

# LUNCH

## Gourmet Nutrition

The following recipes have been adapted from **Gourmet Nutrition V2: The Cookbook for the Fit Food Lover**. For more delicious recipes like these, visit [www.gourmetnutrition.com](http://www.gourmetnutrition.com).

All meals are broken down into large (for men) and small (for women) servings sizes.

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# Mexican Chicken Souvlaki



Post-workout  
Meal

10  
min.

Preparation  
Time

5  
min.

Cooking  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	592.9	296.5
Fat (g)	15.9	8.0
Saturated (g)	1.9	0.9
Monounsaturated (g)	7.4	3.7
Polyunsaturated (g)	2.9	1.5
omega-3 (g)	0.6	0.3
omega-6 (g)	1.7	0.9
Carbohydrates (g)	52.5	26.3
fiber (g)	10.4	5.2
sugars (g)	7.1	3.5
Protein (g)	59.9	30.0

*Inspired by Mexican and Greek cuisine, these two cultures collide in this Mexican Chicken Souvlaki. The combination of fresh veggies, avocados and sundried tomato tzatziki creates a fresh and delicious meal that can be served alone or wrapped up in whole wheat tortillas.*

## Instructions

Sauté chicken (refer to instructions on page 112). Set aside.  
Combine all ingredients in a mixing bowl. Place approximately 1½ cups of the mixture across the bottom half of each tortilla.  
Fold the bottom about ¼ of the way up. Fold over each of the ends and then roll tightly from the bottom to the top. Serve and enjoy or take to go. If you can't fit all the ingredients in the tortillas, then serve the remaining mixture as a side salad. **Serves 1 large or 2 small.**

<b>Boneless skinless chicken breast (170 g)</b>	<b>6 oz</b>
<b>Tomato (sliced)</b>	<b>½ cup</b>
<b>Avocado (small cubed)</b>	<b>¼ cup</b>
<b>Sweet onion (sliced)</b>	<b>¼ cup</b>
<b>Yellow pepper (sliced)</b>	<b>¼ cup</b>
<b>Cucumber (thin sliced)</b>	<b>¼ cup</b>
<b>Low-fat cottage cheese</b>	<b>⅓ cup</b>
<b>Sundried Tomato Tzatziki</b>	<b>¼ cup</b>
<b>Whole wheat tortillas</b>	<b>2</b>

## Variations and Options

You can substitute the chicken with Stir-fry Beef (pg.86) or Garlic Sautéed Prawns (pg.150) for a new flavor and texture. **For some veggie variety, substitute the veggies above with roasted squash, sweet onion and tomato.**



# Tuna Salad Wrap

At

Anytime  
Meal

10  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	623.8	311.9
Fat (g)	31.1	15.6
Saturated (g)	3.7	1.9
Monounsaturated (g)	18.3	9.2
Polyunsaturated (g)	3.0	1.5
omega-3 (g)	0.3	0.2
omega-6 (g)	1.4	0.7
Carbohydrates (g)	37.1	18.5
fiber (g)	11.6	5.8
sugars (g)	8.1	4.1
Protein (g)	48.9	24.4

*If you're looking for a quick recipe to go, give these mayo-free tuna salad wraps a try. They're fast, loaded with veggies, and taste great. Just grab 'em and head out the door.*

## Instructions

Combine all the ingredients in a mixing bowl, except the wrap, and stir until well combined. Place half of the mixture in the center of a large whole wheat tortilla. Place approximately 1½ cups of the mixture across the bottom half of the tortilla. Fold the bottom about ¼ of the way up. Fold over each of the ends and then roll tightly from the bottom to the top. Serve and enjoy or take to go. If you can't fit all the ingredients in the wrap, then serve the remaining mixture as a side salad.

**Serves 1 large or 2 small.**

<b>Tuna</b>	<b>1 can</b>
<b>Tomato (diced)</b>	<b>½ cup</b>
<b>Red onion (finely diced)</b>	<b>¼ cup</b>
<b>Carrot (shredded)</b>	<b>½ cup</b>
<b>Cucumber (finely diced)</b>	<b>½ cup</b>
<b>Avocado (mashed with a fork)</b>	<b>½</b>
<b>Extra virgin olive oil</b>	<b>1 tbsp</b>
<b>Lemon juice</b>	<b>1 tbsp</b>
<b>Salt</b>	<b>¼ tsp</b>
<b>Pepper</b>	<b>1 pinch</b>
<b>Paprika</b>	<b>1 pinch</b>
<b>Whole wheat tortilla</b>	<b>1</b>

## Variations and Options

You can substitute the tuna with canned salmon or chicken for another quick and easy meal idea. **For an additional dressing, try using one of our homemade salad dressing suggestions instead of the olive oil and lemon juice.** Another easy way to change the flavor of this awesome wrap is by using different homemade condiments. Check out the Condiment chapter starting on page 249.





# Healthy Chicken Caesar



Post-workout  
Meal

5  
min.

Preparation  
Time

5  
min.

Cooking  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	622.3	311.1
Fat (g)	10.8	5.4
Saturated (g)	5.2	2.6
Monounsaturated (g)	2.7	1.4
Polyunsaturated (g)	0.9	0.4
omega-3 (g)	0.7	0.3
omega-6 (g)	0.8	0.4
Carbohydrates (g)	60.7	30.4
fiber (g)	16.6	8.3
sugars (g)	3.6	1.8
Protein (g)	70.5	35.2

*Traditional caesar salad is simple and rich although, owing to the dressing, it's one of the most calorie-dense and fattening salads on earth. Therefore, to remedy this fatal flaw, we've created a Healthy Chicken Caesar – sans the thick, high-fat sauce. We can't claim that it's as rich as a traditional caesar salad, but we can say it tastes great and is good for you – especially when combined with our Caesar Vinaigrette.*

## Instructions

Sauté chicken (refer to instructions on page 112). Set aside to cool. Combine all ingredients in a large mixing bowl. Drizzle one serving of your favorite dressing on the salad and serve.

**Serves 1 large or 2 small.**

## Dressing

**Caesar Vinaigrette**  
(recipe on pg.244)

## Salad

<b>Boneless skinless chicken breast (cubed, 170 g)</b>	<b>6 oz</b>
<b>Romaine lettuce (torn into small pieces)</b>	<b>3 cups</b>
<b>Parmesan cheese (grated)</b>	<b>¼ cup</b>
<b>Navy beans (cooked or canned, drained)</b>	<b>1 cup</b>
<b>Onion (thin sliced)</b>	<b>¼ cup</b>

## Variations and Options

We recommend 2 tablespoons of Caesar Vinaigrette dressing. **For a great post-workout meal, serve with a ½ cup of whole wheat croutons.** You can substitute romaine lettuce with spinach for a healthy variation. **For some additional protein, eggs are a great option. Fry up 2 whole omega-3 eggs with 3 egg whites and serve atop the salad.** If you want to make up a batch of salad for later, keep in mind that the lettuce will keep longer if you tear it with your hands instead of chopping with a knife.





# Sautéed Chicken Breast

2 min.  
8 min.

Preparation Time  
Cooking Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	176.0	88.0
Fat (g)	2.1	1.1
Saturated (g)	0.6	0.3
Monounsaturated (g)	0.5	0.3
Polyunsaturated (g)	0.1	0.1
omega-3 (g)	0.4	0.2
omega-6 (g)	0.3	0.2
Carbohydrates (g)	0.0	0.0
fiber (g)	0.0	0.0
sugars (g)	0.0	0.0
Protein (g)	39.3	19.6

*Lean chicken breasts provide a great helping of protein with minimal fat. In addition, chicken breasts are very versatile and can be combined with most of the GN condiments, soups or sides. To start with, try pairing with Sautéed Spinach with Roasted Garlic (anytime) or Vegetable Lentil Pâté (post-workout).*

## Instructions

Season chicken evenly with salt, pepper and paprika. Preheat a non-stick pan on medium heat, lightly coat with spray and add the seasoned chicken. Sauté until lightly browned all over and cooked all the way through, stirring occasionally. Remove from the pan and pair with a post-workout or an anytime option. **Serves 1 large or 2 small.**

**Boneless skinless chicken breast**  
**(cut into ½ inch strips, 170 g)** **6 oz**  
**Salt** **2 pinches**  
**Pepper** **1 pinch**  
**Paprika** **1 pinch**  
**Olive oil cooking spray**

## Variations and Options

For some spice variety, try using different spices on the chicken such as fennel and cumin. Another nice touch could be to use ½ tablespoon of miso paste or curry powder with a touch of veggie broth. **Try using either condiments or puréed soup as a sauce for the chicken.** For an amazing flavor boost, add finely diced onions and minced garlic to the chicken after it is cooked and then sauté for 2 minutes more.



