



March 2011 Inner Circle Bonus: Greenfield Dinner Meal Plans

Questions about these meal plans? Ask Ben & Jessa the Inner Circle forum, at <http://www.bengreenfieldfitness.com/innercircle/welcome2>

Monday: *Thai Cucumber salad and Tom Kha Gai*

Thai Cucumber salad

- 1 English cucumber OR 2 field cucumbers (if using organic, leave the skin on; otherwise, wash well or peel it off)
- 1 shallot, minced (OR substitute 1/4 cup minced purple onion)
- 2 green (spring) onions, finely sliced
- 1 fresh red chili, de-seeded and minced fine, OR 1/4 cup diced red bell pepper
- 1/2 cup fresh coriander/cilantro, roughly chopped
- 1/4 cup ground or roughly chopped dry roasted peanuts

Dressing

- 2 Tbsp. fish sauce (vegetarians: see alternate recipe link below)
- juice of 1/2 lime
- 1-2 cloves garlic, minced
- 1/2 tsp. shrimp paste (available by the jar at Asian stores)
- 1 Tbsp. soy sauce
- 1/4 to 1/2 tsp. cayenne pepper (to taste)
- 1 to 1+1/2 tsp. sugar

Cut the cucumber in half lengthwise, then repeat with each half until you have a number of long strips. Now slice the other way to create bite-size rectangular chunks. Place in a salad bowl.

Add the shallot, green onion, chili/red pepper, and coriander to the salad bowl (keep back a little extra coriander for a garnish).

Combine the dressing ingredients together in a cup, stirring to dissolve the shrimp paste. Taste-test it for sweet-sour balance, adding more sugar if it's too sour for your taste.

Pour dressing over the salad and toss well.

Top with the ground/chopped peanuts, plus extra coriander. If desired, garnish with a slice of lime. Serve immediately, or cover and refrigerate for up to 3 hours.

Tom Kha Gai

- 1 quart chicken broth
- 1 can of coconut milk
- 1/4 tsp dried chile flakes
- 1 tsp freshly grated ginger
- juice of 1 lemon
- sea salt (to taste)
- 2 C cubed cooked chicken (optional)
- 2 green onions, chopped (optional)
- chopped cilantro (optional)

Bring the stock to a boil, skim any foam that rises to the top and add coconut milk, lemon juice, chile flakes, ginger, and optional chicken. Simmer for about 15 minutes. Season to taste with salt. Ladle into soup bowls or mugs and garnish with cilantro and green onions. (*variation from Sally Fallon Morell's Nourishing Traditions*)

Notes from Ben: Jessa and I have spent lots of time in Thailand, and fresh veggies, lean meats, metabolism-boosting spices and relatively low starch/gluten intake makes this ethnic style of cooking a good healthy choice.

Tuesday: Shrimp Sushi Salad

Marinated Shrimp

12 Shrimps peeled and deveined ☐

5 tbsp sesame oil □ 5 tbsp soy sauce □

2 tbsp rice vinegar □

1 clove garlic □

1/2 red chili □ 2-inch

2 tsp fresh ginger, peeled and minced

Making the marinade: Mix the ingredients for the marinade in a bowl and add the shrimp. Make sure the marinade covers all of the Shrimp. Put in the fridge for 4-8 hours. Place the shrimp on a baking sheet and broil the shrimp. This should take no longer than 2-5 min. Shrimp turns pink when it is done. After you are done with the marinade cook it on a medium heat until it boils. Then let it cool and use it as the dressing.

Brown Rice

Cook 1 cup of brown rice

2 Tbs rice vinegar

1 tsp sesame oil

Combine ingredients

Salad

Marinated and cooked shrimp

Brown rice

1 large broccoli, broken into 1-inch pieces

□ 1 green onion

□ 2 avocado, cut into cubes

□ 12 mushrooms (shiitake or whatever you prefer), cut in quarters

□ 1 handful sugarsnap peas, divided in half □

1 handful bean sprouts □

1/2 cucumber, cut into sticks □

8 sheets nori seaweed, cut into 2×2-inch squares

- 1 handful roasted sesame seeds□
- 1 handful cilantro

Blanch the broccoli (pour boiled water over it, let it set for two minutes and then throw it in ice cold water). Divide the rice into 4 large bowls and top it with all the vegetables mixed together. Drizzle the rest of the tofu marinade over the salad, top it with sesame seeds and cilantro and serve it with wasabi and soy sauce.

Ben's notes: If you're trying to go "super low carb" then substitute Miracle Noodles in this recipe: <http://tinyurl.com/fatlossnoodle>

Wednesday: Beer Can Chicken and Black Quinoa & Kale salad

Beer Can Chicken

- 1 (4 lbs) Whole Chicken
- 2 Tbl coconut oil or grape seed oil
- 2 Tbl salt
- 1 tsp black pepper
- 3 Tbl of your favorite dry spice rub
- 1 can of beer

Remove neck and giblets from chicken and discard. Rinse chicken inside and out, and pat dry with paper towels. Rub chicken lightly with oil then rub inside and out with salt, pepper and dry rub. Set aside.

Open a beer can and pour out half or drink half whatever you prefer. Place beer can on a rimmed baking sheet. Place the chicken cavity over the beer can.

Cook the chicken on 350 for approximately 1 1/4 hours or until the internal temperature registers 165 degrees F in the breast area and 180 degrees F in the thigh, or until the thigh juice runs clear when stabbed with a sharp knife. Remove from oven and let rest for 10 minutes before carving.

Black Quinoa & Kale Salad

- 1 ½ cup black quinoa cooked and cooled

Dressing

4 Tbl olive oil
½ organic lemon (peel and juice)
2 Tbl hot mustard
salt and pepper to tast

Salad

4 big leafs of Kale
2 apples
1 handful of sprouts
1 cup of feta cheese

Cook the quinoa. Mix the ingredients for the dressing in a high glass or a small bowl. Let the quinoa cool of for a while and add the dressing. □ Rinse the kale and chop it. Cut the apples in small cubes. Mix all the ingredients with the quinoa and top it with the goat cheese.

Notes from Ben: I drink the beer.

Thursday: Barley Bean Soup

3 tbsp olive oil □
2 spring onions, chopped □
3 cloves garlic, chopped □
3 small carrots, diced
□ *2 ribs celery, diced* □
2 tsp fresh rosemary, chopped
□ *2 bay leaves (can be replaced with sage)*
□ *juice from 1/2 lemon* □
1/2 glass white wine □
8 cups vegetable stock
□ *1 cup pearled barley* □
1 zucchini, cut in quarters

□ 10 cherry tomatoes, divided in half

□ 2 cups fresh green beans □

1 cup fresh or frozen beans and preboiled for 20 min.

Heat olive oil in a heavy-bottomed pot and add onion and garlic. Saute for about 5 minutes. Add carrots, celery, rosemary, bay leaves, lemon juice and white wine and cook, stirring often, for 2 minutes. Add vegetable stock and let it cook for 30 minutes. Add barley, zucchini, and tomatoes and let it cook for another 25 min. Then add green beans and borlotti beans and let it simmer for 10 more min. Remove the bay leaves and add salt and pepper. The soup is done when the barley and the beans are done. Serve with olive oil, lemon juice and fresh herbs.

Notes from Ben: Pearled barley is slightly less nutritious than "hulled" barley, but cooks much better, and tends to be less chewy, and also more likeable by children. But you could use hulled barley in this if you want.

Friday: Zucchini and Chickpeas salad and Pancetta and Turkey Meatloaf

Pancetta and Turkey Meatloaf (an adapted recipe from Giada De Laurentiis)

Ingredients

1/2 cup ground oats
1/4 cup chopped flat-leaf parsley
2 large eggs, lightly beaten
2 tablespoons whole milk
1/2 cup grated Romano or Pramesan
1/4 cup chopped sun-dried tomatoes
3/4 teaspoon salt
3/4 teaspoon freshly ground black pepper
1 pound ground turkey, preferably dark meat
10 ounces sliced pancetta, about 10 slices or you can use bacon

Preheat the oven to 375 degrees F.

In a large bowl, stir together the bread crumbs, parsley, eggs, milk, cheese, sun-dried tomatoes, salt, and pepper. Add the turkey and gently stir to combine, being careful not to overwork the meat.

On a baking sheet lined with parchment paper, lay out the pancetta, overlapping the slices, into a large rectangle shape. In the middle of the rectangle, place the turkey mixture, shaping into a loaf. Using the parchment paper, wrap the pancetta up and around the turkey loaf to cover completely. Squeeze the parchment-covered loaf with your hands to secure the pancetta and solidify the

shape of the loaf. While still covered in parchment, bake the loaf until the internal temperature reaches 165 degrees F on an instant-read thermometer, about 45 minutes. Remove from the oven and let cool.

Zucchini and Chickpeas salad

Dressing

2 Tbl fresh lemon juice

¼ cup Olive oil

½ tsp salt

¼ tsp pepper

combine all ingredients

Salad

1 cup cooked garbanzo bean

2 medium zucchini, cut into ¼ in pieces

½ cup frozen corn thawed

½ small red onion thinly sliced

1 red bell pepper diced

1 oz parmesan cubed into ¼ in pieces

Place the garbanzo beans, zucchini, corn, red onion, and lettuce in a large salad bowl. Pour the vinaigrette over the salad and toss well garnish with the crumbled Parmesan cheese and serve.

Notes from Ben: To improve digestibility, prior to cooking, soak the garbanzo beans for up to 24 hours and add just a bit of vinegar in the soaking solution.

Saturday: Black Bean Flautas and Mexican Cabbage salad

Black Bean Flautas

2 tsp. coconut oil

1 medium onion, chopped (about 1 cup)

2 cloves garlic, minced (about 2 tsp.)

2 cups black beans

2 tsp. chili powder

1 16-oz. tub prepared salsa, divided

1 cup fresh or frozen corn kernels

12 6-inch sprouted wheat tortillas

¼ cup chopped cilantro

Heat oil in skillet over medium heat. Cook onion 3 to 5 minutes, or until soft. Add garlic, and cook 1 minute, or until translucent and fragrant.

Stir in beans, chili powder and 1 cup water. Reduce heat to medium low, and simmer 10 minutes, or until most of liquid has evaporated. Remove from heat. Mash beans until mixture is thickened but still chunky, and some beans remain whole. Stir in 1 cup salsa and corn, and season with salt and pepper. Cool.

Preheat oven to 425F. Coat 2 large baking sheets with cooking spray. Spoon 1/3 cup black bean mixture down center of tortilla. Roll tortilla around filling, and secure closed with toothpick. Set on prepared baking sheet. Repeat with remaining tortillas and black bean mixture. Bake 6 to 10 minutes, or until tortillas are browned and crisp.

Meanwhile, combine cilantro and remaining salsa in small bowl. Place 2 flautas on each plate, and top with remaining salsa.

Mexican Cabbage Salad

Salad

- 1/2 head large cabbage, shredded
- 1/2 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- 1 medium cucumber, chopped

Honey Lime Dressing

- Juice of 1 lime
- 1/4 cup olive oil
- 2 Tbl raw honey
- 2 tbs finely chopped cilantro
- 1 garlic clove, peeled and minced (or 1 medium shallot, minced)
- 1/2 tsp kosher salt
- Freshly ground pepper

Combine ingredients and shake very well. Toss Salad.

Note from Ben: lots of Mexican restaurants use vegetable oil, which isn't good for you, especially at high temperatures. The coconut oil in this is a much better option.

Sunday: *Tilapia in Parchment Paper and Lemon Basil Salad*

Italian fish in parchment paper

- 4 (4 ounce) tilapia fillets shopping list
- 1/2 small onion, thinly sliced shopping list
- 2 small cloves garlic, minced shopping list
- 1/2 pint grape or cherry tomatoes, shopping list sliced in half shopping list
- 10 kalamata olives, pitted and sliced in half shopping list
- 2 tablespoons capers shopping list
- 1/4 teaspoon red pepper flakes, optional shopping list
- 1 tablespoon fresh oregano, lightly chopped shopping list
- 2 tablespoons extra-virgin olive oil shopping list
- Zest from half a lemon shopping list
- salt and pepper, to taste

Preheat oven to 450°F. Cut out four 12"x13" sheets of parchment or tin foil.

Season fish lightly with salt and pepper and place in center of paper. Top each fillet with onion, garlic, tomatoes, olives and capers. Dust with red pepper flakes and fresh oregano. Drizzle olive oil and sprinkle lemon zest on top.

Fold and seal each packet, tucking in folds to prevent steam from escaping. Lightly brush outside of packets with oil to prevent burning. Place on a large baking sheet and bake for 12-15 minutes.

Carefully remove packets to individual serving plates and slit the top of each or let guests open their own. You can also serve this dish by gently sliding the contents from the parchment to plates.

Lemon Basil Potatoes

- 16 baby new potatoes, halved
- 2 cups low-sodium chicken stock
- 1/2 cup fresh lemon juice, plus 2 teaspoons
- 2 tablespoons extra-virgin olive oil
- 1 tsp sea salt, plus extra for seasoning
- 1/4 teaspoon freshly ground black pepper, plus extra for seasoning
- 1 teaspoon lemon zest
- 1/4 cup chopped fresh basil leaves

Place the potatoes, chicken stock, lemon juice, 2 tablespoons olive oil, 1 teaspoon salt, and 1/4 teaspoon black pepper in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer until the potatoes are tender, about 20 to 25 minutes.

Drain the potatoes and place in a serving bowl drizzle with the remaining olive oil. Add the lemon zest and 3 tablespoons of the basil. Toss well and garnish with the remaining chopped basil.

Fun fact: the first meal Jessa ever made me, when we first started dating, was salmon in parchment paper. As you can see, she's still using that dang paper.
