



Shavuos Tips by Tanya

- 1. 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 in advance.
- 2. Eat breakfast EVERY single morning.** 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 with 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!**
 - Make sure it's worth it!
 - Plan what it is that you want to have and stick to that.
 - No regrets! Have it and forget about it.
- 6. Make up for it!** If you had a piece of cheesecake for dessert on the first day, take a brisk walk afterward or skip dessert that night or the next day.
- 7. Write it ALL down!** As soon as Yom Tov is over, write down everything you ate.
- 8. Walk it off!** A brisk walk will not only burn some calories, but 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

Did you know?! TAP Cheesecake

Cheesecake can be healthier without sacrificing taste. TAP cheesecake is exactly that! Avoid the extra calories and fat this Shavuos by grabbing a single-serve for you, or a pie for the whole family to enjoy, and remember, TAP cheesecake is available all year round. YUMMY!



Some Alternatives & Different Types Of Milk

There are many reasons some individuals can't drink milk, but here is a list of some alternatives.

For 1 cup	Cal	Protein	Fat
Whole	150	8g	8g
Low Fat	110	8g	2.5g
Fat Free	90	8g	0g
Soy	131	8g	4.3g
Oat	120	3g	5g
Hemp	83	4.7g	7.3g
Almond	39	1g	3g
Cashew	25	Less than 1 gram	2g
Rice	120	1g	2.5g
Coconut (not canned)	45	0g	4g



Flavored Diet Cheesecake

Ingredients:

1 pound farmer cheese
1 slim flavored yogurt of your choice
2 eggs
15 Splenda packets

Instructions:

Preheat oven to 350°F.
Blend all the ingredients together well. Pour mixture into the smaller round pan. Place the round pan into a bed of water in the larger pan (making a water bath). Bake for 50-60 minutes. Let cool and refrigerate. Divide into 6 portions.

Makes 6 servings. Count one slice as breakfast and add a fruit or snack on its own.

Cottage Cheesecake

Ingredients:

1 pound low-fat cottage cheese
1 pound farmer cheese
18 ounces fat-free or low-fat cream cheese
4 eggs
½ cup xylitol
1 capful vanilla extract

Instructions:

Preheat oven at 350°F.
Mix all the ingredients until they reach a smooth consistency and pour into muffin tins. Bake for 45 minutes uncovered. Remove from oven and let cool before refrigerating.

Makes 12 servings. Count As: Breakfast or snack

Healthy Cheesecake Ice Cream

Ingredients:

32 ounces plain, nonfat Greek yogurt
16 ounces low-fat cream cheese
1½ cups unsweetened vanilla almond milk
1 tablespoon liquid Stevia or more to taste
1 teaspoon vanilla extract
¼ teaspoon lemon flavor or ½ teaspoon lemon zest

Instructions:

Freeze your ice cream maker bowl for 24+ hours.
In a blender, add all of the ingredients. Blend until completely smooth.
Place the frozen ice cream maker attachment onto the stand mixer and turn on the "stir" speed.
Pour ice cream mixture into the ice cream bowl and churn until soft-serve consistency. Transfer the ice cream into a freezer-safe dish. Cover and freeze for 3-5 hours before serving.

Makes 12 servings. Count each serving as a snack.

Tnuva Cheesecake:

Ingredients:

3 Tnuva cheeses
2 tablespoons lite sour cream
5 egg whites
4 tablespoons xylitol
½ pack sugar-free pudding
3 tablespoons flour

Instructions:

Preheat oven at 350°F.
Use a hand mixer to whip the egg whites. Add in the rest of the ingredients and mix until it reaches a smooth consistency. Pour into a 9" x 13" pan.
Bake for 1 hour uncovered, remove from oven and let cool before refrigerating.

Divide into 24 servings. Count As: Treat

Mediterranean Zucchini Noodle Pasta

Ingredients:

4 medium zucchini squash, spiralized
1 cup cherry tomatoes, halved
¾ 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

Instructions:

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, 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 and a vegetable.

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 low-fat sour cream
⅓ teaspoon garlic powder
1 teaspoon fresh lemon juice
2 tablespoons chopped fresh dill
1 tablespoon cajun seasoning, to taste

Instructions:

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.

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

Instructions:

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.

Cheesy Portobello Mushrooms:

Ingredients:

8 ounces portobello mushrooms or Baby Bella Mushrooms
Tomato sauce
1.5 ounces reduced-fat mozzarella cheese

Instructions:

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

Makes 1 serving. Counts as a full protein.