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P = Protein
V = Veggies
O = Oils/Fats
S = Starches
A = Fruit

ANAHEIM SCRAMBLER



TYPE: PVO

MAKES: 1 serving

INGREDIENTS:

3 slices chopped cooked bacon

1 Tbsp olive oil

2 large eggs, beaten

M Salt

½ medium tomato

½ green onion

1 Tbsp cheddar cheese, shredded

¼ medium avocado

DIRECTIONS:

- 1 Chop the tomatoes, slice the green onions, chop the avocado and keep a couple of slices to top the scrambled eggs when cooked.
- 2 Beat the eggs in a bowl with M Salt.
- 3 Heat a little oil in a non stick skillet over a medium heat and pour in the eggs Cook slowly, stirring every 10 seconds or so for about a minute, then add in the tomatoes, onions, and bacon and continue to stir for a few more until the eggs are just cooked.
- 4 When the scrambled eggs are cooked, turn off the heat and stir in the shredded cheese and avocado.
- 5 Put the eggs onto your plate and top with slices of avocado, serve immediately.

BERRY CHIA PARFAIT



TYPE: PA

MAKES: 1 parfait

INGREDIENTS:

1 cup non-fat plain Greek yogurt

1 heaping Tbsp chia seeds

1 tsp honey

½ tsp vanilla extract

¾ cup berries, fresh or frozen

DIRECTIONS:

- 1 In a small bowl, combine yogurt, chia seeds, honey and vanilla extract and stir until well combined.
- 2 In a mason jar or container, add fresh or frozen berries to the bottom and break them up using a fork. If using frozen berries, you may need to let them thaw or zap them for 10 seconds in the microwave to soften them slightly.
- 3 Top crushed berries with yogurt mixture and transfer to the fridge overnight or for at least 10 minutes. This will allow the chia seeds to soften and expand and provide a better texture.
- 4 In the morning, remove from the fridge and top with extra toppings of your choice!

EGG SAUSAGE MUFFINS



TYPE: PVOS

MAKES: 16 muffins

INGREDIENTS:

1 tsp olive oil
1 medium onion, finely minced
1 green pepper, finely minced
3 garlic cloves, finely minced
1 lb breakfast sausages, removed from casings
1 Tbsp chili powder
1 tsp oregano
M Salt
6 large eggs
1½ cups almond flour (or other flour substitute)
1 tsp baking soda
½ cup green onions, chopped
1½ cups grated cheddar (or ¼ cup nutritional yeast)

DIRECTIONS:

- 1 Preheat your oven to 375°F. Line 2 baking sheets with parchment paper.
- 2 Heat the oil in a large frying pan over medium-high heat. Add the onion, pepper, and garlic, and cook for 3-4 minutes, or until the onion is translucent. Add the sausages and cook through. Mix in the chili powder, oregano, and M Salt.
- 3 Add the cooked sausage, eggs, almond flour, baking soda, green onions, and the cheese or nutritional yeast to a bowl and mix well.
- 4 Drop the batter by the 1/4 cup onto the parchment lined baking sheets. The muffins don't spread much so you can place them fairly close together. Bake for 15 minutes then remove them from the oven.

EGG MUFFINS



TYPE: PVO

MAKES:

INGREDIENTS:

10 eggs

¼ cup milk or milk alternative

M Salt

Optional Add-ins

Diced Canadian bacon

Chopped spinach

Diced red bell pepper

Diced green bell pepper

Diced yellow Onion

Freshly grated cheese

DIRECTIONS:

- 1** Preheat oven to 350°F. Whisk eggs and milk together and season with a pinch of M Salt.
- 2** Spray a 12-count muffin pan generously with cooking spray. Add veggies, meats and/or cheese to each cup as desired. Pour egg into each cup, about ¾ full.
- 3** Bake in the preheated oven for about 20 minutes or until eggs are fully cooked (a toothpick inserted in the center should come out clean).
- 4** Cool slightly in the pan.
- 5** To release, gently slide a thin knife around the edges of the egg muffin and pop it out.

*Store in a tightly sealed container for 2-3 days in the refrigerator, or up to 6 months in the freezer. (For freezing, it is recommended that you individually wrap each egg muffin so they don't stick together).

*To reheat: Wrap thawed egg muffin in a paper towel and heat on high for 30 seconds. From frozen, heat 1 and a half minutes.

FANCY SCRAMBLED EGGS



TYPE: PVO

MAKES: 2 servings

INGREDIENTS:

1 medium leek (white + light green parts thinly sliced, rinsed, about 1 cup)

1 cup chopped asparagus (do not use the tough ends, about ½ a bunch)

2 Tbsp oil

4 large eggs

2 Tbsp non-fat plain Greek yogurt

M Salt

¼ cup crumbled goat cheese, about 2 oz

⅛ cup fresh chopped dill

DIRECTIONS:

- 1 In a large nonstick or cast iron skillet, sauté leeks in oil over medium low heat for 10-15 minutes until melting and tender, turning heat down further if starting to brown.
- 2 Whisk eggs with Greek yogurt and M Salt.
- 3 Add asparagus to the leeks and cook for a few more minutes, until asparagus is crisp, bright and cooked al dente (you may want to turn heat up to medium for just a minute or so). If pan seems dry add touch more oil.
- 4 Pour in eggs and gently fold and stir with a rubber spatula, over medium low heat, for 2-3 minutes. Add crumbled goat cheese. Continue folding gently until cooked to your desired doneness.
- 5 At the end, add the fresh dill, and stir to combine.
- 6 Serve immediately into 2 bowls.

VEGGIE PESTO SCRAMBLE



TYPE: PVO

MAKES: 6 servings

INGREDIENTS:

12 large eggs
½ cup milk
1 large sweet pepper, diced
1 small onion, finely diced
2 cloves garlic, minced
2 Tbsp olive oil
½ cup halved cherry tomatoes
½ cup chopped fresh spinach
¼ cup prepared pesto
M Salt
½ cup crumbled feta cheese
1 medium avocado, pitted + diced
2 Tbsp minced fresh basil

DIRECTIONS:

- 1** In a large bowl, whisk eggs and milk until smooth. Set aside.
- 2** In a large nonstick skillet over medium-high heat, saute pepper, onion, and garlic in olive oil until veggies are just tender, about 5 minutes. Reduce heat to medium and add egg mixture to pan. As eggs begin to set, gently fold eggs with a spatula until eggs are cooked, about 5 minutes.
- 3** Remove eggs from heat and fold in cherry tomatoes, spinach, and pesto. Season eggs with M Salt to taste and top with crumbled feta, avocado, and fresh basil. Enjoy eggs hot!

GOLDEN GLOW SMOOTHIE



TYPE: PA

MAKES: 1 smoothie

INGREDIENTS:

1-2 scoops protein

½ banana (fresh or frozen)

1 cup frozen pineapple

1 Tbsp ground turmeric

4-6 oz water

16-28 oz ice

DIRECTIONS:

- 1 Blend everything together and enjoy!

INDI-GLOW OVERNIGHT OATS



TYPE: PSA

MAKES: 2 servings

INGREDIENTS:

⅔ cup gluten-free rolled oats

1 scoop protein powder

2 tsp blue majik spirulina powder (you can find it on Amazon!
you can also sub in regular spirulina)

1 Tbsp chia seeds

1 cup unsweetened milk (coconut, almond, cashew, soy...)

2 scoops Strawberry Lemonade Collagen Beauty Booster

1 cup fresh berries

1 Tbsp unsweetened coconut flakes

DIRECTIONS:

- 1 In a mixing bowl, combine oats, protein, spirulina, and chia. Add milk and stir until thoroughly mixed.
- 2 Split mixture into two mason jars, cover, and store in the fridge overnight.
- 3 Stir in collagen (1 scoop per jar), top with berries, and sprinkle with coconut flakes before serving. Enjoy!

PB CHOCOLATE YOGURT BOWL



TYPE: P

MAKES: 1 bowl

INGREDIENTS:

1 scoop chocolate protein
1 cup non-fat, plain Greek yogurt
1 Tbsp PB2

Toppings

Fresh banana slices
1 Tbsp dark chocolate chips or cacao nibs
1 Tbsp PB2 mixed with 2 Tbsp water

DIRECTIONS:

- 1 Divide the yogurt into 2 bowls.
- 2 In first bowl, whisk together yogurt with chocolate protein until smooth
- 3 In the second bowl, whisk yogurt and PB2 together until smooth.
- 4 Carefully layer the peanut butter yogurt on top of the chocolate yogurt.
- 5 Top with chocolate chunks and drizzle with the PB2 and water mixture!

PB BANANA CHOCOLATE MUFFINS



TYPE: POSA

MAKES: 24 mini muffins

INGREDIENTS:

2 Tbsp PB2
2 scoops chocolate protein
¾ cup almond flour (can use other flour substitute too!)
1 Tbsp millet (optional)
½ tsp baking soda
¼ tsp salt
¾ cup unsweetened milk (coconut, almond, cashew, soy...)
2 very ripe bananas, mashed
3 Tbsp avocado oil
1 egg
1 Tbsp maple syrup
½ tsp vanilla extract
1 Tbsp crushed nuts (optional)
Coconut oil spray

DIRECTIONS:

- 1 Preheat oven to 350°F.
- 2 In a mixing bowl, combine protein, almond flour, millet (if using), baking soda, and salt; whisk to combine.
- 3 In a separate bowl, combine milk, bananas, avocado oil, egg, maple syrup, and vanilla.
- 4 Add wet ingredients to dry ingredients and mix well.
- 5 Spray a mini muffin tray with coconut oil spray and evenly distribute the batter among the cups. Sprinkle with crushed nuts, if using.
- 6 Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

SCRAMBLE STUFFED AVOCADO



TYPE: PO

MAKES: 4 servings

INGREDIENTS:

- 1 Tbsp olive oil
- 2 oz diced Canadian bacon
- 6 eggs, well beaten
- 2 oz shredded cheese
- M Salt
- 2 avocados, halved, pitted + peeled
- Thinly sliced chives

DIRECTIONS:

- 1 Put oil in a skillet over medium heat. Add Canadian bacon and sauté for 2 to 3 minutes.
- 2 Pour beaten eggs into the skillet and stir the mixture, using a spatula or wooden spoon.
- 3 Continue to stir until small curds form and the scramble just sets. Remove from heat, season with M Salt and stir in cheese.
- 4 Top each avocado halve with the scramble mixture and finish with a generous sprinkle of chives. Serve.

SESAME SCRAMBLED EGGS + KALE



TYPE: PVO

MAKES: 2 servings

INGREDIENTS:

Garlic Kale

2 garlic cloves, finely sliced

½ cup kale, stems removed + roughly chopped

½ Tbsp olive oil

Sesame Scrambled Eggs

4-5 eggs

½ Tbsp olive oil

1 tsp sesame oil

Sesame seeds black & white

Chili flakes

Spring onions or chives

*Could also make with Everything But The Bagel seasoning!!

DIRECTIONS:

- 1 Garlic Kale: fry the garlic on low heat until softened. Add the kale and cook for a couple of minutes, until the kale has softened.

Sesame Scrambled Eggs: whisk the eggs together and add a pinch of M Salt. Put olive oil in a pan on low-medium heat and add the eggs. Stir constantly until the eggs are just about done (as they will continue to cook in the a pan). Add the sesame oil and stir.

Serve with the garlic kale and garnish with sesame seeds, chili and spring onions/chives

SKINNY EGG BENEDICT



TYPE: PO

MAKES: 2 servings

INGREDIENTS:

2 eggs
2 slices Canadian bacon
½ avocado

Low-fat Hollandaise (serves 6):

4 egg yolks
1 tsp lemon juice
1 tsp lemon zest
1 tsp Dijon mustard
2 Tbsp dry white wine
Pinch M Salt
Small dash of paprika (optional)
¾ cup non-fat, plain Greek yogurt, room temperature

DIRECTIONS:

- 1** Hollandaise sauce: Add the egg yolks to a heat-proof bowl and gently whisk them to break them up. Add the lemon juice and zest, the Dijon, M Salt, and the white wine. Whisk everything together to combine and then set the heat-proof bowl over a pot of gently simmering water (NOT boiling!).
- 2** Whisk the mixture constantly as it heats up. You'll notice it eventually start to thicken as you whisk, but continue to whisk until the mixture falls from your whisk in thick ribbons. Continue whisking as you add the Greek yogurt slowly, a few tablespoons at a time until it's all incorporated. Remove the pot from the heat and remove the heat-proof bowl from over the pot. Set the Hollandaise sauce aside for a moment while you prepare the scrambled eggs.
- 3** Scramble, fry or poach your eggs as desired!
- 4** Lay the Canadian bacon on a plate, top with eggs, avocado slices, pour 1-2 tablespoons of the Hollandaise sauce over the eggs, and serve with a few sprigs of fresh dill!

SPINACH + FETA EGG CUPS



TYPE: PVO

MAKES: 12 egg cups

INGREDIENTS:

8 large eggs
1½ cup fresh spinach
⅓ cup feta cheese
⅛ tsp garlic powder
⅛ tsp onion powder
M Salt

*Feel free to swap in & out veggies, meat + cheese:

Sausage
Tomatoes
Ham
Onion
Bell peppers
Broccoli
Cheddar cheese instead of feta

DIRECTIONS:

- 1 Pre-heat oven to 350°F. Generously oil a small muffin tin.
- 2 Add spinach, feta, and any other add-ins to cups in muffin tin.
- 3 Whisk eggs in a measuring cup with a pour spout. Add garlic powder, onion powder, and M Salt.
- 4 Pour egg mixture into cups until at least ¾ way full.
- 5 Bake for 20 minutes. Remove and cool.

*Store in fridge for up to 5 days or freeze for 3 months.

STRAWBERRY QUINOA BOWL



TYPE: PA

MAKES: 2 bowls

INGREDIENTS:

Strawberry Milk

¼ cup hemp seeds

¾ cup water

1 cup strawberries (fresh or frozen)

1 Tbsp maple syrup

Quinoa + Toppings

2 cups cooked quinoa any variety

4 strawberries

¼ cup blueberries

2 Tbsp sliced almonds

DIRECTIONS:

- 1 Add the 4 milk ingredients into a high-powered blender. Blend on high until smooth and creamy (will be the consistency of milk). Set aside.
- 2 Place quinoa in a bowl, pour milk over and sprinkle on toppings.
- 3 Enjoy immediately with a warm cup of tea or coffee!

TRIPLE BERRY OATMEAL CUPS



TYPE: POSA

MAKES: 12 oatmeal cups

INGREDIENTS:

Wet:

1 medium ripe banana (½ cup)

2 large cage free eggs

1 tsp vanilla extract

¼ cup honey

½ cup unsweetened milk (coconut, almond, cashew, soy...)

1 Tbsp coconut oil, melted

Dry:

2 cups old fashioned rolled oats

½ cup ground oat flour (can ground old fashioned rolled oats into oat flour)

1 tsp baking powder

1 tsp cinnamon

½ cup blueberries

DIRECTIONS:

- 1 Preheat oven to 350°F and spray a muffin tin with non-stick coconut oil spray. Set aside.
- 2 Place a ripe banana in a medium size bowl and mash. Then, whisk in eggs, vanilla extract, honey, and milk.
- 3 In a large bowl, mix together rolled oats, oat flour, baking powder, cinnamon, and salt.
- 4 Combine wet ingredients with dry ingredients, then add melted coconut oil and mix again. Finally, add berries and mix until combined.
- 5 Transfer batter into muffin tin, filling each muffin to the top.
- 6 Bake at 350°F for 18-20 minutes. Enjoy!

*Store in an airtight container in the fridge for up to 5 days OR freeze for later for up to 3 months.

ULTIMATE SOUTHWEST SCRAMBLE



TYPE: PVO

MAKES: 4 servings

INGREDIENTS:

8 large eggs
¼ cup milk
M Salt
1 Tbsp olive oil
1 (15 oz) can black beans, rinsed
1 (4 oz) can diced green chiles
¼ cup taco sauce
4 oz shredded pepper jack cheese
2 green onions
1 small tomato

Optional Toppings + Add-Ins

Sausage
Salsa
Avocado
Jalapenos

DIRECTIONS:

- 1** In a large bowl, combine the eggs, milk, and M Salt. Whisk until fairly smooth.
- 2** Heat a large skillet over medium-low heat and add olive oil. Pour the whisked eggs into the skillet and gently fold them with the spatula as they begin to set. Avoid over stirring the eggs. When the eggs are about 75% set (still soft, moist, and fluid around the edges), add the drained beans and chopped green chiles (no need to drain the chiles). Gently fold the beans and chiles into the scrambled eggs. Drizzle taco sauce over the eggs, then top with pepper jack.
- 3** Place a lid on the skillet and let it warm for about 5 more minutes, or until the eggs are fully set and the cheese on top is melted. While the eggs are warming through, slice the green onions and dice the tomato. Top the eggs with the fresh tomato and green onion just before serving.

Apple Mini Fruit Pizzas



TYPE: O/A (FF)

MAKES: 8 servings

INGREDIENTS:

1 apple, sliced crosswise into 8 slices ($\frac{1}{4}$ inch thick), seeds removed

8 Tbsp almond butter or peanut butter

8 Tbsp dark chocolate chips or cacao nibs

4 tsp chopped salted roasted pistachios

4 tsp honey

DIRECTIONS:

- 1 Spread each apple slice with 1 tablespoon almond butter. Top with 1 tablespoon chocolate chips, $\frac{1}{2}$ teaspoon pistachios and $\frac{1}{2}$ teaspoon honey.

Apple Nachos



TYPE: O/S/A (FF)

MAKES: 6 servings

INGREDIENTS:

½ cup non-fat vanilla Greek yogurt

¼ tsp ground cinnamon

3 medium apples, sliced//spiralized (about 5 cups)

2 Tbsp honey, divided

2 Tbsp finely chopped bittersweet chocolate or bittersweet chocolate chips, melted

¼ cup granola, divided

½ cup blueberries, divided

DIRECTIONS:

- 1 Combine yogurt and cinnamon in a small bowl.
- 2 Spread half of the apple slices on a medium platter.
- 3 Drizzle with half the yogurt mixture and 1 tablespoon each honey and melted chocolate.
- 4 Sprinkle with 2 tablespoons granola and ¼ cup blueberries.
- 5 Make a second layer with the remaining ingredients. Serve immediately!

Artichoke Chèvre Chicken Breast



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- ½ cup loosely packed fresh basil leaves
- 2 cloves garlic, coarsely chopped
- 2 Tbsp white wine vinegar//white balsamic vinegar
- 1 Tbsp extra virgin olive oil
- M Salt
- 4 (5 oz) skinless, boneless chicken breast halves
- ¼ cup finely chopped shallot
- 2 cloves garlic, minced
- 1 tsp extra virgin olive oil
- 1 (14 oz) can artichoke hearts, drained & coarsely chopped
- ½ cup reduced-sodium chicken broth
- 2 Tbsp snipped dried tomatoes (not oil-packed)
- 2 oz goat cheese (chèvre)
- 2 Tbsp snipped fresh basil

DIRECTIONS:

- 1 For marinade, in a blender or food processor combine the ½ cup basil, 2 cloves garlic, the vinegar, the 1 tablespoon olive oil, and M Salt. Cover and blend or process until almost smooth.
- 2 Place chicken breasts in a large resealable plastic bag set in a shallow dish. Pour marinade over chicken in bag; seal bag. Turn to coat chicken. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.
- 3 In a large nonstick skillet cook shallot and 2 cloves garlic in the 1 teaspoon hot oil over medium heat for 3 to 5 minutes or until tender, stirring occasionally.
- 4 Stir in artichoke hearts, chicken broth and tomatoes. Simmer for 2 minutes or until most of the liquid is evaporated.
- 5 Stir in half of the goat cheese and 1 tablespoon of the snipped basil. Cover with foil and keep warm.
- 6 Drain chicken, discarding marinade. For a charcoal grill, place chicken on the grill rack directly over medium coals. Grill, uncovered, for 10 to 12 minutes or until chicken is no longer pink (170°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as directed.)
- 7 Serve chicken with artichoke mixture. Sprinkle the remaining goat cheese and remaining 1 tablespoon snipped basil over the chicken and enjoy!

Avocado & Arugula Omelet



TYPE: P/V/O

MAKES: 1 serving

INGREDIENTS:

2 large eggs

1 tsp water

M Salt

2 tsp extra virgin olive oil, divided

½ cup arugula

1 tsp lemon juice

¼ avocado, diced

DIRECTIONS:

- 1 Beat eggs with water and a pinch of M Salt in a small bowl.
- 2 Heat 1 teaspoon oil in a small nonstick skillet over medium heat. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over and cook until set, about 30 seconds more. Transfer to a plate.
- 3 Toss arugula with the remaining 1 teaspoon oil lemon juice in a small bowl. Top the omelet with avocado, the arugula and M Salt

Avocado Deviled Eggs



TYPE: P/O

MAKES: 3 servings

INGREDIENTS:

3 hard boiled eggs, cut in half

1 large avocado

2 tsp lime juice

1 tsp cilantro

M Salt

Pinch of garlic powder

Sprinkle of paprika, optional

DIRECTIONS:

- 1 Remove the cooked yolks from the hard boiled eggs into a bowl.
- 2 Add the avocado to the bowl next, then add the remaining ingredients and mash together well with a fork.
- 3 Add the mixture to the egg halves
- 4 Sprinkle with paprika if desired.

Avocado Toast



TYPE: V/O/S

MAKES: 1 serving

INGREDIENTS:

1 cup mixed salad greens
1 tsp red-wine vinegar
1 tsp extra virgin olive oil
M Salt
2 slices Ezekiel bread
¼ cup plain hummus
¼ cup alfalfa sprouts
¼ avocado, sliced
2 tsp unsalted sunflower seeds

DIRECTIONS:

- 1 Toss greens with vinegar, oil, and M Salt in a medium bowl. Spread each slice of toast with 2 tablespoons hummus. Top with sprouts, avocado and the greens and sprinkle with sunflower seeds.

Avocado Toast & Eggs + Sriracha



TYPE: P/V/S/O

MAKES: 2 servings

INGREDIENTS:

2 slices Ezekiel bread, toasted

1 ripe avocado

2 eggs

M Salt

Sriracha

DIRECTIONS:

- 1 Place a non-stick frying pan over medium-low heat. Crack the eggs into the pan, season with M Salt and cover. Cook until the whites are cooked through and yolk is still runny.
- 2 Meanwhile, mash half of the avocado with a fork. Season with salt. Spread half of the avocado mash onto each slice of toast. Then, place the eggs on top of each slice of toast. Drizzle each egg with Sriracha to taste. Serve.

Blueberry Quinoa Breakfast Bars



TYPE: O/S/A

MAKES: 16 bars

INGREDIENTS:

1½ cups quick cooking oats

1 cup cooked quinoa

1 tsp baking powder

⅓ cup coconut sugar

¼ cup hemp seeds

1 cup mashed bananas (about 2 medium bananas)

2 flax eggs (2 Tbsp flaxseed meal + 6 Tbsp water)

2 Tbsp nut/seed butter

2 Tbsp fresh lemon juice

1 tsp vanilla extract

1½ cups fresh blueberries

DIRECTIONS:

- 1 Preheat the oven to 350 degrees. Line a 9x 9 baking sheet with parchment paper and grease the sides with cooking spray.
- 2 In a large mixing bowl, whisk together the oats, quinoa, sugar, baking powder, and hemp seeds.
- 3 In a separate bowl, mix the banana, nut butter, flax eggs, lemon juice and vanilla. Pour this mixture over the dry ingredients, mixing everything together until fully incorporated. The batter should be moist, but not runny. Fold in the blueberries.
- 4 Transfer the batter into the prepared pan and smooth with a spatula.
- 5 Bake on the center rack for 25 - 35 minutes until the bars are golden brown and firm to the touch.
- 6 Remove and let cool completely in the pan, then remove and slice into squares (or rectangles). Store in an airtight container for 4 - 5 days.

Blueberry Yogurt Bites



TYPE: P/O/A

MAKES: 20 bites

INGREDIENTS:

1 cup plain yogurt

2 Tbsp honey

1 cup fresh blueberries

½ cup slivered almonds

DIRECTIONS:

- 1 Mix honey and yogurt.
- 2 Stir in blueberries and almonds.
- 3 Place mixture in silicone tray or in spoonfuls on a tray to freeze.
- 4 Freeze 2 hours or until solid.

Broccoli + Lemon Garlic Vinaigrette



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

2 small broccoli crowns (about 8 oz each)

4 Tbsp extra virgin olive oil, divided

M Salt

1 tsp lemon zest

1 Tbsp lemon juice

1 clove garlic, finely grated

DIRECTIONS:

- 1 Preheat oven to 425°F. Slice broccoli crowns in half. Toss with 2 tablespoons oil and M Salt in a large bowl. Place cut-side down on a baking sheet. Roast until the stems are tender and browned, 25 to 30 minutes.
- 2 Meanwhile, combine lemon zest, lemon juice, garlic, and M Salt in a small bowl. Slowly whisk in the remaining 2 tablespoons oil. Drizzle the vinaigrette over the roasted broccoli.

Broccoli Salad



TYPE: V/O

MAKES: 5 servings

INGREDIENTS:

½ cup non-fat plain Greek Yogurt

1 Tbsp whole-grain mustard

1 Tbsp cider vinegar

1 small clove garlic, grated

1 tsp Truvia//Stevia

M Salt

4 cups finely chopped broccoli crowns

1 cup finely chopped cauliflower

¼ cup finely chopped red onion

3 slices cooked turkey bacon, chopped (¼ cup)

3 Tbsp sunflower seeds, toasted

DIRECTIONS:

- 1 Whisk Greek yogurt, mustard, vinegar, garlic, truvia and M Salt in a large bowl. Add broccoli, cauliflower, onion, bacon and sunflower seeds. Stir to coat.

Buffalo Chicken Cauliflower Pizza



TYPE: P/V

MAKES: 6 servings

INGREDIENTS:

- 5 cups cauliflower florets
- 1 clove garlic
- 2 large eggs, lightly beaten
- 1 cup shredded part-skim mozzarella cheese
- ¼ cup shredded carrot
- 3 Tbsp chopped fresh chives, divided
- M Salt
- 1½ cups shredded cooked chicken
- 2 Tbsp hot sauce, such as Frank's RedHot, divided
- 1 Tbsp white vinegar
- ¼ tsp cayenne pepper, or to taste
- ¼ cup crumbled blue cheese
- 1 stalk celery, thinly sliced

DIRECTIONS:

- 1 Preheat oven to 425°F. Line a large baking sheet with parchment paper.
- 2 Place cauliflower and garlic in a food processor; process until finely chopped. Transfer to a microwave-safe bowl and microwave on High for 3 minutes. Let cool slightly. Stir in eggs, mozzarella, carrot, 2 tablespoons chives and salt.
- 3 Spread the mixture into a 12-inch circle, ¼ inch thick, on the prepared baking sheet. Bake the cauliflower crust until brown and crispy around the edges, 35 to 40 minutes.
- 4 Combine chicken, 1 tablespoon hot sauce, vinegar and cayenne in a small bowl. Remove the crust from the oven and top with the chicken and blue cheese. Return to the oven and bake until the chicken is warm and the cheese is starting to melt, about 5 minutes more.
- 5 Top with celery and the remaining 1 tablespoon each chives and hot sauce.

Cajun Shrimp, Sausage & Veggies



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 pound large shrimp, peeled & deveined
14 oz pork or chicken sausage, sliced
2 medium-sized zucchini, sliced
2 medium-sized yellow squash, sliced
½ bunch asparagus, sliced into thirds
2 red bell pepper, chopped into chunks
M Salt
2 Tbsp olive oil
2 Tbsp Cajun Seasoning

DIRECTIONS:

- 1 Preheat oven to 400 degrees. In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and M Salt. Add olive oil and cajun seasoning and toss until coated.
- 2 Spread evenly onto a sheet pan. Bake in the preheated oven for 15-20 minutes or until shrimp is pink and vegetables are tender.

Caprese Quiche



TYPE: P/V/O

MAKES: 8 servings

INGREDIENTS:

5 large eggs

5 large egg whites

1 cup milk

1 cup shredded mozzarella cheese

2 Tbsp sliced fresh basil packed

M Salt

1-2 fresh Roma tomatoes thinly sliced

DIRECTIONS:

- 1 Preheat oven to 350 degrees.
- 2 Combine all ingredients except tomatoes in a large mixing bowl. Whisk well.
- 3 Pour into greased 9 inch pie plate or 8 inch square baking pan.
- 4 Top with thinly slice tomatoes and extra basil as desired.
- 5 Bake at 350 degrees 45 minutes.

Carrot Cake Granola Bars



TYPE: O/S/A

MAKES: 12 granola bars

INGREDIENTS:

1 Tbsp ground flaxseed

2½ Tbsp water

1¾ cup oats, dry

½ cup pecans, chopped

⅔ cup raisins, seedless

1 medium carrot

⅓ cup coconut flakes

2 tsp cinnamon

½ tsp salt

¼ cup honey

¼ cup almond butter

DIRECTIONS:

- 1 Preheat oven to 350 degrees and line a 3 quart baking dish with parchment paper.
- 2 Combine ground flaxseed and water in a small bowl to make a flaxseed “egg.” Allow to sit for 10 minutes to congeal.
- 3 Pulse oats and nuts in a food processor until semi-finely chopped but not powdery.
- 4 In a medium-sized bowl, combine pulsed oats and nuts, raisins, grated carrot, coconut, cinnamon, and salt. Set aside.
- 5 In a microwave safe bowl, heat honey and almond butter for 20 seconds, or until easy to stir together.
- 6 Add the honey/almond butter mixture and flaxseed egg to the medium bowl with oat mixture. Stir until fully mixed.
- 7 Pour mixture into lined baking dish and spread out until it is even and about ½ inch thick (mixture likely will not cover the entire length of the baking dish).
- 8 Bake for 20-25 minutes, or until edges slightly brown.
- 9 Remove from the oven and allow to cool for 10 minutes before cutting bars. Let cool completely before removing and eating bars.

Cauliflower Nachos



TYPE: P/V/O

MAKES: 2 servings

INGREDIENTS:

1 head of cauliflower

2 Tbsp extra virgin olive oil

1 Tbsp garlic powder

1 tsp chili powder

1 tsp cumin

M Salt

½ cup cheddar cheese

½ cup rotisserie chicken (or 1 large chicken breast)

½ cup pinto beans, canned

¼ cup red onion, finely diced

1 jalapeno, sliced

Fresh cilantro, to taste

Pico de gallo

Special sauce: (½ cup non-fat plain Greek yogurt + 2 Tbsp Frank's Red Hot)

DIRECTIONS:

- 1 Preheat oven to 400 degrees and rub a baking sheet with olive oil.
- 2 Prep cauliflower by cutting the head into fourths. Then, slice into chip-like thin pieces. Place on pan.
- 3 Drizzle cauliflower with a generous amount of olive oil and then season with garlic powder, chili powder, cumin, and M Salt. Bake for 25 minutes.
- 4 Remove cauliflower and then flip. Add cheddar cheese, rotisserie chicken, pinto beans, red onion, jalapeno, and fresh cilantro. Bake again for 5-10 minutes.
- 5 Serve with fresh pico de gallo and special sauce!

Cauliflower Risotto



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

2 Tbsp extra virgin olive oil

½ cup sliced shallot (about 1 large shallot)

4 cups cauliflower rice, fresh or frozen (thawed)

M Salt

¾ cup low-sodium chicken broth

¼ cup dry white wine

2 tsp cornstarch

½ cup grated Parmesan cheese

2 Tbsp chopped fresh herbs, such as chives, parsley or basil

1 Tbsp butter

DIRECTIONS:

- 1 Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until starting to soften, about 2 minutes. Add cauliflower rice, M Salt; cook until softened, stirring occasionally, 3 to 6 minutes.
- 2 Whisk broth, wine and cornstarch in a small bowl and add to the pan. Cook, stirring, until the liquid is creamy and thick, 2 to 3 minutes more. Remove from heat and stir in Parmesan, herbs and butter.

Chicken Basil Meatballs



TYPE: P/V/O

MAKES: 25 meatballs

INGREDIENTS:

2 pounds ground chicken

2 eggs

½ onion

¼ cup almond flour

5 cloves of garlic

2 Tbsp minced fresh basil

1 tsp pink himalayan sea salt

1 tsp black pepper

2 Tbsp olive oil

DIRECTIONS:

- 1 Preheat the oven to 350 degrees. Prep the ingredients.
- 2 Beat the eggs, dice the onion, and crush or mince the garlic.
- 3 Mix together all of the ingredients besides the olive oil. Roll the meat into meatballs (if i you have a cookie scoop, use that to get the general shape. The meat will be really sticky and it's difficult to get them to keep shape).
- 4 Heat the olive oil in a large skillet over medium high heat. After the olive oil is hot, add the meatballs and cook them for about 30 seconds for each side. You can take a cookie scoop and drop the meatballs right into the skillet! You'll probably have to do this part in batches.
- 5 Once you've seared all the sides, transfer the meatballs to a cookie sheet lined with parchment paper. Bake in the oven for 8-10 minutes or until the meatballs reach 165 degrees.

Chicken, Quinoa & Sweet Potato



TYPE: P/V/O/S

MAKES: 8 servings

INGREDIENTS:

- 4 cups cubed peeled sweet potatoes (about 1 pound)
- 3 Tbsp water
- 1 Tbsp canola oil
- 1½ pounds boneless, skinless chicken thighs, trimmed
- 2 cups chopped seeded poblano chiles
- ½ cup thinly sliced shallots
- 2 Tbsp minced garlic
- 2 cups unsalted chicken broth
- 1½ cups multicolored quinoa
- ⅓ cup dry white wine
- M Salt
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ⅛ tsp cayenne pepper
- ½ cup crumbled queso fresco
- ¼ cup fresh cilantro

DIRECTIONS:

- 1 Preheat oven to 400°F.
- 2 Place sweet potatoes and water in a microwave-safe bowl. Cover with plastic wrap; pierce a few holes in the top with a fork. Microwave on High for 4 minutes. Meanwhile, heat oil in a large skillet over medium-high heat.
- 3 Add chicken and cook until browned, 4 to 5 minutes per side. Transfer the chicken to a clean cutting board and let stand 5 minutes. Cut into 1-inch strips.
- 4 Add poblanos, shallots and garlic to the pan and cook over medium-high, stirring occasionally, until the shallots are lightly browned, about 2 minutes. Add broth, quinoa, wine, M Salt, cumin, cinnamon and cayenne. Bring to a boil.
- 5 Remove from heat and stir in the sweet potatoes and chicken. Spoon the mixture into a 7-by-11-inch (or similar-size) broiler-proof baking dish. Cover with foil. Bake for 20 minutes.
- 6 Remove from oven; increase oven temperature to broil. Uncover the casserole and sprinkle with cheese. Broil 8 inches from the heat source until golden brown, about 5 minutes. Sprinkle with cilantro. Let cool for 5 minutes before serving.

Chicken + Summer Corn Salad



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

4 large bone-in chicken thighs (1¾-2 pounds), trimmed of visible fat

3 Tbsp extra-virgin olive oil, divided

M Salt

2 Tbsp cider vinegar

2½ cups corn kernels (from 3 ears corn)

1 cup quartered cherry tomatoes

3 scallions, sliced

¼ cup chopped fresh basil

DIRECTIONS:

- 1 Preheat grill to medium. Brush chicken with 1 tablespoon oil; sprinkle all over with M Salt.
- 2 Place the chicken on the grill, skin-side down, and cook, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 23 to 28 minutes.
- 3 Meanwhile, whisk vinegar and the remaining 2 tablespoons oil and M Salt in a medium bowl. Add corn, tomatoes, scallions and basil. Toss to coat. Serve the salad with grilled chicken.

Chicken & White Bean Stew



TYPE: P/V/O

MAKES: 6 servings

INGREDIENTS:

1 pound dried cannellini beans, soaked & drained
6 cups unsalted chicken broth
1 cup chopped yellow onion
1 cup sliced carrots
1 tsp finely chopped fresh rosemary
1 (4 oz) Parmesan cheese rind + $\frac{2}{3}$ cup grated Parmesan, divided
2 bone-in chicken breasts (1 pound each)
4 cups chopped kale
1 Tbsp lemon juice
M Salt
2 Tbsp extra virgin olive oil
 $\frac{1}{4}$ cup flat-leaf parsley leaves

DIRECTIONS:

- 1 Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker.
- 2 Top with chicken. Cover and cook on Low until the beans and vegetables are tender, 7 to 8 hours.
- 3 Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones.
- 4 Return the chicken to the slow cooker and stir in kale.
- 5 Cover and cook on High until the kale is tender, 20 to 30 minutes.
- 6 Stir in lemon juice and M Salt; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley.

Chipotle Chicken Satay & Veggies



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- 1 pound chicken tenders (about 8 tenders)
- 6 Tbsp lime juice, divided
- 3 Tbsp creamy natural peanut butter
- 2 tsp finely chopped chipotle pepper in adobo plus 1 Tbsp adobo
- M Salt
- 2 Tbsp olive oil, divided
- 1 small clove garlic, minced
- 1½ cups sliced carrots (¼-inch)
- 1½ cups sliced zucchini (½-inch)
- 1¼ cups sliced onion (½-inch wedges)
- ¼ cup chopped fresh cilantro
- ½ cup non-fat plain yogurt (optional)
- Lime wedges for serving (optional)

DIRECTIONS:

- 1 Place chicken in a sealable plastic bag set in a shallow dish.
- 2 Whisk 4 Tbsp lime juice and peanut butter in a small bowl; whisk in chipotle, adobo, and M Salt. Pour the marinade over the chicken, seal, and turn to coat. Marinate in the refrigerator, turning the bag once or twice, for at least 1 hour or up to 12 hours.
- 3 Combine the remaining 2 Tbsp lime juice and M Salt, 1 Tbsp oil, and garlic in a screw-top jar. Cover and shake well. Set aside.
- 4 When ready to cook, preheat grill to medium. Divide the chicken among 4 skewers. (Discard marinade.)
- 5 Toss carrots, zucchini, and onion in a large bowl with the remaining 1 Tbsp oil. Oil the grill rack. Coat a vegetable grill basket with cooking spray, add the vegetables, and place the basket on one side of the grill. Cover and cook, stirring occasionally, until the vegetables are charred and tender, 8 to 10 minutes.
- 6 Meanwhile, place the skewers on the other side of the grill rack and cook, turning once, until the chicken is no longer pink, 6 to 7 minutes. Arrange the vegetables on a platter and toss with the reserved dressing. Top with the chicken skewers. Sprinkle with cilantro and serve with yogurt and lime wedges, if desired.

Cilantro Lime Chicken + Cauliflower Rice



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 lb boneless, skinless chicken breast

2 Tbsp extra virgin olive oil

M Salt

¼ cup lime juice (1–2 limes depending on how juicy they are)

⅓ cup fresh cilantro, chopped

2 tsp minced garlic

⅛ teaspoon sea salt

½ teaspoon honey

2 Tbsp extra virgin olive oil

3 cups cauliflower rice

2 tsp garlic powder

1 tsp ground cumin

⅛ sea salt

½ cup black beans

¼ cup red onion, raw

1 cup cherry tomatoes, halved

1 avocado, chopped

DIRECTIONS:

- 1 Heat olive oil in large skillet over medium heat. Add chicken to the pan and cook over medium heat for 5-8 minutes on each side.
- 2 Let cool for 15-20 minutes before slicing. Slice chicken and set aside.
- 3 Add the rest of the chicken ingredients into a large bowl. Mix well.
- 4 Place sliced chicken to the bowl and toss with dressing. Refrigerate.
- 5 Heat olive oil in a large skillet over medium heat. Add riced cauliflower and spices and cook for 5 minutes, then add in black beans and sauté for another 2. Finally, add in red onion and mix.
- 6 Place chicken, cauliflower rice, ¼ cup tomatoes, ¼ of an avocado in to a bowl. Enjoy.

Coconut Cream Pie Overnight Oats



TYPE: P/S/O

MAKES: 1 serving

INGREDIENTS:

- ½ cup rolled oats regular or gluten free
- ⅔ cup unsweetened coconut milk or milk of choice
- 2 Tbsp shredded coconut
- 1 Tbsp chia seeds
- 2 tsp pure maple syrup
- ½ tsp vanilla

DIRECTIONS:

- 1 Combine all ingredients in a bowl or jar that can be sealed tight.
- 2 Stir well to combine.
- 3 Seal jar and refrigerate over night or at least 4 hours.
- 4 Serve warm or cold and with desired garnishes such as toasted coconut flakes, fresh berries or even sliced almonds! If you are not using coconut butter, a couple spoonfuls of coconut yogurt could be subbed or just omit it completely!

Cod & Veggies + Lemon Herb Sauce



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 lb green beans, cleaned & trimmed
1 yellow onion, thinly sliced
8 cloves garlic, divided
4 tsp avocado oil, divided
M Salt
½ cup parsley, cleaned and picked
½ cup cilantro, cleaned and picked
¼ cup dill, cleaned
1 scallion
2 tsp lemon zest
2 tsp lemon juice
1 large zucchini, diced to ½ thick slices
2 lb wild caught cod, cut into 4 even pieces
Lemon slices, for garnish

DIRECTIONS:

- 1 Pre-heat oven to 400 degrees.
- 2 On a rimmed baking sheet combine green beans, onion, 6 garlic cloves, 2 teaspoons avocado oil, and M Salt. Bake in oven for 10 minutes.
- 3 Meanwhile make lemon in herb sauce: In a blender combine 2 cloves garlic, parsley, cilantro, dill, scallion, lemon zest, lemon juice, 1/4 teaspoon salt and 1/4 teaspoon black pepper and blend until combined. Set aside.
- 4 Remove sheet pan from oven and add sliced zucchini with green bean mixture and combine. Clear space in the middle of the sheet pan to add the fish. Place fish on sheet pan and lightly drizzle with remaining 2 teaspoons oil, ¾ teaspoon salt and ½ teaspoon black pepper. Return to oven and continue to bake for 15-17 minutes, or until the fish is just cooked through.
- 5 Drizzle cooked fish and vegetables with lemon herb sauce and garnish with lemon slices!

*You can tell a fish is cooked through by sticking a thin knife in the center. The fish is fully cooked when there is no resistance when inserting the knife or the fish reaches a temperature of 145 degrees in the center.

Corn Cakes + Cilantro Cream



TYPE: P/V/O/S

MAKES: 6 servings

INGREDIENTS:

¾ cup finely snipped fresh cilantro leaves
2 Tbsp thinly sliced scallions (1 scallion)
4 tsp lime juice
2 tsp milk
1 (6 oz) container non-fat plain Greek yogurt
½ cup whole-wheat panko (Japanese-style bread crumbs)
½ cup cornmeal
M Salt
¼ cup fat-free milk
2 large eggs, lightly beaten
2 large egg whites, lightly beaten
2 cups fresh corn kernels (4 ears)
½ cup grated carrot (1 medium)
½ cup finely chopped green sweet pepper (1 small)
2 tsp extra virgin olive oil

DIRECTIONS:

- 1 Prepare Cilantro Cream: In a small bowl, whisk together cilantro leaves, scallion, lime juice and milk.
- 2 Whisk in yogurt; set aside.
- 3 Prepare Corn Cakes: In a large bowl, stir together panko, cornmeal and M Salt.
- 4 Whisk in milk, eggs and egg whites until combined. Stir in corn, carrot and sweet pepper. Coat a very large nonstick skillet with cooking spray; brush with 1 teaspoon of the oil. Heat over medium-high heat.
- 5 Using a ¼-cup measure, add six portions of the corn mixture to the hot skillet, spacing evenly. Cook about 6 minutes or until golden brown, turning once. Transfer cooked corn cakes to a warm serving plate.
- 6 Repeat with the remaining 1 teaspoon oil and the remaining corn mixture. Serve with reserved Cilantro Cream.

Corn on the Cob + Cilantro-Lime Butter



TYPE: V/O

MAKES: 8 servings

INGREDIENTS:

4 ears of fresh sweet corn, husked & scrubbed

3 Tbsp light butter, softened

1 Tbsp snipped fresh cilantro

M Salt

¼ tsp finely shredded lime peel

⅛ teaspoon crushed red pepper

DIRECTIONS:

- 1 Carefully cut each ear of corn in half crosswise. In a Dutch oven, cook corn, covered, in enough boiling water to cover for 5 to 7 minutes or until kernels are tender. Remove from water. Meanwhile in a small bowl, combine butter, cilantro, M Salt, lime peel and crushed red pepper. Serve with warm corn.

Corn on the Cob Kebabs



TYPE: V

MAKES: 4 servings

INGREDIENTS:

2 ears corn on the cob, husks & silks removed, halved crosswise

1 Tbsp honey

1 tsp Dijon-style mustard

1 tsp snipped fresh thyme

½ tsp apple cider vinegar

M Salt

1 medium zucchini, very thinly sliced lengthwise into long strips

DIRECTIONS:

- 1 Place corn in a large saucepan. Add enough water to saucepan to cover corn by over 1 inch; cover. Bring to boiling over medium-high heat; reduce heat to medium. Cook, covered, 5 minutes.
- 2 Remove from heat. Drain corn and immediately submerge in ice water to cool completely; set aside.
- 3 In a small bowl combine honey, mustard, thyme, vinegar and M Salt. Using four 6 to 8-inch skewers, press a skewer through the core of cob in each piece.
- 4 Spread honey mixture over corn.
- 5 Wrap 2 or 3 halved zucchini strips around each piece of corn, using a toothpick to secure, if necessary.
- 6 For a charcoal or gas grill, grill skewers on the rack of a covered grill directly over medium heat about 5 minutes or until corn is tender and heated through, turning frequently to brown on all sides.

*Tip: Use a vegetable peeler to cut four to six thin lengthwise strips of zucchini. Cut strips in half lengthwise. If using wooden skewers, soak in enough water to cover 30 minutes; drain before using.

Cottage Cheese + Raspberry Honey



TYPE: P/O/A

MAKES: 4 servings

INGREDIENTS:

2 cups raspberries

2 Tbsp honey

1 tsp finely shredded lemon peel

2 cups low-fat cottage cheese

2 Tbsp roasted, salted sunflower seed kernels
Lemon peel twists
(optional)

DIRECTIONS:

- 1 Place 1 cup of the raspberries in a food processor; cover and process until pureed. Strain raspberry mixture through a fine-mesh sieve. In a small bowl, combine the raspberry puree, honey, and shredded lemon peel.
- 2 Divide cottage cheese among four individual bowls. Top with raspberry-honey mixture; gently stir once or twice.
- 3 Top with the remaining 1 cup raspberries and the sunflower seed kernels. If desired, garnish with lemon peel twists.

Creamy Cucumber Salad



TYPE: V/O

MAKES: 6 servings

INGREDIENTS:

½ cup non-fat plain Greek yogurt

¼ cup chopped fresh dill

2 Tbsp white-wine vinegar

1 Tbsp extra-virgin olive oil

M Salt

2 cucumbers, halved and thinly sliced

⅓ cup thinly sliced red onion

DIRECTIONS:

- 1 Whisk Greek yogurt, dill, vinegar, oil, and M Salt together in a large bowl. Add cucumbers and onion; toss to coat.
To make ahead: Refrigerate for up to 1 day.

Cucumber Turkey Sub



TYPE: P/V/O

MAKES: 1 serving

INGREDIENTS:

1 large cucumber, peeled
2 tsp yellow or brown deli mustard
women: 4 oz sliced deli turkey breast
men: 6 oz sliced deli turkey breast
1 slice cheese (about ½ oz)
3 thin slices tomato
1 thin slice white or red onion
M Salt

DIRECTIONS:

- 1 Cut cucumber in half lengthwise and scoop out the seeds. Lay the cucumber halves cut-side up on a work surface.
- 2 Spread mustard on the cut side of the cucumber halves. Layer turkey and cheese on the cucumber. Top with tomato and onion; sprinkle with M Salt. Close the sandwich; cut in half before serving.

Egg Salad Sandwich



TYPE: P/V/O/S

MAKES: 2 servings

INGREDIENTS:

8 large eggs

¾ cup non-fat plain Greek yogurt

1 tsp dried dill

M Salt

4 slices Ezekiel bread, toasted

2 cups arugula, for serving

2 Roma tomatoes, thinly sliced, for serving

1 avocado, halved, seeded, peeled and thinly sliced

DIRECTIONS:

- 1 Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and dicing.
- 2 In a large bowl, roughly mash eggs with Greek yogurt, dill, and M Salt, to taste.
- 3 Serve sandwiches on Ezekiel bread with arugula, tomatoes, avocado and egg salad mixture.

Egg Sausage Muffins



TYPE: P/V/O

MAKES: 8 servings

INGREDIENTS:

1 lb lean ground beef

M Salt

1 tsp dried thyme

1 tsp garlic powder

1 tsp smoked paprika

½ tsp red pepper flakes

¼ tsp cayenne pepper

8 large eggs

M Salt

Pinch smoked paprika

2 Tbsp parsley, finely chopped, for garnish

DIRECTIONS:

- 1 Preheat oven to 400 degrees F.
- 2 Place eight (7 oz) ramekins on a large baking sheet and brush them with the olive oil, could also use a muffin tin.
- 3 In a medium bowl, use your hands to mix together the sausage ingredients. Divide into eight equal portions (I use a kitchen scale) and place each portion in a ramekin. Press on the meat with your hands so that it covers the bottom and the sides of the ramekins and creates a shell.
- 4 Break an egg into each of these sausage shells. Sprinkle the eggs with M Salt and smoked paprika. Bake until the eggs are set, about 30 minutes. Remove from ramekins onto a serving platter and sprinkle with parsley. Let cool 5 minutes before enjoying.

Fitness French Toast



TYPE: P/S

MAKES: 1 serving

INGREDIENTS:

1-2 scoops protein

2 eggs

¼ tsp cinnamon

2 slices Ezekiel bread

¼ cup pure maple syrup

DIRECTIONS:

- 1 Lightly coat a large nonstick skillet with organic olive oil non-stick cooking spray and place over medium heat.
- 2 Place protein powder in a shallow bowl and slowly crack eggs into bowl while stirring with a fork until smooth, the batter should be thick!
- 3 Sprinkle cinnamon on top of batter.
- 4 Dip one piece of bread into the batter and let it soak up the egg mixture for a few seconds before carefully turning the egg over to coat the other side.
- 5 Repeat with second piece of bread.
- 6 Place bread in skillet and spoon any remaining batter on top.
- 7 Cook 2-3 minutes on each side or until golden brown.
- 8 Place french toast on a plate and serve with warm maple syrup!

Frittata + Broccoli, Ham & Swiss



TYPE: P/V/O

MAKES: 6 servings

INGREDIENTS:

3 cups broccoli flowerets, cut in small bite-sized pieces

1 tsp extra virgin olive oil (for sauteeing broccoli)

6 oz low-fat Swiss cheese, sliced into thin strips

6 oz lean sliced deli ham, sliced into thin strips

M Salt

12 eggs, well beaten

Diagonally sliced green onions for garnish (optional)

DIRECTIONS:

- 1 Cut up the broccoli into small bite-sized pieces.
- 2 Cut the Swiss cheese and ham into thin strips.
- 3 Break eggs into a bowl or large glass measuring cup and beat eggs well.
- 4 If you're using a Ninja Cooker, or other slow cooker that can saute, brush the cooker insert with the olive oil, heat to high, and saute the broccoli for 3-4 minutes, just until it barely starts to cook. (If you don't have a slow cooker with this feature, cook the broccoli in the microwave on high for about 1 minute, or saute for a few minutes in a frying pan on the stove.)
- 5 Layer the barely-cooked broccoli, ham, and cheese in the slow cooker.
- 6 Pour the beaten eggs over and season with M Salt.
- 7 Use a fork to gently "stir" so the other ingredients are well-distributed in the eggs.
- 8 Cook on LOW for about 2½ hours, or until the eggs are starting to pull apart from the side of the slow cooker and the top is completely set. (The top won't brown in a slow cooker like it would if you cooked the eggs in the oven or on the stove.)
- 9 Cut frittata into 6 pieces, arrange on a serving platter, and sprinkle with green onions; then serve.

Garlic Brussel Sprouts



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

6 cloves garlic, minced

2 Tbsp extra virgin olive oil

1 lb Brussels sprouts bottom trimmed & quartered

M Salt

DIRECTIONS:

- 1 Mince the garlic and set aside.
- 2 Heat up a skillet (cast-iron preferred) with the oil on medium-high heat. Add the minced garlic and saute until they turn crispy and brown. Make sure to not burn the garlic.
- 3 Add the brussel sprouts and quickly saute. Toss back and forth with a spatula. The outer leaves of the brussels sprouts should turn dark and crispy. Sprinkle with M Salt and serve immediately.

Garlic Shrimp & Asparagus Kebabs



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 large clove garlic, grated

1 Tbsp red-wine vinegar

1 Tbsp extra-virgin olive oil

½ tsp lemon pepper

½ tsp dried dill

M Salt

16 large shrimp, shells & tails removed, deveined

1 pound fat asparagus, woody ends snapped off, cut into 1½-inch lengths

DIRECTIONS:

- 1 Whisk garlic, vinegar, oil, lemon pepper, dill and M Salt in a small bowl. Divide the marinade between two large sealable plastic bags. Add shrimp to one and asparagus to the other. Agitate to combine, seal and refrigerate for 30 minutes.
- 2 Preheat grill to medium. Thread the shrimp and asparagus alternately onto 8 skewers, dividing evenly among the skewers.
- 3 Oil the grill rack and immediately add the kebabs. Cook, turning every 2 to 3 minutes, until the shrimp are bright pink and just cooked through and the asparagus is tender, 5 to 6 minutes total.

*Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

Gram's Slaw



TYPE: V/O/A

MAKES: 8 servings

INGREDIENTS:

1 (10 oz) package finely shredded green cabbage (6 cups)
½ cup dried cranberries
½ cup chopped walnuts, toasted
¼ cup finely chopped red onion
¼ cup finely chopped green bell pepper
¼ cup cider vinegar
3 Tbsp canola oil
1 Tbsp truvia
M Salt

DIRECTIONS:

- 1 Combine cabbage, dried cranberries, walnuts, red onion, and bell pepper in a large bowl.
- 2 Whisk together cider vinegar, oil, sugar, and M Salt in a small bowl. Add to cabbage mixture.
- 3 Cover and chill for 1 to 24 hours. Toss before serving.

*Tips: To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Green Bean Casserole Salad



TYPE: V/O

MAKES: 8 servings

INGREDIENTS:

3 Tbsp olive oil, divided

2 shallots, thinly sliced (½ cup)

8 oz cremini mushrooms, trimmed & sliced

1 pound fresh green beans, trimmed & halved

¼ cup water

1 Tbsp Dijon mustard

1 Tbsp white-wine vinegar

3 cloves garlic, minced

1 Tbsp fresh thyme or 1 tsp dried

M Salt

1 bunch chard, leaves coarsely chopped (about 4 cups)

DIRECTIONS:

- 1 Heat 2 tablespoons oil in a large skillet over medium-high heat until very hot but not smoking. Add half the shallots and cook, stirring, until golden brown and crisp, 3 to 4 minutes. Transfer with a slotted spoon to a paper-towel-lined plate. Repeat with the remaining shallots. Set aside.
- 2 Add the remaining 1 tablespoon oil to the pan and heat over medium-high heat. Add mushrooms and cook until golden brown, about 6 minutes. Transfer to a small bowl. Add green beans and water to the pan, cover, and cook over medium heat until tender, 5 to 6 minutes.
- 3 Meanwhile, whisk mustard, vinegar, garlic, thyme, and M Salt in a small bowl. Add the mixture to the beans and cook until fragrant, about 30 seconds. Remove from heat and stir in chard, the mushrooms, and the croutons. Top with the reserved shallots.

Grilled Pineapple + Cinnamon Honey Drizzle



TYPE: A

MAKES: 6 servings

INGREDIENTS:

½ cup honey

1 tsp cinnamon

1 pineapple sliced into spears

DIRECTIONS:

- 1 On a grill prepared with non stick spray, place pineapple slices over medium heat for about three minutes on each side. While the pineapple is grilling, mix together the honey (softened in the microwave for about 30 seconds) and the cinnamon.
- 2 Drizzle the grilled pineapple with the honey and serve.

Grilled Salmon & Veggies



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- 1 medium zucchini, halved lengthwise
- 2 red, orange & yellow bell peppers, trimmed, halved & seeded
- 1 medium red onion, cut into 1-inch wedges
- 1 Tbsp extra virgin olive oil
- M Salt
- 1¼ pounds salmon fillet, cut into 4 portions
- ¼ cup thinly sliced fresh basil
- 1 lemon, cut into 4 wedges

DIRECTIONS:

- 1 Preheat grill to medium-high. Brush zucchini, peppers and onion with oil and sprinkle with M Salt.
- 2 Sprinkle salmon with M Salt.
- 3 Place the vegetables and the salmon pieces, skin-side down, on the grill. Cook the vegetables, turning once or twice, until just tender and grill marks appear, 4 to 6 minutes per side. Cook the salmon, without turning, until it flakes when tested with a fork, 8 to 10 minutes.
- 4 When cool enough to handle, roughly chop the vegetables and toss together in a large bowl. Remove the skin from the salmon fillets (if desired) and serve alongside the vegetables. Garnish each serving with 1 tablespoon basil and serve with a lemon wedge.

Grilled Steak & Peppers



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

3 medium yellow and/or red sweet peppers, cut into 1-inch-thick wedges

1 medium red onion, cut into 1-inch-wide wedges

3 Tbsp bottled hoisin sauce

2 Tbsp dry red wine

1 Tbsp olive oil

4 (4 oz) beef tenderloin steaks, cut 1 inch thick

M Salt

DIRECTIONS:

- 1 In a medium bowl, toss together sweet peppers, red onion, hoisin sauce, red wine and olive oil.
- 2 Thread vegetables onto four 10-inch-long skewers; set aside.
- 3 Trim fat from steaks. Sprinkle both sides of each steak with M Salt; rub in with your fingers. For a charcoal grill, place steaks and skewers on the rack of an uncovered grill directly over medium coals. Grill steak until desired doneness. Allow 10 to 12 minutes for medium-rare doneness (145°F) or 12 to 15 minutes for medium doneness (160°F).
- 4 Grill skewers about 12 minutes or until vegetables are crisp-tender and lightly charred, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks and skewers on grill rack over heat. Cover and grill as above.)

*Tip: If using wooden skewers, soak them in water for at least 30 minutes before using. Instead of using skewers, you can place the vegetables in a grill wok; place the grill wok on the grill rack and grill for 12 minutes, stirring once halfway through grilling time.

Grilled Summer Veggies Salad + Herbed Vinaigrette



TYPE: V/O

MAKES: 6 servings

INGREDIENTS:

1 Tbsp extra virgin olive oil

2 tsp cider vinegar

1 tsp chopped fresh parsley

¼ tsp chopped fresh thyme

¼ tsp chopped fresh rosemary

M Salt

1 medium eggplant, cut crosswise into ½-inch-thick slices

1 medium onion, cut into ½-inch-thick wedges

2 green and/or red bell peppers, halved, stems, membranes, & seeds removed

6 large cremini mushrooms, stems removed

3 plum tomatoes, halved lengthwise

3 Tbsp extra virgin olive oil

1 Tbsp cider vinegar

Fresh thyme (optional)

DIRECTIONS:

- 1 For vinaigrette, whisk together olive oil, cider vinegar, parsley, thyme, rosemary, and M Salt; set aside.
- 2 For vegetable salad, combine eggplant, onion wedges, bell peppers, mushrooms, and tomatoes in a very large bowl. Add olive oil and cider vinegar. Toss to coat vegetables. Place vegetables on rack of an uncovered grill directly over medium-hot coals. Grill for 3 minutes; turn vegetables. Grill for 3 to 4 minutes more or until vegetables are tender.
- 3 To serve, cut each pepper half into 3 strips. Arrange vegetables on a platter. Drizzle with reserved vinaigrette. Serve warm or at room temperature. If desired, garnish with fresh thyme.

*Tip: Leave onion wedges attached at the root end to hold wedges together.

Grilled Watermelon



TYPE: A/O

MAKES: 8 wedges

INGREDIENTS:

8 slices seedless watermelon, wedges, 1½ inches thick

2 Tbsp extra virgin olive oil

M Salt

DIRECTIONS:

- 1 How to get your watermelon wedges: cut the watermelon in half, place cut side down on the table, then cut into slices, about 1½ inches thick. Cut each slice in half, creating two wedges (if your melon is really big, you may need to cut each slice into three wedges). You can leave the rind on or cut it off, totally up to you.
- 2 Stand the wedges on their edges on a rack over a sink or pan and let them drain for half an hour.
- 3 Preheat the grill to high.
- 4 After the watermelon has drained, rinse each piece under cold running water. Place each piece between two folded paper towels and gently but firmly press to remove excess water. You should stop just when you feel the watermelon begin to crunch. Brush the watermelon lightly on both sides with the olive oil. Grill over high heat until grill marks have formed and the melon is slightly softened, about 5 minutes.
- 5 Remove from grill and sprinkle with M Salt.

Harvest Cobb Salad



TYPE: P/V/O/A

MAKES: 4 servings

INGREDIENTS:

4 slices bacon, diced

2 large eggs

6 cups chopped romaine lettuce

1 apple, diced

1 pear, diced

½ cup pecan halves

⅓ cup dried cranberries

⅓ cup crumbled goat cheese

DIRECTIONS:

- 1 Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.

Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and dicing.

To assemble the salad, place romaine lettuce in a large bowl; top with arranged rows of bacon, eggs, apple, pear, pecans, cranberries and goat cheese.

Serve immediately with one of our Boomers approved salad dressings.

Herb Butter Salmon & Veggies



TYPE: P/V/O

MAKES: 2 servings

INGREDIENTS:

2 cups cherry tomatoes

4 cups string beans

2 Tbsp extra virgin olive oil

M Salt

1 pound wild-caught salmon

¼ cup grass-fed butter

¼ cup packed fresh parsley

¼ cup packed fresh basil

2 garlic cloves, minced

M Salt

DIRECTIONS:

- 1 Preheat oven to broil high.
- 2 In a bowl toss tomatoes and string beans with oil or butter. Add M Salt.
- 3 Place on a baking sheet and broil for 5 minutes.
- 4 While broiling, combine butter ingredients in a blender and blend until combined.
- 5 Brush onto salmon and add the salmon to the baking sheet.
- 6 Broil for 7 to 9 minutes (longer for thicker salmon), until veggies are blistered and salmon is cooked through. Taste and add additional M Salt as desired.

Honey Lemon Chicken + Asparagus



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

8-10 chicken tenders or 4 chicken breasts, sliced horizontally
M Salt
3 Tbsp low sodium soy sauce
3 Tbsp fresh lemon juice
1 lemon
½ cup honey
2 tsp sesame oil//macadamia nut oil
½ Tbsp finely chopped cilantro, optional
½ tsp garlic powder
½ tsp chili powder, optional
½ tsp cumin
½ tsp smoked paprika
1 cup broccoli florets
1 lb bunch of asparagus, trimmed

DIRECTIONS:

- 1 Preheat oven to 400°F. Spray a large sturdy baking sheet with cooking spray or for easier clean-up, line with parchment paper or heavy duty foil.
- 2 Place the chicken on prepared baking sheet. Season with M Salt to taste.
- 3 In a small bowl, combine soy sauce, lemon juice, sweetener, sesame oil, and cilantro together. Drizzle ⅓ of the sauce over the chicken and bake for 5 minutes.
- 4 Meanwhile, combine the seasonings in a small bowl and set aside.
- 5 After 10 minutes, remove baking pan from the oven, flip the chicken and place the asparagus and broccoli a long the sides of the chicken. Sprinkle the chicken and vegetables with seasonings and drizzle sauce over the vegetables and some more on the chicken (reserve 1 teaspoon for the end).
- 6 Return the oven back to the pan and bake for another 10-15 minutes, or once the chicken is cooked through and has reached an internal temperature of 165°F. (You may want to remove the vegetables first (so they don't overcook) if the chicken is not cooked through yet, depending on your level of preference.)
- 7 Drizzle the chicken with additional sauce and turn the oven to broil for -2 minutes, until the chicken has a nice brown color (watch closely so the chicken does not burn).
- 8 Sprinkle with chopped parsley and sesame seeds, if desired and serve hot.

Italian Stuffed Eggplant



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

2 medium eggplant (1 to 1½ pounds each)
2 Tbsp olive oil, divided
2 cloves garlic, minced
1 tsp dried Italian seasoning, crushed
M Salt
1 (14.5 oz) can no-salt-added diced tomatoes, undrained
1 cup fat-free ricotta cheese
1 oz Parmesan cheese, finely grated (¼ cup)
¼ cup chopped fresh basil

DIRECTIONS:

- 1 Preheat oven to 350°F. Cut each eggplant in half lengthwise. Using a spoon and/or paring knife, scoop out the eggplant flesh, leaving ¼-inch-thick shell. Set the flesh aside. Place the eggplant shells on a baking sheet. Brush 1 tablespoon of the oil over the shells. Bake 25 minutes.
- 2 Meanwhile, chop the eggplant flesh. Heat the remaining 1 tablespoon oil in a very large skillet over medium heat. Add the chopped eggplant, garlic, Italian seasoning, and M Salt; cook and stir 5 minutes. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally.
- 3 Fill the eggplant shells with the tomato mixture. Spoon mounds of ricotta over each filled eggplant shell. Sprinkle with Parmesan. Bake about 15 minutes or until heated through. Sprinkle with basil.

Jambalaya Stuffed Peppers



TYPE: P/V/O

MAKES: 6 servings

INGREDIENTS:

6 large green, yellow, or orange bell peppers
1½ pounds boneless, skinless chicken thighs, trimmed & cut into 1-inch pieces
2 Tbsp salt-free Cajun seasoning, divided
2 Tbsp olive oil, divided
1 link andouille sausage (3-4 oz.), sliced
½ cup diced celery
1 small onion, diced (½ cup)
2 cloves garlic, minced
½ teaspoon salt
1 (14 oz) can diced tomatoes
¼ cup tomato paste
1 cup low-sodium chicken broth

DIRECTIONS:

- 1 Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper or foil.
- 2 Cut tops off peppers and carefully remove the core and seeds, taking care not to split the skin. Dice the pepper tops and set aside. Place the peppers on the prepared baking sheet; bake for 20 minutes. Remove from oven and let cool. Discard any accumulated liquid in the bottom of the peppers.
- 3 Meanwhile, season chicken on all sides with 1 Tbsp. Cajun seasoning. Heat 1 Tbsp. oil in a large skillet over medium heat. Add half of the chicken and cook, turning to brown all sides, 4 to 6 minutes. Transfer the chicken to a medium bowl with a slotted spoon. Repeat with the remaining 1 Tbsp. olive oil and the remaining chicken.
- 4 Add sausage to the now-empty skillet and cook, stirring occasionally, until lightly browned, 1 to 2 minutes. Add celery, onion, and the reserved diced pepper; cook, stirring often, until the onions are translucent, 3 to 5 minutes. Add garlic, the remaining 1 Tbsp. Cajun seasoning, and M Salt; cook, stirring, for 30 seconds. Add tomatoes and tomato paste; stir to combine, scraping any brown bits off the bottom of the pan. Add broth, rice, and the chicken with any accumulated juices; stir to combine. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the chicken has cooked through and the rice has softened, 5 to 10 minutes. Remove from heat and stir. Let stand, covered, until all liquid is absorbed, about 10 minutes.
- 5 Divide the chicken mixture among the peppers, spooning about 1¼ cups into each one and mounding it on top, if necessary. Bake until heated through, about 20 minutes.

*Tip: We prefer homemade Cajun seasoning, because it has more flavor and fewer preservatives than the store-bought versions. Cajun seasoning: mix 1 Tbsp paprika, 1 tsp each onion powder and garlic powder, ½ tsp each dried oregano and thyme, and ¼ tsp each cayenne and M Salt. You will have slightly more than you need for this recipe; use it to season eggs, chicken, fish, or vegetables. (Want to have extra on hand? Multiply these amounts by four.) Store in a covered jar for up to 6 months.

Kale Chips



TYPE: V/O

MAKES: 2 servings

INGREDIENTS:

2 tsp olive oil

M Salt

1 large bunch fresh kale

DIRECTIONS:

- 1 Preheat oven to 325 degrees. Rinse kale thoroughly. Remove the leaves from the tough stems and roughly chop into bite size pieces. Dry with a salad spinner or lightly pat with a paper towel.
- 2 Combine kale, olive oil, and M Salt in a medium size bowl. Toss until kale is fully coated.
- 3 Place in a single layer on a cookie sheet. Cook for 15 minutes, rotating the tray around halfway through cooking time (If you are using a convection oven you can skip the rotation).
- 4 Remove from oven and let cool for 5 to 10 minutes. Serve at room temperature.

*If you are putting leftovers into a container to store, make sure the kale is completely dry. Otherwise the heat will make the chips soggy and wet, no one likes soggy and wet chips.

Lemon Poppy Seed Protein Balls



TYPE: P/S (FF)

MAKES: 15 balls

INGREDIENTS:

⅓ cup melted coconut oil

¼ cup maple syrup

1 tsp vanilla

Zest from 1 lemon

Juice from ½ lemon

¼ tsp sea salt

1 ½ cups almond flour

½ cup coconut flour

½ cup shredded unsweetened coconut

2 Tbsp poppy seeds

¼ cup protein

DIRECTIONS:

- 1 In a large bowl whisk together coconut oil, maple syrup, and vanilla until smooth.
- 2 Add in lemon zest and lemon juice and stir to combine.
- 3 Add in almond flour, sea salt, coconut flour, shredded coconut, and protein powder, and stir to combine.
- 4 Add in poppy seeds.
- 5 Form dough into small balls about the size of golf balls. Seal in airtight container and refrigerate at least one hour or for up to two weeks. Enjoy!!

Lime Fruit Salad Dressing



TYPE: FF

MAKES: 14 servings

INGREDIENTS:

1½ cups non-fat plain Greek yogurt

1 Tbsp lime zest

1 Tbsp lime juice

4 tsp raw, natural cane sugar

DIRECTIONS:

- 1 Combine yogurt, lime zest, lime juice + sugar in a medium bowl.

Maple Cinnamon Applesauce



TYPE: A (FF)

MAKES: 7 servings

INGREDIENTS:

6 McIntosh or other tart apples, peeled & cut into 1-inch (leave the peel on & use a food processor//blender if desired)

2 Golden Delicious or other sweet apples, peeled & cut into 1-inch pieces (leave the peel on & use a food processor//blender if desired)

¼ cup water

2 Tbsp pure maple syrup

½ tsp ground cinnamon

DIRECTIONS:

- 1 Combine apple pieces and water in a large saucepan.
- 2 Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes.
- 3 Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

*Refrigerate for up to 2 weeks or freeze for up to 6 months.

Marinated Steak Tips & Veggies



TYPE: P/V/O/S

MAKES: 4 servings

INGREDIENTS:

⅓ cup balsamic vinegar

2 cloves garlic

1 sprig fresh rosemary, plucked from the stem

M Salt

1 tsp dijon

¼ cup extra virgin olive oil

1 lb Sirloin Steak Tips, about 1-½ inch in diameter pieces

1 red onion, sliced into ¼ rings

2 cups baby potatoes, halved

M Salt

2 teaspoons avocado oil, divided

1 red bell pepper, de-stemmed & seeded, sliced

1 bunch asparagus, cut to 2 inches

1 summer squash or zucchini, sliced to ¼ inch rings

DIRECTIONS:

- 1 For Marinade: in a high-speed blender place vinegar, garlic, rosemary, M Salt, dijon and blend until combined. Once combined, slowly add in olive oil until it is fully emulsified. Set aside.
- 2 For Steak and Veggies: in a medium bowl, place steak tips with ½ of marinade and combine. Set aside.
- 3 Pre-heat oven to 400 degrees and lightly oil a rimmed baking sheet.
- 4 In a large bowl toss potatoes and onions with 1 teaspoon oil and M Salt. Place on rimmed baking sheet and bake for 10 minutes. To the bowl, add asparagus, peppers, zucchini, 1 teaspoon oil and M Salt and placed on rimmed baking sheet and toss around with onions and potatoes. Continue baking for 10 - 15 minutes, making sure that the potatoes are cooked through. Remove from oven.
- 5 Pre-heat broiler on high for at least 5 minutes.
- 6 Move the vegetables to each side of the sheet pan. Place marinated steak in the center of the pan, and discard extra vinaigrette from bowl.
- 7 Place sheet pan on top rack below the broiler and broil for 5 minutes.
- 8 Flip sirloin tips to the other side and continue to broil for another 3 minutes, or until cooked through to your desired temperature. Remove from oven and let rest for 5-10 minutes.
- 9 Serve hot with extra balsamic vinaigrette.

Melon & Apple Granita



TYPE: A (FF)

MAKES: 8 servings

INGREDIENTS:

4 cups cubed ripe melon

1 cup unsweetened apple juice

¼ cup lime juice

1 cup fresh blueberries

1 cup fresh raspberries

Fresh mint leaves, for garnish

DIRECTIONS:

- 1 Combine melon, apple juice and lime juice in a blender; puree until smooth.
- 2 Pour the mixture into a 9-by-13-inch glass or metal pan. Place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the slushy center and crushing any lumps, until the granita is firm but not frozen solid, 3 to 4 hours.
- 3 Remove from the freezer; use a metal spatula or large spoon to break up the frozen ice into small slivers. Pack into an airtight plastic container and freeze for at least 1 hour more.
- 4 Remove from the freezer about 20 minutes before serving to soften slightly. Use a wide spoon or ice cream scoop to scrape the granita into shallow bowls. Sprinkle blueberries and raspberries over each portion and garnish with mint leaves, if desired.

*Can freeze for up to 1 week

Mexican Street Corn



TYPE: V/O

MAKES: 8 servings

INGREDIENTS:

8 small ears of corn with husks
2 Tbsp avocado oil or canola oil
1 tsp chili powder
¼ tsp cayenne pepper (optional)
M Salt
¾ cup crumbled Cotija cheese (3 oz)
¼ cup snipped fresh cilantro
Lime zest (optional)
Lime wedges (optional)

DIRECTIONS:

- 1 Peel back corn husks, but do not remove. Remove silks; rinse corn. Fold husks back around corn. Tie husk tops with 100% cotton kitchen string to secure. Soak corn in enough water to cover 1 to 2 hours; drain.
- 2 Grill corn, covered, over medium 30 to 35 minutes or until kernels are tender, turning once.
- 3 Remove string and pull back husks. Tie husks with string to hold open. Place corn on a platter and brush with oil.
- 4 In a small bowl combine chili powder, cayenne pepper (if desired), and M Salt; sprinkle over corn. Top with cheese, cilantro, and, if desired, lime zest. If desired, serve with lime wedges.

Mushroom Thyme Roasted Beef Tenderloin



TYPE: P/V/O

MAKES: 8 servings

INGREDIENTS:

1 cup mushroom broth
1 (¾ oz) package dried porcini mushrooms
¼ cup dry red wine
2 Tbsp chopped fresh thyme, divided
M Salt
1 tsp Dijon mustard
1 (2½ to 3 pound) beef tenderloin roast
1½ pounds carrots, halved lengthwise, if desired, cut into 3-inch lengths
1 pound cipollini onions, peeled
1 pound fresh button mushrooms, quartered
2 Tbsp extra virgin olive oil

DIRECTIONS:

- 1 For marinade, bring mushroom broth to boiling in a small saucepan; remove from heat. Stir in dried mushrooms. Cover and let stand 20 minutes. Stir in wine, 1 tablespoon of the thyme, M Salt, and the mustard; cool.
- 2 Place meat in a resealable plastic bag set in a shallow dish. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator 8 to 24 hours, turning bag occasionally.
- 3 Combine carrots, onions, button mushrooms, oil, and the remaining 1 tablespoon thyme in a very large bowl. Cover and chill up to 24 hours.
- 4 To serve, preheat oven to 425°F. Line a very large shallow roasting pan with foil; place a rack on top of foil. Drain meat, discarding marinade. Place meat on rack in pan. Arrange vegetables around meat. Sprinkle meat and vegetables with M Salt.
- 5 Insert an oven-going meat thermometer into center of meat. Roast 1¼ hours or until thermometer registers 135°F for medium rare. Transfer meat to a cutting board, reserving pan juices. Cover meat with foil; let stand 15 minutes before slicing (temperature of the meat will rise during standing). Serve with roasted vegetables and the reserved juices.

No-Bake Workout Bars



TYPE: P/O/S/A

MAKES: 12 bars

INGREDIENTS:

2 cups rolled oats

½ cup protein

½ cup dark chocolate chips or cacao nibs

½ cup chia seeds & ground flax seeds

½ cup raisins

1 cup natural peanut butter

½ cup lite coconut milk, (more or less as needed to reach desired consistency)

¼ cup honey, raw & local honey if possible

DIRECTIONS:

- 1 In a blender, pulse 1½ cups of the oats until a flour like consistency.
- 2 In a large bowl, toss to combine oat flour, remaining ½ cup oats, protein powder, chocolate chips, chia and flax seeds, and raisins.
- 3 In a medium bowl, stir together the coconut milk, peanut butter, and honey. Pour peanut butter mixture over oat mixture and stir until thoroughly incorporated.
- 4 Spread mixture into a 9x9-Inch square pan or an 11x7-inch pan. Press mixture down and cover with a lid or foil and refrigerate overnight, or until they harden some. Slice into 12 bars and keep stored in the refrigerator.

PB Banana Cinnamon Toast



TYPE: P/S/A

MAKES: 1 serving

INGREDIENTS:

1 slice Ezekiel bread, toasted

1 Tbsp peanut butter

1 small banana, sliced

Cinnamon to taste

DIRECTIONS:

- 1 Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.

PB Banana Granola Bars



TYPE: P/O/S

MAKES: an 8x8 pan of yummy bars :)

INGREDIENTS:

2 scoops protein

2 cups dry oats

1 cup mashed banana (about 1 large or 2 small)

¼ cup peanut butter or other nut butter

2-4 Tbsp maple syrup (depending on your sweet-o-meter)

½ cup dark chocolate chips or cacao nibs

DIRECTIONS:

- 1 Preheat oven to 350 degrees and coat a 8x8 baking pan with oil or line with parchment paper.
- 2 Add oats to a large bowl and combine banana, nut butter and maple syrup in a small bowl.
- 3 Mix well and combine with oats.
- 4 Add chocolate chips or cacao nibs and mix well.
- 5 Place mixture in pan and spread evenly, bake for 15 minutes or until done.

Peach & Huckleberry Baked Oatmeal



TYPE: O/S/A

MAKES: an 8 inch skillet worth of yumminess :)

INGREDIENTS:

baked oats:

2 Tbsp coconut oil

1 cup gluten-free, old-fashioned rolled oats, divided

2 pinches salt, divided

2 Tbsp hemp seeds, divided

2 Tbsp flax seeds, divided

2 Tbsp chia seed

1 large, firm-ripe peach, pitted & sliced into ¼-inch thick wedges, plus more for serving

½ cup huckleberries, wild blueberries, or other berries, plus more for serving

1¾ cups milk of choice, plus more for serving

2 Tbsp maple syrup, plus more for serving

¼ cup cashew butter

1 Tbsp maple syrup

Pinch of salt

4 Tbsp hot water

DIRECTIONS:

- 1 Position a rack in the center of the oven and preheat to 375 degrees.
- 2 Melt the coconut oil in an 8-inch ovenproof skillet. Swirl to coat the sides, then pour into a small bowl and set aside.
- 3 In the skillet, sprinkle half of the oats over the bottom of the pan, and sprinkle with 1 tablespoon each of the hemp, flax, and chia seeds, and a pinch of salt. Lay half of the peach slices and berries on top. Repeat the layering process: oats, seeds, salt, fruit.
- 4 In a 2-cup measure or the equivalent, stir together the milk and maple syrup to combine. Slowly pour the milk mixture over the oats, and drizzle the melted butter over the top.
- 5 Carefully transfer the skillet to the oven; it will be quite full and liquidy, but don't worry; the oats absorb a lot of moisture. Bake until puffed and set, 30-40 minutes.
- 6 To make the cashew cream, in a small bowl, stir together the cashew butter, maple syrup, and salt. Gradually work in the hot water, stirring until the sauce is smooth and drizzleable.
- 7 Drizzle the baked oatmeal with the maple cashew cream, then scoop out into bowls and serve warm, topped with extra almond milk, fruit, and cashew cream if you like.

*Extras keep well, refrigerated airtight, for up to 3 days. Reheat before serving.

Peanut Butter Banana Ice Cream



TYPE: A/O (FF)

MAKES: 2 servings

INGREDIENTS:

2 medium bananas, peeled, halved & frozen

¼ cup natural peanut butter

Unsweetened shredded coconut for garnish

DIRECTIONS:

- 1 Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Pear Fruit Salad



TYPE: A/O

MAKES: 2 servings

INGREDIENTS:

2 ripe pears, cubed

2 Tbsp lemon juice

⅓ cup chopped pecans, toasted

¼ cup non-fat plain Greek yogurt

1 Tbsp honey or agave nectar

Ground cinnamon (optional)

DIRECTIONS:

- 1 Combine pears and lemon juice in a medium bowl. Stir in pecans.
- 2 Divide the pear mixture among 2 serving bowls.
- 3 Combine yogurt and honey (or agave nectar) in a small bowl. Top each serving of the pear mixture with a dollop of the yogurt mixture. If desired, sprinkle with cinnamon.

*To toast whole nuts or large pieces, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Philly Cheesesteak Stuffed Peppers



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

2 large bell peppers, halved lengthwise, seeds removed
1 Tbsp extra virgin olive oil
1 large onion, halved & sliced
1 (8 oz) package mushrooms, thinly sliced
12 oz top round steak, thinly sliced
1 Tbsp Italian seasoning
M Salt
1 Tbsp Worcestershire sauce
4 slices provolone cheese

DIRECTIONS:

- 1 Preheat oven to 375°F. Place pepper halves on a rimmed baking sheet. Bake until tender but still holding their shape, about 30 minutes.
- 2 Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, until starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring, until they're softened and release their juices, about 5 minutes more. Add steak, Italian seasoning, and M Salt; cook, stirring, until the steak is just cooked through, 3 to 5 minutes more.
- 3 Remove from heat and stir in Worcestershire. Preheat broiler to high. Divide the filling between the pepper halves and top each with a slice of cheese. Broil 5 inches from the heat until the cheese is melted and lightly browned, 2 to 3 minutes.

Pineapple Nice Cream



TYPE: A (FF)

MAKES: 6 servings

INGREDIENTS:

1 (16 oz) package frozen pineapple chunks

1 cup frozen mango chunks or 1 mango, peeled, seeded & chopped

1 Tbsp lemon juice or lime juice

DIRECTIONS:

- 1 Process pineapple, mango and lemon (or lime) juice in a food processor until smooth and creamy. (If using frozen mango, you may have to add up to $\frac{1}{4}$ cup water). For the best texture, serve immediately.

Pizza Lettuce Wraps



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1¼ cups cherry tomatoes or grape tomatoes, quartered
¾ cup shredded reduced-fat mozzarella cheese (3 oz)
1 oz thinly sliced, cooked turkey pepperoni, chopped (¼ cup)
¼ cup snipped fresh basil
1 Tbsp snipped fresh oregano
8 large Bibb lettuce leaves

DIRECTIONS:

- 1 In a medium bowl combine tomatoes, cheese, pepperoni, basil, and oregano. Divide tomato mixture among lettuce leaves. Roll up or leave open as cups.

Power Balls



TYPE: P/O/S

MAKES: a lotta yummy treats :)

INGREDIENTS:

2 cups rolled oats, old fashioned

½ cup honey, raw, organic & local if possible

1 cup peanut butter

1 scoop protein

2 Tbsp flax seed

2 Tbsp chia seed

½ cup cacao nibs, organic & raw or dark chocolate chips

*Can add dried fruit such as cherries, cranberries, etc., but this will change the meal type to P/O/A

*You can also roll in unsweetened shredded coconut if desired

DIRECTIONS:

- 1 Mix together all ingredients until very well combined.
- 2 Roll into small golf-ball sized balls (about 1 inch).
- 3 Keep in fridge or freezer as a healthy & delicious snack!

Quinoa Brittle



TYPE: S/O

MAKES: 10 servings

INGREDIENTS:

½ cup uncooked white quinoa (if desired, use “sprouted” quinoa for improved digestibility)

¾ cup pecans, chopped

¼ cup gluten-free rolled oats

2 Tbsp chia seeds

2 Tbsp coconut sugar

1 pinch sea salt (optional)

2 Tbsp coconut oil

½ cup maple syrup

DIRECTIONS:

- 1 Preheat oven to 325 degrees and line a baking sheet with parchment paper, ensuring it covers the entire surface and all the edges (to prevent spill over).
- 2 Add quinoa, pecans, oats, chia seeds, coconut sugar, and salt (optional) to a mixing bowl - stir to combine.
- 3 To a small saucepan, add coconut oil and maple syrup. Warm over medium-low heat for 2-3 minutes, stirring occasionally until the two are totally combined and there is no visible separation.
- 4 Pour over the dry ingredients and stir to thoroughly combine and coat. Arrange on parchment-lined baking sheet and spread into an even layer with a metal spoon. Try to get it as even as possible, or the edges will burn and the center won't crisp up.
- 5 Bake for 15 minutes, then turn the pan around to ensure even browning. Bake 5-10 minutes more and watch carefully as to not burn. You'll know it's done when uniformly deep golden brown in color and very fragrant. The edges may appear to be getting too brown, but they're just getting crisp and caramelized, so don't be afraid of that!
- 6 Let cool completely before breaking into bite-size pieces with a sharp knife or your fingers.
- 7 Once completely cooled, store leftovers in a sealed bag or container at room temperature for 1 week or in the freezer for up to 1 month.

Raspberry Coconut Granola Bars



TYPE: O/S/A

MAKES: an 8x10 pan of yummy bars!

INGREDIENTS:

2 ½ cups gluten free quick cooking oats
6 Tbsp coconut oil, melted
¼ cup peanut butter
¼ cup honey
2 tsp vanilla extract
¼ tsp nutmeg
1 tsp ground cinnamon
½ tsp sea salt
2 tsp chia seeds
1 Tbsp flax seeds
¼ cup sliced almonds
¼ cup shredded or shaved coconut
¼ cup pepitas
1 cup fresh raspberries

DIRECTIONS:

- 1 Preheat oven to 350°F. Line 8x10 baking pan with parchment paper.
- 2 In a food processor or grinder, pulse ½ cup of the oats until they resemble flour.
- 3 In a large bowl, combine together all ingredients except for the raspberries until completely mixed.
- 4 Gently fold in the raspberries.
- 5 Spread the dough onto the prepared baking pan in an even layer. Don't worry if some (most if not all) of the raspberries get smooshed!
- 6 Bake for 20-25 minutes, until golden.
- 7 Remove and cool on a wire rack. Once cool enough to handle, place the pan in the fridge and chill over night. Cut to serve as desired.

Roasted Sweet Potatoes



TYPE: O/S

MAKES: 4 servings

INGREDIENTS:

1 pound sweet potatoes (about 2 medium potatoes), scrubbed

1½ tsp extra virgin olive oil

M Salt

Fresh thyme, optional

DIRECTIONS:

- 1 Preheat oven to 425°F. Line a 15x10x 1-inch baking pan with foil; lightly coat with cooking spray. Set aside.
- 2 Cut unpeeled sweet potatoes into 1-inch cubes. Toss sweet potatoes with oil and M Salt in a large bowl. Arrange sweet potatoes in a single layer in the prepared baking pan. Roast about 20 minutes or until lightly browned and crispy on cut sides and tender inside, turning once.
- 3 To add flavor, just before serving, toss roasted sweet potatoes with 2 teaspoons chopped fresh thyme.

Salmon + Roasted Tomatoes & Shallots



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

3 pounds fresh or frozen salmon fillet(s), skinned if desired
4 cups grape tomatoes
½ cup thinly sliced shallots
6 cloves garlic, minced
2 Tbsp snipped fresh oregano or 1½ tsp dried oregano crushed
1 Tbsp extra virgin olive oil
M Salt

DIRECTIONS:

- 1 Thaw fish, if frozen. Rinse salmon and pat dry with paper towels. Preheat oven to 400°F. Lightly coat a 3-quart baking dish with nonstick cooking spray.
- 2 In the baking dish, combine tomatoes, shallots, garlic, oregano, olive oil and M Salt. Toss to coat. Roast, uncovered, for 15 minutes. Place salmon, skin side down, on top of the tomato-shallot mixture. Sprinkle salmon with M Salt. Roast, uncovered, for 15 to 18 minutes or until salmon flakes easily when tested with a fork.
- 3 Use two large pancake turners to transfer the salmon to a cutting board. If desired, use the turners to lift the salmon meat off the skin and onto a large platter; discard skin. Serve salmon with the tomato-shallot mixture.

*Tip: Divide the leftover cooked salmon between two airtight containers. Cover and store in the refrigerator for up to 3 days or freeze up to 3 months.

Salmon Salad-Stuffed Avocado



TYPE: P/V/O

MAKES: 1 serving

INGREDIENTS:

women: ½ cup canned salmon (4 oz)

men: ¾ cup canned salmon (6 oz)

1 Tbsp pesto

1 Tbsp plain non-fat Greek yogurt

2 tsp minced shallot

½ avocado

1 cup baby spinach

DIRECTIONS:

- 1 Combine salmon with pesto, yogurt and shallot. Serve over avocado and baby spinach.

Sautéed Spinach



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

2 tsp extra virgin olive oil, divided

2 tsp finely shredded lemon peel, divided

2 cloves garlic, thinly sliced, divided

1 pound packaged fresh baby spinach, divided

¼ cup reduced-sodium chicken broth, divided

M Salt

DIRECTIONS:

- 1 Heat 1 teaspoon of the oil in a large skillet over medium-high heat. Add half of the lemon peel and half of the garlic to skillet. Add half of the spinach, tossing quickly to combine. When spinach starts to wilt, add half of the broth. Continue cooking and tossing until spinach is wilted. Transfer to a serving bowl; cover and keep warm.

Repeat with the remaining oil, lemon peel, garlic, spinach, and broth. Sprinkle wilted spinach with M Salt, tossing quickly to combine

Sesame Chicken & Broccoli



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1½ tsp cornstarch

1½ tsp cold water

½ cup honey

¼ cup low-sodium soy sauce

¼ cup ketchup

2 Tbsp apple cider vinegar

3-5 cloves garlic, finely minced or pressed

1-2 tsp ground ginger

2 -3 Tbsp sesame oil

1 Tbsp extra virgin olive oil

1½ pounds boneless skinless chicken breast, cut into bite-sized pieces & seasoned M Salt

4-5 cups broccoli florets, seasoned with M Salt

Sesame seeds, to taste for garnishing

DIRECTIONS:

- 1 In a small bowl, add the cornstarch, water, and stir to dissolve; set aside.
- 2 In a medium saucepan, add the honey, soy sauce, ketchup, vinegar, garlic, ginger, and bring to a boil over medium-high heat.
- 3 After the mixture is boiling, add the cornstarch slurry, whisk to combine, and allow the sauce to boil and thicken for 2 to 3 minutes; whisking nearly constantly. After sauce is as thick as desired, remove from the heat and set aside.
- 4 In a large skillet, add the oils, chicken, season with M Salt, and cook over medium-high heat for about 5 minutes, or until chicken is cooked through; stir and flip intermittently so the chicken cooks evenly.
- 5 Push chicken to one side of the skillet and add the broccoli to the other side (it looks like a ton but it shrinks in volume by nearly half), pour the sauce mostly over the chicken and add a few tablespoons over the broccoli, cover skillet, turn the heat to medium-low, and allow the broccoli to steam for 3 to 5 minutes, or until as crisp-tender as desired.
- 6 Uncover skillet, and if desired, simmer uncovered for another 1 to 3 minutes, to reduce some of the sauce volume. Garnish with sesame seeds and serve immediately. Recipe is best fresh but will keep airtight in the fridge for up to 5 days.

Sheet Pan Chorizo & Egg Bake



TYPE: P/V/O/S

MAKES: 4 servings

INGREDIENTS:

1 medium yellow potato, diced to ½ inch

1 small sweet potato, diced to ½ inch

1 onion, diced to ½ inch

2 Tbsp avocado oil

M Salt

½ tsp garlic powder

¼ tsp chili powder

¼ tsp cumin

¼ tsp paprika

¼ tsp turmeric

¼ tsp oregano

pinch cayenne (optional)

4 fully-cooked chorizo sausages

4 organic, pasture-raised eggs

DIRECTIONS:

- 1 Pre-heat oven to 400 degrees.
- 2 In a large bowl combine diced potato, sweet potato, onion, avocado oil, and all spices. Toss to combine and pour onto a rimmed baking sheet.
- 3 Place in oven and bake for 20 minutes.
- 4 Move the mixture to one side of the sheet pan add the whole chorizo sausage to the other. Return to oven for 10 minutes.
- 5 Remove from oven and create four small divots in potatoes to crack the eggs. Crack eggs in the divots and return to oven to bake for 8-10 minutes. Bake until eggs are cooked for desired texture. 8 minutes are soft runny yellow yolks. 10 minutes for more fully baked eggs.

*If you prefer to slice up the chorizo and bake the slices instead of the whole chorizo you can do that at this step.

Sheet Pan Hoisin Chicken



TYPE: P/V/O/S

MAKES: 4 servings

INGREDIENTS:

- 2 (6 oz) skinless, boneless chicken breasts
- 1 cup (8 oz) small Yukon Gold/red potatoes, halved
- 2 large carrots sliced into rounds
- 2 cups broccoli florets
- 1 red bell pepper cut into chunks
- 1 cup cauliflower florets
- 2 Tbsp olive oil
- M Salt
- ¼ cup hoisin sauce
- ⅓ cup reduced sodium soy sauce
- 1 Tbsp honey
- 1 Tbsp rice wine vinegar
- 2 tsp sesame oil
- 2 cloves garlic minced
- ½ tsp grated or minced ginger

DIRECTIONS:

- 1 Preheat oven to 400°F degrees. Spray a large nonstick baking pan with oil or use parchment or foil for easy cleanup.
- 2 In a small bowl, combine soy sauce, hoisin sauce, honey, sesame oil, ginger, and garlic in a bowl, set aside.
- 3 Place chicken and spread potatoes in a single layer on the prepared pan. Season chicken on both sides with M Salt and drizzle everything with olive oil and sauce. Toss potatoes to coat well. Bake about 15 minutes and turn chicken and potatoes. Add remaining vegetables and drizzle with olive oil and sauce. Bake for an additional 15-20 minutes (or until chicken is fully cooked through), depending on how thick your chicken pieces are.
- 4 Drizzle with more sauce and sprinkle on sesame seeds, if desired.

*Use any other veggies you have on hand!

*To keep chicken as juicy as possible, bake chicken breasts whole, then cut up!

*The chicken might be done before the vegetables, if this is the case, remove the chicken with tongs and bake until vegetables are tender.

Shrimp & Beets



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- 1 pound small beets, peeled & cut into ½-inch pieces
- 2 Tbsp extra-virgin olive oil, divided
- M Salt
- 6 cups chopped kale
- 1¼ pounds extra-large raw shrimp (16-20), peeled & deveined
- ½ tsp dry mustard
- ½ tsp dried tarragon
- 3 Tbsp unsalted sunflower seeds, toasted

DIRECTIONS:

- 1 Preheat oven to 425°F. Toss beets with 1 tablespoon oil and M Salt in a large bowl. Spread evenly on a rimmed baking sheet. Roast for 15 minutes.
- 2 Toss kale with the remaining 1 tablespoon oil and M Salt in the bowl. Stir into the beets on the baking sheet. Sprinkle shrimp with mustard, tarragon and M Salt. Place on top of the vegetables. Roast until the shrimp are cooked and the vegetables are tender, 10 to 15 minutes more. Transfer the shrimp to a serving platter. Stir sunflower seeds into the vegetables and serve with the shrimp.

Shrimp, Sausage & Veggies



TYPE: P/V/O

MAKES: 6 servings

INGREDIENTS:

1 lb raw shrimp
1 lb chicken sausage, fully cooked or raw that has been cooked through enough to slice
1 lb asparagus, trimmed & cut into 3" pieces
2 shallots, sliced into wedges
1 Tbsp olive oil
2 tsp Old Bay Seasoning
1 lemon
M Salt
1 cup extra light tasting olive oil
1 egg
1 garlic clove
Juice of 1 lemon
Zest of one lemon

DIRECTIONS:

- 1** To make the aioli, add the olive oil, egg, garlic, lemon juice and zest and M Salt to a mason jar. Place hand blender (also known as an immersion blender) at the bottom of the jar and turn it on. In a few seconds you will see the aioli start to form at the bottom. It will quickly begin to emulsify and become thick. Hold the blender at the bottom of the jar for the first few seconds until the oil has been incorporated, then move the blender up slowly until fully combined!
- 2** Heat oven to 400°F.
- 3** In a large bowl toss asparagus and shallots in olive oil with M Salt and spread on baking sheet along with sausage. Place on center rack and roast for 10 minutes.
- 4** Remove pan from oven and add shrimp. Season entire sheet pan with M Salt, old bay seasoning and squeeze the lemon over the top. Gently toss all ingredients on the pan and roast for an additional 6-7 minutes or until sausage is warmed through and shrimp is pink. Serve warm with the aioli. Enjoy!

Spicy Almonds



TYPE: O

MAKES: 1 cup almonds

INGREDIENTS:

1 cup almonds whole, unsalted, roasted (5-6 oz)

2 tsp olive oil

½ tsp sriracha or to taste

½ tsp smoked paprika

½ tsp ground cumin

¼ tsp garlic powder

¼ tsp cayenne

M Salt

DIRECTIONS:

- 1 In a small mixing bowl, combine all dry seasonings (paprika, cumin, garlic, cayenne, M Salt) and stir together until well-mixed.
- 2 Heat olive oil in a small pan over medium heat for a few minutes until hot.
- 3 Add the dry seasoning mix to the pan and stir with the oil. It should be hot and bubbling.
- 4 Add almonds and stir until coated with seasonings, about a minute.
- 5 Add sriracha sauce and stir until mixed well, about a minute.
- 6 Transfer almonds to a plate. Cool before serving.

Spicy Corn Salad



TYPE: V/O

MAKES: 12 servings

INGREDIENTS:

- 3 cups fresh corn kernels or 16 oz bag frozen whole kernel corn
- 3 Tbsp red-wine vinegar
- 2 Tbsp olive oil or salad oil
- 1 Tbsp chopped fresh oregano or 1 tsp dried oregano, crushed
- M Salt
- 1 (15 oz) can black beans, rinsed & drained
- 2 medium red//green bell peppers, cut into thin, bite-size strips
- 2 medium fresh jalapeño chile peppers, seeded & cut into thin, bite-size strips
- 4 scallions, chopped

DIRECTIONS:

- 1 Combine corn and just enough water to cover in a small saucepan. Bring to boiling; reduce heat. Cover and simmer for 3 minutes; drain well.
- 2 Whisk together red-wine vinegar, oil, oregano, and M Salt in a large bowl. Add corn, black beans, bell peppers, chile peppers, and scallions; toss to coat. Cover and chill for 2 to 24 hours.

*Tip: Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Spicy Slaw, Edamame & Shrimp



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- 4 cups shredded cabbage with carrot (coleslaw mix)
- ¾ cup very thinly sliced radishes
- 4 scallions, thinly sliced (½ cup)
- 3 Tbsp rice vinegar
- 2 Tbsp toasted sesame oil
- 2 Tbsp toasted sesame seeds
- 1 Tbsp lime juice
- ¼ tsp crushed red pepper
- ¼ tsp M Salt
- 2 cups frozen shelled edamame, thawed
- 1 medium avocado, diced
- ½ medium lime, juiced
- 12 oz peeled cooked shrimp

DIRECTIONS:

- 1 Prepare Spicy Cabbage Slaw. Add edamame; toss and set aside.
- 2 Toss avocado with lime juice in a small bowl. Divide the slaw mixture among 4 containers. Top each with ¼ of the shrimp (about 3 ounces) and ¼ of the avocado. Cover and refrigerate until ready to eat.

*To make ahead: Keep cabbage mixture and dressing for the Spicy Cabbage Slaw separate and wait to combine until ready to eat. If using precooked frozen shrimp, wait to defrost the shrimp until you're ready to eat.

Spinach Chicken Salad + Mango Dressing



TYPE: P/V/A

MAKES: 4 servings

INGREDIENTS:

1 large ripe mango, halved, seeded, peeled & cut into $\frac{3}{4}$ -inch pieces

1 Tbsp extra virgin olive oil

1 Tbsp water

M Salt

1 (5 oz) package fresh baby spinach

1 medium red bell pepper, seeded & sliced

12 oz cooked skinless, boneless chicken breast, sliced

DIRECTIONS:

- 1 For dressing, combine one-fourth of the mango, 1 tablespoon olive oil, the water, and M Salt in a food processor or blender.
- 2 Cover and process or blend until smooth. Arrange spinach leaves on four serving plates. Top with bell pepper, chicken and the remaining mango. Drizzle with the dressing.

Spinach & Eggs + Raspberries



TYPE: P/V/O/A

MAKES: 1 serving

INGREDIENTS:

- 1 tsp canola oil
- 1½ cups baby spinach (1½ oz)
- 2 large eggs, lightly beaten
- M Salt
- 1 slice Ezekiel bread, toasted
- ½ cup fresh raspberries

DIRECTIONS:

- 1 Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate.
- 2 Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach and M Salt. Serve the scramble with toast and raspberries.

Spinach & Tomato Egg Muffins



TYPE: P/V/O

MAKES: 12 servings

INGREDIENTS:

9 large eggs

¼ cup coconut, almond milk, soy or cashew milk

M Salt

¼ tsp garlic powder

¾ cup spinach fresh, thinly chopped

¾ cup Roma tomatoes finely diced

¾ cup mozzarella, shredded or finely cubed

DIRECTIONS:

- 1 Preheat oven to 350 degrees.
- 2 In a large bowl combine eggs, milk, M Salt and garlic powder. Whisk until combined.
- 3 Add spinach, tomatoes, and mozzarella. Stir until ingredients are well incorporated.
- 4 Spray a 12-count regular-sized muffin cup tray with non-stick cooking spray. Make sure you completely coat the cavities since eggs will stick!
- 5 Fill each muffin cup to ⅔ to ¾ full.
- 6 Bake egg muffins in preheated oven for 25 minutes.

*Serve immediately or refrigerate and enjoy for up to 5 days.

Spring Wedge Salad + Strawberry-Basil Vinaigrette



TYPE: V/O/A

MAKES: 12 servings

INGREDIENTS:

2½ cups fresh strawberries, stemmed & sliced, divided
2 cups thinly sliced seedless cucumber, divided
½ cup red-wine vinegar
3 Tbsp extra virgin olive oil
1 Tbsp Dijon mustard
1 Tbsp honey
M Salt
2 Tbsp chopped fresh basil
2 tsp poppy seeds
2 cups sliced celery (4 stalks)
1 cup thinly sliced radishes
½ cup pecan pieces, toasted
3 heads butterhead lettuce, trimmed & quartered
2 oz soft goat cheese or feta cheese, crumbled

DIRECTIONS:

- 1 For strawberry vinaigrette, combine 1 cup of the strawberries, ½ cup of the cucumber, the vinegar, oil, mustard, honey, and pepper in a food processor. Cover and process until pureed. Stir in basil and poppy seeds.
- 2 Toss together the remaining 1½ cups strawberries, the remaining 1½ cups cucumber, the celery, radishes, and pecans in a medium bowl. Place a lettuce wedge on each of 12 salad plates. Top each with about ½ cup of the celery mixture and drizzle with about 2 tablespoons of the strawberry vinaigrette. Sprinkle with crumbled cheese.

Steak & Pepper Tartines + Arugula Salad



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

5 Tbsp extra-virgin olive oil, divided
3 cups presliced fresh bell pepper-and-onion mix (10 oz)
2 tsp white-wine vinegar + 2 Tbsp, divided
1 pound shaved sandwich steak
M Salt
½ cup shredded Gruyère or provolone cheese
8 cups baby arugula (5 oz)
4 slices Ezekiel bread, lightly toasted
8 tsp prepared horseradish aioli or horseradish sauce

DIRECTIONS:

- 1 Heat 1 tablespoon oil in a large skillet over medium-high heat. Add peppers and onions and cook, stirring often, until softened and starting to brown in spots, 5 to 7 minutes. Stir in 2 teaspoons vinegar. Transfer the vegetables to a bowl.
- 2 Add 1 tablespoon oil to the pan. Add steak, season with M Salt and cook, stirring and pulling apart with tongs or a fork, until no longer pink, 3 to 4 minutes.
- 3 Return the vegetables to the pan, stir to combine.
- 4 Sprinkle with cheese. Cover and remove from heat. Toss arugula in a large bowl with the remaining 3 tablespoons oil, 2 tablespoons vinegar, and M Salt. Top toasted Ezekiel bread with ¼ (about 1 cup) of the steak mixture. Serve the tartines with the arugula salad. Sprinkle with more M Salt, if desired.

Steaks + Strawberry Sauce



TYPE: P/A

MAKES: 4 servings

INGREDIENTS:

2 (8 to 10 oz) boneless beef top loin steaks or boneless beef chuck top blade (flat iron) steaks, cut $\frac{3}{4}$ -inch thick

M Salt

20 medium fresh strawberries

2 small shallots, thinly sliced

$\frac{1}{2}$ cup 100% cranberry juice

2 small sprigs fresh rosemary

2 Tbsp balsamic vinegar

$1\frac{1}{2}$ cups fresh strawberries, hulled & quartered

Chopped scallions (optional)

DIRECTIONS:

- 1 Trim fat from steaks. Cut each steak in half. Sprinkle steaks with salt and pepper.
- 2 Thread the 20 strawberries onto four 10-inch skewers, leaving $\frac{1}{4}$ inch between strawberries. Set aside.
- 3 For sauce, coat a medium nonstick skillet with cooking spray. Heat skillet over medium heat. Add shallots; cook 4 to 5 minutes or just until tender, stirring occasionally. Remove from heat; carefully add wine to the skillet. Add rosemary sprigs. Return to medium heat. Cook, uncovered, 3 to 4 minutes or until wine is reduced by about half. Stir in vinegar and sugar. Add the quartered strawberries. Cook 3 to 4 minutes more or just until strawberries are softened, stirring occasionally. Remove rosemary sprigs from the sauce; discard sprigs. Cover sauce; keep warm.
- 4 For a charcoal or gas grill, grill steaks on the rack of a covered grill directly over medium heat until desired doneness. Allow 9 to 11 minutes for medium-rare (145°F) or 11 to 13 minutes for medium (160°F), turning once halfway through grilling time. When you turn the steaks, add strawberry skewers to grill rack. Grill skewers 3 to 4 minutes or until strawberries are warm, turning once. Divide steak portions and strawberry skewers among four serving plates. Spoon sauce over steak. If desired, sprinkle with scallions.

Steak + Watercress Pesto



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 cup lightly packed fresh watercress, tough stems removed
½ cup lightly packed fresh mint or fresh Italian (flat-leaf) parsley
3 Tbsp slivered almonds, toasted
2 cloves garlic, minced
¼ tsp kosher salt
2 Tbsp water
1 Tbsp olive oil
4 (4 oz) beef chuck top blade (flat iron) steaks, cut ¾-inch thick
M Salt

DIRECTIONS:

- 1 Prepare Watercress Pesto: In a food processor or blender combine watercress, mint, almonds, garlic and the ¼ teaspoon salt.
 - 2 Cover and pulse with several on-off turns to chop the watercress and mint. With the processor or blender running, gradually add water and oil through the feed tube until mixture is well combined, scraping sides of bowl as needed. Set aside.
 - 3 Sprinkle steaks evenly with M Salt. For a gas or charcoal grill, place steaks on the greased grill rack of a covered grill directly over medium heat. Grill, covered, to desired doneness, turning once halfway through grilling. Allow 7 to 9 minutes for medium-rare (145°F) or 10 to 12 minutes for medium (160°F). Serve steaks with Watercress Pesto.
- *Tip: To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Strawberry Arugula Salad



TYPE: P/O/S/A

MAKES: 1 serving

INGREDIENTS:

2 cups baby arugula

½ cup shredded cooked chicken breast

½ cup fresh strawberries, sliced or quartered

½ cup chopped Granny Smith apple

2 Tbsp light balsamic vinaigrette salad dressing

2 Tbsp toasted pecan pieces

1 Tbsp crumbled feta cheese

DIRECTIONS:

- 1 In a medium bowl combine arugula, chicken, strawberries, and apple. Drizzle with dressing; toss to coat. Sprinkle with pecans and cheese.

Strawberry Breakfast Bites



TYPE: P/O/S/A

MAKES: 30 bites

INGREDIENTS:

1 cup frozen strawberries

1 cup oats

½ cup sunflower seeds

½ cup coconut flour

2 Tbsp Coconut oil

Desiccated or shredded, unsweetened coconut

DIRECTIONS:

- 1 Place first 4 ingredients in a food processor//blender with 1 tablespoon of the coconut oil.
- 2 Whiz, whizz, whizz, it will take some time, be patient! Eventually it becomes a fine paste and will form a ball.
- 3 If the mixture looks dry add the second spoon of coconut oil. It depends a little on how much oil is released from the sunflower seeds.
- 4 Use a teaspoon to scoop balls
- 5 Roll the balls in desiccated coconut
- 6 Refrigerate for 2 hrs or overnight

*If extra sweetness is desired, try 1-2 tablespoons of honey or maple syrup

Strawberry Chia Overnight Oats



TYPE: P/S/A

MAKES: 1 serving

INGREDIENTS:

½ cup old fashioned oats

½ cup unsweetened coconut milk or milk of choice

¼ cup non-fat plain Greek yogurt

1 tsp pure maple syrup

¼ tsp vanilla extract

1 ½ tsp chia seeds

¼ cup sliced strawberries

1 scoop protein

DIRECTIONS:

- 1 Place all ingredients except for the strawberries in a mason jar or bowl. Cover tightly with lid and shake to combine (or stir).
- 2 Refrigerate overnight.
- 3 When ready to serve, stir, and then top with sliced strawberries. Overnight oats are often eaten cold, but if desired you may warm them in the microwave.

Strawberry Frozen Yogurt



TYPE: A (FF)

MAKES: 4 servings

INGREDIENTS:

1 (16 oz) package frozen unsweetened strawberries, about 3½ cups

½ cup Truvia/Splenda

½ cup non-fat plain Greek yogurt

1 Tbsp lemon juice

DIRECTIONS:

- 1 Combine strawberries and Truvia/Splenda in a food processor and pulse until coarsely chopped.
- 2 Combine yogurt and lemon juice in a measuring cup; with the machine on, gradually pour the mixture through the feed tube.
- 3 Process until smooth and creamy, scraping down the sides of the workbowl once or twice. Serve immediately.

Strawberry Quinoa Edamame Salad



TYPE: V/O/S/A

MAKES: 8 servings

INGREDIENTS:

¼ cup white balsamic vinegar

1 Tbsp canola oil

M Salt

2 cups cooked red quinoa

2 cups frozen shelled edamame, cooked

½ cup sliced almonds, toasted

2 Tbsp shredded coconut, toasted

2 cups small strawberries, halved or quartered

DIRECTIONS:

- 1 Whisk together vinegar, oil and M Salt in a small bowl.
- 2 Stir together quinoa, edamame, almonds and coconut in a large bowl. Drizzle with dressing; toss to coat.
- 3 Gently stir in strawberries. Cover and chill 2 to 24 hours before serving. Serve cold.

*Tip: To toast coconut, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 10 minutes or until golden, shaking pan once or twice, watching closely to avoid burning.

Summer Breakfast Skillet



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

½ pound fresh chorizo or bulk spicy pork sausage
1 medium sweet yellow pepper, chopped
1 medium sweet red pepper, chopped
1 medium onion, chopped
3 medium tomatoes, chopped
2 small zucchini, chopped
2 garlic cloves, minced
1 tsp paprika
4 large eggs
M Salt
½ cup shredded cheddar cheese

DIRECTIONS:

- 1 In a large skillet, cook chorizo, peppers and onion over medium heat 4-6 minutes or until chorizo is cooked through, breaking chorizo into crumbles; drain. Stir in tomatoes, zucchini, garlic and paprika; cook, covered, 5-7 minutes longer or until vegetables are tender.
- 2 With back of spoon, make four wells in vegetable mixture; break an egg into each well. Sprinkle eggs with M Salt. Cook, covered, 4-6 minutes or until egg whites are completely set and yolks begin to thicken but are not hard.
- 3 Remove from heat; sprinkle with cheese. Let stand, covered, 5 minutes or until cheese is melted.

Summer Fruit Breakfast Bake



TYPE: P/A/S

MAKES: 10 servings

INGREDIENTS:

3 bananas sliced

½ cup quinoa

½ cup oats

¼ cup brown sugar

1 tsp cinnamon

¼ tsp salt

1 cup sliced peaches

1 cup sliced strawberries

2 cups milk

2 eggs

1 tsp vanilla extract

½ cup unsweetened coconut, shredded or flakes

DIRECTIONS:

- 1 Grease a 9x13 inch baking pan and place banana slices in the bottom of the pan.
- 2 In a separate bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Pour mixture over the bananas.
- 3 Arrange sliced peaches and strawberries over the oat mixture.
- 4 In a separate bowl, whisk together milk, eggs, and vanilla extract. Slowly pour mixture over the fruit.
- 5 Sprinkle with coconut flakes.
- 6 Bake at 375 degrees for 1 hour, or until top is light brown and firm.
- 7 Serve warm or cold, topped with yogurt, fresh fruit, or powdered sugar.

Summer Garden Salad + Basil Vinaigrette



TYPE: V/O

MAKES: 4 servings

INGREDIENTS:

¼ cup packed fresh basil leaves

½ Tbsp Truvia//Splenda

M Salt

1½ Tbsp white-wine vinegar

½ tsp Dijon mustard

1½ Tbsp olive oil

2 ears corn, husks and silks removed

½ cup fresh green beans, trimmed (if desired) & halved

¾ cup chopped cucumber (1 small cucumber)

½ cup cherry tomatoes, halved

¼ cup chopped red bell pepper (1 small pepper)

3 Tbsp thinly sliced scallions (3 scallions)

DIRECTIONS:

- 1 For vinaigrette, combine basil, sugar, and M Salt in a food processor. Cover and process until the basil is finely chopped, stopping to scrape down sides as necessary. Add vinegar and mustard; cover and process until combined.
- 2 With the processor running, slowly add oil in a steady stream until mixture is smooth.
- 3 Cut corn kernels from cobs; discard the cobs. Cook the corn and green beans in a large saucepan in a large amount of boiling water about 5 minutes or until crisp-tender; drain. Rinse with cold water to cool; drain again.
- 4 Combine the corn and beans, cucumber, tomatoes, bell pepper, and scallions in a large bowl.
- 5 Pour the vinaigrette over the vegetables; toss to coat. Let stand at room temperature 30 minutes before serving.

Sweet Potato Wedges + Honey Mustard Dipping Sauce



TYPE: O/S

MAKES: 4 servings

INGREDIENTS:

1 Tbsp Dijon mustard

1 Tbsp honey

1½ pounds sweet potatoes, peeled & cut lengthwise into
½-inch-thick wedges

1 cup water

1 Tbsp extra virgin olive oil

½ tsp paprika

M Salt

DIRECTIONS:

- 1 To prepare dipping sauce, combine mustard and honey in a small bowl; set aside.
- 2 Preheat broiler. Combine sweet potatoes and water in a 2-quart microwave-safe baking dish. Cover with vented plastic wrap. Microwave on High for 6 to 8 minutes or until nearly tender, rearranging once halfway through cooking. Drain well. Brush sweet potatoes with olive oil. Sprinkle sweet potatoes with paprika and M Salt.
- 3 Place sweet potatoes on the greased unheated rack of a broiler pan. Broil 4 inches from the heat for 4 minutes, turning once halfway through broiling.

Taco Salad



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

- 1 pound lean ground beef
- ½ cup bottled salsa
- 4 cups shredded romaine lettuce
- ½ (15 oz) can low-sodium black beans, rinsed & drained (¾ cup)
- 1 medium tomato, chopped
- ½ cup chopped yellow or orange sweet pepper
- 1 ripe avocado, halved, seeded, peeled, & cut up
- 3 Tbsp water
- 1 Tbsp lime juice
- ⅛ tsp crushed red pepper (optional)
- ⅛ tsp ground cumin

DIRECTIONS:

- 1 In a medium bowl combine beef and salsa. Shape beef mixture into four ¾-inch-thick patties.
- 2 For a charcoal grill, place burgers on the grill rack directly over medium coals. Grill, uncovered, for 14 to 18 minutes or until done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place burgers on grill rack over heat. Cover; grill as above.)
- 3 Meanwhile, divide lettuce among four serving plates. Top with specified amounts of beans, tomato, and sweet pepper.
- 4 In a small resealable plastic bag place the avocado, water, lime juice, crushed red pepper (if using), and cumin. Seal bag and knead the bag until avocado is mashed and mixture is combined.
- 5 Place a grilled burger with each salad. Snip a hole in one corner of the bag containing the avocado mixture and squeeze the mixture over burgers.

Taco Stuffed Zucchini



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

2 large zucchini
1 Tbsp avocado oil
¾ pound lean ground beef
1 medium tomato, chopped
1 bunch scallions, sliced
1 Tbsp chili powder
2 tsp ground cumin
M Salt
½ tsp garlic powder
8 Tbsp shredded Monterey Jack cheese
1 cup shredded romaine lettuce
1 avocado, chopped
Pico de gallo (optional)

DIRECTIONS:

- 1 Cut each zucchini in half lengthwise. Cut a thin slice off the bottoms so that each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. Chop the pulp.
- 2 Heat oil in a large skillet over medium-high heat. Add beef, tomato, scallions, chili powder, cumin, M Salt, and garlic powder. Cook, breaking the beef into small pieces, until no longer pink, 5 to 6 minutes. Stir in the chopped pulp.
- 3 Meanwhile, place the prepared zucchini halves in a microwave-safe dish; sprinkle with M Salt. Cover and microwave on High until tender-crisp, 2 to 3 minutes. Uncover.
- 4 Position rack in the upper third of the oven. Preheat broiler to high.
- 5 Place the zucchini halves on a baking sheet. Divide the beef filling among the zucchini halves and sprinkle each half with 2 tablespoons cheese. Broil until the cheese is melted, about 2 minutes. Serve with lettuce, avocado and pico de gallo, if desired.

Teriyaki Chicken & Pineapple



TYPE: P/V/O/A

MAKES: 4 servings

INGREDIENTS:

1 pound boneless, skinless chicken breasts, diced

¼ cup teriyaki sauce

2 Tbsp extra virgin olive oil + 2 Tbsp

2 Tbsp honey

1 Tbsp Asian chili garlic sauce, or to taste

2 tsp ground ginger

M Salt

1½ cups fresh pineapple, diced into bite-sized pieces

1 cup sugar snap peas

1 red bell pepper, trimmed & diced into bite-sized pieces

2 green onions, sliced into thin rounds for garnishing

Sesame seeds, optional for garnishing

DIRECTIONS:

- 1 In a large ziptop bag add the chicken, teriyaki, 2 tablespoons olive oil, honey, chili garlic sauce, ginger, and M Salt, seal bag, squish contents around to distribute evenly, and place bag in the fridge to marinate for at least 30 minutes (overnight is best).
- 2 Preheat oven to 475 degrees and line a baking sheet with foil for easier cleanup.
- 3 To the baking sheet, add the pineapple, sugar snap peas, bell pepper, evenly drizzle with 2 tablespoons olive oil, and season with M Salt.
- 4 Using a slotted spoon or tongs, remove chicken from the bag and place it on the baking sheet (discard the bag with the marinade) and using a tongs or your hands, toss to combine it evenly with the other ingredients.
- 5 Bake for about 15 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking. Keep a close eye on things starting at the 10 minute mark!
- 6 Evenly garnish with the green onions and optional sesame seeds before serving.

*Recipe is best fresh but will keep airtight in the fridge for up to 5 days.

Toasted Coconut Porridge



TYPE: O/S/A

MAKES: 5 servings

INGREDIENTS:

1 (14 oz) can coconut milk

½ cup quinoa

Pinch of salt

1 ½ cups rolled oats

1 cup water, depending on desired thickness

½ cup unsweetened coconut flakes

Cinnamon to taste

Apple slices, peanut butter, or honey for topping

DIRECTIONS:

- 1 Bring the coconut milk to a boil in a small saucepan. Add the quinoa and salt and cook for 15 minutes or so, until the quinoa is cooked. Add the water, oats, and cinnamon - cook for just a few more minutes to soften the oats.
- 2 In a small nonstick skillet over medium high heat, add the coconut flakes and shake in the pan until lightly toasted. You can also do this in the oven, but I find it's a bit faster on the stovetop.
- 3 Serve up the porridge topped with toasted coconut and anything your heart desires.
- 4 For a thicker porridge, only add about ½ cup of the water. For a softer porridge, add the full cup. I usually start with ½ cup and add more as needed as the mixture soaks up more moisture.

Tomato Arugula Omelets



TYPE: P/V/O

MAKES: 1 serving

INGREDIENTS:

Women: 2 whole + 1 white egg

Men: 3 whole + 2 white eggs

2 Tbsp reduced-fat feta cheese

2 Tbsp olives

¼ cup tomatoes

½ cup arugula or spinach

Msalt

DIRECTIONS:

- 1 Coat an 8-inch nonstick skillet with flared side with cooking spray. Heat skillet over medium heat. Combine egg and M Salt in a medium bowl. Pour one-fourth of the egg mixture into the prepared skillet. Immediately begin stirring the eggs gently but continuously with a wooden or plastic spatula until the mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until the egg is set but still shiny.
- 2 Sprinkle the arugula, tomato, cheese, and olives over half of the egg. With a spatula, lift and fold the other half of the egg up over the filling.
- 3 Transfer omelet to a serving plate.

Tuna Salad Spread



TYPE: P/V/O

MAKES: 4 servings

INGREDIENTS:

1 avocado, mashed
2 Tbsp non-fat plain Greek yogurt
1 Tbsp lemon juice
1 Tbsp chopped fresh parsley
¼ tsp garlic powder
¼ tsp paprika
M salt
5 oz can albacore tuna in water, drained
¼ cup diced onion or celery

DIRECTIONS:

- 1 Combine avocado and yogurt in a small bowl and stir well. Add lemon juice, parsley, garlic powder, paprika, and M Salt and stir well. Add tuna and onion (or celery) and mix gently until combined.

Watermelon Blueberry Cucumber Salad + Feta



TYPE: V/O/A

MAKES: 8 servings

INGREDIENTS:

2 cups large diced watermelon

1 ½ cups blueberries

1 cucumber cut into chunks

4 oz feta cheese, diced

¼ cup thinly sliced fresh basil

3 Tbsp apple cider vinegar

3 Tbsp honey

¼ cup extra virgin olive oil

M Salt

DIRECTIONS:

- 1 In a large bowl, add the watermelon, blueberries, cucumber, feta and basil. Toss to combine.
- 2 In a small bowl, whisk together the vinegar, honey and olive oil. Season with M Salt to taste.
- 3 Pour the dressing over the salad and toss to coat.
- 4 Serve immediately.

*Salad can be made up to 8 hours in advance. Store in the refrigerator in an airtight container until ready to serve.

Wedge Salad Skewers



TYPE: P/V/O

MAKES: 8 servings

INGREDIENTS:

- 1 slice red onion, layers separated, cut into 1-inch pieces
- ¼ cup non-fat plain Greek yogurt
- ¼ cup crumbled blue cheese
- 1 Tbsp chopped scallion
- 2 tsp rice vinegar
- M Salt
- ½ head iceberg lettuce, cut into 1-inch slices & 1-inch chunks
- 16 cherry tomatoes
- 4 slices cooked bacon, each slice cut into 4 pieces

DIRECTIONS:

- 1 Soak onion in ice water for 10 minutes.
- 2 Meanwhile, combine yogurt, blue cheese, scallion, vinegar, and M Salt in a small bowl.
- 3 Drain the onion.
- 4 Alternately thread 3 chunks of lettuce, 2 tomatoes, 2 pieces of bacon and 2 pieces of onion on each of 8 skewers. Spoon the yogurt dressing over the skewers.

*To make ahead: Refrigerate dressing for up to 2 days.

Zucchini Chips



TYPE: V/O

MAKES: 2 servings

INGREDIENTS:

8 oz zucchini, sliced ¼ inch thick

8 oz yellow summer squash, sliced ¼ inch thick

2 tsp extra virgin olive oil, divided

1 Tbsp lemon juice

M Salt

DIRECTIONS:

- 1 Toss zucchini and yellow squash with 1 teaspoon of the olive oil. Arrange vegetables in a single layer on a foil-lined 15x10-inch baking pan. Broil vegetables 4 to 5 inches from heat for 2 to 3 minutes or until tender. Drizzle with remaining 1 teaspoon oil and the lemon juice and sprinkle with M Salt.

Homemade Salad Dressings

Serving size for all salad dressings = 2 Tbsp (men & women)

CILANTRO LIME VINAIGRETTE

MAKES: 10 servings

INGREDIENTS:

1 cup packed cilantro
½ cup extra virgin olive oil
¼ cup lime juice
¼ cup orange juice
M Salt
Pinch of minced garlic

DIRECTIONS:

Puree cilantro, olive oil, lime juice, orange juice, M Salt, and garlic in a blender or food processor until smooth.

GREEK SALAD DRESSING

MAKES: 3 servings

INGREDIENTS:

3 Tbsp extra virgin olive oil
1 Tbsp lemon juice
1 Tbsp red-wine vinegar
1 tsp dried oregano
M salt

DIRECTIONS:

Whisk oil, lemon juice, vinegar, oregano, and M Salt in a small bowl or shake in a small jar. Use immediately or refrigerate for up to 1 week.

GARLIC YOGURT DRESSING

MAKES: 4 servings

INGREDIENTS:

½ cup nonfat plain yogurt
2 tablespoons low-fat milk
1½ tablespoons lemon juice
1 teaspoon honey
1 teaspoon extra-virgin olive oil
½ tsp dried oregano
½ tsp minced garlic
M salt

DIRECTIONS:

Combine yogurt, milk, lemon juice, honey, oil, oregano and garlic in a small bowl. Season with M Salt to taste.

CEASAR SALAD DRESSING

MAKES: 8 servings

INGREDIENTS:

1 clove garlic, crushed
⅓ cup non-fat cottage cheese
½ cup non-fat plain Greek yogurt
¼ cup freshly grated Parmesan cheese
5 tsp white-wine vinegar
½ tsp Worcestershire sauce
M salt

DIRECTIONS:

Puree garlic and cottage cheese in a blender or food processor until smooth. Add yogurt, Parmesan, vinegar and Worcestershire and pulse to blend. Season with M Salt.

TOMATILLO RANCH DRESSING

MAKES: 8 servings

INGREDIENTS:

6 medium tomatillos (about 8 oz), husked, rinsed & coarsely chopped
1 small shallot, chopped
1 clove garlic, chopped
½ cup non-fat plain Greek yogurt
½ cup low-fat mayonnaise
1 Tbsp lime juice
1 tsp Worcestershire sauce
M Salt

¼ cup packed fresh parsley
2 Tbsp fresh dill or 2 tsp dried

DIRECTIONS:

Combine tomatillos, shallot, garlic, yogurt, mayo, lime juice, Worcestershire, salt and pepper in a food processor (or blender). Pulse until mostly smooth. Add parsley and dill; pulse, stopping to scrape down the sides once or twice, until well combined.

Workout & Brunch

There's nothing better than a Saturday morning workout followed by a refueling, delicious breakfast. We're all about living a balanced and healthy lifestyle. On the weekends it's always nice to treat yourself with a special meal and just because it's healthy doesn't mean it has to be boring! Here are a couple of our top tips for brunching:

all the greens!

Whether you're team sweet or savory, always load up on your veggies! Try a side of steamed, sautéed, or roasted veggies with eggs or inside of an omelet.

a little goes a long way

When it comes to condiments, dressings, and syrups, remember a little goes a long way! All of these can contain a lot of hidden sugars, which can add up quickly without you even realizing. Try salsa with your eggs and potatoe if you normally have ketchup and definitely try a local, pure maple syrup on your Fitness French Toast or Protein Pancakes!

hydrate!

Make it a goal to have a full glass of water or two before you brunch away. Your body gives the same signal when you're hungry OR thirsty, so it's always good to hydrate before eating to prevent any false cravings! Plus, hydration boosts your metabolism and energy, plus makes your skin glow!

indulge in these recipes + others throughout your guide for the perfect brunch!

BREAKFAST TACOS

MAKES: 12 tacos

½ cup prepared salsa + additional for serving

INGREDIENTS:

12 small ezeikel or whole wheat tortillas

1 small bunch green onions, finely chopped & divided

1 Tbsp extra virgin olive oil

1 cup freshly shredded sharp cheddar cheese, about 3 oz

16 oz ground chorizo turkey sausage

For serving: diced tomatoes, sliced avocado + chopped fresh cilantro

1 (15 oz) can low-sodium black beans, rinsed & drained

DIRECTIONS:

1. To warm the tortillas: preheat the oven to 350 degrees, wrap stacks of 6 in foil. Place the stacks on an ungreased baking sheet, and heat for 8 to 10 minutes, until warmed through. Set aside and leave wrapped until ready to serve.

2. In a large, deep skillet, heat the olive oil over medium-high heat. Once the oil is hot but not yet smoking, add the turkey sausage (stand back, as it may splatter). Cook, breaking apart the meat into small pieces with a wooden spoon or a heatproof spatula, until brown and fully cooked through, about 8 minutes.

Add the beans and salsa. Stir to combine, and with the back of a large spoon, lightly mash the beans. Cook until the beans are heated through and the salsa liquid has cooked off, about 3 minutes. Stir in about two-thirds of the green onions, reserving a small handful for serving. Let cook 30 seconds, then remove the filling from the heat.

Stuff and serve! Pile the filling into warm tortillas, adding about 1/3 cup to each. Top each with a generous tablespoon of cheese or any other desired toppings. Enjoy immediately.

Workout & Brunch

BLUEBERRY PANCAKES

MAKES: 1 serving

INGREDIENTS:

- ½ banana, mashed
- 1 Tbsp unsweetened almond or coconut milk
- 1 scoop protein
- ½ tsp cinnamon
- 2 egg whites
- 2 Tbsp frozen berries

DIRECTIONS:

1. Mash banana with milk before stirring in remaining ingredients.
2. Spray pan with coconut oil spray and heat over medium-low before pouring in batter. Flip when ready, about 3 – 4 minutes per side.
3. The key to the perfect protein pancake is to cook them slow and low!
4. Enjoy with additional fruit & maple syrup if desired!

STRAWBERRY COCONUT PANCAKES

MAKES: 1 serving

INGREDIENTS:

- ½ banana, mashed
- 1 Tbsp unsweetened almond or coconut milk
- 1 scoop protein
- ½ tsp cinnamon
- 1 egg
- 2 Tbsp strawberries, diced
- ¼ tsp coconut extract
- 1 Tbsp unsweetened coconut, for topping

DIRECTIONS:

1. Combine all ingredients except coconut flakes in a bowl until smooth.
2. Spray a pan over medium-low heat with coconut oil. Add pancake batter and cook on each side for 3-4 minutes.
3. Top with coconut flakes.

RASPBERRY TOAST

MAKES: 1 serving

INGREDIENTS:

- 1 slice Ezekiel bread
- 1 Tbsp coconut or almond yogurt
- 1/4 cup raspberries
- 1 tsp honey
- 1 Tbsp unsweetened coconut flakes

DIRECTIONS:

1. Toast the bread
2. Combine all ingredient on top of the toast
3. Super simple, but oh so yummy!

