



THE GALVESTON DIET

A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN



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DAY 1

Meal 1: Steak Bites with Zucchini Noodles (4 servings)

Ingredients for Marinade:

- 1/3 cup low-sodium soy sauce
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 1 tbsp Franks Red Hot

Ingredients for Steak:

- 1 lb flank steak, sliced against the grain
- 4 medium zucchinis
- 4 tablespoons olive oil
- 4 garlic cloves, minced
- 3 tbsp butter
- 1 lemon, juice and zest
- 1/4 cup dry white wine
- 1/4 cup parsley, chopped
- 1/4 tsp crushed red pepper flakes
- Salt and black pepper, to taste

Directions:

1. Combine the ingredients for the marinade in an airtight container or a Ziploc bag. Add the flank steak strips into the marinade, seal and allow to marinate in the refrigerator for at least 30 minutes.
2. Meanwhile, wash and trim the ends of the zucchini. Using a spiralizer, make the zucchini noodles, then set aside.

(continued next page)

DAY 1 *CONTINUED*

Meal 1: Steak Bites with Zucchini Noodles (continued)

Directions continued:

3. Heat a large skillet on medium-high heat; add oil. Add the steak strips in one layer and season with salt and pepper. Cook 1-2 minutes.
4. Add minced garlic, then stir the flank steak for another minute or two to cook the other side. Remove the grilled steak from the skillet; remove from heat.
5. In the same skillet, add butter, lemon juice and zest, red pepper flakes, white wine, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.
6. Stir in the fresh parsley, then add the zucchini noodles and toss for two to three minutes to cook it up. Allow the cooking juices to reduce for one minute if the zucchini renders too much water.
7. Add the grilled steak strips back to the pan and stir for another minute. Serve immediately.

DAY 1 CONTINUED

Snack 1: Cheesy Green Egg Sliders (6 servings)

Ingredients for Marinade:

- 6 medium hard-boiled eggs, peeled
- 3 slices of cheddar cheese
- 2 slices of cooked bacon
- 12 spinach leaves
- 1 avocado
- 1/2 tsp lime juice
- 1/2 tsp cumin

Directions:

1. Place ½ of an avocado into a food processor. Add in lime juice and cumin. Blend until smooth. Add salt to taste.
2. Slice each hard-boiled egg in half lengthwise.
3. Place one slice of thin cut cheddar cheese on the bottom half of the egg.
4. Top with ½ a slice of cooked bacon and add 2 spinach leaves to each egg.
5. Place a dollop of the avocado mixture on top of the bacon.
6. Put the other half of the egg face down on top to create a little sandwich. Secure the egg bite with a toothpick inserted down the center.
7. Repeat steps 4-7 with the remaining eggs. Season with salt and pepper and serve.



Meal 2: Avocado Bacon Chicken Salad (2 servings)

Ingredients:

- 1 cup cooked chicken, breast/thighs/roisserie
- 4 slices turkey cooked bacon, crumbled
- 2 large avocados, peeled and chopped
- 3/4 cup scallions or onions of your choice, thinly sliced
- 3/4 cup celery, chopped
- Salt and pepper to taste
- Creamy dressing of your choice

Directions:

1. Toss all ingredients together in a large salad bowl until well-mixed. Season with salt and pepper to taste and stir in dressing.

Snack 2: Roasted Cauliflower Bites (2 serving)

Ingredients:

- 1 medium head of cauliflower
- 1 1/2 tbsp olive oil
- Blackened seasoning

Directions:

1. Wash and slice cauliflower into individual florets, dry thoroughly
2. Preheat oven to 425 degrees
3. Spread florets in a single layer onto a baking sheet, drizzle with olive oil, season.
4. Bake in the oven for 20 – 25 minutes to desired doneness.

Meal 1: Shrimp and Broccoli Mash (4 servings)

Ingredients For the Broccoli Mash:

- 1 tablespoon olive oil
- 1 head broccoli, cut into small florets
- 3 cloves garlic, minced
- 3 cups vegetable broth, divided
- 2 tbsp heavy cream
- 1/2 cup parmesan cheese, shredded
- 1 tsp salt

Ingredients For the Shrimp:

- 1 tbsp olive oil
- 20 raw shrimp, peeled and deveined, patted dry
- 1 clove garlic, minced
- 1 tsp crushed chili pepper flakes
- 4 tbsp roasted pistachios
- Salt and pepper to taste

Directions:

1. Heat a large soup pot on medium high heat. Add olive oil. Add the broccoli and garlic. Saute for 1-2 minutes, until the garlic is fragrant.
2. Add 2 cups broth and simmer for 7 to 10 minutes, until soft. Drain broccoli florets and garlic and transfer to a food processor. Add a tablespoon of heavy cream and pulse until smooth. Adjust the consistency by adding a few tablespoons of broth if needed. Stir in the salt and parmesan cheese, pulse once more and set aside.
3. For the shrimp: In a large skillet, add the olive oil over medium heat. Add shrimp to the skillet and sprinkle with garlic, salt, pepper, chili pepper flakes, to taste.
4. Cook for a few minutes on both sides, then add 2 tablespoons broth to the pan to deglaze the browned bits and spices to coat the shrimp.
5. Serve the spicy garlic shrimp with broccoli mash.



Snack 1: Beef and Cheese Roll Ups

Ingredients:

- 2 slices lean deli roast beef
- 2 cheese sticks

Directions:

1. Roll beef and cheese together as a stick.

Meal 2: Rotisserie Chicken Salad (2 servings)

Ingredients:

- 2 cups rotisserie chicken, shredded
- 1/4 cup celery, chopped
- 1/4 cup green onions, chopped
- 1/2 cup turkey bacon, crumbled
- 1/2 cup sharp cheddar cheese, shredded
- 1/4 cup full fat plain Greek yogurt
- 1/4 cup Ranch or Caesar dressing
- 1/4 teaspoon each salt and garlic powder
- 1/8 teaspoon black pepper
- 1/2 cup almond slivers

Directions

1. In a large bowl, combine shredded rotisserie chicken, chopped green onions, crumbled bacon, cheddar, and chopped celery. I
2. In a small bowl, mix together yogurt, creamy dressing, salt, black pepper, garlic, and almonds.
3. Pour dressing over the salad ingredients and toss to combine.



Snack 2: Avocado Crisps (1 serving)

Ingredients:

- 1 avocado
- 1/4 cup parmesan cheese
- 1 tsp lemon juice
- 1/2 tsp each garlic powder and dried Italian seasoning

Directions:

1. Preheat your oven to 325 degrees F. Mash the avocado until smooth. Add the parmesan, lemon juice, garlic powder, and Italian seasoning.
2. Mix the ingredients together thoroughly until well combined. Then, on a parchment lined baking sheet, spoon the avocado mixture, spacing them evenly.
3. Bake for 15-18 minutes, or until the edges have browned.

Meal 1: BLT Salmon Burgers (4 servings)

Ingredients

- 16 slices turkey bacon
- 4 salmon filets
- Salt and pepper to taste
- 2 cups avocado, mashed
- Juice of 1/2 lemon
- 3 tbsp chives, finely chopped
- Butter (or favorite) lettuce leaves
- 2 tomatoes, sliced

Directions:

1. Preheat oven to 400° and place a baking rack inside of a baking sheet (to help catch grease).
2. Make a bacon weave: On the baking rack, line 3 bacon halves side-by-side. Lift one end of the middle bacon slice and place a fourth bacon half on top of the side pieces and underneath the middle slice. Lay the middle slice back down. Next, lift the two side strips of bacon and place a 5th bacon half on top of the middle piece and underneath the sides. Lay the side slices back down. Finally, lift the other end of the middle slice and place a 6th slice on top of the side pieces and underneath the middle slice. Repeat to make a second weave. Bake until bacon is crispy, 25 minutes. Transfer to a paper towel-lined plate to blot grease. Let cool for at least 10 minutes.
3. Meanwhile, make salmon burgers: Preheat a grill (or grill pan) to medium-high heat. Flake salmon and shape into large patties and season both sides with salt and pepper. Grill until cooked to your liking, about 4 minutes per side for medium.
4. Make herb mayo: In a small bowl, whisk together avocado mash, lemon juice, and chives.
5. Assemble burgers: For each burger, place a bacon weave on the bottom then spread it with some herb mayo. Top with burger, lettuce, tomato and remaining bacon weave. Serve immediately.

DAY 3 CONTINUED



Snack 1: Everything Bagel Cucumber Bites (4 servings)

Ingredients:

- 1 medium cucumber
- 4 oz cream cheese, softened
- 2 tbsp butter, softened
- 2 tbsp full fat plain Greek yogurt, room temperature
- 1/2 tsp garlic powder
- 1 tbsp Everything Bagel seasoning

Directions:

1. Use a sharp knife to peel alternating strips of skin from the cucumber. Slice the cucumber crosswise into ¼ inch thick slices and place on a platter.
2. In a medium bowl, beat the cream cheese, butter, yogurt, and garlic powder until well combined and smooth.
3. Dollop mixture on the cucumber slices and sprinkle each slice with everything bagel seasoning and serve.

Meal 2: Pizza Roll Ups (4 servings)

Ingredients:

- 8 slices mozzarella cheese
- 1 tbsp olive oil
- 1/4 cup small onion, thinly sliced
- 1/2 cup green bell pepper, thinly sliced
- 1/4 cup mushrooms, sliced
- 1/2 tsp Italian seasoning
- 1 1/4 cup cooked spinach chopped

Directions:

1. Line a sheet pan with parchment paper or an oven safe silicone mat.

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Meal 2: Pizza Roll Ups (continued)

Directions continued:

2. In a large skillet combine the oil, onion, mushrooms, and peppers together over medium-high heat. Cook until the onions are golden brown.
3. Lay the cheese flat and space the slices apart on the sheet pan so they are not touching. Sprinkle the peppers, mushrooms and onions mixture and Italian seasoning and spinach over the top of each slice of cheese.
4. Bake in the oven for 6-7 minutes until the cheese is golden brown around the edges.
5. Allow the cheese to cool for about two minutes. Roll each slice up and dip in your choice of tomato sauce.

Snack 2: Coconut Chia Seed Pudding (2 servings)

Ingredients:

- 1 (15 oz) can full fat unsweetened coconut milk
- 1/2 cup chia seeds
- 1/2 tsp vanilla extract
- Pinch of stevia or Monk fruit
- 1/4 tsp pumpkin pie spice
- 1/2 cup raspberries

Directions:

1. Put coconut milk, vanilla, sweetener, and pumpkin pie spice into a dish that you can easily cover and mix very well. Make sure all the coconut lumps get broken up and the liquid is smooth.
2. Stir in chia seeds and mix thoroughly. Place in the refrigerator for at least 4 hours to let gel. Serve in individual bowls. Top with raspberries.

DAY 4

Meal 1: Curry Vegetable Stew (4 servings)

Ingredients:

- 4 tbsp olive oil
- 2 large onions, chopped
- 3 garlic cloves, minced
- 1 tsp each: cumin, Chinese 5-spice, salt
- 1/4 teaspoon each: cinnamon, cardamom, red chile flakes
- 2 cups tomatoes, chopped or 1 (15 oz) can diced tomatoes
- 2 cups chicken or vegetable stock
- 2 cups fresh spinach, chopped
- 1 1/2 cups total optional carb: garbanzo beans and/or carrots, diced

Directions:

1. In a medium stock pot, heat to medium. Add oil, onion, garlic and spices. Stir with a wooden spoon for 3-4 minutes until softened and fragrant.
2. Add tomatoes and stock. Bring to a boil; add vegetables, reduce to medium low and simmer for 10-15 minutes. Remove from heat and serve.

Snack 1: Pasta-Free Minestrone (2 servings)

Ingredients:

- 1 quart beef stock
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 3 scallions, thinly sliced
- 1 large carrot, diced
- 1 cup tomatoes, diced
- 1" piece fresh parmesan
- 1 teaspoon fresh thyme
- 2 cups fresh spinach
- 1 (15 oz) can kidney beans, rinsed and drained

Directions

1. Mix all in a medium stock pot, simmer for about 40 minutes and serve.



Meal 2: Winter Greens with Nuts and Chicken (4 servings)

Ingredients:

- 2 tbsp olive oil
- 1 large shallot, minced
- 1 large bunch collards greens, Swiss chard or kale, rinsed and chopped, stems removed and chopped
- 1 cup coconut milk
- 2-3 teaspoons low sodium soy sauce
- Salt and pepper to taste
- 1 lb chicken thighs or breast, sliced
- 1 cup chopped walnuts

Directions:

1. Heat oil in a large skillet. Add shallots and sauté for 2 minutes.
2. Stir in the greens, milk and soy sauce. Simmer for 5 minutes then add the seasonings and chicken.
3. Cover and simmer until greens are soft and chicken is cooked through. Top with walnuts and serve.

Snack 2: Olives and Cucumbers with Thyme and Dill (1 serving)

Ingredients:

- 1 medium cucumber, sliced
- 2 tbsp favorite vinegar
- 1 tsp each fresh thyme and dill
- Zest of one lemon, optional
- 1/4 cup favorite olives

Directions

1. In a small bowl mix the cucumber, vinegar, herbs and lemon zest. Mix in olives or enjoy them on the side.

Meal 1: Greens and Things Soup and Salad (2 servings)

Ingredients for Soup:

- 3 tbsp olive oil
- 1 small onion, diced
- 2 celery stalks, halved and thinly sliced
- 1 medium carrot, peeled and diced
- 1 quart broth, homemade or purchased
- 2 asparagus spears, washed and quartered
- 2 cloves garlic, minced
- 2 cups fresh kale or Swiss chard, chopped
- 1/2 cup fresh basil, julienned
- 1/2 cup parmesan, freshly grated

Ingredients for Salad:

- 1 (5 oz) bag of favorite lettuce
- 1 avocado
- 2 tbsp pumpkin seeds
- 2 tbsp olive oil
- Fresh lemon juice

Directions:

1. Heat 3 tbsp oil in a large stock pot over medium high heat. Add in onion, celery and carrot. Sauté for 2-3 minutes until soft.
2. Add broth and bring to a simmer.
3. Add in the asparagus, garlic and kale; simmer for 10 minutes. Stir in the basil and heat through.
4. Meanwhile, split lettuce between 2 bowls. Top each bowl with one half avocado, diced, one tablespoon of olive oil and the juice of one lemon. Sprinkle 1 tbsp pumpkin seeds on each salad.
5. Pour soup into bowls, top with parmesan and serve with salad.

DAY 5 CONTINUED



Snack 1: Portobello Pizza (2 servings)

Ingredients:

- 2 tbsp olive oil
- 4 portobello mushroom caps, stems separated
- 1/2 red onion, chopped
- 1/2 cup grape tomatoes, halved
- Salt and pepper to taste
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup parmesan cheese, shredded
- 1/4 cup basil, julienned

Directions:

1. Heat oil in a medium skillet. Chop the stems of the mushrooms and set aside.
2. Add onion to skillet, sauté 3-4 minutes, then add in the mushroom stems and tomatoes.
3. Season and simmer for 5 minutes until tomatoes are a paste. Remove from heat.
4. Add the mushroom caps to the skillet. Cook 3-4 minutes each side. Leave in the skillet.
5. Spread the tomato mixture in the mushroom caps, add the cheese, lower the heat to medium low, cover and heat until the cheese melts. Top with fresh basil and serve.

DAY 5 CONTINUED



Meal 2: Zesty Mini Meatloaves (4 servings)

Ingredients:

- 1 lb 90% lean ground beef
- 1 large carrot, shredded
- 2 tbsp olive oil
- ½ tsp each salt, pepper and dried Italian herbs
- 2 tsp low sodium soy sauce
- 1/2 tsp balsamic vinegar
- 1 clove garlic, minced
- 2 tbsp olive oil
- 1 lb spinach

Directions:

1. Preheat the oven to 350 degrees. In a medium bowl mix together very well until seasonings are evenly distributed.
2. Divide mixture evenly into a 12-cup olive-oil sprayed muffin pan. Bake for 24-30 minutes.
3. Meanwhile, heat a sauté pan; add oil and sauté spinach until wilted. Serve muffins on top of spinach.

Snack 2: Pom Seeds and Pumpkin Seeds with Yogurt (1 serving)

Ingredients:

- 1/4 cup fresh pomegranate seeds
- 4 oz full fat plain Greek yogurt
- 2 tsp pumpkin seeds
- 1/4 tsp Chinese 5 spice, optional

Directions:

1. Mix all the ingredients together in a bowl and enjoy.