

THINSPiRED

HOW I LOST 90 POUNDS

**MY PLAN FOR
LASTING WEIGHT LOSS AND
SELF-ACCEPTANCE**

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THINspired Recipes

Breakfast

No-Flour Pancakes

Perfect for when you're craving a breakfast treat!

Ingredients:

- 1 egg
- 1 medium banana
- 2 tablespoons oatmeal
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

Directions:

1. Put all of the ingredients in a blender.
2. Blend well.
3. Spray nonstick skillet with cooking spray.
4. Turn heat to medium.
5. Pour small amounts of batter into silver-dollar-size pancakes.
6. Cook until edges are firm and middle starts to form air bubbles.
7. Flip.
8. Serve with fruit and maple syrup!

Fruit Protein Smoothie

Great postworkout breakfast. Sneak in some spinach for extra nutrients!

Ingredients:

- 1 cup lite vanilla soy milk
- 1 medium banana (frozen is fine, too)
- 1 cup frozen mixed berries
- ¼ cup loosely packed baby spinach
- 1 scoop vanilla whey protein powder

Directions:

1. Combine all ingredients in a blender.
2. Blend well.

Chocolate Peanut Butter Protein Smoothie

Great fix for a sweet tooth.

Ingredients:

- 1 cup chocolate almond milk
- 1 scoop chocolate whey protein powder
- 2 tablespoons dried powdered peanut butter (can be bought at health food stores)
or 1 tablespoon all-natural creamy peanut butter
- 1 cup crushed ice

Directions:

1. Combine all ingredients in a blender.
2. Blend well.

Mediterranean Egg-White Scramble

Ingredients:

- 4 egg whites
- ¼ cup chopped Portobello mushroom
- 2 basil leaves, chopped
- 1 tablespoon olive oil, plus ½ teaspoon for drizzling
- ½ teaspoon salt
- ½ teaspoon garlic powder

Directions:

1. Heat olive oil over medium heat.
2. Add tomatoes, mushroom, basil leaves, salt, and garlic powder.
3. Cook until mushrooms are soft, about three minutes.
4. Drain any liquid from the vegetables.
5. Spray a separate pan with nonstick cooking spray.
6. Turn heat to medium.
7. Add egg whites.
8. When egg whites just start to become solid, add sautéed vegetables.
9. Stir until egg whites are solid.
10. Remove from pan, drizzle with ½ teaspoon olive oil.

Entrées

Roasted Cornish Game Hen

Ingredients:

- 2 small Cornish game hens, washed and patted dry
- 1 tablespoon olive oil, plus extra for drizzling
- 6 cloves garlic
- Zest from ½ small lemon
- 2 teaspoons fresh or dried rosemary
- ½ teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup water
- 1 tablespoon cornstarch, dissolved in 2 teaspoons water (for gravy)

Directions:

1. Preheat oven to 400°F.
2. Combine olive oil, garlic, lemon zest, rosemary, cumin, salt, and pepper in food processor.
3. Pulse until blended into a thick paste.
4. Divide mixture into two parts. Rub one part each *underneath the chicken skin*, covering breast, legs, and thighs evenly.
5. Drizzle olive oil over chicken. Using fingers, rub olive oil into chicken skin, covering evenly.
6. Place chickens side by side in roasting pan. Add water.
7. Cover with the roasting pan lid or foil and cook about 25 minutes, until chicken juice runs clear when pricked with a fork.
8. Turn broiler on high.
9. Remove cover and place pan in broiler for a few minutes until skin is brown and slightly crispy.
10. Transfer chicken to serving dishes.
11. Pour pan drippings into small saucepan. Add cornstarch.
12. Cook over medium heat until gravy thickens.

Pan-Seared Salmon with Champagne Butter Sauce

Ingredients:

- 2 salmon filets, 6–8 ounces, washed and patted dry
- 2 tablespoons olive oil, divided
- 2 teaspoons salt, divided
- ¼ cup champagne or dry white wine
- 1 tablespoon margarine or butter substitute
- 1 tablespoon capers
- 1 teaspoon lemon juice
- 1 teaspoon salt

Directions:

1. Pour 1 tablespoon olive oil on each filet. Using your fingers, rub olive oil into the fish, covering evenly.
2. Season filets with 1 teaspoon salt each. Set aside.
3. Heat a large skillet over medium-high heat for 3 minutes.
4. Place filets in skillet, skin side down.
5. Reduce heat to medium and cook until fish is almost done, about 7 minutes.
6. Flip to other side and cook to desired degree of rareness.
7. Move fish to serving plate.
8. Deglaze the pan by adding the champagne, and swirling around for about 20 seconds.
9. Add the margarine, capers, lemon juice, and salt.
10. Continue swirling pan over medium heat until the sauce starts to thicken.
11. Pour over the cooked salmon filets.

Garlic Cumin Lamb

It doesn't get any easier than this. First, you throw everything into a bag, then into the broiler.

Ingredients:

- 1 rack of lamb, sliced into individual lamp chops (should yield 8)
- 4 tablespoons olive oil
- 5 cloves of garlic, minced
- 2 tablespoons fresh or dried rosemary
- Juice from one large lemon
- 2 teaspoons cumin
- 2 teaspoons salt
- 2 teaspoons pepper

Directions:

1. Place lamb chops, olive oil, garlic, rosemary, lemon juice, cumin, salt, and pepper in large Ziploc bag.
2. Shake and massage bag until lamb chops are thoroughly covered.
3. Place bag in refrigerator for up to eight hours.
4. Turn broiler to high.
5. Place lamb chops and marinade in roasting pan.
6. Broil on high until cooked to desired rareness, about 12 minutes, depending on thickness of the lamb chops.
7. Turn once halfway through cooking so both sides are brown and slightly crispy.

Italian Favorites

Basic Spaghetti Squash

Spaghetti squash is most definitely not an Italian staple. But it is a great substitute for pasta. Use it with any of the sauces included here.

Ingredients:

- 1 spaghetti squash

Directions:

1. Preheat oven to 400°F.
2. Cut squash in half lengthwise. (Squash can be hard to cut. To make it easier, prick a few times with a fork and cook in the microwave for 5 minutes, then cut in half.)
3. Place on baking sheet, cut side down.
4. Cook until skin is easily pierced with a fork, but not mushy, about 20 minutes.
5. Allow to cool slightly.
6. Turn over so cut side is facing you. Scoop out seeds and discard.
7. Using a fork, scrape the flesh of the squash to create spaghetti-like strands.
8. Place in a bowl and use as a healthy substitute for pasta!

Tomato-Basil Sauce

This terrific sauce goes with everything, from pasta, to seafood, to veggies. It also freezes really well, so make an extra batch for a lazy day.

Ingredients:

- 2 (28-ounce) cans of whole peeled tomatoes
- ¼ cup olive oil
- 6 large cloves garlic, minced
- 8 fresh basil leaves, chopped and divided in two (fresh basil is the secret to this recipe; do not use dried basil)
- Salt, to taste
- Sugar, to taste
- Red pepper flakes (optional)

Directions:

1. Place tomatoes in a large bowl.
2. Using your hands, crush tomatoes and break into large pieces. Set aside.
3. In a large pot, sauté garlic in olive oil over medium heat, just until it starts to brown.
4. Add crushed tomatoes and half of the chopped basil.
5. Partially cover pot and cook for 10 minutes, stirring often so the sauce doesn't stick to the pot.
6. Salt to taste.
7. Add sugar to taste. Even if you don't want a sweet sauce, you'll need it to cut the acidity of the tomato.
8. Partially cover and continue cooking until the sauce is too thick to move through a slotted spoon, about 10 minutes.
9. Remove from heat. Stir in remaining basil and red pepper flakes, if desired.

Pasta alle Vongole (Clam Sauce)

Ingredients:

- 1 (15-ounce) can whole peeled tomatoes
- 1 (15-ounce) can crushed tomatoes
- ½ cup olive oil
- 6 cloves garlic, minced
- 1 (15-ounce) can baby clams, half drained
- 1 tablespoon oregano
- Salt, to taste
- Sugar, to taste
- 2 teaspoons red pepper flakes (optional)

Directions:

1. Place canned tomatoes in a bowl. Using your hands, crush them up.
2. In a large pot, sauté garlic in olive oil on medium heat until barely brown.
3. Add tomatoes, clams, and oregano.
4. Partially cover pot and cook for 10 minutes, stirring often so the sauce doesn't stick to the pot.
5. Salt to taste.
6. Add sugar to taste. Even if you don't want a sweet sauce, you'll need it to cut the acidity of the tomato.
7. Partially cover and continue cooking until the sauce is too thick to move through a slotted spoon, about 10 minutes.
8. Remove from heat. Stir in red pepper flakes, if desired.

Roasted Branzino

Ingredients:

- 1 (1-pound) branzino, cleaned and fileted
- 4 tablespoons olive oil, divided
- 2 teaspoons salt, divided
- 1 medium lemon, cut into six rounds (ends discarded)
- $\frac{1}{8}$ cup dry white wine
- $\frac{1}{8}$ cup water
- 2 tablespoons chopped fresh parsley

Directions:

1. Preheat oven to 350°F.
2. Wash branzino filets and pat dry.
3. Drizzle 2 tablespoons of olive oil over each filet. Using your fingers, rub oil into fish, distributing evenly.
4. Sprinkle 1 teaspoon of salt over each filet.
5. Place three rounds down the center of each filet.
6. Place filets in a baking dish.
7. Add wine and water to baking dish.
8. Bake uncovered until fish flakes easily, about 15 minutes.
9. Sprinkle with parsley.

Chicken Cacciatore

Ingredients:

- ¼ cup olive oil, plus extra for drizzling
- 1 whole chicken, cut into pieces
- 1 (28-ounce) can whole peeled tomatoes
- 1 medium onion, sliced into half moons
- 4 large cloves garlic, chopped
- 1 green bell pepper, chopped into large pieces
- 3 cups mushrooms
- Salt, to taste
- 3 tablespoons dry white wine
- 2 tablespoons cornstarch, dissolved in 1 tablespoon water

Directions:

1. Place tomatoes in a large bowl.
2. Using your hands, crush tomatoes and break into large pieces. Divide into two parts. Set aside.
3. In a large braising pan, brown chicken on both sides over medium-high heat. Set aside.
4. In the slow cooker, layer ingredients in the following order: one half of the tomatoes, browned chicken, onions, garlic, peppers, mushrooms, other half of tomatoes.
5. Drizzle with olive oil.
6. Place slow cooker on high and cook 2½ hours, stirring once an hour.
7. Salt to taste.
8. Add white wine and cornstarch. Cook an additional 30 minutes until sauce has thickened.

Sides

Pureed Butternut Squash and Sweet Potato

Ingredients:

- ½ medium butternut squash
- 1 large sweet potato
- 1 tablespoon margarine
- 1 tablespoon orange juice
- 1 tablespoon maple syrup
- 2 teaspoons nutmeg
- 1 teaspoon salt

Directions:

1. Preheat oven to 400°F.
2. Cut squash in half lengthwise.
3. Place one half of the squash on a baking sheet, cut side down (save the other half for later).
4. Place sweet potato on the same baking sheet.
5. Remove the squash when the inside is soft and tender, after about 25 minutes, testing with a fork.
6. Remove the sweet potato when the inside is soft and tender, after about 40 minutes, testing with a fork.
7. While the potato continues cooking, allow the squash to cool slightly.
8. Turn the squash over, so the cut side is facing you. Scoop out seeds and discard.
9. Scoop out the rest of the squash and place in the food processor. Cover with a towel so it stays warm.
10. When the sweet potato is done, remove and allow to cool slightly.
11. Remove the skin and add to the food processor with the squash.
12. Add remaining ingredients.
13. Blend until smooth.

Sautéed Portobello Mushrooms

Ingredients:

- 1 pound sliced Portobello mushrooms, washed
- 1 tablespoon olive oil
- ½ cup chicken broth
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 tablespoon margarine or butter substitute
- 2 tablespoons Worcestershire sauce

Directions:

1. Place mushrooms, oil, and chicken broth in pan over medium heat.
2. Cover and cook until mushrooms are tender, about 8 minutes.
3. Drain the liquid, using a lid to keep the mushrooms from sliding out.
4. Add the salt, pepper, margarine, and Worcestershire sauce.
5. Stir and continue cooking until liquid is gone.

Lemon Garlic Broccoli

Ingredients:

- 1 pound broccoli florets, washed
- 2 tablespoons olive oil
- 4 large garlic cloves, minced
- ¼ cup chicken broth
- Juice from one medium lemon
- 1 teaspoon garlic powder
- 2 teaspoons salt

Directions:

1. Using a large braising pan, sauté minced garlic in olive oil over medium-high heat until it just starts to brown.
2. Add chicken broth immediately, so garlic does not burn.
3. Add broccoli, lemon juice, garlic powder, and salt. Stir.
4. Cover partially, allowing some steam to escape.
5. Cook to desired tenderness, about 5 to 8 minutes.

Zucchini with Tomato Sauce

Ingredients:

- 3 large zucchini (feel free to substitute one zucchini with a small yellow squash for some color)
- ¼ cup chicken broth
- ¾ cup canned tomato basil sauce (or use the *THINspired* recipe)
- 2 teaspoons garlic powder
- 2 teaspoons salt
- 2 teaspoons pepper flakes (optional)

Directions:

1. Slice zucchini into ½ inch-thick rounds.
2. Place zucchini and chicken broth in large braising pan over medium heat.
3. Cover and cook until zucchini just start to become tender, about 8 minutes.
4. Add tomato sauce, garlic powder, and garlic salt. Stir.
5. Continue cooking, partially covered, until zucchini become soft, about an additional 4 minutes.
6. Transfer to serving dish. Stir in red pepper flakes.

Chili Lime Asparagus Tips

Ingredients:

- 1 large bunch asparagus, washed
- Cooking spray
- Juice from one small lime
- 1 teaspoon mild chili powder
- ½ teaspoon salt

Directions:

1. Preheat oven to 350°F.
2. Break asparagus in half at their natural breaking point. Discard rough bottom half, keeping only the tips.
3. Place asparagus tips in baking pan, coat with cooking spray.
4. Add lime juice, chili powder, and salt. Toss well.
5. Cook uncovered about 10 minutes, to desired tenderness.

Spanish-Style Black Beans

Ingredients:

- 1 tablespoon olive oil
- 2 cloves of garlic, minced
- 1 can (15 ounces) black beans, undrained
- 1 tablespoon sofrito
- ½ teaspoon oregano
- ¼ teaspoon cumin
- 1 bay leaf
- 1 packet Sazón seasoning
- ½ teaspoon white vinegar
- ½ teaspoon brown sugar

Directions:

1. In a small pot over medium heat, sauté garlic in olive oil until brown.
2. Add all of the other ingredients.
3. Stirring often, cook uncovered until most of the water has cooked out, about 10 minutes.

Baked Falafel

Ingredients:

- 1 (15-ounce) can chickpeas, drained and rinsed
- ¼ cup minced onion
- 2 cloves of garlic, minced
- 2 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped parsley
- ½ teaspoon baking powder
- 2 tablespoons olive oil

Directions:

1. Preheat oven to 425°F.
2. Combine all ingredients in food processor, except for the olive oil.
3. Blend until coarse and pasty, about ten seconds.
4. Roll mixture into 2-inch balls.
5. Place on baking sheet.
6. Brush with olive oil.
7. Bake for about 40 minutes until brown, turning once.

Dessert

Almond-Flour Ginger Snaps

This is by no means low calorie. But we all need an indulgence from time to time, and making your own treats means knowing exactly what's in them.

Ingredients:

- 2½ cups almond flour
- 1½ teaspoons ground ginger
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- Pinch of salt
- ⅔ cup canola or vegetable oil
- 1 cup firmly packed light brown sugar
- ⅓ cup dark molasses
- 1 large egg
- ¾ cup chopped candied ginger
- Crystallized sugar

Directions:

1. Sift together almond flour, ground ginger, baking soda, ground cinnamon, ground cloves, and salt. Set aside.
2. In a large bowl, combine oil, brown sugar, molasses, and egg. Beat until blended.
3. Add flour mixture to wet ingredients. Stir well.
4. Wrap batter in plastic wrap and refrigerate for an hour.
5. Preheat oven to 350°F.
6. Line baking sheets with parchment paper.
7. Break off pieces of dough and roll into balls about an inch in diameter.
8. Roll balls in sugar crystals and place on baking sheet.
9. Bake until top of cookies start to crack, about 12 minutes.

Flourless Chocolate Cake

Ingredients:

- 12 ounces semisweet or bittersweet chocolate, chopped
- $\frac{3}{4}$ cup unsalted butter, cut into cubes
- $\frac{1}{2}$ teaspoon salt
- 6 eggs at room temperature
- $1\frac{1}{2}$ cups granulated sugar
- Confectioners' sugar

Directions:

1. Preheat oven to 350°F.
2. Spray springform pan with nonstick cooking spray and wrap the outside in foil, creating a watertight seal.
3. Create a double boiler using two pots, one slightly smaller than the other: Fill larger pot with about two inches of water. Nest the smaller pot inside. If the bottom of the smaller pot is touching the water, remove some.
4. Bring the water in the large pot to a boil.
5. Place the chocolate, butter, and salt in the small pan, and stir until melted. Remove from heat.
6. Using a standing mixer, beat eggs and sugar on medium speed for about 10 minutes, until mixture is thick.
7. Fold chocolate mixture into egg mixture.
8. Pour into pan.
9. Fill large baking dish with one inch of water.
10. Place springform pan into the large baking dish, creating a water bath.
11. Place the entire baking dish and springform pan into the oven.
12. Bake about 80 minutes, until center is no longer liquid. (Open the oven door as little as possible while checking the cake.)
13. Cool fully before serving, at least one hour.
14. Remove springform mold, and dust with confectioners' sugar.

Strawberry Lemonade Pops

Ingredients:

- 1 pound strawberries, tops cut off
- ¼ cup lemon juice
- ½ cup sugar
- 16 Popsicle molds or small cups
- 16 Popsicle sticks

Directions:

1. Place all ingredients in a food processor.
2. Blend well.
3. Divide evenly among 16 Popsicle molds or cups.
4. Insert Popsicle sticks.
5. Freeze well.