

PEERtrainer

Cheat System Recipes!

Cheat System Recipe Guide

Includes :

- Cheat System Breakfast, Lunch and Dinner Suggestions
- Quick Reference 'Cheat' Guide
- Beginner/Advanced Tips
- Cheat System Success Shortcuts!

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer programs. 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.

Introduction

This meal plan will show you how to make the cheat system work for you.

Each day has between 6 - 10 cheats. The emphasis is on nutrients and making the percentages work for you (and the scale)!

The 4 things I want you to keep in mind as you flip through:

1 Clean the house out of all the junk. If it's there and it's late night, do not assume you will have the discipline, especially after a stressful day. (Even if it's "complementary stress like a 10 mile run!). If it's not there, you won't eat it.

2 When in doubt, 75% is vegetables, 25% is traditional protein: 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)

3 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.

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. This month, I want you to focus on finding these three or four meals that taste good and give you energy.

Have a great week, Masterminders! - Jackie

Meal Plan: Quick Start Tips



MAKE Ahead of time so you can always grab 'n go:

- **Hard boiled eggs.** Make 6, stays in fridge
- **Your choice of Soup.** Keeps for 3 days in fridge, or make and freeze 1/2
- **Beans.** Place in bowl to soak overnight, cook in morning when you are getting ready for the day. Lentils are best, no soaking required! Only 45 minutes cooking time
- **Sauces and traditional proteins.** Place in tupperware for convenience throughout the week.



DINING OUT QUICK TIPS:

- **Restaurants have full, entire kitchens at your disposal.** Take a look through the entire menu so you know what they have readily available. Jalapeno, garlic, lemon, lime, mustard, avocado, red pepper flakes can all be used to make fantastic dressings
- **Always say no to the bread basket or chips.** Do not even let them sit on the table.



PARTY ON:

- **Use the 2x2 rule:** 2 hors d'oeuvres, 2 drinks.
- **How To Have Control:** Most people overeat at parties because they are nervous or anxious or because they went there hungry. Have awareness of this. If this is you, always have a glass of sparkling water with lime in your hand. Also works if you want people to think you are having alcohol and want to avoid the pressure.

Quick Guide to Cheat Options!

Cheat counts are always approximate! For the purpose of this page, all cheats are counted as advanced (see next page for explanation of advanced, and are per serving.

0 cheats:

- Roasted Vegetables
- Stir Fry

1 cheat:

- Butternut Squash Soup, pg 13
- Cream or Brocco Soup
- Easiest Italian Chicken pg 16
- Japanese Chili Salmon, pg 17
- Orange Sauce, pg 19
- Tex Mex Tabouli
- Simple French Salad
- Indian Chili: Veg Version
- Lemon Almond Miso Sauce
- Chocolate Raspberry Torte Shake

1.5 cheats:

- Banana Dipped in Chocolate Shake
- Warm Applewood Bacon Soup

2 cheats:

- Tex Mex Salad, pg 21
- Indian Chili: Meat Version,
- Asian Fusion Chicken Salad

3 cheats:

- Warm Applewood Bacon Soup with Japanese Chili Salmon

4 cheats:

- Chipolte Lunch (out)

Cheat System: Beginner or Advanced?

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 well.

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!

Cheat System RECIPES (Suggestions):

Cheat System Quick Tip:

Think of these recipes more like flexipes. If you see one ingredient you don't like, don't use it!

FLEXIPES are simply guidelines that teach you how to put meals together that you love, hence, the
FLEXIPE!

The most important thing it teaches you is to trust your own sense of smell, taste and to develop confidence.

With these techniques, you will be able to become your own personal chef.

Recipe Suggestions: Breakfast Shakes

RECIPE: Banana Dipped In Chocolate Shake (Entire Breakfast)

4 ingredients

1 serving

1.5 cheats

Ingredients:

1. 1 Frozen Banana
2. 1 Tablespoon of Hemp Seed (optimal protein & nutty flavor. If unavailable, add 1 T of almond butter)
3. 8 - 10 oz of coconut milk (unsweetened)
4. 1 scoop of Chocolate vegalite or pea/rice protein powder
5. 6 ice cubes

Tools:

Blender

Directions:

1. Place frozen banana pieces and hemp seed or almond butter, coconut milk and blend
2. Place protein powder and blend
3. Add ice cubes.

Blend and serve!

Recipe Suggestions: Chocolate Raspberry Torte

RECIPE: Chocolate Raspberry Torte Smoothie (Entire Breakfast)

4 ingredients

1 serving

1 cheat

Ingredients:

1 scoop of Chocolate pea/rice protein powder

1/2 a scoop of fiber

1 cup of Unsweetened Coconut Milk (you can get this in the refrigerated milk aisle.

We prefer so Delliious. Be sure to buy unsweetened. You may substitute with

Almond Milk

1 cup of Organic Raspberries

1/2 cup of filtered water

6 ice cubes

Directions:

Combine the coconut milk, raspberries

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of pea/rice protein powder and KEEP BLENDING.

AS it BLENDS... Add the following:

fiber supplement. Optional: Add Nuts and Cinnamon

KEEP BLENDING. As it thickens, ADD up to another 1/2 Cup of water.

Enjoy!

****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

Recipe Suggestions: Orange Creamsicle Shake

RECIPE: Orange Creamsicle (Entire Breakfast)

4 ingredients

1 serving

1 cheat

Ingredients:

1 scoop of Vanilla pea/rice protein powder

1/2 a scoop of fiber

1 cup of Unsweetened Coconut Milk

(you can get this in the refrigerated milk aisle.

We prefer so Deliiious. Be sure to buy unsweeneted.

You may substitute with Almond Milk

1/2 of a peeled orange

1/2 cup of filtered water

6 ice cubes

Directions:

Combine the coconut milk, orange and ice cubes

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of pea/rice protein powder and KEEP BLEND-
ING. AS it BLENDS... Add the following:

fiber supplement. Optional: Add 1 tablespoon of chia seeds or flax

KEEP BLENDING. As it thickens, ADD up to another 1/2 Cup of water.

Enjoy!

*****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

Recipe Suggestions: Butternut Squash Soup

Recipe: Butternut Squash Soup (To Be Combined with a Traditional Protein)

Ingredients: ** Means optional ingredient

1. 1 Onion
2. 1 Apple
3. 1 Med/Large *Butternut Squash
4. 1 Tsp Oil- Any Oil
5. 7-8 cups Cold Water
6. 2-3 Tsp Sea Salt
- **1 Can Coconut Milk
- **Black Pepper
- **Fresh Herbs
- **Fresh Lemon juice

Tools:

- Stock Pot or Pressure Cooker
- Wooden Spoon
- Blender or Immersion Blender

Directions:

1. Peel and Cut onion into Quarters - Heat Pot on Medium
2. Add oil and Onion to pan- you should here a sizzle
3. While onion is browning, remove skin, cut Squash/Yams into large pieces.
4. Add to hot pan. Continue to brown with Onion
5. Peel and quarter Apple and add to pan. Continue to brown
6. Add Water, **Coconut Milk and Salt to pot
7. Cook until everything is soft (30 min in Pot, 10 min in Pressure Cooker)
8. Blend with immersion blender and add optional garnishes.

5 - 10 ingredients

8 - 10 servings

1 cheat per serving

Cheat System

Quick DelishTip:

The quality of the squash or yam will make this soup just OK or GREAT! Look for dark skin, and heavy weight for the size to pick a good one.

Recipe Suggestions: Cream Of Broccoli Soup

**RECIPE: Cream of Broccoli or
Shortcut Power Soup
(To Be Combined with a Traditional Protein)**

5 ingredients

8 - 10 servings

1 cheat per serving

Ingredients: **Optional ingredient

5 cloves of garlic
3 large broccoli heads (including stems)
1/2 lb of fresh spinach leaves
1 Box of Organic Chicken/Mushroom/Veg Broth
(prefer Pacific brand)
1 can of coconut milk

Optional:

**Sea Salt/ Pepper, **1/2 chopped Jalapeno

Tools:

Stock Pot
Blender or Immersion Blender

Directions:

1. Cut Broccoli into quarters and mince garlic
2. Place all ingredients in large stock pot in the following order: Broth, Coconut Milk, Broccoli, Spinach, garlic, chopped jalapeno, salt, pepper
3. Turn to High until Boil, then turn to simmer for 20 minutes.
4. Blend with immersion blender
5. Sea Salt/pepper to taste

Recipe Suggestions: Warm Applewood Bacon Soup

**RECIPE: Warm Applewood Bacon soup
(with Chef Beau from FOOD SHACK)
(To Be Combined with a Traditional Protein)**

9 ingredients

8 - 10 servings

1.5 cheat per serving

Ingredients:

- 5 cloves of garlic
- 1 peeled red apple, sliced in quarters
- 1 small glass of chardonnay
- 2 - 3 slices of cooked bacon.
- 1 large box (or 4 cups) of organic chicken broth)
- 1 small sweet yellow onion (sliced)
- 1 can of coconut milk
- 1 large package of frozen spinach or 1 lb of fresh spinach (pre-washed)
- 1 large blend of Gourmet Mushrooms or Shitake Mushrooms or Regular Button Mushrooms

Tools:

- Stock Pot or Pressure Cooker
- Wooden Spoon
- Blender or Immersion Blender

Directions:

1. Peel and Cut onion into Quarters - Heat Pot on Medium
2. Add oil and Onion to pan- you should here a sizzle
3. While onion is browning , place bacon in pan
4. Add to hot pan. Continue to brown with Onion
5. Add mushrooms and continue to brown.
6. Peel and quarter Apple and add to pan. Continue to brown
7. Place the chicken broth, coconut milk, spinach chopped garlic in a pot and bring to boil.
8. Turn down to simmer and continue to simmer for 20 minutes.
9. Blend with immersion blender and serve.

Cheat System
Quick Rule:

Do not use "cooking" wine. If you wouldn't drink it, don't put it in your food! Only use chardonnay you would drink.

Recipe Suggestions: Easist Italian Baked Chicken

RECIPE: Foil Recipe: Easiest Italian Baked Chicken
(To Be Combined with Soup or Veggies)

5 ingredients

4 servings, 4 oz each

1 cheat per serving

Ingredients: ** Means optional ingredient

1 lb Organic Boneless Skinless Chickent Breast
1 Handful Fresh Herbs:
*Basil and *Oregano
1 Lemon or * 1 Lime
1 Tsp Oil
1 Tsp Salt

Tools:

Baking dish or Cookie Tray
Tin Foil

Directions:

1. Heat oven to 350 degrees
 2. Rub with oil
 3. Tear off tin foil big enough to wrap protein
 4. Place Chicken on 1/2 Parchment
 5. Slice Lemon/Lime and lay on Protein
 6. Rinse fresh Herb and Lay on top of Lemon or lime
 7. Fold tin foil and roll edges like a calzone-start at rounded side
 8. Bake on cookie sheet or in baking dish for:
25-35 minutes Chicken Breast
- Enjoy!

Recipe Suggestions: Japanese Chili Salmon

RECIPE: Japanese Chili Salmon
(Easy Foil Recipe)
(To Be Combined with Soup or Veggies)

5 ingredients

4 servings, 4 oz each

1 cheat per serving

Ingredients:

- 1 pound of fresh salmon.
- 4 shakes of red pepper flakes or 1 shake of Cayenne
- 1 Tablespoon of olive oil
- 1 teaspoon of fresh sesame seeds
- 4 shakes of salt

Tools:

- Baking dish or Cookie Tray
- Tin Foil

Directions:

1. Preheat oven to 400 degrees.
2. In a large casserole dish pan, place a large piece of tin foil that is big enough to place and seal salmon
3. Place salmon in the pan and drizzle olive oil
5. Add sesame seeds, red pepper flakes and salt being sure to spread evenly over the salmon.
6. Seal tin foil like a calzone pouch for the salmon
7. Place in oven for 25 minutes
8. Place remaining salmon in container for other meals..
9. Enjoy!

Recipe Suggestions: 0 Cheat Stir Fry!

RECIPE: Asian Stir Fry Vegetables (To Be Combined with Traditional Protein)

Ingredients:

*1-7 Vegetables- Pick your favorites (Carrot, Onion, Mushroom, Broccoli, Zucchini, Cabbage, Snow Peas, Bok Choy, Celery, Green Bean)

1/2 tsp Oil

1/4 Tsp Sea Salt

1 Cup ice water--- very cold

Tools:

Wok or Large Frying Pan

Large wooden Spoon

Directions:

1. Cut all vegetables in Large Pieces
2. Make Ice Water
3. Set out Oil and Sea Salt
4. Set out a Serving Dish or Bowl for cooked vegetables
5. Heat Pan on HIGH- Keep it on High the entire time
6. Add 2-3 drops of oil, and first vegetable to hot pan
7. Add the rest of Veggies one at a time-

Do Not Crowd Pan

8. Keep Stirring and add a small pinch of Sea Salt
9. Keep stirring until you smell the vegetables and they start to brown
10. Add a drizzle of Ice water and steam veggies

----if using sauce, add it here---Sauce is optional---

11. Empty into serving bowl.
12. Enjoy!

4 - 10 ingredients

6 servings

0 cheats

Important Stir Fry Tips!

* You may need to do more than one batch to keep the surface area open

** Add veggies in this order: Mushrooms- Onion- Roots- Stalks- Greens

*** Rinse out pan in-between batches

**** Cook your protein in its own batch and mix in after

Recipe Suggestions: Orange Sauce

RECIPE: Orange Sauce
Great on Top of Stir Fry!

7 - 8 ingredients

8 servings, 1/4 C each

1 cheat per serving

Ingredients:

- 2 Organic Oranges
- 1 TBSP Vinegar
- 2 Tbsp Frozen Orange Juice Concentrate
- 2 Tbsp Tamari
- *1 Clove Garlic and or, *1 Inch Fresh Ginger
- 1 Tsp Sea Salt

Tools:

Whisk

Directions:

1. Remove Zest from one Clean orange
2. Add Juice of Both Oranges
3. Add ginger and or Garlic
4. Add Tamari, Vinegar, Orange Concentrate and Salt
5. . Either add to Stir-Fry Veggies at the end of cooking,
or
gently heat in a saucepan until sauce turns from opaque
to translucent. Approximately 5 minutes

Cheat System (Suggestions):

Cheat System Success Tip:

You're going to focus on finding 3 - 4 meals
you can rotate.

This is the most common quality of successful long
lasting success: finding 3 or 4 meals you love and
then rotating other meals in a few months later.

Recipe Suggestions: Tex Mex Salad with Chips!

RECIPE: Tex Mex Salad With Potato Chips! (ENTIRE MEAL)

Ingredients:

4 huge handfuls of chopped mixed greens (must be chopped! Resist the urge to throw in whole and chop them!

1 cup of Tex Mex tabouli (see next page)

1/2 of an avocado

1/4 head of chopped cabbage..

**OPTIONAL:

1 gigantic handful of plain sea salt potato chips!

1/2 cup of fresh or canned chick peas

Tools:

Large Mixing Bowl

Wooden Spoon

Knife/cutting board

Dressing:

Magic lime:

2 limes, pinch of salt, 4 shakes of red pepper flakes.

Mix!

Directions:

1. Place the chopped greens, cabbage in bowl.
2. Then add the chick peas, Tex Mex tabouli,, avocado, juice of 2 limes, pinch of salt, 4 shakes of red pepper flakes.
3. Crumble the gigantic handful of potato chips and sprinkle on top.
4. Toss and serve!

7 - 8 ingredients

1 serving

2 cheats per serving

If you decide to have the potato chips, do NOT buy a huge bag! You do not want a large bag of potato chips sitting around! Only buy a small 1 serving bag, no added flavors. Just nice and plain. Kettle cooked work well.

Recipe Suggestions: Tex Mex Tabouli

RECIPE: Tex Mex Tabouli
(To Be combined with Veggies and Traditional Protein)

5 - 7 ingredients

1 C per serving

0 cheats per serving

Ingredients:

Base:

- 2 Cups of Quinoa
- 1 tomato (chopped)
- 1 cucumber (sliced in 1/2 and scoop out seeds)
- 3 tablespoons of chopped red onions
- 1/2 squeezed fresh lime
- Salt to taste

****Optional:**

- substitute red onion with 3 scallions
- 1/2 of finely chopped jalapeno (seeds included)
- 2 tablespoons of cilantro



If you are advanced,
1 C = 1 cheat

Tools:

- Large Mixing Bowl
- Wooden Spoon
- Knife/cutting board

Directions:

1. Prepare quinoa according to directions on package or in a rice cooker.
 2. Place chopped tomato, cucumber, red onions, jalapeno, lime, salt in bowl.
 3. Mix.
 4. Add in prepared quinoa and mix again.
- Serve!

Recipe Suggestions: Simple French Salad

RECIPE: Simple French Salad (To Be Combined with Traditional Protein)

8 - 9 ingredients

2 servings

1 cheat per serving

Ingredients:

Huge Vat of mixed greens
spinach

**Optional:

2 tablespoons of red onions

Dressing:

French mustard:

1 tablespoon of Dijon (no honey, no spice, straight dijon)

2 fresh squeezed lemons

2 cloves chopped fresh garlic

1 tablespoons of olive oil

1 tablespoon of water

Pinch of salt

Blend together serve. Makes 2 servings. 120 calories per serving.

Tools:

Large Mixing Bowl

Wooden Spoon

Knife/cutting board

Directions:

1. Place in Bowl
2. Mix and Serve!

Cheat System Recipe (Suggestions):

Cheat System Success Tip:

See what meals you've liked from Days 1 and 2 and feel free to substitute! This should be easy for you.

You don't always have to cook.

Leftovers are sometimes the best option and the best way to be successful.

Recipe Suggestions: 4 hour Diet inspired!

RECIPE: Power Breakfast (Entire Meal)

Ingredients:

chopped broccoli stems
1/3 of a sweet yellow onion chopped
2 cups of cooked lentils
1 T of hemp seed or 1 T of crushed walnuts
3 handfuls of fresh spinach leaves
1 Tsp Salt
1 Tsp Olive Oil
1 T of oregano
3 chopped basil leaves

Tools:

Wooden Spoon
Skillet

Directions:

1. Heat pan to med high, place oil
2. Saute onions until brown
3. Then add broccoli stems. If it's a bit dry, add 2 T of water, cook for 4 minutes
4. Add walnuts, mix for 2 minutes
5. Add spinach leaves
6. Add oregano, lentils, salt

Garnish with fresh basil. Do not cook the basil! Add more salt or oregano depending taste.

9 ingredients

2 servings

0 cheats



Advanced:

1 cheat per serving

Recipe Suggestions: Indian Chili

RECIPE: Indian Chili (Entire Meal)

10 - 12 ingredients

3 servings

Meat version:

1 cheat per serving

Vegetarian version:

0 cheats per serving,

Ingredients:

8 oz fresh or canned black beans
 8 oz fresh or canned small red beans
 1 large bag of frozen or fresh organic spinach
 1/2 an onion, sliced
 2 large 'thumbs' of fresh ginger, peeled
 5 shakes of red pepper flakes
 Sea Salt to taste
 1 tablespoon of olive oil
 4 dried long chili peppers
 6 cloves of garlic

**OPTIONAL:

Muchi curry (available at Whole Foods or Indian grocery)
 1/2 lb of meat of your choice



Advanced:

Meat version: 2 cheats

Vegetarian: 1 cheat

Tools:

Skillet
 Wooden Spoon

Directions:

1. In a very large skillet on medium high, drop in the olive oil and the 4 dried chili peppers.
2. In a cuisinart or blender or by hand, mince the garlic and the ginger together and place in the pan. Mix.
3. Add the onions and saute until light brown, and add a few shakes of red pepper flakes. (then add meat if in the recipe)
4. Add the frozen spinach.
5. Add about 5 shakes of Muchi curry or a little more if you like more "Indian" taste.
6. Keep mixing. Add beans (if canned, make sure you've rinsed to get the sodium off) and a few more shakes of red pepper flakes and Muchi curry.
7. Add salt to taste.
8. Mix and stir on low heat until the beans have come to a boil.



Recipe Suggestions: Sauce

RECIPE: Lemon Almond Miso Sauce

4 ingredients

Ingredients:

- 4 heaping Tbsp Almond Butter
- 2 heaping Tbsp Miso- any kind
- 3 1/2 cups water (more to thin sauce if needed)
- 1 Lemon

14 servings (1/4 C)

1 cheat per serving

Tools:

- Whisk
- Saucepan
- Grater

Directions:

1. Place Miso and Almond Butter in pan
2. Add Water and Grated Lemond Peel
3. Heat on medium and whisk until integrated, about 5-10 minutes
4. Add a squeeze of lemon juice
5. Mix with protein of your choice. Even great as a dressing.

Day 3 Recipe Suggestions: Dinner

**RECIPE: Roasted Broccoli or Asparagus
(or ALL VEGETABLES)
(To Be Combined with Traditional
Protein)**

Ingredients: 2-3 lbs
Veggies: Broccoli, Asparagus,
Other Options: Cauliflower, Carrot, Zucchini, Onion,
Mushrooms, Green Beans,
Beets, Rutabaga, Turnip, Peppers, ETC.....
1 Tsp Salt
2 Tablespoons of Oil

Tools:
Cookie Sheets or Baking Dishes

Directions:

1. Cut all Vegetables into large similar sized pieces
2. Rub oil in your hands then all over vegetables
3. Rub Salt
all over vegetables.
4. Roast in oven- 10 Minutes for wet Vegetables
- 20-30 minutes for Dense Vegetables

4 ingredients

6 - 8 servings

1/2 cheat entire recipe

Cheat System Success Tip:

These are a BIG hit with
kids almost every time!



Cheat System RECIPES (Suggestions):

Cheat System Success Tip:

Make another soup today!

Fresh soup is the best way to feel full on good for you nutrients. And you'll have it through the weekend.

Recipe Suggestions: Asian Fusion Chicken Salad

RECIPE: Asian Fusion Chicken Salad (Entire Meal)

9 - 12 ingredients

4 servings

2 cheats per serving

Ingredients:

1 Pound of skinless, boneless, chopped chicken thighs.
 1 Head of Bok Choy cabbage
 1 bunch of Green Onions
 Some parsley (optional and you can swap with Cilantro)
 Almonds (or Almond Butter)

Dressing:

1 Tablespoon Toasted Sesame Oil
 or 1/2 half an avocado
 1 Large squeezed lemon
 1 T Honey (this is a MUST for the recipe)
 1 tsp Sea Salt
 Ginger (1 finger)
 2 shakes Crushed Red Pepper Pepper
 Optional: 1/4 chopped Jalapeno

Cheat System Nutrient Note:

One head of Bok Choy has around 900 mg of Calcium. As you develop the habit of adding Bok Choy to your salads, you'll find yourself eating a lot of it. And getting a lot of calcium in the process!

Directions:

1. Cook the chicken in a pan, just throw it in and cook until it is done. Drain the fat, cool and cut up. To really turn up the nutrient density, put half the chicken in a container and put it in the fridge to make a second batch later. For a vegan option you can easily substitute the chicken with tofu or some other plant based food.
 2. Chop the Bok Choy and Green Onion as finely as you can, toss into a large bowl with the cooled chicken.
 3. Break out the food processor or blender and throw in the dressing ingredients. You can really work the flavor here, and adjust to your own tastes.
 4. Mix all the ingredients and eat. If you want a spicier salad, add more spices. If you want a nuttier flavor, add more Sesame Oil or other oil
- The Bok Choy is super crunchy and makes an excellent base that can support a variety of flavors.