Easy & Cheap LOW CARB DIET BOOK

Watch Your Weight with Healthy Low Carb Recipes for Fat Loss



30 Day Fat Loss Diet Plan

Nigel Methews

Easy & Cheap Low Carb Diet Book:

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Dedication

I dedicate this book to those of my friends, who have been struggling with the extra pounds, for their continued support has inspired me to write this book.

I also wrote this book in memory of Jane Nidetch who devoted herself helping others to lose weight and stay fit.

And I recommend you my other books:

Weight Loss Recipes
https://amzn.to/2GSYLx3

The Complete Ketogenic Diet Cookbook
https://amzn.to/2EQt8D2

Best Ketogenic Instant Pot Recipes

https://amzn.to/2NlxwxA

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Introduction

Among the many diets and weight loss systems, there is a surprising one that transformed from fat-girlfriend-parties into the worldwide company “Weight Watchers” or “Watchman of weight.”

If you keep thinking about calories, and that brings you a headache, this program is ideal for you.

Weight Watchers began in America, (New Jersey) in September 1961. A housewife, Jane Nidetch, looked up in the mirror. "Well, I am 38. Well, I have two children. But I see the reflection of myself in the mirror. It is disgusting, believe me,” she concluded, taking a big bite of her favorite cookie. She sighed and picked up the phone. Jane said, “Hello. I’m fat.”

“Me too,” her friend replied, after a pause.

“No, not just fat, I'm fat,” said Jane.

“You want to talk about that?” her friend, who herself has been overweight for many years, asked.

“Yes,” Jane said firmly. "Come and talk to me now."

So began the career of Jane Nidetch who was the wife of a fat but good-natured bus driver, and the mother of two adorable boys. All her life she’d been fat. And not rich. The father of the future entrepreneur worked as a taxi driver in Brooklyn; also, he sold sandwiches that his wife made. Jane’s leadership abilities showed up at school. She was the leader of a group of plump girls. "We almost did not communicate with the thin," Jane said, "because they ate as much as they wanted and anything they could afford. What were we talking about? They were different!"

She made many attempts to lose weight. She tried different methods, but the end result was the same – she lost a couple of pounds, and then, when the program ended, gained back all of them, and more.

On that September evening in 1961, six girlfriends gathered to chat about their life, mostly to complain. Jane said, "I have to repent. I have a fatal passion – I

love cookies!"

And her best friend agreed: “Oh, yes! It's like a disease! I understand you. I have the same thing! But together we can! We will manage!”

So, they started creating the program to lose weight. The friends met every week at the same time to share their results and to support each other in case of failure. More and more people came, and in two months, there were about 40 members in the club. By the end of 1962, Jane had lost 66 pounds, and there were several hundred people in the club who wanted to lose weight. In 1963, Jane founded the company Weight Watchers, which by 2012, has offices in more than 30 countries. She has dozens of books and websites. Her clubs have become so popular that they started collecting membership fees and the accounts of women whom Weight Watchers helped significantly to lose weight.

The scoring system, which glorified the Weight Watchers, was developed much later - in the late 90s. In 2011, it was revised.

Anyway, today WW is quite an expensive company, with lots of money within it. The company is based on the aspect “bring a friend.” Its members pay a monthly fee for the allowance to attend meetings in person or virtual meetings online. Also, participants get access to the database points of products, physical activities, etc. For each member you involve, you can get a discount on the subscription, which should motivate participants to come along with their friends.

What is the Weight Watchers diet?

This is an excellent, easy-to-follow diet supported by a lifestyle-change program called WW Freestyle.

The goal of a diet is to gradually lose pounds, which is not harmful to health. Pasta, steak, cheese, ice cream, etc., you can eat whatever you want on Weight Watchers. You can eat anything you like and when you like, but here is the trick. Lower-calorie foods cost fewer points, and the program steers you toward healthier foods with its points system. Each product has points which are measured daily. You'll have a Points target that's set up based on your body and goals (a special table of "weight watchers;" it will be determined how much energy (food) you can afford every day). Depending on the pounds you've lost, you will move to a different weight category; the number of points will also change.

It is necessary to start writing a diary, where you need to put down each product you've eaten in ounces and points. You can't increase the number of items eaten, as this will decrease the results. If you have any party or event planned in a couple of days where there will be a lot of delicious food, cut your diet by several points for several days and add them on the day of the party. Therefore, you will not break the balance and losing weight will also be effective. However, it is important to do that rarely. Take note: a teaspoon of olive oil for dressing a salad - already 1 point, 4-5 oz of chicken fillet - 2 points, 8-10 oz of low-fat cottage cheese - 3.5 points, a cup of yogurt - 1,5 points, etc.

But don't be frustrated! There are also more than 200 "zero-point" items that you don't need to calculate at all. These include beans, chicken breast (skinless), eggs, and fish, sweet pepper, zucchini, tomato, the quarter of a bunch of leaf lettuce, etc.

As it was said before, the scoring system was revised, so, the new table looks like this:

- 26 points with a weight of up to 70 kg,

- 28 points with weights from 71 to 80 kg,
- 30 points with weights from 81 to 90 kg,
- 32 points with weights from 91 to 100 kg,
- 34 points with a weight over 100 kg.

What food can I eat?

No food is forbidden when you’re on the WW diet.

The eating plan factors sugar, fat, and protein into its points calculation to lead you toward fruits, veggies, and lean protein, and away from stuff that's high in sugar and saturated fats. You can still do Weight Watchers if you're a vegetarian, vegan, have other preferences, or if you need to limit salt or fat.

Let’s imagine that at the end of the day, it turned out that you didn’t get the points. Great! Write them down for the future use. After all, the main "weight loss" unit of time for "weight watchers" is a week. If yesterday you didn’t spend three points, you can "eat" them on Friday, when you go to a cafe after work. But! The points are not transferred to the next week. If you haven’t used up the saved stock by midnight on Sunday, all items will disappear!

Consuming fruits and veggies means that the diet is high in fiber, which helps to keep you full. Nutritious foods that fill you up have fewer points than junk foods with “zero” calories.

Weight Watchers Shopping list

Lean proteins. A food's protein content lowers its points value, which means you can eat larger servings of lean protein and stay within your point limits. Lean cuts of beef, poultry, and canned tuna in water should feature on your list. Add frozen or fresh fish to vary your protein intake. Beans, lentils, eggs, non-fat dairy, and tofu are vegetarian options.

When you choose lean proteins, you minimize your intake of saturated fat, which has a higher point value, because consuming too much of it increases your risk of developing high cholesterol and heart disease.

Avoid proteins with breading or added fat, such as fish frozen in butter sauce. Processed meats, including hot-dogs and bacon, have higher point values too, so leave them off your list.

Whole Grains (brown and wild rice, whole-grain pasta, barley, bulgur, buckwheat and polenta as side dishes for meals, etc.) Put thin or light bread slices or tortillas on the list, using these to wrap sandwiches or burgers; whole-grain options are preferred, but not required on the program.

Cold, whole-grain cereals that contain 0.35 oz of sugar and 0-1 oz of fiber are good for breakfast, as is hot whole-grain cereal, provided it doesn't contain added sugar, dried fruits, or nuts, which increase the points value. Air-popped popcorn or microwave popcorn labeled as 94% fat-free is a good snack.

Avoid flavored rice mixes, white rice, and white-flour pasta and bread. These foods have minimal fiber, which is key in slowing digestion, so you feel full sooner and for longer when you eat whole grains.

Grocery. Put fresh, frozen, and canned fruits on your list – but make sure they

don’t have added sugar. If you like eating dried fruits, choose those without added sugar – such as raisins.

Most vegetables belong on your shopping list. Choose fresh whenever possible, but canned and frozen options without added sauce, fat, or salt are also good choices. Put watery, fibrous vegetables on your list and eat them with abandon; these are considered free foods that don’t count toward your daily points value. Dark green lettuces, kale, spinach, green beans, cauliflower, and eggplant are easy-to-find types of fibrous veggies. Purchase smaller quantities of corn, peas, and potatoes because they have higher point values.

Healthy Fats, Dairy, and Condiments. Include linen seeds, olive and vegetables oils, avocado oil, nuts and other seeds.

Weight Watchers recommends fat-free dairy products, such as skim milk, non-fat cottage or cream cheese, and fat-free plain yogurt. Soy milk, cheese, and yogurt are suitable non-dairy substitutions. Plain coffee, tea, and diet soda are allowed only if they don't have added sugar. Garlic, shallots, herbs, and spice blends – without added sugar or salt. Hot pepper sauce, ketchup, soy sauce, and mustard are also OK, as are any mayonnaise, margarine, salad dressings, or fat-free sour-cream.

Chapter 1. Breakfast

Each recipe is interesting and delicious, and you will spend less than an hour making it.

1.French Toast Casserole

Ingredients:

- Dark brown sugar - 2/3 cup
- Butter - 2 tablespoons
- Dark corn syrup - 2 tablespoons
- Cooking spray
- Low-fat milk – 1 ½ cups
- Egg substitute – ½ cup
- Vanilla extract - 1 teaspoon
- Salt 1/4 teaspoon
  Orange peel - 1/8 teaspoon, grated
- Eggs – 2
  French bread - 6 (1 inch-thick) slices
- Frozen fat-free whipped topping - 6 tablespoons
- Liqueur – 2 tablespoons, orange-flavored
  Pecans - 2 tablespoons toasted, finely chopped

Preparation:

Combine sugar, butter and corn syrup in a small saucepan over medium heat. Cook 5 minutes or until bubbly and sugar dissolves, stirring constantly. Pour sugar mixture into bottom of a baking dish coated with cooking spray. Spread the mixture evenly over the bottom of the pan. Set aside; cool completely. Meanwhile, combine milk and the rest of the ingredients in a large shallow bowl; stir with a whisk. Dip a bread slice into milk mixture; arrange bread slice over sugar mixture in dish. Repeat procedure with remaining 5 bread slices. Pour any remaining egg mixture over bread slices. Cover and put into a fridge for 5-6 hours. Preheat oven to 350°F. Bake the casserole for 30 minutes or until lightly browned. Meanwhile, mix whipped topping and orange liquor. Place a bread slice, caramel side up, on each

plate; top each serving with a tablespoon of topping and pecans.

2.Souffle with Turkey

Ingredients:

- Turkey – 1 cup, cooked, finely chopped
- Butter – 3 tablespoons
- Flour – 3 tablespoons
- Milk – 1 cup
- Salt, black pepper, paprika to taste
- Onion – 1 teaspoon, grated
- Parsley – 1 tablespoon
- Eggs – 3

Preparation:

In saucepan, melt butter, and blend in flour, pepper, paprika, and salt; then, add milk. Cook quickly, stirring constantly until the mixture thickens and bubbles. Add onion, turkey, and parsley. Beat eggs until thick. Add to the saucepan. Mix well. Pour the mixture into soufflé dish. Don't grease the dish. Bake at 325 F for about 50 minutes. Check with the toothpick or knife (when it comes out clean, the soufflé is cooked). Serve hot with dilled mushroom sauce.

Dilled mushroom sauce:

- Onion – 2 tablespoons, finely chopped
- Butter – 2 tablespoons
- Flour – 2 tablespoons
- Milk – 1 ¼ cup
- Dill – ¼ tablespoon, dried or fresh
- Mushrooms - 3 oz., chopped
- Salt, pepper to taste
- Cook onion in butter until tender but not brown. Stir in flour, dill, salt, pepper, and mushrooms (drained). Add milk all at once. Cook and stir

until mixture thickens and bubbles.

3.Cottage Cheese Pastry

Ingredients:

- Toasted bread – 1 slice, (whole wheat)
- Cottage cheese – 2 oz, non-fat
- Cinnamon – 1/8 teaspoon, ground
- Vanilla extract – 1/8 teaspoon
- Sugar – ½ teaspoon

Preparation:

Mix cottage cheese with cinnamon, vanilla, and sugar. You can use substitute sugar, as well. Toast the bread. Spread on toast and place under the broiler until warmed through and beginning to bubble. Serve it warm.

4.Spinach Omelet

Ingredients:

- Spinach - 1 pkg, frozen
- Onion – 1 pc
- Garlic powder – ½ teaspoon
- Eggs – 6
- Milk – ¼ cup
- Vegetable oil – 4 tablespoons
- Romano cheese – ¼ cup

Preparation:

Pu the spinach in hot water, drain, and squeeze out most of its juice. Pour oil into the frying pan, add onion and sauté until golden. Add spinach and sauté a couple of minutes, then sprinkle with the garlic powder. Beat eggs with milk and add to spinach and onions. Mix well in the frying pan with Romano cheese. Cover with the lid and cook at low heat until set on the bottom. Cut in quarters and turn over. Cook 2-3 minutes more.

5.Swiss Corn Bake

Ingredients:

- Corn - 16 oz. (1 can), drained
- Swiss cheese - 1 cup, shredded
- Onions - 2 tablespoons, finely chopped
- Butter - 2 tablespoons, melted
- Milk - 5 1/3 oz. (1 can), evaporated
- Eggs – 2
- Bread crumbs – 1 cup
- Salt, pepper to taste

Preparation:

Combine corn, evaporated milk, 3/4 cup Swiss cheese, onion, and dash of pepper. Put the mixture into 10 x 6 x 2-inch baking dish or 1-quart casserole dish. Toss bread crumbs with melted butter and remaining Swiss cheese. Sprinkle over corn mixture. Bake at 350 F for about 30 minutes. If desired, garnish with pepper rings.

6.Rhubarb and Strawberry Pie

Ingredients:

- Sugar - 1 ½ cup
- Cornstarch - 3 tablespoons
- Nutmeg – ¼ teaspoon, ground
- Rhubarb - 3 cups, cut into pieces
- Strawberries - 2 cups, fresh, sliced
- Butter - 1 tablespoon
- Salt – a little pinch
- Pastry for double crust pie

Preparation:

In large mixing bowl, stir together sugar, cornstarch, salt, and ground nutmeg. Add rhubarb pieces and strawberries, toss gently to coat fruit. Put aside for 15 minutes. Meanwhile, prepare and roll out pastry. Line a 9-inch pie plate with half of the pastry. Trim pastry to edge of a pie plate. Pour fruit mixture into the pie plate. Dot with butter; place pastry on top of filling. Cut slits in top to allow steam to escape; seal edge. Bake at 350 F for 1 hour.

7.Backwheat with Vegetables

Ingredients:

- Buckwheat – 2 tablespoons
- Marrow - 1 small piece
- Bulgarian pepper - 1
- Celery stalk - 1
- Water – 1 cup
- Vegetable oil - 1 tablespoon
- Parsley – 1 oz
- Cumin – ½ teaspoon
- Oregano – ½ teaspoon
- Rosemary – ½ teaspoon
- Salt, pepper to taste

Preparation:

Put buckwheat in 1 cup of cold water. Cut celery into small pieces, and zucchini and Bulgarian pepper into small strips. In the frying pan, heat the oil with cumin. Put all the vegetables in a frying pan and fry for 5 minutes. Add buckwheat to the vegetables. Fry another 3 minutes. Add boiling water, salt, and all seasonings (oregano, rosemary, celery). Stew until the buckwheat is cooked. Serve hot sprinkling with finely chopped parsley.

8.Stuffed Squid with Eggs and Mushrooms

Ingredients:

- Squid – 15 oz
- Eggs - 4, hard-boiled
- Mushrooms (champignons) – 2 oz
- Onion – 1 oz, chopped
- Salt – ½ teaspoon
- Vegetable oil - 2 tablespoons
- Sour-cream - 2 tablespoons

Preparation:

Cut eggs into small cubes. Chop mushrooms and onions.

Fry the mushrooms and onions for 5 minutes in oil.

Combine eggs with mushrooms and onions, add sour-cream. Mix well. Wash and clean squids. Stuff squid carcasses 2/3 full of the mixture. Lubricate the remaining sour-cream and put in the oven for 20 minutes at 350 F.

9.Broccoli Soufflé

Ingredients:

- Broccoli - 1 ½ cups
- Milk - 1 ½ cups
- Eggs – 4
- Cheddar cheese – ½ cup, grated
- Parsley – a tablespoon, finely chopped, for decoration
- Salt to taste

Preparation:

Separate broccoli into florets. Cook in salty boiling water for 3 minutes, then drain. Put in a blender and blend till smooth. Add the rest of the ingredients; blend well again. Pour into medium casserole; bake uncovered, at 400 F for 20 minutes or until soufflé is puffy and top is browned. Serve immediately. Sprinkle with additional grated cheddar cheese and finely chopped parsley.

10.Tuna and Vegetable Cannelloni

Ingredients:

- Green beans – 1 cup
- Tomatoes – 2 large
- Onion – 1 medium
- Tuna - 2 small cans in oil
- Cannelloni - 10 pcs
- Egg – 1 hard-boiled
- Mayonnaise – 1 tablespoon
- Olive oil – 1 tablespoon
- Balsamic vinegar – 1 tablespoon (optional)
- Oregano – ½ teaspoon
- Salt, pepper to taste

Preparation:

Prepare tomato sauce: combine olive oil, finely chopped onion, and canned crushed tomato. Boil the cannelloni in salty water. Steam the green beans. In a bowl, place the beans, add the finely cut tomatoes and mix in vinegar, olive oil, oregano, salt, and pepper. Finely cut the egg, and add to the mixture with the tuna fish cans. Add the mayonnaise and mix everything well. Place the boiled cannelloni on the board and cover them with the mix. Pour the tomato sauce over cannelloni and bake in the preheated oven at 450 F for 10 minutes. Serve hot.

Chapter 2. Lunch

1.Juicy Chicken in Lemon Sauce

Ingredients:

- Chicken fillet – 11 oz
- Lemon – 1
- Olive oil – 1 tablespoon
- Butter – 1 oz, for frying
- Parsley – 1 tablespoon, finely chopped (for decoration)
- Salt, pepper to taste
- Cumin – 1 teaspoon, seeds

Preparation:

Sprinkle chicken fillets with salt and pepper. Cut them into big pieces or just cook the size they are, but remember that the cooking time will depend on their size – the bigger the fillet, the more time it needs to be cooked. Leave them for 10 minutes to soak up salt and pepper. Pour olive oil into a bowl, then dip the fillets into it. Pre-heat the frying pan, melt butter, and fry fillets in butter for a more delicate taste. In a separate bowl, squeeze the lemon, add cumin and finely chopped lemon. Pour the sauce into the frying pan with the fried chicken and sauté everything for a few minutes so that the chicken absorbs the juice. For serving: sprinkle chicken with parsley.

2.Exotic Curry Chicken

Ingredients:

- Chicken fillet – 11 oz
- Curry powder – 1 teaspoon
- Honey – 1 teaspoon
- Dry white wine – 1 oz
- Sour cream – 3 tablespoons
- Salt, pepper to taste

Preparation:

Cook the chicken. When the meat is golden brown, add wine, shake the chicken to absorb the taste of the wine. Then add honey and stew for a few more minutes. After the liquid is half evaporated, add sour cream and mix well. Then add curry and black pepper. Stir and turn off.

3.Spicy Chicken with Mint Syrup

Ingredients:

- Chicken fillets – 11 oz
- Salt, pepper to taste

Ingredients for syrup:

- Sugar – 1 cup
- Mint - ½ cup, dry
- Water – 1 tablespoon

Preparation:

Prepare the syrup first. To make, melt the sugar with water in the pan until it turns into caramel. Now, add the mint and stir until the syrup is formed. It is best to do it in advance so that it has time to cool down and soak up the mint flavor. Marinade the chicken in the mint syrup, add the onion and pepper to taste. Leave it in the fridge for 10-15 minutes. Meanwhile, you can cook the garnish. Put the marinated chicken in a pan with marinade and fry until a crust is formed. Also, the chicken can be baked in the oven in the same marinade.

4.Spicy Chicken Teriyaki

Ingredients:

- Chicken fillet – 1 lb.
- Orange juice – ½ cup (preferably freshly squeezed)
- Soy sauce – ½ cup
- Honey – 1 tablespoon
- Ginger - 1 teaspoon, dried
- Vegetable oil – 1 tablespoon
- Sesame – 1-2 teaspoons (optionally)
- Green onion – 1 teaspoon, finely chopped, for decoration

Preparation:

Cut the chicken fillets into small pieces. In a separate bowl, mix the soy sauce, orange juice, butter, ginger, and honey. If you have no juicer, then you can squeeze the orange. Mix the ingredients well. Pour the mixture over the chicken and leave it to marinate in the fridge for 5 minutes. Put the marinated chicken in a frying pan and fry over medium heat. After the chicken is cooked, in a separate frying pan, melt the butter and add the marinade. Boil a few minutes, and then pour over the chicken. Top with sprinkled onions and sesame seeds.

The best garnish to it is pasta or rice.

5.Casserole with Vegetables

Ingredients:

- Eggplant – 8-10 oz
- Potato – 1 medium (about 5 oz)
- Tomato – 1 large
- Vegetable oil – 5 tablespoons, for frying
- Cumin – a pinch
- Nutmeg – a pinch
- Egg – 1
- Milk – 5 tablespoons
- Cheese – 2 tablespoons, grated (cheddar or whichever you like)
- Salt, pepper to taste

Preparation:

Cut the eggplant into 1-inch slices, sprinkle with salt, and leave for 10 minutes. Then, fry the slices in oil on both sides. Clean the potato and cut it into slices. Bring water to boil and add a pinch of salt; put potatoes into it, and cook for 5-10 minutes. Place the fried eggplant slices, potatoes, and tomato in layers in the baking pot. Sprinkle each layer with salt, spices, and cumin. Mix an egg, milk, and grated cheese; season all with a pinch of grated nutmeg and pour this mixture on the vegetables. Bake in the preheated oven at 180 F for 25 minutes.

6.Chicken Rolls with Broccoli

Ingredients:

- Chicken - 4 fillets
- Broccoli – 10 florets
- Processed cheese- 3 oz
- Vegetable oil - 1 tablespoon
- Milk – 1 tablespoon
- Salt, pepper, paprika to taste
- Vegetable broth – 1 tablespoon
- Dried garlic – ¼ teaspoon

Preparation:

Boil broccoli florets in salty water for 5 minutes. Then drain and rinse with cold water. Sprinkle chicken fillet with black pepper and paprika, add salt. Cut triangles of processed cheese and lay on the edge of each fillet. Cover the cheese with broccoli. Roll each fillet with filling, fasten with toothpicks. Fry rolls in oil for 1 minute on each side. Place the half-roasted rolls in a greased baking dish and put them to the preheated oven to 400 F for 30 minutes. Meanwhile, prepare the sauce: In the pan, where the rolls were roasting, add the broth and milk. Add paprika and ground garlic, heat for 5 minutes. Pour the rolls with sauce and serve.

7.Pita Bread with Cheese

Ingredients:

- Pita bread - 3
- Cheese – 8-10 oz
- Tomato – 1 large
- Dill – 1 oz
- Parsley – 1 oz
- Mayonnaise - 1 tablespoon

Preparation:

Cut cheese and tomato into small cubes. Finely chop
dill and parsley. Stir all the ingredients and add mayonnaise. Cut each pita bread in half. Place a little stuffing on each pita bread half and fold. Place them on the grate and grill at a small heat, often turning over until the pita bread is golden brown and crunchy.

8.Cauliflower with Shrimp Sauce

Ingredients:

- Cauliflower - 1 head
- Cream of shrimp soup - 1 can
- Sour-cream – ½ cup
- Salt, pepper to taste

Preparation:

Separate cauliflower into florets, boil in salty water for 5 minutes and drain. Meanwhile, blend soup, sour cream, salt, and pepper. Heat the ingredients together but DO NOT BOIL! Arrange cooked cauliflower in serving bowl and top with shrimp sauce. Serve immediately.

9.Tuna Cutlets

Ingredients:

- Tuna canned – 4 ½ oz
- Oat bran - 2 tablespoons
- Low-fat cottage cheese – 1 oz
- Salt – a pinch
- Cayenne pepper – a pinch
- Vegetable oil – 2-3 tablespoons, for cooking
- Egg – 1

Preparation:

Drain the oil from the tuna, put it in a plate and mash it with a fork. Grind the bran in flour. Combine all the ingredients and mix thoroughly.

Form the cutlets and fry in a pan.

10.Omelet with Ham and Arugula

Ingredients:

- Eggs - 4
- Butter – 1 oz
- Arugula – ½ oz
- Ham – 1 oz
- Vegetable oil 1 tablespoon, for frying
- Salt to taste

Preparation:

In a bowl, beat the eggs; add salt and whip with a fork. Then pour the melted butter and mix well. Heat the oil in the frying pan at a low temperature, pour the mixture into it, and cook until the omelet begins to move when the pan is tilted. Put thin pieces of ham and arugula on the omelet. Roll omelet, cut into pieces when serving.

Chapter 3. Dinner

1.Potatoes and Cabbage Casserole

Ingredients:

- Cauliflower – 8-10 oz, florets
- Potatoes – 8-10 oz, boiled
- Milk – 5 oz
- Cheese – 1 oz, processed
- Mustard – 1 teaspoon
- Nutmeg – ¼ teaspoon
- Salt, pepper to taste

Preparation:

Put cauliflower florets into boiling water and cook until half-cooked. Meanwhile, boil potatoes the same method as the cauliflower. Place potatoes and cauliflower florets into a baking dish. Bring milk to boil and melt cheese in it. Add mustard, nutmeg, salt, pepper. Pour the milk mixture into vegetables. Put in the oven for 20 minutes at 400 F.

2.Onion Pie

Ingredients:

- Onions – 3 pcs
- Ham - 2 slices
- Vegetable oil – 1 teaspoon
- Milk – ½ cup
- Egg - 1
- Yeast dough – 2 oz
- Cheese - 2 teaspoons, grated
- Salt, ground black pepper, to taste
- Nutmeg - a little pinch

Preparation:

Preheat the oven to 350 F. Cut the onions, chop ham, and fry them in a pan with oil. Beat the egg, add milk, add salt, pepper, and nutmeg. Roll out the dough and put filling (onions and ham) on one side of the rolled dough. Cover the dough with another side, pour the egg-and-milk mixture on top and sprinkle with grated cheese. Put in the oven for about 35 minutes.

3.Baked Marrow with Liver

Ingredients:

- Marrow – about 7 oz
- Chicken liver – about 3 oz
- Yogurt – 2 oz
- Dill, parsley, green onion (mix) – 2 tablespoons, finely chopped
- Vegetable oil - 2 tablespoons
- Salt, pepper to taste

Preparation:

Cut the zucchini in half, remove the core, and cut the flesh of it into cubes. Chop dill, green onion, and parsley. Heat the frying pan, add oil, and fry the chicken liver for 5 minutes, stirring. Add a little pinch of salt. Add the chopped zucchini flesh and fry for a couple of minutes. Check the salt. Add chopped herbs and mix well. Stuff the zucchini ‘boats’ with that mixture. Wrap into the foil and bake in the oven at 350 F for 25-30 minutes. Serve with yogurt.

4.Turkey Cutlets

Ingredients:

- Fillet of turkey – 15 oz
- Onion - 1
- Garlic - 2 cloves
- Rolls - 3 slices
- Milk – 3 oz
- Salt, black pepper, to taste
- Vegetable oil - 3 tablespoons

Preparation:

Cut the crusts off the bread and soak it in the milk. Peel the turkey fillets, cut into large pieces, peel and chop onions, and peel the garlic. Pass the cut products through the meat grinder, add the pressed bread, salt, and pepper. Stir forcemeat. Form cutlets, and fry in oil until golden brown. Then, stew on low heat for a couple of minutes.

5.Homemade Chicken Ham

Ingredients:

- Chicken fillets – 2 lbs.
- Garlic – 2-3 cloves
- Salt - 2 teaspoons
- Black pepper – ½ teaspoon
- Paprika – ¼ teaspoon
- Laurel leaf powder – 1 teaspoon
- Gelatin – 1 tablespoon

Preparation:

Cut the chicken fillets into small cubes. Mix salt, pepper, and laurel leaf powder in a cup. Sprinkle the chicken with this mixture. Add finely chopped garlic (or squeezed through the squeezer). Leave it for 15 minutes to soak up the spices. Evenly sprinkle the meat with gelatin and mix well. Place the meat into food film and roll it. Pre-heat the oven at 350 F. Put the roll into the oven for about an hour. After it’s cooked, don’t take off the food film, and let it cool down. Then, put into the fridge for at least 2 hours. Slice it and eat for breakfasts or as a snack.

6. Spicy Stewed Beans

Ingredients:

- Beans – 5 oz, dry
- Chili pepper – ¼ oz
- Cayenne pepper - 2 teaspoon
- Garlic – 2 cloves, finely chopped
- Onion – 2 oz, finely chopped
- Carrots – about 3 oz
- Tomato – 2 oz
- Radish – 2 oz
- Lettuce - a leaf
- Water for soaking and cooking beans
- Salt to taste

Preparation:

Pre-soak the beans for about 30 minutes. Meanwhile, peel the carrots and garlic and grate them. Finely chop the onion and chili pepper. Mix all the ingredients, put them in a pot, add water to cover the beans and stew for 20 minutes. Cover with the lid and keep sauté for the next 15 minutes.

7.Vegetable Casserole

Ingredients:

- Chickpeas – 7 oz
- String beans – 7 oz
- Pumpkin – 1 lb.
- Bulgarian pepper – 4 oz
- Salt to taste
- Paprika dried (smoked) - 1 teaspoon
- A mixture of spices (oregano, thyme, basil, coriander) - 1 teaspoon
- Butter (optional) – ½ oz

Preparation:

Pre-soak the chickpeas for 9-12 hours. Boil the chickpeas within 40 minutes. Cut the pumpkin, put in boiling water, and cook for about 20 minutes. Meanwhile, cut the pepper into pieces, and cut the beans in half. Mix all the ingredients in the large bowl. Then, put the mixture into a baking dish. Add butter if desired. Put in the oven at 325 F for 15 minutes.

8.Roast Lamb

Ingredients:

- Bone-in lamb roast - 6 lb.
- Rosemary – ¼ cup or a bunch of stems, fresh
- Mustard – 2 tablespoons, Dijon
- Garlic – 1 whole head (cloves peeled, separated)
- Soy sauce – 1 teaspoon
- Beef broth – 1 cup
- Olive oil – 2 tablespoons
- Onion – 1 small
- Salt, pepper, garlic powder - to taste

Preparation:

Combine rosemary, mustard, olive oil, garlic, soy sauce, onion, and broth in a bowl. Blend for a few seconds. You can use the food processor also. Rub the mixture in a lamb roast. Cover it with foil and put in a fridge for 8-10 hours. Before roasting, season with salt, pepper, and garlic powder. Roast uncovered, at 325 F for about 90 minutes, or until the thermometer shows about 160 F (medium done) or to the doneness you prefer. Roast covered with foil for the next 10 minutes before slicing.

9.Spiced Smoked Tongue

Ingredients:

- Smoked beef tongue – 1 (about 1 lb.)
- Dry red wine – 1 cup
- Juice of 1 lime or ¼ cup cider vinegar
- Peppercorns – ½ teaspoon
- Garlic - 6 cloves
- Sugar - 2 tablespoons
- Laurel leaf – 1
- Chili tempini seed – 1, crushed
- Ginger root - 6 thin slices, fresh
- Water – the amount need to cover the tongue
- Salt to taste

Preparation:

Put the tongue and all the other ingredients in a large pot. Add enough water to cover. Bring to a boil, then reduce heat. Continue simmering until tender, check by piercing it with a fork. Turn once or twice during the cooking process. Total cooking time will take 2 to 2 1/2 hours. Remove the skin while the tongue still warm and return it to the broth. When serving, cut the tongue into slices.

10.Oven Beef Hash

Ingredients:

- Potato - 1 cup, finely chopped, cooked
- Can evaporated milk - 13 oz
- Beef - 1 ½ cup, finely chopped, cooked
- Onion – 1/3 cup, finely chopped
- Parsley - 1/3 cup, chopped
- Salt, pepper to taste
- Oregano - 1/8 teaspoon, dried
- Butter - 1 tablespoon, melted

Preparation:

Lightly stirring together potato, evaporated milk, beef, onion, parsley, salt, pepper, and oregano. Put the mixture into a 1 1/2 - quart casserole.

Melt the butter and sprinkle it on the top of casserole. Bake covered at 350 F for 40 minutes.

Chapter 4. Snack and small bites recipes

1.Chicken Rolls with Spinach and Cheese

Ingredients:

- Chicken fillets – 1 lb.
- Cheese – 5 oz, Cheddar or whichever you prefer
- Spinach – 3-4 oz, (can be used frozen)
- Cream – 4 oz
- Sour cream – 3 tablespoons
- Garlic - 1-2 cloves
- Flour – 7 oz
- Vegetable oil – 2 oz, for frying
- Dill – 1 teaspoon, for decoration
- Breadcrumbs – 2-3 tablespoons
- Salt pepper to taste

Preparation:

Grate the cheese on a small grater, press the garlic, cut the spinach into strips, and mix everything. Add salt to taste and mix again. Cut fillet chicken into halves, beating a little with a kitchen hummer. Sprinkle with salt and pepper. Lay the cheese-spinach mass on the fillet, roll it, and fasten with toothpicks or use the thread.

Dip the rolls in flour or breadcrumbs. Pre-heat oil in a frying pan and place the rolls in it. Fry rolls of each side until they cooked. Now, place cooked into a saucepan. Put cream mixed with sour cream into the rolls. Sauté for 10-15 minutes. For decoration, sprinkle with finely chopped dill.

2.Baked Potatoes with Cheese

Ingredients:

- Potatoes – 8 oz
- Cheese – 2 oz, Cheddar, Mozzarella, grated
- Vegetable oil – 2 tablespoons, for cooking
- Salt, pepper to taste

Preparation:

Wash potatoes well, cut into halves. Grease the baking tray with oil. Place the potatoes on it and bake for about 40 minutes until golden brown. Then, put the cheese on each of potato hales, and bake for another 5 minutes until the cheese melts.

3.Light Pizza

Ingredients:

For dough:

- Cottage cheese – 10 oz
- Flour - 8 tablespoons
- Eggs – 3 pcs
- Olive oil – 1 tablespoon
- Salt – a big pinch
- Parsley, basil – 1 bunch, chopped, for decoration

For filling:

- Champignons – 5 oz, sliced
- Ham – 3 oz, sliced
- Pickled cucumber – 1, sliced
- Tomato sauce – 1 tablespoon
- Cheese – 2 tablespoons
- Salt, pepper to taste

Preparation:

Knead the dough: mix cottage cheese, flour, eggs, salt and a little amount of oil. Lay the dough on a baking sheet greased with oil. Pour the tomato sauce over the dough. Place filling on the dough, too. Bake for about 15-20 minutes. Sprinkle with grated cheese and put in the oven for another 5-7 minutes.

4.Sandwich with Chicken

Ingredients:

- Chicken – 5 oz
- Soy sauce – 1 teaspoon
- Olive oil – 1 teaspoon
- Garlic – 1 clove, squeezed
- Lemon juice – ½ teaspoon
- Salt, pepper to taste
- Yogurt (unsweetened) – 2 oz
- Dill – 1 tablespoon, finely chopped;
- Bread – 2 slices or 2 pita breads

Preparation:

Mix soy sauce, olive oil, squeezed garlic, add lemon juice. Cut chicken into pieces, and dip into the sauce. Bake the chicken at 350 F for about 20 minutes.
In a separate cup mix yogurt, chopped dill, salt, and pepper. Put baked chicken on a slice of whole-wheat bread (or pita breads) and pour yogurt sauce on it.

5. Tomatoes Stuffed with Cottage Cheese

Ingredients:

- Tomatoes – 4 pcs, medium size
- Garlic – 1 clove, finely chopped
- Cottage cheese – 4 oz
- Parsley, dill, basil – a bunch, finely chopped
- Salt to taste (optional)

Preparation:

Wash the tomatoes. Using a sharp knife, gently cut the tops of the tomatoes. Using a teaspoon, cut out the flesh. In a bowl, mix garlic with cottage cheese, dill, parsley, basil, and tomato’s core. Mix well. Fill tomatoes with this stuffing and cover the tops.

6.Tomatoes Stuffed with Mushrooms

Ingredients:

- Tomatoes – 4 pcs, medium size
- Garlic – 1 clove, finely chopped
- Mushrooms – 4 oz
- Cheese – 2 tablespoons, grated
- Onion – 1 small
- Parsley, dill, basil – a bunch, finely chopped
- Vegetable oil – 1 teaspoon, for frying
- Salt, pepper to taste

Preparation:

Cut off the tops of tomatoes with a sharp knife. Put out the flesh of the tomatoes. Cut mushrooms, chop the onion, and squeeze garlic through the press. Pour oil into a frying pan, add the tomatoes flesh, and fry vegetables until cooked and until the liquid is half-evaporated. After the mixture cooled down, stuff the tomatoes with it. Top with cheese and bake in the oven at 350 F for 15-20 minutes.

7. Turkey and Cheese Wraps

Ingredients:

- Lettuce leaves – 2 large
- Cheese (preferred) – 2 slices
- Turkey (boiled or smoked) – 2 slices
- Cucumber – 1 sliced
- Mustard – 2 teaspoons
- Mayonnaise – 2 teaspoons

Preparation:

Take a lettuce leaf and spread mustard and mayonnaise on it. Place turkey, cucumber, and cheese on the lettuce. Wrap it around the filling.

8.Cottage Cheese Paste

Ingredients:

- Cottage cheese – 7 oz
- Dill – 1 tablespoon, finely chopped
- Green onions – 1 tablespoon, finely chopped
- Basil – 1 tablespoon, finely chopped
- Fresh cucumber - 1
- Sour-cream - 3 tablespoons
- Garlic - 1 clove, minced
- Salt, pepper to taste

Preparation:

Put cottage cheese in a bowl and mash with a fork. Add finely chopped dill, onion, and basil. Cut cucumber into small cubes, add to the cottage cheese and herbs. Add sour-cream, salt, and pepper. Mix everything well. Serve as a paste for sandwiches, sauce, or snacks.

9.Stuffed Peppers with Eggs

Ingredients:

- Bell peppers – 2
- Eggs – 4
- Cheese – 3 oz, grated
- Boiled meat (whichever you prefer) or sausages – 1 ½ oz, chopped
- Vegetable oil – 1 tablespoon
- Parsley, Coriander – 1 tablespoon, fresh, finely chopped, for decoration
- Salt, pepper to taste

Preparation:

Wash peppers and cut into half. Take out the seeds. Place the meat on the bottom of the pepper. Then, beat the eggs one by one (an egg per a pepper half). Grease the baking dish and put the stuffed peppers into it. Sprinkle with salt and pepper to taste. Put in the oven and bake at 425 F for about 15 minutes. Then, take out the peppers, lay the cheese on the top of each one, and put in the oven for 5 minutes, or until cheese melts.

10.Brusquette with Mozzarella and Tomato

Ingredients:

- Olive oil – 2 tablespoons
- Garlic - 3 cloves
- Baguette – 4 oz
- Mozzarella – 4 oz
- Tomato - 1
- Cilantro – 1 tablespoon, for decoration

Preparation:

Peel the garlic, pass through the press. Mix the oil with garlic. Cut the tomato in half and cut into slices. Cut the cheese into portions. Each slice of baguette spread with a mixture of oil and garlic (on both sides). Fry in a pan from both sides. Put slices of tomato on the slices of the baguette. Next, put the cheese. Place on the frying pan, cover with the lid, and cook until the cheese melts. Sprinkle with finely chopped cilantro.

Chapter 5. Salad Recipes

1.Tuna salad

- Tuna in olive oil – 9 oz can
- Eggs – 3 pcs, hard-boiled
- Walnuts – 2 oz, blended
- Cheese – 3 oz, grated
- Potato – 1, boiled
- Sour-cream or yogurt – 3 oz

Preparation:

Grate potatoes on a large grater and place them on the bottom of the plate, spread with thin layer of sour-cream. Take out yolks, mash them with tuna using a fork. Lay the second layer of tuna and yolks, spread sour-cream on it. Add walnuts as a third layer, spread sour-cream on it. Now, lay the cheese on the walnut layer, and spread sour-cream on it. Egg whites grate on a fine grater and put on the top of the salad.

2.Tuna, Green Beans, and Potato Salad

Ingredients:

- Tuna – 9 oz jar in olive oil, drained
- Potatoes – 2 pcs, large, cooked, cut into ¾ inch pieces
- Olive oil – ¼ cup plus 2 tablespoons
- Lemon juice – ¼ cup
- Garlic – 2 cloves, minced
- Oregano – 1 teaspoon, dried
- Green beans – 3-4 oz, halved crosswise
- Cherry tomatoes – 5 oz, cut into halves
- Parsley – 1 tablespoon, chopped
- Basil – 1 tablespoon, chopped
- Salt, pepper to taste

Preparation:

In a large bowl, whisk the olive oil and the lemon juice, garlic, and oregano. Add salt and pepper. Cook the green beans in boiling salted water until tender (about 4 minutes.) After the beans are cooked, drain them (use colander.) Add the green beans, potatoes, pour the dressing, and toss gently. Add tuna, cherry tomatoes, parsley, and basil. Check the salt. Add salt if you need more. Serve warm or at room temperature.

3.Salad with Chicken and Herbs

Ingredients:

- Chicken – 3 oz, boiled
- Celery – 1 stalk, sliced
- Thick (Greek) yogurt – 2 oz
- Herbs - parsley, cilantro, mint, and green onion – a bunch
- Prunes – 3, chopped
- Salt to taste

Preparation:

Cut the boiled chicken into cubes. Chop herbs finely, add to the salad. Mix well. Add salt to taste and dress the salad with yogurt. Mix again.

4.Potato Salad

Ingredients:

- Potatoes – 2, boiled with peel
- Bell pepper – ½
- Egg - 1, hard-boiled
- Onion – 2 stalks, green
- Pickled cucumber - 1
- Mustard – ½ teaspoon
- Mayonnaise - 2 tablespoons
- Salt, pepper, to taste
- Parsley – 1 tablespoon
- Apple vinegar – ½ tablespoon

Preparation:

Peel boiled potatoes, cut them into cubes, and sprinkle them with vinegar. Peel eggs and cut them into cubes also. Cut pepper into small cubes. Finely chop the onions. Cut the cucumber into cubes. Mix all the ingredients well. Add salt, pepper, mustard, and mayonnaise. Season with the finely chopped parsley.

5.Greek Salad

Ingredients:

- Chinese cabbage – 4 oz
- Onion – 4 oz
- Cucumber – 7 oz, fresh
- Paprika – 8-10 oz, fresh, yellow and green
- Feta cheese – 3 oz
- Olives – 3 black, without bones, sliced
- Olive oil – 3 tablespoons
- Lemon juice – 2 tablespoons, fresh
- Garlic – 1 clove, finely chopped
- Salt to taste

Preparation:

Cut paprika, tomatoes, and onions into cubes. Cut the cucumbers into slices. Cut the Chinese cabbage into strips. Mix all the vegetables in a deep salad bowl. Cut the Feta cheese into cubes and add to the salad. Add olives. Squeeze the lemon in a cup, add olive oil and garlic, and pour this dressing on the salad. Add salt to taste.

6.Salad with Raw Carrots

Ingredients:

- Carrots – 8-10 oz, fresh
- Orange – ½ pc
- Prunes – 1 tablespoon, finely chopped
- Vegetable oil or mayonnaise – 1 tablespoon
- Lemon juice – 1 teaspoon
- Salt a little pinch

Preparation:

Grate carrots on a fine grater, add the pulp of an orange, and prunes. Add vegetable oil or mayonnaise (whatever you like), and lemon juice. Mix everything well.

7.Squid Salad with Pepper

Ingredients:

- Squids – 5 oz
- Crab meat – 4 oz
- Bell pepper, red and green – 4 oz
- Sour-cream – 5 tablespoons
- Parsley – 1 tablespoon, for decoration
- Salt to taste

Preparation:

Wash and clean the squids. Boil them in salty water for 5-7 minutes. Cut the red pepper into half-rings, put on the bottom of the plate. Add chopped crab meat (leave 1/3 for the top layer) and spread with sour-cream. Cut the green pepper, put on top of crab meat, and spread the sour-cream on it. Cut cooked squids into slices. Spread the sour-cream on it. Decorate with chopped parsley on top.

8.Beet Salad with Mayonnaise

Ingredients:

- Beet root – 7 oz, boiled
- Walnuts – 1 tablespoon, finely chopped
- Garlic – 1-2 cloves, minced
- Mayonnaise or yogurt – 1 tablespoon

Preparation:

Boil beetroot until cooked. Peel it and grate. Add garlic, walnuts, and mayonnaise or yogurt. Mix everything.

9.Green Salad with Pear

Ingredients:

- Pears - 2
- Cucumber - 2, fresh
- Feta cheese – 7 oz
- Sour-cream – 4 oz
- Sesame - 2 teaspoons
- Dill – 1 tablespoon, chopped
- Lettuce – 1-2 leaves
- Salt to taste

Preparation:

Wash the lettuce, dry it, and spread on a large serving dish. Peel the cucumbers and cut them into small cubes.

Cut pears into the same cubes, like cucumbers.

Put a pear and cucumber in a lettuce leaf into the center of the dish and sprinkle a little with salt. In a separate bowl, mash the cheese with the sour-cream, using a fork. Add finely chopped dill to the mixture. Place the mixture over the pears and cucumber. Fry the sesame seeds in a dry frying pan a little, and sprinkle over a salad on top.

10.Marocco Salad

Ingredients:

- Pumpkin – 8-10 oz
- Oranges - 1
- Walnuts – 1 oz
- Lettuce leaves – 2
- Olive oil - 1 tablespoon
- Vinegar wine (red) - 1 tablespoon
- Pepper to taste

Preparation:

Cut the pumpkin into cubes, wrap them in foil, and bake in the oven until soft (about 20-30 minutes). Cool the pumpkin and cut into smaller cubes. Grate the orange zest and cut the orange itself into cubes. Chop the walnuts. Tear the lettuce leaves. Place all the ingredients into a deep salad bowl. Add the orange zest, nuts and freshly ground black pepper. Dress the salad with olive oil and red wine vinegar.

Chapter 6. Soup Recipes

1.Tomato Soup

Ingredients:

- Tomatoes – 2 large
- Zucchini – 1
- Ham – 3 oz
- Vegetable oil – 1 teaspoon
- Broth or water – 1 cup
- Beans – 1 cup, cooked or canned
- Sour-cream – 1 teaspoon
- Salt, pepper to taste
- Marjoram – a pinch
- Basil – 1 tablespoon, for decoration

Preparation:

Cut ham into small cubes and fry it in the frying pan with oil. Add beans and potatoes and put them into a pot. Pour the broth into the pot, bring to a boil. Cook until vegetables are half-cooked (about 15-20 minutes). Then, cut tomatoes into cubes, and add to the soup. Cook it 15 minutes more. Season with marjoram, basil, salt, and pepper. Put sour-cream into a bowl before eating.

2.Soup with Zucchini

Ingredients:

- Zucchini – 1 medium, grated
- Chicken fillet - 5 oz
- Potato – 1 medium
- Rice – 2 oz
- Water – 1 ½ cups
- Dill – 1 teaspoon
- Celery – 1 teaspoon
- Curry powder – ½ teaspoon
- Salt to taste

Preparation:

Bring water to boil and add salt. Wash the rice and add to the water. Cut the potato into small cubes, finely chop the fillet; add them to the pot. When they are half-cooked, add zucchini. Add salt, curry powder. Serve with dill and celery.

3.Cold Soup

Ingredients:

- Beetroot – 5 oz, marinated, or boiled
- Kefir- 1 cup
- Cucumber – 1
- Onion green – 1 tablespoon, finely chopped
- Radish – 2 pcs, (optionally)
- Egg – 1 hard-boiled
- Meat – 3 oz, cooked (boiled) or sausages – 1
- Salt and lemon juice to taste

Preparation:

Cut all the ingredients into middle-size cubes. Put them into a bowl. Add salt, lemon juice. Pour kefir into the vegetable mixture. Mix everything well.

4.Lentil Soup with Yolk

Ingredients:

- Lentils, red or green – 1 cup
- Potato – 2
- Yolk – 4
- Onion – 1
- Carrot – 1
- Butter – 1 tablespoon
- Water or vegetable broth – 12 cups
- Salt, pepper, to taste
- Dill - 1 tablespoon, finely chopped
- Lemon juice – 1 tablespoon

Preparation:

Wash and peel vegetables. Put them into boiling water or vegetable broth (made beforehand). Finely chop onion and fry it in the pan with butter until golden brown. Then, add grated carrot, and add to the soup. Boil the soup for another 15 minutes. Whisk the yolks with lemon juice. Make the fire to a minimum, so that the soup does not boil, and add this mixture to the soup. Season soup with salt, pepper. Leave it for 10-15 minutes

When serving soup, you can sprinkle with dill.

5.Gazpacho

Ingredients:

- Tomatoes - 15 pieces
- Cucumber - 4
- Red sweet peppers - 3
- Garlic - 4-5 cloves
- Red onions - 1 large
- Celery – 1 stalk
- Olive oil – ½ cup
- Red wine vinegar - 4 tablespoons
- Salt – 1 tablespoon
- Parsley – a small bunch
- Water, tomato juice or dry red wine (optional) – ½ cup

Preparation:

Wash vegetables. Put tomatoes into boiling water for 1-2 minutes, then peel and cut into quarters. Chop half a cucumber and half pepper. Blend tomatoes, cucumber, and pepper. Squeeze the garlic through the press; finely chop the onions. The second half of pepper and cucumber finely chop. Add blended vegetables, lemon juice, salt, and pepper. Place the base for Gazpacho in the refrigerator for 8 hours. Serve in plates or glasses, a little diluted with cold water, or cold tomato juice, or a mixture of water and dry red wine in equal parts. Serve with croutons and decorate with parsley.

6.Green Soup

Ingredients:

- Carrot – 1 medium
- Potato – 1 medium
- Onion – 1 medium
- Water – 2 cups
- Paprika (smoked) – ¼ teaspoon
- Turmeric – ¼ teaspoon
- Basil – 1 tablespoon, chopped
- Green peas – about 3 oz
- Broccoli– 4 oz
- Garlic – 1 clove
- Vegetable oil – 1 tablespoon, for frying
- Salt, pepper to taste

Preparation:

Cut the carrot and the potato into cubes and boil them in salty water. When the vegetable half-cooked, add broccoli and green peas into the pot. Fry the chopped onion in the pan. Add the chopped garlic to the frying onion. Combine all the ingredients and blend. Check the salt to taste. Decorate with chopped basil. You can also add sesame seeds or linen seeds.

7.Light Soup with Mushrooms

Ingredients:

- Champignons (or other mushrooms) – 15 oz
- Onion - 1
- Butter – 4 oz
- Water – 4 cups
- Dried thyme – ½ teaspoon
- Flour - 2 tablespoons
- Salt, pepper (ground black), to taste
- Sour-cream (optionally)

Preparation:

Peel and finely chop the onion. Wash and dry the mushrooms and cut them into slices. Heat the butter in a saucepan, add onion, and fry until golden brown. Then, add mushrooms, stir, and fry for 5-7 minutes. Sprinkle mushrooms with flour and mix well. Gradually, pour the broth into the pot with mushrooms, stirring constantly. Add salt, pepper, and thyme. Boil the soup over medium heat for 20 minutes. For serving, add sour-cream to the soup.

8.Fish Greek Soup

Ingredients:

- Fillets of any white sea fish – 10 oz
- Onion - 1
- Tomato - 2
- Bell pepper - 1
- Black olives (without pits) – 4 oz
- Feta cheese – 7 oz
- Water (or vegetable broth) – 1 ¾ cups
- Olive oil - 2 tablespoons
- Salt to taste
- Lemon (for decoration) – 2 slices

Preparation:

Cut fish fillets into small pieces, you can pre-marinate it in lemon juice, but it is not necessary. Peel the onion and chop it into half rings.

Cut the Bell pepper in half, remove seeds, and cut it into strips. Heat oil in a frying pan, add onion; and fry it for about 5 minutes. Add the pepper to the onions, stir, and fry for another 5 minutes. Then, add the olives. While the ingredients are fried in the pan, wash the tomatoes and cut them into large pieces. Place the fish into the pot, add fried vegetables, tomatoes. Pour broth or water into the pot, add salt, stir. Cook for 20-25 minutes. It is possible to cook this soup in the pressure cooker if you have it. But check the cooking time according to its functions.

Serve soup hot. To increase the taste of the soup, add Feta cheese and slices of lemon to the plates.

9.Soup with Beetroot and Rabbit

Ingredients:

- Beetroot (medium) – 7 oz, boiled
- Rabbit meat - 7 oz
- Prunes - 5
- Water – 4 cups
- Salt, pepper to taste
- Vegetable oil – 1 tablespoon
- Dill – 2 oz
- Croutons – 1 oz, for serving

Preparation:

Cut rabbit meat, fry in vegetable oil; add salt and pepper. Grate the beetroot. Cut the prunes into strips. Add the beets and prunes to the meat, simmer for 15 minutes. Put everything into a saucepan, pour boiled water. Add salt and pepper to taste and cook over low heat for about 30 minutes. Serve with finely chopped dill and croutons.

10.Cream-soup with Avocado

Ingredients:

- Avocado – ½
- Chicken broth – 2 cups
- Potatoes – 2 medium
- Lemon juice - 2 tablespoons
- Dill – 2 oz, chopped
- Salt to taste

Preparation:

Bring the 1 ¾ cups of chicken broth to boil. Cut potatoes into cubes, add to the broth, and cook for 20 minutes. Then, take off the pot from the fire. Cut the avocado, add the lemon juice and the remaining broth; place everything in a blender and mix until smooth. Add the puree from the avocado to the broth with potatoes, stir well, and cook for 2-3 more minutes. Serve with dill.

Chapter 7. Vegetarian & Vegan Meals

1.Vegetable Chops

Ingredients:

- Potatoes – 1 medium
- Carrots – 1 medium
- Onion – 1 medium
- Apple – 1 medium
- Egg – 2
- Flour – 2-3 tablespoons
- Salt, pepper, curry powder to taste
- Vegetable oil, for frying
- Sour-cream – 1 tablespoon, for serving.

Preparation:

Vegetables chop in food processor. Add eggs, salt, pepper, and curry powder. Mix well. Add flour and mix again. Check the salt. Form the chops with a tablespoon, and fry in the pan in oil until golden brown and crusty. Serve with sour-cream.

2.Stuffed Eggplants

Ingredients:

- Eggplant – 7 oz
- Mushrooms – 5 oz
- Onion – 1
- Garlic – 1 clove

- Parsley, coriander, basil – 1 tablespoon, finely chopped
- Salt to taste

Preparation:

Cut eggplant in half, remove the flesh and chop it finely. Then, fry the flesh in a pan with mushrooms, onions, herbs, and garlic. Pour the filling into halves of eggplants and put in a pan. Bake for about 15 minutes in the oven at 375 F. For serving, sprinkle with cheese and herbs and bake for another 10 minutes.

3.Corn and Pepper Garnish

Ingredients:

- Bell pepper – 11 oz
- Corn – 12 oz, canned
- Onion – 5 oz
- Carrots – 7 oz
- Broth – about 1 cup
- Salt, black pepper, to taste
- Vegetable oil – 3 tablespoons

Preparation:

Cut the pepper into small cubes. Cut the onions into small cubes. Grate the carrots on a large grater. Heat the oil in a frying pan and fry the onion for about 5 minutes. Add the carrots to the onions, stir and fry together for 10 min. Now, add the pepper. Stir and put out for about 5-7 minutes. Drain the liquid from the corn and add to the frying pan. At the end, pour the broth into a pan; add salt and pepper. Stir and sauté under the lid for about 20 minutes at the small heat.

4.Baked Sweet Potatoes with Pumpkin

Ingredients:

- Sweet potatoes – 1 lb.
- Pumpkin – ½ lb.
- Olive oil - 1 tablespoon
- Smoked paprika - 1 teaspoon
- Seasoning for pumpkin pie - 1 teaspoon
- Salt a little pinch

Preparation:

Peel and cut the pumpkin into large cubes. Peel and cut the sweet potato into large pieces. Mix the ingredients in a large bowl, sprinkle with paprika, salt and seasoning for pumpkin pie; and toss it well. Pre-heat the oven at 325 F and bake vegetables for about 10 minutes.

5.Stewed Cabbage with Lentils

Ingredients:

- Cabbage – 14 oz
- Water – 1 cup
- Red lentils – 11 oz
- Carrot - 1
- Tomatoes - 2
- Vegetable oil - 2 tablespoons
- Curry powder - 1 teaspoon
- Salt, pepper to taste

Preparation:

Cook lentils in salty boiling water. Then, drain them and put them aside. Grate the carrot on a large grater. Chop the cabbage. Take off the peel from tomatoes and cut them into pieces. Put all the vegetables in a deep container, add salt, pepper, curry powder, and pour oil into the pot. Squeeze the cabbage with your hands to let the cabbage give out its juice and to let the tomatoes distribute among the vegetables evenly. Let it marinate for 10-15 minutes. Put the vegetables in a pot, add water and sauté over medium heat for 20 minutes under the lid. Add lentils to vegetables, stir, and sauté for another couple of minutes.

6.Quinoa with Guacamole

Ingredients:

- Quinoa – 4 oz
- Shallots – 1 ½ oz
- Tomato – 4 oz
- Lemon juice - 1 tablespoon
- Avocado – 6 oz
- Water – about 1 cup
- Salt, pepper, to taste

Preparation:

Boil the quinoa for 10 minutes in salty water. Mash the avocado with a fork. Cut the tomato and slice the shallots. Squeeze the lemon juice. Combine the avocado with tomato and onions. Add salt to taste.

7.Pumpkin Porridge with Millet

Ingredients:

- Pumpkin – 7 oz
- Millet - 1 tablespoon
- Water – 2 cups
- Salt – a little pinch
- Butter – 2 tablespoons
- Vegetable oil - 2 tablespoons
- Sugar – 1-2 tablespoons

Preparation:

Wash and clean the millet. Then, put the millet into boiling water for 2 minutes and drain. Pour hot water into a pot, add salt, butter, and millet. Cook on low heat until cooked. Cut the pumpkin into small cubes and fry it in oil until golden brown. Add sugar at the end of frying and stir. Cooked millet mix with fried pumpkin, and boil for 5 minutes.

8.Couscous with Mushrooms and Vegetables

Ingredients:

- Couscous – 2 oz
- Carrots – 1 oz
- Champignons (or other mushrooms) – ½ oz
- Asparagus beans – 1 oz
- Beans in tomato sauce – 1 ½ oz
- Vegetable oil - 1 tablespoon
- Green parsley – 1 tablespoon, chopped
- Water – 1 cup
- Salt to taste

Preparation:

Cut mushrooms and carrots into small pieces. Fry the mushrooms in the frying pan without oil for 5 minutes. Then, add oil, carrot, asparagus beans, and pour the water (half of a cup); stir well, and sauté for 5-7 minutes more. Put the couscous into the frying pan, add the rest of water, salt; stir it well and sauté for2 more minutes. At the end of cooking, add beans. Decorate with parsley.

9.Lasagna

Ingredients:

- Tomato paste (home-made) - 8 tablespoons
- Sheets for lasagna - 5
- Cashew – 1 ½ oz
- Water – 2 oz
- Marrow – 5 oz
- Eggplant – 5 oz
- Salt, pepper to taste

Preparation:

Pre-soak cashews for an hour (water should cover the nuts.) Then, add salt, and blend the nuts. Cut marrow and eggplant into thin slices along them. Take a sheet for lasagna, spread the tomato paste over it; the second layer is marrow. Now, layer the cashew sauce. Then, follow with a layer of eggplants and tomato paste. Finish with the tomato paste layer, and cashew's sauce. Cover the lasagna with the parchment, first; then, folia and fix edges. Heat the oven at 350 F. Bake lasagna for 40 minutes.

10.Cabbage Wraps with Mushrooms

Ingredients:

- Cabbage – 15 oz (leaves)
- Carrot – 3 oz
- Onion – 1 oz
- Rice – 6 oz, half-cooked
- Mushrooms – 2 oz
- Tomato paste – 6 oz
- Salt, pepper to taste

Preparation:

Put cabbage into boiling water for 3-4 minutes. Separate the leaves from the cabbage, cut the tough end. After the cabbage boils, it becomes soft, which makes it easy to separate the leaves. But if you keep the cabbage in boiling water too long – the leaves will lose their elasticity. Put the rice into boiling water with a little salt in it and boil the rice for 10 minutes. Then, drain the liquid using colander. Cut the mushrooms into large pieces. Grate the carrots on a large grater; chop the onion, combine with chopped mushrooms, add the rice, salt. Put the filling in a cabbage leaf and wrap the filling; start rolling from the tight end. Put the cabbage rolls with mushrooms in the deep saucepan, pour the water into it, add the tomato paste, and sauté for an hour. Using the pressure cooker decreases the cooking time. So, if you have one, use it, following the instruction.

Chapter 8. Seafood Recipes

1.Cod Fillets with Sweet Pepper.

Ingredients:

- Cod fillets – 1 lb.
- Paprika – 2
- Lemon – ½, juice and slices
- Red pepper flakes - ½ teaspoon
- Onion – 1 pc, sliced
- Salt to taste
- Olive oil – 1 tablespoon
- Parsley – 1 stalk, for decoration

Preparation:

Marinate fillet in lemon juice. Cut the pepper, remove the seeds from it, and cut into strips. Heat oil in a frying pan. Put the vegetables in a frying pan, add a little water, and simmer, stirring for 3 minutes. Add salt to taste. Sprinkle fillets with salt and pepper, cut into thin strips. Place in the pan with vegetables. Stew on medium heat until cooked for 10-15 minutes. Decorate with chopped parsley.

2.Stewed Plaice(flatfish)

Ingredients:

- Plaice – 14 oz
- Onion – 1 pc, chopped
- Paprika - 1 pc, red
- Garlic - 1 clove, chopped
- Canned corn – 4 tablespoons
- Vegetable oil – 1 tablespoon
- Lemon juice – 1 tablespoon
- Salt, pepper to taste

Preparation:

Place all the ingredients into a saucepan, except lemon juice. Sauté the dish for about 40 minutes at medium heat.

3.Baked Carp

Ingredients:

- Carp – 12 oz
- Onions - 1
- Carrots - 1
- Tomato - 1
- Salt, black pepper ground to taste
- Celery, dried – ¼ teaspoon
- Parsley – a bunch

Preparation:

Sprinkle the fish with salt, pepper, and celery. Put the chopped onion on a foil sheet. Cut the carrots and tomatoes into slices. Place the vegetables on the foil and put the fish on top. Add leaves of parsley for flavor. Close the second sheet of foil, and put in the oven for 40-45 minutes at 400 F.

4.Tuna Chops with Oat Flakes

Ingredients:

- Canned tuna – 6 ½ oz
- Oat flakes - 2 tablespoons
- Egg - 1
- Cheese – 1 oz
- Bread crumbs – 2 tablespoons
- Salt to taste (optionally)
- Sesame seeds - 1 teaspoon, for decoration

Preparation:

Grind oat flakes in flour. Mash tuna with the fork. Grate the cheese on a fine grater. Mix all the ingredients. Add an egg and salt. Mix again well. Form the chops, dip each into bread crumbs. Place the chops on a baking tray and bake in the oven at 350 F for 15 minutes.

5.Crab Chops

Ingredients:

- Crab meat (sticks) – 5 oz
- Carrots – 2 oz
- Egg - 1
- Onion – 2 oz
- Semolina – 1 oz
- Laurel leaf powder – ¼ teaspoon
- Salt, black pepper to taste

Preparation:

Chop the onions, carrots, and crab sticks in the food processor. Add the egg, salt, pepper, laurel leaf powder, bread, and semolina. Form the chops and put them into the frying pan. Fry without oil. Turn the chops as they are cooked. Close the frying pan with the lid, reduce heat, and cook for another 5 minutes.

6.Pollock with Broccoli and Cauliflower

Ingredients:

- Pollock (peeled) – 5 oz
- Broccoli – 2 oz
- Cauliflower – 2 oz
- Onion – 1 pc, chopped or sliced
- Salt, freshly ground black pepper to taste

Preparation:

Preheat the oven to 392 F. Line the baking tray with foil, leaving plenty of excess to cover. Put the fish on it, and place the onion, cauliflower, and broccoli on top. Sprinkle with salt, black pepper. Make sure to spread the ingredients evenly. Fold the foil inwards, rolling the edges together to seal them. Bake in the oven for 30-35 minutes, or until the veggies are tender and the fish cooked.

7.Fish Soufflé

Ingredients:

- Trout (or other fish to your choice) – 2 lbs.
- Egg - 1
- Flour - 1 tablespoon
- Milk – 3 oz
- Butter – 2 oz
- Paprika – ½ teaspoon
- Salt – to taste

Preparation:

Boil or steam the fish. Cool it down. Separate meat from bones. Melt butter, combine with the flour and with milk. Stir until homogeneous; add salt and paprika. Stir in the fish.

Pour into a casserole dish. Bake at 400 F for 20 minutes.

8.Baked Trout

Ingredients:

- Trout – 1 lb.
- White dry wine (table) – 1 oz
- Onion - 1 pc., small
- Lemon – ½
- Salt, pepper to taste

Preparation:

Clean the fish. Finely chop onion. Add the wine to the onion and squeeze out the juice from the lemon. Cut the fish, sprinkle with salt and pepper on both sides. Lay the trout on the foil. Top with a marinade and put onions. Bake in an oven at 375 F for 30-40 minutes.

9.Fried Clams

Ingredients:

- Flour – 1 cup
- Salt – ½ teaspoon
- Pepper to taste
- Milk – 2/3 cups
- Eggs – 2
- Clams – 10

Preparation:

Beat eggs into a bowl, add mix together. Add other ingredients, and clams (whole or cut into pieces). Fry in deep fat until golden brown.

10.Crab and Artichoke Casserole

Ingredients:

- Crabmeat or sea leg – 2 cups
- Artichokes hearts - 2 cans drained and chopped
- Cheddar cheese - 1 cup, grated
- Pepper – ½ cup, green, chopped
- Onion – ½ cup, chopped
- Lemon juice – 4 teaspoons
- 1 can cream of chicken soup
- Bread crumbs – 1 tablespoon
- Swiss cheese - 1 cup, grated
- Parmesan cheese – 2 tablespoons, for serving

Preparation:

Mix all ingredients, except Parmesan cheese and bread crumbs. Fold into greased 4-quart casserole. Top with bread crumbs and Parmesan cheese. Bake at 375 F for 30 minutes.

Chapter 9. Pork & Beef Recipes

1. Grilled pork tenderloin

Ingredients:

Pork tenderloin – 2 lb.

Marinade

- Honey – 2/3 cup
- Mustard – ½ cup, Dijon
- Chili powder - ¼ teaspoon
- Salt – 1 teaspoon
- Oil – 2 tablespoons, for greasing

Preparation:

In a bowl, mix together honey, Dijon mustard, chili powder, and salt. Dip tenderloins into the marinade mixture. Put them into a plastic bad. Put the meat into a refrigerator for at least 6 hours.

Cooking:

Lightly grease the grill grate with oil. Remove meat from marinade, and discard liquid. Grill for 15 to 25 minutes, or until an instant-read thermometer inserted into the center reads 145 F.

Marinade 2:

Ingredients:

- Honey – ¼ cup
- Soy sauce – ¼ cup
- Oyster sauce – ¼ cup
- Sugar – 1 teaspoon
- Ginger root – 3 teaspoons, fresh, minced

- Ketchup – 1 tablespoon
- Garlic - 1 tablespoon, finely chopped or squeezed
- Parsley or coriander – 1 tablespoon, fresh, chopped
- Cayenne pepper – ¼ teaspoon
- Onion powder – ¼ teaspoon
- Salt – 1 tablespoon

Preparation:

Whisk honey, soy sauce, oyster sauce, salt, sugar, ginger, ketchup, garlic, parsley, onion powder, and cayenne pepper in a bowl. Dip the meat into a marinade and put it in reseal plastic bag. Squeeze out excess air and seal the bag. Marinate in the refrigerator for up to 24 hours.

2.Beef Goulash with Vegetables

Ingredients:

- Onions - 1
- Paprika powder - 4 teaspoons
- Beef – 1 ½ lb.
- Carrots - 1 large
- Red sweet pepper - 1
- Tomatoes – 5 oz
- Garlic - 4 cloves
- Potatoes – 14 oz
- Water – 8 cups
- Vegetable oil – 1 tablespoon
- Salt, pepper to taste

Preparation:

Chop onion and fry until golden brown in a frying pan with oil. Add the paprika powder. Cut the meat into large pieces and add to the pan. Add salt and pepper to taste. Fry on high heat. Then, put everything into a pot, pour water into it, and stew for about an hour. Cut carrots and sweet peppers cut into cubes. Add carrots, tomatoes, peppers, and garlic to the goulash, and keep on stewing.

When the meat is soft, add the sliced potatoes.

Stew until the potatoes cooked.

3.Smoked Pork Chops

Ingredients:

- Pork chops – 6, smoked
- Vegetable oil – 2 tablespoons
- Salt, pepper to taste
- Tomatoes – 2 cups, stewed
- Potatoes – 4
- Parsley – 1 tablespoon, for decoration

Preparation:

Pour oil into the pan. Place pork chops, and cover with the peeled and thinly sliced potatoes. In a separate bowl, mix tomatoes, salt, and pepper. Pour over potatoes and pork chops. Bake at 350 F for an hour. Put out from the oven; put pork chops on the top of potatoes and bake 15 minutes more. Serve on plates seasoning with finely chopped parsley.

4.Pizza without Dough Base

Ingredients:

- Tomatoes canned – 8-10 oz
- Minced meat – 14 oz
- Eggs - 2
- Mozzarella cheese – 7 oz
- Breadcrumbs – ½ oz
- Italian herbs - 1 teaspoon
- Parsley – 1 oz
- Garlic - 2 clove
- Olive oil - 1 tablespoon
- Salt – to taste

Preparation:

Drain the juice from tomatoes, mash them into a homogeneous mass. Add salt, parsley, garlic and dried Italian herbs. Add eggs, salt into the minced meat, and mix well. Add ground bread crumbs and mix everything again. Grease the baking dish with olive oil. Place the meat first. Next, spread the mashed tomato sauce. Top with mozzarella cheese, pour a little olive oil, and put in the oven at 400 F for about 30 minutes.

5.Beef ribs with rice

Ingredients:

- Beef ribs – 14 oz
- Rice – 1 cup
- Water – 2 ¾ cups
- Carrot - 1
- Onion - 1
- Vegetable oil - 3 tablespoons
- Garlic - 1 clove
- Salt, black pepper to taste
- Italian herbs - 1 teaspoon

Preparation:

Rinse the ribs, cut and sprinkle with salt, pepper, and herbs. Cut onions into cubes and carrots into strips. Fry the ribs with vegetables in a frying pan until half-ready. Rice to send on a baking sheet, add garlic and salt. Add the fried ribs to the rice. Pour the rice with fins with water. Put the dish in the oven for 35-40 minutes at 375 F.

6.Marinated Beef Strips

Ingredients:

- Roast beef - 1 lb., cooked
- Onion – 1, thinly sliced
- Salt - 3/4 teaspoon
- Lemon juice - 1 ½ tablespoon
- Sour-cream – 1 cup

Preparation:

Cut meat into thin strips. Combine beef, onion, salt, and pepper. Sprinkle with lemon juice. Stir in sour-cream. Chill and serve in lettuce lined plate, if desired.

7.Peking Duck

Ingredients:

- Duck - 4 to 5 lbs.
- Water 14 cups
- Honey 4 tablespoons
- Ginger - 4 slices, 1/8-inch thick
- Vinegar – ½ cup, white
- Dry sherry – ½ cup
- Lumpia wrappers - 1 pkg.
- Green onion stems - 24
- Parsley – 2 oz

Lemon sauce (purchased at grocery store) – 2 tablespoons

Preparation:

Rinse duck and dry with a kitchen towel. Put water, honey, ginger, vinegar, and wine into a large pot and bring to a boil. Place the duck in the pot and ladle boiling liquid mixture all over it for 3 minutes. Remove the duck after 10 minutes of boiling, and dry with kitchen towel to absorb the wet. Air dry in a cool, breezy place for 8 hours, covered with cheese cloth.

Heat oven to 400 F. Put the duck on the oven rack, breast side up. On a lower oven rack, place on foil lined roasting. Roast for 30 minutes, then, turn on sides and roast each side for 30 minutes. Face the breast down and roast back for 30 minutes more. Steam lumpia wrappers for about 10 minutes, separate and cut into halves.

Remove skin from duck and cut skin with scissors into 1 x 2-inch pieces. Arrange on a heated platter. Don’t let juices wet the crispy skin. Cut the duck meat into the same sized pieces as the skin. Place skin, meat, green onion stalks, parsley and lemon sauce on lumpia wrapper and wrap.

8.Homemade Lumpia Wrappers

Ingredients:

- Flour - 1 cup
- Water - 1 cup
- Milk - 3/4 cup
- Eggs - 2, lightly beaten
- Butter - 2 tablespoons, melted
- Cooking oil – 2 tablespoons
- Salt, to taste

Preparation:

In a bowl, mix and blend the flour, water, milk, eggs, melted butter, and salt to taste. Set aside. In a pan, heat oil over at medium heat. Grease the pan thinly with oil. Add a thin layer of the batter mixture and distribute it in a circular motion evenly and thinly inside the pan. Turn and cook the other side after 30 seconds or so, or once it is easy to turn the crepe. Crepes must be light brown in color not golden brown. Don’t burn and overcook crepes. Repeat until all batter mixture is gone. You can make around fifteen (15) pieces of lumpia wrappers with this recipe.

9.Chicken, Rice, and Broccoli Casserole

Ingredients:

- Cream of celery soup - 1 can
- Milk - 1/2 cup
- Mayonnaise – 2 tablespoons
- Broccoli - 10 oz, frozen
- Chicken - 2 cups, chunks
- Parmesan cheese - 1 cup, grated
- Rice - 2 cups, cooked
- Salt to taste

Preparation:

Mix soup and 1/2 cup milk in sauce pan and heat on low. Stir in milk in warm soup mixture. Cook broccoli in a salty water for 3 minutes and drain. Place cooked rice in the bottom of a 9 x 13-inch casserole dish. Spoon ½ cup soup mixture over the rice. Place broccoli over rice in a single layer. Spoon ½ cup soup mixture over broccoli. Cover with chicken. Add remaining soup mixture and sprinkle with cheese. Bake at 350 F about 20 minutes or until bubbly.

Chapter 10. Dessert

1.Strawberry Biscuits

Ingredients:

- Flour – 2 cups
- Sugar – 2 tablespoons, divided
- Baking soda – 1 teaspoon
- Salt – a pinch
- Butter or margarine – ½ cup
- Milk – ½ cup
- Orange juice – 1 tablespoon
- Strawberries – 2 pints
- Whipped topping – 1 ½ cups

Preparation:

Combine flour, 1 tablespoon of sugar, baking powder, and salt in a large bowl. Add butter into the mixture. Gradually pour milk in until the dough soft. Using a tablespoon, put the dough on a lightly greased baking sheet. Bake at 425° for 12-15 minutes or until lightly browned. Meanwhile, place strawberries, orange juice, and remaining sugar in a bowl; toss gently. Cut shortcakes in half horizontally. Place bottom halves on serving plates; top with whipped topping and strawberries.

2.Cherry Pie with Coconut

Ingredients:

- For 20 pieces:
- Dietary margarine – 7 oz
- Sugar – 3 oz
- Eggs – 3 pcs
- Flour 11 oz
- Starch – 3 oz
- Baking powder – 2 teaspoons
- Coconut – about 3 oz
- Almond essence – a few drops
- Mineral water – 2-3 tablespoons
- Cherries without bones – 1 ¾ cup

Preparation:

Mash margarine with sugar, gradually add the eggs, flour, starch and baking powder, for the dough. Add coconut and almond essence, mix well with mineral water. Put half the dough on a baking tray. Place the berries on the dough and cover with the rest of the dough. Heat the oven at 350 F and bake for 60 minutes.

3. Light Lemon Biscuits

Ingredients:

- Eggs – 2 pcs
- Sugar – ¾ cup
- Flour – 1 ½ cup
- Lemon peel – 1 tablespoon, grated
- Lemon juice – 2 tablespoons
- Baking powder – 1 teaspoon
- Vanilla extract – 1 teaspoon

Preparation:

Preheat oven to 325 F and grease a cookie sheet.

Whip the eggs until frothy in a bowl using a mixer. Add sugar, lemon peel, lemon juice, and vanilla, and mix until well combined. Add the baking powder and flour and mix until completely incorporated.

Take a tablespoon, and pout the dough onto the baking sheet, and bake for 8-12 minutes. They'll be lightly golden brown around the edges when ready. Cool for 5 minutes before removing to cool completely on a wire rack.

Glaze:

Ingredients:

- Sugar – 1 cup, icing
- Lemon juice – 1 tablespoon

Mix sugar and lemon juice in a small bowl so that the all lumps disappear, and the mixture is thick enough - not drain off the spoon. Gently drizzle over cookies. Decorate with lemon peel.

4.Coffee Fluff

Ingredients:

- Gelatin – 1 envelope, unflavored
- Cold water – ½ cup
- Coffee – 1 ½ cups, black, strong
- Sugar to taste (optionally)
- Vanilla extract – ½ teaspoon
- Salt – a little pinch
- Whipped topping, for serving (optional)

Preparation:

Add water gelatin to soften it. Meanwhile, make coffee. Dissolve the gelatin mixture in the hot coffee. Add sugar, vanilla, and salt, stirring until sugar dissolves. Put the mixture in the refrigerator until it gets syrupy (1-2 hours). Mix the slightly thickened gelatin mixture using the mixer until it doubles its mass. Put into 6 sherbet glasses. Chill until firm. Serve plain or with whipped cream or whipped topping.

5.Fruit and Pumpkin Muffins

Ingredients:

- Pumpkin – 15 oz, peeled and chopped
- Brown sugar – ½ cup, (or ¼ cup of white sugar)
- Olive oil – ¼ cup
- Muesli - 1 cup, the lowest calorie
- Eggs – 2
- Flour - 1 cup
- Baking powder - 1.5 teaspoon
- Cinnamon – 1 teaspoon

Preparation:

Heat the oven to 350 F. Sprinkle special molds (a special pan with 12 grooves in it) with a spray for cooking (cooking spray). Cook pumpkin until soft. Mash until smooth and chill. Mix pumpkin, sugar, olive oil, muesli, eggs, flour, and cinnamon. Lay 12 pieces on the cookie pan. Bake for about 15 minutes. Simple and tasty!

6.Cottage Cheese & Pineapple Jelly

Ingredients:

- Cottage cheese – 8 oz
- Lemon juice – 2 tablespoons
- Pineapple – 12 oz, canned
- Eggs – 1
- Gelatin – ½ oz
- Vanilla essence – 2 drops
- Sugar – 1 tablespoon

Preparation:

Mix cottage cheese, lemon juice, vanilla essence, sugar with pieces of pineapple. Stir the gelatin in water, add the heated pineapple juice and cool it down. Whip the egg white into a foam and add to the pineapple juice; add to the cottage cheese mixture. Pour into the glasses and put in the refrigerator until it cooled.

7. Banana Flapjacks with Honey

Ingredients:

- Kefir – 1 cup
- Flour – 1 ½ cups
- Banana – 3
- Baking soda – 1 teaspoon
- Egg – 1
- Vegetable oil - 6 tablespoons, for cooking
- Sugar – 2 tablespoons
- Salt – a little pinch

Preparation:

Mix kefir and egg in a bowl; add sugar and salt. Mash bananas with a fork, add sugar. Mix the flour and baking powder, add to the dough, and stir.

The consistency of the dough should be like a thick sour-cream. So, if the amount of the flour is not enough, add some more flour to have the proper consistency.

Pour 2 tablespoons of oil in the pre-heated frying pan. Place the dough on it, using the spoon. Fry pancakes on both sides until golden brown. Before placing the dough in the frying pan, add oil every time because the dough will absorb the oil quickly.

8.Fruit Salad

Ingredients:

- Apple – 1 (about 4 oz)
- Pear – 1 (about 4 oz)
- Kiwi – 2
- Yogurt – 3 tablespoons
- Mint – couple of leaves, fresh, for decoration
- Sugar to taste

Preparation:

Cut fruits into small cubes (for comfortable bites). Add yogurt. Serve with mint leaves. Add sugar to taste.

9.Homemade Granola

Ingredients:

- Oats – 11 oz
- Walnuts – 2 oz
- Almond – 2 oz
- Cashew – 2 oz
- Apple juice – ½ cup
- Vegetable oil – 2 oz
- Cinnamon – 1 tablespoon
- Honey – ½ cup
- Strawberry (or other berries) – 5 oz
- Salt – a little pinch

Preparation:

Cut nuts into pieces. Put them into a large bowl and mix with the oats. In a sauce pan, mix honey, juice, cinnamon, salt, and pepper. Heat it until everything combines. Don’t boil! Add the hot liquid into the dry mixture of oats and nuts. Mix well. Lay a piece of parchment on the bottom of the baking tray. Put the mixture on the baking tray. Preheat the oven. Bake granola at 325 F for about 50 minutes. Pull the granola from the oven every 10 minutes and stir well. It is necessary to do so in order to bake the granola evenly and well. Meanwhile, cut berries into pieces. After the granola baked, put it out from the oven and let it cool down. The granola will be soft and wet, first. But after it cooled, it will be crunchy and right. Then, add chopped berries.

10.Apple Oat Bran Muffins

Ingredients:

- Apples – 1 ½ cups, peeled, cored, and finely chopped
- All-purpose flour - 3/4 cup
- Whole wheat flour - 3/4 cup
- Cinnamon - 1 ½ teaspoons
- Baking powder - 1 teaspoon
- Baking soda – ½ teaspoon
- Salt – ¼ teaspoon;
- Buttermilk - 1 cup
- Oat bran – ½ cup
- Brown sugar – ¼ cup, firmly packed
- Vegetable oil - 2 tablespoons
- Egg – 1

Preparation:

Heat oven to 400°F. Grease twelve 3-inch muffin cups or line with paper liners. In large bowl, combine both flours, cinnamon, baking powder, baking soda, and salt. In medium bowl, beat buttermilk, oat bran, brown sugar, oil, and egg until blended. Stir buttermilk mixture into flour mixture just until combined. Fold in apples. (If you don’t have any bran, just soak the same amount of bran flakes in the buttermilk ahead of time so they dissolve, and then continue with the directions.) Divide batter among muffin cups. Bake for 18-20 minutes or until wooden pick inserted in centers comes out clean. Cool muffins in pan for 5 minutes; remove from pan and cool on wire rack.

5 simple steps to create a meal plan

Starting a weight-loss plan is like the first day of school. Everything seems new to you. And you're excited, nervous—and overwhelmed. That's where a weekly meal plan will come in handy. Mapping out your meals can help give you direction, keep you on track, and may even save time by helping you shop and prep more efficiently.

If you've never created a meal plan before, it's easier than you might think. Here's everything you need to know in five simple steps.

Step 1: Make a playbook

Job one: Decide how you're going to plot out your meals for the week. You can go high-tech with a computer spreadsheet or old-school with a notebook and paper. It doesn't matter which method you pick, as long as it's one that's easy for you to use.

Step 2: Do the math

Regular meals and snacks throughout the day reduce the risk for getting hungry, which will make sure you're eating the optimal amount of food at the right time. Let's say you have 30 daily Points. You might want to use 6 points for breakfast, another nine for lunch, 3 for an afternoon snack, and 12 for dinner. You can use zero Points fruits and veggies to fill in any gaps.

Step 3: Plan to pamper yourself

It also helps to think about your plans for the coming week. Do they include date night, happy hour, or a Sunday party? The beauty of the Points system is that it allows you the flexibility to spend your budget the way you want. Whether that’s a glass of wine with dinner or a slice of birthday cake, using your Weekly Points to plan for events makes it easier to work them into your Points budget and less likely that you’ll be unprepared.

Step 4: Planning a meal

Now, you know how many Points you're going to allot for each meal, it's time to decide how to spend them. Some people are happy to eat the same meals day by day, while others prefer experimenting with the food. Either way, it is the time to fill in exactly what you plan to eat for each meal.

When doing this, you might want to consider where you'll be at mealtimes. For instance, eggs can be a great pick if you do breakfast at home, and hard-boiled are great if you're on the go or at your desk. And don't forget about beverages as their calories can increase Points quickly. If you'll be drinking anything other than water, take a minute to figure out how drinks fit into your weekly Points.

Finally, give a little thought to when you'll be eating out and decide what you'll order in advance.

Step 5: Keep it balanced

Whether you're creating your own recipes or choosing from our cookbook, you'll want to make sure that each meal contains key food groups that help you stay comfortably full throughout the day, namely fruits, vegetables, whole grains, etc.

In addition to keeping you satisfied, these foods deliver benefits that go far beyond weight loss. For instance, whole-grains fruits and vegetables are filled with vitamins, minerals, and phytonutrients, plus fiber for better gut and overall health. Aim for at least one serving with each meal and snack. Go for lean picks such as white-meat chicken and turkey, fish, eggs, tofu, beans, and low-fat milk and yogurt.

30-day Meal Plan Recipes

Day 1

Breakfast: 1 cup of plain oatmeal prepared with water and sweetened with a tablespoon of jam

Lunch: Light soup with mushrooms

Snack: Cottage cheese paste

Dinner: Baked marrow with liver

Day 2

Breakfast: Coffee fluff

Lunch: Cooked quinoa mixed with honey

Snack: Turkey and cheese wraps.

Dinner: Grilled pork tenderloin, chopped vegetables like onions or tomatoes, nonfat cheese and nonfat sour cream wrapped in a whole-wheat tortilla.

Day 3

Breakfast: A piece of dark chocolate with coffee.

Lunch: Exotic curry chicken

Snack: 1/2 cup of non-fat ice cream, crackers.

Dinner: Casserole from potatoes and cabbage

Day 4

Breakfast: 6 tablespoons of granola.

Lunch: Baked salmon with vegetable salad with raw carrots.

Snack: Stuffed peppers with eggs

Dinner: Beef ribs with rice

Day 5

Breakfast: Cottage cheese pastry, tea

Lunch: Egg-poached, bread with margarine, pear, grilled mushrooms, tea or coffee

Snack: Yogurt with fruits

Dinner: Fish soufflé

Day 6

Breakfast: Souffle with turkey

Lunch: Casserole with vegetables

Snack: Fresh berries, whole oats and nuts

Dinner: Cream-soup with avocado

Day 7

Breakfast: Quinoa with guacamole

Lunch: Spicy stewed beans

Snack: Onion rings, tea

Dinner: Chicken, rice, and broccoli casserole

Day 8

Breakfast: Fish soufflé

Lunch: Baked sweet potato chips.

Snack: 1 apple, 1 pear, and cottage cheese & pineapple jelly

Dinner: Gazpacho

Day 9

Breakfast: Banana flapjacks with honey

Lunch: Corn and pepper garnish

Snack: 1 banana, 6 Brazil nuts.

Dinner: Smoked pork chops

Day 10
Breakfast: Rhubarb and strawberry pie
Lunch: Juicy chicken in lemon sauce
Snack: Stuffed peppers with eggs
Dinner: Marinated beef strips

Day 11
Breakfast: Granola with yogurt.
Lunch: Green salad with pear
Snack: Tomatoes stuffed with mushrooms
Dinner: Peking duck

Day 12
Breakfast: A cup of non-fat cottage cheese, and an apple.
Lunch: Buckwheat with vegetables
Snack: Beet salad with mayonnaise
Dinner: Roast lamb

Day 13
Breakfast: Fruit salad
Lunch: Squid salad with pepper
Snack: Sandwich with chicken
Dinner: Oven beef hash

Day 14
Breakfast: Granola with milk.
Lunch: Tuna, green beans, and potato salad
Snack: Brusquette with Mozzarella and tomato
Dinner: Cabbage wraps with mushrooms

Day 15
Breakfast: French toast casserole.
Lunch: Pollock with broccoli and cauliflower
Snack: Stuffed Eggplants
Dinner: Beef goulash with vegetables

Day 16
Breakfast: Pita bread with cheese, coffee
Lunch: Crab chops
Snack: Cottage cheese & pineapple jelly.
Dinner: Grilled pork tenderloin

Day 17
Breakfast: Quinoa with guacamole
Lunch: Fish soufflé
Snack: Turkey and cheese wraps
Dinner: Stewed cabbage with lentils

Day 18
Breakfast: Omelet with ham and arugula
Lunch: Stuffed Eggplants
Snack: Chicken rolls with spinach and cheese
Dinner: Tuna chops with oat flakes

Day 19
Breakfast: Broccoli soufflé
Lunch: Fish Greek soup
Snack: Baked potatoes with cheese
Dinner: Homemade Lumpia wrappers

Day 20
Breakfast: Fruit and pumpkin muffins
Lunch: Vegetable chops
Snack: Light pizza
Dinner: Smoked pork chops

Day 21
Breakfast: Chopped tomatoes and crumbled feta cheese
Lunch: Fish Greek soup
Snack: Cottage cheese & pineapple jelly
Dinner: Grilled pork tenderloin

Day 22
Breakfast: Cooked quinoa mixed with honey and low-fat milk
Lunch: Spiced smoked tongue
Snack: Marocco salad
Dinner: Baked sweet potatoes with pumpkin

Day 23
Breakfast: Tuna and vegetables cannelloni
Lunch: Stewed plaice(flatfish)
Snack: Salad with raw carrots
Dinner: Couscous with mushrooms and vegetables

Day 24
Breakfast: Cherry pie with coconut
Lunch: Soup with zucchini
Snack: Lasagna
Dinner: Corn and pepper garnish

Day 25
Breakfast: Sandwich with homemade ham, plain coffee
Lunch: Baked carp
Snack: Green salad with pear
Dinner: Onion pie

Day 26
Breakfast: Oatmeal porridge with raisins and sugar, and orange juice
Lunch: Pasta with vegetable sauce
Snack: Tuna, green beans, and potato salad
Dinner: Cream-soup with avocado

Day 27
Breakfast: 2 oz fish
Lunch: Greek salad
Snack: Chicken rolls with spinach and cheese
Dinner: Baked marrow with liver

Day 28
Breakfast: Pumpkin porridge with millet
Lunch: Baked trout
Snack: Light lemon biscuits
Dinner: Turkey cutlets

Day 29

Breakfast: 1 oz hard cheese

Lunch: Light soup with mushrooms

Snack: Marinated beef strips

Dinner: Crab chops

Day 30

Breakfast: 1 egg, 1 slice enriched bread

Lunch: Vegetable chops

Snack: Cherry pie with coconut

Dinner: Beef goulash with vegetables

Conclusion

Weight Watchers was developed to change your habits long-term easily, and it's flexible enough that it is possible to adapt it to your lifestyle. How much effort it takes depends on how much you'll have to change your habits.

It can help you to learn how to eat healthier and get physical activity so that you can lose weight forever.

The diet experts concluded that Weight Watchers is the easiest plan to follow and had great results in successful weight loss. All foods are assigned a point value. To lose weight, you'll need to stay on your total points target each day. The average Weight Watchers member starts with 31 points per day and 49 extra points to use throughout the week. So, what those points are? A balanced Weight Watchers meal plan will fulfill these points with low-fat, nutrient-dense foods. So, visit your doctor and talk to him/her if you have troubles developing a personalized weight-loss menu.

Each product for Weight Watchers is has a certain number of points, which are calculated based on calories, fat and fiber content. In the list of products there is not one forbidden, eat whatever you want, but you should not receive daily more nutritional items than your program requires. To properly create it, you will be asked to answer questions: age, weight, sex, the amount of daily exercise, health.

Why is this system so popular and successful? The answer is simple. It does not require changing your food preferences and provides powerful psychological support.

The main principles of it are:

- Putting down everything that was eaten every day;
- Drinking at least 8 glasses of liquid every day;
- Taking multivitamins;
- Eating five types of vegetables and fruits at least;

- Doing physical training regularly (mostly walking);
- Following the meal program which is chosen for you.

Weight Watchers offers three plans: Online only, online with meetings, or online with one-on-one coaching through phone calls and messages. Prices and offers may be different, so check the Weight Watchers website. You can also sign up online for a newsletter or use WW Connect, a community available through the Weight Watchers app. It is possible to follow the plan online or on your own. But the *Consumer Reports* survey found that people who went to meetings were more satisfied with the program, as they had support and motivation on their way to losing weight and, as a result, lost more weight than people who used only the online tools. According to the statistics, during the year the participants lost an average of 4.8-7.3 pounds, while the Weight Watchers followers dumped at 11.2-14.7 pounds. The program is simple-to-follow. You can also find Weight Watchers' premade meals at your local grocery store.

The main thing is to observe the system.

And then the psychological component comes to the rescue. Members of the society Weight Watchers must necessarily go to weekly meetings and must be active, namely: honestly repent of their passions. Of course, it's not always easy to get up and say before everyone that you are fat because you can't give up sweet ice-cream and whipped cream. But it must be done; it is necessary to overcome this barrier, after the first time it will become easier. And the audience is very friendly. And this, by the way, really helps.

Personally, I think this WW plan teaches you to eat healthy and something you can stick with. Taking one step at a time, strengthening yourself slowly, you can't fail, as well. Take Advantage of the "zero" foods allowed in this diet. Never allow yourself to be hungry. Stay healthy. Be in good shape.