



Nutrition by  
*Tanya*

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# Shavuos Tips by Tanya

1. As always, plan your meals ahead of time. If you are eating at home, this is even easier. If you are eating out and feel comfortable enough, find out what is on the menu and make your choices AHEAD of time.  
\*The general rule is, ONE plate with ONE serving of protein (or a combo of 2), ONE (small) serving of starch (unless you're having challah) and lots of vegetables. Dessert can be a fruit (fruit salad, sugar free compote, low calorie ices, etc.)
2. Eat breakfast EVERY single morning. Many people are tempted to skip this meal and “save up” their calories for the other meals but this only backfires! Eating a good healthy breakfast will stabilize your blood sugar throughout the day and will make you less likely to overeat at the actual meals.
3. Be a great guest or an overly gracious hostess! Make yourself busy serving, chatting, helping clear the table, etc... Anything that keeps you from sitting at the table for very long periods of time.
4. Stock up on our cheesecakes. They are delicious, low calorie and great for when everyone else is having “the real thing”.
5. Cheat... In moderation! It's ok to cheat a little but follow these guidelines:
  - Make sure it's worth it! Think your kids' leftover noodles versus a spoonful of penne vodka... or cheesecake batter while you're making it versus a (very small) piece of cheesecake for dessert. If you're going to have it, make it worth it!
  - Plan for it! Spontaneous cheating is always worse than planned cheating. If you plan for it, YOU are in control of it. Plan ahead what it is that you want to have and stick to that.
  - No regrets! Have it and forget about it. Don't talk about it, think about it or even worse, go off your plan completely because of it.
6. Make up for it! If you had a piece of cheesecake for dessert on the first day, take a brisk walk afterwards or skip dessert that night or the next day. Treat it like a bank account where when you withdraw, you need to deposit to keep the balance more or less even.
7. Write it ALL down! As soon as Yom tov is over, write down everything you ate. This will give you the accountability and may even make you think twice before having something.
8. Walk it off! A brisk walk will not only burn some calories, it will also put you in the right mindset and get you away from the table/pantry/kitchen...

**Remember, the goal over yom tov is just to stay the same.  
We don't expect you to lose, just try not to gain.**

**Sample day:**

**Breakfast:** Regular choice or TAP item

**Lunch/Dinner:** 1 slice of challah OR a starch, PLUS one protein or a combination of two and vegetables.

**“Daily Budget:”** (use in any order)

- Your fruits
- 2 snacks
- 1 treat

**Good luck and enjoy!**  
*Tanya*

# RECIPES

## Breakfast Pancakes

### Ingredients:

1 (6 ounce) container Greek yogurt (any flavor)  
2 egg whites  
½ cup whole wheat pastry flour  
1 teaspoon baking soda

### Directions:

Combine the greek yogurt and egg whites until creamy. In a separate bowl, combine the flour and baking soda. Mix the wet with the dry ingredients and stir until the batter is just combined. Let it rest for 10 minutes.

Cook the pancakes as you would any other, using spray instead of oil.

**Makes 2 servings. Count each serving as a complete breakfast.**

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## Chocolate Chip Mini Muffins

### Ingredients:

1½ cups whole wheat pastry flour or white whole wheat flour  
1 teaspoon baking soda  
¼ teaspoon salt  
3 bananas  
2 tablespoons honey  
1 tablespoon vanilla  
1 tablespoon olive or coconut oil  
1 egg  
½ cup nonfat plain Greek yogurt or unsweetened applesauce  
1 tablespoon unsweetened almond milk  
¼ cup chocolate chips or less

### Directions:

Preheat oven to 350°F. Spray a 12-cup muffin tin with nonstick cooking spray. In a medium bowl, whisk together flour, baking soda and salt.

Add bananas, honey, vanilla, oil, egg, almond milk and yogurt (or applesauce) into a blender. Blend on high for 1 minute or until well combined, smooth and creamy.

Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips.

Divide batter evenly into muffin tin and bake for 20-25 minutes or until toothpick comes out clean or with just a few crumbs attached.

Cool muffins for 5 minutes then remove and transfer to a wire rack to finish cooling. Muffins are best served warm and even better the next day.

**Makes 12 muffins. Count each muffin as a snack.**

## Healthy Cheese Blintzes

### Ingredients:

### Wrappers:

Cooking spray  
1 cup lowfat skim milk  
4 eggs  
1 cup whole wheat flour  
Few pinches of salt

### Filling:

2 cups lowfat cottage cheese  
6 tablespoons Greek yogurt  
2 tablespoons zero calorie sweetener  
¼ teaspoon vanilla extract (if desired)  
Gratings of fresh lemon zest (if desired)  
1 large egg

### Directions:

Combine wrapper ingredients in a blender or in a bowl with an immersion blender. Make blintz wrapper as you normally would. Make filling and fill wrappers:

Mix all filling ingredients together until smooth. Place 3 tablespoons or so of the filling across the center of the top wrapper/crêpe in your stack. Fold. When you are ready to serve the blintz: Heat a pan with cooking spray, fry blintz until browned on both sides.

**Count 2 blintzes as a full lunch - just add a salad!**

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## Oatmeal Chocolate Raisin Cookies

### Ingredients:

⅓ cup applesauce  
½ teaspoon vanilla extract  
2 egg whites  
½ teaspoon baking soda  
½ teaspoon cinnamon  
Pinch of salt  
1 ½ cups oats  
¼ cup raisins  
¾ cup brown sugar Splenda  
4 tablespoons Splenda  
2 tablespoons oil

### Directions:

Preheat oven to 375°F. Mix Splenda, brown sugar, oil and applesauce in a bowl. Blend well. Add vanilla and egg whites.

In another bowl combine, baking soda, cinnamon and salt. Combine dry ingredients with sugar mixture. Mix until well blended. Stir in oats and raisins. Drop by tablespoon on a greased cookie sheet about 2 inches apart. Bake for 7 to 10 minutes or until golden brown.

**Makes 16 cookies. Count 2 cookies as a snack.**

## Dairy Baked Tilapia with Dill Sauce

### Ingredients:

4 (4 ounce) fillets tilapia  
Salt and pepper to taste  
1 lemon, thinly sliced  
¼ cup light mayonnaise  
½ cup lowfat sour cream  
⅓ teaspoon garlic powder  
1 teaspoon fresh lemon juice  
2 tablespoons chopped fresh dill  
1 tablespoon cajun seasoning, to taste



### Directions:

Preheat the oven to 350°F (175 °C).  
Lightly grease a 9" x 13" baking dish.  
Season the tilapia fillets with salt, pepper and cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets (I usually use about 2 slices on each piece so that it covers most of the surface of the fish). Bake uncovered for 15 to 20 minutes in the preheated oven or until fish flakes easily with a fork.  
While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

**Makes 4 servings - count each serving as a complete protein and do not add a fat to this meal.**

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## Grilled Tuna with Olive Relish

### Ingredients (olive relish):

½ cup finely chopped fresh parsley  
⅓ cup chopped, pitted imported black olives (such as Kalamata)  
¼ cup finely chopped celery  
1 small clove garlic, minced  
½ teaspoon dried oregano  
1 tablespoon lemon juice  
1 teaspoon extra-virgin olive oil  
⅓ teaspoon salt  
Freshly ground pepper, to taste



1¾ pounds tuna steak, trimmed and cut into 6 portions  
1 tablespoon extra-virgin olive oil

### Directions:

To prepare olive relish: Combine parsley, olives, celery, garlic, oregano, lemon juice, oil, salt and pepper in a small bowl.

To grill tuna: Preheat grill to medium-high.  
Rub tuna all over with oil and season with salt and pepper. Grill the tuna until seared on both sides and just cooked through, about 4 minutes per side. Serve with olive relish and lemon wedges.

**Makes 6 servings - count each serving as a complete protein and do not add a fat to this meal.**

## Mediterranean Zucchini Noodle Pasta

### Ingredients:

4 medium zucchini squash, spiralized  
1 cup cherry tomatoes, halved  
⅔ cup artichoke hearts, halved  
¼ cup pitted olives, halved  
2 tablespoons grapeseed oil  
Zest of 1 lemon  
3 tablespoons fresh lemon juice  
1 tablespoon white vinegar  
3 cloves garlic minced  
2 tablespoons fresh parsley chopped  
½ teaspoon kosher salt, to taste

### Directions:

Rinse the zucchini squash well, pat them dry and chop off the tips and tails. Using a spiral slicer, make noodles out of all of the zucchini and add the noodles to a large serving bowl.



Note: once you get to the last 2 inches or so of the zucchini, it will be difficult to spiral, so you can either grate it or finely chop the rest.

Add the cherry tomatoes, artichoke hearts and kalamata olives to the bowl with the zucchini. Whisk together the last 7 ingredients in a small bowl. Pour this dressing over the zucchini pasta and toss everything together.  
Serve cold with crumbled feta cheese

**Note:** To serve this meal hot, heat the grapeseed oil, lemon zest and juice, vinegar and garlic in a non-stick skillet over medium-high. Add the zucchini noodles and cook until softened and much of the liquid has evaporated. Add the remaining ingredients and continue cooking until hot.

**Makes 4 servings - count each serving as fat.**

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## Baked "Zoodles":

Adapted from Malka Klein

### Ingredients:

1 can tomato sauce (with spices)  
3-4 ounces reduced fat mozzarella cheese  
3 zucchinis, shredded using a spiralizer  
⅓ cup broccoli

### Directions:

Preheat the oven to 350°F. Spray your pan and add in the zucchini. Mix in sauce, then broccoli on top and sprinkle cheese! Cook covered for half an hour, uncover and bake for 15-20 minutes until the cheese is bubbling. Enjoy!

**Count half the recipe as a protein.**

## Zucchini, Arugula and Feta Frittata

### Ingredients:

1 medium zucchini squash, grated  
1 tablespoon olive oil  
4 cups baby arugula  
⅓ cup fresh herbs (I used basil and sage)  
12 large eggs  
½ cup feta cheese crumbles  
½ teaspoon sea salt

### Directions:

Grate the zucchini and transfer it to a colander. Sprinkle with sea salt and allow zucchini to sit at least 1 hour (up to 3) to allow it to drain. Squeeze any remaining water out of the zucchini

Preheat the oven to 375°F and add the oil to a 10" cast iron skillet. Spread the oil around the full surface and sides of the skillet (I use a paper towel). Place skillet on the stove top over medium heat. Place the arugula in the heated skillet and cover. Cook, stirring occasionally just until wilted, about 1 to 2 minutes. Remove from heat and allow arugula to cool.

Whisk the eggs, feta and sea salt together in a mixing bowl. Add the grated zucchini, arugula and chopped fresh herbs. Stir together until everything is well combined.

Pour the egg and veggie mixture into the cast iron skillet and place on the center rack of the preheated oven. Bake for 25 to 30 minutes or until the center has set and the top is beginning to turn golden-brown. Remove from the oven and allow frittata to rest for 10 minutes before cutting and serving.

**Makes 8 servings count each as a protein**

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## Cheese Latkes

### Ingredients:

1 cup low-fat ricotta or cottage cheese  
¾ cup whole wheat flour  
1 egg, 2 egg whites  
2 tablespoons zero calorie sugar  
1 teaspoon kosher salt  
½ teaspoon baking powder  
Non-stick cooking oil spray, for frying

### Directions:

Combine all ingredients except the non-stick oil in a food processor. Process the mixture for about 45 seconds, pausing a couple of times to scrape the sides until the mixture forms a thick batter.

Spray a pan with cooking spray and heat over medium. Use a spoon to scoop up the batter, then pour it onto the hot pan in the size/shape of silver dollar pancakes.

Use 1-2 tablespoons of batter per pancake.

Spread it out into a thin circle after it hits the skillet.

Heat the latkes for 2-3 minutes on each side until they turn golden brown.

Test the first latke for doneness and make sure it's cooked all the way through; if the latkes are browning faster than they're cooking, reduce heat.

Serve immediately.

**Makes 8 latkes. Count 2 as a complete breakfast or lunch, just add a fruit or vegetables.**

## Baked Eggplant Parmesan Recipe

### Ingredients:

2 small eggplants peeled and sliced into half inch slices  
1 tablespoon salt  
¾ cup whole wheat bread crumbs  
1 egg and two additional whites, beaten  
1 jar garlic pasta sauce - look for the type with the least amount of oil and sugar in the ingredients  
12 ounces shredded light mozzarella cheese  
½ teaspoon basil

### Directions:

Sprinkle salt on sliced eggplant and allow to sit for several hours, then wipe off moisture.

Preheat oven to 350°F.

Dip slices of eggplant into beaten eggs and then into the breadcrumbs and basil to coat.

Bake the breaded eggplants in a preheated oven until lightly browned, about five minutes on each side. Layer sauce, breaded eggplant and shredded cheese in a 9" x 13" pan, ending with a layer of shredded cheese. Bake uncovered for 35 minutes - cheese should be golden and bubbly.

**Divide recipe into six servings. Count each serving as a lunch or dinner protein and half starch**

\*At a Yom Tov meal, have half the amount of matzah or challah you would usually have.

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## Spaghetti Squash Bites

Adapted from [www.delish.com](http://www.delish.com)

### Ingredients:

1 medium spaghetti squash, halved  
1 tablespoon olive oil  
Kosher salt  
Pepper  
1 teaspoon garlic powder  
Non-stick cooking spray  
2 cups tomato sauce  
1 cup reduced fat mozzarella, shredded

### Directions:

Preheat oven to 400°F and line a medium baking sheet with baking paper. Drizzle cut side of squash with olive oil, season with salt and pepper, and bake for 45 minutes. Reduce oven heat to 375°F. Cool squash and shred into spaghetti pieces. Place into a bowl and season with garlic, salt and pepper.

Transfer ¼ of each squash into greased muffin pan, pressing on bottoms and side to create cups. Bake for 15 minutes. Spoon pizza sauce into each cup, top with 2 ounces mozzarella cheese and bake for 8-10 more minutes until cheese is melted.

**Makes four pizza muffins. Count each muffin as a full protein.**

## Zucchini Souffle

Low Carb, Fat Free (Dairy or Parve)

From Nechama Cohen, Jewish Diabetes Association

### Ingredients:

Non-stick cooking spray  
1 small onion, peeled and chopped  
4 large zucchini or other summer squash, peeled  
2 whole eggs plus 2 egg whites, or 1 (4-ounce) container of Egg Beaters  
1 (8-ounce) package farmer cheese  
2 tablespoons soy or regular flour  
Salt and pepper to taste

### Directions:

Preheat oven to 350°F. Line a 9" x 13" casserole dish with baking paper. Sauté onion and set aside. Grate the zucchini and squeeze out excess liquid. In a separate bowl, combine eggs and cheese, mixing well. Add the flour and season with salt and pepper. Combine zucchini with the cheese mixture. Add the onions. Mix well. Pour into the prepared casserole dish. Bake for about 1 hour.

**VARIATION:** Add some color with ½ cup chopped red pepper, ½ cup chopped green pepper and ¼ cup sliced green scallions. **Note:** If serving as a side dish together with another protein, you may want to replace 1 egg yolk with 2 egg whites or use Egg Beaters.

**Makes 10 servings. Count each serving as free.**

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## Easy Cheesy Vegetable Quiche

### Ingredients:

1 ½ cups sliced yellow squash (2 small or 1 very large)  
1 ½ cups sliced zucchini (2 small or 1 very large)  
1 large orange bell pepper (or any color), chopped  
2 cloves roasted garlic, chopped  
1 tablespoon ground or fresh thyme, chopped  
3 large eggs  
3 large egg whites  
¾ cup skim milk  
¾ teaspoon salt  
¼ teaspoon freshly ground black pepper  
⅔ cup reduced fat shredded cheese

### Directions:

Heat a large skillet over medium-high heat. Spray with non-stick spray and add sliced squash, zucchini, chopped pepper, roasted garlic, thyme and little pinch of salt and pepper. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350°F. Spray a 9" pie pan or square pan with non-stick spray. Set aside.

In a large bowl, whisk the eggs, egg whites, milk, salt and pepper together until thoroughly combined. Arrange veggies in the prepared pan. Top with shredded cheese then pour the egg mixture on top. Bake for 45 minutes or until filling is set. Cool for 10 minutes on a wire rack before slicing and serving.

**Makes 6 servings. Count each serving as a protein. Enjoy!**

## Cheese Balls

Carb Free, Low Fat (Dairy)

From Nechama Cohen, Jewish Diabetes Association

### Ingredients:

1 ½ cups farmer cheese  
½ cup 5% soft white cheese, or low-fat ricotta (well-drained)  
1 cup low-fat grated yellow cheese (muenster, cheddar, etc.)  
¼ cup scallions, minced  
1 tablespoon worcestershire sauce

### Garnishes:

1 tablespoon sweet or sharp paprika  
⅓ cup minced dill  
⅓ cup minced parsley  
⅓ cup roasted nuts, coarsely chopped  
⅓ cup roasted sesame seeds

### Directions:

Mix all the ingredients together and refrigerate for 30 minutes. Form the mixture into small balls and roll in any or all of the garnishes. Refrigerate in an airtight container for up to 2 days. It is not recommended to prepare these in advance and freeze.

**VARIATIONS:** Sweet Variation: Omit scallions. Add ½ teaspoon vanilla extract and roll in cinnamon.

**Chinese Variation:** For a Chinese twist, use 1 tablespoon light soy sauce instead of the worcestershire and roll in minced fresh ginger.

**Makes 17 servings. Count 2 balls as a protein plus a fat.**

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## Cheesy Portobello Mushrooms:

### Ingredients:

8 ounces portobello mushrooms or baby bella mushrooms  
Tomato sauce  
1.5 ounces reduced fat mozzarella cheese

### Directions:

Roast the mushrooms at 400°F for 20-30 minutes. Put sauce and cheese on mushrooms and bake on for an additional ten minutes.

Makes 1 serving. Counts as a full protein.

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# Rachel with tips for Shavuos or any holiday and how to control your cravings!

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