



Seasons
with Chef Binks

WINTER RECIPE WORKBOOK

{ Chef Binks }

Steven Binks is an accomplished chef and successful entrepreneur in Western New York. His flair for fine foods and passion for healthy living have brought him an eclectic audience. The list of those who have enjoyed his meals would staff an international government summit: presidents, the Governor of the Great Lakes, and the Premier of Quebec and Ontario all have appreciated Binks' culinary craftsmanship. His cooking and management skills make him one of the most well respected members of the food service industry, but he is also celebrated for his dynamic and colorful personality. Chef Binks is recognized for his weekly appearances on "Daybreak," "The Healthy Zone" and other nationally syndicated TV and radio shows.

The classically French trained chef found success at a young age: By age 19, he received his Associates Degree in Culinary Arts and continued to complete a five-year apprenticeship through the American Culinary Federation (ACF). At age 23, he opened one of the largest catering companies in upstate New York that ran for 20 years. In addition, he continued opening banquet facilities, three restaurants, and two signature catering companies—all under the umbrella of the "Chef Binks" brand. Among all his success, he considers his greatest accomplishment. The Seasons Meal System.

Chef Binks is proud to be focusing all his attention on Seasons. For the first time in his career, he is dedicated to making people happy through their food choices, and gearing his menu towards stabilizing their metabolism. Chef Binks feels a certain vibrancy in working on Seasons—exclusively designing delicious food to help individuals across America get healthy.

Chef Binks was recently inducted into the prestigious Chaîne des Rôtisseurs—an international society founded in Paris in 1950 for the recognition and appreciation of culinary excellence. Membership is by invitation only.

Chef Binks' talent and entrepreneurial spirit are the roots for his success; His passion for healthy living steers the way for the Seasons Meal System and all the lives he begins to change.

{ Introduction }

This isn't a diet; This is a way of life. And everyone deserves good food in their life.

There are plenty of good reasons why losing weight hasn't worked for you in the past. You didn't have time, you didn't feel nourished, you couldn't afford the 'health food' that was supposedly the only surefire way to get rid of that excess fat. Most options for weight loss are temporary. They require an unrealistic investment from resources you don't have. They don't work with you, so they can't be sustainable.

Seasons is different, for a lot of reasons. Firstly, we love food. You won't find a recipe for tofu-stuffed bison grass in our dinner section. Steaks are for dinner. Cream sauce is for dinner. Why have a book full of recipes that no one wants to eat?

Secondly, Seasons is a teaching tool. We aren't giving you a fish, as the saying goes. We're going to make you the best fisherman you can be, so you can lose weight, you can keep it off and stay in the best shape of your life—for your whole life. This includes learning how to manage your time, your money and your taste buds when it comes to healthy eating.

Finally, we think it's time to bridge the gap between professional chefs and foodies everywhere. Seasons is based off the idea that you use fresh vegetables that are at their peak. Do frozen peas do the job? Sure. But there's nothing quite like a fresh Brussell Sprouts in December.

What you need is a pep talk, someone to understand why you've failed in the past. Most importantly, you need a sustainable series of lif style adjustments that you can keep in your healthy-living tool box and to take with you wherever you go. No one is perfect, but we think we can get you feeling pretty darn close.

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Seasons

{ Breakfast }

Breakfast is truly the most important meal of your day. Your metabolism is most vulnerable when you wake up in the morning, and we want to give it the right start. Lean sources of protein and slow releasing carbs are the MVP's of breakfast, and this section will help you learn how to ensure a healthy and delicious start to your morning.

One of the biggest challenges in the morning is the race against the clock. We look down at our large coffee or slice of toast and convince ourselves it'll keep us full until lunch. Did we read your mind? No. We've all been there, and it isn't our fault. Demanding work schedules, taking care of kids and a hundred other things keep us from getting the right start in the morning. We're here to help. By giving you the right tools—recipes, techniques, shopping guides—this book is going to get you ready for the morning battle with the minute-hand. Most importantly, it will give you a breakfast packed with nutrients you need and flavors you love.



Portable breakfasts are the way to go, especially for your busy lifestyle! Here's a protein packed way to start your day, in the shape of a unique little cup!

Mexican Egg Cups

Serves: 4

Preparation Time: 20 minutes

Ingredients:


- 2 whole grain tortillas
- 2/3 tbsp macadamia nut oil
- 1/3 cup chunky salsa
- 1/3 cup Monterey jack cheese (grated)
- 1 1/3 green onions (trimmed and thinly sliced)
- 2/3 tsp coriander (finely chopped)
- 4 eggs
- 1/6 tsp paprika (smoked)
- salt & pepper

Directions:

1. Preheat an oven to 350°F.
2. Spray/grease muffin tin.
3. Cut each tortilla into halves. Place a small incision in each half and then wrap it around itself (in a cup/cone shape), fitting nicely in the muffin tin.
4. Place onions in the bottom of each muffin cup, top with grated cheese.
5. Mix paprika and fresh coriander into egg mixture.
6. Pour egg mixture into each cup.
7. Bake in the preheated oven for 10-15 minutes, last five minutes adding a salsa garnish and finish until tortilla is crisped up.

Tip from Binks:
Go easy on the salsa, as it is tomato-based. This means it is higher in sugar!





Who says French toast needs to be banished from a healthy diet? Here's a way to make this comforting breakfast without extra calories.

Neufchatel and Dried Blueberry Stuffed French Toast

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 5 1/3 ozs Neufchatel cream cheese (softened)
- 1/4 cup dried blueberries or cranberries
- 1 1/3 tbsps truvia
- 8 thick slices whole grain bread
- 3 eggs
- Pinch of cinnamon and nutmeg
- 2/3 tsp orange extract


Directions:

1. Mix eggs with spices and orange extract.
2. Mix cream cheese with dried fruit.
3. Spread cream cheese mixture on one slice of bread; place another over it to make a sandwich.
4. Soak bread in egg mixture and place in pan.
5. Cook bread slices on a lightly greased griddle over medium-high heat 3 minutes on all 4 sides or until golden.

Tip from Binks:

Serve this up as a side, and eat a leaner protein as your main breakfast item. This will keep you on track with your healthy goals.



A close-up photograph of a stack of pancakes. The top pancake is heavily topped with a generous amount of golden-brown granola. To the left of the granola, there are several thick slices of fresh banana. A clear, light-colored syrup is drizzled over the granola and the top surface of the pancakes, creating a glossy sheen. The background is softly blurred, showing more of the pancake stack.

Try this unique and healthier alternative
alongside your protein at breakfast time.

Sweet Potato Pancakes

Serves: 4

Preparation Time: 30 minutes

Ingredients:


- 1/2 lb cooked sweet potatoes (about 3/4 cup mashed)
- 1.5 cup whole wheat flour
- 1 tsp baking powder
- A pinch of salt
- 1/4 tsp ground nutmeg
- 1 beaten egg
- 3/4 cup almond milk
- 1 tbsp water
- 1/8 cup macadamia nut oil

Directions:

1. If sweet potatoes are not cooked: Place sweet potatoes in a medium saucepan of boiling water, and cook until tender but firm, about 15 minutes. Drain, and immediately immerse in cold water to loosen skins. Drain, remove skins, chop, and mash.
2. In a medium bowl, form the batter by mixing together flour, baking powder, mashed sweet potatoes, eggs, and milk.
3. Add a little bit of water to mix this up to break up the grains in the mixture. Let mixture sit for 5 minutes to soften the batter.
4. Preheat a lightly greased griddle over medium-high heat. Drop batter mixture onto the prepared griddle by heaping tablespoonfuls, and cook until golden brown, turning once with a spatula when the surface begins to bubble.

*Tip from Binks:
Serve with sugar free syrup,
but go sparingly!*





Brighten up your winter morning with a little reminder of warm weather: The summer flavor of zucchini in these egg cups will do just the trick!

Zucchini Egg Cups

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- Olive oil cooking spray (coat the pan)
- 1/4 cup mozzarella cheese (shredded)
- 2/3 cup zucchini (unpeeled, seeds removed, grated)
- 1/4 cup minced onion
- 2-3 cups egg substitute
- Salt & black pepper
- 1/4 cup whole grain breadcrumbs (fresh)

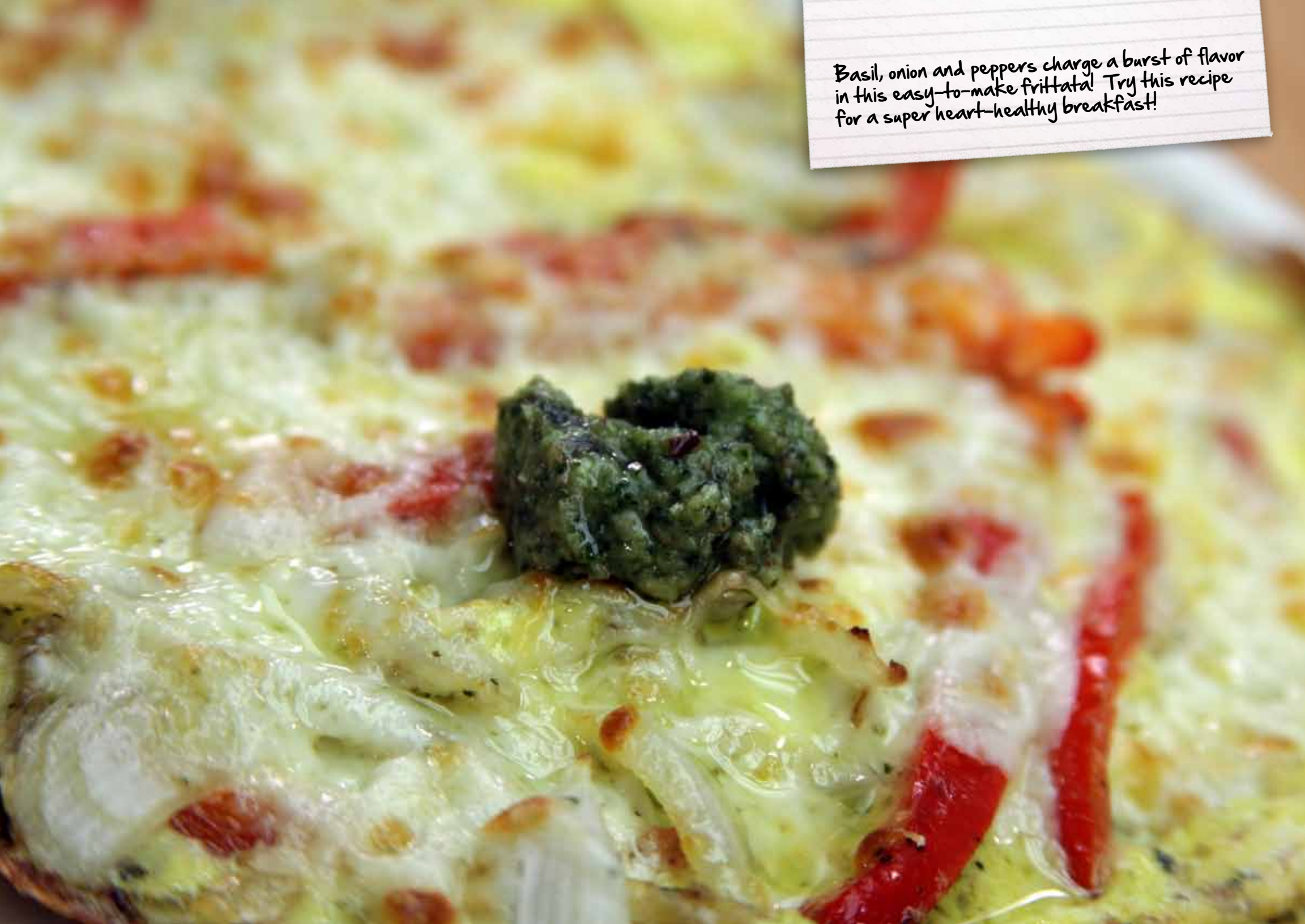
Directions:

1. Preheat the oven to 375 degrees.
2. Spritz 6 to 12 muffin cups (depends on how much of the mixture you put in each tin as well as the size of the tin) with baking spray. Spray heavily to avoid sticking.
3. Scoop seeds out of zucchini. Shred into bowl and add egg, mozzarella, onion and whole grain bread crumbs.
4. Pour batter into prepared muffin cups and bake for 25 to 30 minutes. Let cool a little bit and serve warm.

Tip from Binks:

Throw these in a ziplock bag after they have cooled, and freeze them for future breakfasts or snacks!



A close-up photograph of a frittata. The frittata is topped with melted, slightly browned cheese. Visible ingredients include sliced onions, red bell peppers, and a dollop of green pesto. The background is blurred, showing more of the frittata.

Basil, onion and peppers charge a burst of flavor in this easy-to-make frittata! Try this recipe for a super heart-healthy breakfast!

Anytime Frittatas

Serves: 2-4

Preparation Time: 20 minutes

Ingredients:

- Half of small onion, sliced
- Half red pepper julienned
- 1 tbsp macadamia nut oil
- 1 tbsp minced garlic
- 1 tbsp basil pesto
- 4 large eggs beaten
- Shredded Fontina cheese
- Grated Parmesan cheese


Directions:

1. Preheat oven to 350°.
2. Drizzle macadamia nut oil into 12-inch frying pan over medium heat until hot.
3. Sauté onions and peppers until onions begin to turn translucent.
4. Add garlic and basil pesto. Cook briefly, and be careful not to burn the pesto.
5. Pour in eggs. As they cook down, pull up the sides of the eggs with spatula so the liquid flows underneath to evenly cook.
6. Top off eggs with some Fontina and Parmesan cheese.
7. Wrap handle of pan with foil. Transfer egg to oven, bake uncovered for 5 minutes.
8. Loosen sides and bottom of frittata with a spatula, and put on a plate. Cut into 4 or 6 wedges. Serve on a plate and enjoy for breakfast, lunch or dinner!

Tip from Binks:

Use macadamia nut oil: A super heart healthy fat with great flavor.





This healthy breakfast incorporates the rich flavors of Muenster cheese with corned beef—Think Reuben sandwich, minus the bread...we've got a winner here!

Corned Beef Omelet with Grainy Mustard & Muenster Cheese

Serves: 4

Preparation Time: 20 minutes

Ingredients:

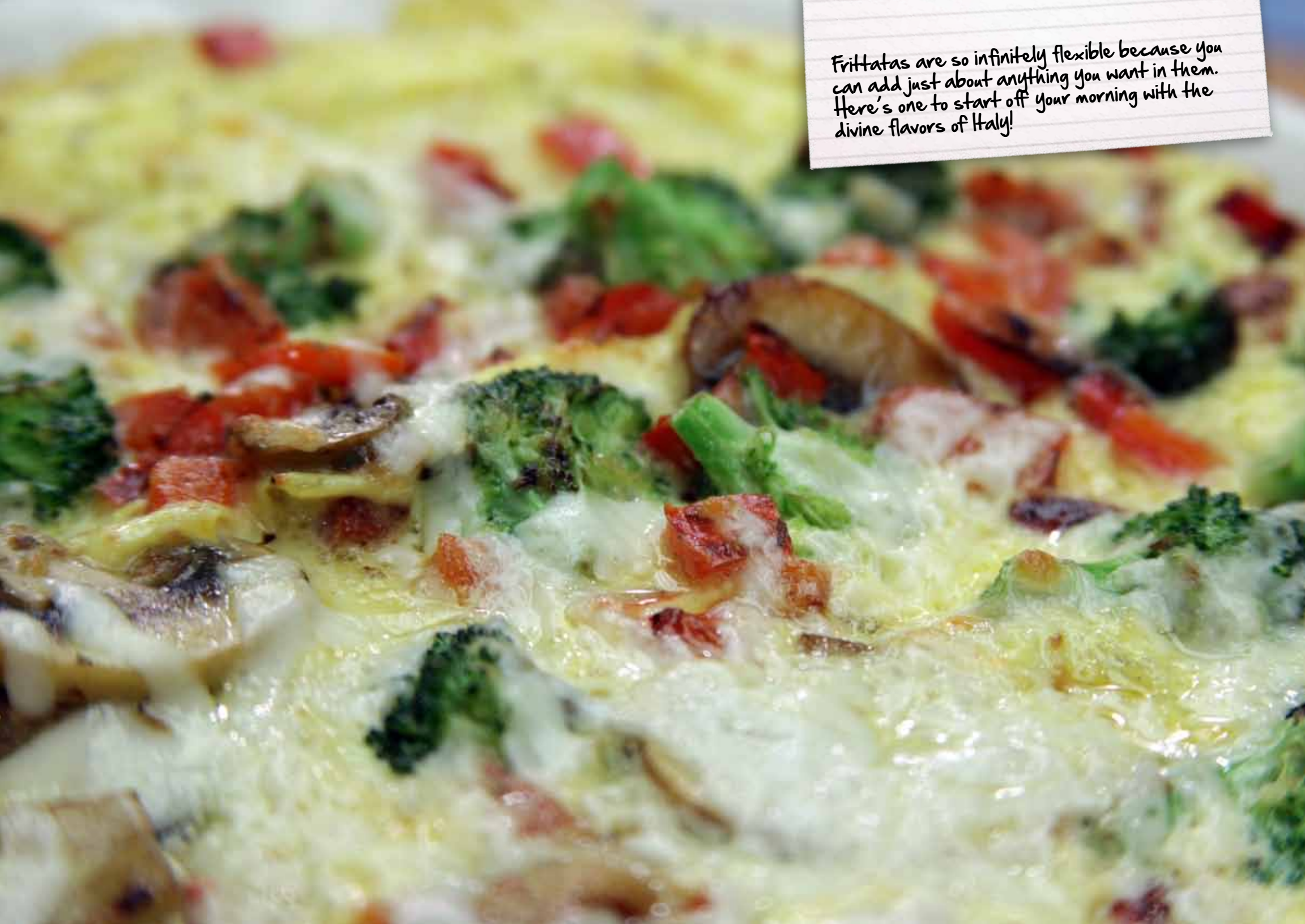
- 2 green onions, sliced
- 2 tablespoons macadamia nut oil
- 6 eggs
- 1/4 cup almond milk
- 1 cup cubed cooked corned beef
- 1/2 cup shredded muenster cheese
- Salt & Pepper to taste
- 1 tablespoon grainy mustard

Directions:

1. In a large skillet, sauté onions and corned beef in oil until tender.
2. Remove skillet from heat. Use paper towels and blot out some of the extra fat in the skillet.
3. Put the skillet back on medium heat; add a little macadamia nut oil that you might've lost when blotting out the fat.
4. In a large bowl, whisk eggs, mustard and milk; pour over onions and corned beef. Cook over medium heat; As the eggs set, lift edges, letting uncooked portion flow underneath.
5. When the eggs are nearly set, put slices of cheese on top.
6. Pop in the oven at 350 degrees F for 5 minutes or until cheese is melted. Be sure your skillet/pan is oven safe—or put the eggs in a dish that's oven safe.
7. Remove from the heat; Let stand for a minute to cool. Cut into wedges & serve.

Tip from Binks:
When buying corned beef, make sure you buy it as lean as possible!





Frittatas are so infinitely flexible because you can add just about anything you want in them. Here's one to start off your morning with the divine flavors of Italy!

Italian Frittata with Fresh Vegetables & Cheese

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2 cups egg substitute
- 2 tbsp almond milk
- 1 tbsp macadamia nut oil
- 1/2 cup red pepper (chopped)
- 1/2 cup broccoli (chopped or broken into little pieces)
- 1/2 cup mushroom (sliced)
- 1/2 tsp garlic minced
- 1/2 tsp oregano
- 1/4 tsp pepper
- 2 tbsp. shredded mozzarella cheese (low fat or fat free)
- Pinch of salt

Directions:

1. Combine almond milk with eggs. Beat well.
2. Drizzle macadamia nut oil in a medium non-stick skillet and heat pan over medium-high heat. Sauté red peppers, broccoli and mushrooms for 2-3 minutes. Add garlic, oregano and pepper— Sauté briefly until flavor has been evenly distributed.
3. Add egg mixture to the skillet and cook over low heat until set. Do not stir.
4. Sprinkle with shredded cheese.
5. Transfer to plate. Cover tightly and let stand for 3-5 minutes until cheese melts.
6. Add a pinch of salt (optional) over the eggs.
7. Serve and enjoy!

Tip from Binks:

Softer cheeses are better for you than harder cheeses. If you prefer a harder cheese like Parmesan, limit the amounts—a little bit goes a long way!



A quick and easy breakfast with a little kick—no flipping required for these eggs! A fun dish that you can also serve for dinner if you are feeling like mixing it up!



Spicy Cheese Frittata with Green Onion & Oregano

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- Olive Oil Cooking Spray
- 1/2 C green onions chopped
- 1/2 C red pepper chopped
- 5 large egg whites or 2 C egg substitute
- 3 Tbs. chopped cilantro
- 1 tsp. chopped fresh oregano
- 1 teaspoon Frank's Hot Sauce
- 1/4 cup shredded cheddar cheese




Directions:

1. Preheat oven to 350°F.
2. Heat 10-inch skillet over medium heat. Coat with cooking spray and let warm for a few seconds.
3. Add green onions, red pepper, and sprinkle oregano in skillet. Sauté.
4. Whisk together eggs and Frank's Hot Sauce. Set aside.
5. Add a tsp of macadamia nut oil over vegetables in skillet.
6. Add egg mixture and cook for 1 minute.
7. Transfer frittata onto baking sheet, top with sprinkled cheese and cilantro. Put in oven and bake up to 10 minutes, or until eggs are cooked thoroughly.
8. Slice into wedges and serve!

Tip from Binks:

Left over cilantro? Purée it with a little bit of olive oil and freeze in small containers. That way, in the middle of winter, you can always have fresh cilantro!



This is a variation on one of my childhood favorites. Slow releasing carbs with lean pieces of protein and gooey, melted cheese is perfect and comforting on a cold winter morning!

Bagel Buddies

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 Whole grain miniature bagels
- 8 slices turkey salami
- 4 slices muenster cheese
- About 3 tablespoons grainy mustard (or to taste)

Directions:

1. Split whole grain miniature bagels into halves and spray both sides with non-stick olive oil spray.
2. Toast bagels on Panini press. Use a toaster oven if you don't have a Panini press.
3. Spread mustard on miniature bagel slices.
4. Layer turkey salami and cheese on bagels. Bake at 350 degrees for 3 to 4 minutes. Serve.

Tip from Binks:

Please read the ingredients on the things you buy. To stay on track with your diet, it is important that carbs are "100% whole grain."



Grab and go! Easy and simple to prepare the night before so you can have a healthy, protein packed breakfast on hand. Now you can stay on track with your diet, no matter what the hectic morning brings you!



Breakfast Burrito with Scrambled Eggs, Spinach & Black Bean Salsa

Serves: 2-4

Preparation Time: 20 minutes

Ingredients:

- 2-4 whole wheat tortillas (6 inch)
- 2 eggs
- 1 cup cooked potato (cubed or broken into pieces)
- 1 cup turkey sausage sliced
- 1/2 red pepper chopped
- 1/3 onion chopped
- 1 cup canned salsa
- 1/2-1 cup black beans
- 1/2 jalapeno chopped to taste
- 1/2 cup cheddar cheese (grated to taste)
- salt & pepper



Directions:

1. In a skillet, fry the eggs using macadamia nut oil. Add diced potatoes, onions, and red pepper. Drizzle a little more macadamia nut oil over mixture.
2. Sauté until the onions are transparent.
3. Add black beans to salsa. Mix.
4. Continue sautéing, flip eggs, and add turkey sausage, spinach and jalapeño. Continue to sauté ingredients together.
5. Pour salsa over eggs and vegetables in skillet.
6. To each tortilla, add small amounts of egg and vegetables, then add small amount of cheese (to taste). Fold like an envelope.
7. Transfer to Panini press to melt wrap.
8. Serve, or let cool and put in refrigerator for your next grab-and-go breakfast.

Tip from Binks:

Serve with a dollop of low fat sour cream, salsa or hot sauce!

A traditional strata infused with garlic and artichokes; Dried herbs perk up your taste buds—A protein-packed, healthy treat for your morning!



Artichoke-Spinach Strata with Garlic & Cheddar Cheese

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2 tsp olive oil
- 1/2-1 cup sliced mushrooms
- 1/2 cup red bell pepper (diced)
- 1/2 cup diced onion
- 1/2 cup spinach
- 1 1/2 garlic cloves (crushed)
- 3/8 cup artichoke heart (canned artichoke heart drained and chopped)
- 2-3 cups whole wheat bread (cubed)
- 1/2 cup sharp cheddar cheese (shredded reduced-fat)
- 1/8 cup parmesan cheese (grated fresh)
- 2-3 cup egg substitute (or until bread cubes are soaked)
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 tsp dry mustard (if you want some spice)


Directions:

1. Heat oil in a nonstick skillet over medium-high heat. Add mushrooms, bell pepper, onion, spinach and garlic. Sauté vegetable mixture 6 minutes or until tender.
2. In a mixing bowl, combine bread cubes with egg substitute with dried spices and mustard; stir with whisk.
3. Spray a baking dish with cooking spray; pour egg mixture over vegetable mixture. Put artichokes on top and sprinkle with cheese. Cover with foil.
4. Bake in 325 degree oven for 20 minutes.

Tip from Binks:

Be aware, if you store this dish and eat it later, the artichokes may color the eggs grey. Nothing to be alarmed about, it's just the color from the artichokes!





The natural flavors come out of the ham when baked in this strata dish, creating an incredible breakfast with basics like eggs, cheese and home cooked potatoes.

Back to Basics Strata: Ham & Cheddar with Shallots & Potatoes

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2.5 C Egg Substitute
- 2/3 lb breakfast ham (cut into 1/2-inch cubes)
- 1 1/3 cups ham (cooked, sliced)
- 1/4 cup shallots, chopped
- 6 slices whole wheat bread (cubed)
- 2/3 cup potato (cooked, cubed)
- 2 cups cheddar cheese (shredded)
- 2/3 tbsp Worcestershire sauce
- 2/3 tsp dry mustard
- salt & pepper to taste

Directions:

1. Preheat oven to 325 degrees.
2. Coat a shallow baking dish with olive oil cooking spray.
3. Coat a casserole dish or baking dish with more olive oil cooking spray. Line the bottom with slices of ham.
4. Add egg substitute to a bowl of breadcrumbs until soaked. Add shallots, mustard, potatoes, and Worcestershire sauce. Mix together.
5. Pour egg mixture into dish lined with ham. Top with cheese.
6. Put in oven and bake until eggs are thoroughly cooked—about 20-30 minutes, or until knife inserted near middle comes out clean.
7. Serve and enjoy!

Tip from Binks:

Ham adds great flavor, but be sure to use a low sodium ham to keep in line with your new healthy lifestyle!



The caramelized onions bring a smooth, sweet flavor to this breakfast dish. The pairing with red pepper brings a comforting breakfast to warm up your winter day!



Caramelized Onion & Red Pepper Strata with Swiss Cheese

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2/3 tsp macadamia nut oil
- 1 cup onions (vertically sliced)
- 1 cup red bell peppers (finely chopped)
- 4 cups whole wheat bread (cut into 1 inch)
- 2 C egg substitute
- Olive oil cooking spray
- 1 tbsp mustard (spicy brown)
- 1 cup Swiss cheese shredded

Directions:

1. Preheat oven to 375 degrees.
2. Coat a large nonstick skillet with macadamia nut oil over medium-high heat.
3. Add onion, and sauté 4 minutes to caramelize.
4. In a mixing bowl, pour eggs over breadcrumbs and let soak.
5. As onions caramelize, add whole grain mustard to egg mixture. Add cheese, red pepper and mix. Let the bread soak up the mixture.
6. Continue sautéing and flipping onions—about 4 minutes.
7. When onions are finished caramelizing, transfer half into baking dish coated with cooking spray. Pour in egg mixture, and top off with the rest of the onions.
8. Transfer into the oven and bake for about 20 minutes uncovered, until golden brown. Let stand 5 minutes before serving.
9. Enjoy!

Tip from Binks:

Feel free to add any extra ingredients—even dinner leftovers if they are healthy!



The combination of the turkey sausage with the mozzarella and Parmesan cheese will heighten your taste buds-- The protein in this meal keeps your metabolism in check!



Italian Sausage & Mushroom Strata with Mozzarella and Parmesan Cheese

Serves: 4

Preparation Time: 40 minutes

Ingredients:

- 2 tbsp macadamia nut oil
- 1 cup turkey sausage (cooked and sliced)
- 1 cup peppers (any color, sliced)
- 1/2 small onion (sliced)
- 1 cup mushrooms
- 3/4 cup spinach (chopped and dry)
- 2.5 cups egg substitute
- 1 tsp salt
- 1 tsp white pepper
- 1tsp basil
- 5 slices whole wheat bread (cut into 1/2 inch pieces)
- 1/2 cup grated parmesan cheese (shredded)
- 1/2 cup shredded mozzarella cheese



Directions:

1. Preheat oven to 350 degrees F.
2. In a large skillet, caramelize the onions for 5 minutes by sautéing in macadamia nut oil over medium heat.
3. Add sausage, peppers, spinach and mushroom. Sauté everything together until vegetables are tender.
4. Spray baking dish with cooking spray. Place bread cubes in the dish, then add the sautéed vegetable and sausage mixture.
5. Pour egg substitute in a large bowl, until vegetables are mostly covered with the liquid. Sprinkle cheeses on top.
6. Transfer to the oven and bake for 20 minutes or until a knife inserted near the center comes out clean. If using a cooking thermometer, the inside will be 165 degrees when finished.

Tip from Binks:

Don't get rid of dried or stale bread. Save it for dishes like this and use them as bread crumbs/cubes.

The natural sugar in these caramelized onions sweetens up this simple wrap! A great way to intensify and add a kick to the basic ham, egg and cheese breakfast!



Ham, Provolone Cheese, Egg & Caramelized Onion Wrap

Serves: 4

Preparation Time: 20 minutes

Ingredients:

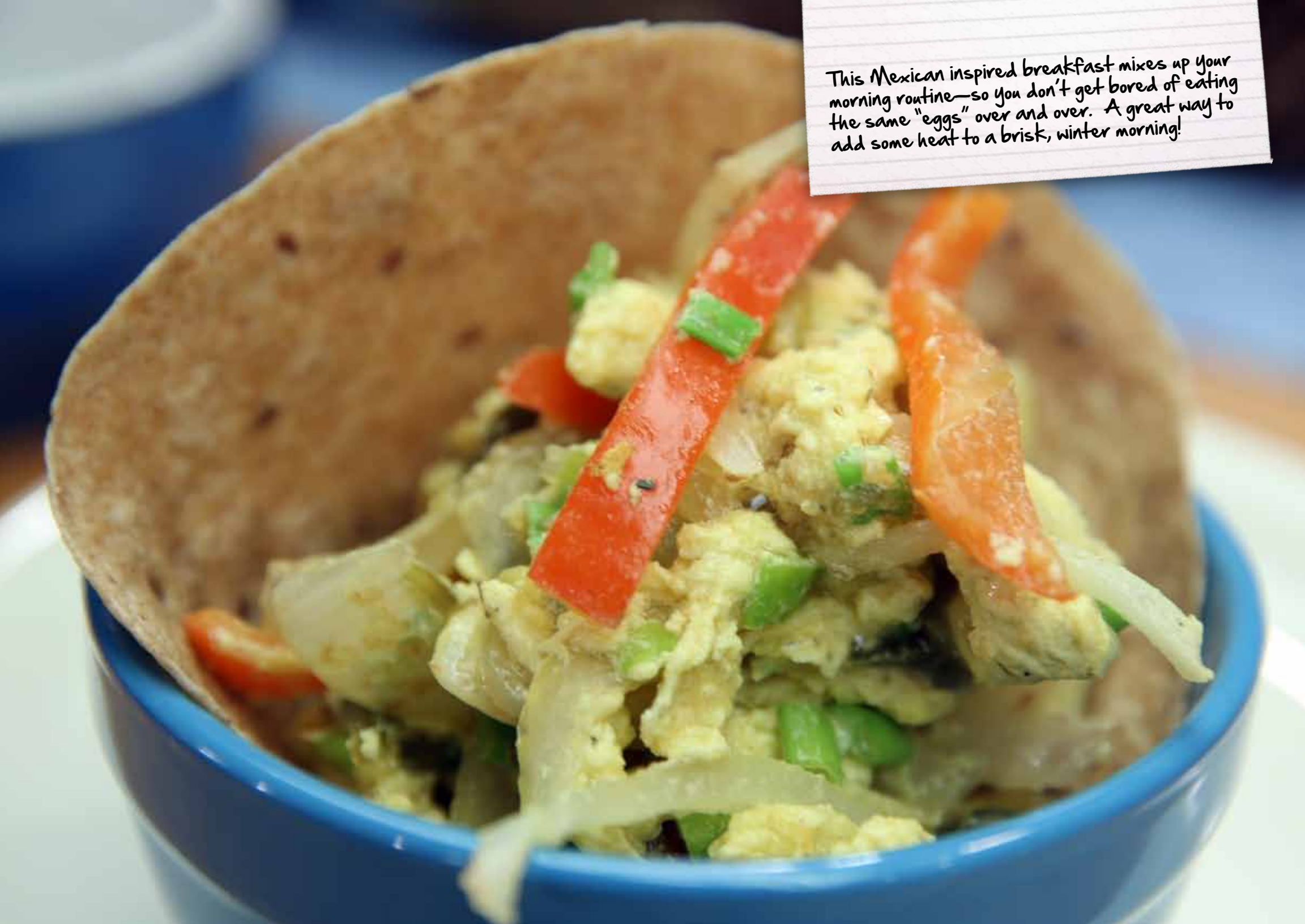
- 2-4 slices breakfast ham (chopped)
- 2 eggs
- 1/2 onion, sliced
- 1/2 cup provolone cheese (shredded)
- 2 large whole grain wrap
- 1-2 tablespoon macadamia nut oil

Directions:

1. Caramelize onions in macadamia nut oil by sautéing them until tender—about 10 minutes.
2. Add ham to onion pan and cook until desired doneness. Crack eggs right on top of the ham and onions. Spread the eggs with a fork. Cook for a minute or two (until the eggs are firm) making an omelette.
3. Flip, and add cheese on top.
4. Place in wrap. Roll and serve.

Tip from Binks:
Don't like onions? Throw in peppers, green beans, or broccoli—anything you would like!





This Mexican inspired breakfast mixes up your morning routine—so you don't get bored of eating the same "eggs" over and over. A great way to add some heat to a brisk, winter morning!

Mexicali Breakfast

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 (6 in) whole grain tortillas
- 2 tsp macadamia nut oil
- 1/2 cup diced onion
- 1 tbsp minced garlic
- 1/2 cup scallions, minced
- 1/2 cup sliced red pepper
- 1 tbsp seeded and diced jalapeno pepper
- 1/2 tsp cumin (optional)
- 2 cups egg white substitute
- 1/4 tsp dried oregano
- salt and pepper to taste


Directions:

1. Preheat the oven to 400F
2. Heat oil in a large nonstick skillet over medium heat. Add onions and pepper and begin to sauté.
3. In a mixing bowl, combine egg substitute, dried oregano, garlic, cumin, scallions and whisk.
4. Wrap tortillas in foil and place them on a baking sheet in the oven to warm while you prepare the eggs—about 5 minutes.
5. Add jalapeños to the skillet. Sauté, and add a little bit of macadamia nut oil over top of the vegetables. Continue sautéing.
6. Pour egg mixture into the skillet. Cook and make them into a scramble.
7. Take tortillas out of the oven. For a fun presentation, cut an incision into the tortilla (from edge to center), and then wrap tortilla into a cone shape. Place in a bowl, so tortilla almost takes the shape of the bowl.
8. Spoon the eggs into the tortilla cone/bowl.
9. Serve with the salsa and a dollop of low fat sour cream if desired.

Tip from Binks:

Don't limit yourself to eggs in the morning, as this dish would be great for a healthy dinner!





This fun, festive frittata is a great way to change up your normal breakfast routine! Eggs, beans, and cheese pack in the protein to ensure you start your day strong!

Mexican Frittata Wrap

Serves: 3

Preparation Time: 15 minutes

Ingredients:

- 2 C egg substitute
- 2-3 tbsp taco seasoning
- 1 Whole Grain Tortilla
- 1/2 C cheddar and Monterey jack cheese mixture.
- 1-2 tbsp macadamia nut oil
- 1/4 C black beans
- Salt & pepper to taste

Tip from Binks:

Carbs are not free, even the good ones in this recipe. You want to always watch your portions and limit the amount, so you don't increase your blood sugar too much!

Directions:

1. Preheat oven to 350 degrees.
2. Beat taco seasoning with egg substitute.
3. Heat whole grain tortilla in a 12-inch skillet over medium heat—3-4 seconds on each side.
4. Transfer tortilla onto a plate and sprinkle on some cheese evenly.
5. Drizzle macadamia nut oil into heated pan. Pour in egg mixture.
6. Add black beans.
7. Cook eggs—lift sides of eggs up with spatula so liquid pours to bottom and cooks evenly.
8. Add the rest of cheese into the egg mixture as it cooks.
9. Transfer egg frittata to the oven and bake for 5-10 minutes or until the shell around the edges create a crispy shell.
10. As egg frittata is baking, microwave the tortilla with the cheese for 20 seconds, or until cheese is melted.
11. When egg is finished baking, transfer onto the tortilla. Pour desired amount of salsa on the eggs, and fold the tortilla and eggs together in half.
12. Cut wrap in thirds, and serve!



Using sun dried tomatoes and spinach instead of plain tomatoes and shredded lettuce, we recreate a taco with great texture and incredible breakfast flavor



Turkey Sausage & Two-Cheese Breakfast Wrap

Serves: 2

Preparation Time: 30 minutes

Ingredients:

- 1-1 1/2 C egg substitute
- 1.5 C lean turkey sausage (chopped fine)
- 1/2 C chopped spinach
- 5-6 slices of very thinly sliced sun dried tomatoes
- 2 tablespoons shredded cheese
- 1 whole wheat wrap

Directions:

1. Heat 1 tbsp olive oil in skillet over medium heat.
2. Scramble eggs loosely.
3. Put the eggs on the tortilla; Add sausage, spinach and sun dried tomato. Sprinkle cheese on top.
4. Fold tortilla in half, making it even and flat. Spray it with olive oil cooking spray.
5. Transfer on Panini grill and press for a minute, or until cheese is melted.
6. Serve and enjoy!

Tip from Binks:

Avoid tomatoes first thing in the morning, as this is when our metabolism is at its most fragile point. Tomatoes are a fruit and will increase your blood sugar!





Seasons


{ Lunch }

So we've taken care of a protein-packed breakfast, now it's on to your mid-day meal. Typically, we go for huge three-course meals, giant sandwiches and enough soup for six people. But in order to change how we think about lunch, we have to remember the modifications we've made to our breakfast menu.

Remember that slice of toast? Or maybe it's a toaster pastry, a muffin or Danish. Regardless, that was keeping you full for about an hour and a half (if you're lucky). By the time we get to lunch, your blood sugar is so low you may actually possess the ability to eat a large member of the livestock family.

But that's not going to happen because we've given breakfast a makeover. You're full of lean protein and slow releasing carbs, and when lunch rolls around, you've barely noticed the time. You're full and focused on getting through your day.

Lunch means sustaining the healthy start you've given yourself in the morning. Grilled chicken, roast turkey and other lean cuts of meat are going to satisfy your appetite, while delicious flavor combinations and perfect side dish recipes take care of your cravings.



Try this dish for your mid-day meal—The olive oil and lemon pair great with the heavier, root vegetable flavor of these radishes!

Mediterranean Pasta Salad with Radish

Serves: 4

Preparation Time: 30 minutes,
20 minutes refrigeration time

Ingredients:

- 4 cups cooked pasta (whole grain rotini)
- 1/2 cup sliced radishes
- 1 teaspoon oregano
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1/4 cup finely chopped onion (or to taste)
- 1/2 cup chopped sun dried tomatoes
- 1/2 cup feta cheese
- 2 C cooked chicken breast (chop into cubes)
- Salt and pepper to taste

Directions:

1. If the pasta hasn't been cooked yet, cook rotini uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain and cool by running cold water over the pasta in a colander set in the sink.
2. In a mixing bowl combine olive oil, lemon juice, oregano, salt and pepper. Whisk together.
3. Add chicken to coat in dressing. Slice radishes and add to the mixing bowl. Then add feta, onions and sun-dried tomatoes. Fold all the ingredients together and let sit for at least 15-20 minutes in the fridge (one hour maximum).
4. To serve, spoon one cup of cook pasta on a dish, and top with the chicken-vegetable mixture. Combine and serve!

*Tip from Binks:
Try this in a tortilla/burrito
shell to mix it up!*



We're dressing up the ultimate comfort food. Here's a great way to transform leftovers from last night's meatloaf dinner!



Cold Meatloaf Sandwich with Arugula and Roasted Red Peppers

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- 1/2 cup sliced onions
- 1 tsp minced garlic
- 3/4 cup sliced roasted red pepper
- 1/2 cup arugula
- Cold meatloaf slices—very lean ground beef or turkey
- 1/2 cup olive oil mayonnaise
- 1 tbsp pesto
- 2 whole grain sandwich rounds


Directions:

1. Sauté sliced onion in macadamia nut oil, and begin the caramelization process.
2. Add red pepper and garlic to the onions in pan. Continue sautéing. Top with arugula and sauté for another 3 minutes.
3. In another non-stick pan, sear the meatloaf to warm it up (briefly).
4. Spray bread slices on both sides; place on a baking sheet.
5. Stack meatloaf on bread, then add vegetable mixture from pan. Sprinkle with mozzarella cheese.
6. Cook in oven for about 3 minutes at about 350 degrees, or until cheese is melted.
7. Mix pesto and olive oil mayo and spread on top of sandwich. Serve as an open-faced sandwich.

Tip from Binks:

Little things like using macadamia nut oil and olive oil mayonnaise will help keep you on track—these have better fats and are easier on your metabolism.





Spicy, hot, Jamaican flavors will heat up any cold, winter day! Jerked chicken is delicious, but it's important to make it in our own kitchen, as store bought marinades and rubs are often loaded with sodium.

Jerk Chicken

Serves: 2-4

Preparation Time: 45 minutes plus overnight to marinate

Ingredients:

- 1 scallion (finely chopped)
- 2 tbsp fresh lemon juice
- 1 bay leaf (center ribs discarded and the leaves crumbled)
- 2 tsp low sodium soy sauce
- 1 tsp garlic (chopped)
- Crushed red pepper to taste
- 1/5 tsp cinnamon
- 1 tsp dry mustard
- 1 lb chicken breast
- Vegetable oil (brushing the grill)


Directions:

1. In a plastic bag, add scallions, bay leaf, lemon juice, soy sauce, garlic, crushed red pepper, cinnamon and dry mustard.
2. Add the chicken and zip the bag. With your hands, massage the marinade into the meat over the bag. Marinate overnight in the fridge.
3. When chicken is done marinating, cook on a hot grill that has been brushed with a little bit of oil. Cook thoroughly and serve.

Tip from Binks:

The longer you marinate the chicken, the spicier it will be!



A close-up photograph of a salad. The salad consists of several ingredients: bright green arugula leaves with characteristic lobed shapes, light-colored chickpeas, sliced onions, and a protein source that appears to be either shredded chicken or a plant-based alternative, coated in a reddish-brown sauce. The salad is presented on a white plate, and the background is softly blurred.

The lean protein in this filling salad restores our muscles and helps to burn off the unwanted body fat!

Turkey & Swiss Salad with Balsamic Vinaigrette Dressing

Serves: 2

Preparation Time: 10 minutes

Ingredients:

- 3/4 cup olive oil
- 1 tsp garlic (minced fresh)
- 1 tbsp Dijon mustard
- 2 tbsp balsamic vinegar
- 2 tsp Italian seasoning (dry)
- 1/2 cup green olives, pitted
- 3/4 cup garbanzo beans, rinsed and drained
- 1 head lettuce (chopped)
- 1 roasted turkey breast, chopped
- 1 cup Swiss cheese (cheddar, cubed)
- A few sundried tomatoes—just a little bit for flavor
- Sprinkle of parmesan cheese
- 1/2 small onion, sliced
- 4 cups fresh arugula


Directions:

1. For the dressing, combine/whisk olive oil, garlic, Italian seasoning, Dijon mustard and balsamic vinegar in a small bowl.
2. In a large bowl, combine cubed cheese, garbanzo beans, tomatoes, olives, a few sun-dried tomatoes, sliced onions and Parmesan cheese.
3. Drizzle dressing over the cheese and olive mixture; toss to combine.
4. Put fresh arugula on a plate. Top with cheese and olive mixture, and sliced turkey pieces. Serve and enjoy!

Tip from Binks:

Make salad dressing in advance to save time later!





A little bit of spice to wake up any dreary, winter day! Fix this up in one pot, and you've got a meal that will energize you mid-day through dinner time!

Chicken Jambalaya

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 8 oz. boneless, skinless chicken breast, cut into bite sized pieces (cooked)
- 1 Tbsp macadamia nut oil
- 1 cup chopped celery
- 1/2 cup chopped red pepper
- 1/2 cup chopped onion
- 1 clove minced garlic
- 1/8 tsp crushed red pepper
- 1 teaspoon Cajun seasoning—or to taste
- 1 Tbsp fresh thyme
- 2 cups chicken broth
- 1/2 chopped tomato
- 1 1/2 cup brown rice, cooked


Directions:

1. In a large skillet heat macadamia nut oil. Add garlic and sauté.
2. Add celery, red pepper, and onion; Sauté and caramelize.
3. Add crushed red pepper, Cajun seasoning, thyme, chicken and broth. Stir and bring to a boil. Reduce heat and let cook another 15-20 minutes, until liquid is absorbed.
4. Add cooked rice for another 5 minutes. If it cooks down and gets a little too thick, feel free to add a little bit of water to loosen up the consistency.
5. Serve and enjoy.

Tip from Binks:

Brown rice is a slow releasing carb. Although it is much healthier than white rice, watch you portions, as it is still a carb!





Making a few small changes will go a long way, and you can incorporate your favorite flavors to make it taste good! Here's a great dish that puts hearty Italian flavor into a healthy pasta.

Italian Chicken Sausage with Sweet Pepper Pasta

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tbsp olive oil
- 1/2 cup sliced onion
- 3/4 cup sliced red pepper
- 1 cup sliced Italian chicken sausage (lean)
- 1 tbsp minced garlic
- 1 cup arugula
- 1 1/2 cups whole wheat penne pasta (cooked al dente)
- salt & pepper (taste)
- 1/2 cup grated parmesan cheese


Directions:

1. Heat large skillet and add olive oil. Add onion and pepper and cook for 2 minutes.
2. Add garlic and sausage and sauté together.
3. Sprinkle arugula on top. Then add pasta to skillet. Cook briefly to warm up all the ingredients.
4. Top off with a pinch of salt and pepper.
5. Sprinkle with cheese and serve.

Tip from Binks:

The harder the cheese, the healthier it is. Go easy on the Parmesan cheese!





A great way to repurpose leftovers! This is an easy meal with slow releasing carbs and lean protein—A fantastic way to change up your usual lunch menu!

Sweet Potato and Roast Turkey Gratin

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 6 tbsps macadamia nut oil
- 1 lb smoked turkey breast shredded
- 1-2 cups sweet potatoes or left over home fries (cooked and diced)
- 1/2 cup Colby jack cheese, shredded
- 1-2 cups egg substitute


Directions:

1. Preheat oven to 400°F. Coat baking dish with olive oil cooking spray.
2. Shred turkey into the backing dish. Layer sweet potatoes on top. Sprinkle with cheese.
3. Mix ingredients gently with hands. Sprinkle a little seasoning if desired, and pour egg substitute over the ingredients in the baking dish. Mix again with your hands.
4. Bake uncovered until top is golden brown in spots, about 20-25 minutes. Cool slightly and serve.

Tip from Binks:

To stay on track, go 2:1—In a meal, have 2 times the amount of protein for every carb you have.





Club Sandwiches: YES, you can still have them! With a few small, healthy changes (like using turkey bacon), you can still get that comforting flavor. A perfect hot lunch for chilly, winter days.

Healthy Turkey Flatbread Club

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- 2 whole grain flatbreads
- 4 tsps olive oil mayonnaise
- 1/2 cup arugula leaves
- A few turkey bacon cooked until crisp, crumbled
- 1 cup sliced chicken breast
- 1/2 cup sundried tomatoes, chopped
- 1/2 cup shredded cheese
- Olive oil cooking spray

Directions:

1. Cut bread in half. Spray the half slice with olive oil cooking spray. Toss onto the Panini machine and grill/warm it for a minute. (This will be the middle piece).
2. Spread the inside of a full slice with mayonnaise.
3. On one side, layer turkey bacon, chicken slices, cheese, sun dried tomato, arugula. Put grilled flatbread half on top.
4. Repeat the layering process, starting with spreading mayonnaise on the flatbread half.
5. When done layering, fold over the other side of the flatbread, mayonnaise facing the inside of the sandwich.
6. Cook on the Panini press and check for desired doneness in 5 minutes.

Tip from Binks:

Just because something is brown does not mean it's 100% whole grain. Be careful, and read the ingredients so you don't fall off track!



You can still enjoy a Reuben in your new healthy lifestyle! This delectable melted wrap doesn't compromise any flavor



Reuben Quesadilla

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- Thinly sliced corned beef
- Whole grain tortilla wrap with caraway seeds
- 1/4 cup sauerkraut
- A few thin slices of Swiss cheese
- 1 tbsp Thousand island dressing

Directions:

1. Spray tortilla wrap and place on a heated skillet.
2. Spread slices of cheese evenly on tortilla.
3. On one half, layer with corned beef.
4. Sprinkle on sauerkraut. Top with a little bit of thousand island.
5. Fold, flip and cook until cheese is melted. Cut in half and serve.

Tip from Binks:

To make a healthy thousand island dressing, use olive oil mayonnaise with relish (making sure to squeeze out the sugars). You'll get the same flavor without the bad fats!



Ground turkey is lean and reasonably priced—
Two great pluses for your new lifestyle! Try this
burger, with a twist of Italian flare! Your taste
buds won't be disappointed!



Turkey Burger Panini

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 lb ground turkey, divided into patties
- Italian seasoning
- 8 whole grain bread rounds
- 4 slices Swiss cheese
- 4 large leaves escarole (chopped)
- 1/2 cup sundried tomatoes
- 1/2 onion, sliced

Directions:

1. Heat non-stick skillet. Spray with olive oil cooking spray.
2. Mix ground turkey with a few tablespoons of Italian seasoning. Divide mixture into patties.
3. Brown patties in nonstick pan, cooking thoroughly until meat thermometer reads 165 degrees.
4. While burger is cooking, add onions chopped escarole and sundried tomatoes. Sauté in pan. You can baste the turkey in the pan with a little juice from the sun-dried tomatoes, if desired.
5. When vegetables are caramelized and meat is fully cooked, layer the bread with your ingredients: burger, sautéed vegetables, and top with a piece of cheese.
6. Toast in Panini press until golden brown or you can also cook this in a pan or leave as is.
7. Serve and enjoy!

Tip from Binks:

You can use ground beef for your burger as well. Just make sure it is very lean, to keep on track with your healthy goals!



Sandwiches and Panini's are great to grab on the go, and still stay healthy. Fuel your body with this lean, turkey salami sandwich.



Turkey Salami & Broccoli Panini with Arugula and Mozzarella

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- 5-6 slices Turkey salami
- 1/2 cup shredded low-fat mozzarella cheese
- 1 cup arugula
- 1/2 cup chopped broccoli
- Whole grain flat bread
- Olive oil cooking spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray flat bread with olive oil cooking spray. Place on Panini press and grill to warm up.
3. Spray cookie sheet and transfer bread onto it.
4. Place turkey salami on the bread. Layer with chicken, broccoli and sprinkle with mozzarella cheese.
5. Pop in the oven for 7-8 minutes or until cheese is melted.
6. Cut into quarters, top with arugula and serve.

Tip from Binks:

Pair this with one of our hearty soup recipes—a great way to enjoy a well-balanced lunch!



Now you can feel good about your meal choice when warming up your body with a healthy bowl of this chicken chili!



Chicken Chili

Serves: 4

Preparation Time: 45 minutes plus simmer time—at least 1 hour.

Ingredients:

- 1 cup chopped celery
- 1 cup chopped onions
- 3 cups beef stock
- 1 cup chopped tomatoes
- 1-2 cups chopped chicken breast
- 2 cups white beans
- 1-2 tbsp oregano
- Red pepper seasoning to taste
- Black pepper to taste

Directions:

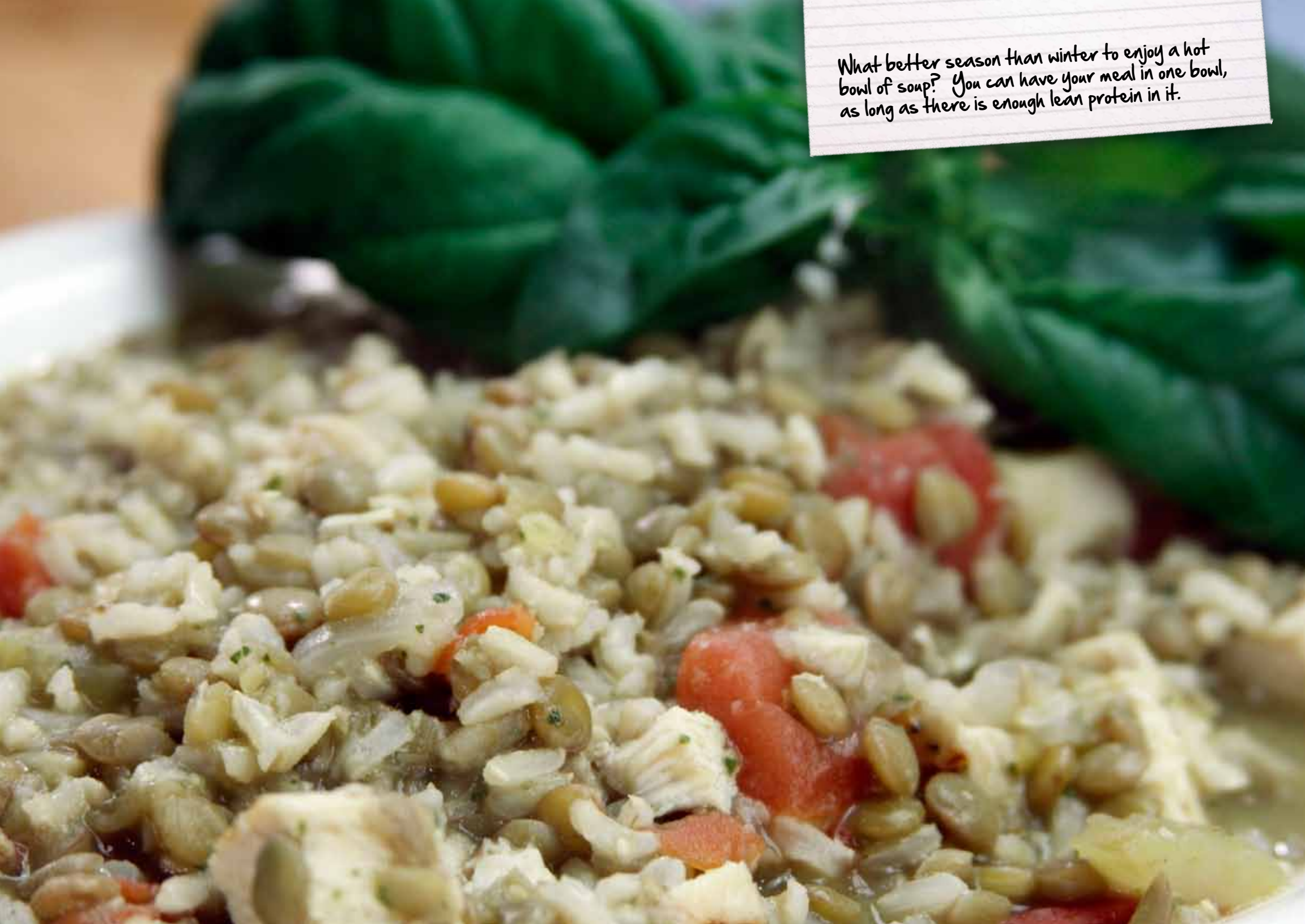
1. Heat pot with macadamia nut oil and cook celery and onion for a 3-4 minutes.
2. Add remaining ingredients and allow to simmer for about an hour, checking regularly.
3. Serve.

Tip from Binks:

Serve half of this as chili, while cooking the other half down to serve as stew another night. Don't be afraid to be creative and play around with these dishes!



What better season than winter to enjoy a hot bowl of soup? You can have your meal in one bowl, as long as there is enough lean protein in it.



Chicken, Lentil and Brown Rice Soup

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- Macadamia nut oil
- 1-2 tbsp minced garlic
- 2 cups chicken broth
- 1 cup lentils
- 1 cup onions (chopped)
- 1 cup celery (chopped)
- 1/2 cup brown rice
- 2 chicken breasts (chopped into small cubes)
- 1 chopped tomato
- Few tablespoons pesto

Directions:

1. Heat macadamia nut oil in soup pot. Cook celery with onions and garlic, briefly.
2. Add brown rice and lentils. Sauté with vegetables.
3. Add chicken broth (enough to cover the ingredients in the pot). Let simmer for about 45 minutes.
4. Add chopped chicken with tomatoes and pesto.
5. Allow to cook for a few minutes until fully heated. Serve.

Tip from Binks:

Purée the soup for a different texture. If you do that, add the chicken, tomato and rice at the end, or after you purée the other ingredients.



This thick, Italian soup is a great way to use up leftovers, but also an easy way to incorporate vegetables and lean protein into your mid-day meal! The meatballs add a great, comforting surprise!



Meatball & Zucchini Minestrone

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 cup onions (chopped)
- 1 cup celery (chopped)
- 1 - 1 1/2 cup zucchini (chopped)
- 2 garlic cloves (minced)
- 1/4 tsp crushed red pepper (flakes)
- 2 tbsps macadamia nut oil (cooking)
- 1 can low sodium, chicken broth
- 1 cup tomatoes
- About 1 1/2 cups white beans
- 1 lb packed lean ground beef meatballs (cooked)


Directions:

1. In heated pot, sauté onion, garlic, celery and zucchini in macadamia nut oil. Add garlic and cook for 3-4 minutes.
2. Add chicken broth and tomatoes; Allow to simmer about 15 minutes.
3. Add beans and meatballs, heat for a few minutes more and serve.

Tip from Binks:

Soups are great make-ahead meals! Cook a recipe like this in large quantities so you can freeze remainders into meal-size portions. A great time-saver for your busy lifestyle!





Soups make a great side dish. The incredible flavors of lean sausage and hearty beans will warm your heart on any winter day.

Turkey Sausage & White Bean Soup

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1 tsp macadamia nut oil
- 1 cup onion (chopped)
- 2 celery ribs (1 cup chopped)
- 2 cups white beans
- 2 tsps minced garlic
- 1 can fat-free chicken broth
- 1 1/2 cups diced tomatoes
- 1 1/2 cups sliced, reduced fat turkey polish sausage (fresh if possible)


Directions:

1. Heat macadamia nut oil in pot. Add celery, onion, garlic and sausage. Sauté together.
2. Add tomatoes in, allowing all the vegetables to cook down for a few minutes.
3. Pour in beans and broth. Bring to boil and then simmer for a few minutes
4. Serve and enjoy!

Tip from Binks:

Save yourself some time. Make this in a larger quantity and freeze the leftovers, so you always have a healthy side dish on hand!





Enjoy this warm wrap, minus the loaded saturated fat and excess sodium of regular buffalo chicken wings!

Buffalo Chicken Wraps

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 tbsp macadamia nut oil
- 1 lb chicken breasts (skinless boneless chicken breasts, pulled apart and cooked)
- 1/4 cup hot sauce
- 4 whole wheat tortillas (6 inch)
- 1 celery (stalk diced)
- 1/3 cup shredded cheddar cheese
- Dressing: A few tablespoons olive oil mayo and vinegar to mix with 1/4 cup Roquefort cheese (to taste)


Directions:

1. Soak chicken in hot sauce and celery as a marinade. If you make this ahead, let mixture sit for one day to get maximum flavor.
2. Lay out the tortillas and divide the chicken evenly among the tortillas. Sprinkle on cheese and drizzle dressing.
3. Roll and press in Panini grill. Serve and enjoy!

Tip from Binks:

Great to freeze and pull out when you have a busy day on the go! This will keep you away from the drive-thru lines, keeping you right on track!



A stack of three panini sandwiches, cut diagonally, showing a filling of melted cheese, tomato, and basil. The sandwiches are served on a white surface, garnished with fresh basil leaves. A text box in the top right corner provides a description of the dish.

A simple vegetarian dish, filled with whole grains, low-fat cheese, tomato and basil. Think: A glimpse of summer on a frosty day!

Margarita Wraps

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 six-inch whole wheat wraps
- 2 garlic cloves minced
- 1/2 cup low fat mozzarella, shredded
- A few sun-dried tomatoes
- Few leaves fresh basil torn

Directions:

1. Lay out the tortilla. On one half of the tortilla, sprinkle with cheese, and top with tomatoes and basil.
2. Spread garlic on the other half of the tortilla (like a paste).
3. Roll and press flat.
4. Pop the wrap on the Panini grill and press for 2 minutes.
5. Serve immediately.

*Tip from Binks:
Add chicken to incorporate more protein in your diet!*



Spicy, smokey kielbasa does not have to come off the menu when you use this healthy turkey substitute.



Turkey Kielbasa & Muenster Cheese Wrap with Mustard & Arugula

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 lb turkey kielbasa
- 4 slices muenster cheese
- about 4 teaspoons yellow mustard
- 1 cup baby arugula
- 4 6" whole wheat wraps
- 1 tablespoon olive oil

Directions:

1. Brown turkey sausage in pan in olive oil
2. Layer rest of ingredients in wraps, finishing with kielbasa.
3. Serve warm or chilled.

Tip from Binks:

Great to freeze and pull out when you have a busy day on the go! This will keep you away from the drive-thru lines, keeping you right on track!






Seasons

{ Snacks }

Think about your body's fuel tank around 2:30 p.m. You're feeling tired, you have a few hours before dinner, and your blood sugar is crying for attention. Let's skip the coffee cake or doughnuts that are staring you down from the break room, and go for an expertly designed combination of whole grains and lean protein that will fill you up (and avoid the crash) in a way those tempting office predators can't.

Refuel and energize yourself, keeping your metabolism stable while you work hard. These recipes include flavors you love with nutrition your body needs.



This one's fun with a little surprise ingredient: Brazil nuts! These nuts are loaded with good fats that will keep you full and satisfied until your next meal!

Neufchatel with Arugula, Dried Cranberry and Brazil Nut Spread

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1-2 ounce Neufchatel cheese (room temperature)
- 1 cup Brazil nuts
- Small handful dried cranberries
- 1.4 cup arugula
- Teaspoon truvia

Directions:

1. In a food processor add the Brazil nuts and pulse for a rough chop.
2. Add the dried cranberries minimally (full of sugar, a little bit can go a long way, so use sparingly).
3. Add cheese and arugula. Pulse until ingredients are well mixed.
4. Scoop and serve!

Tip from Binks:

Don't have Brazil nuts? Try pine nuts or walnuts!



Dips are fun and easy! The best part is you can make them up in advance. Have this one on hand for a great in-between meal snack!



Dried Apricot and Walnut Spread

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 3 oz. Neufchatel cheese
- 1/4 cup dried apricots
- 1/2 cup walnuts
- Truvia (to taste)

Directions:

1. Pulse walnuts in the food processor to give them a good chop.
2. Add apricots (a little bit goes a long way) and the cheese. Pulse until ingredients are married.
3. Sprinkle a little bit of truvia (to taste) if you want it a little sweeter.
4. Serve and enjoy!

Tip from Binks:

Watch your portions! Even though there is very little sugar, there is still some fat from the cheese. Think 1 tbs per serving—a little bit will go a long way!



This snack is infused with a little Asian and Mediterranean flare! A creative and unique combination to please the pallet!



Ginger Sesame Hummus

Serves: 4

Preparation Time: 10 minutes

Ingredients:


- 1/4 cup fresh ginger slices
- 1/2 cup olive oil
- 2 tbsps sesame oil
- 1 can garbanzo beans (chickpeas rinsed and drained)

Directions:

1. In a food processor, chop ginger slices.
2. Add garbanzo beans. Continue to grind.
3. Add sesame oil to the mix.
4. Finally, finish off with olive oil, pouring in slowly as everything blends together. Serve and enjoy!

Tip from Binks:
Serve with vegetables for a fun, portable snack!





If you like onions, this is the snack for you! Packing in a fresh, tangy punch, this spread is great to keep your new diet menu interesting!

Neufchatel with Shallots and Green Onions

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1-2 ounce Neufchatel cheese (room temperature)
- 1 cup chopped shallots
- 1/2 cup chopped green onions

Directions:

1. In a food processor, chop up shallots.
2. Chop green onions—mostly white parts, and a little bit of the green. Add to the food process and pulse.
3. Add Neufchatel and pulse until ingredients are well mixed.
4. Serve and enjoy!

Tip from Binks:

The shallots and onions will release a lot of water, breaking down the cheese—so make sure to serve this snack sooner rather than later. This will be a great appetizer to bring to a party!



Quick and simple! A great spread to share during the holiday season!



Neufchatel with Pesto

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 ounce Neufchatel cheese (room temperature)
- 2 tbsp pesto


Directions:

1. Add ingredients to food processor and pulse until well mixed.
2. Serve and enjoy!

Tip from Binks:

For next winter, have fresh pesto on hand by making it at the end of the summer. Combine basil, olive oil, pine nuts and a pinch of Parmesan cheese. Freeze the mixture—it will come in handy all winter long!





The remarkable flavor combinations of roasted garlic and smoked paprika will satisfy you in the cold weather! This is a great grab-and-go snack for your busy lifestyle!

Roasted Garlic Hummus with Smoked Paprika

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 can garbanzo beans, rinsed and drained
- 1 teaspoon garlic (fresh or granulated—to taste)
- 1/2-1 teaspoon paprika
- 2-3 tbsp olive oil

Directions:

1. Pulse garbanzo beans in food processor.
2. Add smoked paprika and garlic, to taste.
3. As ingredients are blending, slowly add in the oil.
4. Scoop and serve!

Tip from Binks:

It's all about portions: Stick with 1-2 tablespoons of this spread with some vegetables or whole grain crackers. Garbanzo beans are still a carb!




{ Dinner }

Our dining culture dictates dinner as the largest meal, full of heavy carbs and huge portions. This is the meal that benefits the most from the lessons in this book. What we're proposing might shock you, but here it goes: You can eat everything you love, just by making those dishes with better ingredients. Do you like steak? How about pasta? Flip through this section, you'll be surprised to see all your old favorites.

Portion control is easy when you aren't suffering from hunger pains. Staying full during the day will keep you from mindlessly shoveling leftovers in your mouth in front of the open fridge. It's that easy. Right ingredients and the right amounts of food will help you lose weight, drop body fat and get in shape.

{ Beef }



Beef rolled up with rich flavors on the inside:
This is a fun and creative way to change up
the basic steak dish!

Beef Bracirole

Serves: 4

Preparation Time: 30 minutes prep

Ingredients:

- 1/2 lb very thin strips of beef (perhaps an eye round cut)
- About 4 tablespoons pesto
- About 1/4 cup red sauce (Commodore or marinara)
- A few pinches of mozzarella cheese


Directions:

1. Spread pesto onto beef strips.
2. Roll each piece up tightly. Line up in a casserole dish, sprayed with olive oil cooking spray. Spread a few spoonfuls of red sauce over beef pieces.
3. Put dish in 350 degree oven until meat is cooked thoroughly, sprinkle mozzarella cheese on top and serve.

Tip from Binks:

Feel free to add herbs or vegetables of your choice to create your own personal touch to this dish.





A great alternative to Chinese take-out!
Using arrowroot instead of cornstarch and
cutting out the excess sodium, you can be
guilt-free when you enjoy this sizzling dish!

Pepper Steak with Peppers and Onions

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 lb boneless beef sirloin steak
- 1 1/3 tbsps sesame oil
- 1 garlic clove (minced)
- Freshly grated ginger—about 1/8 tsp
- 1 1/2 cup sweet peppers (thinly sliced)
- 1/2 cup onion thinly sliced
- 1 tablespoon arrowroot
- 1/2 cup low sodium soy sauce
- 1 1/2 cup low sodium beef stock cube


Directions:

1. In a skillet, heat 1 tbsp sesame oil over medium-high heat. Add garlic and a pinch of ginger.
2. Sauté quickly in the hot pan. Add peppers and onions and mix everything together. Pour in the rest of the sesame oil, continue sautéing.
3. Slice beef thinly; Add to pan.
4. While beef is cooking, make sauce by adding arrowroot to beef stock with low sodium soy sauce. Mix together.
5. Add sauce to pan to desired consistency. It will immediately thicken the dish, so put in a little sauce at a time to your taste.
6. After heated, remove from pan and serve.

Tip from Binks:

Arrowroot is a great alternative to cornstarch—it will not increase your blood sugar and give you the same texture for your dish!





The colder it gets, the more we want to store food for winter. We crave those juicy, fat proteins, such as prime ribs. Fortunately, we can still get that incredible flavor by using a leaner source of meat!

Prime-Rib Flavored Roasted Round

Serves: 4

Preparation Time: 2 hours

Ingredients:


- 4-5 lbs roast (standing, weight with bones top fat trimmed, room temperature)
- 1 cup sliced mushrooms
- 1/2 -1 cup chopped onions
- 1 celery stalk chopped
- A pinch of kosher salt
- 3/5 tbsp black pepper (freshly ground)
- 3/5 tbsp dried rosemary (crushed)

Directions:

1. Preheat oven to 500 degrees F (230 degrees C).
2. Clean up the meat by cutting out the saturated fats.
3. Place in a roasting pan. Add mushrooms, onion, celery, rosemary, salt and pepper to taste.
4. Cover in foil, cook in the oven for 1 hour 45 minute - 2 hours, keeping an eye on the roast.
5. When roast is done cooking, take out of the oven and let sit for a few minutes to settle. Serve and enjoy!

*Tip from Binks:
The most important thing is to get
LEAN cuts of beef!*



A close-up photograph of a Salisbury steak. The steak is a dark brown, textured patty. It is garnished with a fresh, vibrant green arugula leaf on the left side. To the right of the steak, there is a generous portion of a rich, brown sauce. The sauce contains sliced onions that are soft and translucent, along with small, light-colored mushrooms. The overall appearance is hearty and comforting.

Of course you can have Salisbury steak! It's all about choosing the right ingredients—try these rich flavors to comfort you in the winter weather!

Salisbury Steak and Mushroom Gravy with Onions and Rice

Serves: 4

Preparation Time: 50 minutes

Ingredients:

- 1 lb lean ground beef
- Macadamia nut oil
- One small onion sliced
- 1 cup chopped mushrooms
- Minced garlic to taste
- Teaspoon arrowroot
- About 2 cups low sodium beef stock
- 1 cup cooked brown rice

Directions:

1. Make beef into the shape of steaks. Place in heated pan with macadamia nut oil, searing off outsides.
2. Sauté onions and mushrooms in same pan with beef. Add garlic.
3. Remove beef from pan when desired doneness reached.
4. Mix low sodium beef base with arrowroot.
5. Add rice to pan with vegetables. Pour in the sauce. Cook, mixing everything together.
6. When pan contents reach a boil, remove and pour over the steaks. Serve and enjoy!

Tip from Binks:


You can cook this in the oven if you have a heat safe handle or an oven-safe pan. It will save you time, as you won't have to sit and watch over the steaks!





Seasons

{ Chicken }

A close-up photograph of several skewers of grilled chicken and vegetables. The skewers are piled together, showing pieces of chicken, pineapple, and bell peppers. The chicken is charred and golden brown. The pineapple is yellow and slightly charred. The bell peppers are red and also charred. In the foreground, there are three thick, horizontal stripes of a bright red sauce. The background is a plain white surface.

Bring a taste of summer to a dark winter night with these grilled chicken skewers! Think backyard barbecues—summer will be here before you know it!

Buffalo-Style Chicken Brochettes

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 lb. boneless skinless chicken breasts, cut into cubes
- 3 cups cut-up vegetables: bell peppers, squash and zucchini
- 3-4 tbsp any flavor Frank's Buffalo Wings Sauce—
or to your desired taste
- Macadamia nut oil
- 2 cloves garlic, minced

Directions:

1. Layer vegetables and chicken onto skewers.
2. In a plastic bag, marinate skewers with Frank's hot sauce, garlic, and a touch of macadamia nut oil. (Feel free to experiment to find the combination you like.) Let skewers marinate for at least 1 hour.
3. Cook until the chicken reaches 165 degrees. Remove from grill and serve.

Tip from Binks:

When making these brochettes, start and end with a piece of meat to tighten things up, keeping all the pieces everything together on the skewers.





Lemon-Rosemary Chicken

Serves: 2

Preparation Time: 30 minutes, plus overnight marinating

Ingredients:

- 1/4 cup tarragon (chopped)
- 3 garlic cloves (peeled and halved)
- 1 tsp Italian seasoning (dried)
- 1 tbsp fresh rosemary
- 3 tbsps Dijon mustard
- 2-3 tbsp lemon juice
- 6 tbsps macadamia nut oil
- 4 boneless skinless chicken breasts


Directions:

1. Place chicken, tarragon, rosemary, Italian seasoning, garlic, lemon juice, Dijon mustard and macadamia nut oil in a plastic bag. Marinade it overnight.
2. When chicken is done marinating, place them on the grill.
3. Grill for 7 minutes per side until juices are clear and internal temperature is 170 degrees.

Tip from Binks:

This chicken will be great in a salad or a wrap. Use this for other meals and switch up the flavors you serve with it. This will keep your healthy menu interesting!





A speedy dish with awesome Italian flavor!
This is sure to be a family favorite, so give
it a try!

Pasta with Sausage, Peppers and Tomato Sauce

Serves: 2-3

Preparation Time: 30 minutes

Ingredients:

- 1 C Whole Grain Pasta cooked
- 2 tbsp Olive Oil
- 1/2 C red pepper
- 1-2 tbsp minced garlic
- 1/2 tsp crushed red pepper
- 1/2 C arugula
- 1 C chicken sausage sliced
- 1 C pomodoro sauce with a pinch of rosemary (to taste)
- 1-2 C cooked pasta
- 1/2 C mozzarella cheese


Directions:

1. Heat olive oil in a skillet. Cook red pepper with garlic and crushed red pepper. Sauté until garlic is slightly caramelized.
2. Add chicken sausage, arugula and pomodoro sauce. Continue sautéing together.
3. Finally, add the pasta and toss several times until fully heated.
4. Transfer pasta to a shallow baking dish. Top with mozzarella cheese.
5. Cook in a 350-degree oven for 5-10 minutes until cheese is melted and pasta creates a brown crust on top.
6. Serve and enjoy!

Tip from Binks:

Be careful not to burn your olive oil. It will turn a black/brown color and you will be able to smell it. If this happens, dump it out, clean your pan and start over!





Cauliflower is a great vegetable to incorporate into your diet. Here's a way to modify the flavors of it, pairing really well with warm, roasted turkey!

Roast Turkey with Spicy Cauliflower

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1/2 head cauliflower chopped
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne pepper (or to your taste)
- 1/4 tsp. turmeric
- 1-2 lb cooked turkey breast, sliced


Directions:

1. Preheat the oven up to 450. Cut cauliflower into bite-size florets.
2. In a mixing bowl, add cauliflower, turmeric, curry powder, Cajun seasoning, and smoked paprika. Pour in 2 tbsp of water to help marry the flavors. With a spoon, mix everything together. Let sit for a few minutes.
3. Slice turkey breast into thin pieces. Layer in a baking dish (sprayed with olive oil cooking spray).
4. Lay the cauliflower pieces on top of the turkey. Then repeat, layering more slices of turkey with cauliflower on top.
5. Cover with foil and cook in the oven--about 25 minutes.
6. Serve hot and enjoy!

Tip from Binks:

Every day is an adventure with your new lifestyle and diet. Be creative and incorporate leftover—you can use chicken instead of turkey, if that's what's in your fridge!





Sesame seeds add authentic flavor to the chicken; Peppers and onions add sweetness, finished off by a punch from the ginger. This stir-fry is sure to be a crowd pleaser!

Stir-Fry Sesame Chicken

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 tbsps whole grain flour
- 1 tbsp Chinese five spice
- 1 tsp ground cinnamon
- 1/2 tbsp truvia
- 1 tbsp low sodium soy sauce
- 1 tbsp peeled fresh ginger (grated)
- 1/2 red pepper, sliced
- 1/2 yellow pepper, sliced
- 1/2 onion, sliced
- 1 garlic clove (minced)
- 2 chicken breasts
- 2 tbsps sesame seeds
- 2 tsps sesame oil

Directions:

1. Combine whole grain flour with Chinese five spice, truvia, and cinnamon.
2. Toast sesame seeds in a pan, heated with sesame oil.
3. Dip chicken in flour & spice mixture, coating each piece completely.
4. Sear chicken in pan with sesame seeds.
5. Grate ginger and add to pan with garlic.
6. Continue searing both sides, soaking in the juices.
7. Add onions, sweet peppers and soy sauce. Cook and sauté together.
8. When chicken is cooked, place on a plate, topping with the stir-fry vegetables. Serve immediately.

Tip from Binks:


Make this one when you have a little extra time, as this stir-fry does not hold up well when pre-made!





Seasons

{ Fish }



A super healthy, juicy white fish loaded with vitamin-enriched vegetables! A light, baked dinner to keep your metabolism on track!

Baked White Fish with Red Pepper and Zucchini

Serves: 2

Preparation Time: 30 minutes

Ingredients:

- 1 garlic clove minced
- 1/4 C chopped zucchini (seeds removed and sliced)
- 1/4 C red peppers (sweet red peppers sliced into strips)
- 1/4 C onions sliced
- 1-2 tbsp macadamia nut oil
- 1 cod fish or any white fish (fillets)
- Salt & black pepper
- Parsley (garnish)


Directions:

1. Preheat the oven to 450 degrees.
2. Place layered fish in a large shallow roasting pan. Drizzle with Macadamia nut oil; Season with salt and pepper.
3. Layer sliced onion and zucchini on top of the fish. Then place the garlic over the vegetables and add red pepper on top.
4. Bake for 12 minutes, or until the fish is golden and the vegetables are crisp.
5. Serve the fish with the roasted vegetables, sprinkled with torn parsley.

Tip from Binks:

Use any vegetables you want to add your own touch to this dish!





"A flavor bomb!" This delicious salmon is glazed with a little Asian flare! Loaded with heart healthy fats, salmon is great for your body...and for your new lifestyle!

Glazed Salmon

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- Salmon fillets
- 1/2 cup scallions
- 1-2 tbsp garlic (to taste)
- 2 tbsps truvia (packed)
- 4 tbsps soy sauce
- 1 tbsp arrowroot
- 2 tbsp macadamia nut oil

Directions:

1. Heat macadamia nut oil in a skillet.
2. Place fish in skillet and begin to sear (both sides). Once it is browned, put in shallow baking dish (greased with olive oil cooking spray).
3. Add scallions and garlic to the already heated skillet. Drizzle in a little more macadamia nut oil.
4. Thicken soy sauce by mixing with arrowroot. Pour mixture into the skillet.
5. Once sauce begins to bubble, add truvia. Sauté mixture together.
6. Pour sauce onto the fish.
7. Transfer to 400-degree oven and cook each fillet for about 5 minutes.
8. Serve and enjoy!

Tip from Binks:

Not a fan of salmon? Try this recipe with swordfish or halibut!



A crispy Parmesan crust on the outside, while moist and juicy on the inside. The taste of this white fish brings a hint of warm weather to cold, winter nights.



Parmesan Encrusted Cod

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 3/4 cup olive oil mayonnaise
- 1/4 cup parmesan cheese
- 1 1/2 tbsps garlic
- 1/2 tbsp black pepper
- 1 1/2 tbsp dill
- 4 cod fillets


Directions:

1. Spray baking dish with olive oil cooking spray.
2. Mix mayonnaise, garlic, dill, Parmesan cheese, salt and pepper to taste. Mix to paste consistency.
3. Take the fish, one fillet at a time, and coat the top with mixture.
4. Place fish (coating side up) in a slightly greased tray, 350 degrees for about 15 minutes, until golden brown on top.
5. Serve and enjoy!

Tip from Binks:

Pair the fish with roasted root vegetables to add "winter flavor" to this light dish.





This flaky white fish is packed with great omega-3's! Although the fish is light, the rich, Italian flavors of this recipe will warm up your body!

White Fish with Onions, Tomato Sauce & Pesto

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 cup sliced onions
- 3/4 cup pomodoro sauce
- 3 tbsp pesto
- Macadamia nut oil
- 2 halibut steaks (or any white fish)
- Grated parmesan cheese


Directions:

1. Heat macadamia nut oil in large skillet. Sauté onions, pomodoro sauce, and pesto.
2. Place fish in a shallow baking dish, sprayed with olive oil cooking spray.
3. When onions are cooked up, layer sautéed vegetables on top of fish.
4. Bake in 400-degree oven for 6-7 minutes.
5. When fish is done, remove and place on a plate. Pour the drippings from the baking dish onto the fish.

Tip from Binks:

Add a touch of Parmesan cheese to get a little more Italian flavor!





Incredible textures: Light, flaky fish paired with plump sun-dried tomatoes, grainy mustard, and meaty mushrooms. An amazing combination to please the palate!

White Fish with Roasted Shallots and Tomatoes

Serves: 2

Preparation Time: 40 minutes

Ingredients:

- Olive Oil Cooking Spray
- 1-1/2 lb. any white fish fillet (cod or haddock)
- 1 heaping tbsp whole grain mustard
- 1/4 C sun dried tomatoes
- 1/2 cups quartered white mushrooms
- 1/4 C green onion or 1/2 large shallot, chopped
- 2 cloves garlic, chopped

Directions:

1. Preheat oven to 350°.
2. Spray fish with olive oil cooking spray.
3. Arrange white fish in shallow roasting pan.
4. In a mixing bowl, combine whole grain mustard, sundried tomatoes, garlic, mushrooms, and onions. Mix together.
5. Clump together with hands so mixture is compact. Layer on top of the fish.
6. Roast 15-20 minutes or until fish flakes with a fork.
7. To serve, arrange fish and roasted vegetables on a platter.
8. Garnish with cracked black pepper.

Tip from Binks:


Have leftovers? Serve this with a salad, or use the fish in tacos the next day. Use your imagination for another healthy lunch or dinner option!





Seasons

{ Pork }



Do not deprive yourself of your favorites. Pulled pork can be a part of your healthy diet! Use a lean pork loin and emulsify it with a healthy barbeque sauce to replicate the flavor of your ultimate comfort food!

BBQ Pulled Pork

Serves: 4

Preparation Time: 2.5 hours

Ingredients:

- Barbeque sauce, about 1 cup. Watch for sugar content from tomatoes and molasses!
- 1 lb cooked pork tenderloin
- 1 cup onions chopped


Directions:

1. Cook pork in 350-degree oven until well done--about 2.5 hours or until tender.
2. Remove all the fat and discard. Shred pork with fork.
3. Mix with barbeque sauce.
4. Serve and enjoy!

Tip from Binks:

Cook the pork with onions for extra flavor! You can also try making your own barbeque sauce: Monitoring the amount of tomato, using truvia instead of sugar, and adding Cajun seasoning.





This dish highlights the flavors of the season: Sweet potatoes are mashed with candied pumpkin seeds and cranberries. Garlic flavored pork is seared and finished off in the oven. This combination is healthy for your body and brings comfort to the soul.

Garlic Pork with Cranberry Sweet Potatoes

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

Sweet Potatoes

- 4 sweet potatoes
- 1/2 cup dried cranberries
- 2 tbsps macadamia nut oil
- 1/2 cup pecans or pumpkin seeds (coarsely chopped)
- 2 tsps peeled fresh ginger (minced)
- 2 tsps truvia
- 1 tsp balsamic vinegar
- 1/4 tsp salt

Garlic Pork

- 1/3 cup olive oil
- 1/3 cup low sodium soy sauce
- 1 1/2 cloves minced garlic
- 4 tbsps honey mustard (Dijon)
- 2 lbs boneless pork loin roast


Directions:

1. Whisk together the olive oil, soy sauce, garlic, mustard, salt, and pepper in a bowl. Place the pork loin in a large sealable plastic bag and pour in the marinade. Marinate in the refrigerator at least 1 hour before cooking.
2. Sear outside of pork in a pan on the stovetop.
3. Place in oven to finish cooking. Place sweet potato brushed with oil in oven with pork, about 45 minutes.
4. Roast pumpkin seeds in pan in macadamia nut oil with dried cranberries and truvia while pork is cooking.
5. Mash sweet potato, mix candied pumpkin seeds into sweet potatoes.
6. Serve with pork.

Tip from Binks:

If you don't like pumpkin seeds, use pecans or any type of tree nut!





Ham does not have to be off the menu for your new healthy lifestyle. Incorporate low-sodium, lean ham into your diet, and pair it with garlic and kale. This gives you a dish with lots of depth using only a few ingredients!

Ham Topped with Onions, Prosciutto & Mustard

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 small onion (sliced)
- 2 tsps olive oil
- 1 lb kale (steamed)
- 1/2 cup prosciutto (fat removed)
- 1-2 tbsp garlic
- 1 tsp Dijon mustard
- 1 1/2 lb thinly sliced ham
(Cooked, super lean, low-sodium)

Directions:

1. In a large skillet, sauté onions, garlic and prosciutto in olive oil until tender.
2. When onions are caramelized, add kale. Sauté together.
3. Place thinly sliced, heated ham on a plate. Top with sautéed vegetables and a dollop of Dijon mustard. Serve and enjoy!

Tip from Binks:

Prosciutto can be expensive, but well worth your dollar. A little bit goes a long way and adds tremendous flavor to your dishes.



We pair this with Brussels sprouts: Instead of cooking them with vinegar or butter like you may be used to, we caramelize this underrated vegetable to bring out tremendous flavor!



Pork Loin with Turkey Bacon Brussels Sprouts

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 tbsps macadamia nut oil
- 1 cup sliced onions
- 1/2 cup crumbled turkey bacon
- 1-2 tbsp minced garlic
- 1 lb Brussels sprouts (trimmed and quartered)
- 1 hot pepper, sliced thinly
- 1 1/2 lbs lean pork loin (boneless, thinly sliced)
- Dried spices & herbs to your taste: basil, oregano, cilantro, and/or pepper


Directions:

1. In a skillet, heat macadamia oil with onions, garlic, turkey bacon, hot pepper, and Brussels sprouts. Sauté together.
2. If it starts to look a little dry, drizzle a little more macadamia nut oil and continue sautéing the vegetables and bacon. Add pinches of herbs and spices to your taste such as oregano, basil, cilantro and/or black pepper.
3. Add the pork and sauté everything together. Cook meat thoroughly.
4. Serve immediately and enjoy!

Tip from Binks:

Be very careful when preparing a hot pepper. If you touch the exposed flesh, do not touch your eyes or any part of your skin—it can cause a very severe chemical reaction!





Warm up your body with the traditional flavors of pork loin, sauerkraut and apples!

Pork with Apples & Kraut

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 tbsp macadamia nut oil
- 1 lb pork loin (saturated fat trimmed, cubed)
- 16 ozs sauerkraut with juice
- 1 apple (peeled, cored and chopped)
- 1 tsp caraway seeds

Directions:

1. Heat oil in a large skillet over medium heat. Add pork and brown.
2. Add sauerkraut (to taste), caraway seeds, and apple. Sauté.
3. Finish off in a 350-degree oven or cook thoroughly on the stove. (If placing in the oven, make sure your pan is oven-safe!) Let the liquid simmer down and cook the pork until tender. Serve and enjoy!

Tip from Binks:

Fruit increases your blood sugar rapidly, just like a candy bar. The small amount of apple used in this dish is safe for your diet. But make sure to watch your portions and be wary of your sugar intake!





Seasons



{CABBAGE}



{BROCCOLI}



{BEETS}



{CAULIFLOUR}



{ENDIVE}



{SWISS SCHARD}



{FENNEL}



{HORSERADISH}



{BRUSSEL
SPROUTS}



{RUTABEGA}

{ Vegetable Index }

Cabbage: A very dense vegetable that needs a good rinse. It is very versatile: Great for salads, such as coleslaw; Stuff it with meat or rice; or even roll up beef or chicken in it, and use it as a replacement for bread.

Broccoli: Always a crowd-pleaser, this member of the cabbage family can be cooked in a range of styles. A nutrient-packed fall favorite, broccoli contains vitamins and minerals to help lower cholesterol and act as an anti-inflammatory.

Beets: This beautiful vegetable can be eaten peeled, roasted and marinated. Roasting it condenses the sugars—caramelizing and intensifying the flavor. Instead of making a salad out of the beets, try it as a garnish to minimize your sugar intake. Be aware, the gorgeous purple juice that comes out of a beet can stain your clothes permanently.

Cauliflower: This nutrient-dense vegetable has a light, delicate flavor, and contains cancer-fighting properties that are released when you chew it. You can prepare it in many different ways (steaming, mashing, roasting), and feature it on your dinner table to stay healthy.

Endive: Zesty and bitter, the flavor of this fall vegetable is highly recognizable for its presence in salad and tapenade. Used in history as an analgesic, the health benefits of radicchio are well known by culinary experts around the world.

Swiss Chard: Also known as Rainbow Chard. This winter vegetable comes in beautiful, different colors and is very high in vitamin C and vitamin K. It is popular in Mediterranean cooking, and can be easily incorporated into your winter diet. Swiss chard is actually one of the most nutritious things you can eat. Give it a try!.

Fennel: This root vegetable is very similar to anise—smelling just like licorice. Although this can be an acquired taste, it is great in cold salads, sautéed, or grilled. Vegetables with strong flavors like fennel are great in winter to experiment. Try it in small doses or as a side dish, as it contains heart-friendly levels of potassium.

Horseradish: High in Potassium, Calcium, Magnesium and Phosphorous! The enzymes in this root will break down and cause an oil that makes your sinuses and eyes water. To prepare horseradish, peel the skin, and grate it—Add vinegar to it right away so it doesn't turn brown. This winter root vegetable is a great garnish for roasted meats.

Brussel Sprouts: This densely packed, miniature cabbage has a bad reputation, but Brussels sprouts have amazing, tremendous flavor when prepared right. The best part? They are nutrition bombs with anti-cancer properties. Roasted or grilled is the way to go!

Rutabega: Known as a Swedish turnip, this root vegetable is a super tasty, unusual treat! A fun, dense winter vegetable that can last for weeks in cold cellars or your fridge. Cube it and roast with olive oil/macadamia nut oil. Although it takes time to cook through the density, it makes a great garnish and compliments meats very well!

Chef Binks

I remember being a young kid and looking in the fridge one day after school. My mom was passionate about cooking, and a very talented woman who managed to feed her family something remarkable for dinner every night. We always had unique and delicious food stacked in our fridge; an array of colors, textures and smells waiting for whoever opened its heavy doors.

What I remember most about that particular day, however, wasn't my usual fascination with this assortment of food. I glanced down at a diet soda can belonging to my father, reading its label and doing a double take, blinking and reading again.

'Contains ingredients known to cause cancer in rats in California'.

I was stunned, how could this company that had promised my overweight father a weight-loss solution, put ingredients in their drinks that caused cancer? And more importantly, how desperate was he to lose weight that he would take that risk?

I lost my father at a young age, and as I got older, I heard more and more about the struggles of other people to lose weight and drop body fat. This is when I decided it was my responsibility to use the knowledge I gained as a classically trained French chef and the experience I had in nutrition to help stop this epidemic.

My love of food, and appreciation for subtleties in recipes is made very clear in this book. I don't believe in making mediocre meals, life is too short not to enjoy your food! I also have a wife and three boys, so I fully understand the need for speed when it comes to serving dinner, and the unlikely chance of getting a delicate soufflé to rise when it's football season.

I'm not perfect, I have cheat days. What I do, I do because I want my boys to grow up with a father who's happy and healthy. Seasons is for everyone, because everyone deserves a long and healthy life.

Enjoy in good health!

Chef Binks





Seasons

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