



Week Nine

Regular Recipes

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Oatmeal, Buttermilk, & Blueberry Pancakes

Ingredients

- 1 1/4 cups quick-cooking oats
- 1/2 cup whole wheat flour
- 3 tablespoons sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup low-fat buttermilk
- 1 egg
- 1 egg white
- 1 tablespoon unsalted butter, melted
- 1 teaspoon grated fresh lemon peel
- 1 cup fresh blueberries
- 1/2 cup maple syrup

Directions

1. In a bowl, combine the oats, flour, sugar, baking powder, baking soda, and salt.
2. In a separate bowl, combine the buttermilk, egg, egg white, butter, and lemon peel. Pour the buttermilk mixture into the oat mixture, stirring until just moistened. Gently fold in the blueberries with a rubber spatula. Refrigerate for 30 minutes.
3. Preheat the oven to 250°F. Coat a large nonstick skillet with cooking spray and heat over medium heat. Spoon four 1/4 cups of batter into the skillet and cook until the tops begin to bubble slightly, about 2 1/2 to 3 minutes. Turn the pancakes and cook 2 1/2 to 3 minutes longer, or until golden and cooked through.
4. Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining batter.
5. Divide the maple syrup over the pancakes. Serving size is one pancake.

Serving Size	Calories	Fat	Protein	Sodium
1 pancake	130 per serving	3g per serving	4g per serving	101mg per serving

BREAKFAST

Brunswick Stew

Ingredients

- Cooking spray
- 1 cup chopped red bell pepper
- 3/4 cup chopped yellow onion
- 1/2 cup chopped celery
- 1 tablespoon peanut oil
- 1 tablespoon all-purpose flour
- 1 pound skinless, boneless chicken thighs, cut into 1/2-inch pieces
- 2 cups fat-free, less-sodium chicken broth
- 2 tablespoons no-salt-added tomato paste
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce (such as Tabasco)
- 1 (10-ounce) package frozen whole-kernel corn, thawed
- 1 (10-ounce) package frozen baby lima beans, thawed
- 6 (1-ounce) slices Italian bread, toasted
- 2 garlic cloves, halved

Directions

- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add bell pepper, onion, and celery to pan; cook 5 minutes, stirring occasionally. Add oil to pan.
- Combine flour and chicken in a medium bowl, tossing to coat.
- Add chicken to pan; cook 2 minutes or until lightly browned.
- Gradually stir in broth; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Add tomato paste and next 5 ingredients (through lima beans) to pan. Cover, reduce heat, and simmer 30 minutes.
- Rub bread slices with cut sides of garlic; discard garlic. Serve bread with stew.

Serving Size	Calories	Fat	Protein	Sodium
1 cup of stew and one slice of bread	319 per serving	9.2g per serving	22.4g per serving	596mg per serving

Slow Cooker Pork Tacos

Ingredients

- 3 whole ancho chiles
- 3 whole pasilla chiles
- 4 cloves garlic, unpeeled
- 2 to 3 chipotles in adobo sauce
- 1/2 medium white onion, roughly chopped
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons honey
- 1 tablespoon cider vinegar
- Kosher salt
- 2 teaspoons dried oregano, preferably Mexican
- 3 3/4 cups low-sodium chicken broth
- 4 pounds boneless pork shoulder (untrimmed), cut into chunks
- Freshly ground pepper
- 2 bay leaves
- 1 cinnamon stick
- Corn tortillas, warmed, for serving

Directions

1. Put the ancho and pasilla chiles and the garlic in a bowl; add 2 to 3 tablespoons water. Microwave on high until soft and pliable, 2 to 3 minutes. Stem and seed the chiles; peel the garlic. Transfer the chiles and garlic to a blender.
2. Add the chipotles, onion, 2 tablespoons olive oil, honey, vinegar, 1 tablespoon salt and the oregano to the blender; puree until smooth. Heat the remaining 1 tablespoon oil in a large skillet over high heat; add the chile sauce and fry, stirring, until thick and fragrant, about 8 minutes. Pour in the broth and reduce until slightly thickened.
3. Season the pork all over with salt and pepper and transfer to a large slow cooker. Add the bay leaves and cinnamon stick, then pour in the sauce. Cover and cook on high until the meat is tender, about 5 hours.
4. Discard the bay leaves and cinnamon stick. Shred the pork with 2 forks; season with salt and pepper.
5. Serve the shredded pork in the tortillas, along with any desired toppings.

Serving Size	Calories	Fat	Protein	Sodium
1/8 of recipe	399 per serving	15g per serving	51g per serving	212mg per serving