

Salmon Salad: Courtesy of ideal weight loss center , Casper WY

4 Servings

2 cups cooked, flaked salmon
2 hard-boiled eggs, chopped
1 red or green bell pepper, diced
1 cucumber, peeled, seeded and diced
1/2 cup diced celery
1/2 cup diced onions
6-7 tablespoons of Walden Farms Mayo
1/4 teaspoon cayenne pepper (optional)
Salt and pepper
1/2 lemon, juiced

In a large bowl, gently toss together the salmon and chopped hard boiled eggs. Combine the bell pepper, cucumber, onion and Walden Farms Mayo in another bowl. Add seasonings and stir to combine. Pour mixture over salmon. Add the lemon juice and toss lightly to combine. Serve over lettuce or in a lettuce leaf as a wrap.

Chicken Alfredo: Courtesy of ideal you weight loss center, Casper WY

Serves 4

4 five to six ounce boneless, skinless chicken breasts
Seasoning salt and pepper to taste
1 jar of Walden Farms Alfredo Sauce
3 cloves of garlic, chopped
8 oz. of whole mushrooms, cut in half
1/2 cup fresh chopped parsley
Garlic powder
1/2 bag of baby spinach

Place the chicken in crockpot. Sprinkle with seasoning salt and pepper. Add Walden Farms Alfredo sauce and garlic. Mix to coat the chicken with the sauce. Place the mushrooms on top of the chicken and sprinkle with garlic powder, pepper and parsley. Cook on low for 4 hours or until chicken is done. Add spinach and cook until spinach just starts to wilt.

Pork Loin Chops with Spinach: Courtesy of ideal you weight loss center, Casper WY

Serves 4

4 five to six ounce pork loin chops

3 tsp. lemon pepper
4 teaspoons of butter flavored grape seed oil
1-2 Tablespoons of lemon juice
1 Tablespoon of Worcestershire sauce
1 tsp. Dijon mustard
1 Tablespoon of minced cilantro

1 bag of baby spinach
2 teaspoons butter flavored grape seed oil
3 garlic cloves

Sprinkle pork chops with lemon pepper. Heat butter flavored grape seed oil in skillet over med-hi heat. Cook the pork loin chops 3-4 minutes per side or until cooked through. Remove from skillet and keep warm. Add the lemon juice, Worcestershire sauce and Dijon mustard to skillet. Cook, stirring with whisk until heated through. Pour sauce over chops; sprinkle with cilantro.

Heat 2 teaspoons of grape seed oil in skillet over medium heat. Add garlic and saute for 1 minute. Add spinach; stir well to coat. Cover and cook for 2 minutes. Drain the liquid and serve under pork chops.