

THE ABS DIET MEAL PLAN

Using Powerfoods in Quick and Easy Recipes

I F YOU'RE LIKE A LOT OF THE GUYS I WORK with and a lot of the guys I know, you spend more time in the bathroom than you do in the kitchen. You simply don't have time to cook. You grab breakfast on your way out, fill up on coffee when you get there, eat lunch with coworkers or clients, and swing by the vending machine at 4. By the time you get home at 8, 9, or 10 o'clock, there are only two things you feel like doing—and both of them happen in your bed.

Look, I'm exactly the same way. I don't have the time, energy, or creative impulse to cook. My stovetop is more likely to be littered with bills and junk mail than pots and pans, and my oven is

more likely to be used for storage than for cooking. (Once, my mom came for a visit and accidentally baked my basketball.) The first time I cooked dinner for my girlfriend, she accurately identified the meal as “some kind of meat.”

So what you’re going to see on the next few pages has been extensively idiot proofed, and if you can operate a blender and a frying pan, you can handle these meals.

Most of these recipes are ones you can make quickly—some in less than 5 minutes. I also know that you’re not going to make every meal, so I’ve included sample combinations of foods that make properly balanced meals, utilizing the Powerfoods. For the dinners, servings sizes are larger than one, so you can also use the leftovers for lunch.

Abs Diet Smoothies

Smoothies are one of the best parts about being on the Abs Diet. They take less than 3 minutes to make. They pack in multiple high-nutrient foods. They fill you up. If that’s not enough, they can also taste like a five-star dessert. You can come up with your own concoctions by using 1% milk, low-fat vanilla yogurt, whey powder, and ice as the main ingredients. Oatmeal and fruit make nice additions, as does a spoonful of peanut butter. Include all ingredients in a blender, and blend until smooth. For extra volume, add more ice. Here are some examples.

Abs Diet Ultimate Power Smoothie (number of Powerfoods: 5)

- | | |
|---|-----------------------------------|
| 1 cup 1% milk | 2 teaspoons peanut butter |
| 2 tablespoons low-fat vanilla yogurt | 2 teaspoons chocolate whey powder |
| $\frac{3}{4}$ cup instant oatmeal, nuked in water | 6 ice cubes, crushed |

Makes 2 8-ounce servings.

Calories per serving: 220; Protein: 12 g; Carbs: 29 g; Fat: 4 g; Saturated fat: 1.5 g; Sodium: 118 mg; Fiber: 3 g

Strawberry Field Marshall Smoothie **(number of Powerfoods: 5)**

| | |
|------------------------------|---------------------------|
| ½ cup low-fat vanilla yogurt | 1 cup frozen strawberries |
| 1 cup 1% milk | 2 teaspoons whey powder |
| 2 teaspoons peanut butter | 6 ice cubes, crushed |

Makes 2 8-ounce servings.

*Calories per serving: 186; Protein: 11 g; Carbs: 26 g; Fat: 5 g;
Saturated fat: 2 g; Sodium: 151 mg; Fiber: 3 g*

Cereal Killer (number of Powerfoods: 4)

| | |
|-----------------------------------|-------------------------|
| ½ cup All-Bran Extra Fiber cereal | 1 tablespoon honey |
| 1 cup 1% milk | 2 teaspoons whey powder |
| ½ cup blueberries | 6 ice cubes, crushed |

Makes 2 8-ounce servings.

*Calories per serving: 145; Protein: 8 g; Carbs: 32 g; Fat: 2 g;
Saturated fat: 1 g; Sodium: 155 mg; Fiber: 9 g*

Banana Split Smoothie (number of Powerfoods: 3)

| | |
|---------------------------------------|-------------------------|
| 1 banana | ½ cup 1% milk |
| ½ cup low-fat vanilla yogurt | 2 teaspoons whey powder |
| ⅛ cup frozen orange juice concentrate | 6 ice cubes, crushed |

Makes 2 8-ounce servings.

*Calories per serving: 171; Protein: 8 g; Carbs: 33 g; Fat: 2 g;
Saturated fat: 1 g; Sodium: 94 mg; Fiber: 2 g*

Halle Berries Smoothie (number of Powerfoods: 4)

| | |
|--|---|
| ¾ cup instant oatmeal, nuked in water or fat-free milk | ¾ cup mixed frozen blueberries, strawberries, and raspberries |
| ¾ cup fat-free milk | 2 teaspoons whey powder |
| | 3 ice cubes, crushed |

Makes 2 8-ounce servings.

*Calories per serving: 144; Protein: 7 g; Carbs: 27 g; Fat: 1 g;
Saturated fat: 0 g; Sodium: 109 mg; Fiber: 4 g*

PB&J Smoothie (number of Powerfoods: 5)

| | |
|--|---|
| $\frac{3}{4}$ cup low-fat vanilla yogurt | $\frac{1}{2}$ cup frozen unsweetened strawberries |
| $\frac{3}{4}$ cup 1% milk | 2 teaspoons whey powder |
| 2 teaspoons peanut butter | 4 ice cubes, crushed |
| 1 medium banana | |

Makes 2 8-ounce servings.

Calories per serving: 235; Protein: 11 g; Carbs: 39 g; Fat: 5 g;
Saturated fat: 2 g; Sodium: 154 mg; Fiber: 4 g

Summer Smoothie (number of Powerfoods: 4)

| | |
|--|---------------------------------|
| $\frac{2}{3}$ cup frozen strawberries | $\frac{3}{4}$ cup 1% milk |
| 1 banana | 2 teaspoons vanilla whey powder |
| $\frac{1}{2}$ cup cubed honeydew melon | 3 ice cubes, crushed |
| 4 ounces low-fat vanilla yogurt | |

Makes 2 8-ounce servings.

Calories per serving: 199; Protein: 9 g; Carbs: 39 g; Fat: 2 g;
Saturated fat: 1 g; Sodium: 117 mg; Fiber: 4 g

Abs Diet Breakfasts

Between getting a shower, skimming the paper, and the last-minute gluing you need to do on Bub's science fair project, breakfast is the martyr meal of the day. You usually sacrifice it for anything else that needs your attention. But if you had to rank the six meals in order of importance, the first meal would rank first. Breakfast wakes up your metabolism and tells it to start burning fat, decreasing your risk of obesity. The quickest way to incorporate the Abs Diet into your breakfast is to combine potent foods (the Powerfoods) to make meals, such as:

- ▶ 8-ounce smoothie
- ▶ 2 tablespoons of peanut butter on whole-grain toast and 2 slices of Canadian bacon

- ▶ 1¾ cups of Shredded Wheat and Bran with 1 cup of 1% milk, 3 links of turkey sausage, and ½ cup of berries
- ▶ 2 scrambled eggs, 2 slices of whole-grain toast, 1 banana, and 1 cup of 1% or fat-free milk
- ▶ Cereal made with ¾ cup of high-fiber cereal, ¼ cup of Cap'n Crunch, 2 tablespoons of almonds, and ¾ cup of 1% or fat-free milk
- ▶ 1 slice of whole-grain bread with 1 tablespoon of peanut butter, 1 medium orange, ½ cup of All-Bran cereal with ½ cup of 1% or fat-free milk, and ½ cup berries

On the weekends or on mornings when you can spare a few more minutes, these breakfasts will also deliver the appropriate nutritional punch.

Eggs Beneficial Sandwich (number of Powerfoods: 5)

- | | |
|-------------------------------------|---|
| 1 large whole egg | 1 slice Canadian bacon |
| 3 large egg whites | 1 tomato, sliced, or 1 green bell pepper, sliced |
| 1 teaspoon ground flaxseed | ½ cup orange juice |
| 2 slices whole-wheat bread, toasted | |

1. Scramble the whole egg and egg whites in a bowl. Add ground flaxseed to the mixture.
2. Fry in a nonstick skillet spritzed with vegetable oil spray, and dump onto the toast.
3. Add bacon and tomatoes, peppers, or other vegetables of your choice.

Makes 1 serving.

*Calories per serving: 399; Protein: 31 g; Carbs: 46 g; Fat: 11 g;
Saturated fat: 3 g; Sodium: 900 mg; Fiber: 6 g*

Breakfast Bacon Burger (number of Powerfoods: 4)

- | | | | |
|---|------------------------------------|---|-------------------------------|
| 1 | Thomas' Honey Wheat English Muffin | 1 | slice low-fat American cheese |
| 1 | egg | 1 | slice Canadian bacon |
| ½ | teaspoon trans fat-free margarine | | Vegetables of choice |

1. *Split the muffin, toast it, and add margarine.*
2. *Break the egg in a microwavable dish, prick the yolk with a toothpick, and cover the dish with plastic wrap.*
3. *Microwave on high for 30 seconds. Let stand for 30 seconds. Add cheese, egg, and Canadian bacon to the muffin, then nuke for 20 seconds.*
4. *Add vegetables to taste.*

Makes 1 serving.

Calories per serving: 300; Protein: 22 g; Carbs: 28 g; Fat: 11 g; Saturated fat: 3.5 g; Sodium: 868 mg; Fiber: 3 g

The I-Haven't-Had-My-Coffee-Yet Sandwich (number of Powerfoods: 3)

- | | | | |
|----|--|---|----------------------------|
| 1½ | teaspoons low-fat cream cheese | 2 | slices turkey or ham |
| 1 | whole-wheat pita, halved to make 2 pockets | | Lettuce or green vegetable |

1. *Spread cream cheese in the pockets of the pita.*
2. *Stuff with meat and vegetables.*
3. *Put in mouth. Chew and swallow.*

Makes 1 serving.

Calories per serving: 225; Protein: 10 grams; Carbs: 42 g; Fat: 3 g; Saturated fat: 1 g; Sodium: 430 mg; Fiber: 6 g

Abs Diet Lunches

In the middle of a workday, drive-throughs and pizza stands can be more tempting than that coworker with the great glutes. Be strong! You can still follow the eating plan no matter where you are. Grilled chicken and chili are usually good options. In sit-down situations, you can also order smartly without getting tripped up by the quesadilla special. Some good combinations include a salad with grilled chicken or salmon, vegetables, almonds or other nuts, and a sprinkling of balsamic vinegar and olive oil. You can also

order a piece of lean meat—either on whole-grain bread or by itself—with a side of vegetables. Ask for salsa or a small side of olive oil for dipping. If you bring your lunch or eat it at home, these are some other options.

The I-Am-Not-Eating-Salad Salad (number of Powerfoods: 4)

| | |
|------------------------------------|--|
| 2 ounces grilled chicken | 3 tablespoons Italian 94% fat-free Italian dressing or |
| 1 cup romaine lettuce | 1 teaspoon of olive oil |
| 1 tomato, chopped | 1 tablespoon grated Parmesan cheese |
| 1 small green bell pepper, chopped | 1 tablespoon ground flaxseed |
| 1 medium carrot, chopped | |

1. Chop the chicken into small pieces.

2. Mix all the ingredients together, and store in the fridge. Eat on multigrain bread or by itself.

Makes 1 serving.

Calories per serving: 248; Protein: 16 g; Carbs: 33 g; Fat: 8 g;
Saturated fat: 2 g; Sodium: 875 mg; Fiber: 10 g

Guilt-Free BLT (number of Powerfoods: 3)

| | |
|--|---------------------------------------|
| $\frac{3}{4}$ tablespoon fat-free mayonnaise | 2 ounces roasted turkey breast, diced |
| 1 whole-wheat tortilla | 2 slices tomato |
| 2 slices turkey bacon, cooked | 2 leaves lettuce |

1. Smear the mayo on the tortilla.

2. Line the middle of the tortilla with the bacon and top with turkey breast, tomato, and lettuce.

3. Roll it tightly into a tube.

Makes 1 serving.

Calories per serving: 206; Protein: 17 g; Carbs: 26 g; Fat: 7 g;
Saturated fat: 2 g; Sodium: 1,270 mg; Fiber: 3 g

Guac and Roll (number of Powerfoods: 4)

| | |
|--|-----------------------------------|
| 1 can (6 ounces) light oil-packed tuna | 1 teaspoon lemon juice |
| $\frac{2}{3}$ cup guacamole | 1 tablespoon light mayonnaise |
| $\frac{1}{4}$ cup chopped tomatoes | 1 teaspoon ground flaxseed |
| | 2 6-inch whole-wheat hoagie rolls |

1. Combine the first six ingredients in a bowl and blend thoroughly with a fork.
2. Split the rolls in half, and fill each half with $\frac{1}{4}$ cup of the mixture.

Makes 2 servings.

Calories per serving: 606; Protein: 36 g; Carbs: 58 g; Fat: 28 g;
Saturated fat: 5 g; Sodium: 942 mg; Fiber: 13 g

Hot Tuna (number of Powerfoods: 4)

| | |
|---|--|
| $\frac{1}{2}$ cup chopped celery | 1 can (6 ounces) water-packed tuna, drained and flaked |
| 1 onion, chopped | $\frac{1}{4}$ cup reduced-fat mayonnaise |
| $\frac{1}{2}$ cup shredded, reduced-fat mozzarella cheese | 1 tablespoon lemon juice |
| $\frac{1}{2}$ cup reduced-fat cottage cheese | 3 whole-wheat English muffins, split in half |

1. Preheat your oven to 350°F. In a large nonstick skillet over low heat, cook the celery and onion until softened. Add the cheeses, tuna, mayo, and lemon juice to the skillet, and cook the mixture just long enough to warm it up.

2. Spread one-sixth of the mixture on each English muffin half. Put the muffin halves on a baking sheet, and bake for 10 minutes.

Makes 2 servings.

Calories per serving: 628; Protein: 50 g; Carbs: 54 g; Fat: 24 g;
Saturated fat: 6 g; Sodium: 1,300 mg; Fiber: 8 g

Yo Soup for You (number of Powerfoods: 3)

| | |
|------------------------------------|--|
| $\frac{1}{2}$ pound chicken breast | $\frac{1}{2}$ cup minced carrots |
| 1 cup chopped onion | 1 cup corn |
| 1 teaspoon olive oil | $\frac{1}{2}$ cup canned peeled tomatoes |
| 2 cloves garlic, minced | 2 tablespoons chopped basil or parsley |
| 6 cups low-sodium chicken stock | $\frac{1}{4}$ teaspoon ground black pepper |
| 1 cup canned navy beans, drained | |

1. In a large saucepan over low heat, cook the chicken and onion in the oil for about 10 minutes, or until the onion is golden brown. Add the garlic and cook for 1 minute.

2. Add the stock, beans, and carrots. Bring to a boil. Add the corn and tomatoes (with juice). Cook for 15 minutes.

Makes 4 servings.

Calories per serving: 260; Protein: 27 g; Carbs: 30 g; Fat: 5 g;
Saturated fat: 1 g; Sodium: 602 mg; Fiber: 6 g

Hurry Curry (number of Powerfoods: 3)

| | |
|-------------------------------------|---|
| ½ cup fat-free plain yogurt | 1 pound boneless, skinless chicken breast, cut into ½" strips |
| ½ cup fat-free mayonnaise | |
| 3 tablespoons finely chopped onions | 1 teaspoon paprika |
| 1 teaspoon ginger | ½ teaspoon ground black pepper |
| 1 teaspoon curry powder | 2 cups cooked brown rice |

1. In a small bowl, mix the yogurt, mayonnaise, onion, ginger, and curry powder.

2. Place the chicken in a medium bowl. Sprinkle with the paprika and pepper. Toss until coated.

3. In a nonstick skillet over medium heat, cook the chicken for 4 to 5 minutes. Stir in the yogurt mixture. Cook, stirring, for 2 minutes. Serve over the rice.

Makes 2 servings.

Calories per serving: 598; Protein: 61 g; Carbs: 69 g; Fat: 7 g;

Saturated fat: 1 g; Sodium: 704 mg; Fiber: 6 g

Nice-to-Meat-You Sandwich (number of Powerfoods: 3)

| | |
|--------------------------------|----------------------------------|
| 2 slices whole-wheat bread | 1 teaspoon low-fat mayonnaise |
| 2 ounces sliced roast beef | 1 ounce fat-free American cheese |
| 2 inner leaves romaine lettuce | |

1. Stack everything up into a sandwich.

Makes 1 serving.

Calories per serving: 380; Protein: 28 g; Carbs: 32 g; Fat: 17 g;

Saturated fat: 6 g; Sodium: 811 mg; Fiber: 4 g

Ragin' Cajun (number of Powerfoods: 2)

| | |
|--------------------------|---------------------------|
| ½ cup brown rice | 1 teaspoon Benecol spread |
| ¾ cup canned black beans | Dash of Tabasco |

1. Cook the rice according to the package directions.

2. Add the beans (with liquid), margarine, and Tabasco. Stir. Refrigerate overnight and nuke at lunch.

Makes 1 serving.

Calories per serving: 321; Protein: 13 g; Carbs: 51 g; Fat: 5 g;

Saturated fat: 0.5 g; Sodium: 659 mg; Fiber: 12 g

Abs Diet Dinners

Dinner is the place where most of us wind down and pork up. That's because we spend the day serving others. By dinnertime,

we're hungry to have some of our own demands met. On this plan, you'll have already fueled up four times before dinner, so you'll feel pleasantly hungry, not ravenous. These meals give you the taste of sin—without the actual guilt.

Mas Macho Meatballs (number of Powerfoods: 3)

| | |
|--------------------------------|---|
| 1 pound extra-lean ground beef | 1 tablespoon ground flaxseed or whey powder |
| ½ cup crushed saltine crackers | 1 jar (16 ounces) tomato sauce |
| 1 large onion, diced | 4 whole-wheat hoagie rolls |
| 1 clove garlic, minced | ½ cup reduced-fat mozzarella cheese, shredded |

1. Mix the beef, crackers, onion, garlic, and flaxseed or whey powder into golf ball-size meatballs.
2. In a nonstick skillet over medium heat, cook the meatballs until browned all the way around. Drain the fat from the skillet, and add the tomato sauce.
3. While the mixture is warming, use a fork to scoop out some of the bread in the rolls to form shallow trenches. Spoon the meatballs and sauce into each trench, and sprinkle with shredded mozzarella, and top with the top half of the roll.

Makes 4 servings.

Calories per serving: 569; Protein: 38 g; Carbs: 65 g; Fat: 19 g;
Saturated fat: 6 g; Sodium: 1,341 mg; Fiber: 10 g

Bodacious Brazilian Chicken (number of Powerfoods: 2)

| | |
|--|--|
| 1 lemon | 1½ cloves garlic, minced |
| 1 lime | 1 teaspoon dried Italian seasoning |
| 1 tablespoon ground flaxseed | 4 boneless, skinless chicken breast halves |
| 1 can (8 ounces) tomato sauce | 1 teaspoon hot pepper salsa |
| 1 can (6 ounces) frozen orange juice concentrate | ¾ cup chunky salsa |

1. Grate the zest of the lemon and lime into a resealable bag. Squeeze the juice from both fruits into the bag, and throw out the pulp and the seeds.
2. Mix in everything else except the chicken and salsa.
3. Drop in the chicken, reseal the bag, and refrigerate for a few hours.
4. Grill the chicken, turning and basting with marinade a few times, for 10 to 15 minutes or until the center is no longer pink. Serve with salsa.

Makes 4 servings.

Calories per serving: 205; Protein: 29 g; Carbs: 18 g; Fat: 2 g;
Saturated fat: 0.5 g; Sodium: 726 mg; Fiber: 3 g

Chile-Peppered Steak (number of Powerfoods: 4)

- | | | | |
|---|--------------------------|----|---|
| 1 | tablespoon olive oil | 12 | ounces lean sirloin steak, sliced thin |
| 2 | carrots, sliced | | |
| 1 | cup chopped broccoli | ¼ | cup Hunan stir-fry sauce |
| 2 | jalapeño peppers, sliced | 4 | cups cooked brown rice |
| 2 | cayenne peppers, sliced | | |

1. Heat the oil in a nonstick skillet over high heat. Toss in the carrots and broccoli, and cook until tender.

2. Add the peppers and beef, and continue cooking until meat is done.

3. Add sauce, and serve over rice.

Makes 4 servings.

Calories per serving: 485; Protein: 32 g; Carbs: 57 g; Fat: 14 g;

Saturated fat: 3.5 g; Sodium: 224 mg; Fiber: 6 g

Philadelphia Fryers (number of Powerfoods: 3)

- | | | | |
|---|---------------------------------|---|--|
| 1 | medium onion, sliced | 4 | multigrain hoagie rolls |
| 1 | small red bell pepper, sliced | ¾ | pound roast beef, thinly sliced |
| 1 | small green bell pepper, sliced | ½ | cup grated reduced-fat Cheddar cheese |
| ⅔ | cup medium or hot salsa | | |

1. In a nonstick skillet over medium heat, cook the onion and peppers until tender. Add the salsa and heat until warm.

2. Construct the sandwiches with the buns, roast beef, onions, peppers, and cheese, then warm them in the microwave for 1 to 2 minutes on high, until the cheese starts to melt.

Makes 4 sandwiches.

Calories per sandwich: 558; Protein: 35 g; Carbs: 40 g; Fat: 28 g;

Saturated fat: 12.5 g; Sodium: 653 mg; Fiber: 4 g

Chili Con Turkey (number of Powerfoods: 4)

- | | | | |
|---|---|---|--|
| 1 | pound ground turkey | 1 | package (1½ ounces) dried chili mix |
| 1 | can (14 ounces) Mexican-style diced tomatoes | 1 | tablespoon ground flaxseed |
| 1 | can (15 ounces) black beans, rinsed and drained | ¼ | cup water |
| 1 | can (14 ounces) whole-kernel sweet corn, drained | 1 | cup cooked rice |

1. In a large nonstick skillet over medium-high heat, brown the turkey.
2. Add everything else but the rice, and cook over low heat for 10 minutes. Serve over rice.

Makes 4 servings.

Calories per serving: 407; Protein: 30 g; Carbs: 52 g; Fat: 11 g;
Saturated fat: 3 g; Sodium: 1,578 mg; Fiber: 9 g

Chicken à la King Kong (number of Powerfoods: 3)

- | | |
|--------------------------------|---------------------------------------|
| 2 tablespoons olive oil | 4 teaspoons chili powder |
| ½ onion, finely chopped | 1 cup spaghetti sauce |
| 1 teaspoon flour | 9 ounces cooked whole-wheat spaghetti |
| 2 tablespoons water | |
| 1 pound chicken breast tenders | |

1. Heat the oil in a nonstick skillet over medium-high heat. Add the onion and cook for 1 minute, until browned. In a small bowl, mix the flour and water.
2. Add chicken, chili powder, sauce, and flour mixture to skillet. Stir. Simmer uncovered for 10 minutes. Serve over cooked spaghetti.

Makes 4 servings.

Calories per serving: 320; Protein: 31 g; Carbs: 26 g; Fat: 10 g;
Saturated fat: 2 g; Sodium: 360 mg; Fiber: 5 g

When You're Out

| AT THE | EAT THIS | NOT THAT |
|------------|--|--|
| Ballpark | Hot dog with sauerkraut, 16-oz light beer, soft pretzel: 750 cal., 16 g fat, 18 g protein | Chili dog, 16-oz regular beer, cheese nachos: 1,174 cal., 60 g fat, 34 g protein |
| Steakhouse | 6-oz grilled top round, baked sweet potato, ear of corn with pat of butter: 688 cal., 22 g fat, 60 g protein | 6-oz rib eye, 2 cups fries, ½ cup broccoli with cheese: 1,153 cal., 52 g fat, 62 g protein |
| Sushi bar | 1 California roll, 6 salmon nigiri, 1 cup miso soup: 804 cal., 10 g fat, 28 g protein | 1 orange roll, 1 spicy shrimp roll, 1½ cups salad with ginger dressing: 1,262 cal., 32 g fat, 59 g protein |

Salmon Rushdie (number of Powerfoods: 5)

| | | | |
|---|------------------------------|---|---------------------------|
| 2 | tablespoons olive oil | 1 | clove garlic |
| 1 | tablespoon lemon juice | 4 | 6-ounce salmon fillets |
| ¼ | teaspoon salt | | Green vegetable of choice |
| ¼ | teaspoon ground black pepper | 1 | cup cooked rice |
| 1 | tablespoon ground flaxseed | | |

1. In a baking dish, combine the oil, lemon juice, salt, pepper, flaxseed, and garlic. Add the fish, coat well, cover, and refrigerate for 15 minutes.

2. Preheat your oven to 450°F. Line a baking sheet with foil, and coat it with cooking spray. Remove the fish from the marinade, and place the fish skin side down on the baking sheet.

3. Bake for 9 to 12 minutes. Serve with a green vegetable and rice.

Makes 4 servings.

Calories per serving: 411; Protein: 40 g; Carbs: 15 g; Fat: 20 g;

Saturated fat: 3 g; Sodium: 231 mg; Fiber: 1 g

BBQ King (number of Powerfoods: 5)

| | | | |
|---|--------------------------------------|---|------------------------------------|
| 5 | ounces smoked turkey kielbasa, diced | 1 | can (8 ounces) navy beans, drained |
| 1 | small onion, chopped | 1 | can (14½ ounces) pureed tomatoes |
| 1 | can (3 ounces) sliced mushrooms | ¼ | cup seasoned bread crumbs |
| 1 | clove garlic, minced | ¾ | tablespoon ground flaxseed |
| 1 | can (16 ounces) baked beans | ¾ | tablespoon olive oil |

1. Preheat your oven to 350°F. Put the kielbasa in a 2-quart baking dish, and bake until browned (about 5 minutes). Drain the fat and set the dish aside.

2. In a nonstick skillet over medium-high heat, cook the onion, mushrooms, and garlic for 5 to 7 minutes. Transfer to the baking dish, then add the beans and tomatoes, plus salt and pepper to taste.

3. Bake for 20 minutes or until the edges bubble.

4. In a small bowl, mix the bread crumbs and flaxseed with the oil. Sprinkle over the sausage mixture, and broil 4 to 5 inches from the heat until the top is golden (about 3 minutes).

Makes 4 servings.

Calories per serving: 348; Protein: 20 g; Carbs: 53 g; Fat: 8.5 g;

Saturated fat: 2 g; Sodium: 1,463 mg; Fiber: 13 g

Spaghettaboudit! (number of Powerfoods: 3)

| | |
|--|---|
| $\frac{3}{4}$ pound extra-lean ground beef | 2 cans (16 ounces) whole tomatoes |
| $1\frac{1}{2}$ onions, chopped | 1 jar (20 ounces) spaghetti sauce |
| 1 green bell pepper, chopped | 2 tablespoons Italian seasoning |
| 2 cloves garlic, minced | 1 package (1 pound) whole-wheat spaghetti |
| 1 cup sliced mushrooms | |

1. In a large saucepan over medium-high heat, cook the meat until browned. Drain the fat from the meat.

2. Add onion, green pepper, and garlic, and cook until tender. Pour in mushrooms, tomatoes (with juice), sauce, and seasoning, and stir everything together. Simmer. In a separate pot, cook the spaghetti according to the package directions.

3. Serve $\frac{1}{2}$ cup of sauce over 1 cup of spaghetti.

Makes 4 servings.

Calories per serving: 400; Protein: 28; Carbs: 50 g; Fat: 12 g;
Saturated fat: 4 g; Sodium: 798 mg; Fiber: 10 g

Tortilla de Godzilla (number of Powerfoods: 4)

| | |
|---|---|
| $\frac{1}{2}$ pound extra-lean ground beef or ground turkey | 2 teaspoons chili powder |
| $\frac{1}{2}$ cup onion, chopped | 4 large whole-wheat tortillas |
| 2 cloves garlic, minced | $\frac{2}{3}$ cup shredded lettuce |
| $\frac{1}{2}$ cup canned kidney beans, rinsed and mashed | 1 cup chopped tomatoes |
| 2 green chile peppers, seeded and diced | $\frac{1}{2}$ cup grated low-fat Monterey Jack cheese |

1. In a large nonstick skillet over medium-high heat, cook the beef, onion, and garlic until the beef is browned. Drain the fat.

2. Stir in the beans, chile pepper, and chili powder, and cook until hot. Remove from the heat.

3. Warm the tortillas in the microwave for 20 seconds, then fill each tortilla with half the mixture. Top with lettuce, tomatoes, and cheese, and roll each tortilla tightly into a tube.

Makes 4 servings.

Calories per serving: 270; Protein: 21 g; Carbs: 32 g; Fat: 9 g;
Saturated fat: 4 g; Sodium: 341 mg; Fiber: 6 g

Abs Diet Snacks

Most diet plans portray snacking as a failure. I want you to think of snacking as exactly the opposite—as a key to success! But the secret to effective snacking is doing so at the optimum time—about 2 hours before you're scheduled to eat your next meal. That'll be enough time to head off hunger pangs and keep you full enough to avoid a meltdown at mealtime. You have a lot of flexibility in what you use to snack. You could have a portion of a left-over from dinner, a sandwich, a smoothie, or a combination of some of the Abs Diet Powerfoods. To make it easier, pick one food from column A and one from column B. That will ensure your satiety.

| A | | B | |
|--|---------------------------------------|--|-------------------------------------|
| PROTEIN | DAIRY | FRUIT OR VEGETABLE | COMPLEX CARBOHYDRATE |
| 2 teaspoons reduced-fat peanut butter | 8 ounces low-fat yogurt | 1 ounce raisins | 1 or 2 slices whole-grain bread |
| 1 ounce almonds | 1 cup 1% milk or chocolate milk | Raw vegetables (celery, baby carrots, broccoli), unlimited | 1 bowl oatmeal or high-fiber cereal |
| 3 slices low-sodium deli turkey breast | $\frac{3}{4}$ cup low-fat ice cream | $1\frac{1}{2}$ cup berries | |
| 3 slices deli roast beef | $1\frac{1}{2}$ slices fat-free cheese | 4 ounces cantaloupe | |
| | 1 stick string cheese | 1 large orange | |
| | | 1 can (11.5 ounces) low-sodium V8 juice | |