

# Lickety - Split

## MEALS

*For Health Conscious  
People on the Go!*

*Delicious meals in minutes  
that:*

**Balance** Good Carbs,  
Good Fats and Protein

**Manage** Cholesterol,  
Diabetes and  
Blood Pressure

**Control** Weight for  
the Entire Family

Revised  
and  
Updated

*America's Nutrition Leader*  
**Zonya Foco, RDN**



# Weekly Menu Planner

Refer to page vi of the Introduction for instructions on how to use this convenient wipe-erase weekly menu planner.  
Use a dry or wet-erase overhead transparency-type marker (not permanent) and it will easily wipe clean.

**Monday**



*Slow-Cooking  
Night*

Pages 225-249

**Tuesday**



*15-Minute Meal  
Night*

pages 81-101

**Wednesday**



*Pasta  
Night*

pages 163-179

**Thursday**



*Oven Exercise  
Eat Night*

pages 125-161

**Friday**



*Pizza  
Night*

pages 181-195

**Saturday**



*Stir-Fry  
Night*

pages 197-207

**Sunday**



*30-Minute Meal  
Night*

pages 103-123

To see 4 weeks of sample menus, visit [www.Zonya.com](http://www.Zonya.com).



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## What *Lickety-Split Meals* Can Do for You

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### **Do you want to lose weight and KEEP it off?**

As the official companion cookbook to the DIET FREE Lifestyle Program, you and anyone in your family can lose weight the healthy way, all while reducing your risk of diabetes, heart disease and cancer. Following the eight DIET FREE habits described in *Water with Lemon*, these recipes offer easy, delicious and nutritious options for every meal. With nutrition information provided for each recipe, planning your weekly menu from *Lickety-Split Meals* makes it easy to get the right amount of calories, good fats, good carbs, and fiber into your life at a pace that works for you day after day, month after month. By also paying attention to the suggested serving sizes and ditching the diet mentality of “all or nothing,” you will develop a personal diet-free, guilt-free weight-loss lifestyle that works for you, for life.

### **Are you a person with diabetes?**

If so, these recipes and the suggested portion sizes were designed to meet the American Diabetes Association guidelines, helping keep your blood sugar in good control and your heart healthy. Whether you are counting grams of carbohydrates, protein, fat or fiber, the nutrition information you need is provided for you.

### **Would you like to lower your cholesterol?**

You are in luck! These low saturated fat and high-fiber recipes and tips will help you to do exactly that. For your information, total fat, saturated fat, and cholesterol are provided. To find all my tips about lowering your blood cholesterol, check the Index for cholesterol tips.

### **Are you in great health with no weight concerns?**

Great for you! Using this book will help you keep it that way. Remember what they say, “everyone should eat well to prevent heart disease, diabetes and obesity.” *Lickety-Split Meals* allows you to raise your family with healthy eating habits, preventing these problems before they start. Keep in mind that if you or any family members are not trying to lose weight, simply take larger servings and/or enjoy extra whole-grain bread with the meal.

### **Are you following other popular diet plans?**

In addition to being the companion cookbook to my DIET FREE Lifestyle Program, *Lickety-Split Meals* is a great complement to other popular

diet plans. You can easily calculate *Weight Watchers® Points®* from the calories, fat and fiber listed at the bottom of every recipe.

And because my recipes are high in fiber and low in fat, most recipes calculate to be low in points, for your maximum success! *Lickety-Split Meals* works perfectly with Phase III of *The South Beach Diet™* while sharing the concept of *The Zone Diet*, in that each meal features a balance of protein, carbohydrate and fats. Like the *Sugar Busters* plan, these recipes favor low-glycemic foods, which are the foods known to raise blood sugar slowly instead of quickly. And for *Curves* members who participate in the *Curves* Weight Management Program, *Lickety-Split Meals* keeps your success strong with a variety of everyday healthy recipes for maintenance after Phase III.

**The true secret to losing weight and keeping it off is finding a realistic, overall healthy lifestyle that you can live with, happily, forever. It's never all about just one nutrient being the villain, like fat or carbohydrates, but finding a way to live your life, your way in healthy moderation.**

## Why *Lickety-Split Meals* is Unique

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*Lickety-Split Meals for Health Conscious People on the Go!* has recipes like a cookbook, healthy eating and exercise tips like a diet book, nutrition information like a health book, plus time-management and kitchen-organization strategies like a personal transformation book. You get all of these books plus a master grocery list in one *Lickety-Split Meals*!

***Lickety-Split Meals* is also the official companion cookbook to my DIET FREE Lifestyle Program that teaches the eight habits that will change your life.** These habits are also presented in the DIET FREE novel *Water with Lemon*. Whether your goal is to lose weight, lower your cholesterol, have more energy or just save time serving healthier meals for your family, *Lickety-Split Meals* has you covered!

### Recipes that fit your time limitations

With your demanding schedule, how much time do you have to prepare a meal? One minute, five, 15 or 30 minutes? Would you like to put something in the oven, exercise and then eat? Is it pasta, stir-fry or pizza tonight? Or is it time for breakfast? This book is uniquely categorized according to your specific time demands.

### Recipes that build your “Energy Bank”

Taking a tip from Fowler in *Water with Lemon*, you will find his “Energy Bank” seal on specific recipes throughout *Lickety-Split Meals* that are perfect for freezing individual portions for future use. When your personal energy is low and your dinner demands are high, just reach into your personal Energy Bank for great meals in zero minutes.



### Recipes that help you get a complete meal on the table

Just glance at a recipe and you'll see how easy it is to get an entire meal on the table. No more slaving over a recipe only to discover, “Serve with hot cooked noodles and a tossed salad.” You will be instructed when to boil water, when to add the noodles and when to make the salad, so everything is hot and ready when it's time to eat. When a helper is required to meet the time frame, I simply tell you what jobs to delegate. These recipes eliminate any unnecessary steps and extra work. You save time both in preparation and clean up!

**Great for Busy Moms, Mr. Moms and just plain Frazzled Moms! And it's also excellent for high school students, college students, singles and newlyweds.**

### Recipes that taste great and satisfy your entire family

*Lickety-Split Meals* features tried and true family favorites. The menus are colorful, flavorful and well balanced. You will find that for nearly all the menus, there is either a serving of fruit or a dessert suggested. By ending your meal with a hint of sweetness, you will feel completely satisfied, therefore ending any tendency to roam the kitchen all night!

### Recipes that are health conscious and list complete nutrition facts

These recipes are designed for today's health-minded family. It seems everyone wants to have more energy, ward off aging and raise healthy children with positive eating habits. *Lickety-Split Meals* is perfect for people wanting to:

- Lose weight
- Lower cholesterol
- Control diabetes
- Reduce the risk of cancer
- Increase their energy level
- Perform well in sports
- Slow the aging process

## Why *Lickety-Split Meals* is Unique

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The Dietary Guidelines for Americans changed significantly in 2015. The long-time advice to “eat a low fat diet” was, in part, abandoned. While there remains a recommended limit on saturated fat (to no more than 10% of total calories) for heart disease prevention, there is no longer a limit on total fat, since it did not prove beneficial. Can we go back to eating full fat foods, then? Yes and no. To keep saturated fat low, we must continue to reach for lean trimmed meats, skim milk, and un-fried foods, and use low-fat cooking methods like baking and broiling. We can then add in the good, unsaturated fats like nuts, seeds and avocados daily, but not too much, as keeping our calories in check is still vitally important. I suggest thinking, “I will choose a naturally low-fat diet, adding smart amounts of good fat every day.”

Also new to the Guidelines is the recommendation to restrict added sugar to no more than 10% of daily calories. For a 2000-calorie diet, that’s a max of 12 tsp (or 50 gr) daily (while the American Heart Association urges no more than 6 tsp for women and 9 tsp for men daily). Since the average American consumes 19.5 tsp of added sugar every day (much of it without ever touching the sugar bowl), this recommendation is essential for weight control, as well as diabetes, heart disease and cancer prevention.

You’ll be happy to know that the recipes found in this book are not only simple and delicious, they are also in accordance with the 2015 Dietary Guidelines for Americans by being:

- Complementary to the recommendation to eat 9-11 servings of fruits and vegetables per day
- High in phytochemicals (anti-cancer and anti-aging compounds)
- Low in saturated and trans fats
- Moderately low in carbohydrates
- Low in sodium
- Low in calories
- Low in sugar
- High in fiber

### A complete time-saving grocery shopping list

Shop from the *Lickety-Split Meals*, grocery list, and you’ll ALWAYS have EVERYTHING you need. Check the items you run out of and your next week’s list will always be ready. (See pages 320-321 for more information about this unique kitchen stocking system!).

### Over 170 nutrition and fitness tips to get you healthy and keep you healthy

Providing healthy recipes with nutrition facts just wasn’t enough for America’s Nutrition Leader! No way. With *Lickety-Split Meals*, I have also given you **over 170 health tips** so you can develop great eating and exercise habits for winning the war on obesity, diabetes, heart disease and cancer. Knowledge is power and we have choices. So read the tips, gain the knowledge and make your choices. I have had more than one *Lickety-Split Meals* reader tell me that they have lost weight by following the tips alone. Just imagine what happened when they started using the recipes!!

### A built-in weekly menu planner

The next time you hear that dreaded question, “What’s for dinner?” you will now know the answer. By following the basic *Lickety-Split* menu planner provided on the inside front cover, you’ll save time while serving plenty of variety week after week. Here’s how it works: Determine who in the family will be the cook for each night; have the designated cook select a recipe from the category listed for that night; use a wipe-erase marker to record the week’s selections. In minutes you have your menu planned for the week! At the end of the week, erase and start over.



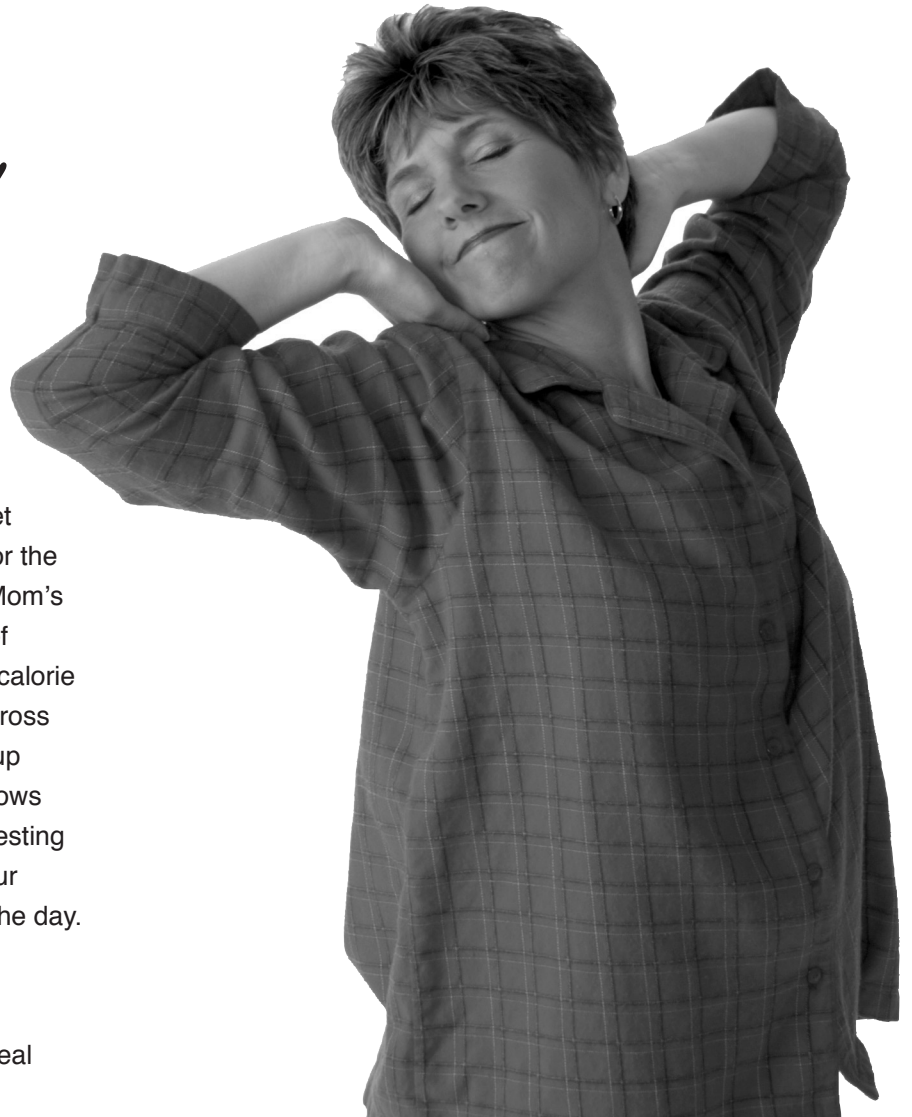
# Breakfast

***“Breakfast is your most important meal of the day.”***

I know you've heard this a million times before. (I even bet I know from whom!) I also balked at my mother's advice for the first 22 years of my life. But then in a college classroom, Mom's advice took on new appeal. A study found different rates of weight loss between two groups of people, although their calorie intakes were identical. The group that ate their calories across breakfast, lunch and dinner lost more weight than the group eating their calories across lunch and dinner only. This shows how our gastrointestinal tract burns calories simply by digesting food. Starting that process early in the morning (when your metabolism is high) means a higher total calorie burn for the day.

I don't know how this sounds to you, but to me it sounds like breakfast is the most important meal of the day.

So try these great recipes to make your most important meal of the day the most delicious meal of the day!



# Lickety-Split Tip

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## Coffee: Morning Hydration Alert

Did you know that chances are you wake up in the morning dehydrated? You haven't consumed any liquids for 8 hours or longer. Charging off to work on 2 cups of coffee may not be the ideal hydrator your body needs. For many people, a cup of caffeinated coffee works like a diuretic. For every cup you drink, you excrete 1½ cups. No wonder so many people get headaches by mid-afternoon, which is a classic sign of dehydration. Coupled with fatigue, this means you're definitely not operating at your optimal level.

### Solution:

Make it a goal to drink a glass of water or diluted juice FIRST THING in the morning before having any coffee or tea. In fact, you may find it convenient to just open up in the shower! (Think about it. There isn't anything weird about using your showerhead as a drinking fountain. Try it!)

**Should we give eggs a break? See my tip on page 352 to find out!**

# Scrumptious Swiss Oats 'n Fruit

Hands-on -  
5 min. (p.m.) - 15 min. (a.m.)  
**Serves 4 or 8**

Think you don't like oatmeal 'cause it's gloppy? Have you tried uncooked oats, the Swiss way? You won't believe how absolutely delicious this dish is! Thanks to Elizabeth Wagner (culinary wizard, caterer and new-found friend) for this dish you'll be proud to serve your family. It saves time on the morning rush and is perfect for overnight guests. This also makes a great "dish to pass" for a morning meeting. Bye-bye doughnuts!

## Menu

*Swiss Oats n' Fruit*

*English Muffins (opt)*

**For 4      For 8**

<b>1½ cups</b>	<b>3 cups</b>	<b>oats (quick-cooking or old-fashioned)</b>
<b>1¼ cups</b>	<b>2½ cups</b>	<b>skim, 1/2% or soy milk</b>
<b>2 T</b>	<b>1/4 cup</b>	<b>honey</b>
<b>1/2 tsp</b>	<b>1 tsp</b>	<b>ground cinnamon</b>

### *Night before:*

Stir together in a large bowl and allow to soak in refrigerator, covered, overnight.

<b>3 cups</b>	<b>6 cups</b>	<b>any variety of fresh or dried fruit you fancy:</b>
		• sliced banana
		• sliced kiwi
		• strawberries, hulled and cut in half
		• blueberries
		• raspberries
		• bite-size chunks of cored apple
		• raisins
		• dried cranberries
		• dried cherries
		• dried chopped apricots
<b>1/4 cup</b>	<b>1/2 cup</b>	<b>chopped walnuts, pecans or almonds</b>

### *In the morning:*

Add and gently mix together.

Serve in large attractive bowl with matching small bowls. Include toasted English muffins on the side if you wish.

*Needs  
to soak  
for at least  
4 hours.*

Nutrition information for 1½ cup serving with blueberries, banana & apple

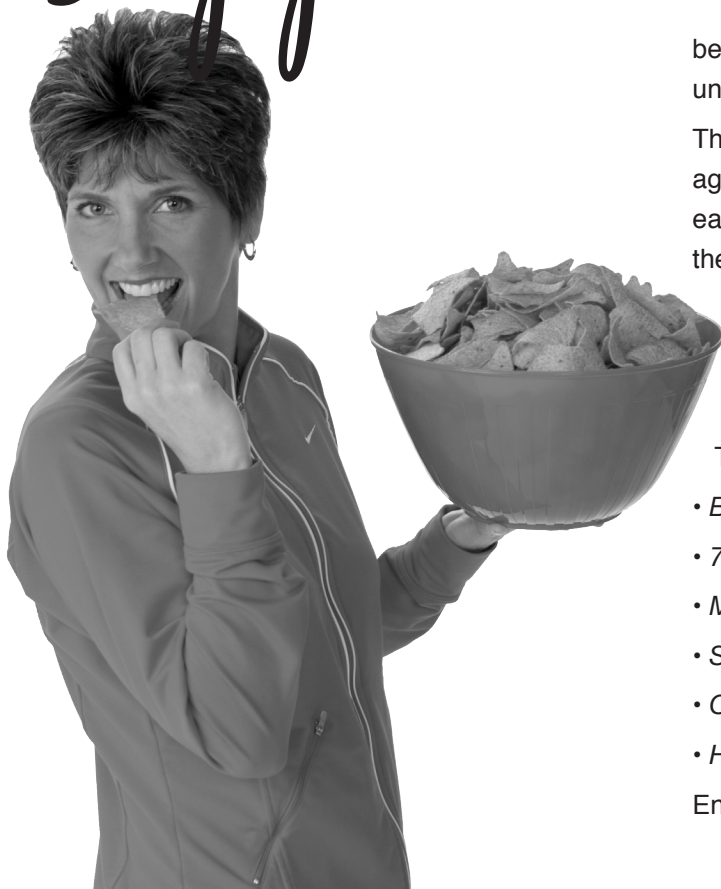
Calories	282	Fat	8 g	Fiber	7 g	Sodium	44 mg	Total Carbohydrate	49 g
		Saturated Fat	1 g	Cholesterol	1 mg	Protein	9 g	Sugars	23 g

*Scrumptious Swiss Oats 'n Fruit*

**Breakfast**  
7

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# "Appeteasers"



You're invited over to friends on Friday night. Great! You've been asked to bring an appetizer. Hmmm! What should you bring? The pressure to bring something everyone will like, and that you'll

be proud of, can be quite nerve-racking. You want it to be attractive, delicious, unsuspectingly healthy, and above all, FAST. Wonder no more; it's all right here!

This is a collection of my favorite appetizers that I bring to parties time and time again. No more shuffling through mounds of recipes to find something tasty and easy, just thumb through these. That's a time saver in itself! And if you've used the *Lickety-Split* grocery list, you have all the ingredients you need.

Keep in mind these other recipes, which also make great "appeteasers."

- *Guiltless Nachos Supreme* (page 87)
- *Shrimp Pizza* (page 195) or any of the pizzas

The following "appeteasers" can be made as delicious entrées.

- *Benito Bean Dip* (for burritos)
- *7-Layer Bean Dip*
- *Marinated Sesame Chicken Kabobs*
- *Simple Tofu Bites* (to stuff pitas or top salads)
- *Oklahoma Bean Dip* (to stuff pitas or top salads)
- *Herbed Salmon Spread* (to make sandwiches)

Enjoy these "appeteasers"; they are fast, fun and tasty!



# Lickety-Split Tip

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## Party Survival Tip #8: Bring a healthy dish to pass

I've lost count of the number of times that I've gone to a potluck to find NO vegetables and NO fruits and NO whole grains anywhere — only starchy, high-fat, high-sodium, high-calorie dishes to choose from. What dish should you take to pass? How about choosing a recipe from this chapter and you can rest assured that at least one thing on your plate won't pack on the pounds. As for the other items, use a small plate and choose just a little of two or three options.

My *South of the Border Roll-ups* makes a great party dish to pass. With the addition of refried beans and shredded carrots, plus my *Zippy Zonya Mexi Mix*, you will lower the sodium while making a great-tasting, HEALTHY party favorite!

### Zippy Zonya Mexi Mix

Instead of using prepared packets of taco or fajita mixes, I realized how easy it is to make my own and save a full teaspoon of salt plus monosodium glutamate each time. All you have to do is mix up this recipe, place it in an empty spice bottle, label and date it. You no longer need to buy commercial, high-sodium taco and fajita seasoning packets.

Simply use 3 tablespoons of *Zippy Zonya Mexi Mix* to replace one packet of the commercial mixes.

- 5 T ground cumin
- 1 T cumin seeds (opt.)
- 6 T chili powder
- 1 tsp garlic powder (make sure it's powder, not salt)
- 1 tsp onion flakes
- 1/4 tsp black pepper
- 1/4-1/2 tsp cayenne pepper (opt.)

# South of the Border Roll-ups

Hands-on - 30 min.

Serves 16

I spied Trisha Yearwood's recipe for her "Redneck Sushi" cream cheese roll-up. It's decadent, but scores a big zero nutritionally. I decided to find a way to keep the YUM while boosting the nutrition. I amped up the protein, antioxidants and fiber by trading in some refried beans and shredded carrots. My tasters said "Perfecto!"

1 tub (8 oz) light cream cheese  
1 can fat-free refried beans  
1 T Zippy Zonya Mexi Mix (or more to taste)  
1/2 - 1 cup salsa of your choice (to taste)  
1 can (4 oz) chopped green chilies

## 4 hours before serving:

Mix together in medium bowl.

4 green onions (tops & bottoms chopped)  
1/2 cup shredded carrots  
1 cup reduced-fat shredded cheddar cheese

Gently stir in.

10 6" flour tortillas

Lay out 5 tortillas at a time. Using 1/2 the mixture, divide and spread evenly across the 5 tortillas. Roll up creating spirals inside. Repeat with remaining 5 tortillas. Wrap each roll in plastic wrap. Refrigerate 3 to 4 hours.

## Just before serving:

Remove the plastic wrap from each roll and slice 1" apart.

Arrange on decorative platter with a toothpick inserted into each, or pinwheel side up.

\* See recipe on page 40.

Nutrition information for 4 pinwheel bites (using 1/2 cup salsa total)

Calories	145	Fat	5 g	Fiber	3 g	Sodium	370 mg	Total Carbohydrate	16 g
		Saturated Fat	2 g	Cholesterol	10 mg	Protein	7 g	Sugars	2 g



# 5-Minute Meals

It just astounds me how many people go out to eat. “I don’t have time to cook,” they say. But eating out takes SO MUCH time! Even going through a drive-through takes time. My husband and I firmly believe that the fastest way to get a meal is to make it yourself. The secret is keeping the right ingredients on hand and, of course, using *this* book!

When we want a meal in 5 minutes, we mentally pick from these 3 things:

- **Roll-ups** (bean burrito or a lavash roll-up)
- **Quick Pita Sandwich or Pita Pizza** (see Pizza chapter, page 181)
- **Canned beans** (mix with canned corn or tuna)

Once you decide, you’ll be eating 5 minutes later!

# Lickety-Split Tip

## How can you get 20-30 grams of fiber each day?

Think “10 + 10 + 10” ..... To achieve this each day, EAT:

10 grams from fruit ..... 3 or more pieces of fruit

10 grams from vegetables ..... 3 or more 1/2-cup servings of vegetables

10 grams from whole grains ..... 4 or more servings of whole-grain bread, cereals,  
brown rice, oatmeal, etc.

**Also include beans on a weekly basis:**

Pinto, kidney, garbanzo, navy, lima beans, and lots of peas and corn.

This *Black Bean & Corn Salad* at 16 grams of fiber per serving helps get you to your daily goal of 20-30 grams in a hurry!



# Black Bean & Corn Salad

Hands-on - 5 min.

Serves 4

This is so simple, it's almost obscene! Thanks to Karen Pender for this incredibly simple and delicious dish! She brought it to a 4th of July potluck picnic where many of us fell in love with it.

**1 can** (16 oz) corn, no-salt added

Place in a strainer to drain. If using frozen corn, run warm water over it to thaw. Transfer to medium bowl.

**2 cans** (16 oz) black beans or black soybeans (*Eden*)

Drain and rinse in strainer, then add to bowl.

**2 cups** fresh tomato salsa\*

Add to bowl and mix contents gently.

**Optional additions**

**1 tsp** Zippy Zonya Mexi Mix<sup>‡</sup>

**3 dashes** cayenne pepper

Also  
makes  
a great  
appetizer.

Eat as a salad, or rolled up in a tortilla as a quick sandwich or dip with baked tortilla chips.

Also makes a wonderful accompaniment for outdoor-grilled chicken or fish.

*\*If you only have canned salsa, try adding some chopped fresh tomatoes and minced cilantro or parsley for fresh color and flavor.*

*‡See recipe on page 40.*

Nutrition information for approximately 1 cup salad without tortilla chips

Calories	290	Fat	2 g	Fiber	16 g	Sodium	627 mg	Total Carbohydrate	50 g
		Saturated Fat	0 g	Cholesterol	0 mg	Protein	15 g	Sugars	6 g



# 15-Minute Meals

It's 5:45 p.m. and the family is starved. Is it humanly possible to get a hot and satisfying dinner on the table in 15 minutes?

Welcome to 15-Minute Meals! You'll discover how to make *Crispy Chicken Dijon* or *Creamy Chicken Dijon over Noodles* all within 15 minutes! Or how about stuffed baked potatoes, sloppy joes or nachos? They're all here, and you'll learn how to get the complete meal on the table in 15 minutes or less. Guaranteed!

Remember: If it takes a bit longer than 15 minutes, refer back to the introduction about how to "speedisize" your kitchen. To really achieve this kind of efficiency, it's imperative to have every drawer, cupboard and utensil in full cooperation.

# Lickety-Split Tip

## How many fat grams can I have each day?

We now know that some fats have significant health benefits. Therefore, the Dietary Guidelines for Americans no longer place a limit on the total amount of fat we consume in a day. There remains, however, a recommended limit on saturated fat to less than 10% of total daily calories, as excess saturated fat is linked to cardiovascular disease. The American Heart Association is even more conservative, recommending that no more than 7% of daily calories come from saturated fat. Taken together, that equates to 9-33 grams of saturated fat per day, depending on one's calorie needs. A female trying to lose weight (i.e., by eating 1,200 calories per day) and choosing the lower limit of 7% would be allowed 9 grams, while an active male (consuming 3000 calories per day) using the higher limit of 10% would be safe with 33 grams.

To limit saturated fats, avoid fried and processed foods, choose lean meats and low fat milk, and keep a cap on cheese. Add in nuts, seeds, avocados and fatty fish, since these are “good for you” unsaturated fat sources. Just stay balanced by eating lots of leafy greens and vegetables, since too much fat from any source can pack on pounds if you're not careful.

## What about coconut oil? It's highly saturated but healthy, right?

Even though the internet is abuzz with health claims about coconut oil, a number of authoritative sources, including Walter Willett of Harvard University, the World Health Organization, and the American Heart Association, remain cautious about coconut oil, suggesting consumption in moderation, if at all. This is because coconut oil's high saturated fat content (at 4 grams per teaspoon) can easily push the recommended daily limit.

That said, coconut oil in small amounts is acceptable, and quite honestly is ideal in some recipes that require a solid fat. For the two recipes in this book that call for a solid fat, I chose real butter, but coconut oil could be used instead. What's most important is that we avoid hydrogenated or partially hydrogenated shortenings and margarines that were popular in decades past, and instead prefer olive oil and canola oil first, then butter or coconut oil sparingly.

# Creamy Chicken Dijon over Noodles

Hands-on - 15 min.

Serves 4 or 6

Unexpected guests? Proudly serve this delicious 15-minute “company food” meal. Guests will rave and family will feel like guests!

Delegate  
someone to:  
Prep  
asparagus,  
tomatoes,  
cucumbers  
and fruit.

## Menu

**Creamy Chicken Dijon**

**Egg Noodles**

**Asparagus**

**Sliced Tomatoes &**

**Cucumbers**

**Fresh Fruit Cup**

Place a large kettle of water on to boil.

For 4

For 6

1 T	1½ T	olive oil
1 tsp	1½ tsp	minced garlic (2 or 3 cloves)
1 lb	1½ lb	skinless, boneless chicken breast strips

Sauté 7 or 8 minutes over medium-high heat until chicken is no longer pink.

4 oz	6 oz	dry egg noodles, preferably whole wheat
------	------	---

Meanwhile, add to boiling water. Set timer for 6 minutes.

1 small	1 lg	bunch fresh asparagus
---------	------	-----------------------

Meanwhile, wash asparagus. Snap off bottoms, cut diagonally into 1½" slices and set aside.

1 can	2 cans	(7 oz each) mushrooms, drained
-------	--------	--------------------------------

Add to chicken and cook 1 minute.

1/4 cup	1/3 cup	Dijon mustard
1/2 cup	3/4 cup	light sour cream or nonfat plain yogurt

Meanwhile, mix together in a 2-cup measuring cup. Add to bubbling chicken and mushrooms and heat only until hot throughout.

When timer goes off, toss asparagus in with the bubbling noodles.

Set timer for 2 minutes. At the sound of the timer, quickly drain.

Serve the chicken over the noodles with asparagus. Place sliced tomatoes and cucumbers and a fresh fruit cup on the side.



Nutrition information for 3 oz chicken breast, 1 cup noodles & asparagus, 1/4 cup sauce

Calories	330	Fat	9 g	Fiber	1.6 g	Sodium	568 mg	Total Carbohydrate	24 g
		Saturated Fat	2.6 g	Cholesterol	103 mg	Protein	33 g	Sugars	4 g





# 30-Minute Meals

While researching the needs of families, I heard several shared wishes:

- “Easy meals for more quality dinner time at home.”
- “To eliminate unnecessary steps.”
- “To create less mess.”
- “To put the entire meal on the table in 30 minutes.”

Welcome back to Kansas, Dorothy. There’s no place like home. It’s back to the family, gathered around the table for a home-cooked meal. All in only 30 minutes!

# Lickety-Split Tip

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## Bring on the Beef!

You're standing in the beef aisle. Can you make a healthy choice? Absolutely! And here's a list of the leanest cuts of meat to make your selection. Each 3-ounce serving on this list has less than or the same amount of total fat and saturated fat as a 3-ounce serving of skinless, boneless chicken thigh. So go ahead! Be a smart beef shopper and enjoy!

Just remember to calculate 1/4 pound of raw meat per person, which cooks down to 3 ounces of cooked meat. If this seems small to you, try cutting into strips or chunks for stir-fries and stews to make the meat "seem" like more.

Eye Round Roast and Steak  
Sirloin Tip Side Steak  
Bottom Round Roast and Steak  
Top Sirloin Steak  
Brisket, Flat Half  
95% Lean Ground Beef  
Round Tip Roast and Steak  
Round Steak  
Shank Cross Cuts  
Chuck Shoulder Pot Roast  
Sirloin Tip Center Roast and Steak  
Chuck Shoulder Steak  
Shoulder Petite Tender and Medallions  
Flank Steak  
Shoulder Center (Ranch) Steak

# Grilled Beef or Chicken Teriyaki

Hands-on -  
10 min. (a.m.) 20 min. (p.m.)  
**Serves 4**

When I was growing up, I remember mom let us pick what we wanted to have for our birthday dinner. I always chose Beef Teriyaki. It's now my husband's favorite recipe for venison. This marinade is so versatile you can use it for any of your favorite meats, fish or even for tofu!

## Menu

*Grilled Teriyaki*

*Brown Rice*

*Broccoli & Carrots*

*Sliced Nectarines or Simple  
Summer Fresh Fruit Pie  
(page 285)*

1/4 cup soy sauce, reduced-sodium  
1 T firmly packed brown sugar  
2 T water  
2 tsp sesame oil  
1/2 tsp ginger (fresh grated is best)  
5 grinds fresh black pepper  
1/4 tsp minced garlic (1 clove)

### *Night before or early morning*

Mix together in a bowl big enough to hold the meat you will be marinating.

1 lb lean trimmed top round, sirloin, flank steak, chicken breasts, venison, fish or 24 oz tofu, cut into chunks or strips

Add and toss to coat. Allow to marinate, covered in refrigerator 8 hours or overnight. (Exception: for fish, do not exceed 2 hours in marinade) Toss several times during marination.

Consider making *Simple Summer Fresh Fruit Pie*.

Preheat gas grill or broiler.  
Position oven or grill rack 6" from heat source.

1 cup *Uncle Ben's* whole-grain instant brown rice  
1¾ cups water  
1 head broccoli, cut into florets  
12 baby carrots

### *30 minutes before dinner*

Place in microwave-safe dish. Cover and place in microwave. Cook on high 10 minutes, until tender.

Remove meat from marinade and grill or broil. Check meat frequently for doneness. Discard marinade.

Serve with rice and vegetables, and fruit or fruit pie for dessert.

Nutrition information for 3 oz top round beef, 1 cup rice, 1 cup vegetables

Calories	472	Fat	9 g	Fiber	8 g	Sodium	712 mg	Total Carbohydrate	58 g
		Saturated Fat	2 g	Cholesterol	76 mg	Protein	42 g	Sugars	9 g

# Oven • Exercise • Eat

## ***The Road to Dinner***

You've just gotten home with an hour to go before dinner. Your early morning meeting kept you from exercising this morning. How are you going to fit in your workout before you're too pooped? Your personal experience tells you that inertia is five times stronger in the hours after dinner. If only you could fit exercise in BEFORE dinner.

Well, now you can, with Oven • Exercise • EAT! This is a collection of complete meal recipes that are quick to go in the oven, so you can exercise during the baking time and dinner will be ready when you are done. Just flip through and see what looks good tonight. Note the length of prep-time and oven/exercise-time that work best for you. And assuming you've shopped using the *Lickety-Split* grocery list, you will have all the ingredients you need!





# Lickety-Split Tip

Lickety-Split Meals  
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## Exercising Consistently: Here's How to Make Your Good Intentions Come True!

If you are just getting into an exercise routine, it's important to establish positive feelings of accomplishment, so you will want to continue and be consistent.

### WEEK 1

Try starting with only 5 minutes\* of easy exercise, but **do it 5 times that week**. Try marching in place in front of the TV or spinning on your exercise bike. (Keep your intensity low.) You can always find 5 minutes! What's important is to do it 5 times per week. Do it at the same time each day, which will become your routine exercise time.

### WEEKS 2, 3, 4 and 5

*How does it feel to have exercised 5 times last week? Pretty good, huh?* Now, over the next 4 weeks, **increase your exercise time** up to 7 minutes, then 10, 12, 15, 20, 25, 30. Keep your intensity fairly low. Be sure to keep up 5 times a week!

### WEEK 6

Now, don't you feel GREAT having exercised 5 times a week for 5 weeks? Congratulations!

Now you're ready to add intensity. Increase your walking speed or turn up the resistance on the stationary bike.

\*If you are particularly fit, you can start with 10 minutes, but not more. The point is NOT to do all you are physically capable of doing, but rather to establish the concrete habit for CONSISTENCY. Most people agree, consistency is the hardest part!

**Reminder:** ALWAYS CHECK WITH YOUR DOCTOR FIRST BEFORE STARTING ANY EXERCISE PROGRAM!

# Delicate Baked Fish

Hands-on - 10 min. Oven/Exercise - 35 min. **Serves 4**

The next time you walk by the fresh seafood counter, check out their fresh trout. My dear friend, Jay Johnson, taught me that the milk in this recipe keeps the flavor delicate and mild. (Not at all fishy!) Perfect for stronger tasting fish as well as being a kids' favorite!

**Preheat oven to 350°.**

## Menu

**Delicate Baked Fish**  
**Oven Fries**  
**California Vegetables**  
**9-Grain Rolls**

**1 bag (24 oz) Ore Ida potato wedges\***

Spread out on baking sheet. Place in oven.

**1½ lbs fresh cod, whitefish, perch, snapper or trout fillet**

Rinse clean and place in an 8" x 8" baking dish.

**1/2 lemon, squeezed (or 1 T from a bottle)**  
**1 tsp oil (canola or olive)**  
**1 cup skim milk**

Drizzle or pour over fish in order given.

**1/8 tsp salt**  
**6 grinds fresh ground pepper**  
**3 dashes paprika**

Sprinkle over top. Place in oven. Set timer and bake for 35 minutes.

**2 bags (16 oz each) frozen California blend vegetables**  
**1 T water**

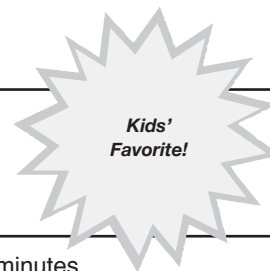
Place in microwave-safe dish, cover and let set in microwave.

*Pop in an exercise video for 30 minutes of aerobic work. Remember to warm up.*

When timer goes off, cook vegetables in microwave on high 10 minutes. Allow fish to continue baking until microwave finishes.

*Step in place for 1 minute for a cool-down. Grab 2 soup cans and do bicep curls & overhead presses. Follow with some sit-ups and 2 minutes of stretching.*

Set table. When vegetables are done, it's time to eat!



*\*If you prefer, make homemade version of Oven Fries (page 275).*

**Nutrition information for 4 oz. fish, 1 cup fries, 1½ cups vegetables**

<b>Calories</b>	<b>448</b>	<b>Fat</b>	<b>6 g</b>	<b>Fiber</b>	<b>9 g</b>	<b>Sodium</b>	<b>357 mg</b>	<b>Total Carbohydrate</b>	<b>57 g</b>
		<b>Saturated Fat</b>	<b>1.3 g</b>	<b>Cholesterol</b>	<b>74 mg</b>	<b>Protein</b>	<b>42 g</b>	<b>Sugars</b>	<b>9 g</b>

Delicate Baked Fish

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# Sweet Treats

*Dessert before dinner anyone?*



Have you ever wished that a scrumptious dessert could be so good for you that you could actually justify eating it before dinner? How about eating it for breakfast? Well look no further. Desserts from a well-devised recipe, like the ones in this chapter, can actually provide as much nutrition as a healthy snack or breakfast!

Sure, you can save time and buy commercially made fat-free cookies and cakes, but they are generally loaded with sugar and made with few, if any, whole grains. Of course consuming these is fine in moderation. But if you'd like to have dessert more often (and who doesn't?) then check out the recipes in this chapter!

A nutrient rich, high-fiber diet is much easier to stick with when there are frequent desserts on the menu. And these desserts are truly "crime without punishment." Enjoy!

# Lickety-Split Tip

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## Do you suffer from sweet cravings?

How much fruit have you been eating? Chances are, you've been missing the mark. Your brain requires simple carbohydrates to function. Fruit is very high in simple carbohydrates. When you don't get enough, your brain sends you a fruit craving. The problem is you misinterpret the signal as "sweets" or "chocolate" cravings!

**Zonya's Sweet Craving Cure:** Eat a piece of fruit every 4 hours with a glass of water and – no more sweet cravings!!! Guaranteed.

P.S. A slice of my *Simple Summer Fresh Fruit Pie* counts as 1 fruit serving!

# Chocolate-Amaretto Cheesecake

Hands-on - 25 min.  
Oven - 45-50 min.  
**Serves 12**

When invited over to friends for dinner, I love bringing this dessert. They can't believe a "dietitian" could bring anything so good. This is truly "crime without punishment!"

**Preheat oven to 300°.**

**12 chocolate wafers or 6 graham cracker squares**

**8 hours or day before serving:**

Finely crush and sprinkle into bottom of 8" springform pan.\*\*\* Set aside.

**1 tub (8 oz) light cream cheese**  
**1 cup sugar**  
**1½ cups nonfat or low-fat cottage cheese**  
**6 T unsweetened cocoa powder**  
**¼ cup all-purpose flour**  
**¼ cup Amaretto\***  
**1 tsp vanilla extract**

Position knife blade in food processor bowl. Add ingredients, processing until smooth.

**1 egg**

Add and process just until blended.

Slowly pour mixture over crumbs in pan.

**2 T semi-sweet chocolate mini-morsels**

Sprinkle on top of mixture.

Bake 45 to 50 minutes or until cheesecake is set. Let cool in pan on wire rack. Once cheesecake is cool, cover and chill at least 8 hours. Remove sides of pan.

**1 - 2 cups raspberries or sliced strawberries (to taste)**

Place in a bowl and serve alongside the cheesecake platter. Invite guests to top their cake as desired.

*\*Alcohol-free option: Substitute 2 T light corn syrup, 2 T water and 1 tsp almond or peppermint extract.*

*\*Chocolate-mint Cheesecake: Substitute ¼ cup Creme de Menthe for the Amaretto.*

*\*\*\*An 8-inch round pan can be used, but it's more difficult to remove a slice neatly.*

**Nutrition information for 1 slice of alcohol-free option (1/12 of cake) topped with 6 raspberries**

Calories	200	Fat	5 g	Fiber	2 g	Sodium	240 mg	Total Carbohydrate	31 g
		Saturated Fat	3 g	Cholesterol	27 mg	Protein	7 g	Sugars	25 g

# Lickety-Split Tip

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## How to calculate your “Family FRUIT Quota” for 1 WEEK

Decide if your goal is 1, 2, 3 or 4 pieces per person each day. Keep in mind that the American Institute for Cancer Research says that 2 servings is the minimum and MORE is better!

Yes, canned fruit in its own juice, applesauce and dried fruit can be substituted! (See page 260 to find out why juice is not recommended as one of your minimum servings.)

### What equals a fruit or vegetable serving?

1	small apple, pear, orange, nectarine, kiwi, etc.
2	plums
4	apricots
1 cup	berries or melon
15	grapes
2 T	raisins
4	dried apricots
1/2 cup	applesauce (unsweetened)
1/2 cup	canned fruit (in own juice, drained)
1/2 cup	cooked vegetables
1 cup	raw vegetables
6	baby carrots

Number in family		1	2	3	4	5	6
Pieces per person per day	1	7	14	21	28	35	42
	2	14	28	42	56	70	84
	3	21	42	63	84	105	126
	4	28	56	84	112	140	168

**I see your eyes popping out!!!!** I know this seems like WAY too much, but the facts are the FACTS!

Tips: If you have a large family, to prevent spoilage:

- Buy half now and shop for the rest mid-week
- Buy some bananas green and some yellow for “just in time” bananas all week
- Buy some hard and some soft peaches, pears and kiwis
- Store ripe, ready-to-eat fruit in the refrigerator and the rest at room temperature
- Place a fruit bowl on your kitchen counter to help everyone remember to snack on fruit!

### What about the cost?

To generate “fruit” money, spend LESS in other departments:

1. Refrain from buying soda and beer. It’s amazing how much more affordable water is!
2. Instead of buying products like instant scalloped potatoes and Rice-a-Roni, stick with the less expensive versions: raw potatoes and rice.
3. Serve smaller portions of meat and serve more vegetarian meals like beans and rice or pasta. Examples include: Veggie Sghetti, 3-Bean Chili, meatless stir-fry and bean burritos.

**Presto! Money to fuel your new stepped-up fruit habit!**



# Lickety-Split Tip

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## How to get your “Family Veggie Quota” for 1 WEEK

### Do this math:

\_\_\_\_ # of people in your family x 3 servings per day (minimum) x 7 days a week = \_\_\_\_

For a family of 4 multiplied by 7 days, that equals **84 servings!**

***Here’s an example of how to fuel your family for 1 week.***

*Adjust according to your preferences:*

Produce .....	Servings
2 bunches broccoli.....	16
1/2 head cauliflower (buy 1 head and..... serve 1/2 this week and 1/2 the next)	5
2 lbs baby carrots .....	12
2 cucumbers .....	4
5 tomatoes.....	5
6 green/red bell peppers.....	12
8 small potatoes (4 oz each) .....	8
2 small sweet potatoes (8 oz each) .....	4
2 cans vegetable soup, green beans or beets.....	4
2 bags (1 lb each) frozen veggies .....	10
<b>Total servings per week!!!.....</b>	<b>84</b>

### Tips

1. If your cart doesn’t look anything like this, increase gradually!
2. If you have a large family, to prevent spoilage, buy half now and shop for the rest mid-week.
3. Instruct the whole family to think of “vegetables” for snacks.
4. Use your fresh produce early in the week and use frozen or canned later in the week.
5. Double the “token spoonful” of vegetables you may have grown up with.
6. Consider single serving cans of V-8 juice for lunches and snacks.
7. Try vegetable soup and a weekly stir-fry to help meet your weekly quota.

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