

# TLS 21-DAY CHALLENGE SAMPLE RECIPES

## PHASE 1: BREAKFAST

<p><b>Egg White Muffins</b>  <i>Ingredients:</i>                      - 1 cup asparagus, chopped                      - ½ cup mushrooms, chopped                      - ½ cup onions, chopped                      - ½ cup tomatoes, chopped                      - ½ cup egg whites</p> <p>Mix asparagus, mushrooms, onions, tomatoes and egg whites in a bowl. Pour mixture into a nonstick muffin tray. Bake at 350°F for 20-30 minutes.</p>	<p><b>Green Smoothie</b>  <i>Ingredients:</i>                      - 2 cups kale                      - ½ lemon, peeled                      - 1 inch fresh ginger, peeled                      - 1 cucumber, roughly chopped                      - 2 celery stalks                      - 1 green apple, roughly chopped                      - ½ cup water</p> <p>Add all ingredients to a blender. Blend until desired consistency is reached.</p>	<p><b>Spanish Chicken Breakfast</b>  <i>Ingredients:</i>                      - 2-3 oz. chicken breast, sliced                      - ½ cup green pepper, chopped                      - ¼ cup onions, chopped                      - ¼ cup mushrooms, chopped                      - 1 cup spinach, chopped                      - Fresh salsa</p> <p>In a nonstick skillet over medium heat, sauté chicken until cooked. Add green pepper, onions, mushrooms and spinach and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa.</p>	<p><b>Egg White Veggie Bake</b>  <i>Ingredients:</i>                      - 3 egg whites                      - ½ cup broccoli, asparagus (each), chopped                      - ¼ cup fresh basil, chopped                      - 1 Tbsp. olive oil cooking spray</p> <p>Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 350°F for 20-30 minutes, or until done. Season with salt and pepper to taste.</p>
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## PHASE 1: LUNCH & DINNER

<p><b>Colorful Veggie Kabobs</b>  <i>Ingredients:</i>                      - 1 bell pepper, chopped                      - ½ onion, chopped                      - 1 cup Portobello mushrooms, chopped                      - ½ cup grape tomatoes, chopped                      - Drizzle of extra virgin olive oil</p> <p>Place vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until veggies are cooked.</p>	<p><b>Broiled Sole with Warm Eggplant Salad</b>  <i>Ingredients:</i>                      - 1 sole fish fillet                      - ¼ cup eggplant, peeled and chopped                      - ½ Tbsp. olive oil                      - ¼ cup onion, chopped                      - ½ Tbsp. capers                      - 1 tomato, chopped                      - 1 Tbsp. fresh parsley                      - ¼ Tbsp. balsamic vinegar</p> <p>Preheat oven to 350°F. Place sole in oven, cook until it flakes. Then heat olive oil in nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, sauté for 2-3 minutes. Season lightly with salt and pepper.</p>	<p><b>Veggie Lettuce Wraps</b>  <i>Ingredients:</i>                      - Lettuce                      - Avocado, sliced                      - Tomato, sliced                      - ½ cup zucchini, sliced                      - ½ cup alfalfa sprouts</p> <p>Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, salt and pepper to taste. Serve with a bowl of homemade vegetable soup.</p>	<p><b>Grilled White Fish with Salad</b>  <i>Ingredients:</i>                      - 1 white fish fillet                      - 1 cup spinach                      - ½ cup zucchini, sliced                      - ½ cup Brussels sprouts, chopped                      - 2 scallion stalks, chopped                      - Handful of water chestnuts                      - 1 pear, sliced</p> <p>On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zucchini, Brussels sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.</p>
<p><b>Cauliflower “Fried Rice”</b>  <i>Ingredients:</i>                      - 1 head cauliflower                      - 1 Tbsp. sesame oil                      - 1 Tbsp. garlic                      - 1 cup carrots, chopped                      - 1 cup mushrooms, chopped                      - 2 eggs, scrambled                      - 3 Tbsp. low sodium soy sauce                      - 2 scallion stalks, chopped</p> <p>In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a skillet, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1-3 minutes, or until desired. Serve with scallions on top and season with salt and pepper to taste.</p>	<p><b>Saucy Salmon Salad</b>  <i>Ingredients:</i>                      - 3 oz. salmon fillet                      - 1 Tbsp. olive oil                      - 1 Tbsp. low-sodium soy sauce/liquid amino acid                      - 1 Tbsp. fresh garlic, finely diced                      - 1 Tbsp. Dijon mustard                      - 2 cups broccoli, chopped                      - 1 cup cauliflower, chopped                      - 1 cup carrots, chopped</p> <p>In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick skillet for 5-10 minutes. Plate salmon with veggies.</p>	<p><b>Zucchini Spaghetti</b>  <i>Ingredients:</i>                      - 2 zucchini, large                      - ½ cup onions, chopped                      - 1 Tbsp. olive oil                      - ½ cup pasta sauce, low sugar                      - Dash of garlic powder                      - Dash of red pepper flakes</p> <p>In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl, add pasta sauce.</p>	

### PHASE 1 DAILY FOOD SERVINGS

- Vegetables: Unlimited servings (1 serving = 1-2 cups)
- Fruit: 3 servings (1 serving = 1 cup/1 medium fruit)
- Protein: 2 servings (1 serving = 3 oz.)
- Good fats: 2 servings (1 serving = 1 Tbsp.)

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## PHASE 2: BREAKFAST

<p><b>Egg White Muffins</b>  <i>Ingredients:</i>                      - 1 cup asparagus, chopped                      - ½ cup mushrooms, chopped                      - ½ cup onions, chopped                      - ½ cup tomatoes, chopped                      - ½ cup egg whites</p> <p>Mix asparagus, mushrooms, onions, tomatoes and egg whites in a bowl. Pour mixture into a nonstick muffin tray. Bake at 350°F for 20-30 minutes.</p>	<p><b>Power Pancakes</b>  <i>Ingredients:</i>                      - 2 eggs                      - 2 scoops TLS Nutrition Shake - Vanilla                      - 3 oz. applesauce, unsweetened                      - 1 cup spinach, chopped                      - Dash of cinnamon and nutmeg</p> <p>In a bowl mix eggs, TLS Nutrition Shake, applesauce, spinach, cinnamon and nutmeg. Cook in a nonstick skillet until golden brown.</p>	<p><b>Spanish Chicken Breakfast</b>  <i>Ingredients:</i>                      - 2-3 oz. chicken breast, sliced                      - ½ cup green pepper, chopped                      - ¼ cup onions, chopped                      - ¼ cup mushrooms, chopped                      - 1 cup spinach, chopped                      - Fresh salsa</p> <p>In a nonstick skillet over medium heat, sauté chicken until cooked. Add green pepper, onions, mushrooms and spinach and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa.</p>	<p><b>Egg White Veggie Bake</b>  <i>Ingredients:</i>                      - 3 egg whites                      - ½ cup broccoli, asparagus (each), chopped                      - ¼ cup fresh basil, chopped                      - 1 Tbsp. olive oil cooking spray</p> <p>Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 350°F for 20-30 minutes, or until done. Season with salt and pepper to taste.</p>
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## PHASE 2: LUNCH & DINNER

<p><b>Colorful Shrimp Kabobs</b>  <i>Ingredients:</i>                      - 4-6 oz. shrimp                      - 1 bell pepper, chopped                      - ½ onion, chopped                      - 1 cup Portobello mushrooms, chopped                      - ½ cup grape tomatoes, chopped                      - Drizzle of extra virgin olive oil</p> <p>Place shrimp and vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until shrimp is pink and cooked through.</p>	<p><b>Broiled Sole with Warm Eggplant Salad</b>  <i>Ingredients:</i>                      - 1 sole fish fillet                      - ¼ cup eggplant, peeled and chopped                      - ½ Tbsp. olive oil                      - ¼ cup onion, chopped                      - ½ Tbsp. capers                      - 1 tomato, chopped                      - 1 Tbsp. fresh parsley                      - ¼ Tbsp. balsamic vinegar</p> <p>Preheat oven to 350°F. Place sole in oven, cook until it flakes. Then heat olive oil in nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, sauté for 2-3 minutes. Season lightly with salt and pepper.</p>	<p><b>Veggie Lettuce Wraps</b>  <i>Ingredients:</i>                      - Lettuce                      - Avocado, sliced                      - Tomato, sliced                      - ½ cup zucchini, sliced                      - ½ cup alfalfa sprouts</p> <p>Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, salt and pepper to taste. Serve with a bowl of homemade vegetable soup.</p>	<p><b>Grilled White Fish with Salad</b>  <i>Ingredients:</i>                      - 1 white fish fillet                      - 1 cup spinach                      - ½ cup zucchini, sliced                      - ½ cup Brussels sprouts, chopped                      - 2 scallion stalks, chopped                      - Handful of water chestnuts                      - 1 pear, sliced</p> <p>On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zucchini, Brussels sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.</p>
<p><b>Green Tofu Smoothie</b>  <i>Ingredients:</i>                      - 2 cups kale                      - ½ lemon, peeled                      - 1 inch fresh ginger, peeled                      - 1 cucumber, roughly chopped                      - 2 celery stalks                      - 1 green apple, roughly chopped                      - ½ cup water                      - 1 serving soft organic tofu</p> <p>Add all ingredients to a blender. Blend until desired consistency is reached.</p>	<p><b>Cauliflower “Fried Rice”</b>  <i>Ingredients:</i>                      - 1 head cauliflower                      - 1 Tbsp. sesame oil                      - 1 Tbsp. garlic                      - 1 cup carrots, chopped                      - 1 cup mushrooms, chopped                      - 2 eggs, scrambled                      - 3 Tbsp. low sodium soy sauce                      - 2 scallion stalks, chopped</p> <p>In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a skillet, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1-3 minutes, or until desired. Serve with scallions on top and season with salt and pepper to taste.</p>	<p><b>Saucy Salmon Salad</b>  <i>Ingredients:</i>                      - 3 oz. salmon fillet                      - 1 Tbsp. olive oil                      - 1 Tbsp. low-sodium soy sauce/liquid amino acid                      - 1 Tbsp. fresh garlic, finely diced                      - 1 Tbsp. Dijon mustard                      - 2 cups broccoli, chopped                      - 1 cup cauliflower, chopped                      - 1 cup carrots, chopped</p> <p>In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick skillet for 5-10 minutes. Plate salmon with veggies.</p>	<p><b>Zucchini Spaghetti and Meatballs</b>  <i>Ingredients:</i>                      - 2 zucchini, large                      - ½ cup onions, chopped                      - 1 Tbsp. olive oil                      - ½ cup pasta sauce, low sugar                      - Dash of garlic powder                      - Dash of red pepper flakes                      - 3 oz. lean ground, organic turkey</p> <p>In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Shape turkey into small balls. Place turkey in the same skillet. Cook until golden brown, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl. Top with turkey meatballs and add pasta sauce.</p>

### PHASE 2 DAILY FOOD SERVINGS

- Vegetables: 8-12 servings (1 serving = 1-2 cups)
- Fruit: 1 serving (1 serving = 1 cup/1 medium fruit)
- Protein: 3-4 servings  
 (1 serving = Women: 4-6 oz. for breakfast, lunch and dinner; 2-3 oz. for snacks)  
 (1 serving = Men: 6-8 oz. for breakfast, lunch and dinner; 2-3 oz. for snacks)
- Good fats: 2 servings (1 serving = 1 Tbsp.)