

# DAY 2 QUARAN-LEAN RECIPES

**Breakfast!**

## *Eggs Florentine*



- ½ lb (250g) frozen chopped spinach
- 1 ½ tablespoons butter
- 1 tablespoons all-purpose (plain) flour
- 1 cup (8fl oz/250ml) high fat milk
- Salt and freshly ground pepper
- Ground nutmeg
- ¼ cup (1 oz/30g) grated Parmesan cheese
- 4 large eggs

**Method**

Place the spinach in a small saucepan and cover tightly. Cook over low heat for about 8 minutes, removing the lid for the final 3 minutes to allow the liquid to evaporate. Drain

In another pan, melt the butter and stir in the flour, then add the milk and whisk constantly to make a white sauce. Stir continually as it thickens. Season to taste with salt and pepper, and nutmeg. Stir in the well-drained spinach and cheese. Set aside and keep warm.

Poach the eggs until the whites are set and the yolks are still soft.

To serve, spoon a mound of creamed spinach onto 4 serving plates and make a well in the center. Remove the eggs with a slotted spoon and place 1 egg on each bed of spinach. Serve at once.

**Note**

The white sauce can be made up to one day in advance and kept in the refrigerator. Place a piece of plastic wrap or parchment (baking) paper directly on the surface of the sauce to prevent a skin from forming.

## Lunch- YUMMMMMMMY!



### Greek Style Chicken Salad

- 4 skinless, boneless chicken breast halves, 1 lb (500g) total weight
- ¼ cup (2 fl oz/60 ml) fresh lemon juice
- 2 tablespoons, plus ¼ cup (2fl oz/60 ml) olive oil
- 1 tablespoon honey
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon whole-grain mustard
- 1 eggplant (aubergine), thinly sliced
- 1 bunch spinach, about 1 ¼ lb (625g), washed
- 2 tomatoes, thinly sliced
- 1 onion, thinly sliced
- ¼ cup (2 oz/60g) black olives
- 1/3 lb (155g) feta cheese, cubed
- ¼ cup (2fl oz/60 ml) extra-virgin olive oil

#### **Method**

In a shallow, nonaluminum dish, combine the chicken, lemon juice, 2 tablespoons olive oil, honey, garlic, rosemary, and mustard. Cover and refrigerate for several hours or overnight.

Drain the marinade from the chicken and reserve.

In a frying pan over medium heat, warm the remaining olive oil. Add the eggplant in batches and cook until lightly browned and tender. Drain on paper towels.

Add the chicken to the frying pan and cook until it is well browned and cooked through, 10-15 minutes. Take care not to burn the chicken, as honey causes it to brown quickly.

Remove the chicken from the pan and slice.

Arrange the chicken, eggplant, spinach, tomatoes, onion, olives, and cheese on a serving plate or in a bowl. Add the reserve marinade to the pan and bring to a boil. Allow to cool, then add the extra-virgin olive oil and spoon it over the chicken and salad. Serve at once.

***DINNER- Awesome mid-week meal- can be used for lunch the next day!***



## **Spicy Spanish Kabobs**

¼ cup (2fl oz/60 ml) olive oil  
1 tablespoon fresh lemon juice  
2 tablespoons chopped fresh flat-leaf (Italian) parsley, plus extra springs for garnish  
½ teaspoon ground cumin  
¼- ½ teaspoon cayenne pepper  
½ teaspoon dried thyme, crushed  
½ teaspoon paprika  
1/8 teaspoon saffron threads, crushed, or ground turmeric  
Salt and freshly ground pepper  
¾ lb (375g) chicken thigh meat, cut into 1-inch (2.5cm) cubes or 2-x1-inch (5-x2.5-cm) strips  
1 large orange cut into segments for garnish

### **Method**

Combine the oil, lemon juice, parsley, cumin, cayenne pepper, thyme, paprika, saffron or turmeric, and salt and pepper to taste. Pour into a strong, lock-top plastic bag, add the chicken, seal the bag, and turn to coat evenly. Refrigerate for 4-24 hours, turning the bag from time to time. Drain reserving the marinade.

Preheat the broiler (grill). Thread the chicken pieces onto four long metal skewers, leaving ¼ inch (6mm) between each piece. Broil (grill) 3 inches (7.5cm) from the heat until the chicken is cooked, 10-12 minutes, turning once and brushing with reserved marinade during cooking. Garnish with parsley springs and orange segments.

**BONUS – SNACK TIME!!!! Woohoo!**



***Ricotta Dessert***

- ½ cup light ricotta cheese
- 1 tsp each cocoa powder, cinnamon, and shredded unsweetened coconut
- 1 tsp flax seeds, ground
- ½ scoop whey protein (any variety)
- 1 tbsp chopped nuts or seeds

Mix all ingredients together and consume within 30min.

***HOW EASY IS THIS and DELISH!***