

RFL Recipe Ideas

If you are getting ready to begin Lyle's RFL diet, you will want to have some ideas for meal prep. It's a strict diet and the key to your success will be to prepare meals in advance so that you're not tempted.

The challenge is that RFL is not just high protein, but it's also low fat and the only carbs you will be allowed come from non starchy veggies. It can be hard to find low fat options so it helps to have a few ideas for prep.

Thankfully, the recipes included here don't require much skill or particular fondness for cooking (though it helps to be creative if you have to run multiple RFL cycles), nor require you to be in the kitchen too long.

I've tried to include recipes that are big on flavor and easy to make. Some of the recipes are my own, some are adapted from the internet, some are member contributions from Lyle's Facebook group (special thanks to Dann McNulty).

For the ones I have scoured from the internet, I have slashed the fat and carbs to make it RFL compliant. But all the seasonings here are RFL friendly. To trim fat while cooking, you will bake/steam/grill or use an airfryer. Get some high quality non-stick pans and use a little bit of Pam or similar nonstick spray. You can also sauté veggies in chicken stock, or any clear broth.

If you don't already have one, a kitchen scale will be a useful tool, in addition to your measuring cups and spoons as protein portions are strictly measured. I've found that a silicone veggie steamer basket is super helpful as is a high quality food processor or some kind of slap chopper for the veggies on plan.

Put simply, the basic ideas for RFL meals is this:

Ingredients:

Lean Protein + Vegetables

Instructions: Combine

Eat

But of course, there should be more to life than eating dried chicken breast and broccoli for all your meals or you will start hating the diet on Day 1.

Here are some quickie tips for meal assembly, provided by members of Lyle's Facebook group (more recipes to follow).

*Grilled chicken in a variety of different marinades (marinades listed at end of file) (Tobi McMullen)

*ground chicken with taco seasoning, topped with sriracha, tomato, cucumber and spinach (Tobi McMullen)

*ground chicken, onion, garlic, chili in the wok with asian sauces eaten on a lettuce cup (Tobi McMullen)

*shrimp, greens beans and broccoli in the wok. (Tobi McMullen)

*spring mix, chopped broccoli and peppers, fat free (FF) mozzarella, 1.5 chicken breasts, and FF Italian dressing (Ben Good)

*99% lean ground Turkey with taco seasoning, melted fat free mozzarella and/or cheddar cheese, shredded lettuce, and dry rubs and marinades (Nick Materazzo)

*egg white omelette with cheese, salsa, and Jer's No fat Marinara (can be used on any lean meat as a topping, too. Recipe included)

*riced broccoli with boiled shrimp, lime juice, salt, pepper, garlic, cumin and cilantro if you want a Mexican flavor (Michaela Marie Arcaro)



Above photo: Cubed Chicken Breast + Hot sauce + Walden Farms Ranch dressing = “buffalo wings” (Eric Lee)

*chopped spinach salad with Mojito Lime seasoning on grilled chicken & skinny girl balsamic dressing (Michaela Marie Arcaro)

*fat free Greek yogurt with Splenda, or Stur natural water enhancers for flavor

*taco salad: 96 percent lean beef with taco seasoning on top of shredded iceberg, topped with fat free cheddar and salsa (Joshua Beurskens)

*egg white omelette stuffed with turkey, fat free cheese, topped with salsa (Joshua Beurskens)

*clear broth based soups with chopped chicken and celery, onions, mushrooms

*canned tuna w/ parsley, capers, lemon juice and black pepper on a bed of greens (Jessica Chavez)



Above photo: chicken marinated in Frank's hot buffalo with turmeric and garlic for 6 hours (Dann McNulty)

So, the possibilities are endless, and the following recipes will give you even more ideas for your RFL meal prep.

High Protein Breakfast “Taco”

INGREDIENTS:

Lettuce/Cabbage or Jicama wraps for the “taco”

½ Cup All Egg White Egg Substitute

¼ Cup Fat Free Shredded Cheese

1 Small Chopped Tomato

3 slices of sliced, extra lean ham or turkey

1 cup of raw spinach leaves

Salsa, if desired.

DIRECTIONS:

Cook eggwhite mixture on a nonstick pan using Pam or nonstick spray if desired. Add chopped tomatoes, spinach, ham, and shredded cheese and fold over omelette. Fill “taco” with egg, ham, veggies, and cheese mix and roll up into a breakfast taco. Top with salsa, if desired.

Breakfast Recipe: Egg and Cheese Rollup

INGREDIENTS:

4 Egg Whites

3 Slices Lean Ham

½ oz Low Fat Cheese

Lettuce/Cabbage for wrap

DIRECTIONS:

Take 4 eggs whites and beat them in a coffee mug. Place the mug in the microwave and cook for about 2 minutes on half power, stopping midway to stir mixture. Place the cooked egg on lettuce leaf, then a couple of thin slices of lean ham, 1/2 oz. of lowfat cheese, and then rollup.

Chicken Nuggets (provided by Kevin Harris)



INGREDIENTS:

1 large can of canned chicken

42g of egg beaters

42g of Fat Free Shredded mozzarella

DIRECTIONS:

Season with some salt, pepper and onion powder and cook in the air fryer for 8 minutes each side.

Lamb Curry

DIRECTIONS:

1.5 Lbs of Lamb chops

1 medium Onion finely chopped

10 cloves of Garlic chopped

4 large Tomatoes skinned and finely chopped, I'm lazy and used canned tomato sauce

15 pieces of Peppercorn whole

1/2 teaspoon black pepper powder, 1/2 teaspoon or more Cayenne Pepper, 1 tsp salt or to taste. 1 1/2 teaspoon Paprika.

INSTRUCTIONS:

Heat the slow cooker, high heat, spray with Pam. Add lamb pieces, brown the meat, then turn the pieces over. The meat should change color. Now add chopped garlic and Onions. Let it cook for 10 minutes or so. Add Peppercorn and black Pepper powder. Stir well. Leave it to cook for 10 minutes. Add Tomatoes and Cayenne pepper and Salt. Turn down the heat to low and let it cook till tender for about 3 hrs. Add Paprika for color.

Skinny Stir Fry Noodles



INGREDIENTS:

1 package of shirataki noodles
3/4 cup chicken breast, cut into strips or cubes
1 1/2 cup thinly sliced cabbage
1 cup thinly cut strips of carrots
1/2 cup French green beans cut (slanted)
1/2 cup snow peas
2 TBSP chopped garlic
1 onion cut into thick slices
1 boiled hard boiled egg cut into slices
1 TBSP lemon juice
2 TBSP soy sauce
1/2 tsp black pepper
1 TBSP olive oil
Chopped spring onions for garnish

DIRECTIONS:

Add pam spray to a nonstick pan, heat on medium flame, add garlic and onions, and brown lightly. Add thinly cut chicken breast and cook for 7 to 10 minutes. Add chopped carrots, green beans, and cabbage and cook until vegetables have softened.

Add black pepper and soy sauce, cover and cook for 2

minutes, and then add snow peas. Add shirataki noodles, and additional pepper and soy sauce, if needed. Mix well. Sprinkle lemon juice on top and garnish with egg and spring onion.

RFL Meatballs (credit: Dann McNulty)

INGREDIENTS:

1 LB Very Lean Ground Beef

4 Egg Whites

½ Onion

2 TBSP Greek or Italian Seasoning

Salt to taste

DIRECTIONS:

Preheat oven to 400 degrees F

Finely dice the onion

Add the onion, egg whites, and seasoning (salt optional) to the ground beef

Mix the ingredients into a uniform consistency by hand

Separate into 16 even portions

Roll each portion into balls with your hands

Put onto baking sheet and bake for 20 minutes, turning halfway through.

Tuna Rollup

A very SIMPLE recipe is below, and if you can't stand tuna, canned chicken breast or turkey breast will do. It should make several servings depending on your protein/meal allotment.

INGREDIENTS:

6 ½ oz of canned tuna (water packed) or canned chicken breast

drained and broken into chunks

1 hard-boiled egg, chopped

1/4 cup chopped dill pickle, if desired

1/4 cup finely chopped celery

2 tablespoons fat-free mayonnaise

1 1/2 teaspoon prepared mustard

Chopped spinach

Lettuce or cabbage for the wrap

DIRECTIONS:

In a small mixing bowl combine tuna, egg, pickle, celery, mayonnaise, and mustard; mix gently. Divide into 3 portions. Will store up to 3 days in the refrigerator. Fill lettuce/cabbage wraps when ready to eat.

Mexican Chicken Soup

INGREDIENTS:

1 onion, diced

2 tsps minced garlic
2 celery stalks, chopped
1 small jalapeño, stemmed, seeded and minced
1 teaspoon chili powder
1 teaspoons cayenne pepper
6 cups low-sodium, no-fat chicken broth
6 boneless skinless chicken breasts (about 2.5-3 lb. total)
salt and pepper to taste
Chopped fresh cilantro

DIRECTIONS:

In a large stock pot, spray non stick cooking spray, add veggies and garlic and sautéed for about 3-4 mins. If the veggies start sticking add some water, about 1/8-1/4 cup. Add spices and cook for an additional 2 mins. Add chicken broth, set to boil and add the raw chicken. Add a small handful of chopped cilantro. Let it cook for about 30 mins at a slow rolling boil. The chicken should be cooked through at 30 mins. Remove all the chicken and allow to cool for about 15 mins. Shred the chicken with a knife and fork to whatever size you like. Add the chicken back to the pot and reheat through for about 12-15 mins.

Serve the soup with lime for garnish.

Lean Turkey Meatloaf

INGREDIENTS:

1 lb ground extra lean turkey

½ cup chopped peppers (green, red or yellow)

1 egg

2 TBSP onion

½ TBSP garlic

1 tsp of Italian Seasoning

1 TBSP Low Sodium Soy Sauce

Salt and Pepper to Taste

Sauce:

¼ Cup of Sugar Free Ketchup

1 TBSP mustard (Yellow, Dijon, etc)

1 tsp Worcestershire sauce

DIRECTIONS:

Preheat oven to 350 degrees. Coat a 5x9-inch loaf pan with nonstick spray like Pam. Mix all ingredients (not sauce ingredients) together and place in loaf pan and press into loaf shape. Mix ingredients for sauce together and spread on top of raw meatloaf. Bake for 35-40 minutes or until meat is no longer pink in center.

Extra Lean Ground Turkey Kabobs

INGREDIENTS:

1 lb extra lean ground turkey (raw)
½ cup finely chopped onions
1 TBSP finely chopped garlic
2 TBSP Lemon Juice
½ cup chopped fresh coriander
3-4 green chillies, finely chopped
¼ tsp ground cardamom powder
¼ cup finely chopped green onion
2 tsp ground cumin
¼ tsp black pepper powder
¼ tsp nutmeg
1 eggwhite
Salt to taste

DIRECTIONS:

Spray non stick pan with cooking spray (Pam), add garlic and cook for a few minutes, add onion and cook until lightly brown. Add salt, lemon juice, and cook until the juice evaporates, remove from heat and allow to cool. Add the mixture to the raw ground turkey meat, mix in dry spices, add fresh coriander leaves, chillies, green onions, and egg white. Mix well with spatula until all ingredients are mixed well. Form into cocktail size sausage shapes. Cook in a nonstick pan until all sides have cooked thoroughly. Serve with mint chutney (recipe included here) or chilli sauce.

Lean Chicken Curry

INGREDIENTS:

1 lb chicken breast, cut into strips or chunks

For marinade:

2 TBSP nonfat plain greek yogurt

1 tsp salt

1 tsp cumin powder

½ tsp coriander powder

½ tsp turmeric powder

¼ tsp chili powder

¼ nutmeg powder

¼ tsp cinnamon powder

For the cooking portion:

½ cup chopped onions

1 tsp garlic, chopped

1 tsp ginger, chopped

1 chopped tomato

Coriander leaves to top

DIRECTIONS:

Marinate the chicken in the yogurt and spice mixture for at least 6 to 8 hours. This is KEY to ensure proper flavor. Heat a nonstick pan on medium heat (spray with Pam) and saute onions, garlic, ginger, and tomatoes. Once cooked, add the chicken and save the marinade. Cook for 3-5 minutes and then add the remaining marinade. Cover pan and cook on a low

fire for a few minutes, checking occasionally for doneness. When done, top with coriander leaves.

Chicken Broccoli Stir Fry (adapted and modified from ultimatepaleoguide.com)

INGREDIENTS:

1 lb Boneless skinless chicken breasts (cut into 1-inch pieces)

1 Red bell pepper (thinly sliced)

1/2 yellow bell pepper (thinly sliced)

2 Carrots (small, peeled and diced)

1 White onion (small, thinly sliced)

1/2 Head of broccoli (cut into florets)

3 cloves garlic (minced)

1/2 tsp fresh ginger (grated)

1 tbsp Coconut aminos

Salt and pepper (to taste)

DIRECTIONS:

Season the chicken with salt and pepper and add to nonstick pan (can use pam to coat pan).

Cook until browned.

Stir in the peppers, onion, carrot and ginger and sauté for 4-5 minutes.

Add the broccoli and garlic and cook for an additional 3-4 minutes.

Drizzle with coconut aminos.

Nova Lox Bites (credit: Dann McNulty)

Ingredients:

Endive, 1 whole

Nova Lox, to taste

Kraft Fat-Free Cream Cheese, 3 ounces

Tomato Slices, halved

Red Onion, sliced into strips

Capers

DIRECTIONS:

Cut off the base of the endive and separate the leaves

Once you hit the inner portion, do the same, and continue separating the leaves

In each leaf, spread a layer of fat free cream cheese

Add the desired amount of capers on top of the the fat-free cream cheese

Layer desired amount of strips of nova lox

Layer further tomato and red onion

Salmon Salad (adapted and modified from Christine Byrne, BuzzFeed Staff)

For this recipe you need to roast a salmon fillet. If you want, you can roast several 6-ounce fillets at once, then eat leftover fillets for other lunches and dinners. Leftover

roasted salmon will keep for up to 4 days in an airtight container in the fridge.

INGREDIENTS:

1 6-ounce fillet salmon, skinless

kosher salt

freshly ground pepper

2 ¼-inch slices of lemon

juice of ½ lemon

1 teaspoon olive oil

1 cup kale leaves, stems removed, leaves sliced into ribbons ½-inch thick

½ cucumber, thinly sliced

1 tablespoon chopped dill (*optional, but recommended*)

1 tablespoon chopped parsley leaves

DIRECTIONS:

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper.

Season the salmon fillet with a little bit of kosher salt and freshly ground pepper on all sides. Lay the lemon slices next to each other on the baking sheet, then place the seasoned salmon fillet on top of the lemon slices. Roast in the preheated oven until the salmon is opaque on the outside and flakes easily with a fork, but still pink on the inside. A salmon fillet 1-inch thick will take about 8 minutes to cook; a thicker fillet will take about an additional 4 minutes per extra ½-inch of thickness. Let the salmon cool at least 5 minutes, then cut it into 1-inch cubes.

In a medium mixing bowl, combine the lemon juice with a pinch of salt and some freshly ground pepper. Whisk the mixture, then add the olive oil while continuing to whisk. Add the kale ribbons and use your hands to massage the vinaigrette into the kale until it starts to soften, about 30 seconds. Add cucumber, and herbs, and toss everything together.

Transfer to a bowl and top with the cubed salmon. If you cooked the salmon ahead of time, it's fine to eat it cold in the salad.

Cauliflower Philadelphia Roll Sushi

(Credit Dann McNulty, adapted from <http://www.pinkspantry.com/2013/03/cauliflower-rice-sushi.html>)

INGREDIENTS:

Sushi Nori, 4-5 sheets

Seasoned Rice Vinegar, 2 tbsp

Egg white, fresh, 2 large

Cauliflower, raw, 1 head, large (~7" dia)

Cucumber (with peel), 0.5 cup chopped into thin strips

Raw Salmon or Tuna Fillet, cut into ½ inch strips

Kraft Fat-Free Cream Cheese, 1-2 ounces per roll

INSTRUCTIONS:

Put chunks of cauliflower in food processor and pulse to "rice" consistency.

Microwave the cauliflower for 5-10 minutes until *very soft* and almost “mashable”

Add egg whites, stir to mix, and microwave for an additional 1 minute

Add the rice vinegar and stir to mix

Put aside for 5-12 hours in the fridge

Spread the cauliflower “mash/rice” onto the nori sheets

Add the cucumber with the salmon and fat-free cream cheese.

Let the cauliflower semi-saturate the nori in order to make the rolling easier and more sticky.

Using a bamboo sushi roller mat to roll the sushi, it will not be as easy to roll as regular sushi, firm up the roll into shape.

Serve with soy sauce to dip into

Adding “no-salt: or “lite salt” to reduced sodium soy sauce adds additional potassium as well.

Thai Beef Salad Lettuce Boats (adapted and modified
from Christine Byrne, BuzzFeed Staff)



Makes 1 serving

INGREDIENTS:

1 scallion, green and white divided

1 tablespoon minced shallot

2 teaspoons minced ginger (*optional, but recommended*)

4 ounces ground beef (*95% lean, 5% fat*)

1 clove garlic, minced

1 cup green beans, ends trimmed, cut into 1-inch pieces

½ a red bell pepper, cored, seeds removed, thinly sliced and cut into 1-inch pieces

1 teaspoon fish sauce (*you can substitute tamari*)

juice of ½ lime

red chili flakes (*optional*)

1 tablespoon parsley leaves

1 tablespoon basil leaves, torn

1 tablespoon cilantro leaves

4 romaine lettuce leaves

DIRECTIONS:

Thinly slice the scallion white, then cut the green into 1-inch pieces and set aside.

Add the minced shallot, ginger, and sliced scallion whites and cook in a nonstick pan with Pam, stirring often, just until fragrant and starting to soften, about a minute. Add the ground beef, stir, and break up any big pieces. Cook, stirring occasionally, until the beef is almost cooked but still slightly pink in places, about 2 minutes. Add the garlic, green beans, and red pepper and continue to cook, stirring occasionally, until the beef is completely cooked and the vegetables are warm but still very crunchy, about 2 minutes more. Drain any excess grease by tipping the pan and pouring it out.

Turn the heat off under the skillet, then add the fish sauce, lime juice, red chili flakes, herbs, and reserved scallion greens. Stir everything together so that it's all evenly mixed.

Lay the lettuce leaves on a plate and divide the beef mixture evenly between the leaves, spreading the beef out down the center of the leaves so that they're easy to pick up. Serve immediately.

Turkey Stuffed Eggplant (Adapted and modified from thedomesticman.com)



INGREDIENTS

2 large eggplants, cut in half lengthwise, or 4 medium-sized eggplants

2 tsp sea salt

1 lb ground beef 1 small onion

diced 2 medium tomatoes, one sliced into 4 slices, the rest coarsely chopped

1 tbsp tomato paste

2 cloves garlic minced

1/2 tsp each salt and pepper

1 small handful fresh parsley, chopped

2 long green chiles (serrano or jalapeño okay, depending on heat preference), sliced in half lengthwise, or 1/2 of a green bell pepper cut into 4 long strips

Slice your eggplants in half lengthwise (if you're using 4 medium-sized eggplants for this recipe, you'll want to pare the eggplant in stripes lengthwise instead of slicing them in half).

Fill a large bowl with water, stir in 2 tsp of salt, then add the sliced eggplants. Weigh the eggplants down with a plate to keep them submerged; soak for 30 minutes while you prep the filling. This step helps remove the bitterness from the eggplants.

Heat a non stick skillet on medium heat for a minute, then add the ground beef. Sauté until most of the pink is gone, stirring frequently to break up chunks, about 4 minutes. Add the onions and continue to sauté until the onions start to soften, about 4 more minutes. Add the coarsely chopped tomatoes (be sure to reserve four tomato slices for later), tomato paste, garlic, and salt and pepper; simmer until the tomatoes are softened, another 5 minutes. Stir in the chopped parsley, season to with more salt and pepper to taste, and set aside.

Remove the eggplants from the water, rinse, and pat dry. Season with a little salt and pepper.

In a large nonstick skillet, place the eggplant cut-side-down. Cook in batches until browned, about 4 minutes, then set on paper towels to drain. You only need to brown the cut side of the eggplant. If you're using medium-sized eggplants, you'll want to brown them on the pared stripes, a couple minutes per side, until the whole eggplant is browned.

Pre-heat your oven to 400 degrees. Scoop out the seed part of each eggplant and set aside. You don't need to spoon out too much of the eggplant, just enough to make a divot to put the filling into. If you're using medium-sized eggplants, simply make a deep slice lengthwise and push apart each slice to create an opening for the filling. Spoon in the filling then lay down half of a chili pepper and a tomato slice on each eggplant.

Bake until the eggplants are soft all the way through, 20-30 minutes, then rest for 5 minutes before serving

Tandoori Chicken (Indian BBQ)

INGREDIENTS:

4 chicken breasts
2 teaspoons garlic
2 teaspoons of ginger
2 TBSP Lemon Juice
½ teaspoon ground coriander
¼ tsp red chilli powder
1 green chilli, finely chopped
1 teaspoon cumin
½ teaspoon garam masala
¼ tsp black pepper powder
¼ tsp mango powder, optional
½ cup of fat free plain yogurt
Salt to taste

DIRECTIONS:

Combine all ingredients except chicken and make into a creamy marinade. Make small slits in the the chicken breast and then rub marinade into chicken and let marinate overnight (or for at least 4 hours). Spray grill with non stick spray and grill chicken, using marinade to baste chicken on both sides and until fully cooked. Serve with Mint Chutney or Cucumber Raita (Recipes included here).

Low Calorie Mint Chutney (Serve with grilled chicken or try in sandwiches)

INGREDIENTS:

1 cup mint leaves, stems removed, tightly packed inside measuring cup
Green chili, for added heat, seeds removed (optional to add)
salt to taste
1 teaspoon xylitol/stevia/splenda/calorie-free sweetener
4 TBSPs of fresh Lemon juice or from bottle

DIRECTIONS:

Blend all ingredients in a blender/food processor until it reaches a pasty consistency. Jar and refrigerate unused portion.

High Protein Cucumber Raita (Yogurt Garnish)

INGREDIENTS:

1 cup nonfat greek yogurt
½ cup chopped cilantro
1 green chili, chopped
2 cloves garlic, chopped
1 tsp black pepper
1 cup of fresh chopped cucumber
1 teaspoon cumin seeds
¼ teaspoon paprika

DIRECTIONS:

Blend the cilantro, chili and garlic together. Add the yogurt and beat to a smooth consistency. Add remaining ingredients (except paprika) and gently fold in. Cover and chill until ready to serve. Sprinkle with paprika before serving.

Ham and Cauliflower Mash (adapted and modified from Melissa Joulwan of Well Fed)

INGREDIENTS (serves 4)

1 head fresh cauliflower

1 pound ham, diced

1 medium onion, diced (about 1/2 cup)

1/2 green bell pepper, diced (about 1/2 cup)

1/2 red bell pepper, diced (about 1/2 cup)

2-3 tablespoons cooking fat, melted (Tendergrass Farms lard is really nice!)

3 cloves garlic, minced

1/2 tablespoon dried thyme leaves

1 teaspoon salt

1 teaspoon ground black pepper

1/2 teaspoon ground cayenne

1/4 teaspoon celery seed

DIRECTIONS:

Preheat oven to 425F.

Break the cauliflower into florets, removing the stems. Place the florets in a food processor and pulse until the cauliflower looks like rice. This takes about 7 to 10 one-second pulses. You may need to do this in multiple batches to avoid overcrowding.

Place the riced cauliflower in a very large mixing bowl. Add the ham, onion, and bell peppers. Toss with a spatula or two spoons until everything is evenly distributed.

In a small bowl, combine the garlic, salt, thyme, black pepper, cayenne, and celery seed. Mix, then pour over the cauliflower. Toss for at least two minutes so the ingredients are evenly coated with the flavored fat.

Divide the rice between two large, rimmed baking sheets (or a roasting pan) and roast in the oven 30-35 minutes, stirring about halfway through the baking time. At the end, the cauliflower should be tender, with little brown bits beginning to appear. OPTIONAL: For added caramelization, zap each tray under the broiler for about 2 minutes after the baking time is up.

Jalapeno Turkey Frittata Muffins

(Adapted from

<http://nomnompaleo.com/post/7486819479/prosciutto-wrapped-mini-frittata-muffins>)

INGREDIENTS:

½ Onion, finely diced
3 Garlic cloves, minced
½ LB Mushrooms, thinly sliced
½ LB frozen Spinach, thawed and squeezed dry
16 Egg Whites
¼ cup Unflavored Unsweetened Almond Milk
½ cup pickled Jalapenos

1 cup Cherry Tomatoes, halved
12 slices of Fat-Free Deli Turkey
Kosher Salt
Freshly Ground Pepper

Any additional seasoning you'd like

A regular 12 cup muffin pan (Silicone works best since we're not using fats)

DIRECTIONS:

Preheat Oven to 375 degrees F

With a quick spritz of cooking spray, cook the onions in a frying pan or wok until translucent.

Add garlic and mushrooms and cook until the moisture has disappeared.

In a mixing bowl, add the egg whites, almond milk, salt, pepper, and any optional seasonings, and stir.

Add the onion/garlic/mushroom mixture to the mixing bowl and mix in.

If not using silicone muffin tin, a light spritz of cooking oil to coat each section.

Line each muffin hole with a turkey slice making sure to cover the bottom as well.

Spoon in the egg batter mixture into each muffin hole $\frac{3}{4}$ way full.

Put into the oven.

After cooking for 4-5 minutes, add the jalapeno slices and tomatoes on top of each frittata once they've semi-firmed up.

Cook for a total of 15-20 minutes or until done, turning halfway through.

No-fat Marinara (contributed by Jer Chapman)

Use this sauce on any sort of protein, with veggies, or as a dip. It makes lots of food more palatable.

INGREDIENTS:

2 cloves garlic, crushed/minced
1 onion chopped
1 large can of chopped tomatoes
2 tbsp balsamic vinegar
2 tbsp worchestershire sauce
1 small can tomato paste
1-2 dried bay leaves
2 tbsp fresh (or 1tbsp dried) each of basil, oregano,
parsley
black pepper and salt to taste
hot sauce/pepper flakes as desired

DIRECTIONS:

In a non-stick pan, sauté the onion and garlic quickly, using some water to prevent sticking if necessary. Add all other ingredients and bring to a simmer. Allow to simmer at least 20min, tasting and adjusting.

RFL for vegetarians?

I've helped a few vegetarian clients set up meal plans for a pseudo RFL (Rapid Fat Loss)-style diet. Although you get far more variety (and far fewer carbs) if you eat animal protein, you can still do low carb (true RFL will be near impossible) as a vegetarian. Here's what a typical day could look like.

I've included many meals + snacks for ideas, you'd need to set up the diet/meals to suit your schedule and fat loss

goals. You could certainly combine a snack with a meal listed.

Breakfast: 6 egg whites, scrambled with green veggies and salsa/pico de gallo.

Snack: Protein shake (read label, pick one with no to low carbs, e.g., Isopure)

Lunch: Shredded Cheese/Fat Free Cheese tossed with shredded salad veggies and lemon/vinegar/salt/pepper or Walden Farms dressing.

Crunchy Cheese Salad



Combine 1.5 C shredded cabbage, low calorie salad dressing (I prefer a sweet one to balance the salty of the cheese) and 1/2 C non fat cheese.

Snack: Morningstar Veggie Patty (6 grams carbs) in a lettuce wrap.

Dinner: Tofu (5 oz has 5 grams carbs) with 1/2 C steamed broccoli or repeat breakfast.

Snack: Protein shake or Nonfat greek yogurt or Cottage cheese.

Keep in mind that veggies have carbs, as do veggie patties, yogurt, FF cheese, and Tofu. You won't be able to go as low in carbs as you would if you were eating from animal protein sources.



Protein Choices for RFL

You have many protein choices while on RFL and you must weigh and measure according to your lean protein guidelines. PORTIONS ARE MEASURED RAW unless you're using prepped items (e.g., deli meats, canned/cured/smoked meats, yogurt, tofu)

Lean Ground Beef or Leanest Cuts of red meat (e.g. sirloin, filet/tenderloin, top round)

Turkey (Breast is leanest, trim fat off) or Lean Ground Turkey

Pork (Tenderloin is leanest, trim fat)

Chicken (Breast is leanest, trim fat and skin off) or Lean Ground Chicken

Fish (white fish usually leaner)

Canned Chicken or Tuna in water

Lean Deli Meats (Sliced Chicken Turkey Breast, Lean Roast Beef or Ham)

Lean Game Meats (Lamb, Venison, Ostrich, Wild Boar, etc)

Yogurt/Greek Yogurt/Kefir/Skyr

Non Fat Cottage cheese

Tofu

Whey or Powdered Protein

Egg whites/Egg Beaters

Shrimp and shellfish (Scallops, Lobster, etc)

Vegetables on RFL

The possibilities for veggies are also very broad but must be non starchy. Leafy greens are an excellent choice. Peas, beans, potatoes, yams and root vegetables are not.

Arugula

Asparagus

Bamboo Shoots

Bean Sprouts

Bell Peppers

Bok Choi

Broccoli Raab

Brussels Sprouts

Cabbage

Cauliflower

Celery

Chives

Cilantro

Eggplant

Endive

Fennel

Ginger

Horseradish
Kale
Leeks
Lettuce (Iceberg, Romaine, Butter, etc.)
Mushrooms
Mustard Greens
Okra
Onion

Peppers (Bell, Jalapeno, Serrano, Fresno etc.)
Radicchio
Rhubarb
Roasted Radishes
Scallions
Shallots
Spinach
Spinach
Swiss Chard
Wasabi
Water Chestnuts
Watercress
Zucchini

Spices, Sauces, and Marinades for RFL

Lemon Juice

All dry rubs and spices

Vinegar

Mustard

Soy Sauce

Salsa

Anise

Basil

Bay Laurel

Borage

Caraway

Catnip

Chervil

Chives

Coriander

Dill

Epazote

Fennel

Garlic

Lavender

Lemon Grass

Lemon Balm

Lemon Verbena

Lovage

Marjoram

Mints

Nasturtium

Parsley

Oregano

Rosemary

Sage

Salad Burnet

Savory

Scented Geranium

Sorrel

Tarragon

Thyme

G Hughes Sugar Free BBQ Sauce or similar products with no sugar/fat/carbs

Sugar Free Ketchup

Walden Farms Zero Calorie Marinades/Dressings

Other

Diet Free Soda

Coffee (no cream or sugar)

Crystal Light or other sugar free drinks

Teas (no sugar)

Broth/Bouillon