



# FOOD GUIDE

Many *Biggest Loser* contestants come to the ranch from a steady diet of fast food laden with salt, fat, and tons of calories. At the ranch, they learn to love and appreciate the taste of clean eating--fresh veggies and fruit, whole grains, and lean protein. To help *you* reach your weight loss goals, we created this printable reference guide with the *Biggest Loser* healthy eating rules, expert tips, **plus delicious recipes for breakfast, lunch, dinner, and dessert**. Losing weight never tasted so good!

## 1 Serving of Extras

You're allotted 200 calories a day for healthy fats and condiments. Spend these calories on smart choices like olive oil or avocado.

## 2 Servings of Whole Grains

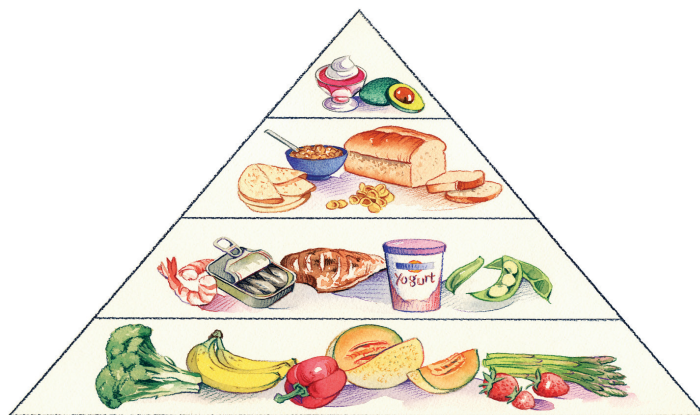
Whole grains undergo very little processing, so they retain nutrients. Buy breads with at least 2 g of fiber per serving and cereals with at least 5 g.

## 3 Servings of Protein Foods

Choose from three types of protein: animal, vegetarian, and low-fat or fat-free dairy. Aim for a serving at meals and half a serving with snacks.

## 4 Servings of Fruits and Vegetables

At least half of your servings should be veggies, the rest fruits. Eat a salad most days and enjoy at least one fruit and one veggie daily.



## 12 WAYS TO EAT LIKE A BIGGEST LOSER

1. Keep precut vegetables such as bell peppers, celery, broccoli, and jicama in your fridge for easy snacking at home or work.
2. Limit starchier vegetables such as pumpkin, winter squash, and sweet potatoes to one or two servings per week since they are higher in calories and carbs.
3. Eat fruit for dessert! Many Biggest Losers who have a sweet tooth use this strategy to curb their cravings.
4. Choose whole fruit rather than fruit juices. Fruit juice contains less fiber, so it's not as filling as whole fruit. When you do choose juice, remember that a serving size is 4 ounces (1/2 cup).
5. Read the label when choosing bread products. If it says "enriched," the product probably contains white flour—meaning it's low in fiber and nutrition.
6. Choose cereals with fewer than 5 grams of sugar and at least 5 grams of fiber per serving.
7. Choose lean cuts of meat, such as pork tenderloin and beef round, chuck, sirloin, or tenderloin. USDA Choice or USDA Select grades of beef usually have lower fat content.
8. Ask for white meat when buying ground chicken or turkey.
9. Eat seafood rich in omega-3 fatty acids such as herring, mackerel, salmon, sardines (water packed), trout, and tuna.
10. Try meals with vegetarian proteins including beans, nuts, seeds, tofu, and edamame.
11. Choose olive oil, canola oil, flaxseed oil, or walnut oil for salads, cooking, and baking.
12. When adding fat to a sandwich, use reduced-fat mayonnaise or a little mashed avocado.

## TOP WEIGHT LOSS TIPS FROM THE BIGGEST LOSER TRAINERS

### Bob Harper

- Olive oil is not a source of empty calories—it's good for you. It may be high in calories, but in moderation, it is a heart-healthy option.
- It's possible to make pizza healthy using whole grains. Start by using whole wheat dough and then add low-fat mozzarella cheese. Top with heaps of nutrient-rich vegetables and a lean protein such as chicken or shrimp.
- Don't skip every indulgence. Instead, allow a few of your favorites and focus on avoiding those temptations that just aren't worth the calories.
- For a cheap source of protein, one cup of black beans contains as much protein as two ounces of lean, broiled steak.

### Jillian Michaels

- Losing weight is not about starving yourself; it's about eating what you want with certain modifications.
- Let go of the word *diet* and build a lifestyle that fits you. The key to success is balance.
- Substitute mashed cauliflower for mashed potatoes. The texture and taste are similar and cauliflower has zero fat!
- Soda, whether it's sugared or diet, is terrible for your body. Instead, try sparkling water, green tea, or iced tea.

## BREAKFAST RECIPES

### BANANA BERRY MUFFIN

#### Makes 12 (1-muffin) servings

1 1/2 c unprocessed wheat bran or oat bran  
 1 c white whole wheat flour  
 2 Tbsp ground flaxseed (see note)  
 1 1/4 tsp baking soda  
 1 tsp ground cinnamon  
 1/8 tsp salt  
 3/4 c unsweetened vanilla almond milk or fat-free milk  
 1/4 c agave nectar or dark honey  
 2 ripe medium bananas, mashed with a fork  
 1 large egg  
 2 Tbsp olive oil  
 1 tsp vanilla extract  
 1 c fresh (or frozen) blueberries  
 1/2 c pitted chopped prunes (optional)



Position a rack in the center of the oven and preheat the oven to 400°F. Lightly coat a nonstick 12-cup muffin pan with cooking oil spray.

In a medium bowl, combine the bran, flour, flaxseed, baking soda, cinnamon, and salt. Set aside.

In another medium bowl or in a blender, combine the milk, agave nectar or honey, bananas, egg, oil, and vanilla until smooth.

Make a well in the center of the dry ingredients and pour in 1/3 of the liquid mixture. Using a spoon, stir until smooth. Add the remaining liquid mixture and stir just until combined. Add the blueberries and prunes, if desired; stir again, but do not over mix.

Spoon 1/4 c batter into each prepared muffin cup. Bake for about 14 minutes, or until the tops spring back when pressed gently in the centers. Do not overbake. Cool in the pan on a wire rack for 10 minutes before removing the muffins from the pan. Serve warm, or cool completely on the rack.

**Note:** If you can't find ground flaxseed in your local health food store, you can grind whole flaxseeds in a clean spice grinder to the consistency of cornmeal.

**Per serving:** 140 calories, 4 g protein, 25 g carbohydrates (10 g sugars), 4 g fat (0 g saturated), 20 mg cholesterol, 6 g fiber, 170 mg sodium

## HUEVOS RANCHEROS

### Makes 4 servings

#### Ranchero Sauce

2 tsps olive oil  
 1 small yellow onion, chopped  
 1 Tbsp chopped garlic  
 1 (14-ounce) can diced fire roasted tomatoes  
 1/2 tsp ground coriander  
 1/2 tsp ground cumin  
 1/2 tsp dried oregano  
 1/2 tsp salt  
 Ground pepper, to taste  
 1/2 tsp dried chipotle powder (optional)  
 1/4 c chopped fresh cilantro

#### For each serving of Huevos Rancheros

1 corn tortilla  
 2 Tbsp fat-free refried beans  
 2 egg whites

#### Garnish

1 Tbsp shredded low-fat Cheddar cheese  
 Fresh cilantro

#### Instructions for the sauce

Heat the oil in a nonstick skillet. Add the onion and cook for about 5 minutes, or until softened. Add the garlic and cook for about 1 minute longer, but don't allow the garlic to brown. Add the tomatoes, coriander, cumin, oregano, salt, pepper, and chipotle powder (if desired) and cook for a few minutes longer. Carefully transfer the sauce to the jar of a blender or the bowl of a food processor and blend or process briefly. The finished sauce should be a bit chunky. Stir in the cilantro.

#### To make one serving of Huevos Rancheros

Warm the tortilla and refried beans and set aside. Coat a small nonstick skillet with cooking spray. Add the egg whites and cook until nearly set, or about 2 minutes. Turn the eggs with a silicone spatula and cook for about 1 minute longer. Place the tortilla on a plate and top it with the beans. Place the cooked egg whites on the beans. Top with 1/2 c hot Ranchero Sauce and garnish with cheese and cilantro.

Makes 4 (1/2-cup) servings of sauce (enough for 4 servings Huevos Rancheros)

**Per serving** (sauce only): 50 calories, 1 g protein, 6 g carbohydrates, 0 g fat (0 g saturated), 0 mg cholesterol, 2 g fiber, 530 mg sodium

**Per serving** (Huevos Rancheros): 180 calories, 14 g protein, 24 g carbohydrates, 3 g fat (less than 1 g saturated), 0 mg cholesterol, 4 g fiber, 530 mg sodium



## COTTAGE CHEESE AND FRUIT PARFAIT

### Makes 1 serving

1 green apple, cut into small chunks, divided  
 1/2 c 1% cottage cheese, divided  
 1/4 c blueberries

Place half of the apple chunks in a glass parfait dish or cereal bowl. Top evenly with half of the cottage cheese and the blueberries. Add the remaining cottage cheese and the remaining apple.

**Per serving:** 174 calories, 15 g protein, 27 g carbohydrates, 2 g fat (<1 g saturated fat), 5 mg cholesterol, 4 mg fiber, 461 mg sodium



# LUNCH RECIPES

## SWEET GRILLED CHEESE

### Makes 1 sandwich

2 slices low-fat provolone or Swiss cheese  
2 slices Ezekiel cinnamon raisin bread

Spray a small nonstick skillet with cooking oil spray. Place the cheese between the slices of bread. Heat the pan over medium-high heat and add the sandwich. Gently press down with a spatula once or twice during grilling. When one side is golden, turn the sandwich over and cook until golden brown.

Cut the sandwich in half and serve immediately.

**Per 1/2 sandwich:** 120 calories, 8 g protein, 20 g carbohydrates, 2 g fat (less than 1 g saturated), 5 mg cholesterol, 2 g fiber, 270 mg sodium



## ASIAN CHOPPED SALAD

### Makes 6 1-cup servings

#### Salad

2 c green cabbage, sliced thin  
2 c red cabbage, sliced thin  
1 c grated carrot  
1 red bell pepper, julienned into 1-inch strips  
2 tablespoons chopped, fresh cilantro

#### Asian Dressing

1/3 c soft silken tofu  
1/4 c white or yellow golden miso\*  
1/4 c rice wine vinegar  
2 Tbsp fresh lime juice  
2 Tbsp water  
2 Tbsp low-sodium soy sauce  
2 Tbsp natural unsweetened peanut butter  
2 Tbsp pickled ginger

1 Tbsp honey  
1 1/2 tsp mustard powder  
1 1/2 tsp minced garlic  
2 Tbsp minced scallions  
2 Tbsp chopped, fresh cilantro  
1/2 tsp red pepper flakes (optional)  
Sesame seeds (optional)

In a food processor, blend the following ingredients until smooth: tofu, miso, rice wine vinegar, lime juice, water, soy sauce, peanut butter, pickled ginger, honey, mustard powder, garlic and red pepper flakes. Stir in scallions and cilantro.

Combine green cabbage and red cabbage with carrot, bell pepper and cilantro in a large mixing bowl. Add 1/2 c Asian Dressing and toss well. Garnish with cilantro and sesame seeds (if desired).

\*Miso is available at Japanese markets and in the Asian foods section of some supermarkets.

**Per 1-cup serving:** 60 calories, 3 g protein, 9 g carbohydrates, 1.5 g fat (0 g saturated), 0 mg cholesterol, 3 g fiber, 270 mg sodium





## FIRE-ROASTED TOMATO SOUP

**Makes 4 (3/4-cup) servings, or 3 cups**

1 tsp olive oil  
 2 Tbsp minced shallot or onion  
 4 quarter-size slices peeled fresh ginger  
 1 Tbsp chopped garlic  
 1 1/2 c (14 1/2-ounce can) diced fire-roasted tomatoes  
 1 c fat-free chicken or vegetable broth  
 1/2 c 1% or fat-free milk  
 Salt and ground black pepper to taste  
 1 Tbsp chopped fresh chives or scallion



In a 2-quart saucepan, heat the oil over medium heat. Add the shallot or onion and ginger and cook until softened, about 1 minute. Add the garlic and tomatoes to the saucepan. Simmer for about 4 minutes, until the mixture begins to thicken. Add the broth and milk and just bring to a boil.

Carefully transfer the soup to a food processor or blender. Process or blend until smooth. Return to the saucepan and serve immediately. Add salt and pepper to taste and garnish with the chives or scallion.

**Per serving:** 60 calories, 2 g protein, 8 g carbohydrates (5 g sugars), 2 g fat (0 g saturated), 0 mg cholesterol, 2 g fiber, 360 mg sodium

## DINNER RECIPES

## VEGGIE LASAGNA

**Makes 8 servings**

2 large zucchini (about 1 pound), ends trimmed, thinly sliced lengthwise  
 3 links (about 4 ounces each) lean turkey Italian sausage  
 1 red bell pepper or roasted red bell pepper, diced  
 1 c diced yellow onion  
 1 tsp minced garlic  
 1 c low-fat marinara sauce  
 2 egg whites  
 1 (15-ounce) container fat-free ricotta cheese  
 2 tsp Italian herb seasoning  
 1/2 tsp ground black pepper  
 2/3 c shredded low-fat mozzarella cheese  
 1/4 c grated Parmesan cheese



Preheat the oven to 325°F. Lightly coat an 8" x 8" baking pan with olive oil cooking spray. Set aside.

Lightly spray a baking sheet with olive oil cooking spray. Arrange the zucchini slices in a single layer on the baking sheet. Spray them lightly with olive oil cooking spray. Broil (or grill) the zucchini for about 8 minutes, or until tender and very lightly browned. Set aside to cool.

To prepare the meat sauce, cook the sausage in a nonstick skillet over medium-high heat for about 3 minutes, stirring occasionally with a wooden spoon to break up any clumps. Add the bell pepper, onion, and garlic, and cook for about 4 minutes longer, until the meat is no longer pink. The juices should be cooked dry. Stir in the marinara sauce and bring to a boil. Reduce the heat and simmer for about 5 minutes, stirring frequently. The sauce will be very thick.

Meanwhile, in a mixing bowl, combine the egg whites, ricotta, Italian seasoning, and black pepper until well combined.

To assemble the lasagna, spread half of the meat sauce in the bottom of the prepared baking pan. Layer on half of the zucchini slices, followed by half of the ricotta mixture and half of the mozzarella cheese. Repeat with the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Sprinkle with Parmesan cheese. Bake for about 40 minutes, or until bubbly and lightly browned. Let stand for 5 minutes before serving.

**Per serving:** 210 calories, 18 g protein, 17 g carbohydrates, 7 g fat (2 g saturated), 45 mg cholesterol, 3 g fiber, 340 mg sodium

## SOUTHWESTERN CHICKEN PILEUP

### Makes 1 serving

1 tsp salt-free Mexican or Southwest seasoning  
 1/4 tsp garlic powder  
 1 small (1/4-pound) boneless, skinless chicken breast, trimmed of visible fat  
 1 whole-wheat pita (6 1/2" diameter)  
 2 Tbsp hummus, preferably red-pepper flavor  
 Several red onion strips  
 Several red bell pepper strips  
 2 Tbsp chopped tomato  
 2 Tbsp chopped fresh cilantro leaves  
 2 Tbsp finely shredded Cabot 75% Light Cheddar Cheese  
 4 tsp guacamole or fat-free sour cream (optional)

Preheat the oven to 450°F. Preheat a grill to high heat.

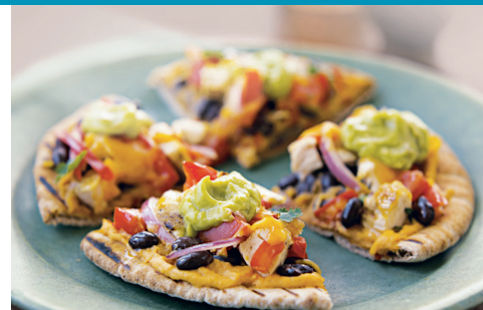
Sprinkle the seasoning and garlic powder evenly over the chicken. Place the chicken on the grill rack. Reduce the heat to medium. (If it is not possible to reduce the heat, cook the chicken away from direct heat.) Grill for 3 to 5 minutes per side, or until no longer pink and the juices run clear.

Transfer to a cutting board and let stand for 5 minutes. Chop the chicken into bite-sized pieces. Set aside.

Meanwhile, place the pita on the grill rack. Cook for 1 to 2 minutes per side, or until lightly toasted. Place the pita on a nonstick baking sheet. Spread evenly with the hummus. Top evenly in layers with the beans, the reserved chicken, onion, red pepper, tomato, cilantro, and cheese.

Bake for 6 to 8 minutes, or until the cheese is melted. Let stand for 5 minutes. Transfer to a serving plate. Slice into 4 wedges. Top each wedge with a tsp of guacamole or sour cream, if desired.

**Per serving:** 356 calories, 38 g protein, 38 g carbohydrates, 6 g fat (1 g saturated), 68 mg cholesterol, 8 g fiber, 489 mg sodium



## BEEF STEW

### Makes 4 (2 1/4-cup) servings

1 Tbsp whole-grain oat flour  
 1/8 tsp garlic powder  
 1/8 tsp salt, plus more to taste  
 Pinch of ground black pepper, plus more to taste  
 1 pound top round steak, cut into 1" cubes  
 2 tsp extra-virgin olive oil  
 8 ounces button mushrooms, each halved  
 1 onion, cut into bite-size pieces  
 1 Tbsp minced garlic  
 1 tsp dried thyme  
 2 cans (14 ounces each) lower-sodium, fat-free beef broth  
 2 large carrots, peeled and cut into bite-size pieces  
 1 pound sweet potatoes, peeled and cut into 1" cubes

In a medium resealable plastic bag, combine the flour, garlic powder, salt, and pepper. Add the beef and shake the bag until all the cubes are coated. Refrigerate for at least 15 minutes.

Set a large nonstick soup pot over medium-high heat until it is hot enough for a drop of water to sizzle on it. Add the oil. Add the reserved beef cubes to the pot in a single layer. Cook for about 1 minute per side, or until browned. Reduce the heat to medium. Add the mushrooms, onion, garlic, and thyme. Cook for about 10 minutes or until the onion is tender, stirring occasionally with a wooden spoon and scraping any browned bits from the pan bottom.

Add the broth and carrots. Increase the heat to high. When the broth comes to a boil, reduce the heat to low so the mixture simmers gently. Cover and cook for 45 minutes.

Add the potatoes. Cook for another 45 minutes, or until the beef is fork tender. Season with additional salt and pepper. Serve your beef stew immediately.

**Per serving:** 275 calories, 31 g protein, 29 g carbohydrates, 6 g fat (2 g saturated), 50 mg cholesterol, 6 g fiber, 583 mg sodium



# DESSERT RECIPES

## MAPLE RICOTTA CHEESECAKES

### Makes 12 (3-cheesecake) servings

2 c fat-free ricotta cheese  
 1 c (8 ounces) light cream cheese  
 1/2 c plain fat-free Greek-style yogurt  
 1/2 c maple syrup  
 1 large whole egg  
 3 large egg whites  
 2 tsp pure vanilla extract  
 1 1/2 c fresh berries  
 2 Tbsp chopped toasted pecans  
 Fresh mint sprigs



Preheat the oven to 325°F. Lightly coat 3 mini-muffin pans (12 muffins each pan) with cooking spray and set aside.

Add the ricotta, cream cheese, yogurt, syrup, egg, egg whites, and vanilla extract to a blender or food processor. Blend or process just until smooth. Divide the batter among the prepared pans. The batter will come to the top of the cups.

Bake for 20 minutes. Cool completely, then chill. It is normal for the cheesecakes to fall.

To serve, place 3 cakes on each plate. Sprinkle each serving with berries and nuts, and garnish with a sprig of mint.

**Per serving:** 140 calories, 8 g protein, 16 g carbohydrates (11 g sugars), 5 g fat (3 g saturated), 35 mg cholesterol, 3 g fiber, 125 mg sodium

## CHOCOLATE CHERRY TRUFFLES

### Makes 6 truffles

1/4 c dried cherries  
 1/4 c + 2 Tbsp old-fashioned oats  
 1 1/2 Tbsp sugar-free, fat-free hot fudge  
 1 Tbsp + 2 tsp unsweetened cocoa powder



Place the cherries in the bowl of a mini food processor fitted with a chopping blade. Process until very finely chopped and sticking together. With a spatula, transfer the cherries to a medium mixing bowl. Add the oats, hot fudge, and 1 tablespoon of the cocoa powder. Using your hands or an electric mixer fitted with beaters, mix well.

Spoon the remaining 2 teaspoons cocoa powder into a small shallow bowl.

Roll each ball in the cocoa powder until evenly coated. When all of the balls have been coated with the cocoa, place in a sieve and carefully bump the side of the sieve with the palm of your hand repeatedly to shake off excess cocoa powder (if there is too much cocoa on the outsides, the first bite will be bitter). Serve immediately or refrigerate in a resealable plastic container lined with waxed paper for up to 1 week.

**Per serving:** 56 calories, 2 g protein, 11 g carbohydrates, trace fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 6 mg sodium

## STRAWBERRY SMOOTHIE

**Makes 1 serving**

2/3 c frozen or fresh unsweetened strawberries or other fruit  
1/4 c (2 ounces) unsweetened vanilla  
Almond Breeze nondairy beverage  
1 tsp (1 packet) Truvia or other natural sweetener

Combine the strawberries, Almond Breeze, and sweetener in a blender and blend, repeatedly pushing the frozen fruit to the bottom to ensure that the mixture is smooth and well blended.

Serve immediately.

**Per serving:** 45 calories, 1 g protein, 10 g carbohydrates, 1 g fat (0 g saturated), 0 mg cholesterol, 2 g fiber, 45 mg sodium



These recipes appeared previously in *The Biggest Loser Cookbook*, *The Biggest Loser Family Cookbook*, *The Biggest Loser Simple Swaps*, *The Biggest Loser 30-Day Jump Start*, and *The Biggest Loser 6 Weeks to a Healthier You*.

**Be a Biggest Loser!**

Get all the support and the tools you need from the official diet site of the hit TV show. Join the Biggest Loser Club today at [www.biggestloserclub.com](http://www.biggestloserclub.com).