

DINNER

Gourmet Nutrition

The following recipes have been adapted from **Gourmet Nutrition V2: The Cookbook for the Fit Food Lover**. For more delicious recipes like these, visit www.gourmetnutrition.com.

All meals are broken down into large (for men) and small (for women) servings sizes.

Copyright © 2011 by Precision Nutrition Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the permission in writing from the publisher.

Pesto Chicken Pizza

PW

Post-workout
Meal

10 min. 10 min.

Preparation Time Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	658.4	329.2
Fat (g)	20.8	10.4
Saturated (g)	4.9	2.4
Monounsaturated (g)	11.1	5.5
Polyunsaturated (g)	1.2	0.6
omega-3 (g)	0.7	0.3
omega-6 (g)	1.1	0.6
Carbohydrates (g)	50.9	25.5
fiber (g)	15.9	8.0
sugars (g)	7.4	3.7
Protein (g)	67.0	33.5

Pizza seems to have an almost primal draw, with people in all cultures eating some form of the dish. Of course, regardless of its widespread appeal, pizza has never been known as a “healthy” offering, because of the fact that it’s typically high in processed carbs and saturated fats. With this dish, we’ve lightened it up by using our own homemade pesto, chicken, and a host of veggies – all on a whole wheat tortilla. If you like pizza, you’ll certainly come back for seconds of this thin-crust alternative.

Instructions

Season chicken with salt and pepper and then follow the cooking instructions for Sautéed Chicken Breast (refer to instructions on page 112). Set aside. Preheat oven at 400°F. Lightly coat a baking sheet with spray and place the tortilla shell on the tray. Spread the pesto base evenly around the shell leaving the outside inch free for the crust. Combine all the other ingredients except for the cheese in a mixing bowl and toss until mixed together. Spread evenly covering the pesto. Top with the cheese and bake until cheese is melted and shell is lightly toasted (about 10 minutes). **Serves 1 large or 2 small.**

Boneless skinless Chicken breast (170 g)	6 oz
Salt	¼ tsp
Pepper	⅛ tsp
Olive oil cooking spray	
Whole wheat tortilla	
Pesto	3 tbsp
Broccoli florets (small)	¼ cup
Sundried tomato (thin sliced)	¼ cup
Asparagus (cut into ½ inch pieces)	½ cup
Aged white Cheddar	½ cup

Variations and Options

For a flavor variety, try using Yummy Hummus (pg.262), Sundried Tomato Tzatziki (pg.258) or Rosemary Eggplant (pg.250) as a substitute for the pesto. **Use seasonal vegetables whenever possible as they not only taste better but have a healthier nutritional profile.** For a cheesy variety, try using mozzarella, feta, havarti or swiss instead of cheddar.



Sirloin Burger

At with Coconut Cauliflower Mash (pg.196)

Pw with Miso Vegetable Brown Rice (pg.198)

3 min.
10 min.

Preparation Time Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	232.9	116.4
Fat (g)	8.4	4.2
Saturated (g)	3.8	1.9
Monounsaturated (g)	3.6	1.8
Polyunsaturated (g)	0.4	0.2
omega-3 (g)	0.1	0.0
omega-6 (g)	0.3	0.2
Carbohydrates (g)	3.1	1.6
fiber (g)	0.3	0.2
sugars (g)	1.4	0.7
Protein (g)	36.2	18.1

A great-tasting burger is hard to beat. This Sirloin Burger has an excellent texture and flavor and goes great with Coconut Cauliflower Mash or Miso Vegetable Brown Rice.

Instructions

Preheat a non-stick frying pan on medium heat. Combine all ingredients except cooking spray together in a mixing bowl and stir until completely combined. Form into a round shape about $\frac{3}{4}$ inch thick. Lightly coat pan with spray and place the sirloin burger into the pan. Cook the burger until lightly browned and then gently flip and brown the other side. Cook all the way through and serve. **Serves 1 large or 2 small.**

Ground sirloin or extra lean ground beef (170 g)	6 oz
Salt	2 pinches
Pepper	1 pinch
Chili powder	1 pinch
Fresh garlic (minced)	1 tsp
Onion (finely chopped)	2 tbsp
Worcestershire sauce	1 tsp
Olive oil cooking spray	

Variations and Options

To add flavor and texture, add finely chopped peppers, corn or herbs to the burger.



Coconut Cauliflower Mash

At

Anytime
Meal

2 15
min. min.

Preparation
Time Cooking
Time

If you like mashed potatoes but worry about the high-carb content, worry no longer. Mashed cauliflower tastes just like mashed potato but has far fewer calories and packs a bigger nutrient punch. In this recipe, we've included a crunchy twist to mashed potatoes by adding cashews.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	409.4	204.7
Fat (g)	27.3	13.6
Saturated (g)	13.3	6.7
Monounsaturated (g)	8.6	4.3
Polyunsaturated (g)	2.8	1.4
omega-3 (g)	0.0	0.0
omega-6 (g)	2.8	1.4
Carbohydrates (g)	27.8	13.9
fiber (g)	8.6	4.3
sugars (g)	9.2	4.6
Protein (g)	13.3	6.6

Instructions

Add all the ingredients to a pot and bring to a boil over medium heat. Reduce heat to low and cover with a tight-fitting lid. Simmer for 15 minutes and then remove from heat. Purée in a blender or food processor until smooth. Add 1 tablespoon of water at a time if necessary to get the mixture moving. **Serves 1 large or 2 small.**

Cauliflower (rough chopped)	3 cups
Cashews (crushed)	¼ cup
Coconut milk	¼ cup
Salt	1 pinch
Pepper	1 pinch
Cinnamon	1 pinch

Variations and Options

For a great anytime meal, serve with homemade Sirloin Burgers (pg.90). **For a great soup, add a cup of broth to this recipe when blending. Refer to page 266 for instructions on blending hot mixtures.** For additional flavoring, try adding your favorite herbs to the mash. Paprika, safflower, or coriander are awesome spices to try in this recipe. **If you don't have a food processor, you can mash with a fork.**



Chickpea Tomato Salad with Salmon



Post-workout
Meal

5
min.

Preparation
Time

6
min.

Cooking
Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	540.8	270.4
Fat (g)	14.8	7.4
Saturated (g)	2.3	1.1
Monounsaturated (g)	4.6	2.3
Polyunsaturated (g)	6.2	3.1
omega-3 (g)	2.9	1.5
omega-6 (g)	1.8	0.9
Carbohydrates (g)	55.4	27.7
fiber (g)	11.9	6.0
sugars (g)	5.4	2.7
Protein (g)	46.5	23.3

Here's another simple salad that packs a major nutrient punch. With fiber from the chickpeas, vitamins and minerals from the tomatoes and onions, healthy fats from the pumpkin seeds, and a dose of omega-3s and protein from the salmon, this plate is as delicious as it is nutritious.

Instructions

Sauté salmon (refer to instructions on page 152). Set aside to cool. Combine all ingredients, except salmon, in a large mixing bowl. Drizzle one serving of your favorite dressing on the salad, place salmon on top and serve. **Serves 1 large or 2 small.**

Dressing

Roasted Garlic Vinaigrette
(recipe on pg.244)

Salad

Salmon (170 g)	6 oz
Tomato (large diced)	1 cup
Chickpeas (canned or cooked)	¾ cup
Green onion (thin sliced)	¼ cup
Fennel (thin sliced)	¼ cup
Pumpkin seeds	2 tbsp

Variations and Options

We recommend serving with 2 tablespoons of Roasted Garlic Vinaigrette (pg.244). **You can add some chopped turkey bacon to this salad for a nice treat.** For some nutty variety, you can substitute pumpkin seeds with sunflower seeds or pine nuts. **For some flavor variety, you can substitute fennel with sweet onion.** This is a neutral salad, so if you want more flavor, add in fresh herbs like Italian parsley, cilantro, rosemary and basil.



Sautéed Chicken Breast

2 min. 8 min.

Preparation Time Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	176.0	88.0
Fat (g)	2.1	1.1
Saturated (g)	0.6	0.3
Monounsaturated (g)	0.5	0.3
Polyunsaturated (g)	0.1	0.1
omega-3 (g)	0.4	0.2
omega-6 (g)	0.3	0.2
Carbohydrates (g)	0.0	0.0
fiber (g)	0.0	0.0
sugars (g)	0.0	0.0
Protein (g)	39.3	19.6

Lean chicken breasts provide a great helping of protein with minimal fat. In addition, chicken breasts are very versatile and can be combined with most of the GN condiments, soups or sides. To start with, try pairing with Sautéed Spinach with Roasted Garlic (anytime) or Vegetable Lentil Pâté (post-workout).

Instructions

Season chicken evenly with salt, pepper and paprika. Preheat a non-stick pan on medium heat, lightly coat with spray and add the seasoned chicken. Sauté until lightly browned all over and cooked all the way through, stirring occasionally. Remove from the pan and pair with a post-workout or an anytime option. **Serves 1 large or 2 small.**

Boneless skinless chicken breast (cut into ½ inch strips, 170 g) 6 oz
Salt 2 pinches
Pepper 1 pinch
Paprika 1 pinch
Olive oil cooking spray

Variations and Options

For some spice variety, try using different spices on the chicken such as fennel and cumin. Another nice touch could be to use ½ tablespoon of miso paste or curry powder with a touch of veggie broth. **Try using either condiments or puréed soup as a sauce for the chicken.** For an amazing flavor boost, add finely diced onions and minced garlic to the chicken after it is cooked and then sauté for 2 minutes more.



Sautéed Salmon

2 min. 8 min.

Preparation Time Cooking Time

Nutritional Information

(per serving)	large	small
Calories (kcal)	301.4	150.7
Fat (g)	10.8	5.4
Saturated (g)	1.7	0.8
Monounsaturated (g)	3.6	1.8
Polyunsaturated (g)	4.3	2.2
omega-3 (g)	2.9	1.5
omega-6 (g)	0.7	0.4
Carbohydrates (g)	17.3	8.7
fiber (g)	0.0	0.0
sugars (g)	17.3	8.7
Protein (g)	33.8	16.9

The health praises of wild salmon have been sung for years now due to the high protein and omega-3 profile of this fatty fish. So, with this recipe, we provide a healthy dose of good fats along with a delicious blend of seasonings. When served with Spiced Cauliflower Sauté (anytime) or Soy Ginger Lentils (post-workout), this recipe tastes amazing.

Instructions

Sprinkle both sides of the salmon with turmeric, fennel, salt and pepper. Preheat a non-stick frying pan on medium heat, lightly coat with spray and place the fillet in the pan. Cook until lightly browned (3-4 minutes) and then gently flip. Drizzle the honey into the pan. Cook until second side is lightly browned (3-4 minutes) and serve. **Serves 1 large or 2 small.**

Salmon fillet (skinless, 170 g)	6 oz
Turmeric	1 pinch
Fennel (ground)	1 pinch
Salt	1 pinch
Pepper	1 pinch
Olive oil cooking spray	
Honey	1 tsp

TIP: A little finely chopped tropical fruit salsa (pg.264) makes a great garnish.

Variations and Options

For a different flavor, omit the suggested spices and honey. Instead, whisk together 2 tablespoons plain non-fat yogurt, 2 teaspoons lemon juice, 2 teaspoons dill, 1 tablespoon honey and a pinch of chili powder, salt and pepper. After you flip the salmon, thoroughly coat the top with mixture and finish cooking.



Miso Vegetable Brown Rice



Post-workout
Meal

10 55
min. min.

Preparation
Time Cooking
Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	468.2	234.1
Fat (g)	17.9	9.0
Saturated (g)	2.0	1.0
Monounsaturated (g)	3.6	1.8
Polyunsaturated (g)	11.1	5.5
omega-3 (g)	0.2	0.1
omega-6 (g)	10.7	5.3
Carbohydrates (g)	63.7	31.9
fiber (g)	8.8	4.4
sugars (g)	8.5	4.2
Protein (g)	13.0	6.5

Miso paste is an excellent addition to soups and broths as it adds a real flavor richness to an otherwise bland meal. Since this recipe uses broth to cook the rice, we decided to dress it up with miso. As miso is made by fermenting rice, barley, and/or soybeans, these flavors complement each other well.

Instructions

Rinse the rice under cold water. Bring the broth to a boil in a medium-sized or large pot. Add the miso and stir until dissolved and then add the rice while stirring. Reduce heat to medium-low, cover and simmer for 45-55 minutes. Preheat a non-stick frying pan on medium heat, lightly coat with spray, add the mushrooms and sauté until they have shrunk a little. Then add the onion, zucchini and peppers and sauté for 3 minutes more. Now add 1 tablespoon of the broth from the cooked rice, and the ginger, and sauté for 1 minute more. Put the veggies and the cilantro into the rice and stir. **Serves 1 large or 2 small.**

Brown rice	1/3 cup
Vegetable broth	1 cup
Water	1 cup
Miso	1 tbsp
Olive oil cooking spray	
Mushrooms (quartered)	1/2 cup
Onion (small dice)	1/3 cup
Zucchini (halved and sliced)	1/3 cup
Red pepper (sliced)	1/4 cup
Ginger (grated)	1 tsp
Sunflower seeds	1/4 cup
Cilantro	1 tbsp

Variations and Options

For a great post-workout meal, serve with Salisturkey Steaks (pg.120). **For a great soup, double the broth.** For some veggie variety, choose broccoli, spinach and green beans as your veggie sources. **If you're not a fan of miso, it's ok. Simply eliminate it, or try replacing it with curry paste.**



Mexi-Mix Dressing

Salsa	1 cup
Plain low-fat yogurt	1 cup
Flaxseed oil	¼ cup

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	88.8	44.4
Fat (g)	6.9	3.5
Saturated (g)	0.7	0.3
Monounsaturated (g)	1.4	0.7
Polyunsaturated (g)	4.5	2.3
omega-3 (g)	3.6	1.8
omega-6 (g)	0.9	0.4
Carbohydrates (g)	4.4	2.2
fiber (g)	0.5	0.3
sugars (g)	3.3	1.7
Protein (g)	2.3	1.1

Caesar Vinaigrette

Extra virgin olive oil	½ cup
Lemon juice	¼ cup
Plain low-fat yogurt	¼ cup
Fresh garlic (minced)	1 tsp
Capers	1 tbsp
Dijon mustard	1 tsp

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	128.5	64.2
Fat (g)	13.5	6.8
Saturated (g)	1.9	0.9
Monounsaturated (g)	9.9	4.9
Polyunsaturated (g)	1.4	0.7
omega-3 (g)	0.1	0.1
omega-6 (g)	1.3	0.7
Carbohydrates (g)	1.2	0.6
fiber (g)	0.0	0.0
sugars (g)	0.8	0.4
Protein (g)	0.5	0.2

Roasted Garlic Vinaigrette

Extra virgin olive oil	½ cup
Red wine vinegar	½ cup
Roasted garlic (recipe on pg.194)	¼ cup
Dijon mustard	2 tsp
Fresh cilantro (finely chopped)	¼ cup
Salt & pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	132.9	66.4
Fat (g)	13.7	6.8
Saturated (g)	1.2	0.6
Monounsaturated (g)	3.1	1.6
Polyunsaturated (g)	8.6	4.3
omega-3 (g)	1.4	0.7
omega-6 (g)	7.2	3.6
Carbohydrates (g)	2.5	1.2
fiber (g)	0.4	0.2
sugars (g)	1.8	0.9
Protein (g)	0.0	0.0

