



January 2011 Inner Circle Bonus: Greenfield Dinner Meal Plans

Monday: *Falafel Wraps*

Falafel

- 3/4 cup dried Chickpeas soaked over night.
- 2 Tbl. lemon Juice
- 1 Tbl. olive oil
- 1 Small onion finely chopped
- 1 tsp. sea salt
- 2 cloves Garlic
- 2 tsp. ground Coriander
- 2 tsp. ground Cumin
- 1/2 tsp. pepper
- 1 tsp. baking soda
- 1/4 chili powder
- 1/4 cup finely chopped parsley

On the stove boil Chickpeas till soft. With a potato masher mash the chickpeas until almost a paste. You still want it a little chunky but resembling more of a paste. This boiling process takes about a hour.

When chickpeas are ready, in a skillet heat olive oil, or for a more stable oil, coconut or macadamia oil, and saute onion, salt, coriander, cumin and garlic until tender. Set aside.

Combine Chickpeas, Onion mixture, baking soda, chili powder, and parsley.

On an oiled baking sheet create little patties about the size of small hamburgers. Bake the patties at 350 for about 30 min.

Tzatziki sauce for wraps

1 cup non fat plain yogurt (if lactose intolerant, could
Half a red onion chopped fine
Half a cucumber seeded and chopped finely
Juice of one lemon

Combine all ingredients.

We use Ezekiel bread sprouted wraps but you can use pita bread or any wraps you like.

Hint from Ben: If you're trying to lose weight, just serve the falafel and Tzatziki over mixed greens. I personally like to add a little cayenne pepper to this recipe.

Tuesday: *Chicken Skewers with almond sauce*

Cut 2 chicken breasts in 1/2 thickness strips. Marinate in Braggs Amino Acids (google it) or in a soy sauce for about 2 hours. BBQ chicken on skewer or bake at 350 until cooked through. Plate on a big bed of spinach.

Almond Sauce

1/4 creamy Almond Butter
2 tsp honey
2 tsp Braggs Amino
1 Tbl brown rice vinegar
2 tsp grated ginger
1 tap. hot pepper oil
1/2 cup coconut milk

Combine all ingredients in a sauce pan over medium heat. Cook until thickens this take about 5 min.

Serve with Nori Quinoa Salad (one of Jessa's all time favorites)

Nori Salad

2 teaspoons sesame oil
1 Tablespoon honey

1 teaspoon rice wine vinegar
4 Tablespoons soy sauce
1 t fresh ginger, grated
4 cloves of garlic, minced
1 cup flaked roasted nori
1 cup quinoa cooled
¼ cup sesame seeds (reserve some for garnish)
1 large red bell pepper, diced
1 large carrot, peeled and shredded
1 bunch green onion, sliced

Combine all ingredients and toss.

Note from Ben: Try to soak your quinoa overnight if you can. It will rinse the slightly gut irritating "saponins" off. Also, Nori is one of those sea vegetables that is super high in, among other things, iodine.

Wednesday: Eastern Red Lentil Soup

1 tsp butter
1 onion chopped
1 - 2 Tbl minced garlic
1 tsp Turmeric
1 tsp ground cumin
1/8 tsp cayenne
1 cup chopped tomatoes
1 cup of dried lentils soaked for 6-8 hours
4 cups veggie stalk
1 tsp. sea salt
1 tsp. cumin seed
1 tsp. mustard seed
1/4 cup chopped cilantro.

Heat butter in a 4 quart pot. Saute onions and garlic until tender. Add cumin turmeric and cayenne and cook about 3 min. Add tomatoes and cook until they start to brake down. Add lentils, veggie stalk and salt. Let simmer for 45 min.

Heat a 1sp of butter and put in the cumin seed and mustard seed. Saute them until they pop. Put this in the soup.

When ready to serve, throw in the chopped cilantro.

Serve with salad

Package of spring greens or your favorite greens
chopped red onions
hand full of raisins
1/2 cup dry roasted walnuts

Dressing

4 Tbl olive oil
3 Tbl brown rice vinegar
2 Tbl honey
1 Tbl dijon mustard
2 tsp poppy seeds
1 Tbl dried dill

Warming the honey helps it incorporate better. Add all ingredients and mix.

Note from Ben: if you're super hungry or have a hankering for vitamin E, toss a few almonds into the lentil soup. Yum!

Thursday: *"Fish Dish"*

1 tsp olive oil or macadamia oil (more heat stable)
2 Cod fillet
2 Tbl unsalted butter
3 Tbl salted capers
a handful of fresh parsley, finely chopped
one lemon

Drizzle olive oil or macadamia oil on to the fish fillets and season with salt and pepper. Gently heat a non-stick frying-pan and add the fish, skin down, and cook until the skin starts to color and turn golden and crisp. Turn up the heat slightly and add the fresh butter and after a couple of minutes, turn the fish over. Finish cooking until the butter begins to turn brown (be careful not to let it go black). Add the capers, chopped parsley and finish with a good squeeze of lemon juice to deglaze the pan. Remove the fish from the pan and serve immediately.

Serve with roasted veggies

3 red potatoes halved
1 Bell pepper cut in 1/2 in cubes
1 onion quartered
1 zucchini cubed
1/4 Cup balsamic vinegar
2 Tbl olive oil
1 tsp salt

Black pepper

Boil the potatoes for 20 min. or until they can easily be pierced with a fork. Combine all the ingredients and toss. Put veggies in a roasting dish. Cook at 350 for 20- 30 min.

Friday: *Black Bean Chili*

1 tablespoon olive or macadamia oil
1 onion, diced
2 cloves garlic, minced
1 pound ground turkey
2 cups of soaked and rinsed black beans (soak black bean 8 hours or over night)
1 (14.5 ounce) can crushed tomatoes
1 1/2 tablespoons chili powder
1 tablespoon dried oregano
1 tablespoon dried basil leaves
1 tablespoon red wine vinegar

Cook black beans by boiling and simmering. Takes about 45 min.

Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.

Serve with Apple, Fennel, and Celery Salad

Vinaigrette:

1 teaspoon yellow mustard seeds
1 shallot, sliced
1 tablespoon, plus 1 teaspoon extra virgin olive oil
2 teaspoons brown rice vinegar
2 teaspoons Dijon mustard
1 tablespoon, plus 1 teaspoon honey
The juice of one lemon
3-4 tablespoons water
1 teaspoons dried parsley
1 teaspoons dried dill
Salt and black pepper, to taste

Salad:

8 cups spicy mesclun greens
1 large Granny Smith apple, thinly sliced

Juice of one lemon
1 medium fennel bulb, thinly sliced
2 inner celery stalks, sliced on the diagonal, with some leaves
2 tablespoons raisins
2 tablespoons dry toasted walnuts

To toast the walnuts, place in a small, dry skillet over medium heat for 1-2 minutes, until golden brown and aromatic. Set aside.

To make the vinaigrette, place mustard seeds in a small, dry skillet over medium heat; toast for 1-2 minutes until they begin to pop; set aside. In the same skillet, sauté shallots in olive oil; whisk in remaining vinaigrette ingredients. Turn off heat.

For the salad, place apple and fennel slices in a bowl with fresh lemon juice and toss to prevent them from turning brown. Pour out lemon juice before adding to salad.

In a large bowl, add mesclun, apple and fennel slices, and celery; add vinaigrette, and toss until well coated. Divide among 4 plates. Garnish with raisins and walnuts.

Note from Ben: Beans, beans, beans – super cheap way to get your proteins. Gas? Pop a couple beano tablets literally 2 minutes before the meal. And the soaking helps, trust me.

Saturday: Quinoa Lettuce wraps

- 16 Boston Bibb or butter lettuce leaves
- 1 Cup of Quinoa
- 1 tablespoon cooking oil
- 1 large onion, chopped
- 2 cloves fresh garlic, minced
- 1/4 Braggs Amino
- 2 teaspoons minced ginger
- 1 tablespoon rice wine vinegar
- Asian chile pepper sauce (optional)
- 1 (8 ounce) can water chestnuts, drained and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

Cook Quinoa as you would usually. Talk to us in the Inner Circle forum if you're having trouble figuring out quinoa.

Put 2 Tbl of oil in pan and cook the onion until translucent. Throw the Quinoa in with the onions. In a bowl combining the rest of the ingredients except the green onions, Almond and Hemp seed. Pour mixture in with the quinoa and onions and cook for 5 min. Let cool and then add the green onions, almond and hemp seed.

Serve with Miso Soup

3 ounces dried soba noodles
2 - 4 tablespoons miso paste (to taste)
2 - 3 ounces firm tofu (2 handfuls), chopped into 1/3-inch cubes
a handful of watercress or spinach, well washed and stems trimmed
2 green onions, tops removed thinly sliced
a small handful of cilantro
a pinch of red pepper flakes

Cook the soba noodles in salted water, drain, run cold water over the noodles to stop them from cooking, shake off any excess water and set aside.

In a medium sauce pan bring 4 cups of water to a boil. Reduce the heat to a gentle simmer and remove from heat. Pour a bit of the hot water into a small bowl and whisk in the miso paste - so it thins out a bit (this step is to avoid clumping). Stir this back into the pot. Taste, and then add more (the same way) a bit at a time until it is to your liking. Also, some miso pastes are less-salty than others, so you may need to add a bit of salt here. Add the tofu, remove from the heat, and let it sit for just a minute or so.

Split the noodles between two (or three) bowls, and pour the miso broth and tofu over them. Add some watercress, green onions, cilantro, and red pepper flakes to each bowl and enjoy.

Note from Ben: Miso, as a fermented soy source, has tons of benefits. I personally could take or leave the tofu in this dish. Your call.

Sunday: *Salmon patties on top of salad*

2 (240 g) cans red salmon
1/4 cup oats
1/2 cup fat-free ricotta cheese
2 egg
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh cilantro
Sea salt
pepper

Mix all ingredients together. If the mixture is too soft, add more oats. If the mixture is too dry add another egg.

Shape into cakes. Oil the frying pan and cook until golden on each side.

Next, mix together a salad with diced tomatoes, cucumbers and red onion. Use the salad dressing from Wednesday.

Serve with Roasted Sweet Potatoes

2 Sweet potatoes cut into cubes
1 tsp cumin
1 tsp Turmeric
1tsp Cinnamon
1 tsp salt
2 Tbl olive oil.

Preheat oven to 350. Toss all ingredients in a bowl and mix until potatoes are coated in seasoning. Place potatoes in a roasting pan and cook for 30 - 45 min.

Questions? Leave them in the Inner Circle member forum...

...at www.bengreenfieldfitness.com/innercircle/forum