

HENRY BOONE'S

HIGH PROTEIN, MEDITERRANEAN AND WHOLE30: A SENIOR PROJECT COOKBOOK

A collection of tasty and
healthy recipes

My Journey

I have been an athlete all my life and physical fitness is a very important thing to me. Since before I can remember, I have always had some type of ball in my hands and sports have made me the person I am today. Additionally, I have been a picky eater ever since I was a child and have never really tried to expand my palate. I wanted my project to incorporate both of these aspects of my identity, while teaching others and myself how to stay fit.





Author's note

I wanted my project to represent myself as a person, and give myself the platform to share the foods that throughout the past six weeks, I have enjoyed again and again. What I wanted to do most is to offer kids and young adults just like me, who have trouble eating and just can't seem to find foods that are healthy, the opportunity to do so. Additionally, I used myself, to test the real effect that diet and nutrition has on the human body and see how it affects being an athlete and feeling healthy.

Weightlifting Diet



Weightlifting is centered around building your body's muscles through high intensity lifting and nutrition. It is said that weightlifting is 90% about the diet, and nutrition plays a very important role. Weightlifting diets emphasize lean and high amounts of protein, high amounts of carbohydrates and overall eating healthy and eating a lot to feed and build muscles.

Breakfast

AVOCADO TOAST

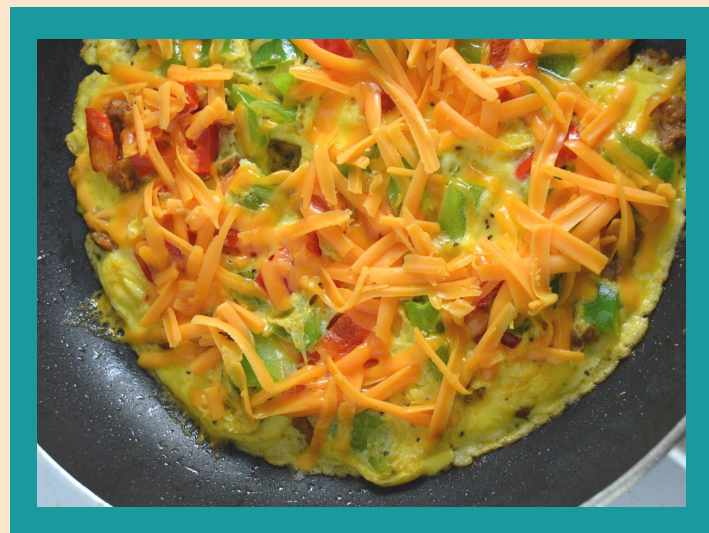
2 large slices crusty, sourdough bread
1 ripe avocado, halved, pit removed
Extra-virgin olive oil
Salt and coarsely ground black pepper
Half a lemon or lime

Toast the bread. Meanwhile, use a wide spoon to remove the avocado halves from the peel, keeping them in large pieces. Drizzle the hot toast lightly with olive oil and sprinkle with salt. Let cool slightly, then place one avocado half on each slice of toast. Use the back of a fork to roughly mash the avocado into the bread, keeping it as chunky as possible. Sprinkle with a little more salt, and pepper if desired. Squeeze the lemon over the top. Cut each piece of toast in half if they're large and serve immediately.
(Serves 2)



OMELETTE WITH RED PEPPERS, SAUSAGE AND CHEDDAR CHEESE

1-tablespoon olive oil
2 ounces Italian sausage links, casings removed
¼ red bell pepper, chopped
1 teaspoon unsalted butter
2 large eggs, beaten
¼ cup grated extra-sharp Cheddar (about 1 ounce)
Salt and black pepper
Heat the oil in a large skillet over medium-high heat. Add the sausage, breaking it up with a spoon, and bell pepper and cook until the sausage is browned and cooked through and the peppers are tender, 5 to 6 minutes. Melt the butter in a nonstick skillet over medium heat. Add the eggs and cook, stirring and tilting the pan, until just set, about 3 minutes. Sprinkle the sausage mixture and the Cheddar on one side of the eggs; fold the other side over the filling and add a pinch of salt and pepper.
(SERVES 1)



Lunch

BODYBUILDERS STEAK AND GRILLED CHEESE SANDWICH

4 slices favorite bread
½ green pepper, sliced
½ small onion, sliced
2 slices reduced fat pepper jack cheese
8oz thinly sliced sirloin steak

Season meat and cook in a large oiled grill pan and cook as desired. Remove from pan. Add peppers and onions to the pan and cook until tender. Layer steak, veggies and cheese onto bread. Top with additional bread slice. Heat grill pan over medium heat. Add sandwich to pan and toast until golden. Flip and toast until cheese is fully melted
(SERVES 1)



TURKEY CHILI

½ teaspoons olive oil
1-pound ground turkey
1 onion, chopped
2 chicken broth
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can kidney beans - drained, rinsed, and mashed
1 tablespoon garlic, minced
2 tablespoons chili powder
½ teaspoon paprika
½ teaspoon dried oregano
½ teaspoon salt
½ teaspoon ground black pepper



Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender. Pour chicken broth into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer for 30 minutes.
(SERVES 2)

Dinner

SPAGHETTI AND MEATBALLS

1-pound spaghetti
Salt, for pasta water
1 pounds ground beef
1 egg, beaten
¼ cup Italian breadcrumbs, a couple of handfuls
¼ cup grated Parmesan cheese
2 cloves garlic, chopped
Salt and pepper
2 tablespoons olive oil
4 cloves garlic, chopped
1 small onion, finely chopped
1-cup chicken broth
1 (28-ounce) can crushed tomatoes



Preheat the oven to 425 degrees.

Place a large pot of water on to boil for spaghetti. When it boils, add salt and pasta and cook to al dente.

Mix beef, egg, breadcrumbs, cheese, garlic, salt and pepper. Roll meat into 1" -sized meatballs and place on a nonstick cookie sheet or a cookie sheet greased with extra-virgin olive oil. Bake meatballs 10 to 12 minutes, until no longer pink.

Heat a deep skillet or medium pot over moderate heat. Add oil, garlic and onion. Sauté 5 to 7 minutes, until onion is soft. Add broth and crushed tomatoes. Bring to a simmer and cook for about 10 minutes.

Toss hot, drained pasta with a few ladles of the sauce and grated cheese. Turn meatballs in remaining sauce. Place pasta on dinner plates and top with meatballs and sauce and extra grated cheese.

(SERVES 4)

DOUBLE BEEF AND BACON CHEESEBURGERS

2 4oz lean beef patties
1 slice reduced fat hite cheddar cheese
1 slice turkey bacon
Hamburger Roll

Grill beef patties for approx 3 minutes per side or until desired doneness.

Add a slice of cheese to each burger and allow to melt (about one minute).

Cook bacon as desired

Place 1 burger on the bottom of roll, followed by bacon and then remaining burger.

Add any condiments such as lettuce, tomato, ketchup, mustard, relish, etc, if desired.

(SERVES 1)



Conclusion

Out of all three diets I took on, this one was definitely the easiest to maintain and my favorite. Being very picky, it was very hard to try new foods, and with the weightlifting diet, I was almost able to eat all the same foods that I already enjoy, just with a few exceptions. In my opinion, this diet had me feeling the “best,” for many reasons. Though I may have not been eating the healthiest foods compared to other diets, I was eating the foods I really liked and this helped me eat more. I focused a lot more on liquid calories as a way to get in the most possible calories I could achieve. I would drink 1-2 protein shakes a day with over 40 grams of protein after my workouts to help rebuild my muscles. For the first two weeks, I was able to more or less eat the foods I already enjoy while finding additional dishes that I also liked.



Mediterranean diet

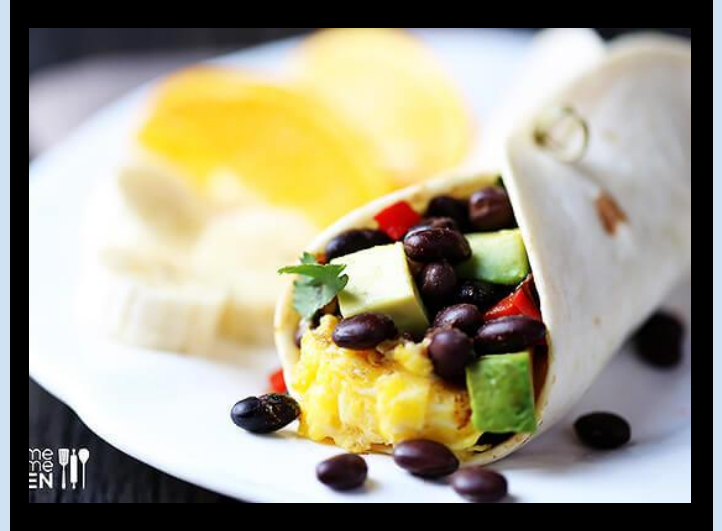


The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy compared to Americans and had a low risk of many lifestyle diseases. The Mediterranean diet emphasizes eating things like vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil; Limiting unhealthy meals and eating eggs, cheese and red meat in moderation.

Breakfast

BREAKFAST BEAN BURRITO

- 4 flour tortillas (10-inch)
- 8 eggs
- 1-tablespoon butter
- 1 cup shredded Monterey Jack cheese
- 1 15-ounce can black beans, rinsed and drained
- 3 scallions, chopped
- 1/2 cup of your favorite salsa
- 1/2 cup light sour cream (optional)
- 3 cups iceberg lettuce, shredded



Heat oven to 350 degrees. Place tortillas in a large covered casserole (or wrap them tightly in aluminum foil) and warm in the oven.

In a small mixing bowl, lightly beat eggs and add salt and freshly ground pepper to taste. In a large nonstick skillet, melt butter over medium heat. Cook eggs, stirring, until done.

To assemble burritos, place a tortilla on a cutting board. Spread a quarter of the scrambled eggs across the center of tortilla and top with a quarter of the cheese, beans, scallions, salsa, sour cream and lettuce.

Fold the tortilla envelope style: bring one side of the tortilla just over the edge of the filling, fold in sides of tortilla, and then roll it up to form a tight bundle. Cut in half crosswise.

Repeat with remaining tortillas and fillings.

(SERVES 4)

OATMEAL WITH FRESH FRUIT AND ALMOND MILK

- 1/2 cup old fashioned rolled oats
- 1 1/4 cups almond milk, divided
- 1 tsp. ground flaxseed, or to taste
- 1/8 tsp. cinnamon
- 1/2 cup chopped pineapple
- 1/4 cup sliced fresh strawberries
- 2 Tbsp. chopped walnuts,
- 1 tsp. honey, optional

In a small pan, cook oatmeal with 1 cup milk according to package directions.

Place oatmeal in a serving bowl. Pour 1/4 cup milk over oatmeal (heat milk if preferred). Sprinkle on flaxseed and cinnamon.

Top with pineapple, strawberries, walnuts and honey, if desired.

(SERVES 1)



Lunch

MEDITERRANEAN ORZO SALAD

½lb dried orzo pasta
½ pint cherry tomatoes, halved
1 cup diced cucumber
1 cup pitted Kalamata olives, cut in half
4 oz. crumbled feta cheese
¼ cup extra-virgin olive oil
¼ cup red wine vinegar

Salt and ground black pepper to taste

Bring a large pot of lightly salted water to a boil.

Cook orzo in the boiling water, stirring occasionally until tender, about 9 minutes. Strain the pasta into a medium size colander. Rinse with cold water.

Combine orzo, cherry tomatoes, cucumber, olives, and feta cheese in a large bowl.

Whisk olive oil, red wine vinegar, salt, and pepper together in a small bowl to make the vinaigrette. Drizzle over the orzo mixture and toss lightly to combine.

Let sit for 20 minutes for flavors to blend, stirring occasionally.

(SERVES 2)

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WHITE BEAN CAPRESE SALAD

1 (14-ounce) can white cannellini beans, drained and rinsed
5 ounces cherry or grape tomatoes, halved
5 ounces small mozzarella balls, halved
2 tablespoons olive oil, plus more as needed
Salt and black pepper
2 teaspoons balsamic vinegar

In a medium bowl, combine the beans, tomatoes, cheese and toss together. Add the olive oil and season the mixture well with salt and pepper. Gently stir to combine. Drizzle the salad with the balsamic vinegar and serve.

(SERVES 2)



Dinner

CHICKPEA AND ORZO STEW

2 tablespoons olive oil
1 small yellow onion, diced
1/2 pound dried orzo pasta
2 cloves garlic, minced
3 cups chicken or vegetable broth
1 (28-ounce) can crushed tomatoes or tomato purée
1 (15-ounce) can chickpeas, drained
1 cup frozen corn kernels
1/4 cup finely grated Parmesan cheese,
plus more for serving
Salt and Pepper to taste
3-4 fresh basil leaves, chopped



Heat the oil in a large Dutch oven or pot over medium-high. Add the onion and sauté until softened, about 3 minutes. Add the orzo and garlic, season with salt and pepper, and sauté until fragrant, about 1 minute.

Stir in the broth, tomatoes, and chickpeas and bring to a boil. Cover; reduce to a simmer, and cook, stirring frequently so that the orzo doesn't stick, until most of the liquid is absorbed and the pasta is al dente, about 10 minutes or according to package instructions. Add corn and heat for an additional 2 minutes.

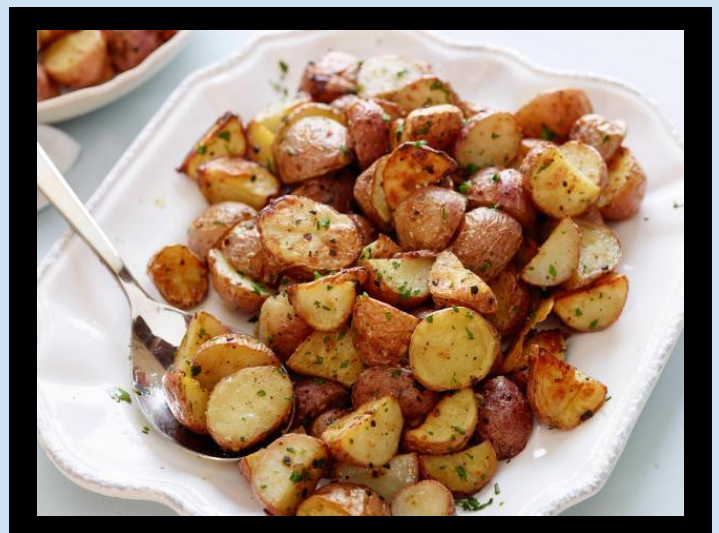
Stir in the Parmesan cheese. Season with salt and pepper. Garnish with the chopped basil and additional grated cheese.

(SERVES 2)

ROASTED RED POTATOES WITH GARLIC

1 pounds baby red potatoes, halved
1/4 cup olive oil
2 teaspoons garlic minced
Salt and pepper
1/4 cup finely grated Parmesan cheese

Preheat the oven to 400 degrees



Place the potatoes in a large bowl. Add the olive oil, garlic, salt, pepper and Parmesan cheese. Toss to coat. Spread the potatoes in a single layer on the prepared baking sheet. Bake for 35-40 minutes or until golden brown and fork tender.

(Serves 2)

Conclusion

The Mediterranean diet was definitely in the middle ground for me and very interesting to try. This diet was not the hardest, but also not the easiest, and had me trying a lot of new and different foods. I felt like I was eating the healthiest foods in my diet, and though I may have not enjoyed some of the meals, I felt as if I was eating healthy, and this made me feel a lot better. Being in weeks 3-4 of my project, this is when I started seeing a lot of change in my daily eating and fitness habits. What started in the beginning as a chore or a pain, turned into something that was just normal, and was just doing it because I enjoyed it. From going to the gym, to trying these new foods, this was what I did every day with no questions asked.



Whole30 Diet



The Whole30 diet is said to be like pushing the “reset button” on your health, habits, and relationship with food. The diet is a clean eating plan designed to revamp your eating habits by cutting out certain foods. This diet emphasizes whole foods, as you are allowed to eat meat, poultry, fish, vegetables, fruits, but limiting things like grains, sugars, legumes and more.

Breakfast

WHOLE WHEAT BLUEBERRY PANCAKES

1 ¼ cups whole-wheat flour
2 teaspoons baking powder
1 egg
1-cup milk
½ teaspoon salt
1-tablespoon sugar
½ cup blueberries

In a large bowl, whisk together flour, baking powder, egg, milk salt and sugar. Add blueberries, and stir to incorporate. Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown. (Serves 4)



WHOLE WHEAT FRENCH TOAST

2 egg whites, beaten
½ cup milk
1 tablespoon orange juice
¼ teaspoon vanilla
¼ teaspoon ground cinnamon
4 slices whole wheat bread
Cooking spray

In a shallow bowl, combine egg whites, milk, orange juice, vanilla, and cinnamon. Beat until frothy. Dip bread in egg mixture, coat both sides. Coat large non-stick skillet w/ cooking spray & heat. Cook bread over medium heat 2-3 minutes then turn. Cook 2-3 minutes more until golden brown on both sides. Cut bread diagonally & serve with honey, molasses, or syrup. (SERVES 1)



Lunch

WHOLE WHEAT PIZZA WITH TOMATO AND MOZZARELLA

1lb ball frozen whole-wheat pizza dough
Olive oil or cooking spray
1 (14-ounce) can whole or diced tomatoes and their juices
Kosher salt
1-pound whole-milk mozzarella cheese, shredded
10 fresh basil leaves, thinly sliced

Preheat the oven to 400 degrees
Defrost dough in the refrigerator, covered, for up to 2 days.
Place the tomatoes and their juices in a blender or a food processor and blend into a coarse purée, about 10 seconds; set aside.

Transfer the dough ball to a large oiled baking sheet. Using your hands, stretch and shape it into a rough 14-by-10-inch rectangle.

Using the back of a ladle or large spoon spread the tomato purée in an even layer over the dough, leaving about a 1/2-inch border. Season with salt and evenly sprinkle with the cheese.

Bake until the crust is browned and charred in spots and the cheese is brown and bubbly, about 12 to 15 minutes.

Transfer the pizza to a cutting board and sprinkle it with half of the basil. Let the baking sheet cool and repeat with the remaining dough and toppings.

(Serves 2)



STEAK AND SWEET POTATO BITES

2 lbs Sirloin steaks, cut into 2-inch pieces
4 tbsp Olive oil, divided
1 1/2 lb sweet potatoes, peeled and cut into 1-inch cubes
5 cloves garlic, minced
2 tsp Salt
Cracked pepper
3/4 cup Good quality mayonnaise
1 clove garlic, minced
1 tsp mustard



In a small bowl mix together mayonnaise, garlic and mustard until smooth and set aside.

Heat 2 tablespoons of olive oil in a large cast iron skillet over medium-high heat. Add the sweet potatoes to the pan in a single layer. Let sit untouched for 3-5 minutes until golden brown. Toss in the pan for an additional 10-12 minutes until fork tender. Remove from pan and set aside.

Season steak pieces generously with salt and pepper. Heat 2 tbsp of olive oil over high heat. Add in steak bites in a single layer, making sure they aren't touching each other.

Cook on high untouched until steak bites are well browned, turn sides and repeat. Continue cooking until all sides are brown. If working in batches, remove the first batch from the pan and cook the remaining steak.

Once all the steak is cooked add both sweet potatoes and all steak back into the pan along with the garlic and cook for 1-2 minutes until garlic is fragrant.

Serve hot with garlic mayonnaise.

Dinner

QUINOA CHICKEN

2 cups chicken broth
1-cup quinoa
2 teaspoons Olive oil
½ onion, chopped
2 cloves garlic, minced
1 pounds ground chicken
1 (10 ounce) can diced tomatoes with green chili peppers

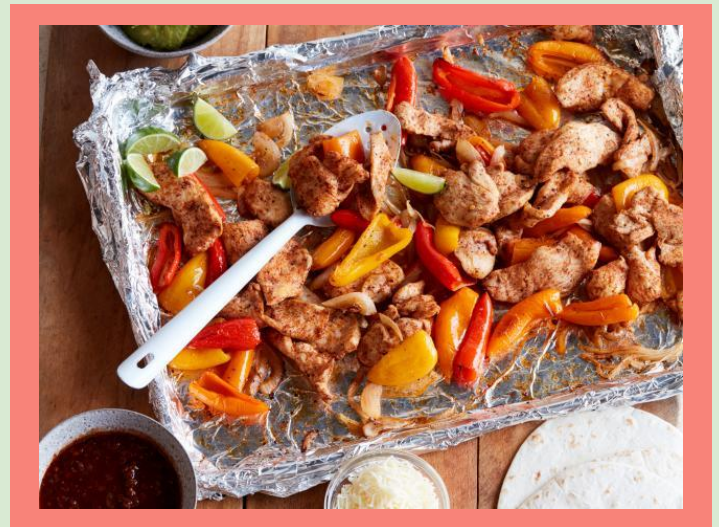
Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes. Heat oil in a large skillet over medium-high heat. Sauté onion and garlic in oil until onion is translucent, 5 to 7 minutes. Add ground chicken and break into small pieces while cooking until completely browned, 7 to 10 minutes. Stir cooked quinoa and diced tomatoes into the chicken mixture; bring to a simmer and cook long enough for the flavors to meld, about 10 minutes more. (Serves 4)



SHEET PAN CHICKEN FAJITAS

1/4 cup Taco Seasoning
1 tbsp Olive oil
1 Lime, juiced
2 lbs Boneless skinless chicken breasts,
cut into thin slices
1 small red onion, sliced thin
1 Red bell pepper, sliced thin
1 Yellow bell pepper, sliced thin
Small flour tortillas, warmed,

In a large bowl make a marinade using the taco seasoning, olive oil and lime juice. Toss the chicken, red onion and bell peppers together with the marinade. If you have time, allow to marinate, covered for 1 hour. If not, bake right away. Preheat the oven to 375° F. Spread the chicken and vegetable mixture onto a rimmed sheet pan. Bake for 15-20 minutes, or until meat is cooked through. If you want to add some char to meat and veggies, broil for another 3 minutes. Serve with warm tortillas, salsa, guacamole, avocado, sour cream and fresh cilantro.
(SERVES 4)



Conclusion

The Whole-30 diet was definitely the hardest diet I had to take part in, and really pushed my limits. I purposely chose to put this diet on my last two weeks of the project because I was dreading trying it. This diet not only forced me to try new foods, but I additionally had to give up on a lot of the foods I enjoy the most. What was really interesting though, is this project helped me really realize that you can find good dishes no matter what you are allowed to eat. Especially for this diet, I was still able to eat whole wheat pancakes, and french toast.



Final Words

Overall, this Senior Project has been a great success and an amazing experience that has taught me so much. I want to thank everyone that has helped me along the way during this project; from my coaches and other fit people in my life who I spoke too and told me about their experiences with fitness, to my parents who helped me work on recipes, helped me cook, and kept me fed. I couldn't have done all of this myself. Over the past six weeks, I was able to create lasting habits and truly change the way I live my life. Thank You.

