

Chicken

PORK

EGGS

How to Turkey

Eat

Fish

Beef

PASTA

RICE

OATMEAL

Eating right and drinking water, how important are they anyway?

First of all, I am NOT A DOCTOR, this program is based on all the research that I have done over the years and is the way that I eat in order to get in shape. If you have any family history of kidney problems, or are allergic to anything you should talk with a doctor before following this program

1. First of all eating the right kind of foods and drinking water are just as important as working out. You can work out all you want, if you do not eat the proper food and drink water you will never be the best athlete you can be. Your muscles are made up of three different things; not one of them is in a Cinnamon Roll! If you don't take care of your body you are not only letting yourself down but you are letting your team down. The only question is what are you willing to do to get where you want to go?
2. WATER: without water the nutrients from the food you eat cannot get where you want them to go.

Water formula:

Bodyweight X .66 = ounces of water you need to consume.

Example:

Coach Lazarou weighs 185 lbs X .66= 122 ounces of water per day.

*One Powerade bottle holds 20 ounces of water. That means that I would have to drink 6 of them a day. I use Powerade bottles because it is easy for me to keep track of the water I drink. I drink one every time I eat so I get all my water in every day. You need to use something that helps you to keep track the same way in order to reach your water intake goal.

3. Where do I start?

Food is broken down into calories; the formula below tells you how many calories you need to consume each day in order to reach your goal weight.

$(\text{Your current bodyweight}) \times 15$ (to lose weight)/ 16 (to stay at the same weight)/ 17 (to gain weight) = Total Calories need per day to gain muscle.

Example:

Coach Lazarou weighs 185 lbs and wants to gain muscle.

$185 \times 17 = 3145$ Calories per day in order to gain muscle.

4. What do I eat?

A. Protein:

I base everything off protein because the goal for anyone whether you are an athlete or not should be to add muscle. How much? Muscle is the most protein dense part of your body; the only way to build muscle is to eat protein, simple as that. If you don't consume enough protein it doesn't matter how much weight lifting you. Your muscles don't get big from eating Cinnamon rolls.

1. Take your bodyweight and multiply it time .8. That will give you the total amount of grams of protein that you need each day in order for your muscles to grow. You can

multiply it by 1 but I wouldn't go any higher than that especially if you are drinking a lot of soda or ALCOHOL because your kidneys will have to work too hard to process all of it. Take that number and multiply it by 4, that will give you the total calories from protein you should be eating per day, which is a number you will need in order to work through the rest of the equations.

2. Example:

Coach Lazarou weighs 185 lbs, the # of protein grams he should be consuming per day is 148 (that is according to the .8 formula). $148 \times 4 = 592$ calories from protein a day in order to put on muscle.

B. Fat:

How much? Yes you do need fat in your diet, but you cannot go overboard.

1. Take your total number of calories from the formula above (#3 "Where do I start") and divide it by .30. Then divide that number by 9 and that will give you the total amount of grams of fat that you should eat per day.

2. Example:

Coach Lazarou's total from #3 is 3145. $3145 \times .30 = 944$. $944 / 9 = 105$. That means Coach Lazarou can consume 944 calories (105 grams) from fat per day.

This is for those trying to gain weight, I would multiply your total calories by .25 if you are not trying to gain weight for football.

C. Carbohydrates

How much? Carbohydrates are where you get the energy to do everything from lifting weights to changing the channels on the TV.

1. Take your total number subtract the calories from fat and the calories from protein and all of the rest of your calories should come from carbohydrates.

2. Example:

Coach Lazarou's total # of calories is 3145. $3145 - 592$ (protein) $- 944$ (fat) = 1609 calories from carbohydrates (402 grams) a day in order to have enough energy to be the best athlete that you can be, the person you were MEANT to be.

5. How many times a day do I eat, and what kind of foods should I be eating.

1. 5-6 times a day.

Yes, 5-6 times, I know that seems like a lot but you have to bombard your body with food at least this many times a day in order to be the best athlete you can be. You should spread these meals out every two or three hours and have to be made up of quality protein and carbohydrates.

I know this seems like a lot to pay attention to but this is the kind of work you have to put in to be the best player you can be. Think about what you are doing right now, are you where you want to be? If you want to change your life, change the way you live it. Those who want to make it to the next level take their workouts and eating to the next level, what kind of player do you want to be?

What Kind of Foods do I Eat?

This is a list of the kinds of foods that you need to be eating. This is the same shopping list the University of Nebraska gives their players and it is pretty obvious that they know what they are doing. Again this is a next level type of action, those of you who wish to excel have to do more than just run and lift weights. The only way to put on quality muscle is to eat right. The more muscle you have, the faster you run, the higher you jump, faster you throw, harder you spike, the quicker you get to a ball, the harder you hit the more games you win, simple as that. You have the information, now what are you willing to do to get where you want to go?

Step #1:

Vitamin E

Almonds
Avocado or Guacamole
Corn Oil
Mayonnaise
Olive Oil
Peanut Butter
Peanuts
Salmon
Soybean Oil
Sunflower Seeds or Oil
Walnuts

High Priority List - Vitamins A & C

Broccoli
Cantaloupe
Dried Papaya
Red Peppers
Red Marinara
Salsa
Tomato Juice
Tomato Sauce
Tomatoes
V8 (Vegetable Drink)
Winter Squash
Brussels Sprouts
Dark Salad Greens
Grapefruit (Pink or Red)
Guavas
Mandarin Oranges
Mangos
Sweet Potatoes
Tangerines
Watermelon
Yams
Egg Yolk

Vitamin A

Apricots
Carrots
Cheese
Green Peas
Peaches
Pumpkin
Skim Milk
Yogurt
Chili Powder
Tomato Catsup or BBQ
Green/Yellow Pepper

Vitamin C

Cauliflower
Green Beans
Kiwi
New Potatoes w/ Skin
Oranges
Pineapple
Raisins
Strawberries
Pea Pods
Radish

Step #2:

Best Choice Carbs.

Acorn Squash
Black Beans
Butter Beans
Cherries
Cucumbers or Pickles
Egg Noodles
Eggplant
Fettucini
Green Beans
Kidney Beans
Lentils
Mushrooms
Nectarines
Onions
Pears
Plums
Split Peas
Summer Squash

Second Choice Carbs.

All Bran Cereal
Baked Beans
Bran Chex
Brown or Wild Rice
Cherrios
Cream of Wheat
Lima Beans
Mini or Shredded Wheat
Multi Grain Bread
New Boiled Pot. w/ Skin
Oat Bran
Oatmeal
Pita Bread
Rye Bread
Special K Cereal
Tortillas
Unsweetened Fruit Juice
Whole Grain Bread

Second Choice Carbs.

Apples
Banana Cake
Bananas
Cornmeal
Grapes
Green Peas
Macaroni
Oatmeal Cookies
Popcorn
Pound Cake
Raisins
Ravioli
Spaghetti
Sweet Corn
Sweet Potatoes
Water Crackers
Wheat Crackers
Whole Wheat Flour

Third Choice Carbs.

Baked Russet Potatoes
Candy
Cartoon Character Cereals
Doughnut
French Bread
French Fries
Golden Grahams
Grapenuts
Hashbrowns
Mashed Potatoes
Melba Toast
Puffed Rice
Refried Beans
Sweetened Drinks
Total Cereal
White Bread
White Flour
White Rice

Things to Remember

- Fresh produce is best, but to avoid spoilage and to ensure availability buy a combination of fresh, frozen and canned fruits and vegetables.
- Try to include carbs from all three groups when shopping
- When not active, reduce your total carbohydrate intake (especially third choice carbs.).

Step #3:

Best Choice Protein

95% Lean Ground Beef
95% Lean Ground Turkey
95% Lean Ham
Beans & Peas
Chicken-White Meat Skinless
Fat Free Ice Milk
Low Fat Cottage Cheese
Non Fried Fish or Seafood
Skim Milk
Trimmed Beef or Pork Roast
Turkey-White Meat Skinless
White Meat Tuna in Water
Whole Grains
Yogurt from Skim Milk (No Sugar)

Second Choice Protein

2% Milk
85% Lean Ground Beef
85% Lean Ground Turkey
85% Lean Ham
85% Lean Encased Meats
Low Fat Cheese
Low Fat Yogurt
Regular Cottage Cheese
Regular Yogurt
Trimmed Lamb
Trimmed Beef Brisket
Turkey Bacon or Sausage
Whole Milk

Baked Chix. Strips or Nug.
Chicken-Dark Meat Skinless
Dark Meat Tuna in Water
Frozen Ice Milk
Low Fat Pudding
Nuts or Seeds
Peanut Butter
Ricotta Cheese
Skim Mozzarella Cheese
Trimmed Choice Steaks
Trimmed Pork Chops
Turkey-Dark Meat Skinless

Third Choice Protein

75% Lean Ground Beef
75% Lean Ground Turkey
Bacon
Beef or Pork Ribs
Chicken-With Skin
Fried Chicken
Fried Fish or Seafood
Ham on Bone
Ice Cream
Regular Cheese
Regular Encased Meats
Whole Eggs

Things to Remember

- Concentrate on best choice items as your source of protein.
- Remember every time the butcher processes the meat, (ie. skin or bone out) the cost goes up.

Meal #1

Time: Grams of Protein _____
Grams of Carbohydrates _____



The carbs in this meal should consist of some kind of oatmeal or cream of wheat because they both contain fiber and they are slow burning, perfect to start your day. Protein can come from anything you like, I prefer eggs or a protein shake but it is up to you.

Meal #2

Time: Grams of Protein _____
Grams of Carbohydrates _____
Veggie or Piece of Fruit _____



For meals 2-4 you can substitute meals like a low fat subway sandwich, smoothie king or a protein shake. When using protein shakes make sure that you only mix them with water, no milk or juice. They both contain sugar and that will keep you from losing weight. Also when using any kind of shakes, mix a 1/2 cup of oatmeal in with them. This will give you fiber and a great source of carbs.

Meal #3

Time: Grams of Protein _____
Grams of Carbohydrates _____
Veggie or Piece of Fruit _____

Meal #4

Time: Grams of Protein _____
Grams of Carbohydrates _____
Veggie or Piece of Fruit _____



Meal #5

Time: Grams of Protein _____
Grams of Carbohydrates _____
Veggie or Piece of Fruit _____

Meal #6

Time: Grams of Protein _____
Fiber Substitute (Metamucil, Fibercon, Perdiem)

For meals 5 and 6 cut back the carbs, you won't be burning a lot of calories late in the day so you don't need as many. Meal #6 is optional, I would love for you to eat all 6 times but sometimes that isn't possible at your age. You should take a fiber substitute every night before bed. This will help you get rid of fat and keep you from suffering any effects from all the protein you will be eating.

Women should cut one of the last two meals out, ya'll don't need to eat 6 times a day even though I don't see how it could hurt ☺

The previous page goes through all the foods that you can choose from. These are just recommended foods; you can always substitute other things as long as they are low in fat. On the next few pages you will find Healthy recipes that are pretty easy to make and there are some other that are more advanced that you will probably need Mom's help for. All of the fantastic recipes were copied from the following site: <http://www.global-fitness.com/index.html>. Remember, my job is to find all the information so you can use it, now go get your eat on ☺.

Breakfast...

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 [AST VP2 Whey Protein - 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.
- Divide into two portions and let cool for atleast 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

Apple Cinnamon Pancakes

Makes:
16 pancakes

Ingredients:

- 1 1/2 cups flour
- 2 egg whites or 2 tablespoons fat-free egg substitute
- 1 1/4 cups non/lowfat yogurt
- 1 teaspoon baking powder
- 3 tablespoons orange juice
- 2 tablespoons maple syrup
- 4 apples, sliced
- 1/4 teaspoon ground cinnamon

Directions:

- Combine the flour, egg substitute or egg whites, yogurt, baking powder, orange juice, and maple syrup in a bowl.
- Sauté the sliced apples in a skillet until the slices are soft. Add to batter.
- Pour 1/4 cup batter onto a skillet and cook each side until the top bubbles and edges are dry.

Nutritional Information:

- Serving size: 1 pancakes
- Calories: 95
- Fat: 1.5 g
- Cholesterol: 1.5 mg
- Protein: 7 g
- Fiber: 3 g
- Sodium: 138.3 mg

Granola-Fruit Pancakes

Makes:
16 pancakes

Ingredients:

- 1 1/2 cups whole wheat flour
- 1 tablespoon sugar
- 1 tablespoon baking soda
- 1 3/4 cups nonfat buttermilk
- 2 egg whites
- 2 cups bananas, sliced
- 1/2 cup non/lowfat granola
- 1/2 cup chopped dates

Directions:

- Combine the flour, sugar, and baking soda and stir well. Stir in the buttermilk and egg whites. Fold in the bananas, granola, and dates.
- Coat a skillet with nonstick cooking spray (nonfat), and preheat over medium.
- Pour 1/4 cup of batter onto the griddle. Cook each side until the tops are bubbly and the edges are dry.

Nutritional Information:

- Serving size: 1 pancake
- Calories: 90
- Fat: 0.5 g
- Cholesterol: 1 mg
- Protein: 3.5 g
- Fiber: 2 g
- Sodium: 130 mg

Veggie Egg White Omelette

Makes:
one omelette

Ingredients:

- 5 egg whites with approximately 1/2 of one yolk or 3/4 cup fat-free egg substitute
- 1/4 cup green pepper, chopped
- 1/8 cup onion, chopped
- 1 whole mushroom, sliced
- 1/4 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 1 1/2 -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 omelette
- Calories: 175
- Fat: 2 g
- Cholesterol: 45 mg
- Protein: 20 g
- Carbohydrates: 22 g
- Fiber: 2.5 g
- Sodium: 400 mg

Vegetable Omelet

Makes:
1 omelet

Ingredients:

- 3/4 cup fat-free egg substitute or 6 egg whites
- 1/8 teaspoon black pepper
- 1/8 cup non/lowfat cheese
- 1/8 cup pineapple tidbits
- 1/8 cup green pepper, chopped
- 1/8 cup onion, chopped
- 1 whole mushrooms, sliced
- Ground paprika

Directions:

- Coat skillet with nonstick cooking spray, and preheat over medium heat. Place the egg substitute or egg whites in the skillet, and sprinkle with the pepper. Let the eggs cook without stirring for about 1 1/2-2 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 and cheese on one half of the omelet. Fold the other half over the filling, and cook for 1-3 minutes.
- Sprinkle with the paprika.

Nutritional Information:

- Serving size: 1 omelet
- Calories: 145
- Fat: 0.5 g
- Cholesterol: 5 mg
- Protein: 25 g
- Fiber: 2.5 g
- Sodium: 400 mg

High Protein Oatmeal

Makes:
one serving

Ingredients:

- 1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal - Regular Flavor](#))
- 1/2 scoop whey protein powder (I use [AST VP2 Whey Protein - Vanilla](#))
- 1 cup water

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.

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

Lunch, Dinner...

Garlic Chicken Pasta

Makes:
4 servings

Ingredients:

- 8 ounces fettuccine or linguine pasta
- 1 tablespoons garlic, minced
- 3 boneless, skinless chicken breasts
- 3 tomatoes, chopped
- 1/2 cup onion, chopped
- 3/4 cup green pepper, chopped
- 1/3 cup tomato paste
- 1 teaspoon Cajun seasoning

Directions:

- Cook pasta according to package directions. Drain well and return to the pot.
- Rinse and cut all the visible fat off of chicken breasts. Cut chicken breasts into thin strips. Coat a large skillet with nonstick cooking spray (nonfat). Add the garlic and chicken, and stir-fry over medium heat for 4-7 minutes, or until the chicken is well cooked.
- Reduce heat to low, add the remaining ingredients (except pasta) to the skillet. Cover and simmer for about 10 minutes, stir occasionally.
- Add the pasta to the skillet, and stir gently.

Nutritional Information:

- Serving size: 1 1/2 cup
- Calories: 345
- Fat: 3 g
- Cholesterol: 35 mg
- Protein: 25 g
- Fiber: 4 g
- Sodium: 340 mg

Chicken Dijon Pasta

Makes:
8 servings

Ingredients:

- 3/4 pound angel hair pasta
- 4 zucchini, cut into 1/4-inch strips
- 2 boneless skinless chicken breasts, cubed
- 1 onion, sliced
- 8 whole mushrooms, sliced
- 6 ounce can artichoke hearts, chopped
- 2 tablespoons non/lowfat margarine
- 3 garlic cloves, crushed
- 1 tablespoon Dijon mustard
- 1/3 cup white wine
- 1/2 cup non/lowfat sour cream

Directions:

- Prepare pasta according to package directions.
- Place zucchini in a microwaveable dish and microwave for 6 minutes.
- Melt margarine in a skillet over medium-high heat and add garlic and chicken and cook for 1-2 minutes.
- Add onion and cook 1 minute.
- Add mushroom and artichokes and cook 4-6 minutes.
- Reduce heat to low and add mustard, wine and sour cream.
- Stirring until sauce forms.
- Remove from heat.
- Remove zucchini from microwave.
- Pour sauce over pasta and serve with zucchini.

Nutritional Information:

- Serving size: 1-cup chicken, pasta and vegetables
- Calories: 500
- Fat: 7.5 g
- Cholesterol: 50 mg
- Protein: 30 g
- Carbohydrates: 80 g
- Fiber: 10 g
- Sodium: 300 mg

Salmon Pasta Salad

Makes:
8 servings

Ingredients:

- 1 cup shell pasta
- 11 ounces canned salmon, drained, bones removed
- 1-1/2 green peppers, chopped
- 1 cup celery, sliced
- 3/4 cup red onion, chopped
- 1 cup nonfat honey dijon salad dressing

Directions:

- Cook pasta according to package directions.
- Combine pasta, salmon, peppers, celery, and onion in a bowl.
- Pour dressing over salad, toss and serve.

Nutritional Information:

- Serving Size: 1 cup
- Calories: 300
- Fat: 4 g
- Cholesterol: 30 mg
- Protein: 15 g
- Carbohydrates: 50 g
- Fiber: 5 g
- Sodium: 625 mg

All these fantastic recipes were copied from the following website:

<http://www.global-fitness.com/index.html>

Pasta Primavera

Makes:
5 servings

Ingredients:

- 2 1/2 teaspoons cornstarch
- 1/4 teaspoon ground black pepper
- 1 1/2 cups evaporated skim milk
- 8 ounces angle hair, spaghetti, or fettuccine pasta
- 1 tablespoon garlic, crushed
- 1/2 cup carrots, thinly sliced
- 4 whole mushrooms, thinly sliced
- 2 cups broccoli, chopped
- 1 green pepper, cut into thin strips
- 1 onion, chopped
- 3/4 cup shredded non/lowfat Parmesan cheese

Directions:

- Combine the cornstarch, pepper, and milk in a jar, and shake until well mixed.
- Cook pasta according to the package directions. Drain well and return to the pot.
- Coat a skillet with nonstick cooking spray (nonfat). Preheat over medium-high heat, add garlic, and vegetables along with 1 tablespoon of water. Cook for 5-7 minutes, stirring occasionally.
- Reduce the heat to medium, and add the pasta to the skillet. Add the milk mixture to the skillet. Stir gently over medium heat for 2-3 minutes.
- Remove the skillet from the heat, and add the Parmesan cheese.

Nutritional Information:

- Serving size: 1 1/2 cup
- Calories: 300
- Fat: .5 g
- Cholesterol: 10 mg
- Protein: 20 g
- Fiber: 3.5 g
- Sodium: 200 mg

Barbecued Chicken

Makes:
4 servings

Ingredients:

- 4 boneless, skinless chicken breasts

SAUCE

- 1/4 cup ketchup (reduced-sodium)
- 3 tablespoons cider vinegar
- 1 tablespoon white horseradish
- 2 teaspoons brown sugar
- 1 garlic clove, minced
- 1/8 teaspoon dried thyme
- 1/4 teaspoon black pepper

Directions:

- Preheat a charcoal grill until coals form white ash, or a gas grill to medium.
- Rinse and cut all visible fat off of chicken breast.
- Combine ketchup, vinegar, horseradish, brown sugar, garlic, and thyme. Mix well. Bring to a boil over medium heat. Stirring frequently, until thickened, for 5-7 minutes. Remove from heat, stir in pepper.
- Brush chicken breasts lightly with sauce. Place chicken on grill rack. Brush other sides lightly with sauce.
- Grill 3-5 inches from heat, coating with sauce and turning until center is cooked, about 5-10 minutes per side. Let chicken cool for 5 minutes before serving.

Nutritional Information:

- Serving size: 1 breast
- Calories: 145
- Fat: 1 g
- Cholesterol: 65 mg
- Protein: 25 g
- Fiber: 1.5 g
- Sodium: 190 mg

Chicken Enchiladas

Makes:
12 enchiladas

Ingredients:

- 1 1/2 pounds boneless, skinless chicken breasts
- 2 cups water
- 1 teaspoon chicken bouillon granules
- 1/3 cup green onion, sliced
- 1/4 cup cilantro, minced
- 1 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 12 flour tortillas
- 1 cup grated non/lowfat cheese

SAUCE

- 1 can tomato sauce
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin
- 2 tablespoons unbleached flour
- 1/4 cup water

Directions:

- Rinse and cut all visible fat off of chicken breasts. Place chicken, water, and bouillon granules in a 2-quart pot. Bring to a boil at high heat. Reduce heat to low, cover, and simmer for 20 minutes.
- Remove the chicken from the pot and cool to room temperature. Shred or cut chicken breast in small chunks, and transfer to a large bowl. Add the onions, cilantro, oregano, and pepper, and stir. Set aside.
- To make sauce, combine the tomato sauce, chili powder, and cumin in a skillet. Stir in 1 1/2 cups of water, and bring mixture to a boil over medium heat.
- Combine the flour and 1/4 cup water in a jar (with a lid) and shake until smooth. Stir the flour mixture into the simmering sauce until thickened. Reduce the heat to low.
- Coat a baking pan (9-x-13-inch) with nonstick cooking spray (nonfat). Dip a tortilla in the sauce long enough to soften the tortilla and coat each side with sauce. Lay the tortilla on a flat surface, and place 1/4 cup of the chicken along one end. Roll the tortilla, and lay it in the pan, seam side down. Repeat with the remaining tortillas,

leaving a 1/4-inch space between each enchiladas.

- Pour remaining sauce over enchiladas, and spread the cheese over top. Bake uncovered at 450 degrees F for 12-15 minutes.

Nutritional Information:

- Serving size: 2 enchiladas
- Calories: 320
- Fat: 3 g
- Cholesterol: 60 mg
- Protein: 35 g
- Fiber 4 g
- Sodium: 450 mg

Greek Burgers

Makes:

8 burgers

Ingredients:

- 2 garlic cloves, minced
- 3 tablespoons fresh mint, chopped
- 1-1/2 cups non/lowfat yogurt
- 1-1/2 pounds ground turkey, lean
- 2-1/4 teaspoons feta cheese, crumbled
- 6 pita bread loaves, cut in half
- 1-1/2 tomatoes, sliced
- 1-1/2 red onions, sliced

Directions:

- Combine garlic and mint in a small bowl and mash.
- Add yogurt, mix and set aside.
- Combine turkey and feta cheese in a mixing bowl.
- Form into 8 patties and sprinkle with pepper.
- Broil 5-10 minutes per side or until turkey is cooked through.
- Serve in pita bread with tomatoes, onions and yogurt sauce.

Nutritional Information:

- Serving Size: 1 patty
- Calories: 350
- Fat: 3 g
- Cholesterol: 80 mg
- Protein: 38 g
- Carbohydrates: 40 g
- Fiber: 2.5 g