

PEERtrainer MASTERMIND:

The Ultimate Weight Loss

Plan & Support System



Week 6: Recipes and Mediterranean Matrix

PEERtrainer™

<http://www.peertrainer.com>

Contact:

mastermind@pertrainer.com

This information is intended for the sole purpose of participants in the PEERtrainer MASTERMIND. This is not a substitute for medical advice. Please seek a physician if you have any questions or need Medical advice or attention when starting a weight loss program.

Week 6: Recipes



This week we present more meal ideas. It is important to note that these are all “flexipes” and the most important thing to pay attention to are the spice and flavor combinations and find what works for you. This is worth repeating:

Please keep these 4 things in mind:


- 1 When in doubt, 75% is vegetables, 25% is traditional protein/fat.** When you're thinking about what to eat for breakfast, a snack, or anytime of day, make your choice this percentage: 75% is vegetables, 25% is traditional protein (black beans, salmon)/good fat (for example: coconut milk, hemp seed or nuts, avocado)
- 2 You don't have to MAKE anything!** Grab a cucumber and sprinkle some salt. Tomatoes are great for that as well. Don't worry about recipes if that's not you. Many times I put together the strangest combinations because it's so easy.
- 3 If you don't like it, adapt it.** If you see something in a recipe that seems unappealing, ask yourself if it's the entire recipe, or just one ingredient and adapt it. Nothing is exact. No two people are alike. This is about you finding what you like.
- 4 Mix and Match:** Key concept: Rotating 3 to 4 meals is best. I want you to develop a palate for 3 to 4 meals that you rotate. This should not feel like prison. They should be meals you love, savor and look forward to and are psyched about. You might find that you like the meals for a month or 2 or even longer. You might find yourself getting tired of one option and finding another one.

Have a great week, Masterminders! - Jackie

Week 6: Suggested Meals for a Day



MOST IMPORTANT MEAL OF THE DAY

 = indicates your best option, if applicable

1. **Smoothie:**

- Green Apple Cinnamon Cider Smoothie
2. 8 oz water with freshly squeezed lemon
 3. Some sort of traditional protein such as a hard boiled egg or a scoop of shake protein



MAKE AND TAKE LUNCH

1. **Soup:** 2 Bowls of Asian Miso Soup (recipe inside)


LUNCH ON THE GO

1. **Chipotle Bowl:**

Black Beans, salsa, freshly chopped tomatoes, shredded lettuce, guacamole.



(Optional) SNACK. PICK ONE:

- Apple with 1 T almond butter
- KIND bar
-  • 2 Tablespoons of Hummus with sliced cucumber



EASY GOURMET AT HOME

1. **4 oz of your choice**

Pan Roasted Salmon with Amazing Mango Salsa

2. **Nani's House Salad**

DINING OUT

1. **Salad:** Large Bowl Fresh greens, grilled chicken or fish (no extra sauce or oil)

- **Dressing:** Ask the waiter for the following: olive oil, salt, oregano, basil Mix.

Optional dressing additions:

Chopped garlic, Chopped jalapeno

2. **Sorbet**

Week 6: Cheat System: You Might Be Advanced

- It's time to revisit this. You want to reflect over the last month and notice what foods made you feel good and full of energy, and what foods left you feeling bloated and needing a nap. There are many food sensitivities including eggs, dairy, gluten/wheat, corn and soy. Here are the rules again for the cheat system:

If you are a beginner:

- You need to lean hard against your current habits. Almost every single beginner will benefit from aggressively consuming plant based foods. This helps shape and form the new habit.

Beans, grains (including quinoa, buckwheat) that are listed on the left side are still unlimited and are 0 cheats.

If you have been used the cheat system for over a month and find yourself tired or reaching a plateau, you are advanced!:

- The great news is that your new habits are starting to get established and it is time to make sure the fundamentals of portion control still apply to your new way of eating. Some people have trouble digesting beans and pseudo grains. They become fatigued and need a nap after eating after eating what is thought of as high energy food.

You are the best judge of how you feel after beans and grains. For every 1 CUP of beans and grains that are listed on the left hand side count as 1 cheat. This is modified for you in the recipes as a warning sign!

Week 6: Region of the Month: Mediterranean

One of the best ways to make high nutrient foods taste good is to think about what types of cuisines you currently like and then use those spices and combinations to recreate at home. For example, if you find a pasta recipe you like with wonderful oregano, you can recreate that same flavor goodness with your favorite vegetable. Often tomatoes and basil are a wonderful combination on their own.

This month we are focused on the mediterranean region and this is meant as a very easy guide to help you understand what makes it taste so clean, fresh and flavorful. It is by no means a full definitive guide but we find when it's clear and easy, you'll find the time to make it on the go:



The oil commonly used is:

Olive Oil

The spices commonly used are:

Garlic
Paprika

The herbs: most commonly used are:

Basil
Oregano

The liquids most commonly used are:

Lemon juice
Vinegar

Try a combination on your favorite vegetables this week. Always limit the oil to 1 T.

MASTERMIND RECIPES: (Suggestions)

Week 6: Recipe Suggestions

RECIPE: Green Apple Cider Cinnamon Smoothie

7 ingredients

1 serving

1 cheats

Ingredients:

- 1 Green Apple
- 1 handful Chard or other green
- 1/2 Tsp Cinnamon
- 2-3 Cups Coconut Water
- 1 Tsp Apple Cider Vinegar
- 1 Tbsp Almond Butter
- 1/4 Tsp sea salt

Tools:

Blender

Directions:

1. Add Greens and Splash Coco water to blender- Blend
2. Add everything else and Blend and Serve

With both of these smoothies, you will need to add some sort of traditional protein or you will become hungry before lunch. Many times you can grab something leftover from the night before or you can add a hard boiled egg or a serving of a protein shake powder.

Week 6: Recipe Suggestions

RECIPE: Berrilicious Smoothie

6 ingredients

Ingredients:

- 1/2 cup of frozen blueberries or raspberries
- 3/4 cup of coconut milk/Organic Soy Milk
- 1 T of hemp seed
- 1/2 cup of icecubes
- 1/2 frozen banana
- 2 handfuls of frozen spinach

1 serving

1.5 cheats

Tools:

Blender

Directions:

1. Add Greens and Coconut Milk/Soy Milk to blender
2. Add everything else and Blend and Serve

With both of these smoothies, you will need to add some sort of traditional protein or you will become hungry before lunch. Many times you can grab something leftover from the night before or you can add a hard boiled egg or a serving of a protein shake powder.

Week 6: Recipe Suggestions

SOUPS!

Recipe: Cream Of Tomato Basil Soup

(with Chef Maihaa)

5 - 10 ingredients

8 - 10 servings

- 0 cheat per serving without options
- 1 cheat with options

Ingredients:** Means optional ingredient

- 1 Large Onion
- 1 Tsp Oil
- 2 cloves garlic
- 2 Large Cans Tomato Puree
- 2 Large Cans Water (Use Tomato Can to measure)
- 1 Tsp Dry Basil
- 1 Handful Fresh Basil
- 3-4 Tsp Sea Salt
- Optional *1 Handful Cashew Pieces or *1 can Coconut Milk
- **Black Pepper

Tools:

- Stock Pot or Pressure Cooker
- Wooden Spoon

Directions:

1. Dice Onions and garlic
2. Heat Pot and add Oil and Onion to Pot- you should hear a sizzle
3. Slowly Brown and melt on Medium Heat
4. Sprinkle Dry Basil Herb on Caramelized Onion
5. Add Tomato and let cook
6. Add Water Salt to pot
7. Cook 30-45 Minutes
8. Serve with Fresh basil and ** Black Pepper

Week 6: Recipe Suggestions

RECIPE: Asian Miso Soup

(Adapted from the Vitamix Recipe Cookbook)

Ingredients: **Optional ingredient

3 scallions, chopped
1 finger (1 inch) of ginger
3 1/2 cups of water
3 1/2 ounces of chopped shitake mushrooms (no stalks)
4 cups of chopped bok choy
2 ounces of rice noodles
1 T of tamari
3 T of miso
1/4 lb of one of the following:
Extra firm tofu, shrimp, white fish such as cod or chicken
A Few cilantro leaves

Tools:

Stock Pot

Directions:

1. Place water, tamari, miso, ginger, scallions into a stock pot and turn to high.
2. Add mushrooms, rice noodles, bok choy and protein. Once boiling, turn to simmer and simmer for 10 minutes or until the noodles are tender.
3. Serve with cilantro leaves.

11 ingredients

2 servings

1 cheat per serving

Week 6: Recipe Suggestions

Salads!

RECIPE: Nani's House Salad

7 ingredients

2 servings

1 cheat per serving

Ingredients:

- 1 lb of mixed greens or romaine lettuce
- 1/4 of thinly sliced red onion
- 1/2 of a chopped avocado
- 1 large squeezed lemon
- 3 shakes of sea salt
- 1 teaspoon of olive oil
- 6 crushed macadamia nuts (as a topping)

Tools:

Large Salad Bowl

Directions:

1. Add greens in a bowl
2. Add Red onion, avocado, lemon, olive oil, sea salt.
3. Mix
4. Sprinkly macademia nuts on top.

******For a complete meal, mix with the pan roasted or herb roasted “protein” of your choice.

Week 6: Recipe Suggestions

RECIPE: Avocado Herb Salad (with Chef Maihaa)

6 - 9 ingredients

8 servings

1/2 cheat per serving

Ingredients:

2 Ripe Avocados

*1 Handful Fresh Herb- Pick One *Basil, *Chives,
*Cilantro, *Dill or *Parsley

1-2 Cloves Garlic

*1/4 Cup Vinegar, *Lemon or *Lime Juice

2-3 lbs of Veggies Pick 1,2 or 3 (*Cucumber, *Red Onion, *Tomato)

1 Tsp Sea Salt

Clean Salad Greens (optional)

Tools:

Blender

Bowl

Directions:

1. Cut one Avocado in 1.2, save the side with the seed attached, put in blender
2. Add to blender Vinegar/lemon juice/Lime Juice, garlic, Fresh Herb, and Salt
3. Blend and put dressing in bottom of a bowl
4. Cut other Avocado in 1.2 and score all Avocado halves into squares, and scoop into the bowl
5. Cut the rest of your chosen veggies into similar square shapes and add to bowl.
6. Toss and eat for the next few days. Serve on Salad greens if you like

Week 6: Recipe Suggestions

RECIPE: Amazing Tart Lime Mango Salsa!

5 ingredients

3 servings

If first fruit of day, 0 cheats

Ingredients:

- 3 mangos
- 1 large cucumber
- 2 tablespoons of finely chopped red onion
- 1/4 cup of fresh chopped cilantro
- 1 fully squeezed lime (depending on your taste, please add more)
- 1/4 finely chopped jalapeno

Tools:

Bowl

Directions:

1. Peel mango and slice into 1 inch cubes.
2. Peel cucumber and cut lengthwise.
3. Scoop out seeds and dice into 1 inch cubes.
Place in large bowl.
4. Add most cilantro, jalapeno, and squeeze lime.
5. Serve in large bowl with serving spoon and sprinkle a bit of the cilantro on top and a lime wedge for presentation if desired.

Week 6: Recipe Suggestions

RECIPE: Protein Grill or Roast Salt and Spice Formula (with Chef Maahia)

3 - 4 ingredients

4 servings

1 cheat per serving

Ingredients:

- *1 Lb Protein Fish/Chicken/Tofu
- 1 Tbsp Oil
- 1.2-1 Tsp Sea Salt
- *1 Tsp Dry Spice- Your Choice

Tools:

- Cookie Sheet or Large Baking Pan
- Parchment or Tin Foil

Directions:

1. Heat Grill or Oven to 400-450 degrees
2. Sprinkle Protein with Salt and Spice
3. When Grill or oven is hot, Rub with oil
4. Cook for 10-15 minutes (Fish and Tofu)
20-25 minutes (Chicken)

** Some fish may fall apart and may need to sit in Parchment Lined Foil

Week 6: Recipe Suggestions

RECIPE: Mushroom Sauce (with Chef Maihaa)

6 - 8 ingredients

6 servings

1 cheat per serving

Ingredients:

- 2 Trays Mushrooms
- 2 Tsp oil
- 1 Clove Garlic
- Optional- 2 Tbsp** Red Wine
- 1 1.2 Cups Water or Stock
- 2 Tbsp** Tamari
- 3Tsp Sea Salt
- 1 Heaping Tbsp *Arrowroot or *Kudzu *Tapioca Starch Powder

Tools:

- Whisk
- Saucepan

Directions:

1. Slice Mushrooms and Garlic
2. Heat Pan, add oil and Mushroom
3. Add Garlic- Cook until Mushrooms brown and SQUEEKY
4. Add Wine and cook until gone
5. Add 1 Cup Water/Stock, Tamari and Salt
6. Mix Starch Powder in Remaining Water/Stock- Dilute and add to sauce
7. Cook until Translucent