

Ingredient List	Amount per box to feed 4	Notes
Pork Loin	12 oz	
Peach	1	
Nectarine	1	
Green Goddess Sauce		
Greek Yogurt	2 cups	Low fat or nonfat plain
Lemon	1	
Parsley	1/4 cup	
Chives	2 TBSP	
Mint	2 TBSP	
Mediterranean Salad		
Romaine Lettuce	12 oz	
Roma Tomatos	2	
Kalamata Olives	1/2 cup or 4 oz	
Cucumber	1	
Small Red Onion	1/2 onion	
Crumbled Feta Cheese	1/2 cup or 4 oz	Low fat or nonfat
Red Wine Vinaigrette		
Red Wine Vinegar	1/4 cup	
Olive Oil	1 cup	
Honey	1 tsp	
Dijon Mustard	1 tsp	
Brown Rice Pilaf		
Uncooked Brown Rice	1/2 cup or 4 oz	
Vegetable Stock	2 cups	
Olive Oil	see above	
Small white or yellow onion	1/2 onion	
Carrot	1	
Celery	1 stalk	
Banana Mousse with Berries		
Greek Yogurt	see above	
Banana	1/2 large	
Stevia	3 packages	
Blueberries	1/2 cup	
Raspberries	1/2 cup	

Red Wine Vinaigrette

Servings = 8 serving size: 2 TBSP = 2 grams carb

Ingredients:

Items	Amount	x2 recipe
Red Wine Vinegar	¼ cup	½ cup
Dijon Mustard	1 tsp	2 tsp
Honey	1 tsp	2 tsp
Salt and pepper	To taste	To taste
Olive Oil	¾ cup	1 ½ cup

Procedure:

1. Add vinegar, mustard, honey, salt and pepper to bowl
 - a. Let set for a few minutes for the salt to dissolve in the vinegar
2. Slowly add oil and whisk until combined

Notes:

- This is a base recipe
- Vinegar will depend on the desired flavor profile
- Variations are limitless

Fun Fact: How is regular mustard different from Dijon Mustard? Yellow mustard, which is made of powdered yellow mustard seeds, a spice blend, and vinegar (or even water), has a milder taste compared to its French counterpart, Dijon. Dijon definitely has a distinctive mustard flavor, and is more intense, sharp, and complex than yellow mustard. It is made with brown and/or black mustard seeds and white wine.

[What Is Dijon Mustard — And How Is It Different From Yellow Mustard? \(allrecipes.com\)](http://allrecipes.com)



Roasted Pork Loin with Stone fruit

Servings = 4 serving size: 3 oz Pork & ¼ of fruit = 7 grams carb

Ingredients:

Items	Amount	x2 recipe
Pork Loin	12 oz	24 oz
Stone Fruit: Peach	1	2
Stone Fruit: Nectarine	1	2

Procedure for Roasted Pork Loin:

1. Pre-heat oven to 400 degrees F
2. Lightly oil pork, season with salt and pepper
3. Roast pork, uncovered in a shallow baking dish for 10 minutes
4. Reduce oven temp to 300 degrees F
5. Turn, roast for an additional 10 minute, until internal temp of 145 degrees F

Procedure for grilling Stone Fruit:

1. Pre-heat grill on high, about 15 minutes
2. Wash fruit
3. Cut fruit in half, removing the pit
4. Brush the fruit with olive oil
5. Turn off all but the primary burner, clean and oil the cooking grate
6. Place fruit cut side down on the hot side of the grill.
7. Cover and grill until grill marks are formed (5-7 minutes), moving to assure even cooking
8. Remove fruit to a 9 x 13 pan, grilled side up, cover loosely with foil and place the pan on the cooler side of the grill, turning main burner down to medium
9. Cook until tender, 10-15 minutes, remove from grill and allow time to cool

Fun Fact: Stone fruits get their name from the pit or "stone" in their center that is encased in a fleshy outer area. Also known as drupes, stone fruits tend to have thin skins that may be fuzzy or smooth. The pit is actually a large seed. Since most stone fruits will not ripen after harvested, they are picked at their peak and only good for a small window of time. This makes them highly seasonal, with different stone fruits arriving at different seasons.



Mediterranean Salad

Servings = 4 serving size: ¼ of the salad = 12 grams carb

Ingredients:

Items	Amount	x2 recipe
Romaine Lettuce	12 oz	24 oz
Roma Tomato	2	4
Kalamata Olives	½ cup	1 cup
Cucumber	1	2
Small Red Onion	1/2	1
Low Fat Feta Cheese- crumbled	½ cup	1 cup

Procedure:

1. Wash Romaine lettuce
2. Medium dice Roma tomatoes
3. Peel cucumber, then medium dice
4. Small dice red onion
5. Toss all ingredients
6. Top with Feta Cheese
7. Drizzle with Red Wine Vinaigrette

Fun Fact: Mediterranean food is rich in veggies, fruits, legumes, herbs, spices, nuts, and is considered healthy for your heart. [Diet Review: Mediterranean Diet | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)



Banana Mousse with Berries

Servings = 4 serving size: 2/3 cup = 11 grams carb

Ingredients:

Item(s)	Amount	x2 recipe
Low Fat Plain Greek Yogurt	1 cup	2 cups
Banana	1/2 large	1 large
Stevia	3 packages	6 packages
Blueberries	1/2 cup	1 cup
Raspberries	1/2 cup	1 cup

Procedure:

1. Mash Banana until soft.
2. Whisk the mashed bananas and yogurt together until combined and smooth.
3. Add the stevia.
4. Add the berries.

Fun Fact: A mousse is a soft prepared food that incorporates **air bubbles** to give it a light and airy texture.



Brown Rice Pilaf

Servings = 4 Serving size: 1/3 cup = 16 grams carb

Ingredients:

Item(s)	Amount	x2 recipe
Brown Rice (uncooked)	½ cup	1 cup
Vegetable stock	2 cups	4 cups
Olive Oil	2 TBSP	¼ cup
Onion	¼ cup chopped	½ cup chopped
Carrot	2 TBSP chopped	¼ cup chopped
Celery	2 TBSP chopped	¼ cup chopped

Procedure:

1. Soak brown rice in water for 15 minutes, then rinse thoroughly
2. Cut onion, carrot and celery into a small dice
3. Cook onion, carrot and celery in olive oil on low heat until soft
4. Add brown rice and gently toast for 1 minute
5. Add vegetable stock and bring to a boil
6. Reduce heat to low, cover, and simmer until rice is tender, season with salt and pepper to taste
7. Cooking time varies, approximately 20- 30 minutes

Fun Fact: Approximately 20% of the world’s calorie intake is connected to the humble rice grain, making it one of the most important foods on the planet. More than 3.5 billion people rely on rice as a daily staple of their diet. To feed that need, farmers grow more than 100,000 different varieties of rice in a rainbow of colors.

[Brown vs. White Rice: Which is Healthier? – Cleveland Clinic](#)



Banana Mousse with Berries

Servings = 4 serving size: 2/3 cup = 11 grams carb

Ingredients:

Item(s)	Amount	x2 recipe
Low Fat Plain Greek Yogurt	1 cup	2 cups
Banana	1/2 large	1 large
Stevia	3 packages	6 packages
Blueberries	1/2 cup	1 cup
Raspberries	1/2 cup	1 cup

Procedure:

1. Mash Banana until soft.
2. Whisk the mashed bananas and yogurt together until combined and smooth.
3. Add the stevia.
4. Add the berries.

Fun Fact: A mousse is a soft prepared food that incorporates **air bubbles** to give it a light and airy texture.

