



METABOLIC[™]
RESEARCH CENTER
WEIGHT LOSS SPECIALISTS

RECIPE BOOK

Tired of cooking separate meals to accommodate your dietary needs?

Is your family sick of salads?

MRC CAN HELP!

Our programs are designed using **REAL FOODS**, helping you to spend less time in the kitchen and more time with you friends and loved ones.

At MRC, we'll show you how to create simple yet flavorful recipes that will help you reach your weight loss goals once and for all!



**Stuffed
Lasagna Boats**

This great recipe and more contained inside!

Mixed Berry Parfait



Calories in 1 serving: 151 | Fat: 0g | Carbohydrates: 14g | Protein: 26g

Ingredients:

- 4 oz. non-fat plain Greek yogurt
- 1/2 c. mixed berries (our parfait uses blueberries & raspberries)
- 1 packet MRC Mixed Berry Protein Drink

Directions:

1. Using a parfait glass or small dish of your choice place 2 oz. of non-fat plain greek yogurt.
2. Empty 1/2 of your MRC Mixed Berry Protein Drink Concentrate on top of the yogurt.
3. Top with 1/4 c. mixed berries.
4. Repeat this once more for the second layer.

Optional:

For some "crunch" to your parfait, add a 1 oz. of nuts for a healthy-fat serving!

Nutrition Facts and Stats:

Makes 1 serving. This recipe is a complete and balanced breakfast.

Not only does it taste good...
but it's **HEALTHY**
for you too!

Breakfast Tostada with Eggs & Bacon



Calories in 1 serving: 345 | Fat: 19g | Carbohydrates: 17g | Protein: 17g

Ingredients:

- 1 scrambled egg
- 1 oz. cheddar or pepper jack cheese, shredded
- 1 slice uncured bacon (goal is 100 calories, might be 2 slices)
- 3 oz. diced bell peppers
- 1 oz. diced green onion (could sub for spinach or mushrooms)
- 1 corn tortilla, 50 calories

Directions:

1. Preheat oven to 350.
2. Saute veggies in skillet for 1-2 minutes, add whipped eggs and scramble.
3. Toast corn tortilla for 5-10 min, until crisp.
4. Cook bacon to desired crispiness.
5. Top tortilla with eggs, bacon, and cheese.
6. Enjoy!

Nutrition Facts & Stats:

Makes 1 serving. This recipe is a complete and balanced meal.

Our Mexican
inspired breakfast
will **tantalize your
tastebuds!**

Add a **BOOST**
to your morning
with our
Breakfast Tostada!

Baked Sweet Potato Chips



Calories in 1 serving: 117 | Fat: 7g | Carbohydrates: 13g | Protein: 0g

Ingredients:

- 1 medium sweet potato
- 1 Tbsp. olive oil
- 1 tsp. rosemary, minced
- Coarse ground salt, to taste
- ¼ tsp. garlic powder

Directions:

1. Preheat oven to 400°.
2. Scrub and dry sweet potato.
3. Using either a sharp knife or mandoline, (we recommend the mandoline), slice potatoes into 1/8th inch thin discs. Cut the slices as evenly as possible, this will ensure even cooking.
4. If time permits, soak potato slices in water for 10 minutes and pat dry, this will remove some of the starch and help them be crispier after baking.
5. Toss sweet potato slices in olive oil then sprinkle with sea salt, garlic powder and rosemary.
6. Lay slices on a non-stick baking sheet in a single layer. You can bake in two batches if your baking sheet fills up. Tip: Place chips on a wire baking rack atop your baking sheet for maximum crispiness.
7. Place in oven and bake for 10-12 minutes until edges begin to brown.
8. Flip and bake for another 10-12 minutes until edges are brown and curled. If you notice some chips beginning to brown, remove them and allow the rest to continue cooking, this will ensure no burnt chips.

Variations: For spicy chips replace the rosemary with 1 tsp cayenne pepper.

Nutrition Facts & Stats:

Makes approximately 2 servings. Turn this recipe into a complete meal by adding 1 protein and 1 carbohydrate serving.

Sweet, Savory
and **Satisfying.**
Lose weight with
chips? **YES!**

Cobb Salad



Calories in 1 serving: 404 | Fat: 22g | Carbohydrates: 14g | Protein: 37g

Ingredients:

- 4 oz. lettuce of your choice
- 4 oz. tomatoes (or any other veggies you like)
- 3 oz. grilled chicken strips
- 1.5 oz. feta or bleu cheese
- 1 slice uncured bacon, cooked and crumbled
- 1 oz. avocado sliced

Directions:

1. Add 8 oz. of vegetables to large salad bowl.
2. Top with grilled chicken strips, bacon, avocado, and any other desired toppings.

Variations:

- Use 2 oz. of chicken strips and one boiled egg.
- Try different cheeses or even a combination of cheeses.
- Replace the avocado or the bacon with nuts. Pecans or walnuts would be an excellent source of healthy-fat.

Nutrition Facts & Stats:

Makes 1 serving. Turn this recipe into a complete meal by adding a serving of your favorite carbohydrate.

Avocado...
Bacon...
and Feta...
OH MY!
No boring
salads here!

Slow Cooker Chili



Calories in 1 serving: 278 | Fat: 6g | Carbohydrates: 20g | Protein: 33g

Ingredients:

- 12 oz. cooked ground turkey breast (or lean ground beef or buffalo)
- 2 oz. cheddar cheese, shredded
- 20 oz. fresh tomatoes, chopped
- 6 oz. green onions, chopped
- 6 oz. green bell peppers, chopped
- 1 c. bean of your choice (red, black, pinto, navy, etc.)
- 1 pkg. McCormick's Low sodium chili seasoning
- ½ to ¾ c. water (or low sodium chicken broth)

Directions:

1. Brown ground turkey in skillet.
2. Add all ingredients to a crock pot, and cook on low for 2-3 hours.
3. Add additional water/broth as needed to reach desired consistency.
4. Divide into 4 equal servings.

Nutrition Facts & Stats:

Makes 4 servings. This recipe is a complete and balanced meal.

We call this a **'second scooper'** as our Slow Cooker Chili will have you reaching for seconds!

A family favorite, can be made in advance in your crockpot and even frozen in bigger batches for **future meals!**

Dijon Glazed Green Beans



Calories in 1 serving: 178 | Fat: 8.5g | Carbohydrates: 10.5g | Protein: 3g

Ingredients:

- 16 oz. fresh green beans, trimmed
- 1 tsp. sea salt
- 1 Tbsp grass-fed butter
- 1 tsp. pepper
- 1 oz. walnuts, toasted and chopped

For the Dijon Glaze:

- 1 Tbsp Dijon mustard
- 1 tsp. lemon juice (approx 1 good squeeze of half a lemon)
- 1 Tbsp olive oil
- 1 packet Stevia (or other zero calorie sweetener)

Directions:

1. Toast chopped walnuts at 350 degrees for 3-5 minutes. Watch closely and don't overcook. Remove and set aside.
2. Whisk Dijon Glaze ingredients in a small dish and set aside.
3. Place green beans in a pot of boiling water. Cook for 5 minutes.
4. Drain beans and rinse with cold water (this stops the cooking process)
5. Place butter in skillet over medium-high heat.. Add green beans and toss for 4 minutes, until heated through.
6. Turn off heat.
7. Toss green beans in Dijon Glaze and toasted walnuts.
8. Enjoy!

Nutrition Facts & Stats:

Makes 2 servings. Turn this recipe into a complete meal by adding 1 protein and 1 carbohydrate serving.

Impress your guests
with this fancy and
flavorful dish!

We **LOVE**
Dijon-glazed
Green Beans for it's
simplicity and taste.

Honey Mustard Chicken



Calories in 1 serving: 288 | Fat: 16.5g | Carbohydrates: 6.5g | Protein: 27g

Ingredients:

- (2) 4 oz. chicken breast, split, pounded thin
- 1/4 c. Panko bread crumbs or 6 melba rounds
- 1/2 tsp. dried thyme
- 1 Tbsp olive oil
- 3 tsp. Dijonaise mustard
- Pinch of sea salt and pepper
- 1 pkg. zero calorie sweetener

Directions:

1. Preheat oven to 425 F.
2. Line jelly roll pan with aluminum foil and set aside.
3. If using Melba, crush Melba to make coarse crumbs.
4. Empty crumbs into shallow bowl and add salt, pepper, and thyme.
5. Drizzle olive oil over crumb mixture until evenly coated.
6. Place clean, dry chicken breast on jelly roll pan.
7. Add sweetener to Dijonaise, then spread over top of chicken.
8. Press chicken breast in crumb mixture (or press crumbs directly on top of chicken, they will stick to mustard).
9. Bake 20-25 minutes until chicken is done and crumb coating is crunchy.

Nutrition Facts & Stats:

Makes 2 servings. Turn this recipe into a complete meal by adding 1 serving of vegetables and serving of carbohydrates.

Voted
BEST Chicken Recipe
by our clients since 2008,
this recipe is **easy** and
family friendly!

Enjoy the
home-cooked taste
of crispy fried
chicken without all the
added calories and fat!

Stuffed Lasagna Boats



A unique twist
on an all-time
family favorite!

Calories in 1 serving: 293 | Fat: 16g | Carbohydrates: 17g | Protein: 21g

Roasting the Spaghetti Squash:

1. Preheat the oven to 400 degrees F.
2. Wash the spaghetti squash, cut off the stem, and slice squash lengthwise.
Note: you will want to use a large, sharp knife for this. Please protect your hands accordingly by stabilizing the squash with an oven mitt, towel, or other source.
3. Scoop out the seeds and loose strands (similarly to how you would a pumpkin) and discard.
4. Brush insides with olive oil and season with salt and pepper.
5. Place cut-side down in a baking dish and add about 1/2 inch of water to the dish.
Note: as the squash cooks, you can add more water if needed to prevent burning.
6. Roast at 400 degrees F for 45-60 min until the inside is soft and easily "fluffs" with a fork; looking like very tiny spaghetti noodles. Note: larger squash will require longer cook times.
7. Remove from oven and set aside to begin cooling.

Lasagna Filling:

1. While the squash is cooking, brown lean ground meat in a large skillet over medium heat.
2. Remove meat from the pan and set aside.
3. To the now empty pan, add tomatoes, garlic, parsley, red pepper flakes, salt, and pepper and simmer for 5-10 minutes.
4. Return the cooked meat to the pan and mix into the sauce, allowing to simmer on low.
5. In a mixing bowl, combine Ricotta cheese, Mozzarella cheese, basil. Set aside.
6. Once the squash is tender and slightly cooled, use a fork to scrape the inside to create "spaghetti noodles". Leave the piles of spaghetti noodles in the bottom of each "boat" (or "half"). Note: you may want to wear an oven mitt or use a towel to hold the spaghetti squash while you are scraping and scooping if it is still very warm to the touch.
7. Fill the boats by alternating layers of meat sauce and cheese mixture. End with a layer of the cheese mixture, and top with a small amount of additional mozzarella.
8. Turn the oven to Broil and put the boats back into the oven to brown the cheesy tops (approximately 1-2 minutes).

Ingredients:

- 1 spaghetti squash
- Olive oil
- Sea salt and pepper, to taste
- 8 oz. Lean ground meat; buffalo, turkey or beef
- 1 c. Pomi brand strained tomatoes
- 1 clove fresh garlic, crushed
- 2 tsp. parsley flakes
- 1/4-1/2 tsp. crushed red pepper flakes
- 1/4 tsp. fresh coarse ground black pepper
- 4 oz. Ricotta cheese
- 2 oz. Mozzarella cheese, shredded (plus a little extra for topping)
- 2 Tbsp fresh basil

Nutrition Facts & Stats:

Makes 4 servings. Turn this recipe into a complete meal by adding a serving of your favorite carbohydrate.

Notes: Pomi brand strained tomatoes are TOMATOES only, there are no other ingredients in this product. While on program we do not recommend other brands, as most contain added sugar. You can also make your own tomato sauce, using just tomatoes and seasonings. Another option is to use finely chopped fresh tomatoes with their juices.

WEIGHT LOSS

That Works!



25 lbs lost!

Nikki T.

SUCCESSFUL MRC CLIENT

Real Food! *Real Results!*

"What I like best about the MRC program is how easy it was to follow and that it involved eating **real, whole foods**. The foods on my program are the same foods that my family already eats and enjoys - I didn't have to fix two different meals every single day. It was important to me that I find a program that fit both mine and my family's active lifestyle.

Now that I've reached my goal, I feel amazingly **strong and healthy!** Other people are constantly saying to me, "You look incredible! So strong and healthy! Way to go taking care of you!" I firmly believe that taking care of yourself is so important. Personally, I spent 20 years in a stressful and busy job, and it certainly took a toll on my body - emotionally, mentally, and physically. The MRC staff is incredible and the **program is easy**. Truly, I believe ANYONE can be successful with MRC's program!"

METABOLIC[™]
RESEARCH CENTER
WEIGHT LOSS SPECIALISTS

www.emetabolic.com • (800) 501-8090