2-1/2 tbsp.	1 tsp.

Use No.1 sauce for cream soups. Use No.2 sauce for creamed or scalloped dishes or gravy. Use No.3 sauce for soufflés. Use No.4 sauce for croquettes.

VEGETABLE TIMETABLE - MINUTES

VEGETABLE	Boiled	Steamed	Baked
Asparagus Tips	10-15		
Asparagus, tied in bundles	20-30		
Artichokes, French	40	45-60	
Bean, Lima	20-40	60	
Bean, String	15-35	60	
Beets, young with skins on	30	60	70-90
Beets, old	60-120	60-120	
Broccoli, flowerets	5-10		
Broccoli, stems	20-30		
Brussel Sprouts	20-30		
Cabbage, chopped	10-20	25	
Cauliflower, stem down	20-30		
Cauliflower, flowerets	8-10		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, 1-1/2 inch pieces	20-30	45	
Corn, green, tender	5-10	15	20
Corn on the cob	8-10	15	
Eggplant, whole	30	40	45
Marrow	15-40		
Onions	25-40	60	60
Parsnips	25-40	60	60-75
Peas, green	5-15	5-15	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Potatoes, sweet	40	40	45-60
Scalloped potatoes			60-90
Pumpkin, in cubes	30	45	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	25-40		

Broiled Sole with Warm Eggplant Salad

Amy Martin

1 sole fish fillet
¼ cup eggplant, peeled and chopped
½ Tbsp. olive oil
¼ cup onion, chopped
½ Tbsp. capers
1 tomato, chopped
1 Tbsp. fresh parsley
¼ Tbsp. balsamic vinegar

Preheat oven to 350°F. Place sole in oven, cook until it flakes. Then heat olive oil in nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, sauté for 2-3 minutes. Season lightly with salt and pepper.

Personal Notes: A TLS recipe

"If you want to increase your success rate, double your failure rate."
--Thomas Watson, Sr., founder of IBM



Colorful Shrimp Kabobs

Amy Martin

4-6 oz. shrimp
1 bell pepper, chopped
½ onion, chopped
1 cup Portobello mushrooms, chopped
½ cup grape tomatoes, chopped
Drizzle of extra virgin olive oil

Place shrimp and vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until shrimp is pink and cooked through.

Personal Notes: A TLS recipe

"Every person who wins in any undertaking must be willing to cut all sources of retreat. Only by doing so can one be sure of maintaining that state of mind known as a burning desire to win - essential to success."

--Napolean Hill, author



Colorful Veggie Kabobs

Amy Martin

1 red bell pepper, chopped
½ red onion, chopped
1 cup Portobello mushrooms, chopped
½ cup grape tomatoes, chopped
1 zucchini sliced
1 yellow squash sliced
Drizzle of extra virgin olive oil
sea salt and pepper to taste

Place vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until veggies are cooked.

Personal Notes: A TLS inspired recipe



Egg White Muffins

Amy Martin

1 cup asparagus, chopped
½ cup mushrooms, chopped
½ cup onions, chopped
½ cup tomatoes, chopped
½ cup egg whites

Mix asparagus, mushrooms, onions, tomatoes and egg whites in a bowl. Pour mixture into a nonstick muffin tray. Bake at 350°F for 20-30 minutes.

Will make about 3 muffins.

Double or triple the recipe and save the rest in the fridge. Keeps well for about 2 days.

Egg White Veggie Bake

Amy Martin

3 egg whites
½ cup broccoli, asparagus (each), chopped
¼ cup fresh basil, chopped
1 Tbsp. olive oil cooking spray

Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 350°F for 20-30 minutes, or until done. Season with salt and pepper to taste.

"The man who succeeds above his fellows is the one who early in life clearly discerns his object, and towards that object habitually directs his powers."
--Earl Nightingale



Green Tofu Smoothie

Amy Martin

2 cups kale
½ lemon, peeled
1 inch fresh ginger, peeled
1 cucumber, roughly chopped
2 celery stalks
1 green apple, roughly chopped
½ cup water
1 serving soft organic tofu

Add all ingredients to a blender. Blend until desired consistency is reached.

Personal Notes: A TLS recipe



Grilled White Fish with Pear Salad

Amy Martin

1 white fish fillet
 1 cup spinach
 ½ cup zucchini, sliced
 ½ cup Brussels sprouts, chopped
 1/2 thinly sliced red onion
 1 pear, sliced

On a grill, place fish and sliced pear. Grill until fish is cooked and pear is warm. In a nonstick skillet, sauté zucchini, brussels sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.

Personal Notes: A TLS inspired recipe

"The great difference between those who succeed and those who fail does not consist in the amount of work done by each but in the amount of intelligent work. Many of those who fail most ignominiously do enough to achieve grand success but they labor haphazardly at whatever they are assigned, building up with one hand to tear down with the other. They do not grasp circumstances and change them into opportunities. They have no faculty for turning honest defeats into telling victories. With ability enough and ample time, the major ingredients of success, they are forever throwing back and forth an empty shuttle and the real web of their life is never woven."

--Og Mandino



Metabolism Booster Smoothie

Amy Martin

2 cups kale
½ lemon, peeled
1 tsp. organic apple cider vinegar
1 inch fresh ginger, peeled
1 cucumber, roughly chopped
2 celery stalks
1 green apple, roughly chopped
½ cup water
3 or 4 ice cubes
dash of sea salt
dash of cayenne pepper

Add all ingredients to a blender. Blend until desired consistency is reached.

"Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown."

--H. Ross Perot

Spanish Chicken Breakfast

Amy Martin

2-3 oz. chicken breast, sliced
½ cup green pepper, chopped
¼ cup onions, chopped
¼ cup mushrooms, chopped
1 cup spinach, chopped
1 clove garlic (minced)
Fresh salsa

In a nonstick skillet over medium heat, sauté chicken until cooked. Add green pepper, onions, mushrooms, spinach & garlic and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa.

"Life is pretty simple: You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it. Then you do something else. The trick is the doing something else."

--Tom Peters

Veggie Lettuce Wraps

Amy Martin

Lettuce
Avocado, sliced
Tomato, sliced
½ cup zucchini, sliced
½ cup alfalfa sprouts

Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, salt and pepper to taste. Serve with a bowl of homemade vegetable soup

Personal Notes: A TLS Recipe!

"We can do anything we want if we stick to it long enough."
--Helen Keller



Zucchini Spaghetti

Amy Martin

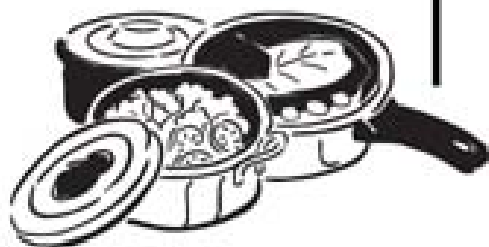
2 zucchini, large
 ½ cup onions, chopped
 1 Tbsp. olive oil
 ½ cup pasta sauce, low sugar
 Dash of garlic powder
 Dash of red pepper flakes

In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl, add pasta sauce.

Personal Notes: A TLS inspired recipe

"Congratulate yourselves if you have done something strange and extravagant
 and broken the monotony of a decorous age."
 --Ralph Waldo Emerson

Sauces & Dips



OVEN TEMPERATURE CHART

Low	250-325F
Moderate	325-375F
Moderate Hot	375-425F
Hot	425-450F
Very Hot	450-475F

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	Temp.	Time
Butter Cake, loaf	360-400F	40-60 min.
Butter Cake, layer	380-400F	20-40 min.
Cake, fruit	275-325F	3-4 hrs.
Cookies, thin	380-390F	10-12 min.
Cookies, molasses	350-375F	18-20 min.
Cream Puffs	300-350F	45-60 min.
Meringues	250-300F	40-60 min.
Pie Crust	400-500F	20-40 min.

CAKES	Temp.	Time
Angel	325F	60 min.
Sponge	325F	60 min.
Cup	350F	25 min.
Layer	375F	25-30 min.
Loaf	350F	45-60 min.
Sheet	375F	20-30 min.
Pound	325F	60-90 min.

PIES	Temp.	Time
Pumpkin	400F	35-45 min.
Two-crust	400F	25-40 min.
Shells	450F	10-12 min.
Meringue	300F	10-15 min.



Avocado-Cuke Soup

Amy Martin

1/2 Avocado
1 medium organic cucumber
1/2 cup plain fat free Organic Greek Yogurt
4 fresh cilantro sprigs
Dash of Sea Salt
1/2 tsp turmeric
1/4 tsp cayenne pepper
1/2 tsp cumin

Blend all together until smooth and creamy.

This can be eaten all by itself for a complete snack or meal or served with a side of raw veggies for a crunch.

"We have a mental block inside us that stops us from earning more than we think we are worth. If we want to earn more in reality, we have to upgrade our self-concept."

--Brian Tracy



Homemade Hummus

Amy Martin

1 -15 oz. can chick peas
1 tbsp olive oil
1/4 tsp sea salt
juice of half a lemon
1 tsp cumin
1 tsp ground white pepper
1 clove garlic

Blend all together until smooth and creamy. Serve with your favorite veggies!

"The starting point of all achievement is desire. Keep this constantly in mind. Weak desire brings weak results, Just as a small amount of fire makes a small amount of heat."

--Napolean Hill, author



Spicy Black Bean Hummus

Amy Martin

15 oz. Black Beans drained
1 tbsp minced garlic
1 tsp lemon juice squeezed fresh from lemon
1/2 tbsp cumin
1/2 tbsp chili powder
1/4 tsp cayenne
1/4 cup freshly chopped cilantro stems
1 chopped jalapeno (remove seeds for less heat)
1/4 tsp salt
1 tbsp olive oil

Blend all ingredients together until smooth. Enjoy!

Personal Notes: Serves great as a snack with veggies or spread on the leaves of your lettuce wraps

"Where there is life, there is hope. Where there are hopes, there are dreams. Where there are vivid dreams repeated, they become goals. Goals become the action plans and game plans that winners dwell on in intricate detail, knowing that achievement is almost automatic when the goal becomes an inner commitment. The response to the challenges of life -- purpose -- is the healing balm that enables each of us to face up to adversity and strife."

--Denis Waitley, author

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