Creating Matrix Meals

Recipes™

Be A Resourceful Cook

GOLO Recipes

Anytime Egg Bites
Take Along Breakfast Melts
Salad Dressing
Tuna Melt
Pot Pie Bake
Eggplant Parmesan
Macaroni & Cheese
Chili
Sweet Potato Muffins
Equipping Your Kitchen

You don’t need a cabinet full of gadgets and appliances, and there is nothing special required for cooking the GOLO way. However, having a few basic tools will assist in preparing food and make cooking and food storage a more enjoyable experience overall.

Some good kitchen tools to consider:

- Sharp knives in a variety of sizes.
- Cutting boards: 1 for meats, 1 for everything else.
- Pots & Pans: 1 large sauté pan; 1 large pot for pasta, stews, soups; 1 smaller pot for sauces, oatmeal, rice; 1-2 large stainless steel sheet trays for roasting.
- A variety of containers for freezing, storing.
- Extra measuring cups and spoons to keep in or near things you want to measure (oats, rice, olive oil).

Easy One-Pot Meals

One-pot meals make cooking fun and time-saving. Just be aware of your GOLO portion sizes. Include plenty of vegetables or a salad to make a balanced Matrix Meal.

One-pot meat and pasta

Portion enough cooked whole wheat pasta, ground beef, or turkey for your whole family, or extra for another meal. Brown the meat, add tomato sauce, the pasta, and some herbs and spices. You can even sprinkle a small amount of cheese for more flavor!

Stuffed Shells

Stuff vegetables, meat or tuna into whole wheat pasta shells, or roll up in whole wheat lasagna noodles. Lightly cover with sauce and bake.

Stuffed Peppers

Green and red peppers in season are inexpensive, healthy vegetables. Stuff peppers with an uncooked and seasoned ground turkey or lean beef mixture (salt, pepper, garlic, onions) and pre-cooked brown rice. Make a quick sauce from tomato sauce mixed with chicken stock and pour over peppers. Bake covered in oven until meat is cooked thoroughly.

This is an easy way to portion out your protein and carbohydrate. The pepper serves as your vegetable and you have enough room to add other diced vegetables or a side salad as well.

Calculating Portions for a One-Pot Dish

When making a combined meal, portion out ingredients before mixing together. This way you will have an idea of how much to eat. For example: Stir-fry

- Vegetables: (20), Protein: (70), Brown rice: (45), and Olive oil for frying: (15). Total Fuel Value: (145).

Become a brown bagger! Packing your lunch could save you hundreds of calories a day and over $1,000 per year.

Your waist and your wallet will thank you.
Not in the mood to cook? There are plenty of Matrix Meals that don’t require much or any cooking, especially if you have prepared the food earlier. For example, use your pre-cooked meat or fish and serve over fresh greens and vegetables. Have a fresh roll and butter on the side and enjoy!

The following are some basic meal enhancing ingredients for use in a variety of GOLO Matrix Meals.

**Vegetables**

Roasting vegetables is easy, healthy and flavorful and only a few ingredients are needed! Roasting concentrates the flavors and reduces the need for sauces.

The intense flavors of roasted vegetables can make a simple meal seem gourmet and special.

Until you’re familiar with how long it takes to roast, or how you like your vegetables prepared, use a lower oven temperature. Refer to the Cooking section of this book for complete instructions. Once you have a variety of roasted pre-cooked vegetables, you can use them in salads, snacks, omelets and to make additional meals all week.

**Lower temperature (350˚)** add sweetness and work well with root vegetables like beets and carrots.

**Medium temperature (375˚)** cook vegetables evenly and round out flavors.

**High temperature (425˚)** caramelize or ‘oven-fry’ vegetables and leave them firm but not hard.

**Suggested Vegetables for Roasting:** Sweet potatoes, carrots, mushrooms, string beans, asparagus, onion, fennel bulb, beets, tomatoes, peppers, cauliflower.

**Vegetable Roasting Tips:**

- Hot peppers like serrano or cayenne will add ‘heat’ to whatever you’re roasting. They can be roasted with a main vegetable or alone.

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**How To Cook Fish**

Fish is simple to cook, needs little preparation and cooks quickly, making seafood an easy and healthy meal option. Once cooked, fish does have a limited ‘keep’ time, so it’s best to make enough for just a day or two.

If possible, purchase fresh wild caught fish or wild frozen fish over farm raised versions. Frozen fish is convenient to buy because you only have to defrost what you’re going to eat for a day or two. Fish defrosts quickly in the refrigerator, or if you need to defrost right away, you can put it in a bowl of water for a few minutes, making sure the fish is wrapped so it doesn’t absorb water.

Simple ingredients like lemon, lime, butter, olive oil, and sea salt are all you need to season fish. If you are planning to marinade, it only takes about 5 or 10 minutes prior to cooking as fish absorbs flavor quickly. You can be creative with spices and herbs depending on the flavor you want. For example: if you want your fish to have an Oriental flavor, add some ginger and garlic. See page 18 for other flavoring ideas.
• Try spritzing a small amount of vinegar or citrus juice on the vegetables.

• Cut even sizes for consistent cooking. Slice carrots lengthwise in half, or cut an onion into quarters or eighths.

## Fantastic Fruit
Peaches, apples, pears, figs, plums and pineapples roast well. Roasting will also allow you to keep ripe fruit for a few more days, saving money and waste.

• Dot fruit slices lightly with butter, add some cinnamon or nutmeg and roast.

• Add to salads, or use as a ‘salsa’ on baked or grilled meat and fish.

## The Big Chill
Freeze blueberries, strawberries and other fruits when they are in season and economical to buy. You can add them to oatmeal, yogurt, smoothies and even on salad!

• Freeze fruit on a pan in a single layer, then divide into plastic bags or containers.

• Puree fruit before freezing so you can easily blend with yogurt.

## Incredible Eggs
Eggs are a great inexpensive protein to add to many meals. An egg contains nine essential amino acids that the body needs to function properly and are high in protein and low in fat. The price difference between an organic egg and a cheaper one is only about 10 cents per egg. This is a good place to make the better choice and opt for the organic eggs.

• Eggs can be sliced in salads.

• Eaten alone as a snack, or with a piece of fruit.

• Added to stir-fries

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### Sweet Potatoes and Yams
provide a filling and healthy addition to any meal. Cut into long wedges, roast and substitute for French fries.

### Bountiful Beans
Beans are one of the healthiest and most economical foods you can buy. Filling and nutritious, they provide a great source of fiber. Dried beans can be bought in bulk and stored in canisters for a long pantry shelf life and can be use as needed.

• Beans can be added to soups, salads, main dishes or as a base for one-pot meals.

### Just Make Some Extra!
Many of us have gotten into the habit of not eating leftovers, but many meals taste better the next day when flavors have had a chance to blend together.

If you cringe at the thought of cooking too much food ahead of time or eating leftovers, just make extra of a main ingredient or two (such as chicken and brown rice) so you can use it for lunch or dinner the next day. This will be much better for your health, and will keep you from grabbing fast food when you’re in a rush.

## The GOLO Recipes
The following pages will give you a sampling of some delicious dishes you can prepare with foods from the GOLO Fuel Index and their Fuel Value per serving. Matrix Meals are an opportunity to enjoy fresh and healthy foods that help you lose weight and also offer wholesome nutrition you can feel good about.

You can find additional recipes on mygolo.com
Anytime Egg Bites

**Whisk** 6 eggs with 1 cup milk. Add diced vegetables (try using your roasted vegetables) and a small amount of shredded cheese, fresh herbs or seasonings if desired.

**Pour** into individual muffin cups that have been sprayed with an organic nonstick cooking spray. (Makes 12 egg bites).

**Bake** at 350° until set.

**Total Fuel Value** (per egg bite): With cheese: (40), Egg and vegetables only: (25)

**Tips**
- To reheat egg bites, microwave approximately 20-30 seconds. When served with a slice of buttered toast and fruit, you have a balanced GOLO breakfast!
- Freeze the egg bites in individual bags or keep in the fridge for a few days. The whole family can grab-and-go for a quick breakfast!
Take-Along Breakfast Melts

Missing those egg sandwiches made in fast food chains or convenience stores?

Make your own healthy GOLO version and take them with you on the go.

Cook 1 Egg (25) in 1 tsp. of Butter (10).

Flip the egg and then put the 1 slice cheese (15) on the egg so it will melt.

Toast 2 Slices Multi-grain Bread (90) while the egg is cooking. Add fresh lettuce, spinach, and tomato or onion slices if desired. Wrap and go for a complete GOLO breakfast!

Total Fuel Value: 140 per sandwich (+10 if adding vegetables)

Variation: Swap the cheese for a slice of Canadian Bacon (75). Total Fuel Value: 200 per sandwich.

GOLO Salad Dressing

1 cup Water
¼ cup Apple Cider Vinegar
1 tbsp. Garlic Salt (to taste)
¼ cup Olive oil

Combine water and vinegar. Add the garlic salt, adjusting for taste. Add ¼ cup olive oil and shake or stir thoroughly.

Total Fuel Value: 2 tbsp. dressing (20)
**GOLO Recipes**

**Tuna Melt**

3 oz. Tuna (pre-cooked) (35)
1 Slice Cheese (15)
1 Tomato, sliced (5)
1 slice Bread (45)
1 tbsp. Mayonnaise (35)
Mixed Salad w/Vegetables - optional (10)

**Total Fuel Value:** (135) With side salad: (145)

Mix tuna and mayonnaise. Season with a small amount of salt and/or other spices. Place on top of bread. Add tomato slices and cheese on top. Bake at 350° until cheese is melted (approximately 5-10 min). Serve with side of mixed salad and vegetables.

**GOLO Pot Pie Bake**

6 oz. Cooked Diced Chicken (80)
2 cups diced Mixed Vegetables. Use carrots, celery, onion, peppers broccoli, or other. (30)
1 Slice Bread cubed or crumbled (45)
Olive oil (15)
1/2 cup Chicken Stock heated with a small amount of flour to thicken (about 1 tsp.)

**Total Fuel Value:** 170

Sauté vegetables in olive oil and small amount of sea salt until tender. Transfer to small casserole dish and add chicken and stock. Sauté cubed bread in olive oil and season as desired. Place on top of chicken and vegetables. Bake at 350° until heated through.
**Eggplant Parmesan**

Fresh Mozzarella Cheese (20)
Fresh Parmesan (20)
4 Thick Slices Eggplant (20)
½ cup Tomato Sauce (20)
1 slice Garlic Bread (45)
Olive oil (15)

**Total Fuel Value:** 140

Brush eggplant with olive oil, small amount of sea salt and other Italian seasonings if desired. Bake in 350 degree oven until slices are softened and slightly browned (About 10 -12 min). Spoon tomato sauce and cheese on top of slices. Place back in oven until cheese is melted.

**To make garlic bread:** Spread roasted garlic (or minced garlic mixed with small amount of butter) on bread and toast in oven.

**Tip:** Italian seasonings such as basil, garlic, parsley and oregano work great with this dish.

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**GOLO Macaroni & Cheese**

4 oz. sharp Cheddar or other cheese (60)
1 cup cooked Pasta (90)
¼ cup Milk (15)
Herbs and spices to taste

**Total Fuel Value:** 165

Cook pasta per directions. Drain and set aside. In a small saucepan heat a ¼ cup of milk on low heat. Slowly add in cheese and stir until smooth. Mix with cooked pasta and place in casserole dish. Bake in 350° oven until bubbly. Enjoy with a Mixed Salad (20) or Broccoli (10).

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**GOLO Chili**

6 oz. ground Turkey or Chicken (80)
(90 if using ground beef)
Peppers and Onion (diced) (20)
½ cup Tomato Sauce or Salsa (20)
½ cup Beans (40)
Olive oil (15)

**Total Fuel Value:** 175 (185 if using ground beef)

**Other ingredients:** Broth

**Optional ingredients:** Seasonings, cilantro, chili powder or other peppers

Brown meat and drain fat.

Sauté vegetables in Olive oil (if they’re not cooked in advance).

Mix together beans, broth and tomato sauce or salsa. Add meat and vegetables and cook until hot. Add extra broth to desired thickness.
GOLO Sweet Potato Muffins

These tasty muffins are a quick and healthy treat! Make a whole batch from extra sweet potatoes, then just add a few different ingredients. Makes a nice addition to a meal or enjoyed as sweet dessert.

**Total Fuel Value:** 50 (per plain muffin)
Each muffin counts as one serving of a carbohydrate. If you add other ingredients like chocolate chips, the Fuel Value is 75 per muffin.

**Basic Muffin Recipe** (makes 12 muffins)
1 1/2 cup Whole Wheat Flour
1 tsp. Baking Soda
1 tsp. Baking Powder
1/4 tsp. Salt
2 Large Eggs
1 to 1½ cups Mashed Sweet Potatoes
1/3 cup Olive oil
1/3 cup Honey
1/4 cup Brown Sugar
1 tsp. Vanilla

Preheat oven to 350°.

Spray muffin cups with organic non-stick cooking spray or use cupcake liners.

- **In medium bowl:** Whisk together flours, baking soda, baking powder and salt.
- **In another bowl:** Whisk eggs, sweet potato, sugar, honey, oil and vanilla.

Slowly combine dry ingredients with the wet ingredients and stir just until evenly combined.

Divide evenly into muffin cups. Add additional ingredients if desired and stir in gently.

Bake for 30-35 minutes until a toothpick inserted comes out clean.

**Tip!** Add an additional 1/2 cup of sweet potato for a denser muffin.

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**Muffin Additions**
It’s easy to make an assortment of muffins in one batch! Simply divide the batter in the cups first then add a few different ingredients.

Look around your kitchen for fruits and other flavorings that you can add to one or more muffins.

Try these great additions: Apple Cinnamon, Pineapple Coconut, Chocolate Chip, Walnut Raisin, Blueberry, Cinnamon, Chia seeds, Flaxseed, Cranberry Walnut or whatever strikes your fancy.