



AFTER 230 LBS.

'I was so focused and ready to lose weight. I started creating new recipes'

From Average Joe to Slim Sean

He's ready to go back into the hot tub now. Here, Sean Pashley shares the recipes that helped him lose 90 lbs.

The last time we saw Sean Pashley, in February, he was getting bounced by *Average Joe: Hawaii's Larissa Meek*, and he was seriously out of shape—320 lbs. on his 6'1" frame, 54 inches around the waist and sporting, as he puts it, "man breasts." Larissa should see him now! Pashley, 26, a Philadelphia chef who blames his weight problem on his career, has turned his cooking skills to the cause of weight loss. Now, thanks to diet and exercise, he's 230 lbs., his waist is a 36, "and I'm down to a size large shirt," he says, "which I don't even think I wore in high school." His turnabout, prompted by his embarrass-

ment in a hot tub on *Average Joe*, started right after he was booted. "I was so focused and ready to lose weight," says Pashley, who eats hearty portions but switched to healthy food. "I started running three miles a day, working out pretty hard every other day. And I started creating new recipes like turkey chili." In February he enrolled in Beachbody, a diet-and-exercise regimen that stresses six-day-a-week cardio and strength workouts. Pashley, who shares his slimming recipes in the following pages, hopes to publish a cookbook. In the meantime he's ready to meet Larissa again. "I told her I was just retaining water," he says. "When I see her, I'll tell her I got rid of the water."



BEFORE 320 LBS.



Sean's Recipe: Mexican Frittata

Serves 1

- 1 tsp. olive oil
- ½ red pepper, cut into thin strips
- ¼ medium white onion, sliced thin
- ¼ cup skim milk
- 2 whole eggs
- 4 egg whites
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- Pinch cumin
- ½ cup salsa

1 Preheat oven to 350°.

- 2 Heat oil in a 12" nonstick skillet over medium heat. Add pepper and onion; sauté until tender. Combine milk, eggs, egg whites, salt, pepper and cumin; stir with a whisk. Pour into pan with vegetables. Cook, without disturbing eggs, until slightly set; flip eggs over. Place pan in oven; bake at 350° until eggs are cooked, about 5 minutes. Place frittata on a plate; top with salsa.

CALORIES 371 (36% from fat) **FAT 15g** (sat 3.8g, mono 7.2g, poly 2g) **PROTEIN 31.1g** **CARB 24.7g** **FIBER 1.1g** **CHOL 425mg** **IRON 2.6mg** **SODIUM 2,041mg** **CALCIUM 148mg**

Sean's Recipe: Fruit Smoothie

Serves 1

This smoothie is best served in a chilled glass. The recipe makes a full blender, enough for plenty of refills.

- 2 cups ice
- 1 cup skim milk
- ½ cup strawberries, sliced
- 1 banana, sliced
- ½ cup fresh orange juice

Combine first 4 ingredients in blender; blend until smooth.

Add orange juice; blend until smooth. Serve immediately.

CALORIES 287 (3% from fat)
FAT 0.9g (sat 0.2g, mono 0.1g, poly 0.3g) **PROTEIN 12.7g** **CARB 60.2g**
FIBER 5g **CHOL 6mg** **IRON 1.3mg** **SODIUM 143mg**
CALCIUM 283mg



Two Average Days for an Average Joe

Sean is nearly half the guy he used to be, but he still has a man-size appetite

Day 1

Wake-up snack

Protein bar (180 calories, 15 g protein)

Breakfast

Scrambled eggs (4 whites + 2 whole eggs)

1 slice light whole wheat toast

Black coffee

Lunch

Large green salad topped with 5 oz. grilled chicken, ¼ cup peanuts, ¼ cup mandarin oranges, raspberry vinaigrette dressing

Mid-afternoon mini meal

Protein shake

Early dinner

2 cups Turkey Chili*

Early-evening snack

Sliced berries topped with fat-free whipped topping

Day 2

Wake-up snack

Apple

Breakfast

Mexican Frittata*

1 slice light whole wheat toast

Black coffee

Lunch

Large spinach salad topped with 5 oz. grilled salmon, ¼ cup chickpeas, sliced peppers, balsamic vinaigrette

Mid-afternoon mini meal

Fruit Smoothie*

Early dinner

Grilled Veggie Pizza*

Early-evening snack

Yogurt parfait

*Recipes featured on these pages



Sean's Recipe: Veggie Pizza

Serves 4

You can substitute a prepared pizza crust. Simply top with the sauce, vegetables, cheese, and bake it. Roll the dough on a piece of parchment paper and you'll easily be able to transfer it to the baking sheet.

- 1 red pepper, sliced into rings
- 1 green pepper, sliced into rings
- ½ eggplant, sliced into ½" slices
- ¼ cup olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- 1 (13.8 oz.) can pizza dough
- 1 cup marinara sauce, warmed on the stove or in the microwave
- 1 tbsp. chopped garlic
- 10 marinated artichoke hearts, drained
- 1 cup low-fat mozzarella, shredded

- 1 Brush eggplant and peppers with olive oil; sprinkle evenly with salt and pepper. Grill over medium heat until just tender.
- 2 Preheat oven to 475°.
- 3 Shape dough into a 12" x 10" rectangle. Place crust on pizza stone or baking sheet. Top with marinara sauce, garlic, artichoke hearts, grilled vegetables and cheese. Bake for 12 minutes. Remove from oven and let cool 5 minutes. Slice and serve.

CALORIES 551 (40% from fat) **FAT 24.5g** (sat 4.1g, mono 16.3g, poly 1.6g) **PROTEIN 19.2g** **CARB 63.4g** **FIBER 3.3g** **CHOL 10mg** **IRON 3.1mg** **SODIUM 1536mg** **CALCIUM 288mg**

Sean's Recipe: Turkey Chili

Serves 6

- 1 tbsp. olive oil
- 1 lb. ground turkey
- 1 large white onion, chopped
- 4 garlic cloves, minced
- 1 red pepper, diced
- 1 fresh or canned jalapeño pepper, finely diced
- 3 tsp. chili powder
- 2 tsp. cumin
- 2 (15 oz.) cans cannellini beans, drained
- 2 (14 oz.) cans low-sodium chicken broth
- 1 (15 oz.) can okra, sliced
- Juice from 2 limes
- 2 tbsp. cilantro, minced

In a large stockpot, heat olive oil over medium heat. Add turkey and cook, breaking up with a wooden spoon until lightly browned. Add onion, garlic and peppers; sauté until soft, about 5 minutes. Stir in chili powder, cumin, beans, broth and okra; bring to a boil. Reduce heat and simmer, uncovered, 15 minutes, stirring occasionally. Add lime juice and cilantro and simmer for 10 more minutes.

CALORIES 401 (33% from fat) **FAT 14.7g** (sat 4g, mono 5.8g, poly 3.2g) **PROTEIN 26.1g** **CARB 44.3g** **FIBER 10.5g** **CHOL 51mg** **IRON 6.7mg** **SODIUM 315mg** **CALCIUM 243mg**

