

Quick and Easy Meals on the ChiroThin Plan

Studies have shown that the more often you cook at home, the more successful your weight loss plan will be. However, busy schedules often eat into cooking time and derail your good intentions. Quick and easy meals can keep you on track with your very low calorie diet (VLCD). Below are some tasty suggestions for meals that are quick, easy and flavorful.

Please remember that the amount of protein allowed during the “Losing Phase” is 3.5 to 4 ounces and adjust recipes accordingly. In the maintenance phase no more than 8 ounces of protein a day should be consumed. All recipes below serve four, but the portions can be adjusted for the phase you are currently on.

Shrimp with Tomatoes and Cauliflower Rice (Makes 3 Servings)

Vegetable broth as needed

1 small onion, chopped

1 28-ounce can diced tomatoes, drained

Salt and pepper

1 pound medium shrimp, peeled and deveined

Instructions

Add 2 to 3 tablespoons of vegetable broth to a large saucepan on medium-high heat. Add the onion and cook, stirring occasionally, for 4 minutes. Let the onions brown a bit, but add more vegetable broth if needed to keep them from burning. Add the tomatoes, salt, and pepper, then simmer, stirring occasionally for about 4 to 6 minutes. Add the shrimp and cover. Simmer until shrimp are cooked through, 3 to 5 minutes. Serve with the cauliflower rice.

Cauliflower Rice

1 head cauliflower, any size

Instructions

Cut the cauliflower into large chunks and place in a food processor. Pulse carefully until the cauliflower is completely broken down. (Pull out any unprocessed pieces.) Heat a large, nonstick frying pan on medium heat and add the raw cauliflower rice. Cook for 5 minutes stirring constantly until tender, a little browning is fine. Remove from heat and serve. Each 1 cup serving of cauliflower rice equals 2 servings of vegetables.

Note: The raw cauliflower rice can also be frozen for up to 3 months for later use. Thaw on the counter for a few minutes before using in a salad or cooking as described above.

Lemon Chicken and Zucchini

Vegetable broth

4 boneless, skinless chicken breasts

½ teaspoon kosher salt

½ teaspoon black pepper

3 small zucchini, thinly sliced

1 clove garlic, thinly sliced

1 lemon

Instructions

Heat the oven to 400°F. Season the chicken with ¼ teaspoon each of the salt and pepper. Place chicken in large baking pan, roast in oven for 12 minutes. In a large skillet over medium heat, heat 2 tablespoons vegetable broth, and add the zucchini, garlic, and remaining salt and pepper and cook until tender, about 3 minutes. Add to the baking pan with chicken, squeeze lemon over top and toss.

Lemon Fish with Asparagus

1 lb. asparagus

4 frozen or fresh fish filets, such as haddock or halibut, ½ to 1 inch thick

12 cherry tomatoes

2 green onions

Fresh lemon juice or sliced lemons

Instructions

Preheat oven to 425F (220C). Place four large pieces of foil or parchment paper on counter. These will become your bundles. Divide asparagus evenly between each bundle. Place one frozen or fresh fillet in center of each piece of foil. Slice tomatoes in half. Arrange tomatoes around fish. Coarsely chop the onions and scatter over tomatoes and fish. Squeeze lemon juice or arrange lemon slices overtop. Bring edges of foil together. Fold over and seal tightly to form a bundle. Place bundles, seam side up, on a rimmed baking sheet. Bake in center of preheated oven until a knife tip inserted in center of fish comes out warm, 15 to 25 minutes, depending on thickness of fish. Serve with ½ cup with cauliflower rice.

Grilled Steak with Cauliflower Mashed Potatoes

1 teaspoon garlic powder

1 teaspoon thyme

¼ teaspoon salt

¼ teaspoon pepper

1 pound sirloin steak or strip steak, trimmed and cut into 4 portions

Instructions

Preheat grill to medium. Sprinkle both sides of steak with garlic powder, thyme, salt, and pepper. Place the steak on the grill, grill for 4 minutes per side for medium rare, 5 minutes per side for medium. Let the steak rest for 5 minutes. Serve steak with cauliflower mashed potatoes. (Recipe below.)

Cauliflower Mashed Potatoes

2 heads of fresh cauliflower

8 cups of vegetable broth

2 heads of fresh garlic

1 bundle of green onions

Salt and pepper to taste

Instructions

Wash and cube the cauliflower into one inch squares. Add the chunks of cauliflower and vegetable broth to a large stock pot. Peel the garlic cloves and add to pot. Add chopped green onion to pot. Bring all ingredients to a boil for 20-25 minutes until cauliflower is tender.

Pour into colander. Use a potato masher in the colander to squeeze out as much liquid as possible. Mash the cauliflower, garlic, onion mixture to desired texture. Or if you prefer, you can use a blender or stand mixer to get the desired consistency. Add salt and pepper for taste. Use in place of mashed potatoes.

Spiced Pork Chops with Haricots Verts (French Green Beans)

$\frac{3}{4}$ teaspoon ground chipotle chile pepper

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon ground coriander

$\frac{1}{4}$ teaspoon black pepper

4 (4-ounce) boneless center-cut lean pork loin chops, trimmed

To prepare pork, heat a nonstick grill pan over medium-high heat. Combine chipotle, salt, garlic powder, ground coriander, and black pepper and sprinkle over pork. Add pork to pan; cook 4 minutes on each side or until done.

Slender haricots verts are an elegant and quick-cooking complement to any meal. Heat a large nonstick skillet over medium-high heat. Add 12 ounces haricots to pan; cook 3 minutes, stirring occasionally. Stir in $\frac{1}{4}$ teaspoon salt, black pepper to taste, and 2 thinly sliced garlic cloves; cook 5 minutes or until garlic is lightly browned.

Tips and Tricks to Make Weeknight Meals Easier

To make preparation for these or any meals easier, you can take some time over the weekend to prepare cauliflower rice and freeze for future use. Whenever you are chopping vegetables, onions or garlic, chop extra and keep in the refrigerator for easy access. Keep vegetable broth on hand, either homemade or your favorite brand. With a little planning and preparation, you'll soon be preparing quick and easy meals that will keep your diet on track.