



# Think T.H.I.N.

Total High Intensity Nutrition

Healthy Meals and Recipes for Life

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BEYOND SLIM®





# Think T.H.I.N.

**T**otal **H**igh **I**ntensity **N**utrition

## Welcome to Think T.H.I.N.!

**T-H-I-N** is an acronym for **T**otal **H**igh **I**ntensity **N**utrition. This science-based program will help to **optimize your metabolism** and health so that you can look and feel your best. This program is specially designed to help you get maximum results while using **ZipSlim®**, and supports you with over 30 **Healthy Meals and Recipes for Life!**





Everyone wants to look good and feel their best. I mean, have you ever met anyone who said that they didn't want to look good or feel good? Of course not! But for many people, they don't like how they feel or how they look in the mirror, and the most common cause is excess weight.

Many people have tried multiple weight loss programs, with limited or no success. The unfortunate truth is that there is more confusion about how to lose weight than just about anything. There are low-fat diets, low-carb diets, the Atkins diet, the keto diet, the paleo diet, and even the anti-diet diet! The list is endless and mind boggling.

Hippocrates wisely said, "let food be thy medicine." Of course, he meant foods that are high in nutrition, since unhealthy or ultra-processed foods were unknown in his day. The **Think T.H.I.N.** plan would make the Father of Medicine proud.

It focuses on **foods that are high in nutrient density**, with **no empty calories**. These foods taste so great that you won't even know that they're also jam-packed with essential vitamins and minerals, amino acids and fatty acids, enzymes, fiber, and dozens of beneficial plant-derived *phytonutrients*.

In order to support metabolism and healthy weight loss, it's important to give your body the entire spectrum of life-sustaining nutrients that your cells require to function. This is precisely why low-calorie and very low-calorie diets are actually ineffective. You may lose some weight in the short term, but your body will soon run out of the essential nutrients required to keep your metabolism going. Without the proper nutrients, your metabolism will slow to a crawl, and your body will actually stop burning fat and calories as it goes into survival mode.

The same issues apply to diets that focus on a specific type of food, at the expense of all others. Your body simply can't thrive on trendy foods such as grapefruit, apple cider vinegar, cabbage, or bacon. As with low-calorie and very-low calorie diets, you'll be starving your body of desperately needed nutrients that can only be found in a wide variety of healthy, wholesome, natural foods.

**This plan will take care of that for you.** You'll know that every bite of food you eat is packed with life-sustaining, metabolism-boosting nutrition. And when combined with the metabolism-enhancing benefits of ZipSlim®, you'll have the most effective program available to **lose weight, feel good and get healthy**.

So, let's begin to discover your ideal eating plan. One of the best ways to help you understand the foods that are on this plan is to first show you which foods are not on the plan.







# FOODS THAT ARE NOT T.H.I.N.!

Let's start with a culprit that isn't even a food, but it may be sabotaging your success: **sugary soft drinks**. These are made from carbonated water, flavorings, and lots and lots of sugar. Whether the sugar is called cane sugar or high-fructose corn syrup, it still provides essentially zero nutrition! Sugar provides calories for energy, but without additional nutrients, your body cannot "burn" that sugar as fuel. Sugar, without nutrients, is like being given a pile of lumber to build a house, but without nails. This unusable sugar is useless, and it can lead to health conditions such as insulin resistance, type 2 diabetes and fatty liver.

Let me shift gears and talk about type 2 diabetes. This is not a condition that people get; it is a condition that people give to themselves, very much like a hangover. No one wakes up with a mystery hangover and says, "Gee, how did that happen?" A hangover is always the result of too much alcohol for a person's system. Same with type 2 diabetes, it is always mainly the result of too much sugar, usually refined sugar without supporting nutrients, and digestible carbohydrates such as starches, which turn into sugar in your digestive tract.

The next examples of what not to eat on the **Think T.H.I.N.** plan are high-sugar, high-carb (and often high-fat) foods such as **cookies, cakes, pastries, donuts, ice cream and candy**. These may be OK as occasional snacks for active kids who are burning a lot of energy, but, for adults, you'll be in trouble if you're eating like every day is your birthday.

These treats, made largely from sugar and refined white flour, are somewhat more nutritious than sugary soft drinks, but only because they may contain other ingredients such as eggs, butter, and cream. Some of these "guilty pleasure" foods may sound healthy because they contain nuts, seeds, oats, whole wheat flour and fiber. However, because of the high sugar content, they cannot support and fuel your metabolism, so they are not included. The good news is that, once you are nearing your target weight, I will show you how to enjoy healthier treats that are just as satisfying, without sabotaging your efforts.





# EAT YOUR VEGETABLES

There is just no way around it: Your parents were right when they told you to eat all of your vegetables. As the foundation of this program, vegetables are the ultimate **Total High Intensity Nutrition (T.H.I.N.)** foods. The produce aisle of your local market is overflowing with wholesome vegetables; it pays to choose a wide variety, as each has its own unique complement of vitamins, minerals, enzymes, fiber and, especially, *phytonutrients*.

Derived from the Greek phyton (meaning “plant”), **phytonutrients are plant-based compounds that provide significant health benefits**. Some phytonutrients are antioxidant; others are anti-inflammatory. Phytonutrients can also help to enhance the body’s immune, DNA repair and detoxification functions. They can help **boost your metabolism** as well. The USDA has said that consuming phytonutrients is an effective strategy to protect against cancer and heart disease.

There are thousands of phytonutrients, including polyphenols, flavonoids, catechins, chlorophyll, flavones, carotenoids, curcuminoids, and many others. Each vegetable has its own unique phytonutrient profile, which is a powerful reason to **eat a wide variety of produce**.

The list of T.H.I.N. vegetables is long, but it does not include all types. I specifically selected vegetables that are low in carbohydrates and sugar, yet very high in nutrient content or nutrient density. For example, corn, peas and beets contain more sugar than other vegetables, so they are not T.H.I.N. vegetables. Potatoes and most beans are high in carbohydrates, so they are also not ideal for the T.H.I.N. list. Grains such as wheat, oats, millet and rice are also high in carbohydrates, so they are not T.H.I.N.-friendly.

The above-named foods, which are higher in carbohydrates, may be good choices for providing energy to people who have jobs that call for a lot of physical activity, but, for most of us who have only average activity levels (or less), we simply do not need foods that provide for a lot of energy. Even if you are active for one hour a day five days a week, that does not require a lot of energy or high-carbohydrate foods. Why is this?

What many people don't consider is that our lifestyles have become very automated. Now, we push a button to do the wash or dry the clothes. We push a button to roll the car window up or down. We depend on our cars to take us everywhere. And yet, it wasn't all that long ago that people walked to market, work, or friends' houses; they washed their clothes by hand and hung them on a line to dry; they beat the rugs with a broom, stoked their coal furnaces or wood stoves, and even those lucky enough to have an early automobile had to crank the engine by hand just to start it!

Our daily activity level may have declined over the years, but many of us are still eating the same diet as our hard-working ancestors. We simply don't need so many calories, or our metabolism will suffer. Fortunately, T.H.I.N. foods are in abundance, they're tasty, they help to support and boost metabolism, and they provide **all the nutrients we need to stay healthy and maintain ideal body weight.**

## FIRST TIER (PRIMARY) VEGETABLES

### The Basics

These are the foundation of the **Think T.H.I.N.** plan, and you will see them featured prominently in our recipe guide. While this list is long, it does not contain every T.H.I.N. vegetable out there, just the more common ones. I am sure you will find some other similar T.H.I.N. vegetables. Note that I've included lemon and lime, as they can be used to liven up flavors with no caloric impact.

- |                    |                    |                   |                 |
|--------------------|--------------------|-------------------|-----------------|
| • Artichoke        | • Chinese cabbage  | • Leek            | • Scallion      |
| • Arugula          | • Collard greens   | • Lemon           | • Spinach       |
| • Asparagus        | • Cucumber         | • Lime            | • Tomato        |
| • Beet greens      | • Dandelion greens | • Mushroom        | • Turnip        |
| • Broccoli         | • Green beans      | • Mustard greens  | • Turnip greens |
| • Brussels sprouts | • Iceberg lettuce  | • Onion           | • Watercress    |
| • Cabbage          | • Jicama           | • Radish          | • Yellow squash |
| • Cauliflower      | • Kale             | • Romaine lettuce | • Zucchini      |
| • Celery           | • Kohlrabi         | • Rutabaga        |                 |
| • Chard            | • Leaf lettuce     |                   |                 |





## Microgreens

Also included in the first-tier vegetables are microgreens. These deserve a special mention because of their uniqueness and nutritional performance. They first began showing up in San Francisco in the 1980s and were used mainly by chefs in high end restaurants to add excitement, taste and eye appeal to their dishes. The trend spread quickly, and today, microgreens are grown and enjoyed around the world.

**Microgreens are young edible plants** that are harvested only two to four weeks after germination, and they are usually only about 1-3 inches tall. Some of the more common microgreen varieties include **arugula, celery, radish, red beet, cilantro, red cabbage, spinach, kale and watercress.**

Microgreens feature an array of intense flavors, bright colors and crunchy unique textures. And best of all, they pack a nutritional wallop! In a recent study published in the *Journal of Agriculture and Food Chemistry*, 25 different species of microgreens were analyzed and found to have up to **40 times more nutrients** than their mature plant versions. <https://pubag.nal.usda.gov/download/59409/PDF>

Microgreens can be an exciting addition to your meal plan. They are fun and tasty and can be used as a garnish on salads, vegetables, and even meat dishes. They are ideal first tier T.H.I.N. foods.



## Sprouts

Similar to microgreens, though unique, sprouts are another class of first tier vegetables. Common sprouts include **broccoli, pea, radish, mung bean, alfalfa, clover, and sunflower.** Though not as nutrient dense as microgreens, they are still more nutritious than their full-grown versions.

Sprouts begin with seeds, which are bathed with water for several days until they germinate and sprout a stem, at which point the young plant is harvested. The nutrients for growing the sprout are contained in the seed and they require little or no light to grow.

Like microgreens, sprouts are loaded with nutrients such as **fiber, protein, phytonutrients and enzymes.** In fact, because of the high fiber and enzyme content, sprouts are very **good for digestion.** Sprouts are also high in vitamins and minerals such as folic acid, magnesium, phosphorous, manganese, vitamins C and K, among others.

Though milder in flavor than microgreens, sprouts will still add a crunchy texture and unique flavor to your dishes. They're another great way to load up on nutrition and add variety, while helping you to feel full and satisfied.

## SECOND TIER (SECONDARY) VEGETABLES (AND FRUITS!)

The second tier of T.H.I.N. vegetables includes **beets, carrots, sugar snap peas, winter squash, sweet potatoes, and others**. They tend to have more sugar or carbohydrates than the first tier vegetables, so their use is more limited. You can use them as a garnish, or in servings up to ½ cup per meal, added to a recipe or plate.

In addition, in the second tier, it gets really good because you can begin to add **fruits**. I consider fruit to be nature's candy. Bursting with flavor and color, fruits are higher in sugar than the primary T.H.I.N. foods. And yet, they boast an incredible range of powerful phytonutrients. So, if you are getting close to your ideal body weight or are comfortable with a more gradual rate of weight loss, you can begin to add fruits to your daily plan - in moderation, of course!

**The best fruits to eat are, again, the most nutrient-dense (the most nutritious per calorie):**

- Apricot
- Blackberry
- Blueberry
- Cantaloupe
- Cranberry
- Grapefruit
- Honeydew
- Kiwi
- Orange
- Raspberry
- Strawberry
- Tangerine

*Lemons and Limes are in the first tier because they are so low in sugar.*







# PROTEIN





# EAT YOUR PROTEIN

Now that we have covered the T.H.I.N. vegetables, we move on to the next category of T.H.I.N. foods. If you want to lose weight like a PRO, eat your protein!

**Lean protein foods** such as **meat, fish and eggs** are also in the tier one (primary) T.H.I.N. food group. High protein foods are tasty, they are convenient, and they are available in a lot of choices. Best of all for your weight loss goals, the research shows that protein foods are **scientifically proven to produce more satiety**, that is, the sensation of feeling full.

Protein foods provide energy in the form of calories, and **protein is a key building block of lean muscle, healthy skin, hair, nails, and vital organs**. Protein also requires your body to spend a lot of energy to digest and process it, more so than other foods. This is called the **thermic effect of food**, or **TEF**, and it's an important concept.

The TEF of protein is 20%-35%. That means that for every calorie of protein that you consume, your body will “burn” about 20%-35% of those calories simply to digest and absorb that food. In other words, you get 20%-35% “free calories” every time you eat protein. By contrast, the TEF of carbohydrates and fats is only 5%-15%, so hardly any of those calories are “free.”

Here's another benefit of protein. Depending on your activity level and how much you use your muscles, anywhere from 10% to as much as 50% of the protein that you eat will be used to **build muscle**, so those calories are considered to be “free” as well.

To be clear, a “free calorie” is energy from food (calories) that you don't need to burn up as fuel. Those calories are either used to digest the food, or to build or replace muscle cells. The net effect is that anywhere from 30% to as much as 85% of the calories you ingest from protein may well be “free calories.”

**Protein foods in the form of lean meats, fish and eggs are the embodiment of T.H.I.N.** They are relatively low in calories, they're packed with nutrition, and they're satisfying so you can feel full and less hungry between meals.

In addition to their high protein content, lean meat, fish and eggs also contain Vitamins A, D, K, B-1, B-2, B-3, B-5, B-6, folic acid, and choline. They are also among the few foods to contain B-12, the *energy vitamin*. Protein foods are also rich in minerals, including copper, chromium, iron, magnesium potassium, selenium and zinc. These vitamins and minerals are the nutrients in food that support your cell function and **optimize metabolism**.

So, when it comes to protein, what should you eat, and how much? In general, **I recommend a modest serving for two or all three daily meals.** By modest serving, I mean one that is the size of your fist (about 3 ounces). If your ideal weight is over 150 pounds, or if you are very active, or have less weight to lose, then you can have up to 6 fist-sized servings a day (either as two fist-sized servings per meal, or as 4 servings with meals and 2 for snacks).

**Eggs** are an ideal T.H.I.N. protein food because of their high degree of nutrition and versatility. Eggs can be eaten soft-boiled, poached, hard-boiled, or even fried or scrambled with just a spray of olive or avocado oil. They can be added to a salad or vegetable dishes to add protein and flavor, and they are very filling, too.

**Fish** break down into two categories, those high in mercury and lower in mercury. The following two references will help you know more details about mercury in fish:

<https://www.purdue.edu/hhs/nutr/fish4health/Walletcard/PrintableWalletCard.pdf>

<https://www.nrdc.org/sites/default/files/walletcard.pdf>

My recommendations for fish include **cod, pollack, sole, tilapia, ocean perch and trout**; and a few low-mercury but higher-fat fish such as **salmon, sardines, mackerel and herring**. I also include shellfish such as **scallops, shrimp, crab, oysters and lobster**. Shellfish add a lot of variety and depth to your menu plan.

Last but not least are animal-based proteins (meats). A favorite of most people, meats are ideal T.H.I.N. foods. Remember to choose meats lower in fat, such as **chicken and turkey breast, lean ham, pork tenderloin and lean ground beef** (not less than 90% lean, or 10% fat), and lean or extra lean cuts of steak and beef. Extra lean has up to 5 grams of fat per fist size or 3.5 ounces and lean has up to 10 grams of fat per fist size.

As you will learn, the saturated fat in meat is primarily used as an energy source. Those calories have to be burned up as fuel, or they can turn into body fat. If your goal is to lose weight, then you may already have plenty of energy in the form of fat stored in your body, which is why you will want to choose meats that are lower in saturated fat.

The chart here will give you plenty of options for lean cuts of beef.

<https://www.beeflovingtexans.com/wp-content/uploads/2016/10/lean-beef-chart.png>





**Remember, you are wanting to optimize your protein and minimize your animal fat when you choose beef.** While some animal fat is acceptable, saturated fat can raise cholesterol and increase the risk of heart and blood vessel disease for many people. It mainly depends on your genetics. I believe that it is important to check with your doctor to determine your blood lipid profile (cholesterol, LDL, HDL, triglycerides, etc.) to understand if you need to balance your own personal profile.

You should also consider choosing **grass-fed beef** whenever possible. Grass-fed beef is always leaner than comparable conventional beef, with less saturated fat. Instead, when compared to conventionally -raised beef, grass-fed beef contains up to 5 times more healthy *omega 3* fat and 2 to 3 times more CLA, a natural form of a polyunsaturated fat that is thought to be not only healthy, but can also help with weight loss.





# HEALTHY FAT





## HEALTHY FAT IS WHERE IT'S AT

The third and final class of primary tier one T.H.I.N. food is healthy fat. We get it from plants and as the omega-3 fats found in animals and fish. That's right...when it comes to health, weight loss and supporting your metabolism, healthy fat is where it's at!

How can this be? I know that you are all thinking that, to lose weight, you must eat little or no fat. Well, there are healthy fats and unhealthy fats. **Healthy fats are the “essential” fatty acids that our bodies need to run properly.** The word “essential” cannot be understated. In addition to being an energy source, essential fatty acids (EFAs) support hormone production, proper cellular function and efficient metabolism. Without sufficient EFAs, the body can't work properly.

Just as protein is a building block for muscle, EFAs are the structural building blocks for many body components, including the membranes that protect every one of your body's 10 trillion cells. EFAs are also key components of the brain and nervous system, the base dermal layer of skin, and the insulation around your vital organs.

Because they are used in so many ways in the body other than to provide energy, a proportion of the EFAs that you eat do not have to be burned up as fuel. Just like with proteins, those calories from fat that are used as building blocks can be considered to be “free calories.”

The essential fatty acids are in stark contrast to those found in processed fats. Processed fats may start as healthy vegetable fats, but they are chemically altered – usually to keep them stable – in a process called *hydrogenation*. This process creates *trans-fats*, which are foreign to the body and do not work well. Trans-fats cannot be used as building blocks for the body's basic structures, and they are not easily burned by the body as fuel. It's a lot like putting diesel fuel in your gasoline engine, it just doesn't work well. In addition, trans fats are known to raise levels of unhealthy LDL cholesterol.

Similarly, fats from “processed” animals (i.e., commercial animals that are fed an inexpensive, artificial diet in unnatural, anxiety-producing living conditions) also contain more trans fats and saturated fats than do their grass-fed and pastured counterparts. This is why **T.H.I.N. meats are lean or extra lean and grass fed whenever practical and possible.**

To summarize, in order to support your metabolism and lose weight, you must have a modest amount of healthy fat (EFAs) and stay away from processed *trans*-fats and meats that are non-lean and higher in saturated fat.

The primary T.H.I.N. fats are from olive and avocado. In addition, the types of fish recommended in the previous section of this guide that contain healthy omega-3 fats, grass-fed meats that contain omega 3 fats, along with eggs, and finally nuts and seeds that contain healthy fat including omega 3 fat and are secondary, Tier two T.H.I.N. foods.

So, how much healthy fat do you need? **I recommend 1-2 tablespoons of healthy oil per meal in addition to the healthy oil and fats found in your fish, meats, eggs, nuts and seeds.** Each meal needs to have a small amount of EFAs to support your metabolism. The recipe section will give you details on how to get the right amount of healthy fat.

## ABOUT BUTTER, CHEESE, AND YOGURT

There are plenty of people who love and may have specific questions about butter, cheese, and yogurt, so I want to take a moment to address each.

While many people have a food sensitivity or difficulty digesting dairy, **butter** is an exception; the most important issue is your **cholesterol level**. If you do not have an elevated cholesterol to worry about, you can enjoy butter, 1-2 Tablespoons a day as part of your healthy fat. However, if you do have elevated cholesterol to worry about, stay away from butter until your cholesterol levels improve, which they will on the Think T.H.I.N. program.

This same recommendation holds true for **cheese**. However, about 20%-50% of people have a food sensitivity to the casein protein found in cheese, and also can have difficulty digesting cheese. If you are sensitive to casein and/or have difficulty digesting cheese, this will slow down your weight loss. So, be cautious! If you have elevated cholesterol or difficulty digesting cheese, limit cheese as much as possible in order to maximize weight loss. Feta cheese, particularly feta cheese made from sheep and goat's milk is one of the healthiest and best cheeses for weight loss.

Now, for **yogurt**, which can be tricky. **Any flavored yogurt will have a lot of sugar.** Even plain, regular yogurt has a good amount of natural sugar, up to 16 grams per serving. Plain yogurt that is lower in sugar is Greek yogurt, having about 6 grams per serving. However, yogurt is high in casein, which many people can have trouble digesting. So, **for optimal weight loss results, stay away from yogurt.** However, if you know that you are ok with casein, choose Greek plain yogurt that is not full fat, not 0% fat, but rather reduced 2% fat.





## ABOUT CALORIES

I have mentioned calories a few times, so let me review calories as they pertain to protein, carbohydrates, and fat, and how they are important when it comes to weight loss. **A calorie is an amount of energy contained in food.** Scientifically speaking, a calorie is defined as the amount of energy that will raise the temperature of 1 gram of water by 1 degree Celsius. If you put a teakettle of water on the stove to boil, the calories required to raise the temperature of the water come from gas or from electricity, for which you'll be billed because energy isn't free.

**When you eat foods, they are supplying energy to your body. Each type of food has its own energy value:**

Protein: 4 calories per gram

Carbohydrate: 4 calories per gram

Fat: 9 calories per gram

If your body needs the energy from the food you just ate, you'll burn those calories as fuel. But, as we've said before, **surplus calories not needed by the body may well be stored as body fat.**

However, as I have explained above, the old understanding that "a calorie is a calorie" is no longer accurate. Some calories from protein and fat foods can be used for incorporation into structural body components, so they do not have to be burned up as fuel. We call them "free" calories. For protein foods, it is a substantial amount, 30% to as much as 85%. And, for healthy fat foods, it is a smaller yet significant amount. To the contrary (and this is important!), the calories from carbohydrates (starches, sugars, etc.) can only be used for energy and must be burned up as fuel by your metabolism, or you'll pay the price when you step on the scale.

## TIER TWO T.H.I.N. FOODS

As I mentioned previously, while not quite as weight-friendly as tier one foods, tier two T.H.I.N. foods are a reasonable choice if you are a very active person, have less weight to lose, or if you are content to lose weight more gradually. If any of these conditions pertain to you, then you may consider adding tier two T.H.I.N. foods in order to increase variety and make your menu more complete. The more the conditions apply to you, that is, the more active you are, the less weight you need to lose or the more you are satisfied with losing weight more slowly, the more tier two T.H.I.N. foods you can include.

Almost anyone can eat a small portion of tier two T.H.I.N. foods, meaning almost anyone can have, for example, a quarter of a carrot or a small beet added to their salad. However, in order to eat a whole serving of tier two T.H.I.N. vegetables, the conditions above should apply.

Because tier two T.H.I.N. foods are higher in sugar and or carbohydrates than tier one foods, they may often slow down your weight loss progress. **Tier two foods include vegetables and quite a few fruits.**

Tier two fruits add a lot of flavor and enjoyment to your menu, are great as snacks and dessert, and include only those that are somewhat lower in sugar than the highest sugar fruits.

**As stated earlier, tier two fruits and vegetables include the following:**

- Apricot
- Beets
- Blackberry
- Blueberry
- Cantaloupe
- Carrots
- Cranberry
- Grapefruit
- Honeydew
- Kiwi
- Orange
- Raspberry
- Strawberry
- Sugar snap peas
- Sweet potatoes
- Tangerine
- Winter squash

*Lemons and Limes are in the first tier because they are so low in sugar.*

As I mentioned earlier, nuts and seeds are also considered to be tier two T.H.I.N. foods. They are delicious and filling and while they contain healthy fats, they are very tasty and easy to consume in large quantities, so, please eat them in moderation. Use nuts as a snack, or add them to a dish or salad for flavor and depth. My favorite nuts include **almonds, walnuts, cashews, pecans, sunflower seeds, and pumpkin seeds.** I also recommend a tablespoon or two of nut and seed butter for a convenient and filling snack. One of my favorite snack “hacks” is **almond butter on celery sticks.** There are a few other nut choices to include macadamia, hazelnuts and brazil nuts. You may have noticed peanuts are not on the list. Peanuts are actually a legume and though somewhat healthy, many people are allergic to peanuts and they can cause a toxic weight gain, so I recommend avoiding peanuts.





## TIER THREE T.H.I.N. FOODS

OK, folks, here is what you've been waiting for!

**Tier three T.H.I.N. foods are tasty, satisfying, and filling.** They contain more carbohydrates and sugar than you'll find in tier one or two, so they are definitely energy foods. Tier three foods are for those who are very active, have moderate amounts of weight to lose, or who are happy to lose weight more gradually. These foods include grains such as **brown rice and wild rice, quinoa, lentils, beans and potatoes.** All of these contain a higher percentage of carbohydrates and are therefore considered to be *starch foods*.



Tier three also contains fruits that are nutritious but are higher in sugar. These include **apples, bananas, peaches, pears, plums and grapes.** The key to tier three foods is **moderation.** When you are ready begin to add tier three foods to your menu, you may want to start by including just one tier three food once a day. Or, have a fruit on some days and a starch on others.

When you are ready, let's say you are very active or you have reached your goal weight, then you may even have tier three foods two or three times a day. For example, you may want a starch with two meals and a tier three fruit for a snack. Always be mindful that tier three foods may slow weight loss for some people. So, for some people, tier three is more appropriate for maintenance once their weight goal has been achieved.

## TIER FOUR - EAT THESE NO MORE

Now, for the painful reality. Tier four foods are the least T.H.I.N. They are treats, packed with sugar, carbohydrates and calories. As I stated earlier, these foods include **cakes, cookies, donuts, pastries, ice cream and candy.** You get the idea. A minute on your lips and forever on your hips!

The key to dealing with treats (because everyone wants treats!), is to “hack” them into a more T.H.I.N.-friendly treat. A perfect example of such a T.H.I.N.-friendly treat is called **Keto Fudge.** It is made with dark chocolate, coconut butter, almond butter, coconut flour and almond flour, and can sometimes include butter, cinnamon, vanilla and a pinch of sea salt. Coconut, in the form of coconut butter and unsweetened chips and flakes, is a wonderful treat hack. It tastes very sweet yet has very little sugar.

**The combination of coconut with dark chocolate and fruit is one of the best treat “hacks” I know.**

Another snack “hack” is fruit such as berries with coconut flakes and/or dark chocolate squares chopped in. Please keep dark chocolate to 85%-90%, so that a serving has limited sugar.



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# RECIPES

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BREAKFAST • LUNCH • DINNER

## Healthy Meals and Recipes for Life!

In the following pages are some of my favorite recipes using the optimal T.H.I.N. foods. They are delicious and easy to prepare.

**Enjoy!**



A close-up photograph of a stack of pancakes. The top pancake is golden-brown with a slightly crispy edge and is topped with several pieces of walnuts. The pancakes are surrounded by fresh fruit, including strawberries and blueberries. The background is a soft, out-of-focus light color. The word "BREAKFAST" is overlaid in the center in a bold, white, sans-serif font, flanked by two thin yellow horizontal lines.

# BREAKFAST



Ultimate Berry Smoothie Bowl



Green Shakshuka



Berry and Cucumber Smoothie



Low Carb Granola



Fulfilling Sweet Potato Pancakes



Feta Cheese and Spinach Muffin



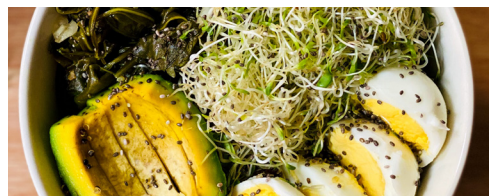
5-Minute Avocado Pudding



Steak and Egg Hash



Grain-Free Breakfast Porridge



Breakfast Quinoa Bowl



Think T.H.I.N.

## BREAKFAST



# Ultimate Berry Smoothie Bowl

Serves 1

Ready in 5 minutes

Tier 1, Tier 2

### Ingredients:

- 1 cup almond milk
- 1 cup fresh spinach
- ½ cup raspberries
- ½ cup mixed berries
- 1 tsp desiccated coconut

### Toppings:

- 1 tbsp chia seeds
- 1 tbsp desiccated coconut
- ¼ cup blueberries
- 1 strawberry, slices

### Method:

1. Place all the ingredients on a blender and blend until smooth. Serve in a bowl and add the toppings.

### PER SERVING

**Calories:** 272.2 calories

**Protein:** 6.7 grams

**Fat:** 14.6 grams

**Carbohydrates:** 32 grams

Think T.H.I.N.

## BREAKFAST



# Berry and Cucumber Smoothie

Serves 1

Ready in 3 minutes

Tier 1, Tier 2

### Ingredients:

1 cup almond milk  
1 tbsp lemon juice  
½ cucumber, chopped  
½ cup mixed berries  
1 cup spinach  
1 tbsp chia seeds

### Toppings:

1 strawberry, slices

### Method:

1. Place all the ingredients on a blender and blend until smooth. Serve in a glass or jar and add the strawberry slices.

#### PER SERVING

**Calories:** 173.9 calories

**Protein:** 6 grams

**Fat:** 7.2 grams

**Carbohydrates:** 23.5 grams



Think T.H.I.N.

## BREAKFAST



### PER SERVING

**Calories:** 493.7 calories

**Protein:** 8.9 grams

**Fat:** 27.2 grams

**Carbohydrates:** 59 grams

# Fulfilling Sweet Potato Pancakes

Serves 2

Ready in 30 minutes

Tier 1, Tier 2, Tier 3

## Ingredients:

2 tbsp coconut flour  
½ tsp baking powder  
¼ tsp cinnamon powder  
Salt, dash of  
1 cup sweet potatoes, mashed  
1 egg  
½ cup almond milk  
2 tsp maple syrup (or liquid stevia)  
½ tsp vanilla extract  
2 tbsp olive oil

## Toppings:

1 tbsp ch2 tbsp walnuts, chopped  
4 strawberries, sliced  
½ cup blueberries  
1 kiwi, sliced  
2 tsp maple syrup (stevia powder)

## Method:

1. In a large mixing bowl, add all the dry ingredients: coconut flour, baking powder, cinnamon powder, and salt. Mix until well combined.
2. Then, add the rest of the ingredients: sweet potatoes, egg, almond milk, maple syrup, vanilla extract, and olive oil. Mix it with the dry ingredients until incorporated.
3. Heat a non stick pan over medium-low heat.
4. Using a ¼ cup, scoop the batter and pour it into the non stick pan. Cover the pan and let it cook until small bubbles start to appear. Carefully, flip the pancakes.
5. Serve in a large plate and add all the toppings.

Think T.H.I.N.

## BREAKFAST



# 5-Minute Avocado Pudding

Serves 1

Ready in 5 minutes

Tier 1, Tier 2

### Ingredients:

- 1 avocado, chopped
- 1 cup almond milk
- 1 tsp stevia
- 1 tsp vanilla extract

### Toppings:

- 8 hazelnuts
- Salt, dash of

### Method:

1. Place all the on a blender and blend until smooth. Serve in a jar and add the toasted hazelnuts and a dash of salt.

#### PER SERVING

**Calories:** 382 calories

**Protein:** 6.4 grams

**Fat:** 33.4 grams

**Carbohydrates:** 19.7 grams



Think T.H.I.N.

# BREAKFAST

## Grain-Free Breakfast Porridge

Serves 1

Ready in 15 minutes

Tier 2

### Ingredients:

2 tbsp almonds, ground  
2 tbsp coconut flour  
2 tbsp chia seeds  
¼ tsp cinnamon powder  
1 tsp stevia  
1 cup almond milk  
1 tsp vanilla extract

### Toppings:

2 tbsp almonds, chopped  
Cinnamon powder, dash of

### Method:

1. Place a mixing bowl, combine all the dry ingredients: ground almonds, coconut flour, chia seeds, cinnamon powder, and stevia. Set aside.
2. Heat a saucepan over low heat and add almond milk.
3. Then, add the dry ingredients to the almond milk. Whisk until well combined.
4. Serve in a bowl and top it with almonds and a dash of cinnamon.

### PER SERVING

**Calories:** 432.1 calories

**Protein:** 15.2 grams

**Fat:** 31.2 grams

**Carbohydrates:** 31.4 grams

Think T.H.I.N.

# BREAKFAST



## PER SERVING

**Calories:** 367.9 calories

**Protein:** 10.1 grams

**Fat:** 31.8 grams

**Carbohydrates:** 15.1 grams

## Green Shakshuka

Serves 2

Ready in 30 minutes

Tier 1

### Ingredients:

2 tbsp olive oil  
1 onion, diced  
2 garlic cloves, minced  
3 cups spinach  
1 cup fresh parsley  
¼ cup coconut milk  
1 tsp cumin  
Salt and pepper, dash of

### Toppings:

2 eggs  
½ avocado, sliced

### Method:

1. Preheat the oven to 350°F.
2. Meanwhile, heat a skillet over medium heat and add olive oil. Add and saute garlic for 1 minute or until fragrant. Then, add onions and cook until translucent.
3. Add spinach and parsley and cook until just wilted.
4. Add coconut milk and season it with cumin, salt, and pepper. Mix until well combined.
5. Then, create wells on the skillet and carefully crack one egg on each well. Remove from heat and finish cooking in the oven for 5-10 minutes.
6. Serve with avocado slices.



Think T.H.I.N.

# BREAKFAST



## PER SERVING

**Calories:** 540.1 calories

**Protein:** 12.7 grams

**Fat:** 45.3 grams

**Carbohydrates:** 28.2 grams

## Low Carb Granola

Serves 2

Ready in 20 minutes

Tier 1, Tier 2

### Ingredients:

4 tbsp almonds, chopped  
4 tbsp walnuts, chopped  
4 tbsp hazelnuts, halved  
2 tbsp flax seeds  
2 tsp chia seeds  
1 tsp cinnamon powder  
Salt, to taste  
1 tbsp coconut oil, melted  
1 tbsp maple syrup (or liquid stevia)  
¼ tsp vanilla extract

### Toppings:

2 strawberries, halved  
1 kiwi, sliced  
1 cup almond milk

### Method:

1. Preheat the oven to 300°F.
2. Meanwhile, in a bowl, combine all the dry ingredients: almonds, walnuts, hazelnuts, flax seeds, chia seeds, cinnamon powder, and salt. Mix until well combined.
3. In another small bowl, mix coconut oil, maple syrup, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Place the granola mixture into a baking sheet with parchment paper. Spread the granola evenly and place inside the oven. Bake for 10 minutes and then stir the mixture and bake again for another 10 minutes. Let it cool before serving.
6. Place in a bowl and serve with almond milk and slices of strawberries and kiwi.

Think T.H.I.N.

## BREAKFAST



# Feta Cheese and Spinach Muffin

Serves 2

Ready in 30 minutes

Tier 1

### Ingredients:

6 eggs, whisked  
½ cup spinach, chopped  
¼ cup feta cheese, crumbled  
¼ cup cherry tomatoes, halved  
Salt and pepper, dash of

### Method:

1. Preheat the oven to 350°F. Prepare and grease the muffin tins.
2. Mix all the ingredients in a bowl. Season with salt and pepper.
3. Pour the egg mixture halfway up into each muffin tin and place inside the oven. Bake for 15 minutes.

### PER SERVING

**Calories:** 239.1 calories

**Protein:** 19.2 grams

**Fat:** 16.3 grams

**Carbohydrates:** 2.7 grams



Think T.H.I.N.

## BREAKFAST



### PER SERVING

**Calories:** 504.5 calories

**Protein:** 24.8 grams

**Fat:** 39.6 grams

**Carbohydrates:** 13.4 grams

# Steak and Egg Hash

Serves 2

Ready in 30 minutes

Tier 1

## Ingredients:

2 tbsp olive oil

2 rib eye steaks, 100 grams each

200 grams jicama, in cubes

½ onion, chopped

½ cup cherry tomatoes, halved

Salt and pepper, to taste

2 eggs

Italian seasoning, dash of

## Method:

1. Heat a skillet over medium heat and add olive oil.
2. Season the steaks with salt and pepper. Then, sear the steaks for 2 minutes on each side. Set aside and let it cool before slicing.
3. Using the same pan, add onions and saute until translucent. Then, add jicama and cook for 3 minutes or until tender. Add the cherry tomatoes and cook for 1 minute.
4. Return the steak slices on the skillet and cook for another minute.
5. Then, create wells on the skillet and carefully crack one egg on each well. Cover the skillet and let it cool until the egg has settled. Season with Italian seasoning.

Think T.H.I.N.

# BREAKFAST



## PER SERVING

**Calories:** 447.1 calories

**Protein:** 17.6 grams

**Fat:** 29.5 grams

**Carbohydrates:** 30.7 grams

# Breakfast Quinoa Bowl

Serves 2

Ready in 40 minutes

Tier 1, Tier 2, Tier 3

## Ingredients:

### For the Sautéed Spinach:

- 4 cups spinach
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 2 eggs, boiled and halved
- 1 cup quinoa, cooked
- ½ avocado, sliced

## Toppings:

- 2 cups alfalfa sprouts
- 2 tsp chia seeds
- 2 tbsp basil pesto, homemade

## Method:

### For the Sautéed Spinach:

1. Over medium heat, heat a skillet and add olive oil.
2. Add and sauté garlic until fragrant.
3. Then, add spinach and cook until just wilted. Season with salt and pepper.

### For the Quinoa Bowl:

1. In a serving bowl, add the cooked quinoa first and then sautéed spinach, boiled eggs, and avocado slices.
2. Then, add the rest of the ingredients: alfalfa sprout and chia seeds. Serve with basil pesto sauce.





**LUNCH**





Strawberry and Spinach Salad  
with Chicken



Tofu Salad with Sesame Dressing



Quinoa Buddha Bowl with  
Basil Pesto Dressing



Zucchini and Beef in Tomato Sauce



Zucchini Boats



Coconut Shrimp with Green Beans



Salmon Lettuce Wrap



Kale and Strawberry Salad  
with Mint Dressing



Creamy Mushroom and Beef



Sweet and Sour Pork Meatballs





Think T.H.I.N

## LUNCH

# Strawberry and Spinach Salad with Chicken

Serves 2

Ready in 15 minutes

Tier 1, Tier 2

### Ingredients:

#### For the Vinaigrette:

4 strawberries, quartered  
¼ cup olive oil  
2 tbsp lemon juice  
2 tsp maple syrup (or liquid stevia)  
Salt and pepper to taste

#### For the Salad:

4 cups spinach  
4 strawberries, sliced  
1 onion, sliced  
2 green onions, chopped

### Toppings:

2 tbsp almonds, chopped  
200 grams chicken, roasted

### Method:

1. Place all the dressing ingredients in a food processor and process until well combined. Place this in a jar.
2. Then, in a large bowl, place all the salad ingredients. Drizzle the vinaigrette made over the salad and toss until well combined.
3. Top it with chopped almonds and chicken slices.

#### PER SERVING

**Calories:** 515.5 calories

**Protein:** 35.8 grams

**Fat:** 34.5 grams

**Carbohydrates:** 17.5 grams



**PER SERVING**

**Calories:** 494.8 calories

**Protein:** 38.9 grams

**Fat:** 28.2 grams

**Carbohydrates:** 23.5 grams

# Quinoa Buddha Bowl with Basil Pesto Dressing

**Serves 2**

**Ready in 15 minutes**

**Tier 1, Tier 2, Tier 3**

## Ingredients:

### For the Basil Pesto Dressing:

½ cup fresh basil  
2 tbsp olive oil  
2 tsp lemon juice  
1 tbsp parmesan cheese  
(or nutritional yeast)  
1 tbsp almonds, chopped  
1 garlic clove  
Salt and pepper, chopped

### For the Salad:

½ cup quinoa, cooked  
1 cup red cabbage, shredded  
1 cup Romaine lettuce, shredded  
1 cup broccoli florets  
1 red pepper, sliced  
2 shiitake mushrooms, sliced  
¼ tsp cumin powder  
¼ tsp chili powder  
Salt and pepper, to taste  
2 tsp olive oil

## Method:

1. Preheat the oven to 300°F.
2. Meanwhile, place all the dressing ingredients in a food processor and process until well combined. Place this in a jar.
3. Place broccoli, red peppers, and mushroom on a baking pan. Sprinkle it with cumin, chili powder, salt, and pepper. Then, drizzle with olive oil. Toss until well combined. Place inside the oven and roast for 5-10 minutes.
4. Then, in a large bowl, assemble the salad ingredients. Place the cooked quinoa first. Then, add the roasted vegetables, red cabbage, and lettuce.
5. Drizzle the basil pesto made over the salad and toss until well combined.



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## LUNCH



### PER SERVING

**Calories:** 364.4 calories

**Protein:** 25.9 grams

**Fat:** 23.1 grams

**Carbohydrates:** 14.9 grams

# Zucchini Boats

Serves 2

Ready in 30 minutes

Tier 1

## Ingredients:

2 zucchinis  
2 tbsp olive oil  
Salt and pepper, dash of  
200 grams flank steak, sliced  
2 tsp coconut aminos  
½ onion, minced  
2 garlic cloves, minced  
1 cup mushroom, chopped  
¼ green pepper, diced  
¼ red pepper, diced  
1 tbsp parsley, chopped, as toppings

## Method:

1. Preheat the oven to 375°F.
2. Cut the zucchini in half lengthwise and use a spoon to scoop out the pulp. Place the zucchini on the baking sheet cut side up. Grease it with half of the olive oil and season with salt and pepper. Place inside the oven and bake for 10 minutes.
3. Meanwhile, heat a skillet and add remaining olive oil. Add the beef slices and cook for 2 minutes. Season it with coconut aminos and cook for another minute.
4. Add the onions and saute until translucent. Then, add the garlic and saute until fragrant. Add the rest of the vegetables and cook until tender.
5. Spoon the beef mixture into the roasted zucchini boats and sprinkle with fresh parsley.

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**LUNCH**



# Salmon Lettuce Wrap

Serves 2

## Ingredients:

170 grams salmon, canned, drained

½ red onions, minced

¼ cup pickles, chopped

Salt and pepper, to taste

¼ cup mayonnaise,  
organic or homemade

8 Romaine lettuce leaves

2 slices of lemon, to serve

Ready in 15 minutes

Tier 1

## Method:

1. In a large bowl, place salmon and shred it using a fork. Then, add onions and pickles. Mix until well combined. Season with salt and pepper.
2. Add the mayonnaise and mix it again.
3. Place the lettuce leaves on a serving plate and add 1-2 tablespoon of salmon mixture on each leaf. Serve with a squeeze of lemon.

## PER SERVING

**Calories:** 346.1 calories

**Protein:** 22 grams

**Fat:** 24.9 grams

**Carbohydrates:** 10.1 grams





**PER SERVING**

**Calories:** 480.1 calories

**Protein:** 17.2 grams

**Fat:** 43.1 grams

**Carbohydrates:** 11.3 grams

# Creamy Mushroom and Beef

**Serves 2**

**Ready in 15 minutes**

**Tier 1**

## Ingredients:

2 tsp olive oil  
4 shiitake mushrooms, sliced  
½ onion, minced  
2 garlic cloves, minced  
150 grams ground beef (or turkey, ground turkey, chicken, ground chicken)  
¼ tsp thyme  
¼ tsp rosemary  
1 cup coconut milk  
½ cup vegetable stock or water  
Salt and pepper, to taste  
¼ cup cherry tomatoes, halved  
Salt and pepper, to taste

## Method:

1. Over medium heat, heat a skillet and add olive oil.
2. Add the mushrooms and cook for 2 minutes. Add and saute garlic and onions for another minute or until fragrant and translucent.
3. Then, add the ground beef and cook for 3-5 minutes or until the beef is no longer pink. Sprinkle with thyme and rosemary.
4. Pour the coconut milk and cook it for 3-5 minutes. Add vegetable stock if the sauce is too thick. Season with salt and pepper.
5. Add the cherry tomatoes and cook for 1 minute. Serve while still hot.



**PER SERVING**

**Calories:** 549 calories

**Protein:** 21.2 grams

**Fat:** 42.1 grams

**Carbohydrates:** 26.9 grams

# Tofu Salad with Sesame Dressing

Serves 2

Ready in 20 minutes

Tier 1

## Ingredients:

### For the Sesame Dressing:

1 tbsp coconut aminos  
1 tbsp sesame oil  
1 tbsp balsamic vinegar  
1 tbsp olive oil  
¼ tsp ginger, minced

### For the Tofu Cubes:

1 tbsp sesame oil  
200 grams tofu, cut cubes  
2 garlic cloves, minced  
1 tsp ginger, minced  
2 tbsp coconut aminos  
Salt and pepper, to taste

### For the Salad:

2 cups Romaine lettuce, shredded  
½ cucumber, sliced  
½ cup cherry tomatoes, halved  
1 cup snow pea sprouts

## Method:

1. Place all the dressing ingredients in a food processor and process until well combined. Place this in a jar.
2. Heat a skillet over medium heat and add sesame oil. Add the tofu cubes and fry until light brown in color.
3. Then, add and saute garlic and ginger until fragrant. Season the mixture with coconut aminos, salt, and pepper. Continue cooking until the tofu cubes are crispy on the outside. Set aside.
4. Then, in a large bowl, place all the salad ingredients. Top it with tofu cubes and drizzle the dressing made over the salad and toss until well combined.





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## LUNCH

### PER SERVING

**Calories:** 343.6 calories

**Protein:** 20.9 grams

**Fat:** 23.7 grams

**Carbohydrates:** 14.3 grams

# Zucchini and Beef in Tomato Sauce

Serves 2

Ready in 25 minutes

Tier 1

### Ingredients:

2 tsp olive oil  
200 grams ground beef (or ground chicken or ground turkey)  
½ onion, minced  
2 garlic cloves, minced  
Salt and pepper, to taste  
¼ tsp paprika  
¼ tsp dried oregano  
¼ cup cherry tomatoes, halved  
1 zucchini, shredded  
¼ tsp garlic powder

### Method:

1. Over medium heat, heat a skillet and add olive oil. Add the ground beef and cook for 10 minutes or until the meat is no longer pink.
2. Add and saute onions for 1 minutes or until translucent. Add the garlic and saute until fragrant. Season the mixture with salt, pepper, paprika, and dried oregano.
3. Add the tomatoes and cook for another minute. Then, add the zucchini and cook for 5 minutes or until tender.
4. Pour the tomato puree and cook for another 3-5 minutes. Sprinkle the mixture with dried oregano.

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LUNCH



**PER SERVING**

**Calories:** 383.7 calories

**Protein:** 23.9 grams

**Fat:** 28.1 grams

**Carbohydrates:** 13.6 grams

# Coconut Shrimp with Green Beans

**Serves 2**

**Ready in 20 minutes**

**Tier 1**

## Ingredients:

2 tbsp olive oil  
¼ cup onions, diced  
2 garlic cloves, minced  
1 tsp ginger, minced  
1 tbsp fresh basil, chopped  
¼ tsp red chili flakes  
2 tomatoes, quartered  
½ cup coconut milk  
200 grams shrimps, shelled and deveined  
1 cup green beans  
Salt and pepper, to taste

## Method:

1. Over medium heat, heat a pan and add olive oil. Saute the onions for 1 minute or until translucent. Add the garlic and ginger and cook for another minute or until fragrant.
2. Sprinkle the fresh basil and red chili flakes over the shrimps and let it cook for 1 minute.
3. Add the tomatoes and cook until they are soft.
4. Pour the coconut milk over the mixture and add water if needed. Cook for 5 minutes.
5. Add the shrimps and let it simmer for 5 minutes or until the color of the shrimps are pink already.
6. Lastly, add the green beans and let it cook until they are bright green in color and are tender already. Season with salt and pepper.





**PER SERVING**

**Calories:** 347.9 calories

**Protein:** 7.4 grams

**Fat:** 28.1 grams

**Carbohydrates:** 21.4 grams

# Kale and Strawberry Salad with Mint Dressing

**Serves 2**

**Ready in 15 minutes**

**Tier 1, Tier 2**

## Ingredients:

### For the Mint Dressing:

2 tbsp olive oil  
2 tbsp lime juice  
¼ cup fresh peppermint leaves  
1 tsp maple syrup (or liquid Stevia)  
1 garlic  
Salt and pepper, to taste

### For the Salad:

100 grams kale, ribs removed, chopped  
100 grams strawberries, quartered  
100 grams jicama, in cubes  
30 grams feta cheese, crumbled  
30 grams hazelnuts

## Method:

1. Place all the dressing ingredients in a food processor and process until well combined. Place this in a jar.
2. To get softer texture and flavor, massage the kale. Sprinkle salt and rub the leaves between your fingers until they start to wilt. Place in a bowl.
3. Add the rest of the salad ingredients in a bowl and drizzle the dressing over the salad. Toss until well combined.



**PER SERVING**

**Calories:** 402.6 calories

**Protein:** 24.8 grams

**Fat:** 22.9 grams

**Carbohydrates:** 23.7 grams

# Sweet and Sour Pork Meatballs

**Serves 2**

**Ready in 30 minutes**

**Tier 1. Tier 2**

## Ingredients:

### For the Meatballs:

250 grams ground pork, lean  
2 garlic cloves, minced  
1 tsp ginger, minced  
1 tbsp red onions, minced  
½ tsp red chili flakes  
Salt, dash of  
1 tsp parsley, minced

### For the Sauce:

¼ cup coconut aminos  
1 tsp sesame oil  
Red chili flakes, dash of  
½ lemon. Juice of  
Salt and pepper, to taste

### For the Sides:

2 cups Romaine lettuce, shredded  
2 cups red cabbage, shredded

## Method:

1. Preheat the oven to 350°F. Grease a baking sheet with olive oil or cooking spray.
2. In a large bowl, combine all the meatballs ingredients. Use plastic disposable gloves to combine the pork mixture well.
3. Create golf-sized balls and place them into the baking sheet. Bake the meatballs for 20-25 minutes or until the meat is cooked through.
4. In another bowl, mix all the sauce ingredients and set aside.
5. Place the vegetables on a plate and add the meatballs. Drizzle it with sauce made or serve it on the side.





**DINNER**





Beef Fajitas with Broccoli Rice



Cauliflower Pizza with Feta Cheese



Lemon Chicken and  
Green Bean Skillet



Stuffed Chicken



Pork Harvest Stew



Tofu Hot Soup with Carrots



Shrimp and Arugula in  
Lemon Butter Sauce



Zucchini and Feta Cheese Patty



Easy Salmon Curry



Refreshing Celery Soup



**PER SERVING**

**Calories:** 443.2 calories

**Protein:** 28.1 grams

**Fat:** 28.3 grams

**Carbohydrates:** 23.2 grams

# Beef Fajitas with Broccoli Rice

**Serves 2**

## Ingredients:

### For the Broccoli Rice:

½ head broccoli, in florets  
2 tsp olive oil  
Salt, to taste  
¼ tsp garlic powder

### For Fajita Mix:

¼ tsp cumin  
¼ tsp chili powder  
¼ tsp garlic powder  
Salt and pepper, to taste  
red chili flakes, a dash of

### For the Steak:

2 tbsp olive oil  
1 red pepper, sliced into strips  
1 green pepper, sliced into strips  
½ red onions, minced  
2 garlic cloves, minced  
1 tsp coconut aminos  
1 tbsp lemon juice  
200 grams flank steak,  
sliced into strips

**Ready in 30 minutes**

**Tier 1**

## Method:

1. Preheat the oven to 300°F.
2. Prepare the broccoli rice by placing the broccoli florets in a food processor. Process it until the texture is like the rice. Place it on a baking sheet and sprinkle with salt and pepper. Drizzle olive oil and toss to combine. Bake for 5-10 minutes.
3. Mix all the fajita ingredients in a small bowl. Set aside.
4. Over medium heat, heat a pan and add olive oil. Add the red and green peppers and cook until tender.
5. Then, add the red onions and saute for 1 minute or until translucent. Add the garlic and saute for another minute or until fragrant.
6. Season the mixture with coconut aminos and lemon juice. Stir well and cook for 3 minutes.
7. Finally add the steak slices and cook for 2-3 minutes. Season it with Fajita mix and cook for another minute.
8. Serve this with broccoli rice made.



**PER SERVING**

**Calories:** 443.2 calories

**Protein:** 28.1 grams

**Fat:** 28.3 grams

**Carbohydrates:** 23.2 grams

# Lemon Chicken and Green Bean Skillet

**Serves 2**

## Ingredients:

2 tbsp olive oil  
300 grams chicken breast, sliced  
2 garlic cloves, minced  
½ cup shiitake mushrooms, sliced  
¼ cup lemon juice  
Salt and pepper, to taste  
20 green beans

**Ready in 25 minutes**

**Tier 1**

## Method:

1. Heat a skillet over medium heat. Add olive oil.
2. Add chicken and cook for 10-15 minutes or until cooked through.
3. Add and saute garlic for 1 minute or until fragrant. Add mushrooms and cook for another minute.
4. Pour the lemon juice over the mixture and stir well to combine. Season with salt and pepper. Remove from the pan.
5. Using the same skillet, add the green beans and cook for 3-5 minutes or until tender. Serve this with lemon chicken.



Think T.H.I.N

## DINNER



### PER SERVING

**Calories:** 349 calories

**Protein:** 44.4 grams

**Fat:** 7.5 grams

**Carbohydrates:** 25.5 grams

# Pork Harvest Stew

Serves 2

## Ingredients:

1 carrot, sliced  
1 onion, sliced  
200 grams pork tenderloin, in cubes  
1 cup vegetable stock  
1 tbsp fresh basil, chopped  
1 tbsp fresh parsley, chopped  
1 tbsp scallions, chopped  
Salt and peppercorns, to taste  
½ lemon, juice of  
50 grams green beans, sliced

Ready in 30 minutes

Tier 1, Tier 2

## Method:

1. Place the first 4 ingredients in a pot and bring to boil over medium heat. Allow to cook for 15 minutes or until the vegetables and meat are tender.
2. Sprinkle the fresh herbs, salt, and peppercorn over the stew and stir until well combined.
3. Squeeze half of the lemon and bring to simmer.
4. Add green beans and cook for 4 minutes or until they are tender. Serve while still hot.

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## DINNER



### PER SERVING

**Calories:** 294 calories

**Protein:** 48 grams

**Fat:** 9.3 grams

**Carbohydrates:** 6.2 grams

# Shrimp and Arugula in Lemon Butter Sauce

Serves 2

## Ingredients:

- 1 tbsp butter, unsalted
- 2 garlic cloves, minced
- 1 cup shrimps, peeled and deveined
- ¼ cup cherry tomatoes, halved
- Salt and pepper, to taste
- 2 cups arugula
- 1 dash of red chili flakes

Ready in 15 minutes

Tier 1

## Method:

1. Over medium heat, heat a pan and melt the butter. Add and saute garlic for 1 minute or until fragrant.
2. Add the shrimps and cook for 4-5 minutes or until the color is pink already.
3. Then, add tomatoes and cook for another minute. Season with salt and pepper.
4. Remove from heat and add arugula. Serve with a dash of red chili flakes.



Think T.H.I.N

## DINNER



### PER SERVING

**Calories:** 590.8 calories

**Protein:** 27.6 grams

**Fat:** 45.4 grams

**Carbohydrates:** 23.6 grams

# Easy Salmon Curry

**Serves 2**

**Ready in 20 minutes**

**Tier 1**

## Ingredients:

- 2 tbsp sesame oil
- 1 red onion, diced
- 1 inch ginger, minced
- 2 tbsp curry paste
- 1 cup coconut milk
- 1 tsp maple syrup
- 200 grams salmon fillet
- 2 cups kale, chopped
- ½ lime, juice of
- 2 tbsp peppermint leaves, chopped
- Salt, to taste

## Method:

1. Over medium heat, heat a pan and add sesame oil. Add and saute onions until translucent. Add ginger and cook for 1 minute or until fragrant.
2. Add curry paste and stir until well distributed on the pan. Then, add coconut milk. Bring to simmer. Add vegetable stock if that sauce is too thick.
3. Add maple syrup and cook for another minute.
4. Add salmon fillet with skin-side down. Let it boil and cook for 5 minutes on each side.
5. Add kale leaves and continue cooking until just wilted.
6. Squeeze lemon juice and add fresh mint leaves. Season with salt until desired saltiness is achieved.

Think T.H.I.N

## DINNER



### PER SERVING

**Calories:** 468 calories

**Protein:** 22.5 grams

**Fat:** 27.2 grams

**Carbohydrates:** 45 grams

# Cauliflower Pizza with Feta Cheese

Serves 1

## Ingredients:

### For the Cauliflower Pizza Crust:

340 grams cauliflower rice

1 ½ tbsp chia seeds

¼ cup almond flour

Salt, to taste

¼ tsp garlic powder

⅓ tsp dried oregano

### For the Toppings:

¼ cup tomato puree

2 shiitake mushrooms, sliced

½ red pepper, sliced into strips

30 grams feta cheese, crumbled

1 tbsp parsley

Ready in 40 minutes

Tier 1, Tier 2

## Method:

1. Preheat the oven to 400°F. Prepare the baking sheet by placing parchment paper on it.
2. Steam the cauliflower rice for 3 minutes. Use a cheesecloth to drain the excess liquid of the cauliflower rice. This is very important so squeeze as much liquid as you can.
3. Place all the crust ingredients in a large bowl and mix using spatula or use disposable plastic gloves in combining it.
4. Place the cauliflower mixture on the baking sheet and shape it into a round shape. Make the crust as thin as possible without breaking it.
5. Bake the crust for 20 minutes or until cooked through.
6. Spread the tomato puree over the crust and add the rest of the toppings. Sprinkle with parsley and chili flakes. Slice into 6-8 slices and serve.



Think T.H.I.N

## DINNER



### PER SERVING

**Calories:** 412.6 calories

**Protein:** 48.4 grams

**Fat:** 20.7 grams

**Carbohydrates:** 7.4 grams

# Stuffed Chicken

Serves 1

## Ingredients:

1 tbsp olive oil

1 garlic, minced

¼ onion, minced

½ cup spinach

¼ cup mushroom, chopped

Salt and pepper, to taste

200 grams chicken breast,  
skinless and boneless

Red chili flakes, a dash of

## To Serve:

¼ cup cherry tomatoes,

1 cup snow pea sprouts

Ready in 30 minutes

Tier 1

## Method:

1. Preheat the oven to 300°F.
2. Meanwhile, over medium heat, heat a pan and add olive oil. Add and saute garlic for a minute or until fragrant. Add onions and cook for another minute or until translucent.
3. Then, add spinach and mushroom and cook for 2 minutes or until they are tender. Season with salt and pepper and cook for another minute. Set aside and let it cool.
4. Prepare the chicken breast by cutting an opening in the thickest part of the breast. Dry the surface of chicken breast using a paper towel and season with salt and red chili flakes.
5. Spoon the spinach filling into the pocket of each breast.
6. Using the same skillet in cooking spinach, cook the chicken 5-7 minutes on each side. Finish cooking it inside the oven for 10 minutes or until cooked through. Let it cool and slice. Serve with tomatoes and snow pea sprouts.



**PER SERVING**

**Calories:** 496 calories

**Protein:** 23.2 grams

**Fat:** 36 grams

**Carbohydrates:** 28.1 grams

# Tofu Hot Soup with Carrots

**Serves 2**

## Ingredients:

2 tbsp olive oil  
2 tsp ginger, minced  
½ onions, minced  
1 carrot, shredded  
½ cup mushrooms, sliced  
2 cups vegetable stock  
2 tsp coconut aminos  
2 tsp balsamic vinegar  
2 tsp chili sauce  
2 cups kale, chopped  
200 grams tofu, in cubes  
Salt and pepper, to taste

**Ready in 30 minutes**

**Tier 1, Tier 2**

## Method:

1. Over medium heat, heat a saucepan and add olive oil. Add and saute ginger for 1 minute or until fragrant. Add onions and cook for 1 minute or until translucent.
2. Then, add all the vegetables, except for kale and cook for 5-10 minutes or until they are tender.
3. Pour the vegetable stock on the saucepan and season it with coconut aminos, balsamic vinegar, and chili sauce. Bring to boil.
4. Then, add the tofu cubes and let it cook for 10 minutes. Add the kale leaves and cook for 1 minute or until just wilted. Season with salt and pepper. Serve while still hot.



Think T.H.I.N

## DINNER



### PER SERVING

**Calories:** 364.5 calories

**Protein:** 20.2 grams

**Fat:** 27.4 grams

**Carbohydrates:** 13.5 grams

# Zucchini and Feta Cheese Patty

Serves 2

Ready in 30 minutes

Tier 1, Tier 2

## Ingredients:

1 ½ cups zucchini, grated coarsely

Salt and pepper, to taste

1 garlic clove, minced

90 grams feta cheese, crumbled

25 grams parmesan cheese, finely  
grated

1 egg

1 tbsp coconut flour

½ cup almonds, ground

## Method:

1. Preheat the oven to 410°F. Prepare the baking sheet by placing a parchment paper over it.
2. First, squeeze out excess liquid of the grated zucchini.
3. In a large bowl, place all the ingredients and the zucchini. Use disposable plastic gloves to combine the mixture well.
4. Shape the zucchini mixture into small patties and place on the baking sheet. Bake for 20-25 minutes or until cooked through. Serve with vegetable salad on the side.

Think T.H.I.N

**DINNER**



**PER SERVING**

**Calories:** 276 calories

**Protein:** 4.3 grams

**Fat:** 36 grams

**Carbohydrates:** 28.1 grams

# Refreshing Celery Soup

**Serves 2**

## Ingredients:

2 tbsp olive oil  
2 garlic, minced  
2 cups celery, chopped  
200 grams potatoes, in cubes  
2 cups vegetable stock  
½ cup parsley, chopped  
Salt and pepper, to taste

**Ready in 30 minutes**

**Tier 1, Tier 2**

## Method:

1. Over medium heat, heat a saucepan and add olive oil. Add and saute garlic for 1 minute or until fragrant.
2. Add celery and potatoes and cook them for 5-10 minutes or until tender.
3. Pour the vegetable stock on the mixture and bring to boil.
4. Once boiling, sprinkle parsley, salt, and pepper. Remove from heat and let it cool.
5. Once the soup is a little warm, place in a food processor and process until creamy. Serve immediately.





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