

Approximate Serving Sizes for the Stage 2 Cookbook.

Note: For every 4 ounces of raw meat that is cooked, approximately ½ to 1 ounce is lost.

Approximate (~)

Breakfast (pages 7-14)

Breakfast Cups; pg 7: Makes 6 portions. 1 serving = 4 ounces protein/portion

Confetti Eggs; pg 7: Makes 1 to 2 portions. 1 serving = 4 to 5 ounces of protein/portion. 2 servings = 2.5 ounces protein/portion

Ham Stuffed Eggs; pg 7: Makes 3 portions. 1 serving = 3 ounces of protein/portion

Country Sausage; pg 8: Makes 4 portions. 1 serving = 3 ounces of protein/portion

Burger Breakfast Scramble; pg 8: Makes 3 portions. 1 serving = 3 ounces of protein/portion

Bacon Cheese Burger Quiche; pg 8: Makes 6 portions. 1 serving = ~4 ounces protein/portion

Baked Omelet; pg 9: Makes 8 portions. 1 serving = 4 ounces protein/portion

Mushroom and Herb Omelet; pg 9: Makes 2 portions. 1 serving = 2 ounces protein/portion

Broccoli Frittata; pg 10: Makes 3 portions. 1 serving = 3 ounces protein/portion

Vegetable Frittata; pg 10: Makes 2 portions. 1 serving = 3 ounces protein/portion

Hash Browns- Zucchini; pg 11: Makes 1 portions. 1 portion = 2 ounces protein

Hash Browns- Cabbage; pg 11: Makes 2 portions. 1 serving = 1/2 ounce of protein/portion

Hash Browns- Cauliflower; pg 11: Makes 2 portions. 1 serving = 1 ounce of protein/portion

Feta Eggs; pg 12: Makes 2 portions. 1 serving = 2 ounces protein/portion

Seafood Omelets; pg 12: Makes 4 portions. 1 serving = ~ 4 ounces protein.

Cheesy Chicken Omelet; pg 13: Makes 3 portions. 1 serving = 3 ounces protein/portion

Apple Brie Omelet; pg 14: Makes 4 portions. 1 serving = 3 ounces protein/portion

Crustless Spinach Quiche; pg 14: Makes 8 portions. 1 serving = ~3.5 ounces protein/portion

Appetizers (pg 16-20)

Melissa's Non-Cobbler; pg 16: 1 portion = 4 ounce piece of fruit. Not a significant source of protein.

Melissa's Fruit and Balsamic Reduction; pg 16: 1 portion = 4 ounce piece of fruit. Not a significant source of protein.

Cucumber Balls; pg 16: Makes 16 portions. Not a significant source of protein.

Asparagus with Parmesan Crust; pg 17: Makes ~ 8 servings. Not a significant source of protein.

Hot artichoke Dip; pg 17: 8 portions = 3 ounces protein/portion.

Taco Meatballs; pg 17: Makes 8 portions. 1 serving = 4 ounces protein/portion

Baked Stuffed Mushrooms; pg 18: Makes ~ 4 portions. (4 mushrooms/serving) 1 serving = 2 ounces protein/portion

Deviled Eggs; pg 18: Makes 6 portions. 1 serving = 1 ounces protein

Crustless Grinder; pg 19: Makes 1 portion. 1 serving = 3 ounces protein/portion

Crab Stuffed mushrooms; pg 19: Makes ~ 4 portions (4 mushrooms/serving). 1 serving = 2.5 ounces protein/portion.

Sesame Tofu Dip; pg 20: Makes 4 servings. 1 serving = .5 grams protein/portion.

Soups and Salads (pg 22-29)

Judy's Salad Dressing; pg 22: Makes ~12-16 servings

Judy's Chicken Marinade; pg 22: Makes ~6 servings

Strawberry Spinach Salad; pg 22: Makes ~ 8 servings

Steak and Roasted Pepper Salad; pg 23: Makes 4 portions. 1 serving = 4 ounces of protein/portion

Greek Salad; pg 23: Makes ~ 4 servings. 1 serving = 1 ounce protein/portion

Crunchy bacon Coleslaw; pg 23: ~ 4 servings. 1 serving = .5 ounces protein/portion

Shrimp Salad; pg 24: 2 Servings. 1 serving = 3 ounces of protein/portion

Chicken Salad; pg 24: Makes ~ 4 portions. 1 serving = ~3.5 ounces of protein/portion

Chicken Curry Salad; pg 25: Makes 4 portions. 1 serving = 2.5 ounces of protein/portion

Beef Tip Salad; pg 25: Makes 4 portions. 1 serving = ~ 3 ounces of protein/portion

Broccoli and Cauliflower Salad; pg 25: Makes 6 portions. 1 serving = ~1.5 ounces protein/portion

Salmon Salad; pg 26: Makes 4 portions. 1 serving = 4 ounces protein/portion

Warm Spinach Salad with Hot Bacon Dressing; pg 26: Makes 6 to 8 portions. Provides minimum protein/portion.

Cauliflower "Potato Salad"; pg 27: Makes 6-8 portions. Provides minimum protein/portion.

Basic Soup; pg 28: Makes 4-5 portions. Provides no protein/portion.

Cabbage Soup; pg 28: Makes 4- 5 portions. Provides no protein/portion.

Broccoli Cheese Soup; pg 29: Makes ~12 portions. Provides 1 ounce of protein/portion

Texas Style Chili; pg 29: Makes 8 portions. Provides 3 ounce protein/portion

Egg Drop Soup; pg 29: Makes ~ 10 portions. Provides < .5 ounce protein/portion

Vegetables (pg 31-36)

Warm Pepper Salad; pg 31: Makes ~8 portions. Provides no protein/portion

Balsamic Pepper; pg 31: Makes ~6 portions. Provides no protein/portion

Brussel Sprouts Dijon; pg 31: Make ~ 8 portions. Provides no protein/portion

Brushed Eggplant; pg 32: Makes ~ 6 portions. Provides no protein/portion

Smothered Cabbage; pg 32: Makes 4 portions. Provides 1 ounce protein/portion

Zesty Green Beans; pg 33: Makes 2 portions. Provides no protein/portion

Roasted Asparagus with Balsamic Vinegar; pg 33: Makes 4-6 portions. Provides no protein/portion

Roasted Green Beans with Peppers and Onions; pg 33: Makes 12 portions. Provides < .5 ounce protein/portion

Cauliflower Casserole; pg 34: Makes 8-10 portions. Not a significant amount of protein per portion

Grilled Portobello Mushrooms; pg 34: Makes 4 portions. Not a significant amount of protein per portion

Broccoli Casserole; pg 35: Makes 10 portions. Not a significant amount of protein per portion

Asparagus and Mushroom Frittata; pg 35: Makes ~ 12 portions. Provides ~1 ounce of protein/portion

Melissa's Roasted Vegetables; pg 36: Provides 4 portions. *Use ~ 2 Cups raw vegetables. Provides no protein/portion

Main Dishes (38-47)

Parmesan Tilapia with Asparagus; pg 38: * Use 3.5 ounces of cooked Tilapia with this recipe to provide 1 portion. This will provide a total of 4 ounces of protein/portion (includes cheese)

Italian Grilled Chicken with Vegetables; pg 38: Use 1.5 lbs of cooked chicken to make 8 portions. This will provide 4 ounce of protein/portion.

Italian Pork Tenderloin; pg 38: (1 lb (16 oz) of raw tenderloin will provide ~ 14 ounces of cooked tenderloin) Makes 4 portions. 3 to 3.5 ounces of protein/portion

Tuna Wrap; pg 38: Makes 2 portions (6 ounce can). 3 ounces protein per portion

Apple Pork Chops ; pg 39: Makes 4 portions. Provides 3 to 3.5 ounces protein per portion.

Balsamic Chicken; pg 39: Makes 4 portions. Provides 4 ounces protein per portion (based on 4.5 to 5 ounce raw Chicken breast halves).

Cabbage and Sausage; pg 40: Makes 6 portions. Each portion provides ~ 2.5 ounces protein

Southwest Stuffed Burgers; pg 40: Makes 4 portions. Each portion provides ~ 3.5 ounces protein

Taco Wrap; pg 40: Makes 4 portions. Each portion provides ~4-4.5 ounces protein/portion.

Lemon Garlic Shrimp and Vegetables; pg 41: Makes 6 portions. Each portion provides ~ 2.5 ounces protein

Meatloaf; pg 41: Makes 6 portions: Each portion provides ~ 4 ounces of protein/portion

Garlic Chicken; pg 42: Makes 4 portions. Each portion provides ~ 3.5 ounces protein/portion

Marinated Grilled Shrimp; pg 42: Makes 8 portions. Each portion provides ~ 3.5 ounces protein/portion

Broiled Scallops ; pg 42: Makes 6 portions. Each portion provides ~ 3.5 ounces protein/portion

Cheeseburger Meatloaf; pg 43: Makes 10 portions. Each portion provides ~ 4 ounces protein/portion

Chicken Breast Tossed with Spinach; pg 43: (5 ounces of raw chicken breast = 4 ounces cooked). Makes 2 portions. Provides 2 ounces of protein/portion

Grilled Salmon; pg 43: (Use two 6-ounce raw salmon filets) Makes 3 portions. Provides ~3.5 ounces protein per portion.

Beef and Vegetable Kabobs; pg 44: Makes 4 portions. Provides ~ 3.5 ounces protein/portion

Chicken Breast with Balsamic Vinegar and Garlic; pg 44: (4.5 ounces of raw chicken breast will yield 4 ounce cooked chicken) Makes 4 portions. Provides ~ 4 ounces protein/portion

Beef Tenderloin Stuffed with Lobster; pg 45: Makes 15 portions. Provides ~ 4 ounces protein/portion

Chicken with Green Beans; pg 45: Makes 2 portions. Provides ~ 3 ounces of protein per portion

Chicken Rollatini; pg 46: (based on chicken breasts that are 4 ounces raw). Makes 8 portions. Each portion provides ~ 4 ounces of protein/portion.

Apple Stuffed Chicken Breast; pg 46: (Based on chicken breasts that are 4 ounces raw). Makes 2 portions. Each portion provides ~ 4 ounces protein/portion

Baked Halibut Steaks; pg 47: Makes 5 portions. Each portion provides ~4 ounces protein.

