

# 24-Day Challenge

## "Meal Ideas"

The following meals are favorite creations of past 24-day challengers. Modify these to fit your personality and create new ones...BE CREATIVE, COLORFUL and WELL ROUNDED!

1. Chicken Stir-fry
  - Diced Chicken
  - Mushrooms
  - Onions
  - Bean sprouts
  - Kikkoman Preservative-Free stir-fry sauce
  - (Cook all In a Wok or can use a fry pan)
2. Ground Turkey on Rice or the leanest hamburger you can find
  - Garlic
  - Mushrooms
  - Cherry tomatoes
  - Serve over brown rice
3. Chicken Sandwich
  - On whole Grain bread
  - Alf alpha sprouts
4. Spinach salad
  - Avocado ½
  - Chicken Chopped into pieces
  - Spinach
  - Hard boiled eggs
  - Cucumbers
5. Grilled Chicken in garlic and olive oil
  - Steamed squash
  - Side spinach salad
6. Kashi Cinnamon Cereal (or other Kashi Cereal)
  - One piece of toast (whole grain)
  - Small bowl of cantaloupe (or other fruit)
  - One hard boiled egg

7. Chicken Stir-fry (2)

Garlic in water, olive oil or fresh garlic  
Onions  
Squash  
Broccoli (or broccoli sprouts)  
Green beans  
Bell peppers

8. Skewers on the Grill

Chicken (or shrimp etc.)  
Lots of veggies (zucchini, squash, mushroom, onion, bell pepper etc.)  
Can also add fruits (pineapple, pear, apple etc.)

9. Another Stir-fry

Bell peppers  
Mushrooms  
Onions  
Shrimp  
Tomato  
Whole grain over Angel hair pasta

Stir fry all vegetables, season with garlic powder, pepper, light sea salt, basil (little)  
Pour Molly Mc butter over pasta

Guacamole dip

Avacados  
Garlic powder (a lot)  
Light sea-salt  
Chili powder (very little)  
Cumin (a lot)  
No pepper  
Pico de Gallo

10. Amy's brand spinach pizza (after cleanse)

11. Kashi brand garlic and chicken pizza (after cleanse)

12. Veggie sandwich

Whole grain bread  
Swiss cheese (after cleanse)  
Avocado  
Can also add sprouts and sliced cucumber or tomato

13. Chicken Taquitos

Whole wheat tortillas or fiber tortilla  
Shredded chicken (HEB fully cooked)  
Non fat sour cream  
Shredded low fat cheese (after cleanse)  
Side black beans  
Side sliced tomatoes or avocado ½

Prep: Pre-heat oven to 350 or 375

Fill tortilla with shredded chicken and cheese  
Fold tortilla over and hold it together with a toothpick  
Bake for 5-8 minutes or until crisp  
Remove toothpick and add sour cream or a natural pico sauce

14. Malto Meal

Follow stove top directions and after removing from heat add  
Amber agave' nectar and/or honey to sweeten malto meal.  
Serve with a side of sliced fruit and hard boiled egg

15. Scrambled eggs with veggies

Dice raw bell peppers, onion, squash, zucchini, spinach, etc  
Sliced mushrooms  
Add grated low fat cheese (after cleanse on occasion)  
Throw veggies, mushrooms and cheese in the skillet after scr. egg begins to harden  
Seasonings and veggie selections are your choice (pepper, sea salt, garlic, cilantro etc.)  
Serve with side of mixed sliced fruits lightly sugared w/ agave' nectar or stevia in the raw  
1 slice of toasted HEB 12 grain toast with honey or with thin glaze of peanut butter

16. Vinegar Onions and Cucumbers and use as a "side-grab" for meals or snack

Peel 3 cucumbers (peeling optional), put them in a bowl,  
Cut up one large white or yellow onion, add sea salt optional,  
Add 1/3 vinegar to 2/3 water to just cover cucumbers barely  
Cover and let sit in fridge for a day

17. Another GREAT Salad

Use spinach leaves and another leafy green lettuce of your Choice  
Chop veggies, pick a few (bell pepper, raw squash, celery,)  
Add sliced fruits, pick a couple strawberry, pineapple, orange, apple, grapes etc.  
Pick a protein or two: low fat cottage cheese, hard boiled egg, diced chicken,  
Shelled edamame beans, shrimp, tuna, salmon etc.  
Can add sliced purple onion, sprouts, nuts, seeds etc.  
Mix olive oil and lemon to taste for dressing, may also use pepper or little sea salt  
Doesn't take much dressing; just use enough to very lightly cover it. No drip!

18. Ground chicken or turkey patties

Squash seasoned with Molly Mc Butter  
Sweet potato (baked) Molly McButter and cinnamon or honey or very little agave nectar

19. Eggs how you like them in a pan with Pam  
Toast (12 grain bread)  
Malto meal, fruit and a veggie (Breakfast is a quick choice for dinner as well)
  
20. Lean steak- on grill (if beef no more than 2 meals on cleanse)  
Baked Sweet Potato (same seasoning as above)  
Green salad/carrots/ cucumbers/ broccoli Cole-slaw (vinaigrette dressing)  
Watermelon sometimes with lunch/ dinner or as a snack.
  
21. Squash (yellow or any other)  
Slice and put in pan medium heat  
Splash on Kraft spicy Italian dressing (after cleanse)  
Cook for 5-10 min. depending on taste and firmness
  
22. Ground Turkey Burgers using seasonings well  
Whole grain bun  
Sweet potato thin fries baked in olive oil, sea salt and pepper w/ ketchup
  
23. Salmon or Tuna in a package in water  
Spinach and Celery, Cous-Cous
  
24. Whole Grain Pasta with Ground Turkey  
Whole grain pasta noodles  
Bertoli's garlic and olive oil sauce or any other pasta sauce w/ 510 or less in sodium!  
(May find sauce sodium in the 300's or 400's as well)  
To Season Your Ground Turkey:  
Pepper, (can be used heavily)  
Garlic Powder, (can be used heavily)  
Flakes of Parsley, Cilantro or Basil (can use one of these or all, and the parsley can be used heavily),  
Sea-salt  
Add Paprika if you'd like
  
25. Orange chicken served with a mixture of zucchini and squash steamed in minced  
garlic & garlic powder, with Couscous.  
Orange chicken preparation: With your grater, shave the zest from several oranges. Cut a  
few slits into your boneless, skinless chicken breast and fill the openings with the orange  
zest. Lightly rub cinnamon onto you chicken breast. Squeeze all the juice from your  
oranges into a stovetop pan and cover to prevent the juice from evaporating. Add water if  
you have to. Cut very thin orange slices from orange peels left over and top your chicken  
with them for nutrient value, decoration and taste.
  
26. Sautéed Mushrooms  
In small sauce pan  
Molly McButter  
Olive Oil  
Sutter Home brand of Riesling wine (not a whole lot and keep from drinking the rest) :D

### 27. Chicken Tenders

Boneless skinless chicken breasts or thighs (wash the chicken)

Slice in half long ways then slice in half long ways again = 4 tenders = 1 chk breast

Lipton soup (Pampa brand) = 270 sodium

Chk seasoning & coating mix (Great Value Wal-Mart Brand) = 220 sodium

Roll in the lipton soup and chicken seasoning in a bowl or a plastic bag

Put on a cookie sheet that has been Pamed

12 min in oven

Pu the smallest bag of Brwn Rice they have in a skillet with Pam until it is brown almost like it is frying

After it gets brown stir in a can of Rotel Tomatos real good, sea-salt, pepper and garlic powder to taste, let cook for 2-3 minutes and then add 3 cups of water and bring it to a boil and then cover and put on low or simmer for about 20 minutes covered or until all water is gone.

Then lay chicken on top of rice in the skillet and cover and cook for another 5 minutes and its ready.

### 28. Sharon's Famous Cauliflower Mashers – A Great side-veggie idea!

Steam Cauliflower in steamer/pampered chef 9 min. by itself

Molly Mcbutter/ Pepper/ Sea Salt

Use potato masher, and then if not smooth enough use 8<sup>th</sup> cup 1% or skim milk and an electric mixer

### 29. Vegging Noodles

Chop broccoli up small

Yellow squash & zucchini in steamer 9 min

Take it out

Have already cooked ground turkey and salsa on hand

Pour over whole grain or wheat noodles

Use ½ can of cream of mushroom or cream of chk or cream of celery soup (your choice)

Mix with ¼ cup of water and use lid to cover and wait for it to bubble

For more creamy add a low fat sour cream or non fat plain Greek yogurt is even better for you

### 30. Worsteshire Turkey Burgers

Serves on Whole Grain Buns with Cous Cous (olive oil and garlic cous-cous)

Or plain with a veggie side

### 31. Homemade Turkey Chili

Turkey burger

Chili powder salt free

Pepper/onion pwdr/garlic pwdr/sea salt

97% fat free beans in a can

OR Pinto beans soak all night in water/sea salt, when on cleanse phase of 24day challenge

Use garlic when putting them on to cook

When beans are done mix with Rotel before mixing everything

### 32. Cream of Chicken & pick Ur Starch Dish

Cube your chicken (chk breast)

Add ½ can cream of chicken or ½ can of cream of mushroom

Serves over whole grain noodles or serves over wild rice

### 33. Turkey Patty on Steroids

Turkey meat

Oatmeal

Worsteshire

Garlic pwdr/ onion powder/pepper/ sea salt

Dry onion soup mix (if really high in salt wait until after the cleanse phase of 24day challenge)

Cook in skillet

### 34. Chicken/Tuna Salad Tacos

Boil chk breasts in water then cool. Or use tuna in pkg. or tuna in can in water

Pull chk apart

2 tablespoons fat-free ranch dressing (or can use fat free yogurt) and mix it with chk

Rinse Red leaf or green leaf lettuce (tear off stalk and dry it)

Use leaf lettuce as a wrap around and eat like a taco

Can add: Boiled eggs/ celery/ apple with skin finely chopped/ mixed w/ chk

The leaf lettuce above and then fill it up ad eat it like a taco

### 35. Sharon's Cabbage Rolls

Pull leaves off Cabbage

Cook about ½ way phable but not done "al dente" (won't tear if over cooked?)

Cool the cabbage

Fill full of turkey and stuff:

Cook turkey ground meat

Put anything (use imagination)

Example-squash, broccoli in turkey meat

Rotel tomatoes, garlic, pepper, sea salt

Roll like enchiladas

Cook 25-30 min.

36. Jessica's Meatloaf Delight

Ground turkey

2 eggs

1 can tomato sauce (there is a no salt added great value brand)

Oatmeal (instead of crackers)

Worstshire, onion powder, garlic powder, pepper

Square it off in 8x8 or 9x9 pan

Cook at 375 for 45 min. pan may be burned around edges

We're keeping' it simple here:

LEAN PROTIENS AND VEGETABLES –season to taste, refer to the  
cleanse

37. Fast-n-Furious Turkey Sausage "Butterball Brand" (already cooked) Slice it up and heat in skillet and serve w/ Broccoli steamed in a Bag or other preference. Maybe mustard to dip turkey sausage in.

38. Skewered Chicken & veggie assortment

(Onion, Squash, Zucchini, Mushroom, Bell pepper, Broccoli etc.)

39. A Fish filet pick a fish with snow/snap peas, steamed squash lemon and pepper

40. Salads- Pick a protein, use spinach and or mixed greens for your base and veggie it up!

41. Stir-Fry- Meat and mixed veggies with salt free peanuts or cashews

LEAN PROTIENS AND A STARCH

42. Round-It-Up Rookie Ground Turkey / Beans/ Wild Rice- Cook separate then mix it all together!

43. Evening Birdie- Eggs fried or scrambled in Pam with Malt-o-Meal and maybe a Whole Grain Toast

44. Broccoli Tuna Olive Oil Surprise!

Bite size broccoli

Use tuna in water or us tuna from a package

Olive oil

Garlic powder

Pepper

45. AJ's Dressing Idea!!!!

Greek yogurt

Flax seed oil

Or, for a more, sweet dressing: Honey mustard

Use the Greek yogurt and flax seed oil like above then add mustard and a little splenda to create a really light and high in protein honey mustard.