

Booty CAMP

FITNESS FOR WOMEN



Phase Five Manual

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INTRODUCTION TO PHASE 5 OF BOOTY CAMP

Wow here we are, halfway through Booty Camp!

I really hope that you're learning a lot about yourself and about food and that you're enjoying the process thus far. Our program is very different for a number of reasons, but the most important is that when we're finished you'll have a customizable plan that is exactly suited to YOU.

A lot of the individualization process will come down to your own recipe book too. When you know what foods are best for you, then all you need is 9 quick, simple and easy recipes to start you off. After that you can continue to add what is necessary and you'll have the skills to do so.

Also our goal is for you to create your own individualized nutrition plan or "blueprint." Once we have introduced all of our foods, we'll be working on making modifications to the basic structure of our plan to suit you better over a longer period of time.

But in the beginning it's important that we stick to our food rules rigidly. If you try to change too much it becomes too easy to go off the plan. However, as you learn more about food you can start to make better choices about what works for you best.

For example, some of our members do the following:

- Booty Camper Shauna eats carbohydrates only on weekends. This helps her as she enjoy carbs, but she knows that eating too much will end in weight gain. Having her own rules puts HER in control, and not the food.
- Booty Camper Aoife is a teacher and when she gets holidays she likes to travel. But she doesn't like to have food rules when she's away. So she eats what she wants on holidays but then goes back to Phase 1 until her system is detoxed when she returns home. This works for her, as she never has to restrict herself.
- Booty Camper Monica has 2 squares of chocolate every evening and she has just one treat meal per week and not a whole treat day. This works better for her because the chocolate every evening kills her cravings and she knows she won't go overboard.
- Booty Camper Deirdre doesn't eat breakfast because she's found through trial and error that she just prefers 2 meals per day and she can't stomach anything in the morning. This goes against the basic Booty Camp rules but it works for HER, and that's all that really matters.

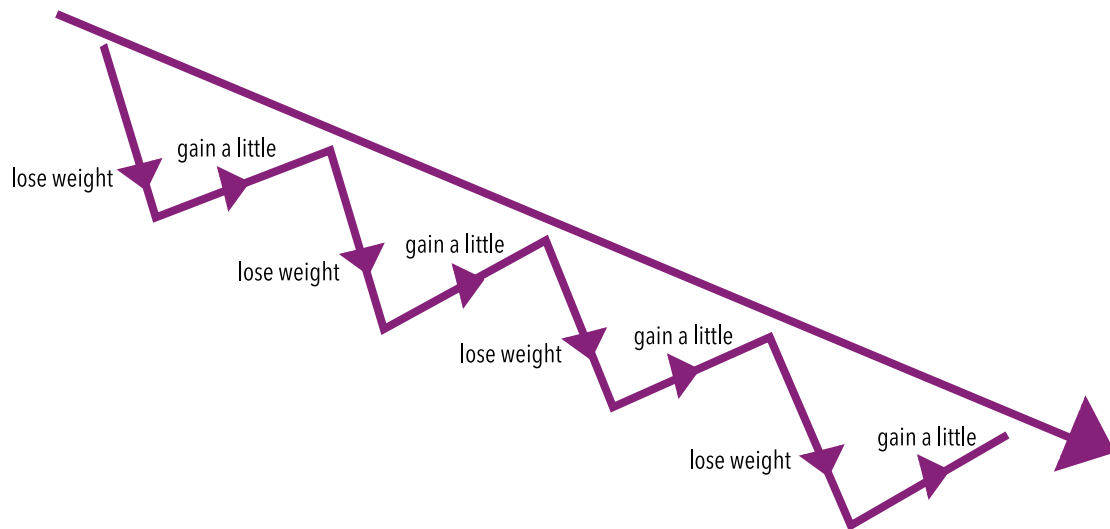
These are just some of the individualized examples that some of our members have learned throughout the Booty Camp process. As I've said before there is no "one size fits all." If you want to make good nutrition fit into your life then you need to discover what works best for you and you alone.

So if you're sticking to our plan rigidly and it's working for you then please keep going. It's best that you do that now. But if you've made some small modifications that help you stay on track then that's fine too. The idea of our entire program is that you discover what works best for you.

With that being said we now have two more food groups that we need to get to over the next two manuals. It will be wheat and gluten this week, and then we'll cover alcohol next week (yes - BOOZE!) :)

Before we jump into our manual for this week; however, I want to go over yet another principle that we need to cover in the weight loss cycle - and it's called the "lag period."

Let's revisit our all-important diagram once more:



The "lag period" is the time between the effort that you make and the results that you get. It usually takes about 2 - 3 weeks for the body to adjust to the changes that you are making, so that means you might not see the results of your efforts until 2 - 3 weeks later.

From our diagram we can see that there will be times when we're doing EVERYTHING RIGHT, but we may not see any results at all. But if we just keep going we break through that plateau and continue getting results.

In Phase 1 of Booty Camp we "forced" your body to adjust. We eliminated all chemicals, all processed foods, anything that could be damaging, and we "reset" and detoxed your system. But after that initial kick start you'll start to experience these lag periods. This can be troublesome for a lot of people for the following reasons:

(1) You might be working really really hard for 2 weeks and not see any results at all. Then because of that you might decide - "This is not working" and then you'll go on a binge because you feel like your efforts are giving you no results. But if you just kept going then you'd see the results that you were looking for!

(2) The 2nd reason this can be a problem is you might not see weight gain for a few weeks either. You could go on an eating spree over a weekend and then step on the scales Monday morning expecting to be 3 pounds heavier, but you could weigh the same or be even lighter!

In your mind you'll think - "OH my god I've eaten all that food and it hasn't affected me one bit" - and that's going to encourage you to do that again and again in the future.

All of a sudden in 3 weeks' time you step on the scale and you've gained 5 pounds and you've no idea why or how it's happened!

This is the problem with the "lag period". We don't see the results of our actions until 2-3 weeks later. So success then is really all about CONSISTENCY.

We need to do the right things day in and day out even when we're not seeing immediate results. Eventually your body breaks through the plateau and when that happens you become a very happy camper!!!

So please keep with us throughout these 8 weeks together and push yourself to complete this program.

Also just think how long it has taken you to get to where you are today. Before you joined Booty Camp it might have been an entire YEAR (or much longer!) where you've been gaining weight and not exercising. So it will probably take a little longer than a few weeks to get you where you want to be with your body.

But I promise you this. If you just keep going through the rough patches (and there will be many) then you'll get to where you need to be.

So let's do this!! :)

NEW FOOD GROUP

This week we're going to be adding wheat and gluten foods to our plan. As usual this is optional. If you want you might like to test if wheat/gluten is a problem for you, and then you can decide if you want to introduce it.

Another thing to bear in mind as we go through this manual is the "HEALTH HALO" effect. Health halos are labels the food manufactures put on their foods to make them seem healthier than they actually are. Examples include:

- Natural
- Natural flavoring
- Contains 1 of your 5 a day
- Enriched
- Fortified
- With added fiber
- Low fat
- Whole grain

Another one of these health halos is the label "gluten free." People are now buying more and more gluten free foods because they believe that they're "healthier." And food manufactures are even putting the label "gluten-free" on their packages, even if the food never had gluten in the first place!!!

But basically all "gluten-free" means is that the product doesn't contain the protein called "gluten." Gluten can be troublesome for people who have a genetic inability to digest it, such as celiac disease, or some type of intolerance.

Gluten-free is becoming more and more common as more people are realizing that they have a problem with this protein. But just because something is labeled "gluten-free" does not automatically mean that it is healthy!

So I hope you enjoy this week's manual. It's important information, not only for your weight but also for your long term health.

Chat soon!

Coach Conor

Booty CAMP

FITNESS FOR WOMEN

PHASE #5

NUTRITION



WHEAT, GLUTEN, AND BELLY FAT

Hi ladies,

Welcome to Phase 5 of Booty Camp!

In this manual I am going to address wheat and gluten. They are not necessarily the same. Wheat is a type of grain, and gluten is a protein that can be found in not only wheat, but also other grains such as wheat, rye, barley, spelt, kamut, and triticale.

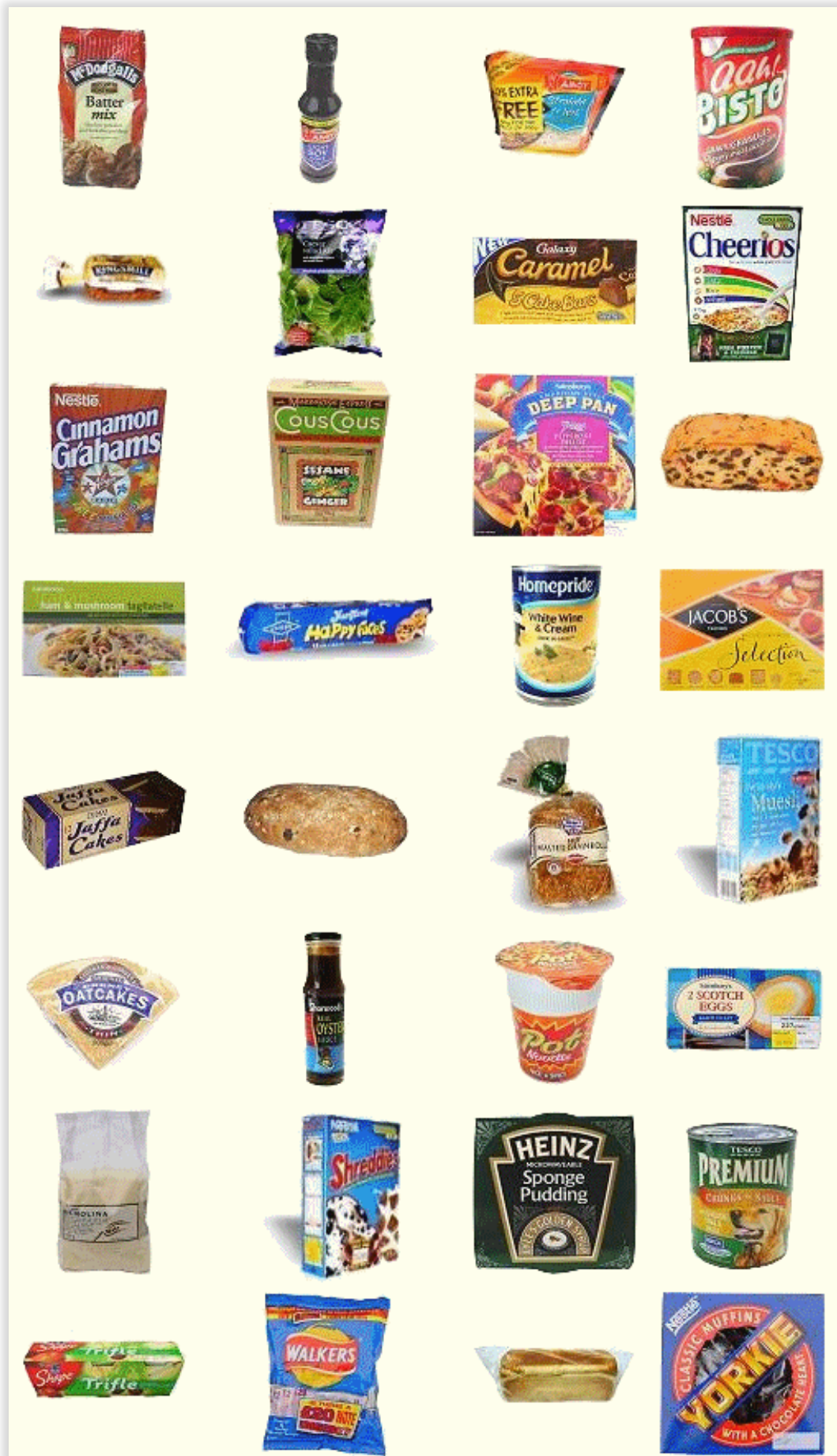
If you have an intolerance (it is suggested that a third of all people have), then you will be unable to lose any weight if you continue to eat it. That third of us (and I would suspect many more on some level) "react" to gluten with a severe inflammatory response.

The area that we experience this inflammation is primarily in the gut, which leads to weight gain around the midsection and in particular, your stomach. I'll get to that soon.

But first let me address wheat. It looks like this:



Bread, pasta, cereals, bakery items, are usually **all** made from wheat. Wheat is also the primary ingredient for highly processed chemical food. Here are some examples:



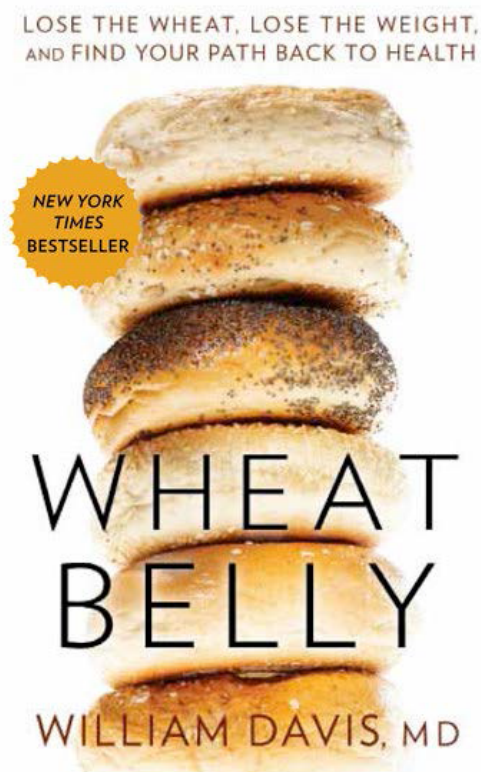
Wheat is also one of the most commonly used ingredients to make..... BEER!



Wheat is also contained in most processed foods. Unless the label says otherwise, it is almost safe to assume that the product contains wheat.

KEYS TO A FLAT TONED STOMACH

If you want to learn everything that wheat does to you then I suggest you read:



In this book, Dr. Davis illustrates that the major problem with WHEAT is that it gives you something called "WHEAT BELLY."

What that means is for some people eating foods like this:



Can make you gain weight around your tummy area:



Why does this happen?

There are two main reasons why eating wheat can cause you to gain weight in your tummy area. The first is that wheat can raise your blood sugar levels higher than sucrose (table sugar) ever could:

"Most people are shocked when they hear this, but aside from some extra fiber, eating two slices of whole wheat bread is really little different, and often worse, than drinking a can of coke or eating a Snickers bar." - Dr. William Davis

This information is not new.

In 1981 the University of Toronto launched the concept of the glycemic index, which is the comparative blood sugar effects of carbohydrates. The glycemic index (GI) rates different foods in terms of how high they raise your blood sugar relative to glucose. The higher your blood sugar after consuming a specific food, the higher the glycemic index for that particular food.

Here's where this gets really interesting (and less boring!)

The original study showed that the GI of white bread was 69, while the GI of whole grain bread was 72. Shredded Wheat cereal was 67, while that of sucrose (table sugar) was 59.

Yes, the GI of whole grain bread is higher than that of sucrose! Incidentally, the GI of a Mars Bar - nougat, chocolate, sugar, caramel, and all - is 68. That's better than whole grain bread. The GI of a Snickers bar is 41 - far better than whole grain bread.

What this means is that in terms of weight loss, eating this:



Is almost the same as eating this:



Or even this:



YIKES!!!

Just to be clear here, I am NOT saying that you should be eating Snickers bars. :)

What I am saying is that two slices of whole wheat bread will raise your blood sugar more than two TABLESPOONS of table sugar. That's a lot of sugar and it's one of the reasons why eating wheat will lead to wheat belly (a.k.a muffin tops).

Also there is no difference between whole wheat and white flour here. "Whole Grains" are nothing more than a marketing gimmick. They will make you gain weight as quick as any refined wheat product. In fact one way to avoid foods that are bad for your waistline is to stay away from foods with health claims on the labels. "Whole Grain" is the perfect example.

If all this wasn't bad enough there's another reason why we need to be extra careful with wheat products...

...GETTING HIGH ON WHEAT

In manual 4 we learned that carbohydrates can stimulate your appetite, but wheat containing products like bread, cereals, pasta, muffins, etc., can have an even GREATER effect on your cravings.

For example, one of the most brilliant strategies that the restaurant industry has come up with is to serve their customers bread before they start their meals. It is a beautifully disguised ploy, because by eating bread before your meal you actually eat MORE throughout your meal, not less, like most people would think.

Restaurant owners started this practice before they knew the reasons why, and it's just recently through neuro-science that we've understood why appetite-stimulating substances in wheat makes us eat MORE.

So here's the science bit. Close your eyes if you think this is going to bore you to death and skip to the next section! :)

The first player in action is Neuropeptide Y (NPY). NPY is a neurotransmitter, which means that it's a chemical that is used by your brain to communicate with other areas of your brain. NPY is one of the primary chemicals in your brain that's makes you crave carbohydrate rich foods.

This means that even if you don't have any cravings for carbohydrates NOW, the simple act of eating some can create cravings through the release of NPY. Eating bread, especially at the beginning of your meal on an empty stomach, can drastically influence your desire for more carbohydrates... dessert anyone???

This is the power of "priming." As soon as your brain knows carbs are available it's going to want you to eat them. Depending on your current neurological wiring (which has been molded through your experiences), the intensity of your desire for these foods will be activated.

This is one of the major processes behind not being able to stop eating certain foods. Remember, it's usually not broccoli or chicken breast (not the fried kind!) that you can't stop eating. Instead it's the chips, the cookies, or the ice-cream that makes you feel like you just can't get enough.

The reason bread (or any highly refined wheat product - cereal, pasta, muffins, etc.) is so dangerous lies in your biology and neurology. You see your brain doesn't really understand bread or cookie, what it understands is food and sugar.

So in essence bread and cookies are almost the same thing.

That may sound strange, but understand this; as soon as you put bread in your mouth enzymes have already acted on it to break it down, even before it has entered your stomach! All highly refined starchy carbs work like this.

So you've got NPY, neural priming, and other factors like a huge insulin spike all motivating you to seek more of what you just ate. It doesn't have to be bread - just food and sugar, because remember that's what your brain understands.

This is yet another reason why counting calories is, well, STUPID.

For example let's take 2 breakfast options - both being 500 "calories":

BREAKFAST (1):

- Toast and margarine
- Orange juice
- Cereal + low fat milk
- Low fat blueberry yogurt.

BREAKFAST (2):

- 2 eggs
- Whole yogurt and walnuts with side of bacon
- Coffee and whole milk

Now I haven't tallied up the "calories," but let's just assume they are 500 "calories" each per meal. Here's how both of these breakfast options compare:

In terms of Nutrition:

(i) There's NO nutrition in Breakfast (1).

The toast is refined wheat, which is spread with fattening vegetable oils (margarine). The orange juice is basically pasteurized sugar water, the cereal is refined wheat with added sugar and chemicals, and the low fat milk is more sugar water, as the nutrients in milk are found in the fat.

Sugar on sugar on sugar on sugar on sugar!

(ii) Breakfast (2) is a nice balanced meal in term of nutrition:

Eggs are one of the most nutritious foods we can eat.

The yogurt contains healthy fats and beneficial bacteria, as do the nuts in relation to the fats. The bacon is high in good quality protein.

Therefore in terms of nutrition Breakfast (2) is FAR SUPERIOR in so many ways than Breakfast (1). Next let's take a look at how they compare in terms of satiety. Satiety basically refers to the ability of a meal to keep you full for a long period of time, giving you slow releasing energy, and not giving you any cravings.

In terms of Satiety:

(i) It's not looking good for Breakfast (1)! Not only do you have lots of processed carbs, but you also have the addictive wheat substances such as toast and cereal.

If that wasn't bad enough, you've added in pasteurized orange juice, which is basically pure sugar water. That's going to send your blood sugar levels to the moon.

So by 10:30 AM you're going to have a major sugar crash and you're going to CRAVE sugar like you've never done before.

It's like asking a cocaine addict to go cold turkey on drugs and at the same time given him a hit in the morning just to "start off his day."

(ii) Breakfast (2) on the other hand is very satisfying. It's high in protein, high in dietary fats, and low in sugar.

High protein and high fats keep your blood sugar levels steady throughout the day. Also there are no appetite stimulating substances in Breakfast (2). All in all you should have plenty of energy and satiety to sustain you until your next meal at lunch.

THE VERDICT ON WHEAT

Before we give our verdict on wheat let's first remind ourselves of a most critical point:

Everyone is different and what works for one person may not work for another.

It would be irresponsible of us to say that "wheat is bad" as some people can consume it without any adverse reactions. So it all comes down to your own individual testing. If you want to eat wheat containing foods such as:

- Anything that contains flour
- Bread
- Baked goods
- Pasta
- Pizza
- Breaded and battered foods
- Cereals
- Gravy mixes
- Deserts
- Processed meats
- Beer

Then we first need to learn if you're intolerant to wheat. If you're not you can then eat it as your one carbohydrate per day if you wish. Just be careful to note if you're getting more cravings than usual when you start to eat the wheat.

If you do notice that happening then it might be best to avoid the wheat until your treat days.

LET'S TALK GLUTEN

In this manual let's also go over this thing called "gluten." Perhaps you'll have noticed in that past few years that more and more foods are cropping up that are labeled "gluten-free."

The reason this is the case is that there are certain people who are unable to digest this protein called "gluten," and for them consuming it can be very damaging to their health. The medical term for this condition is called "coeliac disease."

However it's not only those with coeliac disease that have a problem with gluten. In manual 3 we discussed the importance of digestive and gut health for your overall wellbeing.

Well it turns out that when you damage your digestive system (through antibiotics or another way) then you'll be very susceptible to gluten sensitivity.

This can cause further health issues as undigested gluten can really damage your intestinal lining if you continue to eat it.

So this week we're going to be testing for a gluten intolerance. Wheat and gluten are not the same thing. Wheat contains gluten, as do the following grains:

- White Flour
- Whole Wheat Flour
- Durum Wheat
- Graham Flour
- Triticale
- Kamut
- Semolina
- Spelt
- Wheat Germ
- Wheat Bran

Although wheat and gluten are considered different intolerances we're going to keep things simple and test them both together.

TESTING FOR GLUTEN INTOLERANCE

If you've been following your food list then you will have eliminated gluten for the past 3-4 weeks. If you think that you may have eaten some gluten then for at least the next 7 days follow your Phase 4 food list and then repeat this test. This will ensure you are eliminating gluten completely. You can still have your feast day, but just make sure that you are not eating gluten.

This week (or after 7 days) consume some products that contain gluten. Here are some choices that you can try:

- Cereal
- Bread
- Pasta
- Bagels/Muffins/Cake..."bakery" items
- Pizza
- Biscuits
- Scones
- Cookies
- Pastries
- Anything with flour

Make sure that you eat a considerable amount of gluten products on that day. As with the dairy intolerance test, if your body has a reaction then you will notice it. For your own reference here are some common symptoms:

- Allergic reactions
- Blocked and/or runny nose
- Sinus problems
- Rash/Eczema
- Disrupted sleep
- Bloating
- Diarrhoea
- Gastrointestinal (stomach area) pain
- Foggy brain/fatigue
- Depression
- Numbness in the extremities
- Joint pain
- Weight Gain

Symptoms can also manifest in other ways and you will notice them if you have any. Gluten sensitivity is quite common so I do expect some people to be intolerant.

If after doing this test you do suspect that you are intolerant to gluten then you may wish to seek medical advice and have a formal test performed. As this is a medical condition I cannot provide further instruction, but what I can say is this:

In terms of weight loss, wheat products are extremely unsuitable for most people. There will be a few who can digest wheat adequately and not gain weight but for the majority of people this is not the case.

Gluten is found not just in wheat but in other grain products as well. If you suspect that you are gluten intolerant then eating it will keep your body holding on to fat no matter what it is that you do.

Also, "Gluten-Free" foods are not the answer.

Even if you don't have a wheat/gluten allergy, perhaps you've picked up gluten-free cookies, pasta or cereal because they just sound healthier. Truth is, many gluten-free foods are made by replacing wheat flour with corn starch, rice starch, potato starch, or tapioca starch, which hikes up blood sugar as much as the amylopectin-A in wheat.

This is especially hazardous to weight loss, since gluten-free foods, although they don't trigger a neurological response like gluten does or stimulate your appetite like gliadin does; still trigger the glucose-insulin response that packs on pounds.

So here are our basic guidelines:

If you are gluten intolerant but you still want to eat foods such as bread, pasta, pizza, and pastries, then yes get the gluten-free options.

However you must treat them as TREATS.

This means only having them on your treat day and at no other time. Once you get down to your goal weight you can experiment with other options and more gluten-free products.

As with everything TEST, TEST, TEST! Find out what works best for you and go from there. If you have any other questions then just let us know. As usual there's a whole lot of information in this manual so make sure to come back and read it again at a future date.

Until then, good luck and make sure to stick with the program!

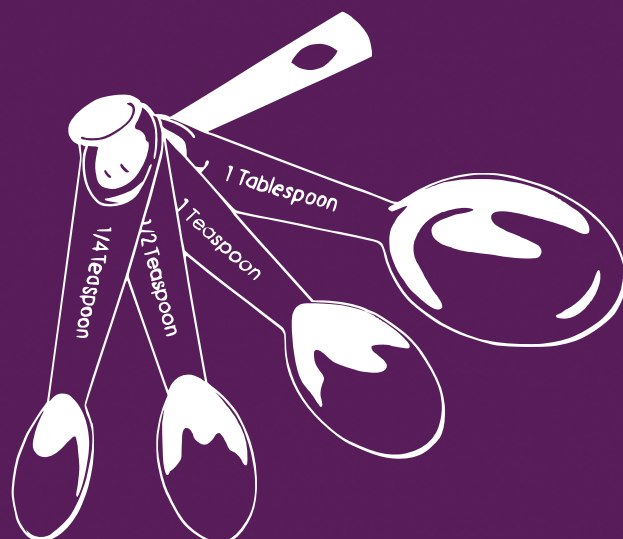
See you in class,

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FITNESS FOR WOMEN

MUST TRY RECIPES



BREAKFAST sandwich frittata

Preparation Time

10 minutes

Cooking Time

25 minutes

Serving Size

4



Ingredients

- 5 large eggs
- ¼ Heavy cream
- ¼ whole milk
- 1/8 teaspoon cayenne pepper
- 3 tablespoons mixed chopped fresh herbs (such as parsley, chives and chervil)
- 2/3 cup (2oz) grated sharp cheddar
- Coarse salt and ground pepper
- 2 slices Parma ham, cut crosswise into ¼ inch pieces
- 1 pita, split horizontally into 2 rounds

Instructions:

1. Preheat oven to 430°F/220°C/Gas mark 7. In a medium bowl, whisk together eggs, cream, milk, cayenne, herbs, and half the cheese. Season with salt and pepper.
2. In a small ovenproof non-stick or cast-iron skillet, cook bacon over medium, stirring occasionally, until crisp; 7 minutes. Transfer Parma ham to egg mixture and pour all but 1 teaspoon fat into a small bowl.
3. Add 1 pita round to skillet and cook until toasted and golden; 3 minutes, flipping halfway through; transfer to a plate. Repeat with more reserved fat and remaining pita half; leave pita in skillet, cut side up.
4. Add egg mixture and cook over medium, gently stirring, for 30 seconds. Top egg mixture with other pita half, cut side down; transfer to the oven and bake for 8 minutes.
5. Sprinkle evenly with remaining cheese, then bake until frittata is puffed and golden; about 8 minutes. Let sit for 3 minutes, then cut into wedges and serve warm.

BREAKFAST panini



Preparation Time

10 minutes

Cooking Time

20 minutes

Serving Size

6

Ingredients

- 4 slices sourdough bread
- Butter, for the bread
- 2 eggs, scrambled or fried
- 4 slices cooked Parma ham
- 2 Yukon gold potatoes, shredded
- ½ cup grated sharp cheddar cheese
- 2 tablespoons olive oil

Instructions:

1. Butter the bread and set aside.
2. Turn on the panini grill to preheat.
3. Place a large skillet over medium heat and drizzle the olive oil. Arrange hash browns in a single layer and cook for about 10 minutes or until browned on bottom. Flip the hash browns over and continue cooking until browned and cooked through.
4. Cook eggs according to your preference.
5. Layer the cheese, eggs, meat, and hash browns on one slice of bread. Sprinkle on a bit more cheese on top. Top with the remaining slice of bread.
6. Grill on the panini grill until the cheese is melted and the bread is crispy and golden brown.

BLUEBERRY

granola parfait

Preparation Time

10 minutes

Cooking Time

3 minutes

Serving Size

6



Ingredients

- 7oz frozen blueberries
- Pinch of salt
- Pinch of cinnamon
- 2/3 cup thick Greek yogurt
- 2 tablespoons granola

Instructions:

1. In a small saucepan, combine blueberries, salt, and cinnamon.
2. Place pan over medium-low heat and simmer for 2 to 3 minutes. Cool completely.
3. Spoon 1/3 cup yogurt in the bottom of a glass and smooth the top.
4. Add 1 tablespoon blueberry mixture and 1 tablespoon granola.
5. Repeat the layers and eat right away, or chill in fridge until ready to eat.

FAKEAWAY

chicken spring roll



Preparation Time

10 minutes

Cooking Time

45 minutes

Serving Size

2

Ingredients

- Chicken breast diced marinated (optional)
- Mixed stir-fry veg (I used cabbage, carrots, red onion, bean sprouts)
- Soy sauce
- 1 wrap

Instructions:

1. Cook the chicken and set aside
2. Cook the mixed stir fry veggies for $\frac{3}{4}$ mins, then add 2 tbsp soy sauce
3. Add the cooked chicken back into mix and cook for another $\frac{3}{4}$ mins and coat well
4. Place mix down the middle of a wrap and fold over, seal with some olive oil
5. Place onto greaseproof paper sealed side down on a baking tray and bake in oven @180* for 10-15 mins or until it is crispy

SPAGHETTI carbonara

Preparation Time

10 minutes

Cooking Time

20 minutes

Serving Size

6



Ingredients

- 1lb spaghetti
- 8oz (8 slices) Parma ham, cut 1-inch thick crosswise
- Coarse salt and freshly ground pepper
- 3 large eggs
- $\frac{3}{4}$ cup grated parmesan cheese, plus more for serving
- $\frac{1}{2}$ cup half-and-half

Instructions:

1. Set a large pot of water to boil for the pasta.
2. In a large skillet, cook Parma ham over medium heat, stirring occasionally, until crisp; 8 to 12 minutes. Transfer to a paper-towel-lined plate.
3. Salt boiling water generously; add pasta and cook until al dente, according to package instructions.
4. Meanwhile, in a large bowl, whisk together eggs, parmesan, and half-and-half. Set aside.
5. Drain pasta, leaving some water clinging to it. Working quickly, add hot pasta to egg mixture.
6. Add Parma ham; season with salt and pepper, and toss all to combine to let heat from pasta cook eggs.
7. Serve immediately, sprinkled with additional parmesan cheese.

STEAK with spinach COUSCOUS



Preparation Time

10 minutes

Cooking Time

15 minutes

Serving Size

4

Ingredients

- 3 tablespoons olive oil
- 1 ½ lb flank steak
- Kosher salt and black pepper
- 1 10oz box couscous
- 2 cloves garlic, thinly sliced
- ¼ cup pine nuts
- 2 cups baby spinach
- ¼ cup (1oz) crumbled feta
- 2 tablespoons fresh lemon juice

Instructions:

1. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the steak with ½ teaspoon each of salt and pepper.
2. Cook the steak to desired doneness; 4 to 6 minutes per side for medium-rare. Let rest before slicing.
3. Meanwhile, cook the couscous according to the package directions. Transfer to a large bowl.
4. Wipe out the skillet. Cook the remaining 2 tablespoons of oil, garlic, and pine nuts over medium heat, stirring, until golden; 2 to 3 minutes.
5. Fold the pine nut mixture into the couscous with the spinach, feta, lemon juice, and ½ teaspoon each salt and pepper. Serve with the steak.

PORK KEBABS

with grilled plums and couscous



Preparation Time

15 minutes

Cooking Time

20 minutes

Serving Size

4

Ingredients

- 1 10oz box couscous (1½ cups)
- 4 scallions, thinly sliced
- ¼ cup apricot
- 1 tablespoon white wine vinegar
- 1.1b boneless pork loin, cut into
- 1½ inch pieces
- 1 tablespoon plus 1 teaspoon olive oil
- Kosher salt and black pepper
- 4 plums, quartered

Instructions:

1. Heat grill to medium-high. Cook the couscous according to the package directions, then fold in the scallions.
2. In a small bowl, combine the preserves and vinegar. Set aside.
3. Thread the pork onto eight 6-inch skewers. Rub with 1 teaspoon of the oil and season with ½ teaspoon salt and ¼ teaspoon pepper.
4. Grill the kebabs, turning often, until cooked through; 10 to 12 minutes. Baste with the apricot glaze during the last 2 minutes of cooking.
5. In a bowl, toss the plums, the remaining tablespoon of oil, and ¼ teaspoon each salt and pepper. Grill until charred; about 2 minutes per side. Serve the plums with the kebabs and couscous.



Exercises | Notes



Exercises | Notes