

# Toneatronic

## Healthy Recipes

Following are the recipes for **The TONEATRONIC Customized Diet Plan** meals I used during my 6-week transformation. I think you'll find that these recipes are easy to follow and delicious in addition to being effective for fat loss and muscle gain. Information for each recipe includes the number of servings, ingredients, and easy directions as well as the nutritional make-up of each meal (i.e., calories, fat, protein). Most of the recipes are conveniently based on either one or two servings. Easy-to-prepare recipes, like oatmeal and shake recipes, are for one serving; those requiring a bit more preparation are for two. A couple, however, serve four; because these keep longer, they work well as side dishes or snacks, such as Lentil Soup with Celery and Humus.

All of the recipes below are presented in the order that they appear in [The TONEATRONIC Customized Diet Plan Meal Plan](#) so that you can simply print this section and use it as your **TONEATRONIC Customized Diet Plan** cookbook. Note: If you're choosing vegetarian alternatives, please [click here](#).

Remember: In order to be successful in changing your eating habits, you must look forward to and enjoy each meal you eat. This doesn't mean that you have to learn to like **Ostrich Fajitas**. It does mean that you should choose your favorite foods from the lists of Simple Carbs, Starchy Carbs, Fibrous Carbs, and Lean Complete Proteins found in [Customizing The TONEATRONIC Customized Diet Plan](#). So, if you enjoy chicken, then Chicken Fajitas (simply substituting chicken for the ostrich in the recipe below) may work best for you. If you'd like ideas for modifying the following recipes to your likes and dislikes, feel free to [email me](#) anytime. I'm confident that we can make these meals as enjoyable for you as they are nutritious!

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### High Protein Oatmeal

**Makes:** one serving

#### Ingredients:

- 1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) - Regular Flavor)
- ½ scoop whey protein powder (I use [100% Whey Protein Powder](#) - Vanilla)
- 1 cup water

#### Directions:

- Empty oatmeal packet into a microwave-safe bowl.
- Add protein powder.
- Add 1 cup of water.
- Stir ingredients until well mixed.
- Microwave on High for approximately 60-90 seconds.
- Be careful when removing oatmeal from microwave, as it may be hot.
- Stir thoroughly and let cool for at least one minute.

#### Nutritional Information:

- Serving size: Entire bowl of oatmeal with protein powder
  - Calories: 155
  - Fat: 1 g
  - Cholesterol: 0 mg
  - Protein: 15 g
  - Carbohydrates: 21 g
  - Fiber: 3 g
  - Sodium: 120 mg
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### High Protein Oatmeal - Chocolate Peanut Butter Bar

**Makes:** one serving

**Ingredients:**

- 1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) -Regular Flavor)
- scoop whey protein powder (I use [100% Whey Protein Powder](#) - Vanilla)
- 1 cup of water
- 1/3 of a 2.75-oz. High-protein bar cut into small pieces

**Directions:**

- Empty oatmeal packet into a microwave-safe bowl.
- Add protein powder.
- Add 1-cup water.
- Stir ingredients until well mixed.
- Microwave on High for approximately 60-90 seconds.
- Be careful when removing oatmeal from microwave, as it may be hot.
- Stir thoroughly until oatmeal, protein powder, and water are mixed well.
- Stir in protein bar pieces and let cool for at least one minute.

**Nutritional Information:**

- Serving size: Entire bowl of oatmeal with protein powder and bar pieces
  - Calories: 240
  - Fat: 4 g
  - Cholesterol: 0 mg
  - Protein: 26 g
  - Carbohydrates: 24 g
  - Fiber: 3 g
  - Sodium: 145 mg
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**Spinach & Vegetable Salad**

**Makes:** 2 servings

**Ingredients:**

- 1 cup raw spinach, washed
- ½ large tomato, chopped
- ¾ large green pepper, chopped
- ¾ cup chopped broccoli
- ¾ cup chopped cauliflower
- 1/3 large cucumber, sliced
- 6 large eggs, hardboiled
- 2 tablespoons low/nonfat raspberry vinaigrette

**Directions:**

- Add all vegetables to a large salad bowl and mix thoroughly.
- Dispose of egg yolks and shells. Chop whites into small pieces and mix in with vegetables.
- Add vinaigrette and mix thoroughly.

**Nutritional Information:**

- Serving size: ½ of salad
  - Calories: 150
  - Fat: 1.5 g
  - Cholesterol: 150 mg
  - Protein: 8 g
  - Carbohydrates: 30
  - Fiber: 5 g
  - Sodium: 320 mg
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## Turkey Shish-Kebabs

**Makes:** 2 shish-kebabs

### Ingredients:

- 1 tablespoon sweet and sour sauce (optional)
- 1 garlic clove, minced
- 6 oz. Turkey
- 2 mushrooms, cut into fourths
- ½ green pepper, cut into chunks
- ¼ onion, cut into chunks
- 1/6 zucchini, sliced
- ½ tomato, cut into chunks

### Directions:

- Combine sweet and sour sauce and garlic. Mix well. Add meat to marinade.
- Preheat oven to 350 degrees. Remove meat and discard marinade. Using four 10-inch metal skewers, spear meat, mushrooms, onions, green pepper, zucchini, and tomato. Place on broiler pan.
- Broil 2-4 inches from heat, turning 2-4 times. Once meat is cooked through to your liking, allow to cool for a few minutes.

### Nutritional Information:

- Serving size: 1 shish-kebab
  - Calories: 175
  - Fat: .5 g
  - Cholesterol: 40 mg
  - Protein: 19.2 g
  - Carbohydrates: 21 g
  - Fiber: 4 g
  - Sodium: 300 mg
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## Baked Halibut

**Makes:** 2 servings

### Ingredients:

- 2 halibut fillets
- 4 teaspoons garlic, crushed
- 1 cup carrots, thinly sliced
- 1/6 cup green onions, chopped
- ½ lime
- 1 tablespoon Mrs. Dash Seasoning

### Directions:

- Cut aluminum foil into four 8-x-12-inch pieces, and place a halibut fillet on the lower half of each piece. Spread 1 teaspoon of garlic over each fillet, and top with carrots, green onions, and Mrs. Dash Seasoning. Squeeze lime juice on each fillet.
- Fold the upper half of foil over fish to meet bottom half and seal edges together. Allow space for heat circulation and expansion.
- Arrange the fillets on the oven rack, and bake at 350 degrees F for 20-25 minutes.

### Nutritional Information:

- Serving size: 1 fillet
- Calories: 220
- Fat: 2.5 g
- Cholesterol: 80 mg
- Protein: 29 g
- Carbohydrates: 18 g
- Fiber: 3 g

- Sodium: 180 mg
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### **Protein Shake**

**Makes:** one serving

#### **Ingredients:**

- 8 ounces cold water
- 6 large ice cubes
- 1/3 package [Myoplex](#) or [SlimSense SlimShake](#) meal replacement powder (I use *Vanilla* flavor)
- ½ scoop whey protein powder (I use **100% Whey Protein Powder** - Vanilla)
- 3 large strawberries

#### **Directions:**

- Combine all ingredients in a blender and blend for approximately one minute or until ice is crushed and mixed in well.

#### **Nutritional Information:**

- Serving size: Entire shake
  - Calories: 175
  - Fat: 1 g
  - Cholesterol: 0 mg
  - Protein: 26 g
  - Carbohydrates: 11 g
  - Fiber: 2 g
  - Sodium: 120 mg
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### **Humus**

**Makes:** 4 servings

#### **Ingredients:**

- 4 ounce can garbanzo beans, rinsed (reserve 2 teaspoons liquid)
- 3 large eggs, hardboiled
- 1 garlic clove, minced
- 1 lime, squeezed (use juice only)
- 1 teaspoon olive oil
- 1 teaspoon Mrs. Dash Seasoning
- 1 teaspoon cilantro, minced

#### **Directions:**

- Place all ingredients in a blender.
- Blend until smooth.
- Add garbanzo bean juice to moisten, if necessary.

#### **Nutritional Information:**

- Serving size: 1/3 cup
- Calories: 70
- Fat: 1.5 g
- Cholesterol: 0 mg
- Protein: 7 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Sodium: 3 mg

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## Chicken & Spinach Salad

**Makes:** 2 servings

### Ingredients:

- 1 ½ baked chicken breast
- 1 cup raw spinach, washed
- ½ large tomato, chopped
- ¾ large green pepper, chopped
- ¾ cup chopped broccoli
- ¾ cup chopped cauliflower
- 1/3 large cucumber, sliced
- 4 large eggs, hardboiled
- 2 tablespoons fat-free raspberry vinaigrette

### Directions:

- Cut off all visible fat from the chicken breast, cut into bite-size pieces, and bake at 350 degrees for 20-30 minutes. Once baked to liking, allow to cool for 15 minutes.
- Add all vegetables to a large salad bowl.
- Dispose of egg yolks and shells. Chop whites into small pieces and mix in with vegetables.
- Add chicken pieces to salad and mix in.
- Add vinaigrette and mix thoroughly.

### Nutritional Information:

- Serving size: ½ of salad
  - Calories: 215
  - Fat: 1.5 g
  - Cholesterol: 150 mg
  - Protein: 20 g
  - Carbohydrates: 30 g
  - Fiber: 5 g
  - Sodium: 320 mg
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## Veggie Egg White Omelet

**Makes:** one omelet

### Ingredients:

- 5 egg whites with approximately ½ of one yolk or ¾ cup fat-free egg substitute
- ¼ cup green pepper, chopped
- 1/8 cup onion, chopped
- 1 whole mushroom, sliced
- ¼ tomato, chopped

### Directions:

- Coat skillet with nonstick cooking spray and preheat over medium heat. Place the egg substitute or egg whites (make sure they are well mixed) in the skillet. Let the eggs cook without stirring for approximately 1½ -2 minutes.
- Lift the edges of the omelet with a spatula, and allow the uncooked egg to flow below the cooked portion. Cook for another 1-2 minutes.
- Add vegetables on one half of the omelet. Fold the other half over the filling, and cook for 1-3 minutes.
- Sprinkle with Mrs. Dash Seasoning.

### Nutritional Information:

- Serving size: one omelet

- Calories: 175
  - Fat: 2 g
  - Cholesterol: 45 mg
  - Protein: 20 g
  - Carbohydrates: 22 g
  - Fiber: 2.5 g
  - Sodium: 400 mg
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### **Tuna Pita Sandwich**

**Makes:** 2 sandwiches

#### **Ingredients:**

- 1 6-oz. can of tuna, packed in water.
- 1 tablespoon lowfat mayonnaise (optional)
- 1 tablespoon mustard
- ½ tablespoon vinegar
- 8 cucumber slices
- ½ tomato, sliced
- ½ cup spinach, washed
- 2 pieces whole-wheat pita bread

#### **Directions:**

- Open tuna and drain water. Place in a large bowl.
- Mix in mayonnaise, mustard, and vinegar.
- Scoop tuna mixture into pita bread.
- Place sliced cucumber, spinach, and tomatoes on top of tuna.

#### **Nutritional Information:**

- Serving size: 1 sandwich
  - Calories: 240
  - Fat: 6 g
  - Cholesterol: 50 mg
  - Protein: 23g
  - Carbohydrates: 36 g
  - Fiber: 4 g
  - Sodium: 550 mg
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### **Peanut Butter & Apple Protein Oatmeal**

**Makes:** one serving

#### **Ingredients:**

- 1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) - Regular Flavor)
- ½ scoop whey protein powder (I use [100% Whey Protein Powder](#) - Vanilla)
- 1 cup water
- 1 tablespoon peanut butter (I use *Adams 100% Natural Peanut Butter - Crunchy*)
- 1/3 large apple, chopped into small pieces

#### **Directions:**

- Empty oatmeal packet into a microwave-safe bowl.
- Add protein powder.
- Add 1-cup water.
- Stir ingredients until well mixed.
- Microwave on High for approximately 60 - 90 seconds.
- Be careful when removing oatmeal from microwave, as it may be hot.

- Stir thoroughly until oatmeal, protein powder, and water are mixed well.
- Stir in peanut butter and add apple pieces.
- Let cool for at least a minute.

#### **Nutritional Information:**

- Serving size: one portion
  - Calories: 290
  - Fat: 5 g
  - Cholesterol: 0 mg
  - Protein: 10 g
  - Carbohydrates: 29 g
  - Fiber: 4 g
  - Sodium: 175 mg
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#### **Protein & Carb Shake**

**Makes:** one serving

#### **Ingredients:**

- 10 ounces cold water
- 8 large ice cubes
- 1/3 package [Myoplex](#) or [SlimSense SlimShake](#) meal replacement powder (I use *Vanilla* flavor)
- 1/3 scoop whey protein powder (I use [100% Whey Protein Powder](#) - *Vanilla*)
- 4 large strawberries
- 1 banana
- 1½ tablespoons wheat germ

#### **Directions:**

- Combine all ingredients in a blender and blend for approximately one minute or until ice is crushed and mixed in well with other ingredients

#### **Nutritional Information:**

- Serving size: Entire shake
  - Calories: 250
  - Fat: 1 g
  - Cholesterol: 0 mg
  - Protein: 22 g
  - Carbohydrates: 35 g
  - Fiber: 4 g
  - Sodium: 120 mg
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#### **Lentil Soup with Celery**

**Makes:** 4 servings

#### **Ingredients:**

- 1 cup lentils, rinsed
- ½ onion, diced
- ¾ cup celery, chopped
- 2 gloves of garlic, minced
- 2 tablespoons green onion, chopped
- 1 tablespoon cilantro, chopped
- ½ teaspoon salt
- 3 ½ cups vegetable or chicken broth
- 2 teaspoons Mrs. Dash Seasoning
- 1 tablespoon vinegar
- 2 teaspoon mustard

- 1 tablespoon black pepper

**Directions:**

- Combine the lentils, onion, celery, garlic, green onion, seasoning, salt and broth in a 2-quart pot. Bring to a boil, lower the heat, and simmer for 40-50 minutes, stir occasionally.
- Stir in the mustard, vinegar, and pepper.
- Taste and adjust seasonings if necessary.

**Nutritional Information:**

- Serving size: 1 cup
  - Calories: 110
  - Fat: 0.5 g
  - Cholesterol: 0 mg
  - Protein: 6 g
  - Carbohydrates: 18 g
  - Fiber: 2 g
  - Sodium: 500 mg
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**Peanut Butter Protein Oatmeal**

**Makes:** one serving

**Ingredients:**

- 1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) - Regular Flavor)
- ½ scoop whey protein powder (I use [100% Whey Protein Powder](#) - Vanilla)
- 1 cup water
- 1 tablespoon peanut butter (I use Adams 100% Natural Peanut Butter – Crunchy)

**Directions:**

- Empty oatmeal packet into a microwave-safe bowl.
- Add protein powder.
- Add 1-cup water.
- Stir ingredients until well mixed.
- Microwave on High for approximately 60-90 seconds.
- Be careful when removing oatmeal from microwave, as it may be hot.
- Stir thoroughly until oatmeal, protein powder, and water are mixed well.
- Stir in peanut butter and let cool for at least a minute.

**Nutritional Information:**

- Serving size: Entire bowl of oatmeal with protein powder and peanut butter
  - Calories: 250
  - Fat: 10 g
  - Cholesterol: 0 mg
  - Protein: 19 g
  - Carbohydrates: 24 g
  - Fiber: 4 g
  - Sodium: 175 mg
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**Fish Tacos**

**Makes:** two servings

**Ingredients:**

- 8 ounces of halibut filets, cut into eight pieces
- 2 whole-wheat tortilla
- ¼ tomato, sliced
- ¼ cup fresh spinach leaves
- ½ green pepper
- ½ carrot, grated (or 4-6 grated baby carrots)
- 1 tablespoon chopped onions
- ¾ cup lowfat cottage cheese
- 2 tablespoons salsa
- ½ lime

**Directions:**

- Bake halibut for 20-30 minutes at 350 degrees.
- Place halibut onto tortilla and top with ½ of salsa; squeeze lime on top.
- Add vegetables and top with cottage cheese and remainder of salsa.

**Nutritional Information:**

- Serving size: one fish taco
  - Calories: 250
  - Fat: 3.5 g
  - Cholesterol: 160 mg
  - Protein: 23 g
  - Carbohydrates: 30 g
  - Fiber: 3 g
  - Sodium: 120 mg
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**Turkey Fajitas**

**Makes:** two fajitas

**Ingredients:**

- 6 oz. of Turkey steaks
- ½ green pepper, thinly sliced
- ¼ onion, thinly sliced
- ¼ tomato, chopped
- ½ lime
- 1/8 cup chicken broth
- ½ tablespoon olive oil
- 1 garlic clove, minced
- ½ tablespoon cilantro, minced
- ¼ cup nonfat sour cream
- ½ cup salsa
- 2 whole-wheat tortillas

**Directions:**

- Cut ostrich steaks into thin strips. In a large bowl, toss together meat, green pepper, tomato, and onion.
- In a small bowl, squeeze lime juice with broth, olive oil, and garlic. Pour over ostrich and vegetable mixture to marinate.
- Add 2-3 tablespoons of marinade mixture to nonstick pan. Cook meat over medium heat for 5-7 minutes; add 2 tablespoons more of marinade mixture and all vegetables; cook for 5 more minutes or until done.
- Wrap in warm tortilla with nonfat sour cream, cilantro and salsa.

**Nutritional Information:**

- Serving size: 1 fajita
- Calories: 245
- Fat: 1 g
- Cholesterol: 60 mg
- Protein: 20 g
- Carbohydrates: 34 g
- Fiber: 3.5 g
- Sodium: 350 mg