

Delicious

And

Nutritious

The key to your weight loss journey or maintaining a healthy lifestyle is variation. With these creative, palatable dishes, you are sure to stay fit.



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## Coconut Winter Salad

### SALAD

- 1 bag romaine lettuce
- Your choice of kale, spinach leaves, arugula (optional)
- Fresh strawberries
- Pomegranate seeds
- Portobello mushrooms (broiled with a few drops of balsamic vinegar for 3-5 min.)
- Avocado
- Cucumbers and carrots (optional)
- Gefen coconut chips
- Shredded coconut
- Apple chips (brown apple chips with a drop of coconut oil until crispy)
- Pecans (add a drop of coconut sugar and sauté)

### DRESSING

- 2 T. Briannas
- Lemon Tarragon Dressing
- 1 tsp. Dijon mustard
- 1 tsp. mustard
- 1 T. honey
- 1 tsp. apple cider vinegar
- 1-2 tsp. water
- 1 tsp. coconut oil

### DIRECTIONS

Mix, shake and drizzle over this heavenly salad! This tangy, exotic dressing can be used as a marinade as well.



## Tuna/Quinoa Patties

It may seem like a few steps, but once you try this, you will make it again and again!

### TUNA MIXTURE

- 6 oz. can tuna
- 1-2 t. avocado mayo or light mayo
- 1 egg and 1 egg white
- Sea salt

### QUINOA MIXTURE

- 1.5 C. cooked quinoa
- 1 onion, diced small
- 1 carrot, shredded
- Half squash, shredded
- 2 mushrooms
- 2 T. chickpeas (optional)
- Sea salt
- Black pepper

### DIRECTIONS

Mash tuna mixture ingredients.

Cook quinoa according to package directions.

Sauté vegetables and add to quinoa.

Mash and mix quinoa and tuna.

Form into patties.

Lightly fry with avocado oil until slightly golden.

## Cheese Blintzes

### CREPES

- 4 eggs
- 1 T. stevia
- 1 tsp. agave
- 2 tsp. olive oil
- Pinch of salt
- ½ -1 C. white whole wheat flour or gluten free flour
- ½ C. +2 T. milk

### FILLING

- 1 lb. low fat cottage cheese
- 1 7.5-oz. package farmer cheese
- 2 T. stevia
- 1 scoop vanilla sugar
- 2-3 dashes cinnamon

### DIRECTIONS

Roll into blintzes and bake at 350°F for 10-20 mins. (They are delicious without baking as well.)

Optional: Place light sour cream in a bag with a tip and drizzle over blintzes.



## Cheese Latkes

Warning: this is not a recipe you will make for just yourself, anyone who tastes it will devour.

### INGREDIENTS

- 3 eggs
- 1 C. milk
- 1 C. low fat cottage cheese, drained
- 1 ½ C. white whole wheat flour or 1 ¼ C. gluten free flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 2-3 T. sugar
- 1-2 T. agave
- 1 tsp. vanilla extract

### DIRECTIONS

Place ingredients in a large bowl and mix with a whisk until smooth.

Spray pan with a little olive oil and fry on each side until lightly browned.

Continue until batter is finished, adding more spray when necessary.

Optional: Top *latkes* with Mehadrin dairy Greek cheesecake. You can use less sugar if your family is used to less sweet foods.

