

# *Quaran Lean Sunday Recipes! Day 5*



## *Breakfast*

### **Protein Pancakes**

- ½ cup large flake oats
- ½ cup wheat bran
- ¼ cup wheat germ
- ½ cup cottage cheese
- 1 scoop whey protein
- ½ cup milk
- 4 egg whites (1/3 cup)

Stevia and cinnamon to taste

Mix all ingredients together in a blender. Pour small amounts on to a oiled pan. Cook on medium heat until bubbles break the surface, flip and cook for another 2 minutes. Serve alone or with berries.

## *Mid day LUNCH Snack*

### **Swiss Mix (men)**

½ cup yogurt (plain or sugar free)  
½ cup cottage cheese  
½ cup sliced strawberries, or other berries  
1/2 cup high fibre cereal (Fiber One, Kashi)  
1/2 scoop of whey protein  
1 tbsp ground flax  
1 tbsp sliced almonds (or other nut/seed)

Mix together protein, cottage cheese and yogurt. In a small dish, layer one-half of yogurt mixture, berries, flax and cereal. Repeat layer and top with nuts. Makes one serving.

### Swiss Mix (women)

1/3 cup yogurt  
1/3 cup cottage cheese  
1/3 cup high-fiber cereal (fiber-one, kashi)  
½ cup sliced strawberries, or other berries  
1/2 scoop of whey protein  
1 tbsp ground flax  
1 tsp sliced almonds

Mix together protein, cottage cheese and yogurt. In a small dish, layer one-half of yogurt mixture, berries, flax and cereal. Repeat layer and top with nuts. Makes one serving.

# *Dinner*

## **Butterflied Citrus Chicken**



1 whole chicken (2 1/2 – 3lb/1.25-1.5kg)  
butterflied

### **Marinade**

1/3 cup (3 fl oz/90 ml) olive oil  
1/3 cup (3 fl oz/90 ml) fresh orange juice  
1/4 cup (2 fl oz/60 ml) fresh lemon juice  
1 1/2 teaspoons dried rosemary, crushed  
2 cloves garlic, minced  
Salt and freshly ground pepper

## **Method**

To make the marinade, in a small bowl, stir together the oil, orange juice, rosemary, garlic, and salt and pepper to taste. Pour the marinade into a large, strong lock-top plastic bag. Add the chicken and seal the bag. Turn the bag to coat the chicken with the marinade. Place in the refrigerator and marinate for 8-24 hours, turning the bag occasionally to coat the chicken evenly. Drain the marinade from the chicken, reserving the marinade.

Heat a covered grill (barbecue) to medium-hot. Place the chicken on the grill rack, skin side up. Brush with some of the reserved marinade. Cover and cook for 30 minutes. Brush with additional marinade. Cover and cook until the chicken is no longer pink, 30-40 minutes more. Discard any remaining marinade. Or, if you don't have a covered grill, cook on an open grill over medium-hot coals, but baste with the marinade about every 10 minutes to prevent the meat from drying out.

Transfer the chicken to a platter and serve all at once.