



Week Four

Regular Recipes

Copyright

Copyright © 2018 by The Health Coach Group

All Rights Reserved. No part of this program may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:

The Health Coach Group, LLC,
7601 Military Avenue, Omaha, NE 68134

<http://www.thehealthcoachgroup.com>

Disclaimer: This book contains affiliate links that compensate our company should you make a purchase. The information contained in this book is intended to help readers make informed decisions about their business. It should not be used as a substitute for representation or advice of a professional attorney, banker, insurance agent or accountant. Although the author and publisher have endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this book's contents or any errors or omissions herein.

Apple Muffins

Ingredients

- Cooking spray
- 1/4 cup chopped pecans
- 3/4 cup plus 2 tablespoons packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/4 cup canola oil
- 2 large eggs
- 1 cup natural applesauce
- 1 teaspoon vanilla extract
- 3/4 cup low fat buttermilk
- 1 Golden Delicious apple, peeled, cored and cut into 1/4-inch pieces

Directions

1. Preheat the oven to 400 degrees F. Coat a 12-capacity standard muffin pan with cooking spray.
2. In a small bowl, mix together the pecans, 2 tablespoons of the brown sugar and the cinnamon.
3. In a medium bowl, whisk together the all-purpose and whole wheat flour, baking soda and salt.
4. In a large bowl, whisk the remaining 3/4 cup sugar and the oil until combined. Add the eggs, one at a time, whisking well after each addition. Whisk in the applesauce and vanilla.
5. Whisk in the flour mixture in two batches, alternating with the buttermilk. Whisk just until combined. Gently stir in the apple chunks.
6. Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles. Bake until a wooden pick inserted in center of one of the muffins comes out clean, 20 to 25 minutes.
7. Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

BREAKFAST

Southwestern Chicken Pasta

Ingredients

- 1/2 pound uncooked penne rigate
- 2 cups shredded skinless, boneless Grilled Lemon-Herb Chicken (about 8 ounces)
- 1 cup fresh corn kernels
- 3/4 cup (3 ounces) shredded sharp cheddar cheese
- 1/2 cup sliced green onions
- 1/2 cup diced red bell pepper
- 1/2 cup chopped plum tomato (about 2 tomatoes)
- 1/4 cup fresh orange juice
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- 1/2 teaspoon salt

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain and place in a large bowl.
- Add Grilled Lemon-Herb Chicken and next 5 ingredients (through tomato); toss well to combine.
- Combine orange juice and remaining ingredients, stirring with a whisk.
- Drizzle over pasta mixture; toss gently to coat.
- Cover and chill.

LUNCH

Mustard-Rubbed Pork Tenderloin with Brussels Sprout Ragout

Ingredients

- 10 ounces brussels sprouts, quartered
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1 large pork tenderloin (about 1 1/4 pounds), butterflied
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1/2 cup diced pancetta or bacon
- 1 small yellow onion, thinly sliced
- 1/4 cup dried cherries
- 1 tablespoon chopped sage leaves

Directions

1. In a medium pot fitted with a steamer, steam brussels sprouts 8 minutes.
2. Sprinkle 1/2 teaspoon each salt and black pepper on pork and then spread with mustard. In a 12-inch skillet, warm 1 tablespoon olive oil over medium-high heat; add pork and cook 7 minutes. Turn and cook 6 minutes more; remove from pan and slice. Add wine and chicken broth to pan and stir, scraping up brown bits; set aside and keep warm.
3. Warm remaining olive oil in a small sauté pan over medium-high heat. Add pancetta or bacon and sauté until brown, stirring occasionally, about 3 minutes. Reduce heat to medium and add onion; cook until translucent, 5 minutes. Add cherries, sage, and brussels sprouts; cook 3 minutes more. Season with remaining salt and black pepper.
4. On a platter, arrange pork and vegetables; drizzle with sauce. Serve.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	386 per serving	19g per serving	35g per serving	428mg per serving

DINNER