



Seasons
with Chef Binks

SUMMMER 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 truly is 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.

This healthy twist on the Reuben is perfect for kids or adults and freezes perfectly!



Fully Dressed Reuben Quiche

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 lb ham
- 4 eggs
- 1 can sauerkraut, drained
- 1 cup Swiss cheese, shredded
- 1 tsp thousand island dressing
- Caraway seeds

Directions:

1. Preheat oven to 375F
2. In a muffin pan, line bottom of four cups with ham creating a cup for remaining ingredients. Crack one egg into each cup.
3. Top each with 1/4 cup sauerkraut, 1/4 of Swiss cheese and a pinch of caraway seeds.
4. Place in the oven for 7-10 minutes or until cheese is golden brown and Serve!

Tip from Binks:

Make a batch of homemade thousand island dressing with olive oil mayonnaise to avoid the store-bought ones, which are





Pizza deserves a makeover. Enjoy it any time of day with this healthy alternative to traditional white-crust pizza.

Goat Cheese and Sun-Dried Tomato Basil Pizza

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 100% whole grain pizza crust
- 2 tbsp. basil pesto starter
- 2 cups egg substitute (8 eggs, lightly beaten)
- 1/4 cup sundried tomato
- 1/4 fresh tomato diced
- 1/2 cup mozzarella cheese
- 1/4 cup feta cheese
- 1 tbsp. olive oil

Directions:

1. Preheat the oven to 400°
2. Spread olive oil on the pizza crust and spread basil pesto over the shell.
3. In a medium sauté pan, heat oil over medium-low heat and add eggs. Once the center is set, flip and cook 1 more minute. Add to your pizza shell.
4. Top with tomatoes, cheese and top with some additional basil pesto.
5. Bake for about 10 minutes or until shell is just crispy. Quarter and serve!

Tip from Binks:

Keep basil pesto starter on hand to use in your recipes. Just blend fresh basil and olive oil in the food processor and freeze!





These pizzas are perfect for freezing.
Just reheat in the microwave and take it to
go on those hectic mornings!

Spicy Ham Breakfast Pizza

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 12-inch 100% whole wheat pizza crust
- 1/4 lb ham, diced
- 1/4 lb turkey salami, sliced thin
- 1/4 onion, diced
- 2 mushrooms, sliced
- 1/2 cup shredded cheddar cheese
- Macadamia nut oil

Directions:

1. Preheat oven to 400°
2. In a large sauté pan, heat macadamia nut oil over medium heat. Add ham, salami, onion and mushroom and sauté 2 minutes. Add eggs and scramble cooking until eggs are about halfway done.
3. Spread over the pizza shell and top with cheese. Place in the oven for about 10 minutes, until shell is crispy.
4. Slice into quarters, top with one tbsp salsa and serve!

Tip from Binks:

Pre-cooked whole-wheat pizza crusts are readily available in grocery stores—just make sure to check the label!





Keep the delicious buttery flavor without the unhealthy fat by using macadamia nut oil, a super-healthy alternative.

Asparagus & Gruyere Frittata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 tbsp macadamia nut oil
- 1/2 lb asparagus spears, tough ends snapped off
- 1 1/2 cups liquid eggs (or 6 large eggs, lightly beaten)
- 3/4 cup shredded gruyere Cheese
- 1/4 cup shredded mozzarella cheese
- 1/2 cup sun dried tomatoes, rehydrated by soaking in a small amount of water for a few minutes ahead of time

Directions:

1. Preheat the oven to 400°
2. Heat macadamia nut oil in a 10-inch oven-proof frying pan over medium-high heat. Add Asparagus first, sauté for 3-4 minutes, shaking the pan slightly to ensure all sides of the asparagus are browned.
3. Turn the heat off and add liquid eggs evenly, covering the asparagus.
4. Add sun-dried tomatoes, pushing them down so that they're covered in the egg mixture. Be sure not to disturb the eggs at the bottom of the pan.
5. Remove pan from the stove and place directly into the oven for 5-8 minutes or until top is slightly browned
6. Remove Frittata from oven, loosen with a spatula, slice into portions and serve!

Tip from Binks:

Keep things fast and easy in the morning by making few of these frittatas ahead of time, cutting them into portions and freezing.



Caramelized onions don't need to be saved for special occasions. Make them in advance and freeze for a mouth-watering, healthy meal any day of the week!



Caramelized Onion & Arugula Omelettes

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 tbsp macadamia nut oil
- 1 large onion, vertically sliced
- 1 tablespoon garlic, minced
- 1 tbsp balsamic vinegar
- 1 handful fresh arugula
- 2 cups egg substitute
- 4 tbsp parmesan cheese

Directions:

1. For Caramelized onions: Heat one tbsp oil in medium sauté pan over medium-low heat. Add onions; stir to coat. Cook 10 minutes, stirring occasionally. When onions are softened and brown, add garlic and vinegar.
2. Cook onions on low for an additional 20 minutes or until very soft and dark brown in color.
3. For Omelette: Heat 1 tbsp of macadamia nut oil in a 10-inch non-stick skillet over medium-low heat; add egg. Making an omelette, lift the sides of the egg with a spatula, allowing the liquid egg to seep underneath and cook. Flip when the center is set; cook 1 more minute.
4. Place 1/4 of the arugula-onion mixture in the center, sprinkle 1/2 of the Parmesan over it. Slide the omelette from the pan onto the plate, using the edge of the pan to fold it over and press down to flatten slightly. Sprinkle remaining Parmesan over the folded omelette. Repeat for each omelette.

Tip from Binks:

Have this healthy breakfast ready in minutes by making the omelette shells ahead of time and freezing. Just thaw, heat and add the filling!



Use liquid egg whites to lighten the calorie count and the workload in this tasty, filling frittata



Chicken & Broccoli Frittata

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 2 tbsp macadamia nut oil
- 1 small onion, diced
- 1/2 cup broccoli, chopped
- 1/2 cup fresh mushrooms, sliced
- 1 cup sharp cheddar cheese, shredded
- 1/2 cup boneless chicken breast (cooked diced, half)
- 2 cup sweet potatoes (peeled, diced)
- 2 cups egg substitute (or 8 eggs, lightly beaten)

Directions:

1. Preheat oven to 350°
2. Place potatoes in a medium saucepan with enough water to cover. Bring to a boil, and cook 10 minutes, or until tender but firm; drain
3. While the potatoes are boiling, Sauté one boneless chicken breast in a large non-stick, oven-safe skillet until cooked through, remove from pan, cool and dice
4. In the same pan, heat macadamia nut oil. Add onion, broccoli, mushrooms, chicken and drained sweet potatoes. Sauté 3-4 minutes. Stir in an additional tbsp oil
5. Pour eggs to cover the vegetable mixture and let cook for 1-2 minutes
6. Place entire pan in preheated oven and bake for 10 minutes or until the top is slightly browned

Tip from Binks:

Make the healthy choice convenient by freezing this in individual portions. Just microwave and take your breakfast to go!



Dry unused Portobello and Shiitake mushrooms to add a blast of earthy flavor to any dish.



Mushroom, Goat Cheese & Shallot Omelette

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 tablespoons macadamia nut oil
- 2 small shallots, chopped
- 1 cup portabella mushroom, sliced
- 1 red bell pepper, finely chopped
- 1 medium onion, diced
- 1 tbsp Portobello Mushroom Dust
- 2 cups egg substitute (8 large eggs, beaten)
- 4 tablespoons goat cheese

Directions:

1. For Portobello Mushroom Dust: Clean your mushrooms and slice to 1/4 inch slices. Place in a single layer in a dehydrator tray and set it to 110° F, dry for 4-6 hours. If using an oven, preheat to 150° F, place mushrooms in a single layer on a baking sheet, turning them over every hour for 4-6 hours. They are completely dry once they snap like a cracker. Store dried mushrooms in a can or jar for up to 1 year. Blend dried mushrooms in the food processor to make a fine dust. Rehydrate 1 tbsp mushroom dust with a small amount of hot water
2. For Omelette: heat 1 tbsp macadamia nut oil to a large non-stick skillet over medium-high heat. Add shallots, red pepper, fresh mushrooms and mushroom dust. Sauté for 3-4 minutes
3. Add 1 tbsp macadamia nut oil to a medium non-stick skillet over medium-low heat. Pour in 1/2 cup of egg substitute (or 2 beaten eggs) and cook for 30 seconds
4. Add 1/4 vegetable mixture to the top of the omelette while it's still cooking, flipping it once the center is solid, letting the other side cook for 1 minute
5. Flip again and slide onto a plate, top with goat cheese and serve, repeat for each omelette



Make breakfast even easier by preparing the night before. Just add cheese and microwave in the morning!



Watercress & Muenster Cheese Omelette

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 2 cups egg substitute (8 large eggs, lightly beaten)
- 2 tbsp macadamia nut oil
- 1 tbsp minced garlic
- 1/2 cup chopped sun-dried tomato
- 1 cup Muenster cheese, grated
- 1 cup watercress, roughly chopped

Directions:

1. Heat 2 tbsp oil in a non-stick skillet over medium-low heat. Add 1/4 of watercress, 1/4 sun-dried tomatoes and 1/4 of minced garlic. Sauté for 2-3 minutes.
2. Pour egg into the pan. Making an omelette, lift the sides of the egg with a spatula, allowing the liquid egg to seep underneath and cook. Flip when the center is set; cook 1 more minute. Slide the omelette onto a plate, using the edge of the pan to fold and press the omelette down.
3. Top with grated Muenster cheese and serve. Repeat for each omelette.

Tip from Binks:

Watercress teams well with eggs and is highly nutritious, providing iron and beta-carotene.



Add some kick to your summer breakfast with this wrap's zesty yogurt sauce!



Frittata Wrap with Dijon Yogurt Sauce

Serves: 3-4

Preparation Time: 15 minutes

Ingredients:

- 1 1/2 tbsp macadamia nut oil
- 1 handful fresh arugula
- 1/4 cup Sundried tomato
- 4 Eggs, lightly beaten (2 cups liquid egg whites)
- 1/2 cup cooked chicken, roughly chopped
- Black pepper to taste
- 2 tbsp Greek yogurt
- 1/2 tbsp Dijon mustard
- 1/4 tsp Truvia

Directions:

1. Preheat oven to 400° F
2. Heat oil in a medium, ovenproof skillet and sauté arugula for 1 minute over medium heat.
3. Add cooked chicken, sundried tomato and pepper. Sauté for 1-2 minutes
4. Drizzle an additional 1/2 tbsp oil over the mixture
5. Pour eggs into the pan, covering the mixture and let set for 1 minute.
6. Place the entire pan in the oven and bake for 5-8 minutes, or until top is lightly browned. Slide from pan onto a 10-inch tortilla
7. In a small bowl combine Greek yogurt, Dijon mustard and Truvia and spread half over the frittata
8. Fold in half, pressing down gently to seal. Cut into 2 triangles and serve! Repeat for an additional 2 servings.

Tip from Binks:
Make this protein-packed breakfast even quicker by scrambling right in the pan!



Serve this whole wheat French toast with scrambled eggs for a healthy breakfast indulgence!



Strawberry Neufchatel French Toast

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2 slices Ezekiel 4:9 Bread (or any 100% whole wheat bread)
- 4 tbsp Neufchatel cream cheese
- 2 dried apricots, minced
- 1 C egg substitute
- 1/2 cup raw almonds
- 1/4 tsp Truvia
- 1/2 tsp. cinnamon
- 4 strawberries, sliced

Directions:

1. Mix apricots and cream cheese together in a small bowl.
2. In another bowl, combine egg substitute, cinnamon and Truvia. Add each slice of bread, allowing it 10-15 seconds to soak up egg mixture.
3. Heat a non-stick skillet over medium heat; spray with cooking spray. Add French toast to the pan, cooking for 2-3 minutes on each side until done.
4. Remove toast from pan, stack and slice diagonally. Top each 1/2 slice with 1 tbsp cream cheese mixture, 1 sliced strawberry and 1/4 of the raw almonds.

Tip from Binks:

Make a whole loaf of this French toast in advance and freeze. Just pop in the toaster for a quick breakfast!





Who said you can't have BLTs for breakfast?
Serve these with a side of eggs for a fun
start to your day!

Tomato Bacon Panini with Spinach

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 100% whole wheat sandwich rounds
- 8 slices turkey Bacon, precooked & crumbled
- 1 tomato, sliced
- 1 cup loosely packed fresh spinach
- Cooking spray

Directions:

1. Lightly coat 4 slices of flatbread with cooking spray
2. Layer turkey bacon, 2 slices of tomato and spinach to create a sandwich
3. Set into a Panini press for 1-2 minutes or use a non-stick pan over medium heat and press with a plate.
4. Slice into halves and serve each half with a side of scrambled eggs.

Tip from Binks:
Crumble the turkey bacon to easily pack more protein into your BLT.



Make this quick breakfast sandwich for a protein-packed meal on the go!



Turkey Sausage & Cheese Breakfast Sandwich

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 100% whole wheat bread rounds
- 4 cups egg substitute (8 eggs, lightly beaten)
- 1 cup grated cheddar cheese
- 4 pre-cooked turkey sausage patties

Directions:

1. Heat a medium non-stick skillet and coat with cooking spray.
2. Heat the turkey sausage in a small skillet or on a Panini press.
3. Pour 1 cup egg whites into the pan, cooking like an omelette, lift with a spatula to allow uncooked egg to drip under. Once center is set, flip; cook 1 minute. Slide onto a plate and add 1/4 cup cheese to the center, reserving a small amount. Fold omelette in half, add remaining cheese and fold again into a triangle.
4. Layer egg and sausage on bread rounds and serve. Repeat for each sandwich.

Tip from Binks:
Make the right choice the easy one by freezing these sandwiches whole and microwaving in the morning!





A layer of chicken creates a crispy crust in this strata, cutting carbs and adding extra protein.

Fiesta Strata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 cups egg substitute (8 eggs, lightly beaten)
- 1/4 cup chunky salsa
- 1/2 large onion, diced
- 1 red pepper, diced
- 1/2 cup cooked brown rice
- 1 chicken breast, cooked & thinly sliced
- 1/2 cup shredded cheddar cheese

Directions:

1. Coat the bottom of a medium-sized baking dish with olive oil spray. Layer the chicken on the bottom; add peppers and onions, reserving a small amount both for the top. Add brown rice.
2. Pour egg into dish, making sure rice is covered. Add cheese evenly and top off with remaining pepper and onion.
3. Bake at 375° F for 20 minutes or until top is just lightly browned. Top with salsa halfway through baking.



Tip from Binks:
Add some Cajun seasoning for an extra boost of spice!

The fresh, light ingredients in this strata make a delightful summer dish.



Green Chili & Cheese Strata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 5 slices of 100% whole grain bread
- 5 turkey sausage links, precooked and sliced into 1/2 inch pieces
- 1 tbsp fresh cilantro
- 2 tbsp chunky salsa
- 1/2 cup shredded cheddar cheese
- 1 jalapeño, sliced into rings
- 1/4 tsp Cajun seasoning

Directions:

1. Coat the bottom of a medium-sized baking dish with olive oil spray. Add bread, covering the bottom of the pan.
2. Layer turkey sausage, jalapeño and cheese; top off with Cajun seasoning. Pour egg to cover. Lightly stir in cilantro and salsa with a fork, making sure not to disturb the bottom of the pan.
3. Bake at 350° F for 20 minutes or until top is lightly browned.

Tip from Binks:
Turkey breakfast sausage is an excellent source of lean protein!



This easy alternative to quiche is a savory and delicious summer morning treat.



Mushroom, Ham & Arugula Strata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 round of 100% whole wheat Naan bread (or any bread round)
- 2 cups egg substitute (8 eggs, beaten)
- 2 tbsp macadamia nut oil
- 1 cup mushrooms
- 1/2 onion, diced
- 1/2 cup cured ham off the bone, diced
- 1 handful fresh arugula
- 4 tbsp Neufchatel cheese
- 4 tsp sour cream

Directions:

1. Spray a medium-sized baking dish with olive oil and add the bread round, pressing it into the pan.
2. In a non-stick skillet add macadamia nut oil, mushrooms, onion and ham. Sauté 5 minutes; add arugula, sauté an additional 5 minutes. Add sauté to baking dish and pour egg to cover.
3. Bake at 350°F for 20 minutes. Cut into 4 portions and serve topped with 1 tbsp Neufchatel cream cheese and 1 tsp sour cream.

Tip from Binks:

No more deli ham! When purchasing ham, always get it off the bone. Healthy alternatives are smoked pork loin or Canadian bacon.





Strata freezes beautifully. Make a big batch of it and freeze in portions to make this boost of protein an everyday breakfast for the whole family.

Sun-Dried Tomato & Turkey Strata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 slices whole grain bread, diced
- 8 eggs
- 1/2 cup sun-dried tomato
- 1/2 onion, diced
- 1/4 tsp dried mustard
- 1 tbsp Frank's hot sauce
- 1 cup turkey, cooked and pulled apart
- 1 cup shredded cheddar cheese

Directions:

1. Preheat oven to 350°F and spray a medium-sized baking dish with olive oil spray.
2. Add all ingredients to a medium-sized bowl and mix together, making sure eggs are well beaten.
3. Pour into baking dish and bake for 20 minutes. Add cheese to the top halfway through baking
4. Cut into 4 portions and serve!

*Tip from Binks:
Eggs freeze better without any
milk or cream added!*





Searing these wraps allows them to be reheated perfectly after frozen!

Bacon & Egg with Sweet Peppers Wrap

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 tablespoon macadamia nut oil
- 4 100% whole wheat tortillas
- 2 cups egg substitute (8 eggs, scrambled)
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1/2 cup chopped turkey bacon, cooked
- 1 cup shredded cheddar cheese

Directions:

1. Heat macadamia nut oil in a large nonstick skillet, sauté onion, pepper and bacon until onion is just translucent. Add the eggs and scramble.
2. Add 1/4 of the scrambled eggs to each tortilla, sprinkle with cheese, roll into burritos and lightly spray with olive oil.
3. Place the burritos in a Panini press or in the pan to sear on both sides until lightly browned. Serve or freeze!

Tip from Binks:

Sweet bell peppers have twice the vitamin C of oranges without all of the sugar.





Roasted red pepper brings a distinct summer flavor to these healthy breakfast wraps.

Fire-Roasted Pepper with Egg & Cheese Wrap

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2 Tbsp macadamia nut oil
- 4 6" whole wheat wraps
- 2 cups egg substitute (8 eggs, scrambled.)
- 1 cup shredded cheddar cheese
- 4 tbsp salsa
- 1 jalapeño, seeded and sliced

Directions:

1. On a grill or over a stove burner, roast pepper, turning frequently until the outside is lightly charred, about 10 minutes. Allow it to cool. Core, seed and slice lengthwise.
2. Heat macadamia nut oil in a non-stick skillet; add eggs and scramble.
3. Add 1/4 of the scrambled eggs to each wrap topping each evenly with red pepper, cheese, jalapeño and salsa. Wrap and serve or sear and freeze.

Tip from Binks:

Use a torch to roast the red pepper quickly by evenly heating, but be careful!





Avocado is the healthiest fruit, loaded with good fats and virtually no sugar!

Avocado, Ham & Egg Wrap

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 2 tbsp macadamia nut oil
- 4 100% whole wheat sandwich rounds
- 1 Avocado
- 1/2 lb cured ham, sliced
- 1 cup mozzarella cheese

Directions:

1. Slice avocado in half lengthwise around the seed. Tap the knife blade against the seed and twist to remove. Scoop out and slice.
2. In a nonstick skillet heat macadamia nut oil and scramble eggs. One the rounds layer ham, egg, mozzarella and avocado. Lightly spray with olive oil and add to Panini press for 3-4 minutes to crisp. Alternatively, use a nonstick skillet and press with a plate.

Tip from Binks:

When buying an avocado, give it a squeeze. Make sure it's soft, but not overripe. It'll be easier to work with and better tasting!





Enjoy the taste of kielbasa without all of the unhealthy fat in this savory breakfast!

Turkey Kielbasa & Scrambled Egg Wrap

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 cups egg substitute (8 eggs, beaten)
- 2 turkey kielbasa sausages, chopped
- 4 6" whole wheat wraps
- 1 cup shredded cheddar cheese

Directions:

1. In a small nonstick skillet heat 1 Tbsp of macadamia nut oil over medium-high heat. Add 1/4 of turkey kielbasa, sauté until cooked through, about 5 minutes. Pour in 1/2 cup egg and reduce heat to medium-low.
2. Making an omelette, lift the sides of the egg with a spatula, allowing the liquid egg to seep underneath and cook. Flip when the center is set; cook 1 more minute.
3. Add the omelette to the wrap directly, sprinkle with 1/4 of the cheese, roll and dust with olive oil spray. Sear in a skillet or on a Panini press. Repeat for each wrap.

Tip from Binks:

You can never have too much protein for breakfast!





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.

A close-up photograph of a falafel patty. The patty is golden-brown and textured, with visible green herbs. It is topped with a dollop of white sauce, possibly tahini or yogurt-based, and fresh vegetables including red tomatoes and green basil leaves. The background is blurred, showing more of the dish.

This easy and delicious falafel is topped with fresh summer vegetables you may have in your own garden!

Baked Falafel Sandwich

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 whole wheat pitas, cut in half
- 1 cup diced cucumber
- 1 tomato, diced
- 1 cups shredded spinach
- 1 8 oz container plain Greek yogurt
- 2 tbsp fresh dill, chopped
- 2 Tbsp macadamia nut oil
- 1 can white beans, drained and rinsed
- 2 cloves garlic, minced
- 2 Tbsp Tahini
- 1 Tbsp + 1 tsp lemon juice
- 1 tsp coriander
- 1 tsp cumin
- 1 tbsp dried parsley
- 1 Tbsp whole wheat flour

Directions:

1. In a large bowl, add rinsed beans and mash with your hands or a potato masher. Add garlic, tahini, 1 tbsp lemon juice, coriander, cumin, parsley and flour. Mix until well combined.
2. In a large nonstick skillet heat macadamia nut oil, scoop falafel mixture with an ice cream scooper into the pan, flattening with a spatula. Cook until golden and flip, about 3-5 minutes on each side.
3. While patties are cooking, combine Greek yogurt, dill and 1 tsp lemon juice in a small bowl.
4. Place one patty on each pita, top with yogurt sauce, cucumber, tomato and half cup shredded spinach and serve!

Tip from Binks:

While vegetable protein is very good for you, supplement meals like this with lean meats like a small portion of grilled chicken.





This healthy pasta salad is made with Kamut,
which is loaded with fiber and protein!

Chicken, Broccoli & Kamut Salad

Serves: 4

Preparation Time: 10 minutes prep time,
1 hour refrigeration

Ingredients:

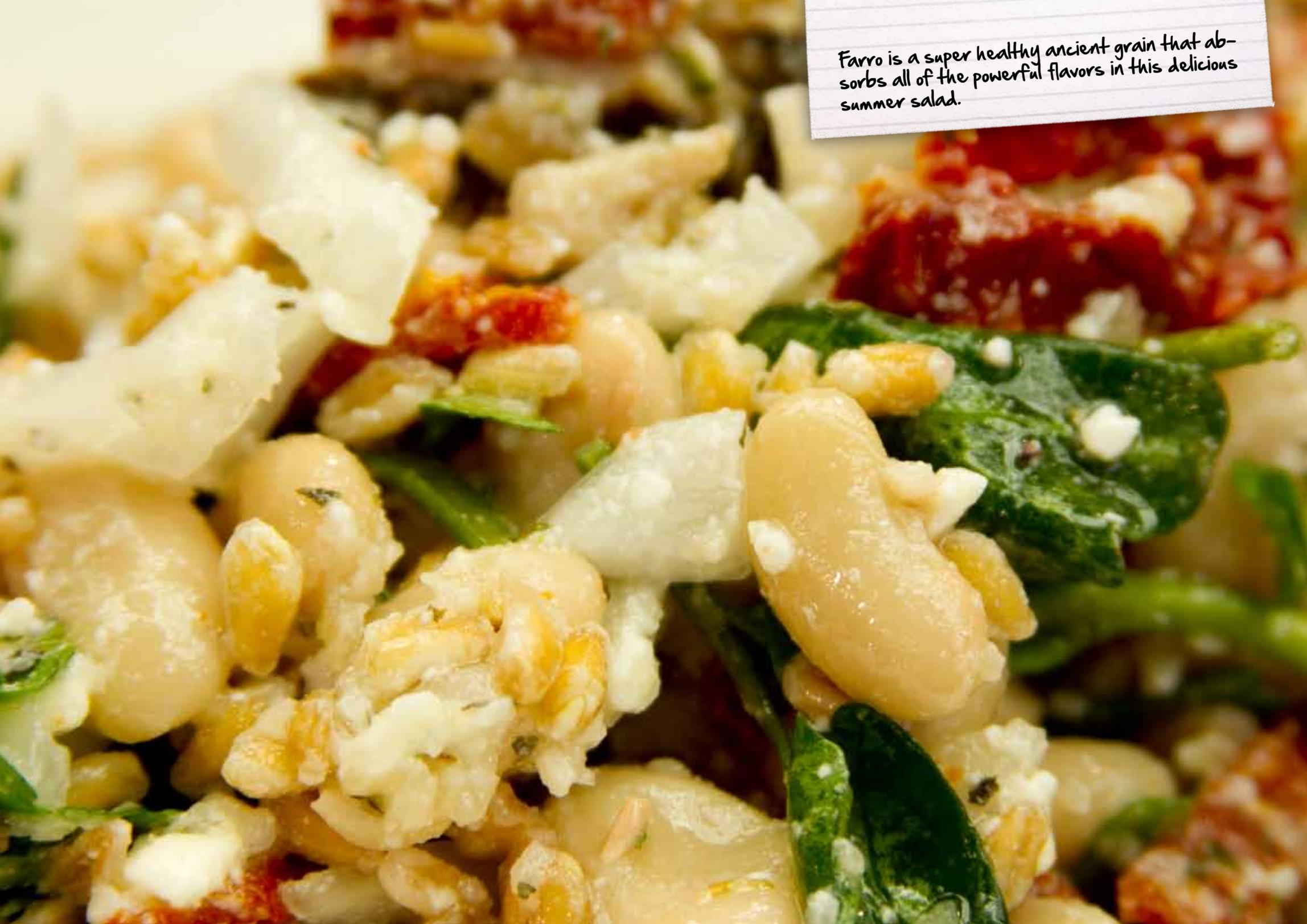
- 2 cups 100% Kamut pasta, cooked
- 1 cup raw broccoli, broken up into small florets
- 1 cup cubed chicken
- 1/4 cup olive oil mayonnaise
- 2 Tbsp parmesan cheese
- 2 tbsp Dijon mustard
- 1 tsp granulated garlic

Directions:

1. Cook the pasta in boiling water, drain
2. In a large bowl, combine all ingredients mixing well.
3. Split into 4 portions and serve

Tip from Binks:
Always check labels when grocery shopping to make sure there are no fillers or unwanted preservatives.



A close-up photograph of a summer salad. The salad is composed of several ingredients: farro (an ancient grain), white beans, fresh spinach leaves, and crumbled white cheese. The farro grains are light brown and have a slightly chewy texture. The white beans are large and kidney-shaped. The spinach leaves are vibrant green and appear to be fresh. The cheese is crumbled into small pieces. The overall appearance is a healthy and flavorful dish. In the top right corner, there is a white rectangular box with a black border containing text.

Farro is a super healthy ancient grain that absorbs all of the powerful flavors in this delicious summer salad.

Farro Salad with Feta Cheese

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cup faro,
- 1/2 cup diced onion
- 1 handful watercress leaves
- 1 tbsp parsley
- 1/4 cup feta cheese
- 1/2 cup sun dried tomato
- 1 cup chicken, cooked and chopped
- 1/2 cup white beans, drained and rinsed
- 1 tsp fresh garlic, minced
- 1 tsp dried basil
- 1 tbsp parmesan cheese
- 2 tbsp olive oil

Directions:

1. Bring 2 cups water to boil in medium saucepan. Remove from heat; add farro and salt and stir to blend. Cover and let stand until just tender, about 20 minutes.
2. Drain well, pressing to extract excess water. Transfer to large bowl; cool.
3. Mix in remaining ingredients. Let salad sit in the refrigerator for 15-20 minutes, allowing Farro to absorb the flavor.
4. Remove for fridge, stir and serve!

Tip from Binks:
There are many new grains available in the health section of your grocery store. Experiment with them to see which you like best.



Serve this primavera as a light lunch on the go
or as a delicious side dish for dinner.



Shrimp & Wild Rice Primavera

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 tbsp macadamia nut oil
- 1 tbsp fresh basil
- 1 cup snow peas
- 1 cup mushrooms
- 1 red pepper, diced
- 1/2 lb cooked shrimp
- 1 cup wild rice, cooked
- 1 cup chicken stock
- 1/4 tsp Cajun seasoning

Directions:

1. Heat macadamia nut oil in a large skillet over high heat. Once hot, add peas, mushrooms, peppers and shrimp; sauté for 2 minutes.
2. Add rice, seasoning and stock, allow the rice to absorb the stock, about 3 minutes and serve!

Tip from Binks:
Substitute dried herbs when necessary, just one tablespoon fresh herbs is equal to 1 teaspoon of fresh!



Nothing says summer like this combination of west coast flavors!



California Club Quesadillas

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 100% whole grain wrap, rectangles
- 1 avocado, sliced
- 2 cups shredded chicken
- 1 tbsp Tabasco sauce
- 2 heaping tbsp sour cream
- 1/2 cup red onion, diced
- 1/2 cup sun-dried tomato
- 1 cup Monterey jack & cheddar blend cheese, shredded

Directions:

1. In a large bowl combine chicken, Tabasco, sour cream, onion, tomato and cheese until mixed.
2. Add half of mixture to each wrap, add half of sliced avocado to the top of each and fold in half lengthwise, pressing down lightly to seal.
3. Set in a Panini grill for 2-3 minutes or until crispy. Alternatively coat a sauté pan with olive oil spray and press with a plate, 2 minutes on each side.
4. Cut each quesadilla in half and serve!

Tip from Binks:

This low-carb version of a traditional quesadilla means you can enjoy the food you love with your new, healthy lifestyle.



Enjoy this modified party favorite without the usual carb overload!



French Dip Cups

Serves: 4-6

Preparation Time: 30 minutes

Ingredients:

- 2 100% whole wheat wraps, rectangles, cut into 8 squares
- 1 lb sirloin steak, grilled and sliced
- 2 cups low-sodium beef broth
- 1 tsp dried rosemary
- 1 1/2 cups provolone cheese

Directions:

1. Pre-heat the oven to 375° F. Lightly mist 8 cups in a muffin tin with cooking spray and set aside.
2. In a large sauté pan, pour beef broth, add rosemary and allow it to simmer for 2-3 minutes, add sliced steak to the pan, continue to simmer an additional 5 minutes.
3. Stuff 1 square wrap into each muffin divot, fill with beef and top with provolone cheese.
4. Place in the oven for 3-5 minutes or until cheese is lightly browned. Remove from the oven, serve with remaining au jus and enjoy!

Tip from Binks:
Nearly any dish can be modified to fit your healthy lifestyle, just use the right ingredients!



Try this protein-packed hot lunch on a cool summer day!



Mediterranean Summer Farro Bake

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tbsp olive oil
- 2 tbsp minced shallot
- 1 cup chopped zucchini
- 1 cup chopped eggplant
- 1 cup sliced mushrooms
- 1/2 cup ricotta cheese
- 1/2 cup goat cheese
- 1 cup Farro, cooked
- 1/2 cup 100% whole wheat bread, roughly chopped
- 2 cups egg substitute (8 eggs, beaten)

Directions:

1. Preheat the oven to 350° F. Heat olive oil in a large sauté pan, add shallots first, sauté for 30 seconds; add zucchini, eggplant and mushrooms, sauté 3-5 minutes until just tender.
2. While the vegetables are cooking, combine ricotta and goat cheese in a small bowl and add to the vegetables, incorporating it evenly.
3. Spray a medium baking dish with olive oil spray. Add cooked vegetables, Farro and egg, top with chopped breadcrumbs and bake for 20 minutes.

Tip from Binks:

Farro is a great flavor absorbing ancient grain packed with slow releasing carbs.



This is the perfect, quick summer lunch. Easily freeze these and with a quick zap in the microwave, you're ready to eat!



Sausage-Stuffed Zucchini Boats

Serves: 4

Preparation Time: 40 minutes

Ingredients:

- 2 zucchini
- 1 lb hot chicken sausage
- 1 cup roughly chopped mushrooms
- 1/2 red onion, diced
- 1 cup mozzarella cheese
- 2 tbsp parmesan cheese
- 1/3 brick Neufchatel cheese

Directions:

1. Preheat oven to 350 degrees.
2. Split zucchini lengthwise after cutting off the very ends.
3. Scoop out seeds from center of zucchini allowing 1-2 inches of flesh on the outside of the "boat." Set on the grill for 1-2 minutes
4. In a large bowl, combine sausage, onion, parmesan, mozzarella and Neufchatel cheese and mushrooms. Mix thoroughly.
5. Stuff each zucchini boat with 1/4 of the sausage stuffing. Bake in the oven for 20 minutes.

Tip from Binks:

Always remove the seeds from your zucchini before cooking or grilling to avoid that odd-tasting mush.



This very simple, quick panini is sure to be a hit for the whole family!



Chicken Broccoli Parmigiano Panini

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 100% whole wheat sandwich rounds
- 2 cups shredded rotisserie chicken
- 2 cups chopped broccoli florets
- 1 heaping tbsp parmesan cheese
- 1/2 cup mozzarella cheese

Directions:

1. In a large bowl, combine shredded chicken, broccoli and cheeses. Mix well.
2. Place one large handful on the bottom of each sandwich, press down to seal.
3. Place in the panini grill for 3-5 minutes, or lightly dust a sauté pan with olive oil spray and press with a plate, 2 minutes on each side.

Tip from Binks:
Always save leftover chicken and turkey for meals later in the week!





Ditch the romaine for this ceasar Panini. Spinach boosts the health benefits and flavor in this easily frozen sandwich.

Grilled Chicken Caesar Panini

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 large 100% whole wheat wraps
- 4 tbsp Neufchatel cream cheese
- 4 tsp creamy ceasar dressing
- 4 tbsp shredded mozzarella cheese
- 2 chicken breasts, cooked and sliced
- 1 cup spinach
- 1/2 cup sun dried tomato

Directions:

1. Slice wraps in half spreading grilling side with olive oil spray. Flip over and spread bottom of each with 1 tbsp Neufchatel and the top with 1 tsp of ceasar dressing.
2. On the Neufchatel side, add a pinch of parmesan cheese, 1/2 of the sundried tomato, one sliced chicken breast and half of spinach to each.
3. Set in a Panini grill or in a sauté pan to press. Cut them in half and serve!

Tip from Binks:

Always purchase Neufchatel cream cheese over other options. It has 1/3 of the fat and tastes just like the real thing!



Make your Panini healthy by using dense 100% whole grain bread with seeds in it. These are found in the healthy section in your grocery store.



Roast Beef with Arugula & Horseradish Panini

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 2 100% whole wheat wraps
- 1/2 lb roast beef
- 1/2 roast pork loin
- 2 handfuls arugula
- 1 cup shredded Asiago cheese
- 4 tbsp Dijon horseradish mustard

Directions:

1. Cut the whole-wheat wraps in half and spray the grilled side with olive oil spray. Turn over and spread top and bottom with Dijon-horseradish mustard.
2. Add a handful of arugula to the bottom of each Panini, followed by roast beef and pork loin, distributing evenly between both. Press the top down to seal.
3. Place both in the Panini grill or in a sauté pan, pressing with a plate, slice in half and serve!

Tip from Binks:

Can't find Dijon horseradish mustard? No problem! Just mix a small amount of horseradish to any Dijon mustard.



Red peppers are a summer delight. Experience them in a unique way with this easy red pepper sauce.



Turkey Salami Panini with Sweet Red Pepper Sauce

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 100% whole wheat sandwich rounds
- 1/2 red onion, diced
- 1 cup mozzarella cheese
- 1 large handful spinach
- 1/2 lb turkey salami
- 1 jar roasted red peppers
- 1 tbsp parmesan cheese
- 1 clove garlic
- 1/2 tsp oregano
- 1/4 tsp crushed red pepper
- salt & pepper to taste

Directions:

1. For Sauce: In a blender, combine 1 jar of roasted red peppers, parmesan cheese, garlic, oregano, crushed red pepper, salt and pepper and blend 1-2 minutes.
2. Spread red pepper sauce on each side of the Panini bread, add red onion, mozzarella cheese, spinach and 6-7 slices of salami; press to seal. Repeat for each panini
3. Spray each side with olive oil spray and place in the Panini grill or sauté pan for 2-3 minutes

Tip from Binks:
If you don't feel like making the red pepper sauce, substitute Dijon mustard!



Change up the boring lunch menu with this soup's interesting blend of summer flavors!



Cashew and Red Pepper Soup

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tbsp macadamia nut oil
- 1 red bell pepper, chopped
- 1 cup cashews, whole
- 1/2 cup onion, diced
- 1/2 cup tomato, diced
- 1/2 cup celery, chopped
- 1 cup cashews
- 1 quart vegetable stock
- 1 tsp smoked paprika

Directions:

1. Heat macadamia nut oil in a large sauté pan, add cashews and toast 1 minute.
2. Add onion, celery, red pepper and tomato and 1 tsp smoked paprika. Saute for 5 minutes.
3. Pour vegetable stock into the pan and simmer for about 10 minutes and serve!

Tip from Binks:

Cashews are an excellent source of healthy fats and protein!



Serve this soup chilled for a refreshing lunch on a hot summer day!



Chilled Lemon Mushroom Soup with Basil

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 cups mushrooms, sliced
- 2 garlic cloves, minced
- 1 shallot, minced
- 1/2 cup onion, diced
- 1 tbsp fresh basil, minced
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried dill weed
- 1 tbsp lemon juice
- 1 qt. vegetable stock

Directions:

1. In a large sauté pan heat macadamia nut oil. Add mushrooms, garlic, shallot and onion. Sauté 5-8 minutes until mushrooms cook down.
2. Add vegetable broth and spices; simmer for 10 minutes.
3. Remove soup from heat, add lemon juice and serve!

Tip from Binks:

Make sure to serve this soup with a side of lean protein!



This No heat required for this incredibly
flavorful cold soup!



Gazpacho

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cup tomato juice
- 1/2 onion, minced
- 1 green bell pepper, minced
- 1 cucumber, chopped
- 1 cup tomatoes, chopped
- 1 cup onion, chopped
- 1 clove garlic, minced
- 1 tbsp fresh lemon juice
- 1/2 tsp dried tarragon
- 1 tbsp fresh basil
- 1 tsp dried parsley
- Salt & Pepper to taste



Directions:

1. In a large bowl combine all ingredients.
2. Allow the soup to sit from 2-24 hours and serve

Tip from Binks:

Let this soup set for a full 24 hours to get the best possible flavor.



This light and refreshing soup makes a great compliment to any summer meal!

White Bean Soup

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1 carrot, chopped
- 1 tomato, chopped
- 1/2 cup onion, chopped
- 1 cup zucchini, chopped
- 1 clove garlic, minced
- 1 cup whole sugar snap peas
- 1 cup white beans
- 1/2 cup red beans
- 1 tbsp fresh basil
- 1 tbsp fresh lemon juice
- 1 quart vegetable broth
- 1 cup shredded asiago cheese
- 4 tsp parmesan cheese

Directions:

1. Heat macadamia nut oil in a large sauté pan. Add carrot, onion, zucchini and garlic. Sauté 2 minutes.
2. Add peas, beans and basil and sauté an additional 2 minutes.
3. Pour in vegetable broth and lemon juice and remove from heat.
4. Portion and serve topped with asiago and parmesan cheeses.

Tip from Binks:

Keep your vegetables al dente in summer soups for a lighter flavor!



Radishes give this wrap a clean and zesty crunch!



Ham & Radish Neufchatel Wrap

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 6-inch 100% whole grain wraps
- 1/2 cup Neufchatel cheese
- 1 cup radishes, finely chopped
- 1 cup celery, chopped
- 1 lb sliced ham
- 4 slices Swiss cheese

Directions:

1. On each wrap spread 1/4 of the Neufchatel.
2. Add ham, celery, radishes and Swiss cheese evenly to each.
3. Cut in half and serve fresh!

Tip from Binks:

When buying deli ham, make sure it's of good quality and from a reputable deli!





This tasty alternative to a Greek salad will be a new favorite!

Mediterranean Chicken Wraps

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 6" whole wheat wraps
- 2 grilled chicken breasts, cooked and sliced
- 1 (8 ounce) container bean hummus
- 10 kalamata olives
- 1 medium cucumber, chopped
- 1 cup sun-dried tomato
- 1/2 cup baby spinach
- 1/2 cup feta cheese (crumbled)

Directions:

1. Spread each wrap with the hummus almost to the edge.
2. Arrange the rest of the ingredients over the hummus on each wrap and roll.
3. Place in the Panini grill or in a sauté pan for 2-3 minutes.
4. Cut in half and serve!

Tip from Binks:

Always use spinach instead of other lettuces, it's more nutritious!



Layer on those leftovers in this savory mixed meat wrap!



Mixed Meat Wrap with Cheddar Cheese & Baby Spinach

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 6" whole wheat wraps
- 1/2 lb Turkey bacon crumbles
- 1/2 lb roast beef
- 1 chicken breast, cooked and sliced
- 1/2 lb pork loin
- dijon mustard
- 1 cup shredded cheddar cheese
- 1 handful baby spinach
- olive oil spray

Directions:

1. Spread Dijon mustard on each wrap and begin layering meats, distributing evenly.
2. Top each off with spinach and cheddar cheese and roll.
3. Lightly spray with olive oil spray, set in the Panini grill (or press in a sauté pan) for 1-2 minutes. Cut in half and serve!

Tip from Binks:

Keep your whole grain carbs to under 80 grams per day and eat most of them for lunch!





Pulled pork doesn't need to be saved for cheat day. Using pork tenderloin keeps the saturated fat to a minimum and you can enjoy, guilt free!

Pulled Pork Wrap with Toasted Mustard Seed Dressing

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 6" 100% whole-wheat wraps
- 1 lb pulled pork, fresh or thawed
- 1 cup cheddar cheese
- Barbeque sauce
- 1 handful baby spinach
- olive oil spray

Directions:

1. Add 1/4 lb of pulled pork to each whole-wheat wrap.
2. Top with barbeque sauce, cheddar cheese and baby spinach. Roll.
3. Lightly dust with olive oil spray and place in Panini grill (or press in sauté pan) for 3-4 minutes. Cut in half and serve!

Tip from Binks:

Check the label to make sure you get a good quality barbeque sauce that isn't high in sugar. Or, even better, make your own!





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.



Get some fresh asparagus ready to enjoy
with this delicious summer snack.

Artichoke and Goat Cheese Spread

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 box Neufchatel cream cheese
- 1 tsp dried tarragon
- 1 tbsp. fresh minced garlic
- 1/2 cup goat cheese
- 1 cup quartered artichoke hearts

Directions:

1. Combine all ingredients in a food processor and give it 7-8 pulses. Be sure not to over-process.

Tip from Binks:

Portion control is important. Be sure not to eat more than 2 tbsp of this cheese in a serving!





Get your Buffalo Wing fix with this healthy hummus!

Buffalo Wing Hummus

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 celery stalk with leaves
- 1 can garbanzo beans
- 2 tbsp Frank's hot sauce
- 1 tbsp barbeque sauce
- 1 tbsp chopped garlic
- 1/2 cup gorgonzola cheese
- 1 tsp lemon juice
- Macadamia nut oil

Directions:

1. Pulse the celery in a food processor until well chopped.
2. Add remaining ingredients, except lemon juice and oil. Pulse until well blended and garbanzos are broken down.
3. Add lemon juice. While pulsing the mixture add oil, keeping and eye on the consistency. Gradually add roughly 2 table-
spoons, or until hummus reaches desired consistency. Serve with a side of fresh vegetables.

Tip from Binks:

Use macadamia nut oil in this hummus to get the distinct buttery flavor of Buffalo wings without all the saturated fat.





Snack on this powerful hummus to keep your body going through that tough afternoon stretch!

Garlic Rosemary Hummus

Serves: 4

Preparation Time: 10 minutes to prepare, 24 hours to sit

Ingredients:

- 1/2 tsp dried rosemary
- 3-4 scallions
- 1 tsp lemon juice
- 1 can garbanzo beans, rinsed
- 1 red pepper
- 1 tsp dried parsley
- 1 tsp smoked paprika
- 1 tsp cumin
- 2 tbsp tahini
- 1 tbsp minced garlic
- Olive oil

Directions:

1. Pulse scallions, rosemary and lemon juice in a food processor and let it sit for 15-20 minutes.
2. Add in remaining ingredients, except olive oil. Pulse until well blended.
3. Add olive oil while pulsing, about 2 tbsp or until desired consistency. Let sit in the refrigerator for 24 hours.
4. Serve with fresh vegetables.

Tip from Binks:

Don't like tahini or don't have it on hand? Don't worry about it! It won't be a traditional hummus, but it will still be delicious.





Incorporate a protein boost into your daily snack with this hummus dip. It will keep for a week in the refrigerator!

Greek Chicken Spread

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 grilled chicken breast, cooled
- 1 can garbanzo beans, rinsed.
- 1/4 cup dry sun-dried tomatoes
- 3-4 kalamata olives
- 1 tbsp minced garlic
- 2 tbsp tahini
- 1/2 cup feta cheese
- 1/4 cup goat cheese
- Pepper

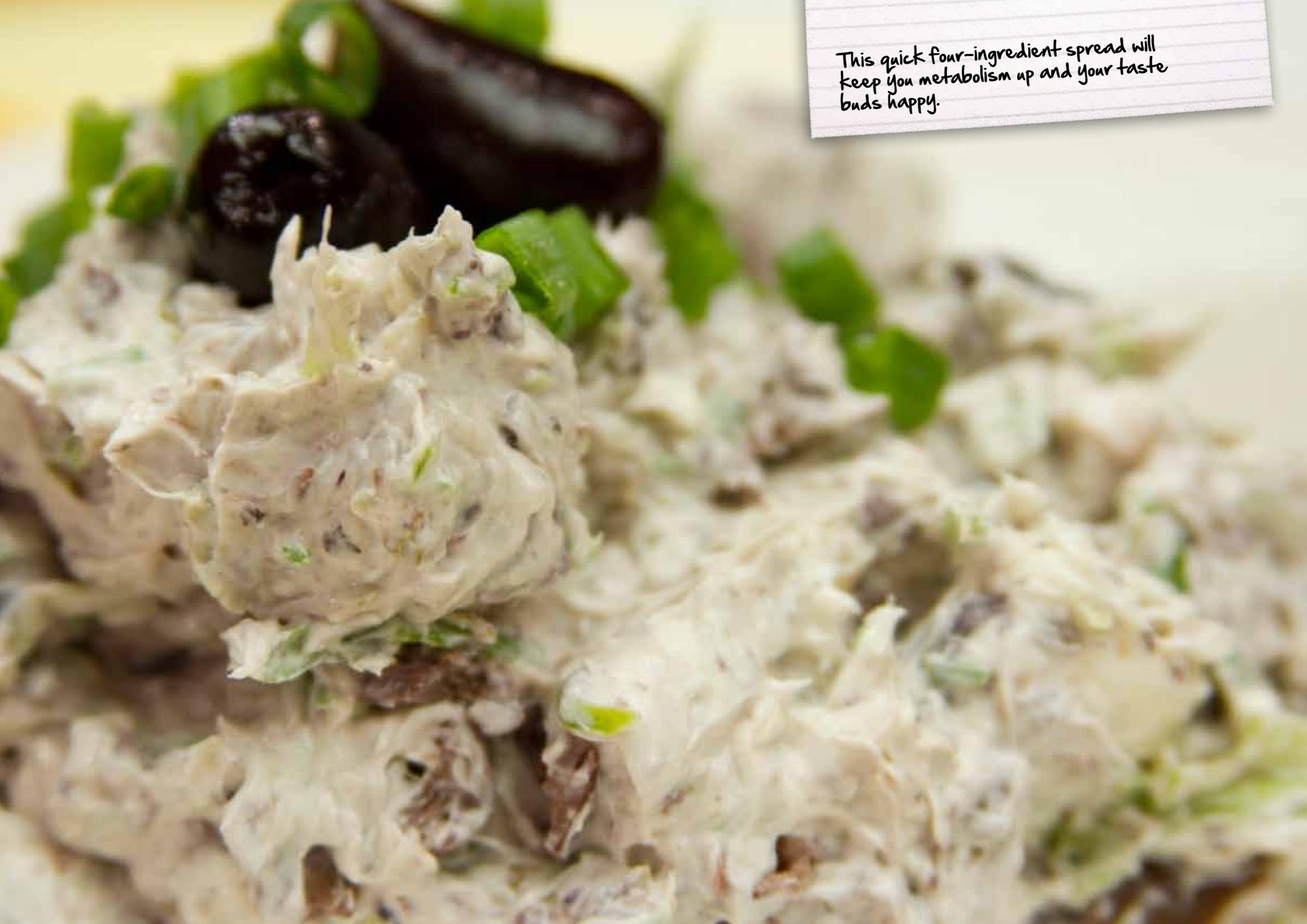
Directions:

1. In a food processor, pulse chicken breasts briefly until nicely shredded.
2. Add remaining ingredients except oil and cheese and pulse, adding a little oil to get the mixture moving.
3. Add feta and goat cheese, pulse until combined. Pulse again and add olive oil until a nice creamy consistency.
4. Serve with a side of fresh vegetables.

Tip from Binks:

As an alternative recipe, keep this one to a thicker, chunkier consistency for a delicious chicken salad!





This quick four-ingredient spread will keep you metabolism up and your taste buds happy.

Neufchatel with Oregano, Greek Olives and Scallions

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 box Neufchatel cheese
- 3-4 scallions
- 1/4 cup kalamata olives
- 1 tsp garlic, minced

Directions:

1. In a food processor, blend scallions.
2. Add in remaining ingredients and pulse until coarsely combined.
3. Serve with a side of fresh vegetables.

Tip from Binks:

Pre-portion these and refrigerate in advance to make snack prep the easiest thing you do all week!





Don't waste money on store bought spreads! They are incredibly inexpensive to make at home, and you will know exactly what's in them!

Red Pepper & White Bean Spread

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 2 cans white beans, rinsed
- 2 tbsp fresh garlic
- 1 whole red pepper
- Salt and pepper
- Olive oil
- 1 Tbsp 100% whole grain bread crumbs

Directions:

1. Pulse beans, garlic and red pepper in a food processor until just chopped.
2. Add oil while pulsing until mixture forms a paste.
3. Add bread crumbs and pulse until well incorporated
4. Serve with a side of whole-wheat crackers or fresh vegetables.

Tip from Binks:

These spreads can be kept in the fridge for a week or more. Make a couple on the weekend and enjoy a different flavor combination every day!





Seasons

{ 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.

A zesty tomato sauce lightens this slow-cooked classic for a quick summer dinner!



Deviled Swiss Steak

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 8-ounce sirloin steaks
- Cajun seasoning
- 1 red pepper, chopped
- 1 onion, chopped
- 1 tomato, chopped
- 1/2 cup salsa

Directions:

1. Tenderize sirloin steaks with a meat mallet and rub with Cajun seasoning, coating evenly on both sides. Place on the grill over medium heat.
2. While steak is grilling heat 1 tbsp macadamia nut oil in a sauté pan over medium-high heat. Add red pepper, onion and tomato. Sauté 3-5 minutes until peppers are just tender. Add salsa and mix.
3. Remove cooked steak from the grill, top with salsa mixture and serve!

Tip from Binks:
Sirloin steak is a better choice than other fatty steaks.



A close-up photograph of a grilled steak and vegetables. The steak is the central focus, showing a well-seared exterior and a pinkish-red interior. It is surrounded by sliced green zucchini and white mushrooms. The background is a plain white surface.

Pungent fennel and spicy steak give this grilled dinner a very unique flavor.

Flatiron Steak with Fennel Slaw

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 flatiron steaks
- Cajun seasoning
- 1 cucumber, quartered and chopped
- Fennel, sliced thinly
- 1/2 cup Sundried tomato
- Parmesan cheese
- 1/4 cup vinaigrette



Directions:

1. Dry-rub the flatiron steak with Cajun seasoning and place on a hot grill over high heat for 10 minutes, flipping halfway through.
2. In a large bowl combine cucumber, fennel, sundried tomato, parmesan and vinaigrette.
3. Once steak has rested for 10-15 minutes, slice thin diagonally against the grain of the meat. Place half of each steak over 1/4 of the fennel salad and serve.

Tip from Binks:

Keep an eye on the salt content when buying any prepared meat seasoning!



Compliment this sweet and spicy marinated steak with a salad for the ideal summer dinner.

Lemon-Bourbon Marinated Sirloin Steak

Serves: 4

Preparation Time: 30 minutes preparation,
overnight marinade

Ingredients:

- 4 8-oz sirloin steaks
- 4 cloves of garlic, minced
- 4 tbsp. hot sauce
- 1/4 cup soy sauce
- 2 tbsp whiskey
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp truvia
- 1/2 tsp Cajun seasoning



Directions:

1. In a small bowl combine all ingredients except the steak. Mix well and add to a large bag. Add steak, squishing the bag with your hands to make sure all of the steak is coated. Leave in the refrigerator for 24 hours.
2. Remove steaks and discard marinade.
3. Put steaks on grill over medium heat and cook 15 to 20 minutes for medium-rare or as desired, turning once halfway through.

Tip from Binks:

The key to a good marinade is to let it sit for at least 24 hours, allowing the acids to eat away at the fatty tissue and tenderize it perfectly.



This vegetarian entrée is a great way to incorporate summer squash into your diet on a cool summer day!

Spaghetti Squash Bake

Serves: 4

Preparation Time: 1 hour 15 minutes

Ingredients:

- 1 spaghetti squash
- 2 cups marinara, heated trough
- 2 cups egg substitute (8 eggs, beaten)
- 1/2 tsp Cajun seasoning
- 1/4 tsp adobo
- pepper to taste

Directions:

1. Cut squash in half lengthwise; scoop out seeds. Place with cut side down in a baking dish; add water. Cover and bake at 375° for 20-30 minutes or until it is easily pierced with a fork. When cool enough to handle, scoop out squash, separating the strands with a fork, into a medium baking dish.
2. Add eggs, Cajun seasoning, adobo and pepper. Return to the oven for 15-20 minutes or until lightly browned.
3. Top egg dish with 1/2 cup marinara and serve!

Tip from Binks:

Toasted spaghetti squash seeds are a great snack loaded with healthy fats!





This super-fast summer dinner is great for a backyard barbeque!

Steak and Veggie Skewers

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 sirloin steaks
- Skewers
- 3 red peppers cut into large pieces
- 5 Whole mushrooms, cut in half
- 1 zucchini, seeded and cut into large pieces
- 1 tsp Cajun seasoning
- 2 tbsp macadamia nut oil
- 1/4 tsp adobo
- 1 cup fresh salsa



Directions:

1. Slice sirloin into thin strips and thread onto skewers.
2. Place all of the vegetables in a large bowl and add Cajun seasoning, adobo and oil; stir gently to coat.
3. Place the vegetables on the grill first and when just about done, add meat skewers for 2-3 minutes.
4. Place vegetables on skewers and serve with a side of salsa.

Tip from Binks:

You can get high-cost flavor from cheaper cuts of meat by thinly slicing before cooking!

Get all the benefits of stir-fry without turning on the stove!



Asian Spaghetti Squash Salad with Turkey Lettuce Wraps

Serves: 4

Preparation Time: 10 minutes prep, 1 hour marinade

Ingredients:

- 2 chicken breasts, grilled
- 1/2 Onion sliced
- 2 Peppers, sliced thinly lengthwise
- 1 Zucchini, thinly sliced
- 1 cup broccoli florets
- Sugar snap peas
- 1/2 cup water chestnuts
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil
- 1/2 tsp Truvia
- 1 handful arugula

Directions:

1. In a large bowl combine onion, peppers, zucchini, broccoli, peas, water chestnuts, soy sauce, sesame oil, Truvia. Mix well and let sit for 1 hour in the refrigerator.
2. Remove from fridge and add in arugula.
3. Slice chicken breast and split into 4 portions, serve on top of the salad.

Tip from Binks:

This can also be served as a vegetarian meal. Just add some peanuts or cashews instead of chicken for a crunchy protein!





Lasagna doesn't have to be a diet-breaker. Vegetables, chicken and whole-wheat pasta make this a lighter, healthier version.

Chicken Zucchini Lasagna with Alfredo Sauce

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 2 cups roasted red pepper sauce
- 100% no-boil whole wheat lasagna
- 2 cups low-fat mozzarella cheese
- 1/4 cup feta cheese
- 1/2 cup kalamata olives
- 3 chicken breasts, grilled and shredded
- 1 thinly sliced zucchini
- 1/2 cup sliced onion
- 1/4 cup sun-dried tomato

Directions:

1. Preheat oven to 325°
2. In a medium baking dish, coat the bottom of the pan with a small amount of roasted red pepper sauce.
3. Add noodles, covering the bottom of the pan. Add all chicken, 1/3 mozzarella and 1/3 feta cheese. Add another noodle layer, topping with zucchini, onion, olives, a small amount of sauce and 1/3 cheese. Add the final layer of pasta, topping with remaining sauce, remaining cheese and sundried tomato.
4. Bake for 25-30 minutes. Allow it to set and serve!

Tip from Binks:

Cook some leftover chicken breasts earlier in the week to make this lasagna a quick evening meal!





Sesame oil brings a distinctly Asian flavor to this nutritionally dense quinoa dish.

Chicken Cutlets with Asian Quinoa Salad

Serves: 4

Preparation Time: 1 hour 30 minutes

Salad **Ingredients:**

- 1 cup dry quinoa, rinsed and cooked
- 1 red pepper, sliced thinly
- 1 zucchini, sliced thinly
- 1 onion, sliced
- 4 tbsp sesame oil
- 4 tbsp low-sodium soy sauce
- 4 chicken breasts, grilled and roughly chopped
- 1 tsp sriracha

Directions:

1. Combine 2 tbsp sesame oil and 2 tbsp soy sauce and coat chicken; grill until cooked through.
2. In a large bowl combine all ingredients, stirring to coat evenly in sauce. Mix in grilled chicken and serve!

Tip from Binks:

Be sure to rinse your quinoa well before cooking to get rid of the bitter resin!



This dish is great prepared in advance.
Just pop it in the oven when you get home!



Grecian-Style Chicken Brochettes

Serves: 4

Preparation Time: 40 minutes

Ingredients:

- 2 large handful fresh spinach
- 3 cloves garlic, minced
- 1/2 tsp smoked paprika
- 4 chicken breasts, cooked
- 3/4 cup feta
- 1/2 cup turkey bacon, crumbled
- 8 skewers
- Macadamia nut oil

Directions:

1. Preheat oven to 325 degrees F.
2. Heat macadamia nut oil in a sauté pan over medium-high heat. Add spinach, garlic and paprika; sauté 2-3 minutes until spinach is wilted.
3. In a medium baking dish, coat the bottom with spinach mixture. Slice chicken breasts in half lengthwise and slide them onto skewers.
4. Lay chicken brochettes over the spinach and top with feta cheese and turkey bacon. Place in the oven and bake for 10-15 minutes.
5. Remove and serve hot!

Tip from Binks:

Skewers are a great, fun way to present a meal, especially for kids!





This marinade has a great lemon and butter flavor without any unnecessary saturated fat.

Grilled Tarragon-Mustard Chicken

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1/4 cup Dijon mustard
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon tarragon (dried)
- 1/4 teaspoon pepper
- 4 chicken breasts, precooked

Directions:

1. Preheat oven to 425°
2. In a small bowl combine mustard, lemon juice and tarragon. Coat the chicken and remove to the oven.
3. Bake for 10-15 minutes or until lightly browned and serve!

Tip from Binks:

Serve this chicken with a spinach salad for a complete meal!





This dish comes together very quickly
and has virtually no cleanup!

Asian-Style Tuna Steaks

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 4 6-ounce tuna steaks
- 8 cloves garlic, minced
- 3 cups sugar snap peas
- 2 tbsp soy sauce
- 1 tbsp wasabi powder
- Pepper
- 1/2 tsp Truvia

Directions:

1. Dust tuna steaks with olive oil spray, salt and pepper. Grill 3-4 minutes, turning half way through.
2. Heat macadamia nut oil and sesame oil in a sauté pan over medium heat. Add garlic and sauté 1 minute; add beans, sauté 2 minutes. Add soy sauce and Truvia, sauté 1 minute more.
3. Serve green beans over tuna with a dollop of wasabi

Tip from Binks:

Don't be shy with the garlic in this dish, it's very healthy and the flavor goes great with tuna!



This super easy meal is perfect for those reluctant to eat fish.



Cajun Roasted Vegetable Whitefish

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 6-ounce cod fillets
- 1 handful arugula
- 1 zucchini, seeded and sliced
- 1 red pepper, sliced
- 1/2 cup water chestnuts
- 1/2 fennel, chopped
- 1/4 tsp adobo
- 1/2 tsp Cajun seasoning
- 1 cup snap peas
- 3 tbsp soy sauce

Directions:

1. Preheat oven to 425°
2. In a large bowl, add vegetables, soy sauce, cajun and adobo seasonings.
3. In individual baking dishes (or one large baking dish) dust with olive oil spray. Place cod in the bottom and add 1/2 of vegetable mixture on top of each piece of fish. Place in the oven
4. Bake 10-15 minutes and serve!

Tip from Binks:

Whitefish like tilapia or cod are inexpensive, versatile options for meals like this.





The nutty quinoa paste in this dish accents the light flavor of the fish for a very filling one-dish dinner!

4 Quinoa Stuffed Whitefish

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 6-ounce whitefish fillets
- 1 cup dry quinoa, roasted and cooked
- 1 cup toasted cashews, roughly chopped
- 1/4 cup breadcrumbs
- 2 tbsp fresh basil pesto
- 3 tbsp sour cream

Directions:

1. Preheat oven to 425°
2. In a medium bowl, combine quinoa, cashews, breadcrumbs, pesto and sour cream, mixing well to create a paste.
3. Spread the paste evenly over each fish fillet and place in the oven for 10 minutes.
4. Serve immediately.

Tip from Binks:

Cooking whitefish with a paste or vegetable mixture over it allows the fish to absorb that amazing flavor, eliminating the unpleasant fishy taste!



Hearty salmon steaks are a wonderful alternative to beef when grilling in the summer!



Grilled Salmon with Cold Lemon-Dill Sauce

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 4 salmon steaks
- Cajun seasoning
- 6 cloves garlic, minced
- 2 tbsp fresh parsley
- 2 tbsp fresh lemon juice
- 1 tbsp macadamia nut oil
- 1 cup + 1 tbsp water
- 1 tbsp arrowroot
- 1/2 cup fresh dill

Directions:

1. Dust salmon with olive oil spray and rub with a small amount of Cajun seasoning. Place on the grill over medium-high heat, about 5 minutes on each side.
2. While salmon is on the grill, heat oil in a large sauté pan over medium-high heat; add garlic and parsley; sauté 1 minute. Add lemon juice, water and dill; simmer 1 minute.
3. Add arrowroot to 1 tbsp water and whisk with a fork until completely dissolved. Add a little bit at a time until sauce is desired thickness.
4. Remove salmon from the grill and add sauce immediately, dividing it evenly over the 4 steaks and serve!

Tip from Binks:

Arrowroot is a healthier alternative to cornstarch. It has no glycemic impact and will give your sauces a wonderful sheen.



Fresh cilantro jazzes up these salmon steaks for a very distinct summer flavor.



Sweet & Spicy Salmon

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 6-ounce salmon fillets
- 4 tbsp cilantro paste
- 4 tbsp low-sodium soy sauce
- 1 tsp Truvia
- 1 tbsp lemon juice
- 1/2 tsp granulated onion
- 1/2 tsp granulated garlic
- 1/4 tsp crushed red pepper

Directions:

1. Preheat oven to 425°
2. In a medium bowl combine all ingredients except fish, mixing into a paste.
3. Dust the bottom of a large baking dish with olive oil spray and place salmon skin-side down. Generously coat the salmon in the cilantro paste, distributing it evenly over each steak.
4. Bake for 10-15 minutes or until cooked through and serve.

Tip from Binks:

When fresh herbs are available in the summer, chop them in the food processor with a little bit of olive oil and freeze so that it's on-hand all year long.





Tilapia assumes the flavor of a powerful
Vera Cruz sauce in this light dish.

Tilapia Vera Cruz

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 tilapia fillets
- 2 large zucchini, thinly sliced
- 1 jalapeño
- 1/4 cup capers
- 1/4 cup green olives
- 1/4 cup kalamata olives
- 3 cloves garlic
- 2 tomatoes, chopped
- 1 cup roasted red peppers

Directions:

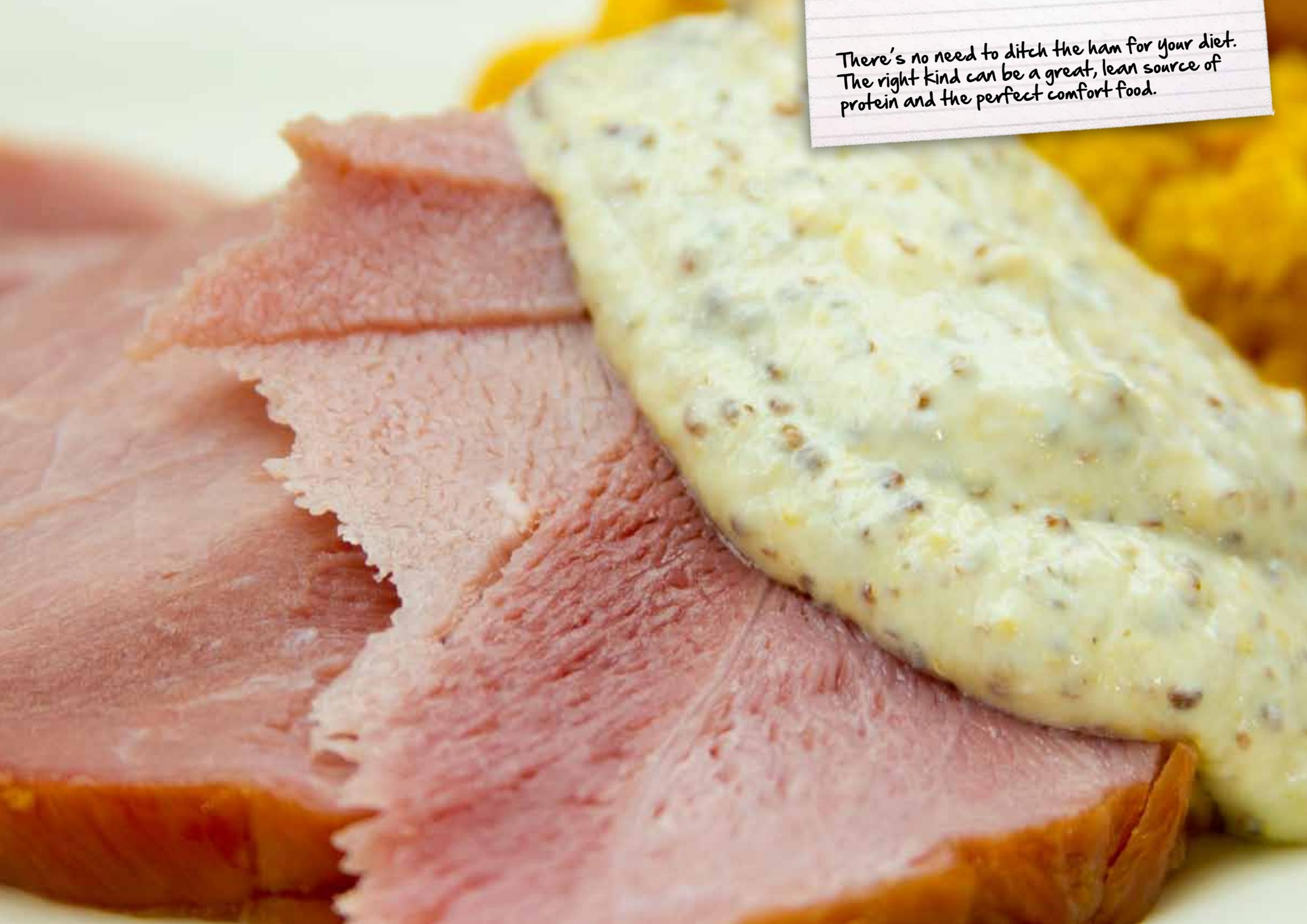
1. Preheat oven to 350 degrees F.
2. For Vera Cruz sauce: Place all ingredients except zucchini and tilapia in the food processor until completely blended.
3. Dust a baking dish with olive oil spray and add tilapia fillets, top with sauce and cover with sliced zucchini
4. Place in the oven for 15-20 minutes or until fish is cooked through.

Tip from Binks:

Don't be afraid to incorporate other vegetables like eggplant into this for a more ratatouille-style dish!



There's no need to ditch the ham for your diet. The right kind can be a great, lean source of protein and the perfect comfort food.



Ham Steak with Mashed Sweet Potatoes

Serves: 4

Preparation Time: 30 minutes

Ingredients:

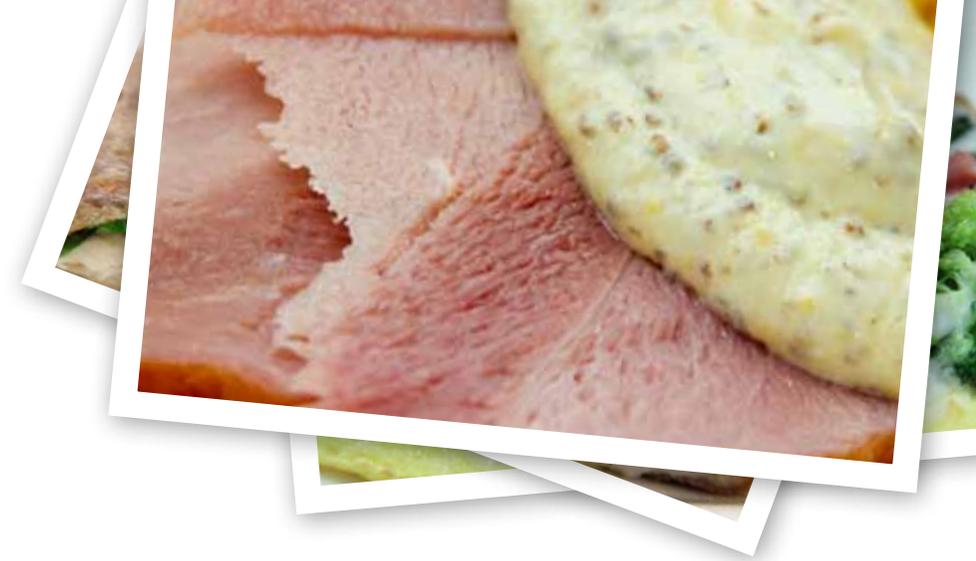
- 1 ham, cured
- 3 sweet potatoes, roasted and peeled
- 2 tbsp whole-grain mustard
- 2 tsp honey
- 1 tsp + 1 pinch Truvia
- 1/2 tsp cinnamon
- 3 tbsp Greek yogurt
- 1 tsp macadamia nut oil

Directions:

1. In a medium saucepan add sweet potatoes and mash with a whisk. Add 1 tbsp Greek yogurt, 1/2 tsp of honey, cinnamon and 1 tsp of Truvia. Mix well.
2. In a small bowl combine whole grain mustard, 2 tbsp Greek yogurt and a pinch of Truvia. Mix well.
3. Heat the ham in the oven or a microwave. Slice and service topped with sauce and a side of mashed sweet potatoes.

Tip from Binks:

If you don't want to roast your own ham, talk to your deli counter for the best lean, low-sodium options available.





Stuffing vegetables is a great way to get more of them in your diet!

Pork & Bean Stuffed Peppers

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 lb turkey Italian sausage, cooked
- 1 cup kidney beans, rinsed
- 2 bell peppers, seeded and cut in half
- 1 cup cooked brown rice
- 3/4 cup Monterey Jack cheese (grated)
- 1 tsp granulated garlic
- 1/2 tsp Cajun seasoning
- 1 tsp chili powder
- 1/2 tsp adobo
- 1 cup shredded cheddar jack cheese

Directions:

1. Preheat oven to 375°
2. In a large bowl, combine all ingredients except peppers, mixing well.
3. Spoon sausage mixture into peppers, stuffing them to use all filling.
4. Place in the oven and bake for 15-20 minutes

Tip from Binks:

These peppers freeze perfectly and come out of the microwave looking exactly like they did out of the oven!





Whipped cauliflower is a great, carb-free alternative to mashed potatoes without sacrificing the flavor.

Roast Pork Tenderloin & Whipped Cauliflower

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 pork tenderloin
- 1 tbsp whole grain mustard
- 1 tsp honey
- 1/2 tsp Cajun seasoning
- 1 tbsp macadamia nut oil
- 2 lbs cauliflower, chopped
- 1 tbsp Greek yogurt
- 1/2 tbsp macadamia nut oil
- 1/4 cup parmesan cheese
- Salt
- Pepper

Directions:

1. Bring water and cauliflower and a pinch of salt to a boil in a medium saucepan. Continue boiling for 20 minutes.
2. While cauliflower is cooking, rub tenderloin with mustard, honey and Cajun seasoning. Place on the grill for 12-15 minutes, turning every 2 minutes until internal temperature in 140°.
3. Once cauliflower is done, drain and mash with a potato masher. Add Greek yogurt, macadamia nut oil, Parmesan cheese, salt and pepper; whip.
4. Allow Tenderloin to rest for 5-10 minutes and slice. Serve over mashed cauliflower.

Tip from Binks:
Pork tenderloin is a very healthy, lean protein to incorporate into your weekly menu.





This light pork stew has a spicy twist,
making it perfect for summer whether!

Spicy Pork & Zucchini Stew with Brown Rice

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 tbsp macadamia nut oil
- 1 zucchini, seeded and thickly cut
- 2 carrots chopped
- 1 cup wild rice
- 1 red pepper, diced
- 1 sweet potato, cubed
- 1/2 lb Pork tenderloin, cubed
- 1/2 cup parboiled wild rice
- 1/2 cup jalapeños
- 1 tsp coriander
- 1 tbsp chili powder
- 1 tsp granulated garlic
- 1 quart vegetable stock

Directions:

1. Heat macadamia nut oil in a large saucepan over medium-high heat. Add zucchini, carrots, red pepper and sweet potato. Sauté for 10 minutes.
2. Add remaining ingredients to the pot, stirring well.
3. Simmer for 1 hour or until sweet potatoes are tender and serve!

Tip from Binks:

This is a great stew for freezing. Make a big batch in the Crockpot and have it ready for any time of year!





{AVOCADO}



{CUCUMBER}



{EGGPLANT}



{HUNGARIAN PEPPERS}



{STRING SQUASH}



{SWEET PEPPER}

{ Vegetable Index }

Avocado: One of the most underused fruits in the Northeastern diet is now readily available in every grocery store. The key is to pick the right one: squeeze gently and make sure it isn't too hard or soft. It'll be easier to work with and be at its peak flavor. Avocado is loaded with healthy fats, has virtually no sugar and is a delicious compliment to any meal with minimal preparation. Slice from the stem around the seed, and twist into two halves, tap the seed once with the blade of your knife and twist to remove. Just slice and scoop. While the quintessential ingredient in guacamole, it can be served pureed as a creamy topping or left sliced for sandwiches and wraps. This is a perfect fresh, light flavor for summer meals!

Cucumber: These aren't just for salads anymore. Cucumbers are a great slow-releasing carb. Ditch the seeds by slicing in half vertically and sliding the coring spoon down to remove the pithy center. This leaves an easily diced hard vegetable to compliment a wide variety of meals like couscous. It can also be shredded into yogurt for a delicious tzatziki sauce for wraps, sandwiches and salads. English cucumbers are another variety with few seeds, and are perfect for slicing up and eating fresh or mixing into a cold salad. Keep cucumbers around for those hot and steamy days, when turning on the stove is just impossible.

Eggplant: Eggplant may seem mystical and exotic, but it's a very easy vegetable to work with a good source of fiber and vitamin B. Cut the top and the bottom off and slice lengthwise with the skin still on. While delicious in a traditional ratatouille, it's also great simply roasted with olive oil. Ideally, just slice and lay it on the grill seasoned with a bit of balsamic vinegar. Sometimes the simplest is the most delicious.

Hungarian Peppers: Spicy foods are great for hot weather. These are hot peppers and another perfect addition to a backyard container garden. They're a great, healthy flavor enhancer for many meals. Remove the seeds to grill and add as a side to any dish or slice the top and remove the seeds to prepare for stuffing with spinach, ricotta and parmesan cheese. These are larger hot peppers, making them easy to work with and one will go a long way!

String Squash: Don't be intimidated! This incredibly healthy vegetable may look difficult, but it's just as easy as any other squash. Once cooked, it looks just like spaghetti and you can treat it like a pile of noodles. This is an ideal slow releasing carb, loaded with antioxidants and goes perfectly with a traditional marinara or basil pesto. Serve with a side of grilled chicken or sausage for a quick summer meal. Just like other squashes, it freezes well, making meal prep a snap during the week!

Sweet Pepper: There are unlimited possibilities with sweet peppers and they're probably the easiest vegetable to grow, taking up almost no space. They're amazing grilled or roasted; added to soup, or kabobs, but are especially delicious stuffed with whatever's on hand and baked. If peppers make you gassy, stick with the brighter varieties like red, orange and yellow for milder, sweeter flavor. Easily dig out the seeds by slicing in half lengthwise and snapping off the stem. Tap it gently to knock any remaining seeds out. Slice them up and eat them with your hummus, or get adventurous and grill them whole for a delicious, sweet additive to your summer meals.

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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