

PHASE 2

Recipes

Apple Bake

Prep Time: 4 Min **Cook Time:** 4 Min **Total Time:** 8 Min
Serves 1

Ingredients

1 apple

cinnamon

Instructions

- 1 Cut apple into thin slices
- 2 Lay them into a bowl with a splash of water
- 3 Cook in Microwave or on stove for 3-5 min
- 4 To top it all off, sprinkle cinnamon over cooked apples

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Apple & Breadstick

Prep Time: 3 Min **Total Time:** 3 Min

Serves 1

Ingredients

- 1 apple
- 2 Grissini breadsticks

Instructions

- 1 Many people like to have an apple and breadsticks (or Melba toast) as an afternoon snack.
- 2 You may use an apple corer, as seen, which quickly cuts the apple.
- 3 You can also see the brand of bread sticks available at Superstore. You can have 2 of the breadsticks in place of one Melba toast.

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Apple Butter Hummus

Prep Time: 10 Min Total Time: 10 Min

Serves 1

Ingredients

1 Apple, sliced thin

15g Pea Protein - Kirkman

About 1 1/2 - 2oz Water

1/2 tsp. Ginger

1/2 tsp. Cinnamon

Stevia to sweeten

Instructions

- 1 Mix dry ingredient's with water.
- 2 Then dip away

Notes

The resulting hummus reminds me of Apple Butter when I was a Kid.This is my little breakfast each morning. Very simple and yet rather tasty.

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Apple Cheesecake

Prep Time: 10 Min **Total Time:** 10 Min
Serves 1

Ingredients

3/4 cup 1% Cottage Cheese

1 Gala Apple

1/2 tsp. Cinnamon

1/2 tsp. Vanilla

1 pkg Stevia (Krisda, Sweet Leaf, etc)

1 Tbsp. Walden Farms Caramel Sauce

1 Melba Toast, crushed

Instructions

- 1 Mix all ingredients, except for the Melba, in a blender until well blended.
- 2 Pour into a bowl and sprinkle with crushed Melba toast.
- 3 Enjoy!!!

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Apple Cinnamon Smoothie

Total Time: 5 Min

Serves 1

Ingredients

1/2 cup Plain Greek Yogurt

1 Apple

1/4 tsp Cinnamon

1/8 cup water

1or 2 Ice cubes

Instructions

- 1 Core & cut up 1 apple (peel if you prefer less pulp)
- 2 Combine all ingredients
- 3 Blend & pour into a glass
- 4 Sprinkle a dash of cinnamon on top for garnish
- 5 Enjoy!

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Apple Pancake

Prep Time: 5 Min **Cook Time:** 25 Min **Total Time:** 30 Min
Serves 1

Ingredients

1 apple, cored, peeled and cut into thin slices

4 egg whites, whisked a bit

cinnamon generous sprinkle

stevia 2-3 drops, liquid

Instructions

- 1 Place apples in a microwavable dish, add a splash of water and cook in microwave for 5 minutes.
- 2 Stir in 2-3 drops of stevia and sprinkle generously with cinnamon. (or to taste)
- 3 Line a pie plate or 8x8 dish, with parchment paper.
- 4 Arrange apples on bottom of dish.
- 5 Pour egg whites over top and bake at 350 for 20 minutes, or till egg white is cooked.
- 6 Slide off of parchment paper and enjoy.
- 7 To make Mini-Bites, shred apples into egg whites, add stevia and cinnamon, and bake in mini muffin tins.

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Asparagus Hummus

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

- 1 1/2 Scoops of Pea Protein powder (any kind, unflavored works best)
- 1/2 - 1 cup of Water (amount of water depends on the thickness you want)
- 1 Lemon's juice (optional)
- 1/2 Bunch Asparagus
- 1 tsp. Garlic Powder
- 1/2 tsp. Sea Salt
- 1/2 tsp. Cumin
- 2.5 tsp. Konjac Flour (optional)
- Sprinkle Paprika

Instructions

- 1 Add 1/2 of the asparagus and all of the other ingredients together in blender.
- 2 Blend on high and then pour into serving bowl.
- 3 Use the remaining asparagus to dip into the hummus.

Notes

Note the amount of pea protein powder you put in each recipe depends on the protein powder you are using and how many calories it has...make sure you do not go over your allotted amount of calories for the day.

For vegans on phase 2 this will be your protein and veg serving for one meal

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Baked Strawberries

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g Strawberries

1 pkg. Stevia

1 Grissini, crushed for topping

Instructions

- 1 In a small oven-safe dish mix strawberries and Stevia
- 2 Add grissini as topping.
- 3 Bake at 350 for 20 minutes or until brown

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Bbq Teriyaki Marinade

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

1/4 cup Soy Sauce

1/8 tsp. Ground Ginger

1/4 tsp. Garlic Powder

3 pkg Krisda Stevia

Instructions

- 1 Mix all the ingredients together.
- 2 Marinade 100g steak or chicken for at least an hour, though longer is better.
- 3 BBQ or grill and enjoy with tomatoes or your choice of vegetable.

Notes

You can also use this recipe on an indoor grill such as the Nutri grill or George Forman grill.

Nutritional information is for the entire marinade so does not take into account that only a small amount is being used or remains on the meat. (i.e. 1/2 tsp is listed as 0 calories)

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Beyond Steamed Chicken & Tomatoes

Prep Time: 5 Min **Cook Time:** 40 Min **Total Time:** 45 Min

Serves 1

Ingredients

100g Chicken

2 cups Water

1 tsp. Garlic Powder

1 Tbsp. Onion Powder

1/4 tsp. Pepper

1/16 tsp. Cayenne Pepper

1/4 tsp. Paprika

1 tsp. Lemon juice

100g Cherry or Grape tomatoes

Instructions

- 1 Brown chicken in pan.
- 2 Add water, garlic powder, onion powder, pepper, cayenne pepper, paprika and lemon juice.
- 3 Cook until liquid is reduced.
- 4 Add tomatoes and cook until they are warmed.

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Black Tiger Prawns

Prep Time: 4 Min **Cook Time:** 10 Min **Total Time:** 14 Min
Serves 1

Ingredients

100g large tiger prawns

Walden Farms Seafood Sauce

100g grape tomatoes

Instructions

- 1 We like to purchase large tiger prawns from Costco and clean and boil 100g (about 4-5 prawns)
- 2 Enjoy them with Walden Farms "0 calorie" Seafood Sauce (available at VitaHealth and other health food stores as well as a variety of grocery stores in the USA)
- 3 And a side of your choice of vegetable

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Breaded Chicken Breast

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 1

Ingredients

100g chicken breast

1 melba toast (or 2 gressin breadsticks)

Dash of garlic powder

Dash of onion powder

Dash of poultry seasoning

Dash of basil

Dash of sea salt

Dash of pepper

1 Tbsp milk

Instructions

- 1 Crush Melba toast or breadsticks (a magic bullet works great!)
- 2 Add seasonings to crumbs
- 3 Using a mallet pound chicken until flat & thin
- 4 Dip chicken into milk and then into crumbs
- 5 Bake at 350 degrees for 20 minutes (15 min for 'fingers' or 'nuggets')

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Chicken Asparagus Bake

Prep Time: 15 Min **Cook Time:** 30 Min **Total Time:** 45 Min
Serves 1

Ingredients

100g cubed chicken

100g chopped asparagus

1/2 cup chicken broth or water

1 clove garlic minced

1 tsp onion powder

Dash of paprika

Salt and pepper to taste

Topping: 1 Melba toast crushed & Dash of paprika (optional)

Instructions

- 1 Combine all ingredients and pour into a small baking dish
- 2 Bake at 375 degrees for 30 minutes or until bubbly and hot
- 3 Top with crushed melba toast crumbs and sprinkle with paprika

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Chicken Caesar Salad

Prep Time: 10 Min **Cook Time:** 5 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g Chicken

2 cups Romaine Lettuce

2 Breadsticks

Walden Farms Caesar Dressing

Instructions

- 1 Cook and cube the chicken
- 2 Break breadsticks into small pieces
- 3 Mix all ingredients in a bowl

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Chicken & Celery Casserole

Prep Time: 15 Min **Cook Time:** 30 Min **Total Time:** 45 Min
Serves 1

Ingredients

- 5 Chicken Breasts, cut into chunks or cubed
- 3 Bundles of Celery stalks, cut into 1/2 inch chunks or small
- 4 cups of Beef Broth or Water and Chicken bullion
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tsp. Paprika
- 1 tsp. Sea Salt
- 1 Bay Leaf
- Pinch of Red Pepper flakes

Instructions

- 1 Cut up the chicken and celery.
- 2 Place into a baking dish.
- 3 Dissolve spices in beef broth and pour over chicken and celery.
- 4 Bake at 400 Degree oven until the chicken and the celery are cooked through.
- 5 Serve with juice.

Notes

If you have cooked this meal for your family, remove 1/2 cup chicken and 1 1/2 cup celery for a 1 portion meal.

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Chicken Noodle Soup

Prep Time: 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g of raw cubed chicken

100g+ of your choice of vegetable (cabbage, celery, broccoli, etc)

Seasonings (Salt, Pepper, dill, poultry seasoning, garlic, etc)

Chicken broth (homemade or use a boxed brand with no sugars or oils added)

Shirataki noodles

Instructions

- 1 Cook both the chicken & your choice of vegetable
- 2 Add to chicken broth
- 3 Add your choice of seasonings (Salt, Pepper, dill, poultry seasoning, garlic, etc)
- 4 Add as many Shirataki noodles as desired
- 5 Bring to a boil & then simmer until you are ready to eat. Enjoy!

Notes

This can be a really quick meal to pull together if you already have pre-cooked chicken, broth, noodles & pre-cooked vegetables. Measure your protein & vegetable portions, rinse & cut your noodles, add it all to some broth in a pot and heat. Voila - 5 minutes & you're ready to eat!

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Chicken N' Cabbage

Prep Time: 10 Min **Cook Time:** 35 Min **Total Time:** 45 Min
Serves 4

Ingredients

- 1 small head of cabbage, shredded
- 4 boneless chicken breasts
- 1 tsp thyme
- 1 tsp sage
- 1 tsp rosemary
- Sea salt & pepper to taste

Instructions

- 1 Preheat oven to 400 degrees
- 2 Place cabbage evenly in a non-stick 9x13 inch baking pan
- 3 Top the bed of cabbage with chicken breasts
- 4 Sprinkle the chicken with the remaining ingredients
- 5 Cover with tin foil
- 6 Bake in oven for 35 minutes
- 7 Remove from oven and let rest for 5 minutes and serve

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Chicken & Orange Garden Salad

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

100 g chicken breast - raw, boneless, skinless

2 cups lettuce

1 medium radish

1/2 cup chopped cucumber

1 stalk chopped celery

1/2 tomato

1-2 Tbsp salad dressing

1 orange

Instructions

- 1 Grill chicken breast until no longer pink inside.
- 2 In a large bowl place lettuce, chopped radish, tomato, cucumber and celery
- 3 Toss salad with a 0 calorie dressing of your choice or a splash of lemon juice or vinegar
- 4 Top with orange segments

Notes

This recipe could easily be used in Phase 3 and by adding 1 tbsp walnuts & using an oil dressing of your choice (with no sugar) you can increase the flavour & the number of calories.

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Chicken Slouvaki & Cucumber Salad

Prep Time: 15 Min **Cook Time:** 15 Min **Total Time:** 30 Min
Serves 1

Ingredients

- 100g Chicken
- 100g Cucumber
- 2 Tbsp. Walden Farms Amazing Mayo
- 1 tsp. Dried Onion flakes
- 1/2 tsp. Dried Garlic flakes
- 1/2 tsp. Sea Salt
- 1/4 tsp. Pepper
- 1/4 tsp. Thyme
- 1 tsp Lemon Juice

Instructions

- 1 Cut the chicken breast into even chunks and place into a dish.
- 2 Add your lemon juice and all your spices to the chicken and mix well.
- 3 Let the chicken marinate in the spices for about 5 minutes.
- 4 Slice the cucumber into thin slices.
- 5 Add your 2 Tbsp. of Walden Farms Mayo to your cucumber slices and mix well.
- 6 Allow the salad to sit while you grill your chicken to set in the flavour.
- 7 Take your chicken chunks and place them on a skewer.
- 8 Grill them for 15 minutes.
- 9 If you want you can squeeze more lemon juice on after it has been cooked.
- 10 Remove from grill and enjoy!!

Notes

The cucumber salad can be added to any protein. Also Walden Farms has some great Mayo options that you can use instead of the one listed, to add variety. You can also add a pinch of Stevia to their Amazing Mayo to add sweetness to the cucumber.

Then Epicure Spices has a premixed Slouvaki mixture that really works well and saves on time and money, if you do not have all the spices at home.

The chicken can be on a skewer or just grilled in chunks, your preference.

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Chili Or Spaghetti

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 10

Ingredients

- 1000g lean ground beef
- 1000g tomatoes
- 1 small can of tomato paste (optional)
- 1/2 tsp white or black pepper
- 1/2 tsp cayenne pepper (more or less depending on your 'mild' or 'spicy' taste buds)
- 2 tsp sea salt
- 2 tsp chili powder
- 2 tsp Italian seasoning
- 2 bay leaves
- 1 Tbsp onion powder
- 1 Tbsp garlic powder

Instructions

- 1 Fry beef in a large non-stick pan & discard excess grease
- 2 Add all seasonings
- 3 Chop 1 or 2 tomatoes and puree the rest of them
- 4 Add to meat
- 5 Cook on medium heat for 15 minutes stirring occasionally
- 6 *To enhance & combine all the flavours I will often add 1/2 cup of water & simmer for 3-4 hours

Notes

For a spaghetti style dinner pour your chili over a bed of Shirataki noodles, make an 'on protocol' lettuce or caesar salad, and serve with 2 garlic gressin breadsticks. Enjoy!

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Chinese Sweet & Sour Chicken

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 100 g chicken
- 1 cup water
- 1/2 lemon with rind
- 1/2 orange with rind
- 3 Tbsp Bragg's Liquid Aminos (or approved soya sauce)
- 1 Tbsp minced onion
- 1 clove garlic crushed or minced
- 1 pinch cayenne
- 1 pinch sea salt
- 1 pinch black pepper

Instructions

- 1 Cut chicken into large cubes and cook
- 2 Bring water to a boil
- 3 Boil both the 1/2 lemon and 1/2 orange with rind until pulp comes out of the center
- 4 If needed, scrape out any remaining pulp and throw away the rind
- 5 Add onion, garlic, Bragg's and spices and continue cooking until liquid has reduced by approximately half.
- 6 Add the cooked chicken to the sauce and saute for an additional 3-5 minutes
- 7 Serve by itself or over Shirataki/Miracle Noodles along with your choice of steamed vegetable and you have one awesome meal!

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Cinnamon Chicken & Onions

Prep Time: 5 Min **Cook Time:** 40 Min **Total Time:** 45 Min
Serves 1

Ingredients

100g+ Onions, sliced
100g Chicken, cubed
1/2 cup Chicken Broth or water
1/4 tsp. Ground Cinnamon
Pinch of Nutmeg
Pinch of Cardamom
1/8 tsp. Curry Powder
Dash of Garlic Powder
Sea Salt & Pepper to taste
1 pkg Krisda Stevia
1 Melba Toast or 2 breadsticks

Instructions

- 1 Cook the onions in the broth until soft.
- 2 Add the chicken and spices.
- 3 Cook until the chicken is done and broth is reduced to almost nothing.
- 4 Carefully caramelize the onions and chicken.
- 5 Serve with 1 Melba toast or 2 breadsticks.
- 6 Yummy!!!

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Cottage Cheese And Strawberries

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

3/4 cup cottage cheese

1 cup sliced strawberries

Instructions

- 1 On Spray It Away you are allowed to have eggs or cottage cheese once or twice a week.
- 2 For a nice change we take 3/4 cup cottage cheese and one cup of strawberries.
- 3 In the winter we tend to buy the frozen strawberries as they are a better value.

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Crab & Asparagus Stir Fry

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

100g Crab Meat

100g Asparagus

1/4 cup Water

1/2 tsp. Sea Salt

1/4 tsp. Pepper

1/2 tsp. Paprika (optional)

1 tsp. Onion Flakes or Powder

1 tsp. Garlic Powder or Chips

Instructions

- 1 Slice up the crab and asparagus into smaller chunks to ensure faster cooking time.
- 2 Add to the 1/4 cup of boiling water in a non-stick frying pan.
- 3 Add all you spices and mix well.
- 4 Cover and let steam in water for about 15 minutes, over medium heat.
- 5 Keep an eye on your water to make sure it doesn't go dry. {If it does, just add a little more}

Notes

This dish is more to be steamed than cooked, so how long you steam it depends on how crunchy you like your vegetables.

Also Epicure Spices has dried Roasted Garlic chips available that goes great with this recipe

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Cream Of Broccoli Soup

Prep Time: 10 Min **Cook Time:** 15 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g Broccoli
3/4 cup of Water
3/4 cup Cottage Cheese
1/2 tsp. Onion Powder
1/2 tsp. Garlic Powder
1 tsp. Sea Salt
1/2 tsp. Black Pepper

Instructions

- 1 Bring 3/4 cup of water and 1/2 tsp. of sea salt to a boil over medium heat.
- 2 Cut broccoli florets into smaller pieces to allow for faster cooking.
- 3 Put the broccoli into the boiling water and boil for 15 minutes, uncovered.
- 4 Remove the broccoli from the stove and let cool for 5 minutes. DO NOT drain the water.
- 5 In a separate container, measure out your 3/4 cup cottage cheese.
- 6 Mix all the spices (including the remaining 1/2 tsp. sea salt) into the 3/4 cup cottage cheese.
- 7 Add the cottage cheese mixture and the broccoli (with water) to a blender and blend on high for 2 to 3 minutes, or until creamy.
- 8 Pour and enjoy!

Notes

This recipe can be applied to any of the allowed vegetables during phase 2.

Please keep in mind that cottage cheese can only be used as a protein source once to twice a week.

Enjoy!!!

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Crispy Chicken Tenders

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 1

Ingredients

100g Chicken, cut in strips

1 Melba toast

1/4 tsp. Garlic powder

1/4 tsp. Onion powder

1/4 tsp. Black pepper

Instructions

- 1 Crush together melba, garlic powder, onion powder and pepper.
- 2 Shake chicken in crumbs to coat evenly.
- 3 Place on baking pan.
- 4 Bake at 350 for 20 minutes.

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Curried Chicken & Brussel Sprouts

Prep Time: 5 Min **Cook Time:** 30 Min **Total Time:** 35 Min
Serves 1

Ingredients

100g Chicken
100g Brussel Sprouts
3/4 cup Water
1/2 tsp. Curry Powder
1/2 tsp. Tumeric Powder
1 tsp. Sea Salt
1/2 tsp. Pepper
1 tsp. Stevia
1 Tbsp. Milk
1 tsp. Onion flakes/powder
1 tsp. Garlic flakes/powder
1/2 tsp Vinegar

Instructions

- 1 Slice brussel sprouts in half.
- 2 Dice chicken into cubes.
- 3 In a small saucepan mix in all the spices, stevia, vinegar, 1/4 cup water and Tbsp. milk.
- 4 Allow the sauce to simmer for 10 minutes.
- 5 Add 1/2 cup water, chicken and brussel sprouts to the sauce.
- 6 Simmer, covered, for 20 minutes over medium heat.
- 7 Serve over Shirataki noodles (optional) and enjoy!!!

Notes

This dish can also be made with fish instead of chicken and any other vegetable allowed in Phase 2.

More or less curry powder can be added depending on your taste buds and their preference to spice.

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Effortless Cream Of Chicken Soup

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 1

Ingredients

100 g cooked chicken
celery (allowed amount)
1.5 cups of broth
3 cloves garlic
1 T dehydrated minced onion
1/2 t parsley
1/2 t basil
ground white pepper (to taste)
salt (optional)

Instructions

- 1 Preheat saucepan over MED-HI heat.
- 2 In food processor, combine all ingredients and pulse until reaches desired consistency.
- 3 Pour into saucepan and bring to boil.
- 4 Reduce heat to simmer, cover, and heat 20-30 mins.
- 5 Serve

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French Onion Soup

Prep Time: 5 Min **Cook Time:** 35 Min **Total Time:** 40 Min
Serves 1

Ingredients

- 3 pkg Organic Beef Broth
- 3 Large White Onions, diced
- 6 Cloves of Garlic
- 1 lb Inside Round Steak, boneless, cubed small
- 1 tsp. Sea Salt
- 1 Melba Toast, slightly crushed

Instructions

- 1 Put everything into a large pot except for the Melba toast.
- 2 Bring to a boil
- 3 Simmer until beef and onions are tender.
- 4 Measure about 60g of beef and 100g onions for your meal.
- 5 Sprinkle the crushed Melba toast over the top and enjoy.

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Garlic & Basil Shrimp With Tomatoes

Prep Time: 5 Min **Cook Time:** 8 Min **Total Time:** 13 Min

Serves 1

Ingredients

100g tiger shrimp

100g+ tomatoes

1/2 tsp Basil

1/2 tsp Garlic

Dash of Sea Salt

Juice of 1/2 Lemon

Shirataki Noodles

Instructions

- 1 Cook tiger prawns in boiling water & set aside - do not overcook
- 2 Heat 100g+ of tomatoes in a pan
- 3 Add basil, garlic, salt, and lemon juice while cooking
- 4 Add the shrimp when almost done
- 5 Pour over a bed of calorie free Shirataki (Yam) Noodles

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Ginger Soy Grilled Chicken

Prep Time: 35 Min **Cook Time:** 8 Min **Total Time:** 43 Min
Serves 2

Ingredients

- ½ cup Bragg's liquid soy or amino seasoning
- 1 inch fresh ginger, peeled and minced
- 2 boneless, skinless chicken breasts

Instructions

- 1 In a small bowl, add soy sauce and ginger and whisk to combine. Set aside ½ the marinade in a small bowl (cover until ready to use).
- 2 Marinate chicken in ½ the marinade for 30 minutes to one hour.
- 3 Pre-heat grill. Grill chicken, brushing with reserved marinade occasionally, until cooked through, about 6-8 minutes per side, depending on grill type and heat level.
- 4 Serve with vegetable of choice (I liked steamed broccoli or grilled zucchini)

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Grapefruit & Melba Toast

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

1/2 grapefruit

Melba toast

Instructions

- 1 If you have to eat early in the day you may enjoy a good grapefruit. We have found that the best grapefruits can be purchased at Costco. They are very large and very tasty. Your portion is 1/2 a grapefruit.
- 2 Growing up my mom always cut a grapefruit in half and I had to dig it all out. Now I like to peel the grapefruit and then I take a couple minutes and peel the skin off the flesh. Very tasty.
- 3 Enjoy with a Melba Toast or Bread Sticks.

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Ground Beef With Onions

Prep Time: 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min
Serves 1

Ingredients

100g of raw lean ground beef

100g+ of chopped onion

Your choice of spices

Instructions

- 1 Chop 100g+ of onion into small pieces
- 2 Cook lean ground beef together with chopped onion
- 3 When it is almost ready add spices (I like to add a little salt, white pepper and garlic powder)

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Hot & Sour Soup

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 1 Cup Water
- 1 Dropper Full or 1 pkg Stevia. (any flavor)
- 2 Tbsp. Rice Vinegar (optional)
- 1 tsp. Tamari or 1/2 tsp. Chickpea Miso
- 1 1/2 Scoops Pea Protein powder
- 1/16 tsp. Chili Powder (more if you want more spiciness)
- Dash Cayenne Pepper
- 1/4 tsp. Ginger Powder
- 2 Celery Stalks or Asparagus
- 1/2 tsp. Konjac flour (optional)
- Shiritaki or Miracle noodles (optional)

Instructions

- 1 Put half of the celery and all the ingredients, except for the last two into blender.
- 2 Blend on high until desired consistency is reached.
- 3 If adding konjac flour, add it last and blend again.
- 4 If blender doesn't warm the mixture then put it in the microwave and warm it up.
- 5 Then pour the soup over chopped celery and noodles.
- 6 Stir and eat.

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Lemon Ginger Cucumber Salad

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

- 1/2 Lemon
- 1 Dropper full Stevia or 1 pkg. Stevia
- 1 Cucumber
- 1 tsp. Dehydrated Onion or onion powder
- 1 1/2 Scoops (28 g) Raw Natural flavor Sun Warrior Protein
- 1/2 tsp. Garlic Powder
- Dash Cayenne Pepper
- 1/2 tsp. Ginger Powder
- 1/8 tsp. Celtic Sea Salt
- 1/2 Bag shiritaki or Miracle Noodles (optional)

Instructions

- 1 Place all ingredients, except Miracle Noodles, in Food Processor or blender.
- 2 Pulse until cucumber is chopped appealingly.
- 3 Serve atop noodles.

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Mini Meatballs

Prep Time: 10 Min **Cook Time:** 8 Min **Total Time:** 18 Min
Serves 1

Ingredients

100 g raw ground beef
1 melba toast or 2 grissini sticks, crushed
1 tbsp milk
1/4 tsp basil
1/4 tsp oregano
1/4 tsp onion powder
1/4 tsp garlic powder
dash of salt & pepper

Instructions

- 1 Preheat oven to 425 degrees
- 2 Combine all ingredients
- 3 Form into small balls (approximately 8-10)
- 4 Place on baking sheet and cook 7-9 minutes or until done
- 5 Drain on paper towels

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Mock Egg Roll

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 2 large cabbage leaves
- 1 cup shredded cabbage
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- dash of sea salt
- dash of pepper
- 1/8 tsp Chinese Five Spice
- 1/2 packet stevia
- 100 g chicken

Instructions

- 1 Steam large cabbage leaves for 5 minutes then move to the side of the steamer and add shredded cabbage and steam for an additional 5 minutes
- 2 Cook chicken
- 3 Mix shredded cabbage, cooked meat, and spices in a bowl
- 4 Wrap mixture into large lettuce leaves

Notes

Shrimp or beef can be substituted for chicken

** For some reason the calorie count below is wrong and we can not seem to change it so please ignore it.

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On The Go Smoothie

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

2 Cups of Leafy Spinach or Cabbage

1 to 1-1/2 Scoops of Pea Protein powder (depending on the brand and calorie count)

1 Apple or 1 Cup of Strawberries

1/8 tsp of powdered Stevia (or amount to taste and sweetness desired) Flavored or unflavored Stevia drops also allowed - Lemon stevia drops work well.

1 to 2 Cups of Green Tea (depending on the amount of liquid you need to mix all together)

1 Tbsp. Apple Cider Vinegar (this can be left out if you don't like it but I like a bit of tart)

Melba toast (optional)

Instructions

- 1 Blend all together until smooth and drink your green healthy smoothie along with eating your melba toast and you have a complete protocol meal to go!

Notes

If you have one of those super blenders like a vitamix or a blendtec this works great for a lunch on the go!

I have also added 1 tsp. of ginger (or cinnamon with apples is nice) depending on my mood and wanting to switch up flavors.

You can add a cup of ice if you like to make a frozen smoothie.

You can also use any of the approved veggies for phase 2, however, the two given works best.

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Orange Ginger Salad Dressing

Prep Time: 10 Min **Total Time:** 10 Min
Serves 8

Ingredients

- 1 Orange
- 1 cup White Wine Vinegar
- 1 Clove Garlic
- 1 Small piece of Ginger
- A few drops of liquid Stevia

Instructions

- 1 Put everything in a blender and blend until all the ginger and garlic are pureed.
- 2 Let stand overnight in the refrigerator.

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Orange Ice Cream (Sherbet)

Prep Time: 5 Min

Serves 1

Ingredients

1 Packet of Stevia OR 5-7 drops of Vanilla Creme liquid Stevia

2 Tbsp of water OR 1Tbsp water + 1 Tbsp milk

1 frozen orange (about 10 frozen segments)

Instructions

- 1 Add all ingredients to blender
- 2 Blend until smooth & creamy
- 3 Enjoy immediately!

Notes

Substitute the orange with frozen strawberries or apples during Phase 2 or ANY choice of fruit once you are in Phase 3.

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Poached Eggs With Grapefruit And Melba

Prep Time: 6 Min **Cook Time:** 2 Min **Total Time:** 8 Min

Serves 1

Ingredients

1/2 Grapefruit

4 Egg Whites

Salt & Pepper

1 Melba Toast

Instructions

- 1 Add two egg whites to each poaching container.
- 2 Add sea salt and black pepper to taste.
- 3 Poach for 2 minutes.
- 4 Cut your Grapefruit in half.
- 5 Slice along the circumference of one half and along the edges of each fruit slice, for easier scoop.
- 6 Add toast
- 7 Enjoy!!!

Notes

Feel free to add any other spices to this recipe to add more flavour to your egg whites. I sometimes use Epicure dip mixes to add some variety, like Roasted Red Pepper or Lemon Dilly.

(For those who are familiar with Epicure, the Bacon, Chive and Onion dip is not allowed during Phase 2. Sorry... before you know it you'll be in Phase 3!)

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Roasted Balsamic Brussel Sprouts

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 4

Ingredients

1 ½ lbs Brussels sprouts, rinsed and trimmed with outer leaves removed

2 Tbsp balsamic vinegar

sea salt and freshly ground black pepper, to taste

Instructions

- 1 Preheat the oven to 400 degrees.
- 2 Cut off the stem ends of the Brussels sprouts and remove the outer leaves. If the Brussels sprouts are large, cut them in half. Leave the smaller ones whole.
- 3 Place sprouts in a medium bowl. Toss with balsamic vinegar. Arrange the Brussels sprouts on a baking sheet and season with salt and pepper.
- 4 Bake for 15–20 minutes or until sprouts are just barely tender and maybe even still a little crunchy. Turn the sprouts over once halfway through cooking.
- 5 Remove from the oven, place in a serving bowl and enjoy this amazing side dish.

Notes

If using as a Phase 3 Recipe then add 2 Tbsp extra virgin olive oil but reduce the balsamic vinegar to 1 tbsp.

If you wish to add a few variations to this recipe, try adding minced garlic and spices like chili powder or cayenne pepper or slivered almonds and bacon (Phase 3). It's fun to experiment with your favorite ingredients and seasonings.

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Scrambled Eggs With Onions

Prep Time: 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min
Serves 1

Ingredients

100g of diced onions

! /2 cup of liquid egg whites OR 1 large egg plus 3 egg whites

Salt & pepper to taste

Instructions

- 1 Fry onions in a non-stick pan (add a little water so they don't burn)
- 2 Scramble & cook your eggs into the onions
- 3 Add salt & pepper to taste

Notes

Salsa as a condiment on top of this dish makes it extra delicious! Make sure that is it either homemade or a brand without added sugar, oil or starches.

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Shirataki Shrimp Wraps

Prep Time: 10 Min **Cook Time:** 5 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g shrimp (or use pre-cooked shrimp)

Spices or a '0' calorie dressing to taste (I like Citrus Ginger)

Shirataki noodles

romaine or butter lettuce leaves

Instructions

- 1 Cook 100g shrimp (or use pre-cooked shrimp)
- 2 Add spices or a '0' calorie dressing to taste (I like Citrus Ginger)
- 3 Rinse Shirataki noodles thoroughly
- 4 Add shrimp & noodles to romaine or butter lettuce leaves
- 5 Wrap and enjoy!

Notes

Once you are in Phase 3, feel free to add other vegetables as shown in the picture (i.e. peppers, onions, celery).

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Shrimp Lettuce Wraps

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

74g Shrimp, cooked

Shiritaki/Miracle Noodles

Lettuce Leaves, the bigger the better

Walden Farms Sesame Ginger Salad Dressing or Seafood Sauce

Instructions

- 1 Place some noodles in the middle of the lettuce leaf.
- 2 Place shrimp on top in a row.
- 3 Drizzle with your choice of salad dressing or seafood sauce.
- 4 Roll and enjoy!!!

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Shrimp & Noodles

Prep Time: 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min
Serves 1

Ingredients

100g Shrimp (tail removed)

Juice of a Lemon

A few dashes of Lemon pepper seasoning

Shirataki noodles

Walden Farms Italian Dressing (optional)

Instructions

- 1 Saute shrimp in the lemon juice
- 2 Sprinkle with lemon pepper seasoning
- 3 Add Shirataki noodles (as much as you desire)
- 4 While heating add the dressing
- 5 Enjoy with your choice of vegetable

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Shrimp Scampi

Prep Time: 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min
Serves 1

Ingredients

1 tomatoe
garlic
onion powder
sea salt
pepper
100 g shrimp
cajun spice
Juice of a lemon

Instructions

- 1 Heat skillet on medium high
- 2 Dice and then saute tomatoe pieces until they release their juice but are not mushy.
- 3 Add garlic, onion powder, salt & pepper to tomatoes
- 4 Add cajun spice to shrimp
- 5 Add shrimp to skillet, saute-ing them until they are pink but not overcooked
- 6 If desired, pour over a bed of Shirataki noodles
- 7 Squeeze fresh lemon juice over shrimp scampi & enjoy!

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Slow-Cooker Roast Beef

Prep Time: 15 Min **Cook Time:** 4 Hr **Total Time:** 4 Hr 15 Min
Serves 8

Ingredients

2 1/2 - 3 pound Sirloin tip or Round Roast

1/2 tsp sea salt

1/4 tsp pepper

1/2 tsp garlic powder

1/2 tsp onion powder

1 cup water

Instructions

- 1 In a large skillet, over medium high heat, sear the roast until all sides are well browned.
- 2 Season meat & place in slow cooker.
- 3 Add 1 cup of water & cover.
- 4 Cook on high setting for 4 hrs or low setting for 6 hours.

Notes

We have found that 100g of raw beef is generally 65-75g of cooked beef - so that would become your portion. Slice it in thin slices (it looks like more!) and enjoy with a healthy helping of cucumber (100g+) or your favorite vegetable.

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Spicy Chicken & Cabbage

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 4

Ingredients

- 1 Tbsp. Chile Paste
- 2 cloves Garlic, chopped
- 1/4 cup water
- 4 skinless, boneless chicken breast halves or 400g worth
- 1/2 cup Tamari (fermented soy sauce), wheat free
- 600g Cabbage, sliced into "noodles"
- Shiritaki/Miracle Noodles

Instructions

- 1 Cut chicken into 1/2 inch cubes
- 2 In a fry pan, whisk chile paste with 1/4 cup of water & add chopped garlic
- 3 Add the chicken & cook until done adding more water if necessary
- 4 Remove the chicken once it is cooked and before all the water boils away.
- 5 Add Tamari sauce to the remaining liquid then add the cabbage and cook until soft.
- 6 Divide both the chicken & the cabbage into 4 equal parts
- 7 Combine desired amount of Shiritaki/Miracle noodles to 1 portion each of chicken and cabbage
- 8 Mix and enjoy!!!
- 9 (Package & refrigerate remaining portions for another meal another day!)

Notes

You can add more Chili Paste to the recipe if it's not hot enough for your taste buds.

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Spinach Salad With Chicken & Strawberries

Prep Time: 10 Min **Cook Time:** 5 Min **Total Time:** 15 Min

Serves 1

Ingredients

100g of cubed cooked chicken

2 cups of raw spinach or lettuce

1 cup of sliced strawberries

Your choice of "on protocol" or "0 calorie" dressing

Instructions

- 1 Combine cooked chicken, strawberries, and spinach
- 2 Toss with your favorite dressing - with this recipe I like the Walden Farms Raspberry Vinaigrette

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Strawberries & Cream

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g Strawberries, cut

1 Tbsp. Milk

1 pkg. Stevia

Instructions

- 1 Mix together in a bowl
- 2 Let sit 5-10 minutes.

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Strawberry Cheesecake

Prep Time: 10 Min **Total Time:** 15 Min
Serves 1

Ingredients

- 3/4 cup cottage cheese
- 1 cup strawberries
- 1 melba toast
- 1/2 tsp vanilla
- 2 packets Stevia
- 1 Tbsp Walden Farms Strawberry Syrup
- 2 Tbsp Walden Farms Chocolate Syrup (optional)

Instructions

- 1 Blend cottage cheese, strawberry syrup, vanilla, 1 & 1/2 packets of Stevia, and 3/4 cup of strawberries (in a blender or Magic Bullet)
- 2 Crush melba toast along with 1/2 packet of Stevia and place either at the bottom or top as shown
- 3 Slice remaining 1/4 cup of strawberries and place on top
- 4 Drizzle on chocolate syrup (optional)
- 5 Refrigerate or freeze then savour every bite!

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Stuffed Chicken & Tomato Basil Sauce

Prep Time: 10 Min **Cook Time:** 25 Min **Total Time:** 35 Min
Serves 1

Ingredients

100g Chicken
1 Grissini, crushed
1/4 tsp. Italian seasoning
1/4 cup Chicken stock
100g Tomatoes, pureed
1/4 tsp. Basil
1/4 tsp. Garlic powder
1/4 tsp. Italian seasoning
1/4 tsp. Onion powder

Instructions

- 1 Tenderize boneless, skinless chicken breast to 1/8 inch.
- 2 Mix together grissini and Italian seasoning with enough water to make a paste.
- 3 Spread onto chicken and roll up.
- 4 Bake at 350 for 8-10 minutes.
- 5 Cook sauce of chicken stock, tomatoes, basil, garlic powder, Italian seasoning and onion powder until reduced and thickened.
- 6 Pour over chicken and serve.

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Taco Salad

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 100g hamburger or ground chicken
- 1/2 -1 tsp Taco seasoning (see recipe)
- 2 Tbsp Water
- 2 cups Lettuce - coarsely torn or chopped
- 1 Tomato - diced
- 1-2 Tbsp Salsa (homemade or brand with no sugar or oil)

Instructions

- 1 Brown ground beef or chicken and drain fat
- 2 Add taco seasoning and water
- 3 Simmer, allowing spices to blend & excess water to evaporate
- 4 In a large bowl combine lettuce and tomatoe
- 5 Add meat mixture and top with salsa.
- 6 Mix everything together if desired.

Notes

MAKE AHEAD A great way to get a jump start on meals like this, is to cook a large amount of meat and taco seasoning mix ahead of time. (I will typically make up 1-2 kg of taco meat at once.) Spoon into large resealable freezer-weight plastic bag; freeze. Keep seasoned meat in the freezer for nights when you're out of ideas! One serving of cooked hamburger is approximately 75-85g as it shrinks with cooking.

In Phase 3 add **TOPPINGS** such as sliced green onions or jalapeno peppers, cheese, and sour cream, ranch or catalina dressing.

Once in Phase 4 you may add taco chips or put ingredients into a flour tortilla.

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Taco Seasoning - Choose Your Recipe Size

Prep Time: 10 Min Total Time: 10 Min

Individual Recipe (Good For 100g Of Hamburger)

1 tsp onion powder or minced

1/2 tsp garlic powder or 1 clove

Dashes of any or all the following; chili powder, cumin, salt, pepper, paprika, oregano, etc

Small Recipe (Good For 500-700g Of Hamburger)

1 tbsp chili powder

1.5 tsp cumin

1.5 tsp salt

1/2 tsp paprika

1/2 tsp pepper

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp oregano

1/8 tsp red pepper flakes (optional)

Bulk Recipe (Use 2 Tbsp For Each 500g Of Meat)

1/2 cup chili powder

1/4 cup cumin

2 Tbsp salt

4 tsp paprika

4 tsp pepper

2 tsp garlic powder

2 tsp onion powder

2 tsp oregano

1 tsp red pepper flakes (optional)

Instructions

- 1 Mix all ingredients together. It is now ready to add to any cooked hamburger or ground chicken.

Taco Meat

- 1 Brown hamburger or ground chicken draining any extra fat
- 2 Add taco seasoning
- 3 Add water (2 Tbsp - 1/2 cup depending on the amount of meat)
- 4 Simmer, allowing spices to blend & excess water to evaporate
- 5 Use meat to make regular tacos or a taco salad

Notes

The bulk recipe makes almost 1 1/4 cups of seasoning which will season over 9 lbs of beef or chicken and will save you both time & money.

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Tilapia And Asparagus

Prep Time: 5 Min **Cook Time:** 10 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g of Tilapia

Juice of 1/2 lemon

A few dashes of dill

100g+ asparagus

1/2 cup Chicken broth

Instructions

- 1 Place the Tilapia in a non-stick pan
- 2 Squeeze the juice of 1/2 a lemon and sprinkle a few dashes of dill onto the fish
- 3 Add a little water so it poaches the fish and stays moist
- 4 Cook for a few minutes with lid on pan
- 5 Place 100g+ of Asparagus into another shallow pan with a lid
- 6 Cover and boil until tender in organic or homemade chicken broth

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Tomato Basil Omelette

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g Tomato
Fresh Basil, chopped
1 tsp. Garlic Powder
Sea Salt & Pepper to taste
1 egg
3 egg whites
Chives
Tabasco Sauce (optional)

Instructions

- 1 Sauté tomatoes, basil, garlic powder and salt and pepper until soft.
- 2 In a separate bowl, whisk eggs and pour into a heated pan on medium.
- 3 Add tomato mixture onto one side.
- 4 Flip over the other side of the omelette.
- 5 Garnish with chives and tabasco sauce.

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Tomato Basil Soup

Prep Time: 10 Min **Cook Time:** 30 Min **Total Time:** 40 Min
Serves 2

Ingredients

2 cups Vegetable Broth
3 cup Fresh Tomatoes, chopped
3 oz. Tomato Paste
1/4 tsp. Dried Basil
2 cloves Garlic, minced
2 Tbsp. Dried Onion Flakes
1 tsp. Garlic Powder
1/4 tsp. Dried Oregano
Pinch of Marjoram
Salt & Pepper to taste

Instructions

- 1 Puree all the ingredients but the vegetable broth in a food processor or blender.
- 2 Add pureed ingredients to a medium sized pot along with the vegetable stock and heat to a boil.
- 3 Reduce heat and simmer for 30 minutes.
- 4 Serve hot and enjoy.

Notes

I added 65g of cooked ground beef (1 protein portion) and 1 pkg. of Shirataki noodles, cut into more of a rice appearance.

Very filling and very satisfying for those days when one is having a challenging day.....worked for me:)

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Tossed Salad With Sirloin Strips & Strawberries

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 100g of sirloin cut into strips
- 2 cups of raw spinach or lettuce
- 1 cup of sliced strawberries
- 2 broken-up breadsticks
- Splash of lemon juice
- Your choice of "0 calorie" salad dressing

Instructions

- 1 Season and cook meat
- 2 Slice Strawberries
- 3 Break up Breadsticks
- 4 Toss all three ingredients into your chosen greens along with a splash of juice from a lemon & your choice of salad dressing

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Tuna-Stuffed Tomatoes

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 1

Ingredients

1 whole tomato

1 can of tuna

Seasonings of your choice (we use mustard & pepper)

2 garlic grissini sticks (or 1 melba toast)

Instructions

- 1 Cut a whole tomato in half and scoop out the insides
- 2 Take a can of tuna and mix with pepper, a bit of mustard or broth, and the tomatoes
- 3 Place mixture inside the tomato halves
- 4 Top with crushed breadsticks or melba toast
- 5 Bake in the oven at 350 degrees until soft (about 20 minutes)

Notes

Some like it hot...some like it cold! Either way it'll be a recipe you'll carry over to Phase 3, 4 & beyond.

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Vegan Lettuce Wraps

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

2 Tbsp. Tamari (I tried to sub with turmeric and I do NOT recommend that, stick with tamari)

1 1/4 tsp. Garlic Powder

1/2 tsp. Ginger Powder

Dash White pepper

1 1/2 Scoops Pea Protein powder

Apple chopped in food processor

Butter crunch or romaine lettuce leaves

Water

Instructions

- 1 Put Tamari, garlic powder, ginger powder, pepper and protein powder in bowl and mix well with fork.
- 2 Slowly add water, until you reach the thickness you desire.
- 3 Blend with chopped apples and roll in lettuce leaves.

Notes

If you do not have a food processor, then chop the needed items as fine as you can.

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Warm Spiced Oranges

Prep Time: 3 Min **Cook Time:** 2 Min **Total Time:** 5 Min
Serves 1

Ingredients

- 1 orange sliced or segmented
- 2 Tbsp lemon juice
- 1/8 tsp ground cinnamon
- Dash of cloves
- Dash of nutmeg
- 1/8 tsp powdered vanilla (optional)
- Stevia to taste

Instructions

- 1 Mix spices with lemon juice and stevia.
- 2 Warm slightly in saucepan and add oranges.
- 3 Cook for 2-3 minutes.
- 4 Serve hot or chilled.

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Zucchini Pizza Boat

Prep Time: 10 Min **Cook Time:** 25 Min **Total Time:** 35 Min
Serves 1

Ingredients

1 medium zucchini

1Tbsp salsa

100 grams of either cooked & seasoned chopped chicken or ground beef

1 tablespoon fresh basil

Instructions

- 1 Preheat oven to 400 degrees F.
- 2 Cut the zucchini in half lengthwise and scoop out the inside seeds.
- 3 To help them lay flat on the pan, you can also cut a piece off the bottom of the "boat" to create a flat surface.
- 4 Spread a light layer of "sauce" (about 1 tablespoon of salsa) inside each zucchini
- 5 Top with seasoned chicken or ground beef
- 6 Bake for 20-25 minutes, until zucchini is tender (but not mushy).
- 7 Top with basil and serve.

Notes

For Phase 3, feel free to add all sorts of toppings, meat choices and of course cheese! The sky is the limit to what kinds of pizzas you can make.

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PHASE 3

Recipes

Apple Pie

Prep Time: 20 Min Total Time: 20 Min
Serves 8

CRUST

- 2 cups Pecans
- 1 cup Walnuts
- ¾ cup Pitted & Packed Medjool Dates

FILLING

- 2 cups Raspberries
- 6 Medium Sized Apples, separated
- ½ cup Pitted & Packed Medjool Dates
- ¼ cup Raisins
- 2 tsp. Cinnamon

CRUST

- 1 In a food processor, combine all ingredients until they become crumbly.
- 2 Press half of the mixture into a 9" pie plate.

FILLING

- 1 Sprinkle the raspberries over the pie crust.
- 2 Peel and core all apples.
- 3 In a food processor, puree 2 of the apples, and remaining ingredients, until smooth.
- 4 Pour this mixture into a bowl.
- 5 Chop the other 4 apples into large chunks and then process into small chunks in a food processor, making sure NOT to puree it into applesauce!
- 6 Add apples to the puree.
- 7 Spread this filling into the pie crust over the raspberries.
- 8 Top with the remaining pie crust, sprinkling it over the top like crumble.

Notes

For those who need the visual to understand this recipe more easily you can find a video of the instructions at the following website.

http://www.rawfor30days.com/raw_apple_pie.html

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Bacon & Egg Avocado Boats

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 1 avocado
- 2 eggs
- 2 slices of bacon, cooked & crumbled
- 1 green onion, chopped

Instructions

- 1 Preheat oven to 425 degrees.
- 2 Cut avocado in half and carefully remove the pit. Slice off a small slice of the bottom of each half (just enough that they sit still without rolling around) and place them on a rimmed baking sheet lined with foil.
- 3 Separate the egg whites from the yolks, being careful not to break the yolks. Slip an egg yolk into the hole in each avocado half. (If the hole doesn't look big enough, scoop out a little avocado to make more room.
- 4 Carefully pour in enough egg white to fill up the rest of the whole. A little overflow is okay!
- 5 Bake for 15 minutes.
- 6 While the avocados are baking, cook the bacon until crispy, drain on paper towels and crumble.
- 7 Place baked avocados on a plate, scatter with bacon and scallions and serve.

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Baked Portabello Mushrooms

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 2

Ingredients

- 2 Large Portabella Mushrooms
- 2 Tbsp. Basil Pesto
- 4 Tbsp. Parmesan Cheese, grated
- Olive Oil

Instructions

- 1 Preheat oven at 375 degrees F.
- 2 Wash mushrooms and pat dry with paper towel, remove stem and brush with olive oil.
- 3 Put mushrooms in baking dish, bake for 10 minutes than remove.
- 4 Add 1 Tbsp. pesto and 2 Tbsp. parmesan per mushroom.
- 5 Return to the oven and bake another 5 minutes.

Notes

This recipe makes for a great side dish for steak or any other meat dishes.

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Bbq Teriyaki Marinade

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

1/4 cup Soy Sauce

1/8 tsp. Ground Ginger

1/4 tsp. Garlic Powder

3 pkg Krisda Stevia

Instructions

- 1 Mix all the ingredients together.
- 2 Marinade 100g steak or chicken for at least an hour, though longer is better.
- 3 BBQ or grill and enjoy with tomatoes or your choice of vegetable.

Notes

You can also use this recipe on an indoor grill such as the Nutri grill or George Forman grill.

Nutritional information is for the entire marinade so does not take into account that only a small amount is being used or remains on the meat. (i.e. 1/2 tsp is listed as 0 calories)

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Big Mac In A Bowl!

Prep Time: 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min
Serves 1

Ingredients

150 g extra lean ground beef

Seasonings of choice (I use garlic powder, onion powder, pepper)

1/4 c onions - finely chopped

1/4 c dill pickles - finely chopped

3/4 c iceberg lettuce - finely chopped

1-2 Tbsp Thousand Island dressing (I use Walden Farms - 0 calories)

14 g cheddar cheese

Instructions

- 1 Cook up extra lean ground beef, drain fat and return to pan
- 2 Add seasonings of choice
- 3 Remove beef from heat & mix in pickles & onion
- 4 Spread lettuce on plate, add beef mixture and Thousand Island dressing
- 5 Sprinkle with cheese

Notes

I've also eaten just the ground beef with mustard and pickles (Phase 2). You could also add tomato to this recipe.

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Blueberry Peach Crisp

Prep Time: 15 Min **Cook Time:** 50 Min **Total Time:** 1 Hr 5 Min
Serves 8

Ingredients

4 cups sliced peaches. (fresh, frozen, canned)

1 cup blueberries (fresh or thawed from frozen)

Topping

1 1/2 cup almond flour

1 cup chopped pecans

1/8 tsp sea salt

1/4 cup coconut oil, melted

1/4 cup honey (Phase 3 - stevia to taste)

Instructions

- 1 Preheat oven to 350 degrees and grease pie plate.
- 2 Layer peaches and blueberries in the pie plate.
- 3 Combine topping ingredients in a mixing bowl and crumble over fruit.
- 4 Bake for 45-50 minutes until fruit is bubbling and topping is golden brown.

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Chili Or Spaghetti

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 10

Ingredients

- 1000g lean ground beef
- 1000g tomatoes
- 1 small can of tomato paste (optional)
- 1/2 tsp white or black pepper
- 1/2 tsp cayenne pepper (more or less depending on your 'mild' or 'spicy' taste buds)
- 2 tsp sea salt
- 2 tsp chili powder
- 2 tsp Italian seasoning
- 2 bay leaves
- 1 Tbsp onion powder
- 1 Tbsp garlic powder

Instructions

- 1 Fry beef in a large non-stick pan & discard excess grease
- 2 Add all seasonings
- 3 Chop 1 or 2 tomatoes and puree the rest of them
- 4 Add to meat
- 5 Cook on medium heat for 15 minutes stirring occasionally
- 6 *To enhance & combine all the flavours I will often add 1/2 cup of water & simmer for 3-4 hours

Notes

For a spaghetti style dinner pour your chili over a bed of Shirataki noodles, make an 'on protocol' lettuce or caesar salad, and serve with 2 garlic gressin breadsticks. Enjoy!

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Chocolate Cherry Kale Smoothie

Total Time: 5 Min

Serves 1

Ingredients

½ cup frozen cherries

½ cup frozen kale

1 cup unsweetened coconut milk

2 Tbsp unsweetened cocoa powder

1 scoop unsweetened pea protein powder (or your choice of protein powder)

½ Tbsp chia seeds

1/2 Tbsp raw honey or Stevia to taste (optional)

Instructions

- 1 Blend
- 2 Serve
- 3 Enjoy!

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Chocolate Ice Cream

Prep Time: 5 Min **Total Time:** 5 Min
Serves 5

Ingredients

- 1 cup almond milk
- 3 frozen bananas
- 1/2 cup frozen blueberries
- 4-5 whole raw walnuts
- 2 heaping teaspoons cocoa powder
- Stevia to taste (about 1-2 droppers)

Instructions

- 1 Cut up the bananas
- 2 Add all ingredients in a blender
- 3 Blend to the consistency of soft ice cream
- 4 Enjoy a serving & freeze the rest
- 5 Remove from freezer and leave at room temperature for a short amount of time to soften a little.

Notes

Each serving is about 1/2 pint or 1 cup

As we stabilize & maintain our new weight, satisfaction is one of the keys to our success.

This recipe certainly satisfies the sweet tooth. My husband and whole family including my 6 grandchildren love it and it's definitely worth the little effort. I no longer waste my money on store-bought ice cream and the health benefits are top notch. It's also inexpensive - especially when you get bananas at 1/2 price - just ensure they are not too over ripe.

Variations are endless. Be creative.

Variation 1. Omit the cocoa and blueberries for Banana Walnut Ice Cream.

Variation 2. Add 3-4 tablespoons of 'natural' peanut butter to either versions. (It's a few more calories but worth it!)

Variation 3. For Strawberry Ice Cream substitute the blueberries with frozen strawberries and omit the cocoa.

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Cinnamon Raisin Cottage Cheese

Prep Time: 5 Min **Total Time:** 5 Min
Serves 1

Ingredients

2/3 cup cottage cheese

1/2 cup applesauce (unsweetened)

2 tbsp. raisins

1 1/2 tbsp. chopped almonds or walnuts

1/2 tsp ground cinnamon

Instructions

- 1 Place applesauce into a bowl.
- 2 Top with cottage cheese, raisins and nuts.
- 3 Sprinkle with cinnamon

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Classic Pumpkin Pie

Prep Time: 30 Min **Cook Time:** 1 Hr **Total Time:** 1 Hr 30 Min
Serves 12

Crust

- 1 1/2 cups almond flour
- 2 Tbsp butter
- 1 tsp stevia

Filling

- 1-8oz pkg cream cheese, softened
- 2 cups pumpkin puree
- 1/4 cup xylitol
- 1/2 tsp stevia
- 1/4 tsp sea salt
- 1 egg plus 2 egg yolks, slightly beaten
- 1 cup half-and-half
- 1/4 cup melted butter
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 tsp pumpkin pie spice
- 1/4 tsp ground ginger (optional)

Instructions

- 1 Pre-heat oven to 350 degrees
- 2 Mix melted butter with almond flour and pat down into a pie dish. Bake approx. 10 minutes at 350 degrees or until crust is slightly browned.
- 3 In a large mixing bowl, beat the cream cheese with a hand mixer. Add pumpkin and beat until combined.
- 4 Add xylitol, stevia, and salt. Beat until combined.
- 5 Add eggs mixed with yolks, half-and-half, and melted butter. Beat until combined.
- 6 Finally, add the vanilla, cinnamon and pie spice and beat until incorporated.
- 7 Pour the filling into the warm prepared pie crust and bake for 50 minutes or until the center is set.
- 8 Place the pie on a wire rack and cool to room temperature.
- 9 Slice and top each piece with whipped cream, crushed walnuts, and dust with cinnamon. Enjoy!

Notes

Xylitol is a wonderful substitute for sugar for many reasons however, with regards to this recipe because it still has calories you may want to substitute stevia in its place to keep this recipe 'perfectly on protocol' during Phase 3. This recipe is perfect for Phase 4 & beyond.

Cream Of Cauliflower Soup

Prep Time: 20 Min **Cook Time:** 20 Min **Total Time:** 40 Min
Serves 4

Ingredients

- 1 Head Cauliflower (cut up into bite size pieces)
- 3 Carrots. (chopped)
- 1 cup Celery. (chopped)
- 1 Leek. (chopped...use green part as well as some of the white)
- 2 Cloves Garlic
- 2 Tbsp. No-Salt Seasoning (or the like)
- 2 cups Carrot Juice
- 4 cups Water
- 1/2 tsp. nutmeg
- 1 cup Raw Unsalted Cashews
- 5 cups Chopped or Baby Spinach. (raw)

Instructions

- 1 Place all ingredients EXCEPT spinach & cashews into large soup pot.
- 2 Simmer (low boil) for approx 15 mins or until veggies are tender.
- 3 Make sure to stir occasionally.
- 4 In a blender, put 2/3 of the soup mixture along with the cashews and blend til creamy.
- 5 Return to the soup pot and add spinach.
- 6 The spinach only needs to wilt, which will occur upon entering the soup.
- 7 Heat up on low and serve!

Notes

This is a great recipe because in the end you have a chunky cream soup that tantalizes the taste buds. It is also great for larger crowds and can easily be doubled.

If you need more seasoning...you can add a little more "No-Salt".

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Grapple Chicken Salad

Prep Time: 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min
Serves 1

Ingredients

4 oz chicken breast (skinless/boneless)
14 red or green grapes (seedless)
1 small apple (chopped)
2 cups cabbage (shredded)
Handful of sunflower seeds
1/2 oz cheddar cheese (shredded)
homemade poppy seed dressing (or your choice)

Instructions

- 1 Grill chicken breast until fully cooked.
- 2 In a bowl, mix together the cabbage, cheese, apple, and grapes.
- 3 Chop chicken and place into bowl.
- 4 Sprinkle with sunflower seeds.
- 5 Drizzle with your choice of dressing (one with no sugar) and mix.

Notes

See Phase 3 recipes for Poppy Seed Dressing

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Grilled Salmon With Sautéed Artichoke Hearts & Spinach

Serves 2

Ingredients

200 grams grilled salmon
2 tbsp extra virgin olive oil
1 1/2 cups mushrooms
1 tbsp fresh chopped garlic
7 oz quartered artichoke hearts
1/2 tomato, chopped
Large handful of baby spinach
1 tablespoon chopped fresh basil
salt and pepper, season to taste

Raita

1/4 cup plain yogurt
1/4 cup diced, chopped seeded cucumber
2 tsp diced basil
tabasco, lemon juice, salt and pepper to taste

Instructions

- 1 Prep the ingredients as indicated.
- 2 Grill the salmon on your grill, set aside.
- 3 Sauté the mushrooms first with the olive oil,
- 4 Add in the garlic then the tomato and the artichoke hearts.
- 5 Season the dish.
- 6 Add basil to the mix, sauté more.
- 7 Add the handful of spinach, sauté some more.
- 8 Done.
- 9 For the raita, just prep as indicated and stir together. Use a food storage container to make it in so you can just pop the extra in the fridge for later.

Notes

For those of you who would rather watch how it's made... here's a video! <https://youtu.be/L3KkDEZzen0>

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Lemon Advocado Salad Dressing

Prep Time: 15 Min **Total Time:** 15 Min
Serves 8

Ingredients

½ cup Extra Virgin Olive Oil

½ cup Lemon Juice

¼ cup Fresh Orange Juice

1 tsp. Garlic, minced

1 Tbsp. Honey (substitute Stevia to taste if using in Phase 3)

¼ Avocado (more for thicker consistency)

Sea Salt and Pepper to Taste

Instructions

- 1 Use a blender to blend all ingredients together.
- 2 Store in a refrigerator for a few days and enjoy!

Notes

This recipe can be used for Phase 3 IF you use Stevia to sweeten rather than the honey that is called for. Sweeten to taste. You may switch back to honey once you enter Phase 4.

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Loaded Greek Yogurt

Prep Time: 5 Min **Total Time:** 5 Min
Serves 1

Ingredients

3/4 cup plain, greek yogurt, 0% m.f.

1 Tbsp Chia seeds

1 Tbsp Hemp hearts

4 drops Stevia, liquid

1 peach, chopped

Instructions

- 1 Put yogurt in dish.
- 2 Stir in stevia, chia seeds and hemp hearts.
- 3 Stir in chopped peaches.
- 4 (milk may be added for a thinner consistency)

Notes

This is a welcome addition to the breakfast menu after six weeks of egg whites.

It can be changed up so easily, and will get you a big dose of protein and calories to start the day.

Get creative with your stevia flavours... 2 drops of hazelnut cream and 2 drops of clear. Or 4 drops of french vanilla.

Try adding kiwi, blueberries, strawberries, nectarine, banana, pomegranate, etc.. or combinations of fruits.

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Orange Ginger Salad Dressing

Prep Time: 10 Min **Total Time:** 10 Min
Serves 8

Ingredients

- 1 Orange
- 1 cup White Wine Vinegar
- 1 Clove Garlic
- 1 Small piece of Ginger
- A few drops of liquid Stevia

Instructions

- 1 Put everything in a blender and blend until all the ginger and garlic are pureed.
- 2 Let stand overnight in the refrigerator.

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Paleo Chocolate Pudding

Prep Time: 10 Min **Total Time:** 10 Min
Serves 2

Ingredients

- 1 Can Full fat coconut milk (I use Thai Kitchen)
- 2-3 Tbsp. Unsweetened Cocoa powder (depends on taste)
- 2 Tbsp. Chia Seeds
- 2 Dates, pitted (I try to use as little sugar as I can get away with, so feel free to use more to taste.)
- 1/2 tsp. Cinnamon
- 1 tsp. Vanilla
- A couple of drops of vanilla stevia (optional)
- Pinch of salt

Instructions

- 1 Put everything in a blender and blend the crap out of it. You don't want any little chia seeds hanging around.
- 2 Place in the fridge to set the pudding.
- 3 Garnish with chopped nuts and bananas! YUM!

Notes

Sometimes I want something dessert-esque. Nothing overly sweet and nothing I can't throw together quickly. This requires like a minute of your time (plus more for refrigeration). Also, it's full of healthy fats and only lightly sweetened with dates. If there is such thing as a healthy dessert (that isn't fruit), than this is it. This pudding is a powerhouse of nutrition. Seriously, just google chia seeds!

This recipe contains no gelatin so along with being paleo, it is also vegan! When chia seeds are soaked in liquid, they take on gelatin like properties, and that is how the coconut milk becomes pudding. Also, no dates? Use your favorite sweetener.

The longer it's refridgerated, the more gelatin qualities it will take on. I ate some after 2 hours (my photo), and it was great, but I wanted it a little more set. I think my perfect time was around 6 hours.

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Pomegranate 'Rice' With Toasted Almond

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min

Serves 6

Ingredients

1/4 cup sliced almonds
1 head cauliflower
1 Tbsp coconut oil
3 Tbsp chicken broth
2 tsp fresh ginger, grated
zest from 1 orange
1 tsp ground cumin
1/2 cup pomegranate seeds
dash of sea salt & pepper

Instructions

- 1 Wash the cauliflower & chop into small pieces. Grate the pieces with a food processor.
- 2 In a large skillet heat the coconut oil over medium.
- 3 Add the shredded cauliflower & saute for about 5 minutes.
- 4 Add the chicken broth, ginger, orange zest, cumin, pomegranate seeds and the almonds.
- 5 Mix until fully combined and saute for additional 5 minutes until tender.
- 6 Season with salt & pepper.
- 7 Serve as you would traditional rice.

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Pork Stirfry With Snap Peas & Asparagus

Prep Time: 15 Min **Cook Time:** 12 Min **Total Time:** 27 Min
Serves 4

Ingredients

- 1 lb pork tenderloin cut into 1/2 inch slices
- 2 minced garlic cloves
- 2 tsp olive oil
- 10 ounces fresh or frozen sugar snap peas
- 1 lb of asparagus trimmed and sliced into 1-inch pieces
- 6 Tbsp soy sauce
- 4 Tbsp white wine vinegar
- 2 Tbsp sugar free maple syrup or 8 drops of liquid stevia
- 1 1/2 tsp ground ginger
- 1/2 tsp crushed red pepper flakes

Instructions

- 1 Stirfry pork & garlic in hot oil for 6 minutes or until meat is no longer pink
- 2 Remove pork from skillet
- 3 Add vegetables to pan and add all remaining ingredients
- 4 Cook for 4 minutes or until vegetables are crisp-tender
- 5 Return pork to pan and cook for an additional 2 minutes or until glazed

Notes

Feel free to add 1 red pepper, 1 cup broccoli, 1 cup bok choy, 1/2 cup of mushrooms or any other vegetable(s) that you desire.

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Quick & Easy Poppy Seed Dressing

Prep Time: 15 Min **Total Time:** 15 Min
Serves 14

Ingredients

- 2-3 packets of stevia
- 1/2 cup of white vinegar
- 1 tsp salt
- 1 tsp ground dry mustard
- 1 tsp grated onion
- 1 cup vegetable oil
- 1 tbsp poppy seeds

Instructions

- 1 In a blender or food processor, combine sugar, vinegar, salt, mustard and onion and process for 20 seconds.
- 2 With blender or food processor on high, gradually add oil in a slow, steady stream.
- 3 Stir in poppy seeds.

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Quinoa Breakfast Bake

Prep Time: 5 Min **Cook Time:** 40 Min **Total Time:** 45 Min
Serves 6

Ingredients

- 1 ½ cups uncooked red or white quinoa
- 2 eggs
- 1/3 cup unsweetened coconut or almond milk
- 1 tsp vanilla extract
- 1 TBSP Cinnamon
- 1 tsp stevia extract

Instructions

- 1 Bring 3 cups of water to a boil in a medium sized pot
- 2 Meanwhile place quinoa in a strainer and rinse thoroughly with cool water. Once water has boiled add ½ tsp of salt and the quinoa to the pot.
- 3 Cover and simmer for 20 minutes or until the water is absorbed and quinoa is cooked (white string like appearance is a sign of completion.
- 4 Cool the quinoa completely
- 5 While quinoa is cooling, preheat the oven to 375°. Spray an 8x8 inch baking pan with cooking spray. In a small bowl, whisk together eggs, milk, vanilla, stevia and cinnamon until completely combined.
- 6 Pour cooled quinoa in a large bowl. Add egg mixture and stir to combine. Pour into baking dish and bake for 20-25 minutes until set and golden brown. Cool completely.

Notes

Prep time can be shortened if using pre-cooked quinoa (about 3 cups).

This freezes and reheats really well. I freeze it in individual portions and take it out the day before and thaw in the fridge. In the morning add a little bit of almond milk and pop it in the microwave for 1-1 ½ min.

After microwaving I add 1 Tbsp. Nuts to You Raw Almond Butter, a sprinkle of cinnamon, and 1 cup of raspberries or blueberries. Very satisfying and great for phase 3 when you need something other than eggs or cottage cheese.

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Shirataki Noodle Chinese Stir-Fry

Prep Time: 15 Min **Cook Time:** 15 Min **Total Time:** 30 Min
Serves 1

Ingredients

7 oz. bag of Shirataki (Yam) Noodles or Miracle Noodles

1 c. Fresh Broccoli, chopped

½ c. Green Bell Peppers, sliced

½ c. Mushrooms, sliced

1 Carrot, thinly sliced

1 tbsp. Peanut Butter

1 packet of Stevia

1 tbsp. Rice Vinegar

1 tbsp. Soy Sauce (Bragg's liquid amino acids)

Instructions

- 1 Drain & rinse the noodles. Cut noodles into bite size pieces, if desired, or leave long.
- 2 In a small bowl, combine the peanut butter, stevia, vinegar, and soy sauce and mix well.
- 3 Place this sauce mixture in a medium skillet over medium heat for 1-2 minutes.
- 4 Add the broccoli, bell peppers, and carrots to the mixture and sautee for 5-7 mins.
- 5 Stir every few minutes.
- 6 Add the mushrooms and continue to sauté until all the vegetables are soft.
- 7 Add the noodles to the sauce & vegetable mixture and mix well.
- 8 Remove from heat, serve, and enjoy!

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Skinny Shake

Prep Time: 5 Min **Total Time:** 5 Min
Serves 1

Ingredients

3/4 cup almond milk

15 ice cubes

1/2 tsp vanilla

1-2 Tbsp unsweetened cocoa powder

1/3 banana

Instructions

- 1 Place all ingredients into blender
- 2 Blend on high until smooth

Notes

This is a great recipe to use for lunch in preparation for those holiday dinners. It's filling but low calorie.

Add stevia or xylitol to taste if needed.

Add 1-2 Tbsp Peanut Butter for additional flavour & protein.

Add protein powder to make this into a meal replacement.

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Taco Seasoning - Choose Your Recipe Size

Prep Time: 10 Min Total Time: 10 Min

Individual Recipe (Good For 100g Of Hamburger)

1 tsp onion powder or minced

1/2 tsp garlic powder or 1 clove

Dashes of any or all the following; chili powder, cumin, salt, pepper, paprika, oregano, etc

Small Recipe (Good For 500-700g Of Hamburger)

1 tbsp chili powder

1.5 tsp cumin

1.5 tsp salt

1/2 tsp paprika

1/2 tsp pepper

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp oregano

1/8 tsp red pepper flakes (optional)

Bulk Recipe (Use 2 Tbsp For Each 500g Of Meat)

1/2 cup chili powder

1/4 cup cumin

2 Tbsp salt

4 tsp paprika

4 tsp pepper

2 tsp garlic powder

2 tsp onion powder

2 tsp oregano

1 tsp red pepper flakes (optional)

Instructions

1 Mix all ingredients together. It is now ready to add to any cooked hamburger or ground chicken.

Taco Meat

- 1 Brown hamburger or ground chicken draining any extra fat
- 2 Add taco seasoning
- 3 Add water (2 Tbsp - 1/2 cup depending on the amount of meat)
- 4 Simmer, allowing spices to blend & excess water to evaporate
- 5 Use meat to make regular tacos or a taco salad

Notes

The bulk recipe makes almost 1 1/4 cups of seasoning which will season over 9 lbs of beef or chicken and will save you both time & money.

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Vegetarian/Vegan Protein Day

Prep Time: 20 Min Total Time: 20 Min
Serves 1

Ingredients

4.5 Scoops Pea Protein Powder (sugar free)
2 Tbsp. Coconut Oil
1 Granny Smith Apple (half diced)
2 tsp. Konjac Flour
8 Droppers full Stevia or 8 pkgs. Stevia or to taste
2 tsp. Cinnamon
1 tsp. Ginger
2 Cups Water
1/2 bag Shiritaki or Miracle Noodles

Instructions

- 1 Put diced 1/2 apple and Shiritaki or Miracle Noodles (preferably a style like Orzo or something else with little chunks rather than long noodles, though that would work) into serving bowl.
- 2 Put remaining ingredients (starting with water) into blender and blend for 50 seconds.
- 3 Pour mixture into serving bowl and stir noodles & apple up to distribute evenly.

Notes

This recipe may be used as a vegan substitute for a Steak Day in Phase 3.

This has a very nearly equivalent nutritional profile to a 12 oz filet mignon!

You may also create a smoothie by modifying this recipe and simply eliminating the noodles and/or Konjac Flour. If you remove the coconut oil as well then this smoothie becomes a recipe that can be used in Phase 2.

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Veggie Scrambled Eggs

Prep Time: 5 Min **Cook Time:** 8 Min **Total Time:** 13 Min
Serves 1

Ingredients

- 1/2 cup zucchini (sliced)
- 1/2 cup mushrooms (sliced)
- 1/8 cup peppers (chopped)
- 1 tsp coconut oil
- 1 egg
- 1/2 cup egg whites
- 1 oz shredded cheese
- 1/8 cup salsa (Pace is my favorite)

Instructions

- 1 Fry your veggies in frying pan with coconut oil until cooked
- 2 Scramble your egg and egg whites
- 3 Add eggs to cooked veggies and stir until cooked
- 4 Place on plate and sprinkle cheese on top
- 5 Add salsa (optional) and enjoy

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