



Fitness Rx by **James Kohler**

All recipes are adjusted for 2-3 serving sizes

CHICKEN STIR FRY

INGREDIENTS:

- 1 b. boneless, skinless chicken breasts*
- 2 cups brown rice*
- 2 cups broccoli*
- 1 cup snow peas*
- 1 can water chestnuts*
- 2 cups sliced mushrooms*
- 2 tbsp low sodium soy sauce*

DIRECTIONS:

1. Cut chicken breasts into small pieces or strips.
2. Season with pepper and cook with medium heat for 8-10 minutes.
3. Add mushrooms and broccoli and cook 3-5 minutes.
4. Then add water chestnuts, snow peas and soy sauce, cook 1-2 minutes.
5. Serve over brown rice.

CHICKEN TERIYAKI KABOBS

INGREDIENTS:

- 1 lb. boneless, skinless chicken breasts*
- 4 small sized red potatoes*
- 1 bell pepper*
- 1 red Onion*
- 1 medium sized zucchini*
- 1 cup whole mushrooms*

DIRECTIONS:

1. Preheat oven to 350°-400°
2. Cut chicken breasts into medium sized pieces
3. Slice all vegetables into medium sized pieces
4. Arrange on skewers and place on 9x12 inch glass dish
5. Brush on teriyaki marinade
6. Bake for 10 minutes, turn skewers and apply marinade to other side
7. Bake for 8 minutes and then broil the last 2 minutes
8. Let cool for 2-3 minutes and serve.

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MUSHROOM SWISS TURKEY BURGERS

INGREDIENTS:

*1 lb. extra lean turkey burger
4 slices Swiss cheese
1 cup sliced mushrooms
1 sliced tomato
4 leaves of lettuce
4 whole wheat buns*

DIRECTIONS:

1. Form turkey burger into 4 hamburger patties.
2. Cook in pan on stovetop for 2 minutes per side on medium heat.
3. Cover pan and continue to cook, flip repeatedly.
4. Sautee mushrooms in a separate pan.
5. Add mushrooms and Swiss cheese to burgers, cover pan.
6. Place buns in oven on broil until golden brown.
7. Put turkey burger, lettuce and tomato on buns and serve.

CAPER CHICKEN WITH SWEET POTATOES

INGREDIENTS:

*1 lb. boneless, skinless chicken breasts
1/4 cup capers
2 cups baby spinach
1 shallot, finely chopped
2 medium sized sweet potato*

DIRECTIONS:

1. Preheat oven to 375°
2. Microwave sweet potatoes for 4-6 minutes.
3. Slice sweet potatoes and place on baking sheet.
4. Bake in oven for 15-17 minutes.
5. Cook chicken in pan on stovetop over medium heat.
6. Cover pan and continue to cook for 15 minutes, flip repeatedly.
7. Add shallot, capers and baby spinach, sauté under low heat for 3-5 minutes.
8. Broil sweet potatoes for 2-3 minutes.
9. Remove sweet potatoes from oven and let cool.
10. Serve chicken breasts with sweet potatoes.

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PIZZA TOAST

INGREDIENTS:

1. 4 slices whole wheat bread
2. 12 oz. boneless, skinless chicken breasts
3. 2 cups baby spinach
4. 1 cup sliced mushrooms
5. 4 slices Swiss cheeses
6. 1 medium Roma tomato
7. 1/2 cup sliced black olives

DIRECTIONS:

9. Preheat oven to broil.
10. Cook chicken in pan on stovetop over medium heat.
11. Cover pan and continue to cook for 15 minutes, flip repeatedly.
12. Sauté spinach and mushrooms for 5-7 minutes.
13. Shred chicken and dice tomato.
14. Toast bread in toaster oven.
15. Place toast on baking sheet, layer ingredients and top with Swiss cheese.
16. Broil in oven for 2-3 minutes and then serve.

SOUTHWESTERN SALAD

INGREDIENTS:

- 1 lb. extra lean turkey burger
- 3 cups Romaine lettuce
- 1/2 cup shredded cheese
- 2 medium-sized Roma tomatoes
- 1 cup white corn
- 1/2 cup sliced black olives
- 1 cup black beans
- 1/2 packet low sodium taco seasoning

DIRECTIONS:

1. Cook turkey burger in pan on stovetop over medium heat.
2. Once turkey is browned, add seasoning and 1/2 cup water.
3. Simmer for 5 minutes, stir often.
4. Remove from heat and dice tomatoes.
5. Layer toppings onto lettuce and serve with hot sauce if desired.



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SLOPPY JOES

INGREDIENTS:

*1 lb. extra lean turkey burger
6 oz. can low sodium tomato paste
4 whole wheat buns
1 cup sliced mushrooms
1/4 chopped onion
1 packet sloppy joe seasoning*

DIRECTIONS:

1. Cook turkey burger in pan on stovetop over medium heat.
2. Drain fat, stir in seasoning mix, tomato paste and 1 1/4 cup water.
3. Add mushrooms and onions
4. Simmer for 10 minutes, stirring occasionally.
5. Toast buns in toaster oven.
6. Serve on buns.

VANILLA BEAN PARFAIT

INGREDIENTS:

*2 cups granola
12 oz. low fat vanilla bean yogurt
1 cup sliced strawberries
1/2 cup blueberries
1/2 cup raspberries*

DIRECTIONS:

1. In large dessert glass, layer granola, yogurt and berries.
2. Start with 1/2 cup granola, then 3 oz. yogurt, top with 1/2 berries.
3. Repeat layers and serve.

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SWISS VEGGIE OMELETS

INGREDIENTS:

*12 egg whites
1 cup diced tomatoes
2 cups chopped mushrooms
2 cup baby spinach
2 slices Swiss cheese
1/2 cup chopped onions*

DIRECTIONS:

1. Pour egg whites in sauce pan over medium heat, let cook without scrambling.
2. Sautee mushrooms, spinach and onions in separate pan.
3. Place sautéed toppings in center of cooked eggs and fold over.
4. Cover with tomatoes and top with Swiss cheese.
5. Let Swiss cheese melt and then serve.

POWER PANCAKES

INGREDIENTS:

*3/4 cup egg whites
1/2 cup oatmeal
1/4 cup cottage cheese
1 medium sized apple
3 tbsp blue agave nectar*

DIRECTIONS:

1. In blender, combine egg whites, oatmeal, cottage cheese and blend.
2. Dice apple and cook in pan over medium heat for 3-4 minutes
3. Mix apple into batter and cook into a pancake.
4. Flip pancake once bubbles have formed and burst.
5. Continue to flip pancake until golden brown.
6. Serve with blue agave nectar.



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CAJUN SEAFOOD STIR FRY

INGREDIENTS:

*1/2 pound cooked tailless shrimp
1/2 pound scallops
2 cups brown rice
1 red bell pepper
1 medium-sized zucchini
2 tsp olive oil
1 tbsp Cajun spice seasoning
2 cloves minced garlic
1 tbsp lemon juice
2 tsp crushed red pepper*

DIRECTIONS:

1. Mix Cajun seasoning, garlic, lemon juice and crushed red pepper.
2. Toss shrimp and scallops with seasoning mixture, set aside.
3. Sautee bell pepper and zucchini in olive oil for 5 minutes over medium-high heat.
4. Add seafood and cook in sauce pan for 3 minutes, stir occasionally.
5. Serve over brown rice.

LEMON PEPPER SALMON WITH ASPARAGUS

INGREDIENTS:

*2 6 oz. salmon fillets
12 oz. asparagus
1 tsp lemon pepper
1 tbsp lemon juice
Olive oil spray*

DIRECTIONS:

1. Preheat oven to 350°
2. Spray salmon fillets with olive oil and season with lemon pepper.
3. Place in baking dish and bake for 16-18 minutes.
4. Steam asparagus for 5 minutes.
5. Broil for 2 minutes, remove from oven and cover with lemon juice