

# 7

# Day Meltdown



LeanEats

>> COOKBOOK



## 7 Day Meltdown Cookbook

Use this cookbook to plan your daily meals for the 7 Day Meltdown Program. To complete the program with the best possible results, pick 5 meals from this cookbook to eat each day. You should have NO MORE than 1 red and 1 yellow meal each day. If you choose to eat all BLUE meals, that is perfectly acceptable.

If planning and preparing your foods for the 7 Day Meltdown seems overwhelming, head on over to [www.myleaneats.com](http://www.myleaneats.com) and place an order for your customized meal plan that will be delivered directly to your door in just a few days.

## Blue Recipes

### Pan-fried Lemon Chicken

#### Ingredients

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

#### Preparation

1. Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth and soy sauce in a small bowl.
2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms to the pan and cook for about 5 minutes. Add scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallions and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

### Shiitake Mushroom Steak

#### Ingredients

*Steak:*

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

1 (1-pound) flank steak, trimmed

*Sauce:*

1/2 cup chopped onion

1 garlic clove, minced

2 cups thinly sliced shiitake mushroom caps (about 1/2 pound mushrooms)

1 cup less-sodium beef broth

1/3 cup dry white wine

1 tablespoon balsamic vinegar

1/2 cup minced green onions

### **Preparation**

1. Preheat broiler.
2. To prepare steak, sprinkle salt and pepper evenly over both sides of steak. Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Remove the steak from oven; loosely cover with foil.
3. To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onion and garlic; sauté 2 minutes. Add mushrooms; sauté for 4 minutes. Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduced to 1 1/4 cups (about 6 minutes). Add green onions, and cook for 1 minute.
4. Slice steak diagonally across the grain into 1/4-inch slices. Serve steak with sauce.

## **Feta Egg White Omelet**

### **Ingredients**

6 egg whites

1/2 teaspoon onion powder

3 ounces fresh spinach (or thawed frozen)

1 ounce low-fat feta cheese

2 artichoke hearts - chopped

## Preparation

1. Place egg whites in a large bowl and beat them together. Add all remaining ingredients and beat to combine.
2. Place a large frying pan over medium heat. Spray generously with cooking spray.
3. Pour ingredients into the frying pan. Cook until omelet is set enough to flip. Flip the omelet and cook the other side to golden brown.
4. Cut into two equal portions to serve.

## Stuffed Pork Tenderloin

### Ingredients

- 1 10-ounce package frozen spinach, thawed and squeezed dry
- 1/2 cup shredded smoked or extra-sharp Cheddar cheese
- 2 ounces Spanish chorizo or hard salami, finely chopped
- 1/2 teaspoon salt, divided
- 3 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil, divided
- 1 1-1 1/4 pound pork tenderloin, trimmed
- 1/4 teaspoon freshly ground pepper

### Preparation

1. Preheat oven to 450°F.
2. Combine spinach, cheese, chorizo (or salami) and 1/4 teaspoon salt in a bowl. Combine garlic, 1 tablespoon oil and the remaining 1/4 teaspoon salt in another bowl; set aside.
3. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open as you would a book. Cover with plastic wrap. With a meat mallet, rolling pin, or heavy pan, pound the pork to an even 1/4-inch thickness.
4. Spread the spinach mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends as you roll. Tie kitchen string

firmly lengthwise around the roast to secure the two ends; tie it crosswise at 2-inch intervals.

5. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Reduce the heat to medium and lightly brown the pork on all sides, 4 to 6 minutes total. Brush the top with the reserved garlic mixture; season with pepper. Transfer the pan to the oven and roast the pork until an instant-read thermometer inserted into the thickest part registers 145°F, 15 to 20 minutes. Let rest on a clean cutting board for 5 minutes before slicing.

## **Cajun Tilapia**

### **Ingredients**

- 2 lbs tilapia fillets
- 2 teaspoons garlic powder
- 2 teaspoons black pepper
- 2 teaspoons Cajun seasoning
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper (or less depending on desired heat level)
- 1 tablespoon canola oil
- 1 tablespoon olive oil
- 1 lemon, wedges for garnish

### **Preparation**

1. Thaw and dry filets.
2. Mix all but the oils in a small bowl. Dry rub spice mix onto both sides of each filet.
3. Heat 1/2 of both oils in a large skillet over med-hi heat.
4. In batches, cook about 2-3 minutes on each side depending on the thickness. Repeat for the rest of the fish adding oil as needed.
5. Serve with lemon wedges.

# Yellow Recipes

## Cheddar Chipotle Meatloaf

### Ingredients

- 1 pound lean (90% or leaner) ground beef
- 1/2 cup chopped onion
- 1/3 cup dried quick oats
- 1 large egg
- 6 tablespoons low-sugar ketchup, preferably no-salt-added
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup shredded extra-sharp Cheddar cheese
- 1/8 teaspoon ground chipotle pepper

### Preparation

1. Preheat oven to 400°F. Coat four 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. (Alternatively, make freeform meatloaves and bake directly on the baking sheet.)
2. Combine beef, onion, oats, egg, 2 tablespoons ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1 1/2-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.
3. Combine the remaining 4 tablespoons ketchup and chipotle in a bowl; spread over each loaf.
4. Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F, 20 to 30 minutes.

## **Fiesta Chicken**

### **Ingredients**

- 4 chicken breasts, frozen or thawed
- 1 (15 1/2 ounce) can black beans, drained and rinsed
- 1 (15 ounce) jar of your favorite salsa
- 1 (8 ounce) package cream cheese

### **Preparation**

1. Take 4 frozen (or thawed), boneless chicken breasts and put into crock-pot. Add 1 can of black beans, drained, 1 jar of salsa. Keep in crock pot on low for about 4-5 hours or until chicken is cooked. Once it is cooked, take it out and shred it. Return shredded chicken to the crock-pot.
2. Add 1 package of cream cheese (just throw it on top!) and let sit for about 1/2 hour. It may look a little strange at this point. Don't worry. Stir in the cream cheese, serve, and enjoy!

## **Garden Meatballs**

### **Ingredients**

***Makes about 20 huge meatballs***

- 2.5 lbs ground chicken breast
- 3 egg whites
- 1 cup dried quick oats
- 2 medium green bell peppers
- 1 purple onion
- 2 TBS paprika
- 1 TBS chopped garlic
- 1 TBS dried basil
- 1 TBS oregano



1-2 TBS of fish sauce or you can add flavor with a pinch or two of salt

### **Preparation**

1. Mix all of the ingredients together in a big bowl.
2. Spray a muffin tin (or regular pan) with cooking spray.
3. Mash into balls.
4. Cook at 375°F for about 35 min.

## **Turkey Burgers with Roasted Eggplant**

### **Ingredients**

- 1 (8-ounce) eggplant
- 2 tablespoons finely chopped fresh parsley, divided
- 4 teaspoons olive oil, divided
- 1 teaspoon fresh lemon juice
- 1 garlic clove, minced
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 pound turkey tenderloins, cut into 1-inch pieces
- 1 teaspoon less-sodium soy sauce
- 1/4 teaspoon Marmite

### **Preparation**

1. Preheat oven to 400° F.
2. Lightly coat eggplant with cooking spray; wrap eggplant in foil. Place eggplant on a jelly-roll pan; bake at 400° for 45 minutes or until very tender, turning once. Remove from foil; cool slightly. Cut eggplant in half. Carefully scoop out pulp to measure 1 1/4 cups; discard skin. Place pulp in a food processor; process until smooth. Reserve 1/4 cup pureed pulp. Combine remaining pulp, 1 Tbsp parsley, 2 teaspoons oil, juice, and garlic. Stir in 1/2 tsp salt and 1/4 tsp pepper; set aside.
3. Arrange turkey pieces in a single layer on jelly-roll pan, leaving space between each piece.

Freeze 15 minutes or until meat is firm but not frozen. Combine meat and remaining 2 teaspoons oil in large bowl; toss to combine. Pass meat through a chilled meat grinder completely. Immediately pass meat through grinder a second time. Combine reserved 1/4 cup eggplant puree, turkey, remaining 1 tablespoon parsley, soy sauce, and Marmite in a large bowl. Divide mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty. Cover and chill until ready to grill.

4. Lightly coat patties with cooking spray; sprinkle with remaining 1/4 tsp salt and remaining pepper. Place patties on grill set to medium-high heat, and grill 4 minutes until well marked. Carefully turn patties over and grill 3 minutes or until done. Top each serving with 1 Tbsp eggplant mixture, 1 lettuce leaf, 1 tomato slice.

# Red Recipes

## Chicken Quesadillas

### Ingredients

- 16 oz skinless chicken breast, fat trimmed
- Cumin, oregano, garlic powder, salt, and pepper to taste
- Cooking spray
- 1/2 small onion, cut into strips
- 1 bell pepper (red or green) cut into strips
- 1 clove garlic, minced
- 1 tbsp oil
- 1-1/3 cup Mexican blend shredded cheese
- 1 cup avocado-mango salsa
- 8 low carb flour tortillas

### Preparation

1. Slice chicken breast in half so you have 4 cutlets. Season chicken generously with salt, pepper, cumin, oregano and garlic powder.
2. Lightly spray a skillet on medium heat with oil or if using a grill, grill chicken until cooked on both sides. Remove from heat and cut chicken into strips, set aside. To the skillet, add 1 tbsp oil and cook onions and peppers, season with salt and pepper. Cook about 2 minutes, add garlic and continue cooking until vegetables are soft being careful not to burn the garlic. When cooked, set aside.
3. Heat skillet on medium heat and lightly spray with oil. Add tortilla, top with cheese, chicken, onions, peppers, and pico de gallo or avocado-mango salsa. Top with the other tortilla. Cheese should be melted and the bottom of the tortilla should be golden brown. Put a plate on top of the quesadilla to flip it over onto the plate. Then slide the other side onto the skillet. Cook another minute and remove with a spatula. Cut into wedges and serve with sour cream if you wish.

## **Garlic Basil Chicken Flatbread**

### **Ingredients**

- 2 slices Arnold's Artisan Savory Herb Flatbread
- 1 tbsp fresh basil (2 tsp dried)
- 1 tsp crushed garlic
- 2 oz Shredded mozzarella cheese (reserve some to sprinkle on top)
- 1 oz Shredded Parmesan cheese
- 3 oz chicken breast (cooked)

### **Preparation**

1. - Heat oven to 350\*
2. Combine basil, garlic, and cheese. Spread onto flatbreads.
3. Top with cooked chicken.
4. - Sprinkle reserved cheese on top.
5. - Cook on pizza stone for 15 minutes.

## **Crab Cakes**

### **Ingredients**

- 1 pound fresh lump crabmeat, (2 cups), picked over and patted dry
- 1 cup dried quick oats
- 1/4 cup low-fat mayonnaise
- 1 large egg white, lightly beaten
- 2 tablespoons lemon juice
- 1 scallion, trimmed and finely chopped
- 1/3 cup finely diced red or green bell pepper

1 tablespoon chopped fresh parsley

1 teaspoon Old Bay seasoning

1/4 teaspoon freshly ground pepper

1/4-1/2 teaspoon hot sauce

1 teaspoon canola oil

Lemon wedges, for garnish

## Preparation

1. Preheat oven to 450°F.
2. Stir crabmeat, egg white, lemon juice, scallion, bell pepper, parsley, Old Bay seasoning, pepper and hot sauce to taste in a large bowl.
3. Form the crab mixture into six 1/2-inch-thick patties. (The mixture will be very soft.)
4. Brush oil evenly over the bottom of a heavy ovenproof skillet. Heat the pan over medium-high heat. Add the crab cakes and cook until the undersides are golden, about 1 minute. Carefully turn the crab cakes over and transfer the pan to the oven. (If you do not have an ovenproof skillet, transfer the patties to a baking sheet.) Bake until heated through, 10 to 12 minutes. Serve with lemon wedges.

## Healthful Grilled Fajita Pitas

### Ingredients

12 ounces beef flank steak

½ cup bottled light clear Italian salad dressing

½ teaspoon finely shredded lime peel

¼ cup lime juice

2 tablespoons snipped fresh cilantro

¼ cup finely chopped onion

4 cups mixed spring baby salad greens

1 medium red sweet pepper, cut into bite-size strips

1 medium avocado, halved, seeded, peeled, and thinly sliced

3 whole-wheat pita bread rounds, halved

### **Preparation**

1. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place steak in a resealable plastic bag set in a shallow dish.
2. In a screw-top jar, combine salad dressing, lime peel, lime juice, and cilantro. Cover and shake well. Pour half of the salad dressing mixture into a small bowl and add onion; cover and chill until serving time. Pour the remaining salad dressing mixture in jar over steak in bag. Seal bag; turn to coat steak. Marinate in the refrigerator for 24 hours, turning bag occasionally.
3. Drain steak, discarding marinade. Sprinkle steak with salt and black pepper. For a charcoal grill, place steak on the rack of an uncovered grill directly over medium coals. Grill for 17 to 21 minutes for medium doneness (160°F), turning once. (For a gas grill, preheat grill. Reduce heat to medium. Place steak on grill rack. Cover and grill as above.) (To broil, place steak on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 15 to 18 minutes for medium doneness [160°F], turning once.)
4. To serve, thinly slice steak across the grain. In a large bowl, toss together steak, salad greens, red pepper, avocado, and dressing mixture. Fill each pita half with steak.

## **Egg and Cheese Wrap**

### **Ingredients**

1 (8-inch) low-carb tortilla

2 eggs-

1 tablespoon shredded Mexican cheese blend

1 tablespoon salsa

### **Preparation**

1. Press tortilla into microwave-safe bowl. Break egg into center of tortilla then beat gently with a fork until blended, being careful not to tear tortilla.
2. Microwave 30 seconds on high power; stir. Microwave 30 to 45 more seconds, or until egg is almost set.
3. Remove tortilla from bowl to flat surface. Top egg with cheese and salsa. Fold bottom of tortilla over egg then fold in sides, and serve.