

# Fat Loss and Muscle Building

## RECIPES



## **DISTRIBUTED BY**

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# Introduction

LitenUp Gourmet Food Delivery & Catering Service is located in Toronto Canada. They specialize in delivering healthy and delicious gourmet food right to your door every morning in an easy to carry and convenient freezer bag. Litenup makes eating healthy as easy as eating unhealthy.

If you are interested in acquiring their services please go to <http://www.litenup.ca> For more information.

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## Two-Tone Summer Soup

# Sweet Pea & Basil w/ Curried Yellow Pepper

### **Ingredients**

1 kg bag frozen peas  
3 yellow peppers  
1.5 litre low-sodium  
chicken stock  
4 tbsp chopped fresh basil  
1.5 red onions  
4 tbsp extra virgin olive oil  
1 tsp curry powder  
Sea salt and fresh  
ground pepper to taste

Serves 4 – 6 persons

### **Method**

#### Part One – Pea Soup

Dice 1 onion and sauté in 2 tbsp of olive oil until translucent. Add green peas, chicken broth and basil. Bring to a boil. Reduce heat and let simmer for 15 mins. Puree in blender or use emersion stick blender until smooth. Add salt & pepper to taste.

#### Part Two – Curried Yellow Pepper

Clean and slice yellow pepper in ½ inch strips. Toss in bowl with curry powder and 2 tbsp olive oil so that they are lightly coated. Roast in oven at 375° for 20 mins. Puree in blender with 0.5 litre of chicken stock.

### **Serving Instructions**

Using large ladel, spoon green pea soup into bowl so it becomes the base. Using smaller ladel, spoon curried yellow pepper soup into the middle of the green pea mixture to create a 'bulls-eye' effect.



**Low-Fat**

# Scalloped Potatoes

## **Ingredients**

10 large Yukon Gold Potatoes  
6 cups spinach  
3 tbsp extra virgin olive oil  
3 cloves garlic  
2 tbsp whole wheat flour  
2 cups chicken stock  
1 litre 2% lactose free milk  
1 tsp freshly chopped rosemary  
1 tsp freshly chopped thyme  
1 medium sized onion  
1 tsp freshly ground pepper  
1 tsp sea salt

Serves 6 – 10 persons

## **Method**

Low-fat Bechemel Sauce:  
Mince onion, garlic and sauté in olive oil for 4-5 min until soft.

Sprinkle in flour and let cook for 1 minute on med-high heat.

Add cold milk, chicken stock and whisk ingredients until the mixture comes to a boil, then stir thoroughly until it wilts.

Slice potatoes no more than ¼ inch thick using mandolin or food processor.

On baking pan lined with parchment paper, add 4 alternating layers of sauce and sliced potatoes across pan, slightly overlapping potato slices. Pour remaining liquid mixture over top of the last layer to completely soak potatoes. Add salt and pepper to taste.

Bake at 350° for 90 minutes uncovered\*.

\*leaving pan uncovered will result in browned and crusted top layer, mmm....  
If not desired, wrap in foil before baking



## Grilled Skirt Steak with **Charred Baby Asparagus**

### **Ingredients**

4 lbs or 2 "skirt" steaks  
2 bunches asparagus  
2 tbsp olive oil  
1 tsp of sea salt  
¼ tsp ground pepper  
Seasoning:  
2 tbsp Montreal steak spice  
1 tsp extra virgin olive oil

Serves 6 – 10

### **Method**

Grill steak over med-high heat for 3-5 minutes per side (medium rare). Slice thinly across the grain of steak and serve. 4-6 ounces/person.

Trim fibrous bottom of asparagus (first 2-3 inches) toss in a large bowl with salt pepper & olive oil. Grill over medium heat for 5-7 mins., turning frequently.



## High Protein Yogurt & **Granola Parfait**

### **Ingredients**

500 ml 1% plain yogurt  
2 x 50g scoops vanilla protein powder  
2 tsp vanilla extract  
2 oz honey  
2 cups fresh or frozen strawberries  
2 cups granola

Serves 6 – 8

### **Method**

Whisk yogurt, protein powder, vanilla extract and honey. Clean and puree strawberries. In disposable 9 oz cup (or equivalent parfait glass), fill 1/3 with strawberry puree. Fill 1/3 of cup with yogurt mixture. Top with granola. Cool and serve.

\*Tip: when adding yogurt, pour slowly around outside of cup to create a 'layered' effect ovetop of strawberry puree.



# Heirloom Tomato and Bocconcini Stack

## Ingredients

6 large heirloom tomatoes  
(multi-colored if possible,  
but any red-ripe tomatoes will do)  
6 large bocconcini cheese  
2 cups balsamic vinegar  
1 cup extra virgin olive oil  
2 tbsp fresh basil  
Salt and pepper to taste

Serves 6

## Method

Dressing: reduce balsamic vinegar on stove top, use medium heat until the consistency of vinegar is like pancake syrup (should yield ¼ cup).

Blend fresh basil and olive oil in food processor or blender until it is bright green and smooth.

Slice tomatoes and cheese ¼ inch thick. Alternate layers of cheese and tomato to form a stack.

Drizzle basil oil and balsamic vinegar reduction. Sprinkle sea salt and pepper to taste.



# Guilt-Free Silver Dollar Pancakes With Chocolate Chips and Low-Carb Syrup

## **Ingredients**

500 ml egg whites  
500 ml cottage cheese  
1 ½ cup dried oats  
½ cup semi-sweet chocolate chips  
6 oz low carb syrup  
3 oz cooking oil

Serving size: 7  
Recipe Serves 4 – 6

## **Method**

In blender, combine egg whites, cottage cheese and oats. Blend until smooth.

Spray Silpat™ muffin trays with non-stick cooking oil.

Fill tray with mixture ½ inch thick for each. Add chocolate chips\*.

Bake on high for 11mins at 350° or until golden brown.

Repeat as necessary.

Serve with 0.5 – 1 oz of syrup per serving.



\*chocolate chips can be substituted for fresh blueberries, raspberry or other fruit; For strawberry, banana or coconut, simply blend fruit with egg whites, cottage cheese and oats before distributing in Silpat™ trays.

# Wild Salmon with Herb-Pesto

## **Ingredients**

4 -6 6oz. Wild salmon filets (skin off)

For Herb-Pesto:

2 tbsp of chopped fresh:

Basil

Parsley

Cilantro

Thyme

Rosemary

Juice of 1 lemon

¼ cup extra virgin olive oil

Tsp sea salt

¼ tsp black pepper

2 cloves garlic

Serves 4 - 6

## **Method**

Pulse ingredients for herb-pesto in food processor and leave coarse.

Smear 1 tbsp of herb-pesto over each salmon filet, coating it entirely.

Roast in oven at 400 for 10 min or until desired doneness.

Serve with your choice of side dish.

