

THE DAD BOD WORKOUT

EAT AND GROW FIT



Dr. Brian Manalastas

Week 3

Monday

Breakfast: Boiled Lamb sausage, apple

Lunch: leftover paleo chicken Alfredo

Snack lamb sausage, pecans

Dinner: spaghetti-sauces meat over greens

Tuesday

Breakfast boiled lamb sausage, apple (reheat on stove, not microwave)

Lunch chicken apple salad

Snack leftover spaghetti

Dinner slow cooked rosemary veggies and meat

Wednesday

Breakfast bacon, 2-3 eggs over easy or poached

Lunch leftover. Chicken apple salad

Snack leftover slow. Poked rosemary veggies and meat

Dinner flank steak, bacon and greens

Thursday

Breakfast leftover steak, walnuts crumbled over 1/2 cup berries

Lunch leftover slow-cooked rosemary veggies and meat

Snack can of sardines, celery

Dinner salmon scramble

Friday

Breakfast oiled quality sausages (chicken apple sausages are perfect), fruit salad with cinnamon

Lunch Salad: mixed greens, bell peppers, tomato, avocado etc. top with precooked shrimp, apple cider vinegar and olive oil

Snack remainder of the lunch. Salad (make a lot)

Dinner Sloppy how's, side salad or steamed vegetables

Saturday

Breakfast: poached eggs with bacon, onion, and spinach

Lunch leftover sloppy Joes

Snack almonds

Dinner baked 1 turkey breast, nutty. Cabbage, tangy strawberry soup

Sunday

Breakfast turkey/carrot quiche

Lunch leftover turkey, chard and cashew sauce

Snack lunch leftovers

Dinner jambalaya

WEEK 3 Recipes

Spaghetti-Sauces meat over roasted Green Beans

- 3 lbs ground beef (grass fed if possible) turkey or chicken
- 1/2 cup chopped onions
- 2-3 cloves minced garlic
- 1 20 oz can tomato paste
- 1 20 oz can tomato sauce
- 2 tsp oregano
- 2 tsp basil 2 tsp oregano
- 2+ lbs frozen green beans (or fresh)

Olive

Start cooking the ground meat in a large skillet over medium if the meat is frozen, browning will take 8-10 minutes once the meat has been browned add onions and fresh garlic. Then add 1 can of tomato paste, 1 can of tomato sauce, oregano, basil and terrapin then cover isn't a lid for 20 minutes

While the spaghetti meat is cooking, throw some from breeds in broiler pan, toss with olive oil and broil (make sure to stir green beans frequently) after 5-8 minutes, the green beans should be crispy.

Place green beans on top of meat sauce add salt and Pepper to taste.

Chicken Apple Salad

- 6 oz
- 1 tsp olive oil
- 1/2 tsp allspice
- 1/8 tsp cloves
- 6 cups shredded cabbage
- 1/2 Granny smith apple
- Sea salt and pepper to taste

Dice the chicken. Heat 1 tsp of olive oil in a skillet over medium heat. Add the chicken, allspice and cloves. Sauté, tossing often, until the chicken is cooked through.

Shred cabbage into large salad bowl. Slice half of an apple into very thin slices and set them aside.

Once the chicken is done, add it to the cabbage, then top with the apple. Add salt and pepper to taste then drizzle with olive oil. Use an appropriate quantity of olive oil to meet your individual needs.

Slow-cooked Rosemary veggies and meat

- 3-5 lbs any meat, frozen or thawed, ground or whole (fish is not usually ideal here)
- 1 bag frozen veggies or chopped up fresh veggies
- 1 tbsp rosemary
- 1 cup broth (chicken, beef or vegetable)
- Salt and pepper to taste

Add all of the ingredients into a slow cooker; turn on low leave for 6-8 hours or until ready to eat.

Bacon and Greens

You can Use fresh veggies, or if you want to save time, a bag of Trader Joe's Southern Greens work well.

- 4-6 oz chopped bacon
- 1 12-16oz bag Southern Greens or 1 bunch of collard greens, turnip greens and/or kale
- ½ cup water
- Sea salt and pepper to taste

Chop the bacon and add to a large stockpot. Heat over medium, stirring the bacon until it as browned some. Add the greens and water, cover and reduce to medium low. Cook for 30 minutes tossing occasionally.

Some options to spice it up, add garlic, red pepper flakes, even minced jalapenos while browning the bacon. Another cooking option is to prepare this in a slow cooker.

Salmon Scramble

- 1 lb package frozen veggie
- 1 can salmon
- 1 tbsp rosemary
- 1 tsp cumin
- 1 tsp sea salt
- Pepper to taste
- Eggs (optional)

Place frozen veggies in a saucepan with a lid, cook until just tender. Add salmon and seasonings cook another 3-5 minutes, mixing until salmon is heated thoroughly. You can cook eggs sunny side up to top this scramble. Id you don't have eggs, this is still great to eat plain. (This recipe also works with almost all other kinds of meat)

Fruit Salad with Cinnamon

- 1 orange, peeled and chopped
- 1 apple, chopped
- ½ tsp cinnamon

Place the fruit into bowls, then sprinkle with the cinnamon if you want.

Sloppy Joes

Here's a spicy cocoa version of an old favorite. Since we will not be serving this in the traditional hamburger bun, you have several options. I like to make a bed of romaine lettuce and tomatoes slices, but there are other possibilities. Eggplant, squash, nut patties and more!!

- 1 ½ lbs of ground turkey or beef (grass-fed)
- 1 cup chopped onion
- 1 cup tomato puree
- 2 tbsp cocoa powder
- 1 tbsp chili powder
- ½ tsp yellow mustard powder
- 1 ½ tsp ground black pepper

Cook meat and onion in a large skillet on medium heat for 10-15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10-15 minutes. Serve over vegetables of your choice. Makes 4 servings.

Nutty Cabbage

- ½ cup chopped onions
- 1 tbsp roasted hazelnut oil
- ½ large head of cabbage, shredded about 10 cups)
- ¼ cup Apple cider vinegar
- ¼ cup blanched almonds
- 1 tbsp unsweetened applesauce
- 1 tbsp sesame seeds
- sea salt and fresh ground pepper to taste

Heat a burner to medium, then use a large skillet to sauté the onions in the oil. Meanwhile, shred the cabbage by slicing it thinly. After the onions begin to soften, add all the cabbage to a skillet, along with the vinegar. Cover and reduce the heat to medium-low. Cook for 20 minutes, mixing occasionally. Add the remaining ingredients and cook 5 minutes longer. Serve warm or chilled.

Tangy Strawberry soup

- 1 quart of strawberries
- 4 tbsp balsamic vinegar, divided
- ½ tsp cinnamon
- 12 tsp orange zest
- 1 tbsp orange juice
- ½ cup coconut milk

Remove the stems for strawberries and make sure they are washed. Reserve 10-20 strawberries, cut the berries into thin slices. Place in a bowl, then drizzle with 2 tbsp of balsamic vinegar. Cover and chill in the refrigerator for two hours.

Puree the rest of the strawberries in a blender with the remaining ingredients except the coconut milk (adding only the remaining 2 tbsp of balsamic vinegar) once the berry mix is pureed, add the coconut milk slowly. Puree until smooth. Pour the soup into a bowl, cover and chill in the fridge for 2 hours.

Serve in small bowls with sliced strawberries on top. You can add a dollop of coconut milk and added garnish if you like.

Turkey Carrot Quiche

- ½ lb of ground turkey
- 1 tbsp olive oil
- 1 cup shredded carrots
- 6 omega-3 eggs
- 5 tbsp coconut milk
- ½ cup beef broth
- 4 tbsp fresh parsley
- ½ tsp coriander
- coconut oil

Brown the turkey in a bit of coconut oil in a skillet over medium heat. Meanwhile shred the carrots.

Crack the eggs into a bowl; beat well with the wire whip. Add the meat when done, carrots, and all of the remaining ingredients except the coconut oil. Stir

Grease the baking dish or pie pan with some coconut oil. Pour into the mixture, then bake at 250 degrees for 20-30 minutes. You will need to check on it periodically; it is done when the center is firm and a knife pushed into it comes out clean.

Chard and Cashew Salad

- 1 bunch of Swiss chard
- 1 tbsp olive oil
- ½ cup cashews

Remove the stems from chard, then chop the stems crosswise. Add to a large skillet with the olive oil. Sauté over medium heat until they have softened.

Meanwhile, chop the chard leaves into thin strips. Add to the skillet along with the cashews. Sauté tossing occasionally, until the leaves just begin to wilt. Serve warm.

Jambalaya

This dish is spicy! You can use El Pato sauce, but if you're not a spicy fan skip this and use regular tomato sauce instead. Also, look for sausages that don't contain nitrates.

- 1 tbsp coconut oil
- ½ lb spicy sausage, sliced (look for Andouille sausage)
- 1 cup chopped onions
- ¾ cup chopped green peppers
- ½ cup chopped celery
- 1 tsp Cajun seasoning + 1/8 tsp divided
- 1 bay leaf
- 2 small cans El Pato tomato sauce
- 2 cups chicken broth
- 1 ½ cups water
- 1 ½ cups finely chopped cauliflower
- dash of cayenne pepper
- ½ lb shrimp

In a large skillet, heat oil, sausage, onion, peppers, and celery. Sauté for about 5 min, then add the seasoning and a bay leaf. Cook for 1 minute more. Add the tomato sauce, chicken broth, water and cauliflower. Bring to a boil, then cover, reduce heat to a medium-low and simmer for 20 minutes. Remove bay leaf.

In another skillet, sauté ½ lb of shrimp 1/8 tsp Cajun seasoning, and a dash of cayenne pepper in 1 tsp coconut oil. Sauté for 2 minutes, then stir into the jambalaya.

Week 4

Monday

Breakfast hard-boiled eggs, almonds, 1/2 cup berries
Lunch tuna and cabbage salad
Snack easy ceviche
Dinner Portobello burgers, steamed broccoli

Tuesday

Breakfast hard-boiled eggs, crushed walnuts over 1/2 cup berries
Lunch leftover Portobello burgers
Snack deli turkey, 1/2 avocado
Dinner baked pork loin, steamed seasonal veggies

Wednesday

Breakfast leftover pork loin, egg, applesauce
Lunch salad: turkey over spinach, walnuts, few dried cranberries, balsamic vinegar, and olive oil
Snack turkey, 1/2 avocado
Dinner pork and toasted veggie salad

Thursday

Breakfast sausage stir fry breakfast
Lunch Leftover Pork and roasted veggie salad
Snack almond butter on celery sticks
Dinner curried veggies and salmon

Friday

Breakfast chicken apple hash, or leftover chicken + apple
Lunch delicata squash salad, steak
Snack 2 hard-boiled eggs, carrots
Dinner almond chicken

Saturday

Breakfast squash and pepper hash, large slice of ham
Lunch Tuna and cabbage salad
Snack jicama slices, salsa, guacamole
Dinner paleo pizza

Sunday

Breakfast egg totes, ham
Lunch tip steam, chilled cucumber soup
Dinner Greek scallops, side salad

WEEK 4 Recipes

Portobello Burgers

These are a great substitute for hamburger buns. 1 on the bottom is usually plenty, but you can use 2 if you want it to look more traditional.

- 1 lb ground buffalo (or beef, turkey etc)
- ¼ cup chopped onion
- 2-3 cloves chopped garlic
- Dash of pepper
- 1 tbsp coconut oil
- 6 slices tomato
- lettuce
- 3 portobello mushrooms

Put the ground meat into a bowl, add the onion, garlic, pepper and any other spices that you wish. Mix well but be gentle with the meat. Over mixing can make the meat mushy. Form 3 patties. Place the olive oil on a skillet, cook the patties, flipping often. Serve rare. Set the burger aside when done, covering with a plate so they stay warm.

While the burgers are cooking, prepare the mushrooms and veggies you wish to top the burgers with. Cut the stems out of the mushrooms and save for another meal if you like. Use any veggies you like for the toppings.

Place the mushrooms on a skillet that you used to cook the burgers and cook for around 2-3 minutes on each side in the juices from the meat. Place the mushrooms, then add the meat and condiments of your choosing. A bit of steam broccoli can go well with this particular meal.

Seasonal Steamed Vegetables

- 1 medium zucchini, diced
- 1 medium yellow summer squash, diced
- 1 stalk broccoli florets, chopped into bite-sized pieces
- 2 cups spinach
- 2 slices of red onion
- 2 tbsp olive oil or coconut oil
- ½ tsp thyme
- sea salt to taste

Chop the vegetables. To save time, add water to your steamer and bring to a boil while you are chopping the veggies. Add the vegetables to the basket, then reduce the heat and steam for around 10 minutes or until the veggies have reached desired softness.

Serve the veggies drizzled with olive or coconut oil.

Pork and Roasted Veggie Salad

- 1 cup roasted yam and sweet potato mix
- ¾ cup roasted zucchini
- ¾ cup asparagus

- coconut oil
- seasoning of your choice
- 6 cups of herb salad mix
- 10 oz leftover pork loin
- sea salt to taste
- pepper to taste

First, roast your veggies. Chop the yam and sweet potatoes into small cubes. Slice the zucchs into ¼ inch-thick discs, and bk off the woody ends of the asparagus. Toss all the veggies onto a roasting pan, drizzle with coconut oil. Add seasonings you like here. Basil is great. Toss until they are coated well then roast in the oven for 20 minutes at 350 degrees or until veggies have become soft.

Make a bed of greens on two plates. To save time, you can use a pre-made herb mix. Top with the meat and roasted veggies. You can first warm the leftover meat in the oven if you like, or just add it cold. Top with sea salt and fresh ground pepper to taste.

Make a lot so you have leftovers

Curry Vegetables

- 1 bag frozen veggies (fresh if you can)
- ½ 12-16 oz can coconut milk
- 1 cup chicken or beef broth
- 1 6-12 oz can of salmon or 1 lb of meat of your choice
- 1 tsp curry
- 1 tsp cumin
- 1 tsp garlic powder

Lightly steam frozen veggies until crisp-tender. Pour ½ can coconut milk into a saucepan. Add the veggies, protein, and remaining spices. Mix all ingredients together and cook about 10 minutes to allow flavors to infuse. (This is a great slow cooker recipe and can be doubled or tripled for planning ahead)

Delicata Squash Salad

- 1 Delicata Squash
- 1 ½ tbsp coconut oil (divided)
- sea salt
- 8 cups veggies: mix of Kale, curly kale, chard, radicchio, frisee
- 2 tsp lemon juice
- 1 tsp dijon mustard
- 2 tsp balsamic vinegar
- 1 tsp lemon peel
- 2 tbsp pine nuts

Preheat your oven to 350 degrees. Cut the spinach in half lengthwise, then scoop out the seeds. Chop the squash into cubes, then toss with 2 tbsp of oil in a roasting pan. Sprinkle with sea salt if you like. Roast for 30 minutes, tossing every 10 minutes.

Meanwhile, chop your veggies, then toss them in a large salad bowl. You can use a wide variety of seasonal greens, but your salad will still be good with just a couple of the above.

Next make the dressing. In a small dish, add the remaining 1 ½ tsp of coconut oil (or olive), lemon juice, dijon mustard, balsamic vinegar, and lemon peel. Mix well, then add to the salad. Toss well, then transfer the salad to serving plates.

Once the squash is done, allow to cool for 5 minutes. Top the salad with the squash, then scatter 1 tbsp of nuts over each serving and enjoy!

Almond Chicken

- 4 oz almonds
- 2 tbsp coconut oil
- 1 cup chopped onion
- 2/3 cups chopped celery
- ½ cup chopped mushrooms
- 1 (5 oz) can water chestnuts
- 2 tbsp tamari soy sauce (wheat free!!)
- sea salt and fresh ground pepper
- ½ cup of chicken broth, or ½ cup water + 1 tube of trader joe's chicken broth concentrate

Saute the almonds in the coconut oil, using the saucepan over medium heat. Once the almonds begin to brown slightly, remove from pan and set aside.

Next, add the onion and celery, then saute until soft. Add the mushrooms, cooking for 3 minutes longer. Return the almonds, then add all of the remaining ingredients. Mix well, cook until hot. Serve over shredded chicken or other meat of your choice.

Squash and Pepper Hash

Make this and enjoy for breakfasts, lunch or dinner!

- 1 small acorn squash (about 4 cups cubed)
- 1 1/3 cups chopped onion
- 2 sweet chocolate peppers or pasilla peppers
- 2 tbsp coconut oil
- sea salt and pepper to taste

Peel, halve, and seed the squash (Peeling is optional). Chop the onion, seed, stem and chop the peppers.

Heat the oil in a large skillet over medium heat. Add the squash, onion, and peppers. Saute, turning often, for around 20 minutes, Season with sea salt fresh ground pepper.

Paleo Pizza

- 1 cup ground almonds or other nuts
- 3 tbsp cashew butter

- 1/3 cup egg whites
- 3 tsp coconut oil
- 1 large italian sausage, cut in 1/2 -inch slices
- 2 cloves minced garlic
- 1/2 cup chopped onion
- 1 chopped red pepper
- 1/2 cup marinara sauce
- 1/2 tsp oregano
- 1/2 tsp fennel seed
- 1/2 cup halved grape tomatoes

Mix ground nuts, cashew butter, and egg whites in a small bowl. Grease a baking sheet or simialr with 2 tbsp coconut oil, spread the “dough” mixture over it, making a 1/4-inch-thick crust. Preheat the oven to 250 degrees. In a skillet, add the remaining coco oil and the sliced sausage. Cook until browned, then remove the sausage to a small bowl. Add the garlic, onions, and red pepper to the skillet. Saute the veggeis lightly, making sure they don’t get soft.

Cover dough with marinara sauce, then add the meat and vegetables, excluding the tomatoes. Add the oregano and fennel seed, then back for 30 minutes. Remove from oven, add the halved tomoatoes, and serve!

Egg Torte

- 1/2 tbsp olive oil
- 1/4 cup finley chopped cauliflower
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped onion
- 1 tsp chopped serrano pepper
- 2 egg whites
- salt and pepper
- 1/4 finely chopped cilantro

Heat oil in a small skillet over mediu heat. Sauté cauliflower for 2-4 minutes. Add the red pepper, onion, and Serrano pepper. Sauté until veggies are soft.

Meahwhile whisk two egg whites in a bowl until fluffy. Add the sautéed veggeis when done, then the salt and pepper. Mix well.

Add the mixture to the skillet, fryin one side then flipping. Cook until light golden brown. Served topped with cilantro. Repeat the process for each torte.

Greek Scallops

- 1 lb sea scallops
- 2 tbsp olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves minced garlic
- 1 cup chopped tomatoes
- ¼ cup chopped parsley
- 2 tbsp lemon juice
- oregano to taste
- pepper to taste
- 1 hard boiled egg , chopped
- 2 tbsp pine nuts

In a large saucepan, heat the scallops, in 1 tbsp of olive oil until opaque, around 5 minutes. Transfer the scallops and liquid to a bowl and set aside. Rinse and dry the pan.

Now, heat 1 tbsp of olive oil in the pan; this time add the onions and sauté for 2 minutes. Add the mushrooms and sauté 3-5 minutes more, then add the minced garlic and sauté for 1 more minute. Add the tomato, chopped parsley, lemon juice, oregano and pepper. Boil then reduce heat and simmer 5 minutes. Stir in the scallops and liquid and bring to a boil. Serve into bowls, top with the chopped hard boiled eggs and pine nuts.