



TBT's Top 10  
Anti – Chicken & Broccoli  
Recipes

*Because There Should Be More To Your Diet Than  
Chicken And Broccoli!*



# Western Omelet

Serves: 1

Ingredients:

- 1 egg
- 1/3 – 1/2 cup egg whites
- 1 tablespoon almond milk
- 1/4 diced green and red bell peppers
- 1 slice onion, diced
- 1/4 cup Canadian bacon, diced
- 2 tablespoon shredded cheese

Directions:

1. Coat a small skillet with cooking spray and place over medium low heat.
2. Whisk together in a small bowl egg, egg whites, milk and any seasonings.
3. Pour egg mixture into skillet, cover and cook about 4 minutes until eggs are set but still moist
4. Spoon bell peppers, onion and Canadian bacon onto half of the omelet.
5. Fold omelet over filling and sprinkle with cheese.
6. Cover and cook until filling is heated through and cheese starts to melt, about 2 minutes.

# Power Protein Pancakes

Servings: 2

Ingredients:

- 1 cup gluten free Oats, uncooked (not instant)
- 1 cup egg whites
- 1 cup fat free cottage cheese
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1-2 packets Stevia sugar substitute

Directions:

1. Mix in blender.
2. Cook over medium heat.
3. Serve immediately and enjoy!



# Spanish Scramble

Servings: 1

Ingredients:

- 1 egg and ¼ cup whites (women) 1 egg and ½ cup whites (men)
- 2-3 oz ground sirloin
- pinch of taco seasoning (low sodium)
- ¼ cup black beans, rinsed
- 1 tablespoon each tomato, olives, green onion sliced or diced
- 1 slice brown rice or sprouted bread or ½ brown rice or sprouted tortilla

Directions:

1. Cook ground sirloin season with taco seasoning, mix well.
2. In the same pan add egg, cook until eggs are firm.
3. Add beans just to heat through.
4. Place beef mixture on warmed wrap, then top with tomatoes, olives, green onions and cheese.
5. Or you can just eat the eggs with toast.

# Chicken Strip Snacks

Servings: 2-4

Ingredients:

- 1 pound boneless skinless chicken breast cut into strips
- 2 tablespoon high fiber coconut flour
- ¼ cup egg whites
- ½ teaspoon vanilla extract
- 1/3 cup unsweetened coconut flakes
- 1-2 packets Stevia sugar substitute
- Seasonings to taste (I like pepper oregano and paprika)

Directions:

1. Preheat oven to 400 degrees.
2. Season chicken strips.
3. Toast coconut flakes in pan on medium, stirring until golden.
4. In a bowl put flour, in a second bowl put egg whites in a third bowl coconut
5. Dip each strip in the flour, then egg, then coconut
6. Place on lined baking sheet and bake for about 10-12 minutes
7. Allow to cool and enjoy!



# Turkey Reuben

Serves: 1

## Ingredients:

- 2 slices Ezekiel bread
- 1 slice reduced-fat Swiss Cheese
- 1 portion sliced turkey breast (women 4oz., men 6 oz.)
- ¼ cup sauerkraut, drained
- Small amount of spicy mustard or reduced fat Thousand Island dressing, to taste

## Directions:

1. Lightly coat a small skillet with cooking spray and place over medium heat.
2. Spread spicy mustard or dressing over both slices of bread.
3. Layer cheese, turkey and sauerkraut on one of the bread slices.
4. Top with remaining bread slice.
5. Place the sandwich in the skillet and cook until the bottom is golden brown, about 4 minutes.
6. Turn and brown the other side.
7. Slice in half, serve and enjoy!



# Baked Chicken Parmesan

Servings: 2

## Ingredients:

- 2 egg whites
- 1/3 cup Ezekiel breadcrumbs (thaw bread and use food processor or blender to crumble) or ground gluten-free oatmeal.
- 4 Tbsp. reduced – fat Parmesan cheese, grated, divided
- 2 portions boneless chicken breast

## Directions:

1. Preheat oven to 400 degrees.
2. In a shallow mixing bowl, beat egg whites until frothy.
3. Then mix bread crumbs or oatmeal, and 2 tablespoons of the parmesan cheese in another shallow bowl.
4. Dip chicken in egg whites and then dip in breadcrumb mixture, coating both sides evenly.
5. Lightly coat a baking sheet with cooking spray or foil.
6. Place chicken breast on sheet and bake for 12 minutes on each side or until no longer pink in the center and coating is golden brown.
7. Place chicken on a serving plate and sprinkle with remaining cheese.
8. Serve with a vegetable of your choice and a small side salad.



# Orange Glazed Salmon

Servings: 4

## Ingredients:

- 4 salmon filets (1 inch thick)
- ½ tsp salt
- ¼ tsp pepper
- 2 Tbsp minced shallots
- ¼ cup dry white wine
- ½ tsp chopped fresh rosemary
- 2 oranges juiced (about ¾ cup)
- 1 Tbsp pure maple syrup

## Directions:

1. Sprinkle fish fillets evenly with salt and pepper.
2. Heat a larch skillet over medium-high heat, coat pan with cooking spray and add fish.
3. Cook 2-3 minutes on each side then remove from pan.
4. Recoat pan with spray and add shallots to sauté for 30 seconds. Stir in wine and rosemary, cooking for another 30 seconds until liquid almost evaporates.
5. Add orange juice and syrup then bring to a boil for 1 minute.
6. Return fillets to pan; cook one minute on each side spooning sauce onto fish. Serve and enjoy!



# Stuffed Bell Peppers

Servings: 4

## Ingredients:

- 4 bell peppers (I like red and orange)
- 1 tablespoon oil
- 2 tablespoons each minced garlic and basil
- 2-3 cups spinach
- 1 onion, diced
- 16-20 oz ground turkey
- 1 tomato chopped
- ½ - 1/3 cup spaghetti sauce
- Seasonings to taste

## Directions:

1. Preheat oven to 350 degrees, lightly coat a baking pan with cooking spray.
2. Bring large pot of water to boil. Cut tops of peppers and remove seeds.
3. Place peppers in boiling water and keep them submerged (with a spoon) for 3 minutes or until skin is slightly softened, then drain and set aside.
4. In a large skillet sauté garlic, basil, onion, spinach and spices and seasonings. Cook for about 5 minutes then add ground turkey, until the meat is browned. Add the tomato last and cook for another 2 minutes.
5. Remove from heat, then add the spaghetti sauce into the turkey mixture, mix well.
6. Stuff each pepper with the turkey mixture and place on the baking sheet. Cook for about 20 minutes or until the peppers are tender
7. Garnish with any additional seasoning.
8. Serve and enjoy



# Sloppy Joe

Serves: 4

Ingredients:

- 1 lb. ground beef or turkey
- 1 each red bell pepper and yellow onion, diced
- 1 tsp each garlic powder and paprika
- 1/2 tsp cocoa powder
- 1 tbsp pure maple syrup
- 1 tbsp coconut oil
- 1 can (15oz) fire diced tomatoes
- Seasonings to taste: cayenne or chili powder

Directions:

1. In a large pan on medium heat, cook ground beef or turkey with onion in coconut oil until lightly browned.
  2. Add the rest of the ingredients and let simmer for at least 20 minutes.
- \*\*\*\*It you feel like a Sloppy Joe isn't a Sloppy Joe without a bun, try using eggplant. Coat thick-sliced eggplant with eggs and almond flour and fry in coconut oil until browned.

# Cauliflower Mash

Serves: 4

Ingredients:

- 1 medium head of cauliflower, cut into florets
- 1/4 cup nut milk
- 1 Tbsp olive oil
- 2 cloves garlic, mined
- Salt, pepper, and other seasonings to taste

Directions:

1. Clean and remove the stem of the cauliflower. Cut into smaller pieces
2. Boil cauliflower flowerets in a large pot of salted water until very tender (about 7-10 min).
3. In a sauté pan, heat oil and cook garlic for about 30 seconds until golden and fragrant.
4. Drain cauliflower, then mash.
5. While mixing, slowly add seasonings and milk until desired consistency is achieved.
6. Mix in garlic and olive oil and serve.



# Lime Cilantro Coleslaw

Serves: 2

Ingredients:

- 1 package carrot/cabbage slaw
- ½ red onion, sliced
- ½ cup cilantro, chopped
- 1/3 cup fresh squeezed lime juice
- 3 Tbsp. Olive oil
- ¾ tsp salt
- 1/4 tsp black pepper

Directions:

1. Combine all ingredients in a large mixing bowl and mix well to coat mixture and enjoy!

# Protein Ice Cream

Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 good sized teaspoon unsweetened cocoa or cacao powder
- 1 packet stevia

Directions:

1. Fill a gallon sized Ziploc bag about halfway with ice.
2. Blend all the ingredients together then pour in a smaller quart size Ziploc bag and seal it up.
3. Place the small bag in the large bag of ice (make sure the little bag is completely sealed shut)
4. Pour about ¼ cup of salt in to the ice bag (not the stuff your gonna eat), then seal that large bag shut and shake it around for 5-7 minutes.
5. Put it in the freezer for 25-35 minutes.
6. Say thank you for the ice cream