



# THESE HEALTHY RECIPES **DON'T SUCK**

**CHICAGO FIT**  
PERFORMANCE

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Let's call it like it is: most *healthy* recipes suck.

As a result, most "healthy recipe books" are about as valuable as my CD collection. (Anyone remember those? For the record, I will be keeping my Boyz II Men "II" CD till the end of time.) No one wants to eat food that tastes terrible, no matter how "good" it is for you.

Therein lies the problem: we all have to eat every day. *Multiple* times per day. So the temptation to go off the rails, have an extra serving of everything, or just decide to eat what you want instead of what you should have is a daily battle. This is multiplied by 1000 when every meal seems to taste worse than the last.

Life is too short to eat shitty food. (You can quote me on that.)

That's why we had the ambitious goal of creating something easy, healthy, amazing, fast, and -- blah blah blah. Turns out, achieving all of that — in every recipe — isn't really possible.

But that wasn't a good reason to not create a recipe book. Instead, we just had to be honest about the realities of food and do the next best thing possible.

At Chicago Fit Performance, we don't believe "healthy" should be defined by restrictions and self-denial. Our version of healthy means eating sandwiches, enjoying comfort foods, and having dessert. Because that approach is both realistic and sustainable. And where there's a sustainable and consistent eating approach, that's where you'll find change and results that last.

Are all the recipes quick to make? The majority are, but some might take you an hour to make. If that's not your style, then stick to things like overnight oats (sweet daddy Moses, they are so good), which can be made in 5 minutes.

Are they easy to make? Definitely. But a word of warning: if you expect your food to look like the food in the pics, newflash — they are done by a professional food photographer. I couldn't make my food look like that in 100 attempts. So while presentation might be difficult, there's not a recipe that will leave you calling a chef for help.

Are they healthy? Yes. In this book, you'll find options that could fit nearly any diet and be adjusted for food or allergy restrictions. Above all, the recipes make healthy eating and cooking enjoyable.

Did we create the greatest cookbook ever made? I don't have the cooking chops to make that claim.

But did we find a simple way to make "healthy" eating enjoyable? You bet your cheesecake. (I couldn't resist the cheesy joke... or that cheesy joke about cheese. Ok, I'll stop.)

Thanks for giving us a try. Dig in and enjoy!

-Coach Kosta



BREAKFAST

# Upgraded Scramble

Adding just two ingredients can transform your bland morning scramble into a creamy, fluffy egg heaven..



Yields

**1 Serving**



Cook Time

**10 Minutes**



Difficulty

**Too Easy**



Serving Size

**1 Portion**

## Ingredients

2 whole eggs, pastured raised  
2 liquid egg whites (approx. ½ cup)  
2 tbsp. Parmesan cheese  
1 tbsp. Greek yogurt or Skyr, plain & full fat  
1 tsp. grass-fed butter  
Tomatoes, optional for garnish

## Directions

- 1 Whisk all ingredients in a bowl.
- 2 Grease small pan with 1 tsp. grass-fed butter. Preheat pan on medium-low heat. We want it to cook nice and slow.
- 3 Add the whisked egg mixture. Using a rubber spatula, constantly scrape the sides of the pan, as it slowly forms into fluffy & creamy scrambled eggs.
- 4 For more of a nutritional punch, add chopped veggies of choice to pan BEFORE adding the eggs. Allow the vegetables to soften before adding the egg mixture. Then scramble together. Serve with sprouted grain toast for a fiber-rich carbohydrate.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Nut Free, Contains Dairy

### Macros Per Serving:

361 calories, 16g fat, 10g carbs, 43g protein



BREAKFAST

# The Bro Scramble

One pan. No mess. Little clean up. Full of flavor. High in protein. Bam!



Yields

**2 Serving**



Cook Time

**35 Minutes**



Difficulty

**Easy**



Serving Size

**2 Portion**

## Ingredients

3 slices bacon, uncured & nitrate free  
6 eggs, pastured  
¾ cup egg whites  
1 large sweet potato, cubed-ish  
½ cup onion, diced  
20 Brussels sprouts, quarters  
¼ cup shredded Parmigiano-Reggiano  
Hot sauce, optional  
Avocado , optional

## Directions

- 1 Slice the bacon into ½" thick mini slices. Add those to a large saute pan or cast-iron skillet on medium heat. Cook for 5-7 minutes, the bacon should be about halfway cooked. Drain ½ of the grease from the pan.
- 2 Add the chopped onion. Cook for about 2-3 minutes until they've softened, then add the sweet potato and Brussels sprouts. Keep the skin on the potato; that's where a lot of the nutrients are. No need to de-stem the Brussels sprouts, just quarter. Try to make sure everything is about the same size so they cook evenly.
- 3 Increase temperature to medium-high heat, and cook for 15 minutes, stirring every 2 to 3 minutes. You want the edges to brown so don't stir constantly. After 15 minutes, cover and cook for an additional 2 to 3 minutes. This essentially steams the veggies for the last few minutes.
- 4 Bro-hack tip: add the eggs, egg whites to a blender bottle. Yes, that protein shaker cup with the whisk ball in it. Shake it like a shake weight (the new Polaroid picture), and pour over the veggies.
- 5 Season with salt and pepper, and scramble the eggs. Serve with ¼ avocado slices for additional healthy fats and hot sauce for an extra kick! Sprinkle Parmigiano-Reggiano on top. This unpasteurized cheese contains probiotics that will be killed with heat, so it's important to sprinkle it on after cooking. Makes 2 large servings.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Nut Free, Contains Dairy

### Macros Per Serving:

424 calories, 21g fat, 31g carbs, 36g protein



BREAKFAST

# PB Banana Overnight Oats

No more excuses saying there's no time for breakfast. This one is waiting for you ready to go. Best part: you don't have to cook, and you can triple the recipe for a meal-prepped breakfast during the week!



Yields  
**1 Oatmeal**



Cook Time  
**5 Minutes**  
(plus fridge time)



Difficulty  
**Too Easy**



Serving Size  
**1 Portion**

## Ingredients

½ cup old-fashioned or rolled oats  
¾ cup unsweetened vanilla almond milk  
1 tbsp. chia seeds  
1 tbsp. all-natural peanut butter  
½ banana, diced  
¼ cup plain Greek or Skyr yogurt  
1 scoop protein powder\*  
Dash of cinnamon  
Honey, raw and unfiltered (optional)

*\*\*We recommend a vanilla flavored protein powder for this recipe. I used BlueBonnet's 100% all-natural, whey isolate protein.*

## Directions

- 1 Add all ingredients together in a bowl (or mason jar). Mix until combined.
- 2 Refrigerate overnight, then enjoy. It'll be ready in three to four hours if you can't wait or happen to be starving in the middle of the night. Garnish if you want it to look pretty.

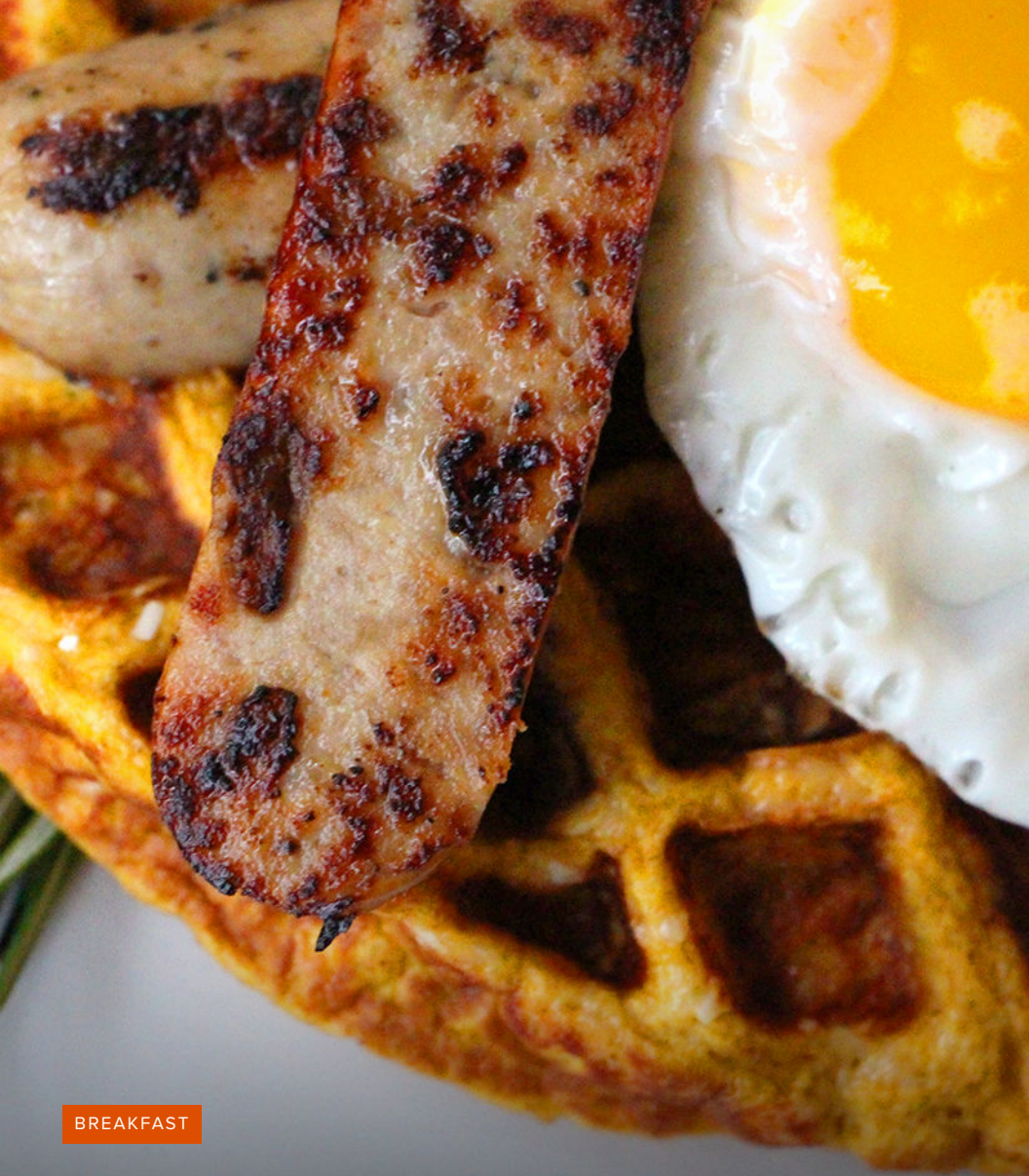
## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if gluten-free oats are used), Vegetarian, Contains Nuts & Dairy

### Macros Per Serving:

495 calories, 19g fat, 49.3g carbs, 44.7g protein



BREAKFAST

# Savory Breakfast Combo

Can't decide between waffles, sausage or eggs? Now you don't have to. This is a great way to repurpose those baked sweet potatoes, and it provides a nutrient-dense, complex-carbohydrate alternative to get your day started the right way!



Yields  
**1 Combo**



Cook Time  
**20 Minutes**



Difficulty  
**Easy-Medium**



Serving Size  
**1 Portion**

## Ingredients

### Waffle:

½ cup mashed sweet potato\*

¾ cup liquid egg whites

2 tbsp. flax meal\*\*

1 ½ tbsp. Parmesan cheese

½ tsp. baking powder

Pinch of each of the following:

- Himalayan salt
- Cayenne pepper
- Nutmeg
- Cinnamon
- Ginger

### Topping:

1 chicken sausage, organic if possible

1 whole egg, pasture-raised

1-2 tbsp. maple syrup, grade B + 2 tbsp. water +

½ tsp. grass-fed butter, if desired

*\* Take baked sweet potato, mash with fork. Or boil sweet potato cubes until tender. Mash with fork.*

*\*\*Ground flax seed. You can buy whole and grind in a blender or food processor.*

## Directions

- 1 Blend all waffle ingredients in a blender or food processor.
- 2 Grease the waffle maker with coconut oil spray. Add waffle batter.
- 3 Meanwhile, slice the sausage in half lengthwise. For a clean-up saver, use one pan or skillet (cast-iron is preferable) for both the sausage and fried egg. Grease pan with butter or coconut oil, heat on medium heat. Add the egg in one corner and the sliced sausage face down on the opposite side. Fry the egg and sear the sausage for approximately 6 minutes.
- 4 Don't forget to flip the waffle (most waffle makers alert you when to flip, approximately 2-3 minutes per side). Carefully remove and set aside.
- 5 Top waffle with the sausage and egg.
- 6 In a small bowl, mix maple syrup, water and butter. Heat for 15 seconds. Drizzle over top.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, High Protein, Nut Free

### Macros Per Serving Without Syrup:

444 calories, 20g fat, 21g carbohydrates, 45g protein

### Macros Per Serving With Syrup:

554 calories, 26g fat, 35g carbohydrates, 45g protein



BREAKFAST

# Blueberry Protein Pancakes

Low-carb, dairy-free, gluten-free, Paleo-friendly and ALL that jazz. Although these pretty ladies fit most special diets, they sure aren't lacking in the flavor department.



Yields

**4 pancakes**



Cook Time

**15 Minutes**



Difficulty

**Easy**



Serving Size

**1 Portion**

## Ingredients

2 eggs, pasture raised  
2 tbsp. coconut flour  
¼ cup almond flour\*  
2 tbsp. unsweetened coconut milk  
¼ tsp. ground cinnamon  
½ tsp. vanilla extract  
½ tsp. coconut oil, cold-pressed & unrefined  
½ tsp. baking powder  
¼ tsp. Himalayan or iodized salt  
½ cup fresh blueberries  
1-2 tbsp. maple syrup

*\*You can finely grind up almonds in food processor if you're in a pinch. Not exactly the same, but close enough.*

## Directions

- 1 Whisk eggs, milk, and vanilla extract in a bowl. Add the flours, baking powder, cinnamon, and salt. Stir until combined and batter is formed.
- 2 Grease a small pan or skillet on medium-high heat with coconut oil spray or grass-fed butter.
- 3 Add ½ pancake batter. Sprinkle a few blueberries on top. Once the batter starts to bubble, it's time to flip. Cook for another minute, then repeat with remaining ½ batter.
- 4 Top with blueberries, unsweetened coconut flakes, and maple syrup if desired.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo-Friendly, Low Carb, Vegetarian

### Macros Per Serving:

422 calories, 30g fat, 23g carbohydrates, 15g protein



BREAKFAST

# Veggie Egg Sandwich

Because anything between two slices of bread is always better.



Yields  
**1 Sandwich**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

2 slices sprouted grain bread  
1 tbsp. goat cheese  
2 tbsp. Greek yogurt  
2 cups spinach\*  
1 large portobello mushroom cap  
3 eggs  
Coconut oil, spray

## Directions

- 1 Toast the bread.
- 2 Clean the mushroom cap by wiping it with a damp paper towel. Fun fact: because mushrooms are porous, you don't want to run them under water.
- 3 Julianne (cut into long, thin slices) the mushroom. Add to a small pan on medium heat, greased with coconut oil.
- 4 Once the mushrooms begin to soften, add the spinach. Once the spinach wilts, remove from pan and set aside.
- 5 In the same pan, cook the egg whites as if you were making an omelette without anything in it (ooh aah, exciting). If you've always wanted to learn how to flip an omelette, this is your chance. It's all in the wrist, baby. But if today is not that day for you, then flip with a rubber spatula and set aside.
- 6 Mix together the goat cheese and yogurt in a small bowl. Spread on one side of each toast (make sure the toast is cooled).
- 7 Add the egg white flat omelette to one toast, then top with the sauteed veggies and the other toast. Slice in half and serve warm.

## Nutrition Info & Macros

### Dietary Information:

Contains Dairy, Nut Free, Vegetarian

### Macros Per Serving:

304 calories, 6g fat, 38g carbs, 26g protein



BREAKFAST

# Breakfast Taco

It's always taco time at our house. Start your day off right with tangy, tasty, protein-packed tacos with some delicious and nutritious toppings. Use grain-free tortillas if you want to be gluten free, or go with the traditional.



Yields  
**1 Serving**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

1 tbsp. Wildbrine Red Beet & Cabbage sauerkraut  
¼ sliced onion  
1 tsp. shredded raw cheese  
1 grain-free tortilla\*  
1 cup of spinach\*\*  
2 eggs, pasture-raised  
1 egg white  
¼ avocado, sliced  
1 chicken sausage, uncured & organic  
Chipotle hot sauce, optional  
Coconut oil, spray

*\*We used coconut-cassava flour tortillas by Siete Foods.*

*\*\*You can also repurpose a side dish in your morning eggs. See page 53 for Smoky Kale recipe.*

## Directions

- 1 In a skillet on medium-high heat, spray coconut oil, then add the sausage and onions. Cook for 5 minutes until the onions begin to soften.
- 2 Meanwhile, spray coconut oil and add the spinach in a small saute pan. Crack two eggs & one egg white on top. Scramble and set aside.
- 3 Heat the tortillas on the stove for 1 minute or 10 seconds to soften in the microwave. Top with the scramble, then add the sauerkraut, and cheese. You can add avocado and hot sauce if you'd like! Yum!

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Dairy Free, Nut Free

### Macros Per Serving:

429 calories, 25g fat, 20g carbs, 34g protein



BREAKFAST

# Breakfast for Champions

Win the day, every day. This breakfast bowl provides the fiber, protein, and healthy fats needed to fuel body and mind from sunup to sundown.



Yields  
**4 Bowls**



Cook Time  
**20 Minutes**  
(good to make ahead)



Difficulty  
**Easy**



Serving Size  
**1 Bowl**

## Ingredients

1 cup steel-cut oats\*  
3 cups filtered water  
¼ tsp. Himalayan salt  
1 tsp. ground cinnamon  
1-2 tsp. raw, unfiltered honey  
1 tbsp. coconut oil, cold-filtered, unrefined  
¼ cup roasted almonds  
2 tbsp. toasted unsweetened coconut flakes  
2 servings protein powder of choice\*\*  
1 cup fresh blueberries  
1 banana, sliced

*\*This recipe can also be made with gluten-free rolled oats for a faster, gluten-free version made in the microwave; however, the water measurements will change.*

*\*\*If you don't like the taste of your protein powder, you won't like the taste of this recipe. Step 1: find a protein powder you enjoy! In this recipe, we used Vital Farms Collagen Peptides, no flavor.*

## Directions

- 1 Bring water and salt to a boil. Then add in the oats, stir and reduce heat to a simmer. Cover and cook for about 10-20 minutes depending on how mushy you like it.
- 2 Remove from the heat and let cool. Stir in the honey, coconut oil, cinnamon and protein powder. Stir until well combined. You want to make sure to let the oats cool before stirring in the protein powder. Sometimes the protein can get clumpy if it's too hot.
- 3 Garnish with ¼ cup blueberries, ¼ banana slices, ½ tbsp. coconut flakes, 1 tbsp. almonds and a drizzle of honey to each serving.
- 4 Serve immediately. You can store the leftovers in individual-serving size Tupperware for easy grab-and-go breakfasts for the following three days. Keep in fridge. When ready to eat, reheat in microwave or on stovetop. Feel free to switch up the flavors by adding fresh fruit, unsweetened dried fruit or chia seeds on top.

## Nutrition Info & Macros

### Dietary Information:

Contains Gluten, Nuts & Dairy

### Macros Per Serving:

283 calories, 10g fat, 36g carbs, 15g protein



BREAKFAST

# Baked Cinnamon Raisin & Apple French Toast

Imagine a world where you could eat French toast every morning and not regret it. We like to dream, but not when it comes to food. We just like eating good food—always. So we made this dream world a reality.



Yields  
**12 Squares**



Cook Time  
**50 Minutes**  
(good to make ahead)



Difficulty  
**Medium**



Serving Size  
**1 Square**

## Ingredients

10 slices sprouted grain cinnamon raisin bread, sliced into 1" cubes  
6 eggs, pasture raised  
1 cup liquid egg whites  
2 cups unsweetened vanilla almond milk  
5 crisp apples\*, peeled and very thinly sliced  
3 tsp. cinnamon  
1 tsp. vanilla extract  
2 tbsp. raw unfiltered honey  
2 tbsp. grass-fed pure Irish butter, plus some for greasing pan  
2 servings protein powder\*\*, optional

*\*We used Braeburn apples, but any crisp, not-too-sweet apple works.*

*\*\*We used "Athletic Greens" grass-fed whey protein, vanilla flavor. Note: use a protein powder that you like the taste.*

## Directions

- 1 Preheat oven to 375 degrees Fahrenheit. Using a paper towel, spread a little butter on the inner edges of a 9x13" Pyrex pan.
- 2 Line the bread cubes on the bottom of the pan. It should cover the entire bottom of the pan and come up about 1 ½ inches up the pan.
- 3 In a large mixing bowl, add the eggs, egg whites, almond milk, vanilla, 1 tsp. of cinnamon and protein powder. Whisk until there are no more clumps. Pour the liquid mixture all over the bread and let it soak while you cook the apples.
- 4 In a medium saucepan on medium heat, add the butter, cinnamon, honey, and the sliced apples. Cook until the apples soften. Spread the cinnamon apples all over the top of the soaked bread.
- 5 Bake for 35 minutes, or until it is no longer wet to touch and the top is golden brown.
- 6 Let it cool for 10 minutes—try to resist the urge to stuff the whole thing in your mouth (because we struggled with that). Cut into 12 squares. Enjoy warm. Serve with a drizzle of honey or maple syrup (grade B). This stores well in a refrigerated airtight container for quick breakfasts throughout the week,

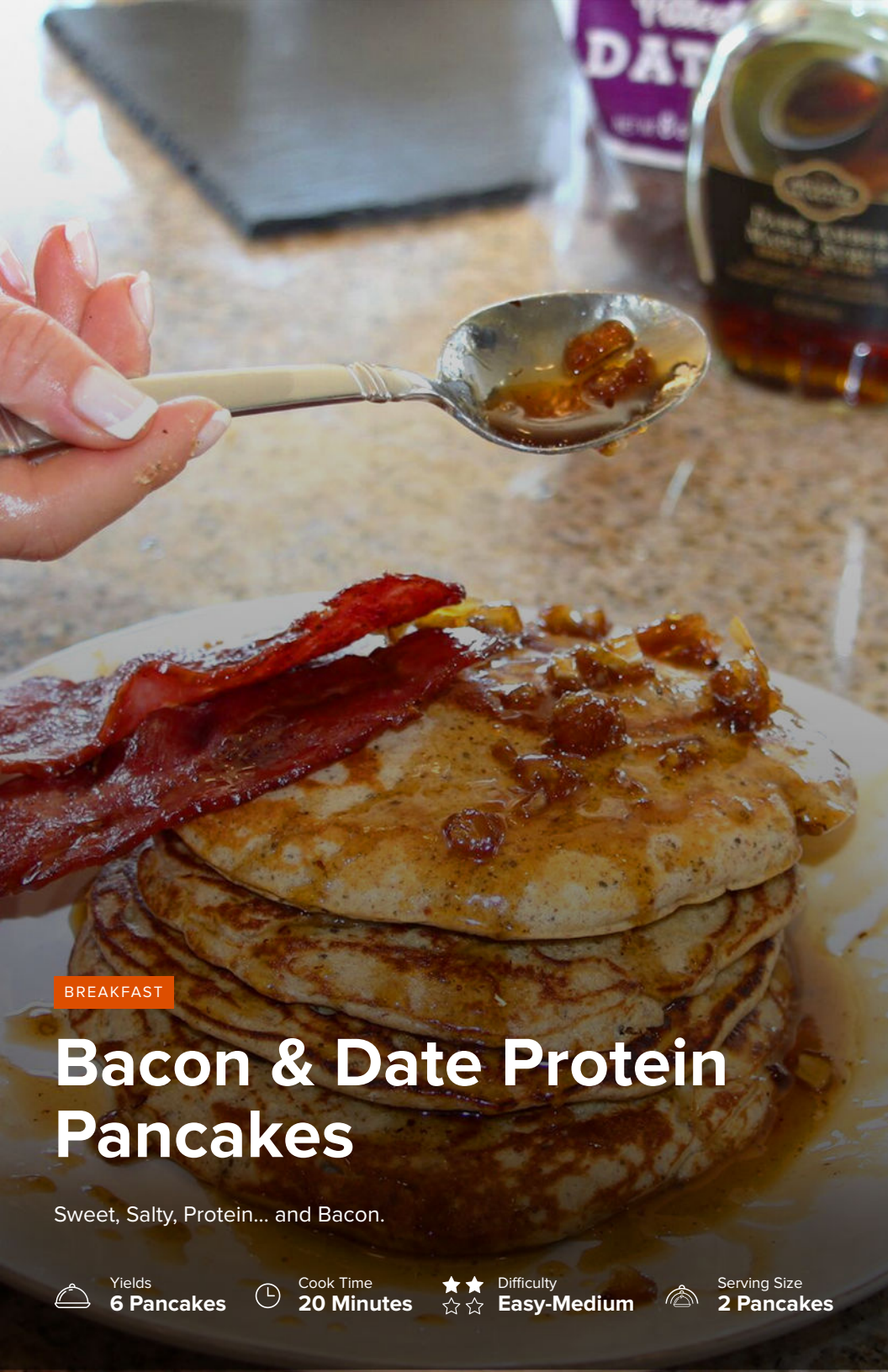
## Nutrition Info & Macros

### Dietary Information:

Vegetarian, Nut Free, Contains Dairy & Gluten

### Macros Per Serving One Square:

210 calories, 5g fat, 29.8g carbs, 11.6g protein



BREAKFAST

# Bacon & Date Protein Pancakes

Sweet, Salty, Protein... and Bacon.



Yields

**6 Pancakes**



Cook Time

**20 Minutes**



Difficulty

**Easy-Medium**



Serving Size

**2 Pancakes**

## Ingredients

4 slices turkey bacon, uncured & ntrate-free  
5 pitted dates, chopped  
1 tbsp. grass-fed butter  
1 cup gluten-free flour  
1 tbsp. chia seeds  
1 tsp. baking powder  
1 tsp. Stevia or raw unfiltered honey  
½ scoop protein powder\*\*  
¼ tsp. cinnamon  
½ tsp. vanilla extract  
1 cup egg whites

*\*\*We used Athletic Greens grass-fed whey isolate, vanilla*

## Directions

- 1 In a small saute pan on medium-high heat, cook bacon until crispy. Removed bacon from pan, crumble into small bits and set aside.
- 2 Add the dry ingredients—oats, chia, baking powder, Stevia, protein powder and cinnamon—in a blender or food processor. Pulse until smooth. Set aside
- 3 Whisk the eggs, egg whites & milk in a medium mixing bowl. Slowly add the dry ingredients to the wet ingredients.
- 4 Take a paper towel to wipe the pan clean, then add 1 tsp. butter to grease. On medium-heat heat, add ¼ pancake batter. Add ¼ chopped dates and crumbled bacon on top. When batter begins to bubble, it's ready to flip.
- 5 Repeat with remaining batter. Serve with maple syrup and grass-fed butter. To cut down on the sugar, mix the maple syrup with equal parts water and 1 tbsp. butter. Heat in microwave for 15 seconds, stir and pour over pancakes. Enjoy immediately.

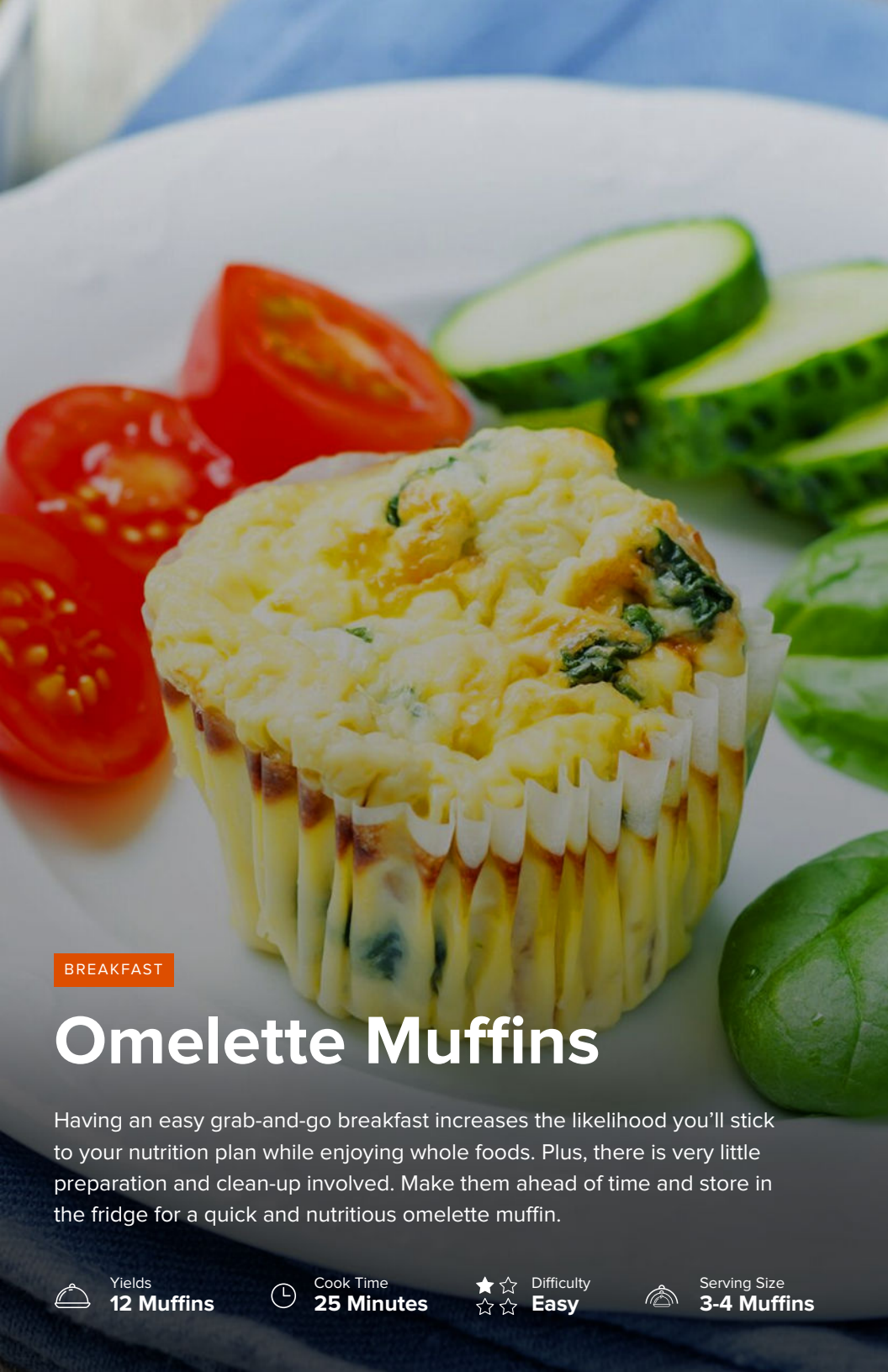
## Nutrition Info & Macros

### Dietary Information:

Gluten Free

### Macros Per Serving:

365 calories, 8g fat, 44g carbs, 29g protein



BREAKFAST

# Omelette Muffins

Having an easy grab-and-go breakfast increases the likelihood you'll stick to your nutrition plan while enjoying whole foods. Plus, there is very little preparation and clean-up involved. Make them ahead of time and store in the fridge for a quick and nutritious omelette muffin.



Yields  
**12 Muffins**



Cook Time  
**25 Minutes**



Difficulty  
**Easy**



Serving Size  
**3-4 Muffins**

## Ingredients

2 cups chopped spinach  
½ cup yellow onion, thinly sliced  
½ cup Portobello mushroom, chopped  
2 slices turkey bacon\*, diced  
1 cup liquid egg whites  
6 whole eggs, pasture-raised  
¼ tsp ground black pepper  
½ tsp Himalayan sea salt  
½ tsp ground garlic powder  
½ cup shaved, grated Parmesan cheese

*\*Look for uncured and nitrate-free bacon at the store. This ensures that no artificial nitrates, like sodium nitrate, were used to cure the meat. Only natural salts were used.*

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit. Line muffin pans with 12 baking [muffin] cups. Spray cups with a non-stick—coconut oil—spray.
- 2 In a mixing bowl, whisk the eggs and egg whites. In a separate, larger bowl, combine the remainder of the ingredients except for the Parmesan. Spoon the “batter” into each muffin cup until it’s ¾ of the way full. The muffins puff up a little when they’re cooking. Also, try to make sure to spoon an equal representation of all ingredients in each muffin (because it’s only fair). Sprinkle ½ tbsp. of the Parmesan shavings on top of each one.
- 3 Bake for 25-30 minutes or until fully cooked and the Parmesan has slightly browned on top.
- 4 Remove from oven and let cool slightly for 5 to 10 minutes. Enjoy warm, or pack a few in Tupperware containers for an easy, grab-and-go breakfast bite. Makes 12 muffin bites and can last up to one week in an airtight container in the fridge.

## Nutrition Info & Macros

### Dietary Information:

Low Carb, Gluten Free, Paleo (depending on the individual restrictions and type of turkey bacon), Nut Free

### Macros Per Serving:

81 calories, 7g fat, 2g carbs, 5g protein



BREAKFAST

# Egg & Smoked Salmon Baked Avocado

Move over, basic avocado toast. You just got one-upped by one of your own. We managed to pack in multiple sources of healthy fats in this perfectly portioned spoonable breakfast.



Yields

**2 Servings**



Cook Time

**15-20 Minutes**



Difficulty

**Easy**



Serving Size

**1/2 Avocado**

## Ingredients

1 slightly ripe avocado  
2 eggs, pastured-raised  
2 slices (2 oz.) smoked salmon  
1 tsp. Parmesan shredded cheese\*  
Himalayan salt, to taste  
White or black pepper , to taste  
Garlic powder, to taste  
Smoked paprika, to taste  
1 tsp. diced scallions, for garnish

## Directions

- 1 Preheat oven to 425 degrees Fahrenheit,
- 2 Cut the avocado in half lengthwise. Remove the seed; scoop out a little more avocado out to create a deep hole. Layer one slice of smoked salmon into the hole.
- 3 Crack an egg into a bowl, spoon the yolk into the avocado and any egg white that will fit in the hole.
- 4 Bake for 15 minutes. Sprinkle the top with the Parmesan and broil on high for 1-2 minutes. Remove.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Low Carb, Gluten Free, Pescetarian

### Macros Per Serving:

237 calories, 18g fat, 7g carbs, 14g protein



BREAKFAST

# Spinach & Sausage Breakfast Pita

When you think of creating a healthy breakfast, probably the first foods to come to mind aren't sausage, cheese and pita bread. The reality is, you can make any meal nutritious while eating the foods you love by controlling portions.



Yields  
**1 Pita**



Cook Time  
**10 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

1 whole wheat pita\*, cut in half  
½ cup liquid egg whites  
½ chicken sausage\*\*, diced  
1 cup baby spinach  
¼ cup diced onion  
1 tbsp. shredded Parmigiano Reggiano  
¼ tsp. garlic powder  
½ tbsp. extra virgin olive oil, for sautéing  
Sea salt & pepper, to taste  
Tomato, sliced, optional

*\*We used Whole Foods Market 365 whole-wheat pita bread.*

*\*\*We used Trader Joe's apple smoked chardonnay chicken sausage.*

## Directions

- 1 In a medium sauté pan, add the onions and sausage. Stir and let sausage edges brown and the onions caramelize for a few minutes. Then add the spinach. Stir. Once the spinach has wilted, add the liquid egg whites and scramble.
- 2 Season the egg white scramble with garlic powder, sea salt and pepper. Sprinkle on the cheese. Stuff it all into each half of the pita pocket. Serve with sliced tomatoes if you'd like and enjoy!

## Nutrition Info & Macros

### Dietary Information:

Nut Free, Contains Gluten & Dairy

### Macros Per Serving (½ recipe):

311 calories, 9g fat, 35g carbs, 37.5g protein



BREAKFAST

# Southwestern Omelette

With bacon. And avocado. Because fats are good for the mind, the hormones & the soul.



Yields

**1 Omelettes**



Cook Time

**15 Minutes**



Difficulty

**Easy**



Serving Size

**1 Omelette**

## Ingredients

1 slice uncured, nitrate-free smoked bacon  
¼ onion, diced  
1 bell pepper, diced  
2 tbsp. raw cheese\*  
½ avocado  
4 eggs, pasture raised  
2 egg whites  
Chopped cilantro, garnish

*\*Raw cheese is made from milk that hasn't been pasteurized. When milk is cooked (a.k.a. pasteurized), it loses not only flavor, but also enzymes and good bacteria from the heat. You can usually tell when a cheese is raw from the unique flavor and smell, like blue cheese, but there are also some you may not realize, like Parmigiano-Reggiano. In order for it to be called Parmigiano-Reggiano, it must be raw. You can likely find different types of raw cheese at your grocery store, from various regions and derived from cow, sheep and goat. Who would've thought you can get probiotics from cheese?*

## Directions

- 1 Slices the bacon into small strips, add to a small saute pan over medium-high heat. Once the bacon starts to brown, add the onion and peppers. Stir and cook until the vegetables are tender, about 5 minutes. Remove from pan and set aside.
- 2 Use the same pan so the fat rendered from the bacon can give the eggs a little flava flave. In a small bowl, whisk the eggs and egg whites. Pour half into the pan. As the eggs cook, slightly tilt the pan to allow the egg to cook along the sides. Using a rubber spatula helps to lift the eggs up, tilt the pan for the runny part to go under the cooked part. When there's not much liquid egg on top, you can attempt to flip with your wrist, or use a spatula. I say, take a risk and flip it!
- 3 Add ½ vegetable-bacon sautee to one half of the omelete. Top with 1 tbsp. cheese and ¼ avocado slices. Fold other half over top. Sprinkle with chopped cilantro. Serve with salsa and full-fat Greek yogurt if desired.
- 4 Repeat Step 2 and 3 for the remaining eggs and filling.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Nut Free, Contains Dairy

### Macros Per Serving:

299 calories, 20g fat, 9g carbs, 21g protein



BREAKFAST

# Berry Nutty Parfait

This recipe is a triple threat: breakfast, snack or dessert.  
The choice is yours.



Yields  
**1 Parfait**



Cook Time  
**5 Minutes**



Difficulty  
**Too Easy**



Serving Size  
**1 Portion**

## Ingredients

¼ cup low-sugar granola\*  
2 tbsp. crushed walnuts  
¾ cup plain or vanilla Greek or Skyr yogurt\*\*  
½ cup mixed berries  
1 tsp. raw, unfiltered honey

*\*We used Purely Elizabeth's Original Grain  
Gluten-Free Granola*

*\*\*We used Siggis plain 4% yogurt.*

## Directions

- 1 In a mason jar or serving bowl, add 1 tbsp. of granola & ½ tsp. of honey. Top with ⅓ cup yogurt. Then sprinkle 1 tbsp. of walnuts, ¼ cup berries and 1 tbsp. Granola. Lay once more with yogurt, walnuts, berries and granola, then drizzle with a little honey.

## Nutrition Info & Macros

### Dietary Information:

Vegetarian, Gluten Free (if gluten-free granola is used), Contains Dairy & Nuts

### Macros Per Serving:

428 calories, 21g fat, 39g carbs, 22g protein



LUNCH

# Tuna Collard Wraps

Yes you can make canned tuna awesome. Whip this together for a quick lunch. Or meal prep this delicious tuna mix on the weekend and you have a grab-and-go ready protein source available throughout the week.



Yields  
**1 Serving**



Cook Time  
**10 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

1 can albacore tuna\*, packed in extra virgin olive oil  
1 tbsp. avocado oil mayonnaise  
1 tbsp. full-fat Greek yogurt\*\*, plain  
½ lemon, juice  
1 tbsp. slivered almonds  
1 tbsp. dried tart cherries  
¼ cup red onion  
½ tsp. Himalayan salt  
¼ tsp. garlic powder  
¼ tsp. mustard seed powder  
¼ avocado, sliced  
¼ cup broccoli sprouts  
¼ tsp. coriander  
Collard leaves or tortilla wrap of choice

*\*Look for sustainably caught, wild varieties for lower mercury content. My favorites are Wild Planet & Vital Choice.*

*\*\*Full-fat yogurt is key in this recipe. Any time you use yogurt to replace something creamy and fatty like mayonnaise or sour cream, you'll need a similar consistency to achieve the best flavor. Plus, when you take the fat out of something; i.e., fat-free yogurt, there's inherently something added in to make it taste good. Think sugars, artificial flavors, sodium, preservatives, etc.*

## Directions

- 1 Lightly rinse tuna, then add to a small mixing bowl. I like tripling this recipe to have the tuna as a snack throughout the week.
- 2 Break up the tuna with a fork. Then add the mayo, yogurt, lemon juice, garlic, mustard seed powder, salt and coriander. Mix until well combined with a fork. Add the dried cherries and almonds.
- 3 Rinse the collard leaf and trim the tough stem part, about 2" off. At the corner where the stem was (most part of the collard leaf) add the tuna. Form it into a log shape. Add the avocado slices and sprouts.
- 4 Carefully roll the collard leaf, tucking in the side as you go. Collard leaf sizes vary, so you may want to use two collard leaves.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free

### Macros Per Serving:

570 calories, 37g fat, 19g carbs, 45g protein



LUNCH

# Chicken Caprese Avocado Panini

When you think “healthy meal ideas,” rarely do the words “bread” and “sandwich” come to mind. And that’s exactly why it’s time for you to reprogram how you think about the healthiest foods to eat. Carbs included.



Yields  
**1 Sandwich**



Cook Time  
**20 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

2 slices sprouted grain and seed bread\*  
1 chicken breast\*\*  
1 slice tomato  
¼ avocado, sliced thinly  
4 fresh basil leaves  
1 tbsp. Dijon mustard  
1 tsp. balsamic vinegar  
½ tsp. extra virgin olive oil,  
plus ½ tsp. for cooking the chicken  
1 tsp. Himalayan salt  
1 tsp. black pepper  
½ tsp. garlic powder  
1-2 tsp. grass-fed butter, optional

*\*We used "Food For Life" sprouted grain and seed bread.*

*\*\*We recommend buying organic, free-range, antibiotic-free chicken breasts whenever possible.*

## Directions

- 1 Rinse, dry and butterfly the chicken breast (butterfly = slice in half, but not all the way through. The breast will open up like butterfly wings). Season each side with a ½ tsp. of salt, ½ tsp. pepper and ½ tsp. garlic powder.
- 2 On a cast iron skillet or non-stick sauté pan, add ½ tbsp. of olive oil. Cook the chicken on medium heat for about 5 minutes per side. Remove from heat when it's cooked through. Slice the chicken at an angle to make slices better fit for a sandwich.
- 3 While the chicken is cooking, add the Dijon mustard, balsamic vinegar and ½ tsp. of olive oil in a small mixing bowl. Whisk to combine.
- 4 Assemble the sandwich. On one side of each slice of bread, spread the butter. On the non-butter side, spread the mustard mixture. Layer the avocado slices, tomato, chicken slices and then, the basil leaves. Top with the other slice of bread.
- 5 Place the sandwich on a grill pan or panini maker. Press firmly to get those lovely grill marks. An informal, not-professional technique is to place a heavy plate or another pan on top. Cook for about 2-3 minutes per side. If you don't have a grill pan or panini maker, don't worry, it's still as food on any pan.

## Nutrition Info & Macros

### Dietary Information:

Dairy Free, Kosher, High Fiber, Contains Gluten

### Macros Per Serving:

390 calories, 14g fat, 32g carbs, 34g protein



LUNCH

# Broccoli Salad

With bacon and just enough dressing to keep your taste buds delighted, eating broccoli has never been this easy — or delicious.



Yields

**4 Serving**



Cook Time

**20 Minutes**



Difficulty

**Easy**



Serving Size

**1/4 recipe**

## Ingredients

1 head of broccoli, chopped evenly  
¼ cup unsweetened cranberries  
¼ cup crushed walnuts  
¼ red onion, diced  
2 tbsp. avocado-oil mayonnaise  
2 tbsp. full-fat yogurt (Greek or Skyr yogurt)  
1 tsp. Himalayan salt  
½ tsp. pepper  
½ tsp. garlic powder  
½ tsp. mustard seed powder  
Fresh lemon juice

## Directions

- 1 Blanch broccoli. This is just a fancy term for a quick boil followed by an ice bath. The temperature shock stops the cooking to keep the vegetables crisp and bright colored. Bring a pot of water with salt to a boil, then add the broccoli. Boil for 2 to 4 minutes. Drain or remove broccoli with a slotted spoon. Add directly to ice bath. After about 1 minute, remove from ice bath and lay on paper towels to dry.
- 2 In a small bowl, mix the mayo, yogurt and spices together. In a larger bowl, add the broccoli, onion, walnuts, dried cherries, and the mayo-mixture. Gently stir to combine.
- 3 Cover and refrigerate for at least 30 minutes to let the flavors combine. Meanwhile, season chicken breasts with salt and pepper. Grill or pan sear for 5 to 7 minutes per side. Let cool. Slice at an angle.
- 4 Divide broccoli salad into three bowls. Serve each with chicken breast, from meal prep or rotisserie.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Contains Nuts & Dairy

### Macros Per Serving:

267 calories, 22g fat, 11g carbs, 9g protein

### You can make any salad taste awesome and be healthier with the following tips:

- Do at least a 1:1 ratio for mayonnaise to full-fat plain yogurt; Avocado oil mayonnaise is ideal as opposed to letting the food company decide what type of oil (in mayo) you're consuming.
- Add crunch and healthy unsaturated fats with roasted nuts or seeds.
- Add sweetness without loading on processed sugars by incorporating unsweetened dried fruits like cranberries, cherries, and raisins.
- Acidity like lemon, lime and vinegars help give a slight bite and keep the salad fresh.
- Spices and herbs can seriously makeover the look and taste of a salad. Adding spices like chili powder and cayenne along with fresh cilantro can instantly throw a Mexican spin to a simple salad.
- Sneak in extra veggies and legumes. I love tossing things like corn, diced bell peppers, black beans, and chickpeas into salads to switch it up and pile in the nutrients.



LUNCH

# Buffalo Chicken Quesadilla

What happens when you mix the taste of buffalo chicken wings with the hearty cheesy deliciousness of a quesadilla? Amazingness. This combo tastes so good you won't believe you're getting 40 grams of muscle-building protein, but you are. Let's do this!



Yields

**3-4 cups**

cooked shredded chicken



Cook Time

**5-10 min prep;**

3-6 hours slow cooking chicken



Difficulty

**Easy**



Serving Size

**1 Quesadilla**

## Ingredients (chicken)

4 chicken breasts, pasture-raised  
(or one whole chicken)

2 cups buffalo sauce/marinade

1 tsp. garlic powder

1 tsp. chili powder

## Ingredients (quesadilla)

2 flourless tortillas\*

About ½-¾ cup shredded buffalo chicken

¼ avocado, sliced thin

1 tbsp. blue cheese crumbles

*\*We used Food for Life Ezekiel 4.9 sprouted grain tortillas. Feel free to use a whole grain, whole wheat, brown rice, Paleo, or flourless tortilla of choice.*

## Directions (chicken)

- 1 Rinse the chicken breasts. If using a whole chicken, rinse, remove the skin and chop into 6 parts (breast, wings, and thigh). If it comes with the neck, keep it and throw it in the slow cooker. Mmm, nutrients. (You won't consume it).
- 2 Add chicken and buffalo sauce to the slow cooker. Cook on high for 3 to 4 hours, or on low for 5 to 6 hours.
- 3 Using two forks, shred the chicken. If you used a whole chicken, remove the bones as you shred the meat. Then add the spices. Put aside and let cool.

## Directions (quesadilla)

- 1 Heat a pan or cast-iron skillet on medium-high.
- 2 Place one tortilla on the skillet, spread the shredded chicken on top leaving about 1" on the edges. Top with the avocado slices, then sprinkle the blue cheese crumbles on top. Then top with the other tortilla.
- 3 Toast each side for about 5 minutes. Flip with a large spatula. You can also bake in the toaster oven on high, in a conventional oven on 425 degrees Fahrenheit for about 5 to 8 minutes, or until the cheese melts and the tortilla turns a golden brown. Let cool, then cut into triangles. Pizza cutter helps if you have one!
- 4 Save the remaining shredded chicken for the week's lunches as a protein salad topper, for a snack dip served with carrots and celery, or on a sandwich or wrap.

## Nutrition Info & Macros

### Dietary Information:

Nut Free

### Macros Per Serving:

396 calories, 13g fat, 31g carbs, 6g fiber, 40g protein



LUNCH

# Avocado Tuna Stuffed Pepper

If you want to avoid mayonnaise and dairy when making tuna salad, avocado is a great substitute complete with all the healthy monounsaturated fats.



Yields  
**1 Serving**



Cook Time  
**5-10 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

1 5-oz. can albacore wild tuna\*  
½ ripe avocado, mashed  
½ lime, juice  
1 tsp. Dijon mustard  
2 tbsp. diced red onion  
2 tbsp. frozen corn kernels, thawed  
5-6 roasted almonds, crushed or slivers  
1 bell pepper  
Dash of the following:  
Cayenne pepper  
Chili powder  
Garlic powder

*\*We used Wild Planet Albacore Wild Tuna, packed in Extra Virgin Olive Oil. The average mercury content of tuna rises with the age and size of the fish. Wild Planet only sources line and pole-caught tuna, which is younger, smaller fish and contains lower levels of mercury.*

## Directions

- 1 Drain the excess oil. The oil keeps the tuna moist and shelf stable without as many preservatives as packed in water.
- 2 Add the tuna to a small mixing bowl. Using a large fork, break up the chunks of tuna. Squeeze the lime juice, then add the avocado, mustard, onion, corn and spices. Mix until well combined.
- 3 Slice the top off the bell pepper, and remove the seeds. Stuff the tuna salad in the pepper.
- 4 Top with the toasted almond slivers for an added texture and a nice crunchy bite. You can also use this tuna recipe to serve on a salad, a tuna melt sandwich, in a wrap or enjoy as a dip with celery or on top of rice chips. Triple the recipe to have stored in the fridge for quick snack.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo, Low Carb, Pescetarian, Dairy Free

### Macros Per Serving:

357 calories, 19g fat, 10g carbs, 36.5g protein



LUNCH

# Honey Mustard Chicken BLT Wrap

We don't have a problem with canned meats or pre-cooked rotisserie chicken on occasion. They're great to have on hand for those times when you're in a pinch for lunch. Here's a healthier version of a chicken BLT.



Yields  
**6 Wraps**



Cook Time  
**15-20 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Wrap**

## Ingredients

2-12.5 oz. canned chicken breast or shredded rotisserie chicken

⅓ cup Dijon mustard

⅓ cup full-fat Greek yogurt

¼ cup raw, unfiltered honey

Himalayan salt, to taste

Pepper, to taste

Garlic powder, to taste

6 sprouted grain wraps

2 cups mixed greens

½ tomato, sliced

6 slices nitrate-free, uncured  
bacon (cooked crisp & crumbled)

## Directions

- 1 Rinse and drain chicken. Add to a medium mixing bowl, and break up pieces with a fork.
- 2 Add the yogurt, mustard, honey, salt, pepper, garlic and bacon crumbles. Mix well to combine.
- 3 Heat the tortilla in an oven or microwave to soften, 10 to 20 seconds. Add ⅓ of the chicken salad to one corner of the tortilla. Add ⅓ cup mixed greens and a tomato slice. Roll up and enjoy!

## Nutrition Info & Macros

### Dietary Information:

Nut Free

### Macros Per Serving:

305 calories, 9g fat, 33g carbs, 28g protein



LUNCH

# Classic Ceviche

This classic Peruvian dish is so simple to make with no cooking required. The acidity from the citrus juices actually denatures the fish similar to heated cooking, but is completed with the marinade alone.



Yields

**8 Serving**



Cook Time

**15-20 min prep**

15-30 minutes marinade



Difficulty

**Medium**



Serving Size

**1/4 recipe**

## Ingredients

2 lbs. firm, fresh white fish like grouper\*,  
finely diced into ¼" thick cubes

¾ cup fresh lime juice

¼ cup fresh lemon juice

1 whole orange juice

1 red onion, sliced thin or diced

1 serrano pepper, seeds removed & diced

1 tsp. Himalayan salt

½ tsp. chili powder

Dash of white pepper or cayenne

½ cup cilantro, chopped

## Directions

- 1 In a large Pyrex (flat casserole dishes work better than bowls), add the diced fish, salt, chili powder and cayenne. Top with the lime juice, lemon juice, and orange juice.
- 2 Cover with plastic wrap, and store in fridge for 15 to 30 minutes. The fish will turn from translucent to opaque on the outside. It's OK to have a translucence in the center, with an opaque outside. If you desire an opaque center, marinade longer. Anything over an hour can deteriorate the fish.
- 3 Once the fish is finished marinating, toss in the onion, pepper, and cilantro.
- 4 Serve with diced avocado, boiled sweet potato cubes, or munch on with brown rice crackers.

*\*Ask to have all of the bones removed when the fish is filleted, if possible. You can dice easier when the fish is slightly frozen. Rinse the fish, then let sit in freezer for 15-20 minutes or so before dicing. Any fresh, firm ocean fish like red snapper, tilapia and sea bass will work. You can also mix up this recipe by subbing in ½ of the fish for uncooked diced shrimp, squid or scallops to this recipe.*

## Nutrition Info & Macros

### Dietary Information:

Paleo (without the crackers), Gluten Free, Dairy Free, Nut Free, Pescetarian, Low Carb

### Macros Per Serving:

120 calories, 2g fat, 3g carbs, 22g protein

### Here are a few tips to follow to make the perfect ceviche every time:

- Pick a firm, non-fatty white fish like grouper, red snapper or tilapia. Shellfish works too!
- The fresher the better when it comes to ceviche. Buy the fish fresh and make the ceviche that day. Fish should smell like the ocean, not a rotting carcass. Look for bright, clear, and moist fish eyes before buying.
- Keep the fish cold at all times. When working with 2 lbs. or more, you want to keep half of the fish in the freezer or on a sheet pan on top of ice packs (to maintain freshness and firmness) as your dicing the other half.
- Keep in mind, the fish is not being cooked through heat, but rather the proteins are being denatured from the acidity of the citrus juices. The ideal timing for marinating is 15 to 30 minutes, generally.



LUNCH

# Spinach & Artichoke Turkey Quinoa Cups

Kid-friendly, easy to eat, and perfect for lunch or grab-and-go snacks!



Yields

**12 Muffin cups**



Cook Time

**30 Minutes**



Difficulty

**Easy**



Serving Size

**3 Muffin cups**

## Ingredients

20 oz. lean ground turkey (93% lean/7% fat)  
2 cups cooked quinoa  
½ cup shredded Parmigiano-Reggiano  
(plus 2 tbsp. for topping)  
2 whole eggs  
½ cup sweet diced onion  
2 tbsp. diced garlic  
4 cups baby spinach  
1 cup canned artichoke hearts, rinsed and diced  
1 tbsp. extra virgin olive oil  
½ tsp. Himalayan salt  
¼ tsp. ground black pepper

## Directions

- 1 Preheat oven to 375 degrees Fahrenheit.
- 2 In a large sauté pan on medium heat, add the olive oil, onions and garlic. Cook for 3-5 minutes until the onions begin to soften, then add in the spinach. Once the spinach wilts, immediately remove from heat to avoid over cooking. Set aside and let cool.
- 3 In a large mixing bowl, add the ground turkey, eggs, cooked quinoa, parmesan, diced artichokes, cooked onion and spinach mixture, and spices. Feel free to use your (clean) hands, and mix it all up!
- 4 Lightly grease muffin tins using coconut oil spray. Divide turkey mixture into 12-cup muffin trays. Sprinkle top with parmesan cheese. Bake for 20 min. Then broil for an additional 3-5 minutes until the tops are golden brown.
- 5 Remove from oven. Let cool. Enjoy! These can be stored for up to five days in the fridge or a month in the freezer.

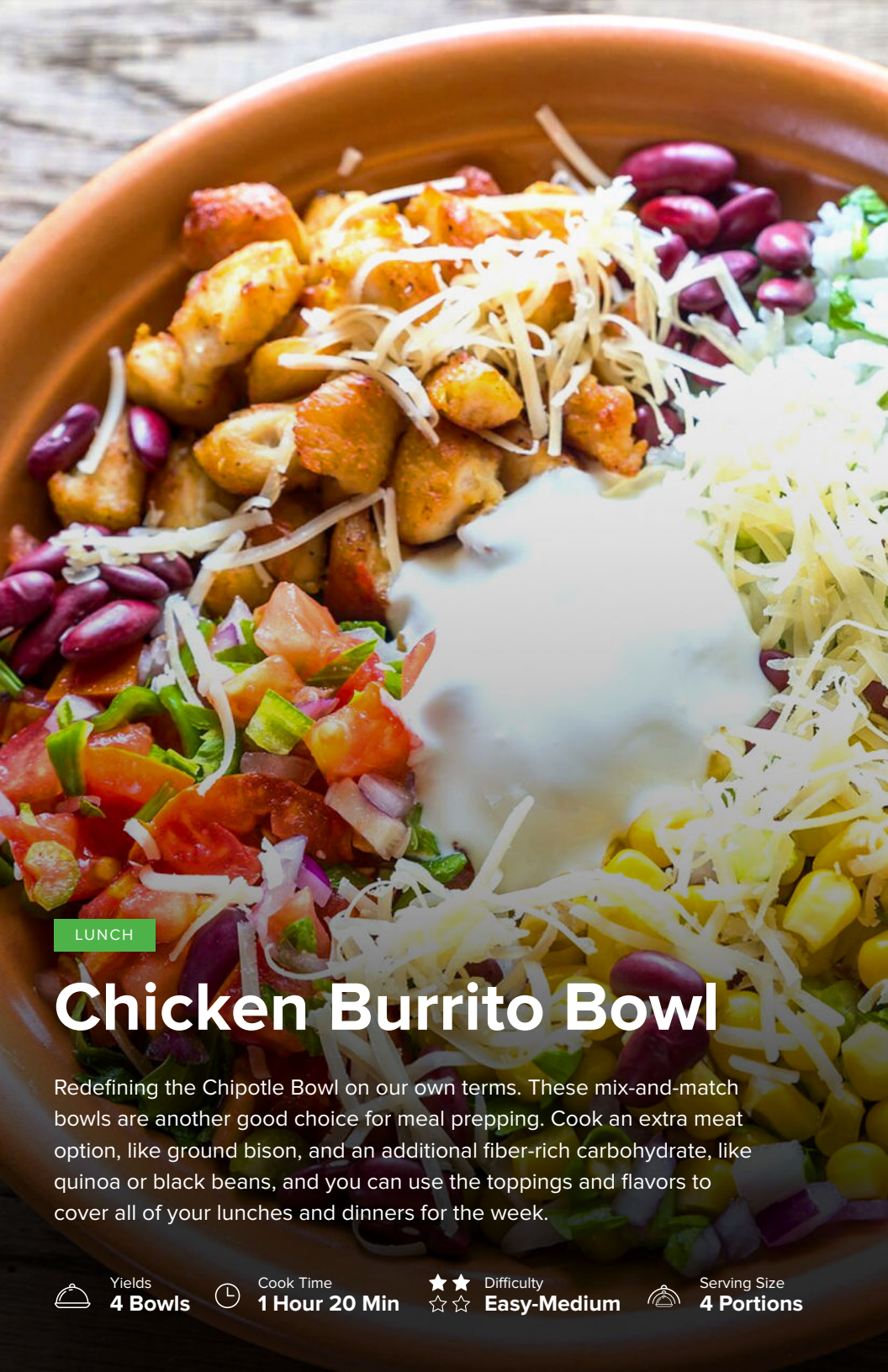
## Nutrition Info & Macros

### Dietary Information:

Gluten Free, High Protein, Nut Free

### Macros Per Serving:

656 calories, 22g fat, 50g carbs, 50g protein



LUNCH

# Chicken Burrito Bowl

Redefining the Chipotle Bowl on our own terms. These mix-and-match bowls are another good choice for meal prepping. Cook an extra meat option, like ground bison, and an additional fiber-rich carbohydrate, like quinoa or black beans, and you can use the toppings and flavors to cover all of your lunches and dinners for the week.



Yields  
**4 Bowls**



Cook Time  
**1 Hour 20 Min**



Difficulty  
**Easy-Medium**



Serving Size  
**4 Portions**

## Ingredients

1 cups white or brown rice, uncooked  
4 chicken breasts, uncooked  
1 tbsp. grass-fed butter  
1 can low-sodium kidney beans  
1 cup frozen corn, thawed or heated  
½ red onion, diced  
½ cup scallions, diced small  
¼ cup cheese\* like Monterey Jack or Pepper Jack  
½ cup plain, full-fat yogurt (Greek or Skyr)  
1 cup lettuce, chopped fine  
1 tomato, diced  
½ cup cilantro. chopped

*\*Use raw cheese, if possible, for added probiotic benefits.*

## Directions

- 1 In a medium pot, bring 2 cups of water to a boil; stir in the butter and rice into the water. Cover, reduce heat to low, and simmer until the rice is tender, about 20 minutes.
- 2 Meanwhile, grease a skillet with coconut oil and turn heat to medium-high temperature. Rinse and pat the chicken breasts. Sprinkle each side of breast with the spices, then sear on skillet. Cook each side about five to eight minutes, or until cooked through. You can grill chicken or even use a rotisserie if you don't have the time.
- 3 When the rice is ready (it has absorbed all the liquid), stir in the juice from one whole lime, lime zest, cilantro and jalapeno into the cooked rice. Set aside.
- 4 Drain and rinse the kidney beans.
- 5 In each serving bowls, add about ½ cup cilantro-lime rice, and top with ¼ cup lettuce, ¼ cup corn, ¼ cup kidney beans, 1 tbsp. onions, 1-2 tbsp. tomatoes, 1 tbsp. cheese, 2 tbsp. Yogurt, 1 diced chicken breast and scallions for garnish. If using leftovers for meal prep, try to store the chicken and rice together and the vegetable toppings (corn, lettuce, onion and scallions together) and the yogurt, cheese and beans separate.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Contains Dairy, Nut Free

### Macros Per Serving:

506 calories, 11g fat, 60g carbs, 41g protein



LUNCH

# Ground Turkey Tacos

Yo quiero tacos! This recipe is easy to throw together when cooking for one or triple it for a dinner party. Some supermarkets even sell frozen, pre-sliced bell peppers if you want to skip the whole slicing-and-dicing step. You're welcome.



Yields

**6-8 Tacos**



Cook Time

**15-20 Minutes**



Difficulty

**Easy**



Serving Size

**2 Tacos**

## Ingredients

1 lb. ground lean turkey  
1 red bell pepper, thinly sliced  
1 yellow red pepper, thin sliced  
1 yellow onion, thinly sliced  
1 tbsp. chili powder  
1 tsp. smoked paprika  
1 tsp. garlic powder  
1 tsp. Himalayan salt  
½ tsp. cayenne pepper  
1 tbsp. coconut oil  
6-8 grain-free tortillas\*

## Taco toppings:

1 cup frozen corn\*\*  
¼ cup full-fat yogurt  
(makes recipes non-Paleo)  
1 avocado, sliced  
Salsa, if desired  
Lettuce or spinach, chopped fine

*\*We used coconut-cassava tortillas by Siete Foods.*

*\*\*Try fire-roasted frozen corn, we bought ours at Whole Foods Market.*

## Directions

- 1 In a large skillet on medium-high heat, add the onions and peppers. Cook until soften, about 5 minutes.
- 2 Add the ground turkey to the same skillet and break into pieces. Once the turkey starts to brown, add the spices and stir. Reduce the heat to medium-low as the turkey contains to cook and cover.
- 3 Meanwhile, prepare your toppings. Chop lettuce, defrost the corn and assemble the avocado, yogurt and salsa in small servings bowls. Or don't. If you are eating for one, you can just make the damn taco, and eat it.
- 4 The turkey pepper mixture is ready when the turkey is no longer pink, approximately 10 minutes of cooking.
- 5 Heat the tortilla for 5-10 seconds, add the turkey mix and toppings of choice. Enjoy immediately! If bringing to work or school for lunch, I suggest keeping the toppings separate from the meat and tortilla for freshness.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo (without yogurt)

### Macros Per Serving:

350 calories, 15g fat, 30g carbs, 23g protein



LUNCH

# Mediterranean Pita

Sometimes, you just don't feel like cooking anything. Rotisserie chicken is one of the better options among pre-cooked food. Add it to sandwiches, salads, wraps, and pitas for a no-cook meal in minutes.



Yields  
**1 Pita**



Cook Time  
**10 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Pita**

## Ingredients

½-¾ cup shredded rotisserie chicken  
1 ½ tbsp. Greek yogurt, full fat  
1 ½ tbsp. hummus\*  
3 black olives, sliced  
2 tbsp. cucumber, sliced thin  
2-3 grape tomatoes, sliced thin  
1 tbsp. red onion, sliced thin  
1 tbsp. feta cheese, crumbled  
2 tsp. fresh dill\*\*  
½ lemon  
Extra virgin olive oil, drizzle  
Black pepper, to taste  
Himalayan salt, to taste  
1 whole wheat pita\*\*\*

*\*Whenever you see locally made hummus at the grocery store, you buy it. Local anything is always better.*

*\*\*Your favorite fresh herbs of choice work here. I'd recommend dill, parsley or basil.*

*\*\*\*We used Whole Foods Market Old World Pocket Pita Breads in whole wheat. Always look at the ingredients label before you buy. There shouldn't be more than 4-5 ingredients, and the first ingredient should be "whole wheat flour" or "stone ground whole wheat." Avoid "enriched wheat" at all costs. To check other product, check out this resource for rating food products: [www.Fooducate.com](http://www.Fooducate.com).*

## Directions

- 1 Heat the pita, if desired, on the stovetop for 1-2 minutes or in the microwave for 10-20 seconds.
- 2 Spread the yogurt on one half of the pita and the hummus on the other half (same side). Top the same side with crumbled feta.
- 3 On one half of the pita, add the shredded chicken. Top with dill and red onion. In the center, to the right of the chicken, line the tomatoes, cucumbers and olive slices (Lining is not necessary, but it sure looks pretty in photos; you can sprinkle these instead).
- 4 Drizzle EVOO, fresh lemon juice, salt and pepper to taste on top. Fold over and enjoy!

## Nutrition Info & Macros

### Dietary Information:

Nut Free, Contains Dairy & Gluten

### Macros Per Serving:

700 calories, 30g fat, 70g carbs, 45g protein



LUNCH

# Tuna Poke Poke

This Pinterest-worthy bowl will definitely have you coming back for seconds. You can easily switch out the type of rice, and try to buy sustainably-caught or wild tuna when possible.



Yields

**4-5 Poke bowls**



Cook Time

**15 Minutes**



Difficulty

**Easy**



Serving Size

**½ rice + 4-6 oz. tuna**

## Ingredients

1.5 lbs fresh sushi-grade wild tuna\*  
2 cups white basmati rice, cooked  
1 tbsp. low-sodium soy sauce\*\*  
1 ½ tbsp. coconut Aminos (Bragg's liquid aminos works too)  
1 ½ tsp. organic sesame oil  
1 tsp. rice vinegar  
2 tsp. sesame seeds  
1 tsp. red pepper flakes  
4 small cucumber, diced  
3 small carrots, diced  
¼ cup red onion, diced  
1 semi-firm avocado, sliced  
1 lime, cut into wedges  
Scallions, chopped for garnish  
Sriracha, optional  
Seaweed salad, optional\*\*\*

*\*Make sure you are buying the freshest fish. You should make this the day you buy the fish.*

*\*\*You can substitute liquid or coconut aminos for the soy sauce to make this recipe gluten free.*

*\*\*\*You can find seaweed salad in the sushi section of most supermarkets.*

## Directions

- 1 In a large mixing bowl, add the soy sauce, liquid or coconut aminos, sesame oil, vinegar, red pepper, diced cucumber, diced carrots, and red onion. Mix until combined. Set aside.
- 2 Cut the tuna in ½" cubes. Lightly toss the tuna cubes in the marinade. Place in fridge for 5 minutes.
- 3 Add rice to servings bowls. Top with tuna poke, seaweed salad, and avocado slices. Garnish with scallions. Serve with a lime wedge and sriracha for an extra kick.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if using Aminos only), Pescetarian, Dairy & Nut Free

### Macros Per Serving:

395 calories, 9g fat, 33g carbs, 45g protein

Although tuna has been shown to have a higher concentration of mercury, that doesn't mean you need to avoid it all together--only if you're pregnant. Our bodies have a natural detoxification process that releases heavy metals from our system. If you have a healthy gut (why you should always eat those probiotics), consume plenty of healthy fats (think avocado & olive oil), support your liver detoxification with B vitamins, drink plenty of water, and sweat (exercise), your body will take care of the rest.



DINNER

# Gluten-free Pesto Pasta with Chicken

Who said you can't eat pasta and lose weight while you're at it? Not us. Here's a great gluten-free pasta dish you're going to love to cook (mainly because it's that easy).



Yields

**2 Servings**



Cook Time

**25 Minutes**



Difficulty

**Easy**



Serving Size

**~ 1 cup pasta + chicken**

## Ingredients

8-10 oz. chicken breast (~2 small breasts),  
chopped into large chunks  
2 oz. uncooked quinoa pasta\*  
1 ½ cups sliced Portobello mushrooms  
2 tbsp. sundried tomato  
1 tbsp. minced garlic  
½ tbsp. olive oil for sautéing  
slivered almonds for garnish, optional

## Pesto recipe:

1 cup spinach  
½ cup fresh basil leaves  
2 tbsp. grated parmesan cheese  
2 tbsp. almond slivers (walnuts or pine  
nuts work well too)  
½ tbsp. minced garlic  
½ lemon, fresh squeezed juice  
1 ½ tbsp. extra virgin olive oil  
Himalayan salt, to taste  
Black pepper, to taste

*\*We used Ancient Harvest Gluten-free Rotelle  
Quinoa Pasta.*

## Directions

- 1 In a small pot of boiling water with salt, boil the pasta for 6 to 8 minutes; no more. Forewarning, this particular pasta can become mush real fast.
- 2 Meanwhile, add the garlic and olive oil to a large sauté pan on medium heat. When the garlic starts to turn light brown, add the chicken and stir. After about 3 to 5 minutes, add the mushrooms.
- 3 The pasta is probably finished by now, so we included it in a step as a friendly reminder to remove it from the heat and strain out the water. Meanwhile in the sauté pan, add in the sundried tomato slices and cooked pasta. Remove from the heat.
- 4 Add in all the pesto ingredients, except for the olive oil, into a blender or food processor. Pulse until ingredients are finely chopped then stream in the olive oil. Blend until smooth. Then add the pesto to the pasta pan and lightly toss to evenly coat. Makes two servings, so enjoy with friends, family or save it the extras for lunch the next day.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if gluten-free pasta are used),  
High Fiber, Contains Nut & Dairy

### Macros Per Serving:

464 calories, 24g fat, 31g carbs, 31g protein



DINNER

# Mexi Turkey Burger

You can play up any burger by mixing in chopped veggies, fresh herbs and a little cheese to the ground meat when making the patties. Check the packaging of the ground turkey for the best quality; look for “organic,” “no antibiotics,” or “raised without antibiotics” on the label when possible.



Yields

**4 Burgers**



Cook Time

**20 Minutes**



Difficulty

**Easy**



Serving Size

**1 Burger**

## Ingredients

1 lb. all-natural ground turkey, lean (93/7)  
1 cup frozen organic corn, thawed  
1 red bell pepper, diced  
¼ cup red onion, diced  
½ cup cilantro, chopped  
¼ cup parmesan cheese  
1 egg, pasture raised  
1 tsp. Himalayan salt  
¼ tsp. cayenne pepper  
1 tsp. chili powder  
½ tsp. garlic powder

## Burger toppings, optional:

4 whole wheat or whole grain buns\*  
¼ avocado, sliced  
⅛ red onion, sliced in rounds  
½ tomato, sliced  
Lettuce  
No-sugar-added ketchup,  
or condiment of choice

*\*We used Food For Life Sprouted Whole Grain  
Burger Buns.*

## Directions

- 1 Preheat a large pan or skillet on medium heat, spray with coconut oil or lightly grease with butter.
- 2 In a large mixing bowl, add all the ingredients for the burger (not the toppings). Using (clean) hands, mush and mix it all together.
- 3 Form 4 burger patties. The patties should be about ½" wider than the buns; it cooks down. Also, place your thumb in the center of each patty to make a slight indent. Burgers inflate slightly as they cook, so this will give a nice flat finished patty.
- 4 Place each patty on the skillet, cook for about 5 to 7 minutes per side then flip.
- 5 Lightly toast the buns. Add condiments, top with a cooked burger patty, then add the avocado slices. Serve with toppings of choice.

## Nutrition Info & Macros

### Dietary Information:

Nut Free

### Macros Per Serving:

267 calories, 12g fat, 12g carbs, 26g protein



DINNER

# Caprese Burger

Our two favorite things in one bite. Bison, or buffalo, is leaner and higher in Omega-3, B vitamins and some minerals than its lean beef counterpart. Win-win.



Yields

**4 Burgers**



Cook Time

**20 Minutes**



Difficulty

**Easy**



Serving Size

**1 Burger**

## Ingredients

1-lb. ground bison  
½ tsp. Himalayan or iodized salt  
¼ tsp. black pepper  
4 sundried tomatoes, diced  
(plus a few for garnish)  
1 mozzarella ball, sliced into  
½" thick slices  
1 cup mixed greens  
4 sprouted grain buns

### Burger toppings, optional:

2 tbsp. Dijon mustard  
1 tsp. extra virgin olive oil  
3 tsp. balsamic vinegar  
½ tbsp. raw, unfiltered honey  
Salt, to taste  
Pepper, to taste

## Directions

- 1 In a medium mixing bowl, add the ground bison, salt, pepper and diced sundried tomatoes. Mix with clean hands, and form 4 burger patties, about ½" wider than the bun, and gently press an indent in the center.
- 2 Lightly grease pan or skillet with olive oil. You can also grill the burgers. Cook for about 5 minutes per side and flip.
- 3 While the burgers cook, stir the balsamic-mustard ingredients in a small bowl. Set aside.
- 4 Toast the buns in the oven. For the last 2 minutes, add one slice of mozzarella to the top half of the bun to allow it to melt slightly. Remove from oven.
- 5 Spread the balsamic mustard on the bottom half bun. Top with ¼ cup mixed greens, the burger patty, sundried tomatoes and the top bun (with the mozzarella). Serve warm!

## Nutrition Info & Macros

### Dietary Information:

Nut Free, Contains Gluten & Dairy

### Macros Per Serving:

505 calories, 19g fat, 53g carbs, 38g protein



DINNER

# Live Sliders

If you could get your daily dose of probiotics from a burger, would you do it? That was a rhetorical question. Of course you would! The yogurt, sauerkraut and raw cheese are all probiotic-rich foods you should include in your daily nutrition when possible.



Yields

**8 Sliders**



Cook Time

**25 Minutes**



Difficulty

**Easy-Medium**



Serving Size

**2 Sliders**

## Ingredients

1-lb grass-fed beef  
½ tsp. garlic powder  
¼ tsp. cumin  
½ tsp. Himalayan or iodized salt  
¼ tsp. black pepper  
8 whole wheat or sourdough slider buns  
2 tsp. grass-fed butter

## Ingredients ("Live" toppings)

### Chipotle Yogurt Spread:

½ cup plain Skyr or Greek yogurt, full fat  
3 chipotle peppers in adobo (canned)  
½ fresh lemon juice  
2 tbsp. no-sugar-added ketchup  
Himalayan salt, to taste

### Additional Toppings:

Raw, unpasteurized cheese  
Sauerkraut  
Pickle

*"We used Smoky Kale and Red Beet & Cabbage  
by Wildbrine.*

## Directions

- 1 Preheat skillet to medium-high heat and lightly grease with rendered bacon fat or grass-fed butter, about 1 tsp. In a medium mixing bowl, add the ground beef and spices.
- 2 Mix together using clean hands. Form into small patties, about 2 oz. each (half the size of a normal patty). They should be about ½" bigger than the buns. Gently make an indent in the center of each with your thumb.
- 3 Add patties to the skillet. Cook for about 2 minutes per side. Add raw cheese slice the last 1 minute of cooking. Remove from heat and set aside when finished.
- 4 Meanwhile, in a small food processor or blender, add the chipotle spread ingredients. Pulse until smooth.
- 5 Lightly toast the slider buns. Top each bun with chipotle spread, then the burger, sauerkraut and the other bun. Enjoy!

## Nutrition Info & Macros

### Dietary Information:

High Probiotics, Nut Free, Contains Dairy & Gluten

### Macros Per Serving:

376 calories, 15g fat, 30g carbs, 30g protein



DINNER

# Coconut Cashew Bison Bowl

Bison is leaner than beef, and this is probably the tastiest way to eat kale you'll ever find.



Yields  
**1 Bowl**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Portion**

## Ingredients

6 oz. ground bison, uncooked  
2 cups raw kale, chopped  
½ cup cooked quinoa  
¼ sweet onion, sliced thinly  
1 tbsp. unsweetened coconut flakes  
1 tbsp. roasted cashews  
1 tsp. curry powder  
1 tsp. turmeric powder  
1 tsp. ginger paste (½ tsp. fresh ginger)  
1 tsp. diced garlic  
½ tsp. Himalayan salt  
½ tsp. mustard seed powder  
¼ tsp. red chilli pepper flakes  
1 tbsp. extra virgin olive oil

## Directions

- 1 In a large saute pan on medium heat, add the olive oil, diced garlic and sliced onion. Stir and cook for about 5 minutes, or until the onions caramelize.
- 2 Add the ground bison, break up the meat and cook to start browning the meat. Stir in the ginger paste, salt, pepper flakes, mustard seed powder, curry powder and turmeric powder. Once the bison is about halfway cooked, add the chopped kale. Cover for 5 minutes to allow the kale to wilt, and stir.
- 3 Serve over quinoa. Top with toasted cashews and coconut flakes.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Contains Nuts, Dairy Free

### Macros Per Serving:

1207 calories, 52g fat, 88g carbs, 59 g protein



DINNER

# Peanut Pad Thai with Kelp Noodles & Shrimp

Kelp noodles are made from raw seaweed, and they require no cooking to prepare. Simply rinse, drain and eat! This is a great gluten-free alternative to pasta, much like spaghetti squash and Shirataki noodles. Kelp is also high in iodine which helps to regulate thyroid functions, and has little flavor so it can substitute it for spaghetti in most recipes.



Yields

**2 Servings**



Cook Time

**15-20 Minutes**



Difficulty

**Easy**



Serving Size

**1 Bowl**

## Ingredients

2 cups kelp noodles, rinsed  
12 jumbo shrimp  
1 red bell pepper, thinly sliced  
1 large carrot, julienned  
2 tbsp. sesame or avocado oil  
1 tbsp. all-natural peanut butter  
1 tsp. Sriracha  
1 tbsp. low-sodium soy sauce or Bragg's Liquid Aminos  
1 tbsp. apple cider vinegar  
1 tbsp. filtered water  
½ tbsp. raw honey  
2 cloves garlic, minced  
1 tsp. fresh ginger, minced  
½ tsp. chili powder  
½ cup mung bean sprouts  
½ lime, garnish  
Fresh cilantro, garnish  
Fresh lemongrass, garnish  
Chopped peanuts, garnish

## Directions

- 1 In a small bowl, whisk together the peanut butter, sriracha, soy sauce, vinegar, water, honey and chili powder.
- 2 In a large pan or wok, add the oil, garlic and ginger. Cook on medium-high heat for about 1 minute, then add the sliced bell pepper, julienned carrot and shrimp.
- 3 Stir fry and cook for about 3 minutes, making sure the shrimp is cooked but not overcooked. Remove from heat, and add the noodles, mung beans and the peanut sauce.
- 4 Toss together to fully coat. Divide into 2 servings bowls, and garnish with cilantro, lemon grass and chopped peanuts. Serve warm.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if liquid aminos used)

### Macros Per Serving:

346 calories, 20g fat, 21g carbs, 22g protein



DINNER

# Curried Cauliflower Fried Rice

Tastes just like fried rice, but without the carbs (and shame). Just kidding, we LOVE CARBS! Here's just an alternative to our favorite Asian-inspired side dish.



Yields

**4 Servings**



Cook Time

**25 Minutes**



Difficulty

**Easy-Medium**



Serving Size

**1 Serving**

## Ingredients

1-lb. ground grass-fed beef

1 large head of cauliflower

1 zucchini, diced

1 squash, diced

1 carrot, diced

1 onion, diced

3 large eggs

1-2 tsp. sriracha

1 tbsp. Bragg's Liquid Aminos

1-2 tbsp. coconut oil\*

Spices: ½ tsp. ginger, 1 tsp. curry powder, 2 tsp. turmeric, 1 tsp. mustard seed powder

*\*Look for unrefined, cold-pressed and extra virgin*

## Directions

- 1 In a very large sauté pan on medium heat, add 2 tsp. coconut oil and diced onion. Stir until onions caramelize (2-5 minutes). Add the beef, break into pieces, and stir. Season with salt and pepper.
- 2 While the beef is cooking, de-stem and chop the cauliflower into smaller florets. Then add to food processor, and pulse in 5 second increments until rice-size pieces form. If you pulse continuously, it will quickly turn more mushy less rice-like consistency, so stick to short increments.
- 3 When the beef has browned, remove from pan, and set aside. Drain any excess liquid from the pan and return to stovetop.
- 4 Add ½ tbsp. coconut oil, and the diced carrots, zucchini and squash. Make sure the vegetables are diced about the same size in order to cook evenly. Frozen peas are an easy add-in here too! Stir and cook until the vegetables soften, about 5 to 8 minutes.
- 5 Then add the cauliflower "rice," all the spices, Bragg's Liquid Aminos and Sriracha to taste. Stir and let flavors develop for 1-2 minutes.
- 6 Make a little hole in the middle of the "rice" and add 3 eggs. Scramble the eggs in the center. Once the eggs are scrambled, mix together with the vegetables in the sauté pan. Serve with the ground beef on top.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Low Carb, Nut Free

### Macros Per Serving:

385 calories, 21g fat, 16g carbs, 33g protein



DINNER

# Spicy Shrimp over Cheesy Cauli-Mash

It seems like we're obsessed with cauliflower, and the truth is, we are. This cruciferous vegetable is so versatile that you can easily consume two to three servings of vegetables in one meal without having to force it down your throat. An additional delicious side to serve with this dinner is Smoky Sautéed Kale on pg. 53.



Yields

**4 Servings**



Cook Time

**25 Minutes**



Difficulty

**Easy**



Serving Size

**1/4 Recipe**

## Ingredients

1 lb. uncooked shrimp, peeled  
½ tsp. Himalayan or iodized salt  
½ tsp. cayenne pepper  
½ tsp. smoked paprika  
1 tbsp. extra virgin olive oil  
1 tbsp. avocado oil  
2 cloves garlic, diced  
½ yellow onion, sliced thin  
1 red bell pepper, sliced thin  
1 yellow bell pepper, sliced thin  
Fresh cilantro, garnish

## Directions

- 1 In a medium bowl, add the shrimp and toss with the oil and spices. Set aside.
- 2 In a skillet on medium heat, add 1 tbsp. avocado oil or grass-fed butter, garlic, onion, and sliced peppers. Cook until vegetables begin to soften, about 3 minutes.
- 3 Add in the shrimp. Stir and cover for 3-5 minutes.
- 4 Serve on top of cauli-mash, and garnish with fresh cilantro if desired.

*\*For the cauliflower mash recipe, see pg. 36*

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Low Carb, Contains Shellfish, Nut Free, Contains Dairy (in Cauli-Mash)

### Macros Per Serving (without cauli-mash):

124 calories, 2g fat, 7g carbohydrates, 20g protein

### Macros Per Serving (with cauli-mash):

201 calories, 5g fat, 14g carbohydrates, 25g protein



DINNER

# Ginger Sesame Salmon

Here's a delicious twist on salmon, which is one of the richest dietary sources of Omega-3 fatty acids, specifically EPA and DHA.



Yields

**4 Servings**



Cook Time

**30 Minutes**



Difficulty

**Easy**



Serving Size

**1 Filet**

## Ingredients

1 lb. salmon, wild caught  
(best when fish is fresh, not frozen)  
1 tsp. butter

### Ginger Sesame Marinade:

½ tbsp. low-sodium soy sauce  
½ tbsp. coconut or liquid aminos  
1 tbsp. raw, unfiltered honey  
3 garlic cloves, diced  
1 tsp. sesame seeds  
1 tsp. fresh ginger, minced

## Directions

- 1 Preheat oven to 400 degrees Fahrenheit.
- 2 Filet the salmon into individual serving sizes, about 4 oz. filets. Add to a dish or Pyrex, set aside.
- 3 Mix marinade ingredients together in a small bowl. Pour over the salmon filets, marinate in fridge for 15 minutes.
- 4 Transfer to a baking pan. Add the salmon filets. Pour excess marinade on top. Bake for about 15 minutes. Serve with your favorite side dish.

## Nutrition Info & Macros

### Dietary Information:

Nut Free, Dairy Free

### Macros Per Serving:

256 calories, 17g fat, 7g carbs, 19g protein



DINNER

# Southwestern Turkey Stuffed Sweet Potato with Avocado Crema

This is a perfect recipe to make for a party to wow your friends and family. The avocado crema made with yogurt is a sneaky way to add probiotics to an unusual suspect, while providing healthy monounsaturated fats to balance out a lean dish.



Yields

**4 stuffed halves**



Cook Time

**40 Minutes**



Difficulty



**Medium**



Serving Size

**1 Half**

## Ingredients (stuffed potato)

2 large sweet potatoes  
1 lb. ground turkey  
½ diced red onion, diced  
1 red bell pepper, diced  
½ cup frozen corn  
1 15-oz. can black beans, drained & rinsed  
½ tsp. Himalayan salt  
½ tsp. chili powder  
¼ tsp. cayenne pepper  
Jalapeno, optional  
½ tbsp. coconut oil or rendered bacon fat\*

*We are big fans of saving the bacon grease in a small tupperware. You can use it to add flavor in the place of cooking oil whenever you feel like it.*

## Ingredients (avocado crema)

1 avocado  
½ cup Greek or Skyr yogurt, plain & full fat  
1 tsp. raw, unfiltered honey  
¼ cup fresh cilantro  
½ lime  
½ tbsp. extra virgin olive oil  
¼ tsp. Himalayan or iodized salt  
½ jalapeno  
4 lime wedges, garnish  
Chopped cilantro, garnish

## Directions

- 1 Preheat oven to 400 degrees Fahrenheit on convectional bake. Slice sweet potatoes in half lengthwise. Line a sheet pan with parchment paper, lightly coat each half of sweet potato with coconut oil (or, I used rendered bacon grease). Lay flat side down, and cook for 30-35 minutes.
- 2 Meanwhile, in a large saute pan or cast-iron skillet, add oil or bacon fat and onions. Cook on medium for about 2 minutes, until soften, then add the diced pepper. If you like a kick, add the diced jalapeno (make sure to remove the seeds; that's where the heat is concentrated). Cook for an additional 2-3 minutes.
- 3 Add the ground turkey and spices to the skillet. Break up the pieces and allow the turkey to brown. When the turkey is almost completely cooked, add the frozen corn and black beans. Stir, cook for 2-3 minutes, then remove from heat and set aside.
- 4 In a blender or food processor, add the avocado crema ingredients. Pulse until combined.
- 5 Remove the sweet potatoes. Let cool. Scoop out about ¾ of the inside. Save for a mash or a nice addition to protein shakes later. Scoop the turkey mix into the sweet potato. Top with a dollop of the avocado crema. Garnish with cilantro and dash of cayenne pepper.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo (without the crema)

### Macros Per Serving:

470 calories, 15g fat, 51g carbs, 35g protein



DINNER

# Chilean Sea Bass Powerhouse Salad

Making a bomb-delicious and meal-worthy salad is an art form. This loaded salad is filling and tasty, not like something your mom forced you to eat as a kid.



Yields  
**1 Salad**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Salad**

## Ingredients

- 5 cups arugula
- 2 Chilean sea bass fillets
- 1 cup cooked quinoa
- 1 cup canned chickpeas, drained & rinsed
- ½ cup goji berries
- ½ cup toasted pumpkin seeds
- ½ avocado, sliced
- ¼ red onion, sliced thinly
- ⅓ cup feta cheese

## For the dressing:

- 3 tbsp. extra virgin olive oil
- 1 tsp. raw honey
- 1 whole lemon, juice
- 1 tsp. Dijon mustard
- 1 tsp. dried oregano
- 1 tsp. mustard seed powder
- Himalayan salt, to taste
- Black pepper, to taste

## Directions

- 1 Rinse and thoroughly pat dry the fillets.
- 2 In a small bowl, whisk together the dressing ingredients. Set aside.
- 3 Lightly grease a skillet with 1 tsp. butter. Heat on medium-high. Once the pan is hot, add the sea bass fillets, skins side down. Press slightly on the fillets to get a nice crispy sear on the edges. Cook about 3 to 4 minutes per side.
- 4 Meanwhile, assemble the salads. Get two large bowls, and divide the arugula. Organize the toppings or simply sprinkle half on top of each.
- 5 Place one fillet on top of each salad. Drizzle with the homemade lemon vinaigrette. Garnish with a lemon wedge.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Pescetarian

### Macros Per Serving:

955 calories, 60g fat, 60g carbs, 50g protein

## Steps for building the best salad ever:

- Choose a base. The darker leafy vegetables are generally more nutrient dense. Vary the types of greens you use. Sure spinach and kale is great, but why not branch out to arugula, watercress, and collards? You'll get more nutrients that way, hint hint, nudge, nudge.
- Pick a protein. Try to vary the sources of meat you eat too. If you had chicken last time, add wild salmon or tuna.
- Add textures. Think unsweetened dried fruits for sweetness, nuts or seeds for crunch, a little cheese for a salty touch, and grains or beans for fiber-rich carbohydrates. Also, think about repurposing meal-prepped roasted veggies for more flavor. My go-to additions lately have been sliced red onion, hearts of palm, pinch of feta, sprouted pumpkin seeds, and dried tart cherries. Yum!
- Dress subtly. The dressing should bring out the flavors in the salad, not suffocate it. Try blending acidity like citrus juice or vinegars with high-quality oils like extra virgin olive oil or MCT oil.
- Garnish. Top with any fresh herbs you have lying around. Herbs add lots of flavor, nutrients, and make any dish look fancy AF.



DINNER

# Butternut Squash Soup

The perfect fall soup that doesn't really require much oversee.  
Prep, slow cook, blend. That's it.



Yields  
**4 Cups**



Cook Time  
**15 Min Prep**  
3-4 hours on low,  
5-6 hours on high



Difficulty  
**Easy**



Serving Size  
**1 Cup**

## Ingredients

2 small butternut squash, peeled & cubed  
1 large sweet potato, peeled & cubed  
1 tsp. fresh ginger (or ½ ginger powder)  
2 cups chicken or vegetable broth  
4 cloves garlic  
½ tsp. Himalayan salt  
1 tsp. turmeric powder  
½ tsp. smoked paprika  
¼ tsp. cayenne pepper  
Pumpkin seeds

## Directions

- 1 Add butternut squash, sweet potato, garlic and broth to a slow cooker overnight (on low ~5-6 hours).
- 2 Add the cooked butternut squash mixture to a high-powered blender. Then add 1 tsp turmeric, 1/2 tsp smoked paprika, 1/4 tsp cayenne pepper & 1/4 tsp ginger powder. Blend until desired consistency is achieved. 2 minutes for smooth, 30 seconds of short pulses for chunky.
- 3 Top with pumpkin seeds, chopped basil, and a dollop of plain Skyr or Greek yogurt (optional). Serve with protein of choice.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo, Vegetarian (if vegetable broth used)

### Macros Per Serving:

120 calories, 2g fat, 23g carbs, 5g protein



DINNER

# High-Protein Sweet Potato Chili

In the pantheon of great all-purpose recipes, chili has to rank in the Top 10. It works as lunch, dinner, a snack, a side, and has so many variations that there's something for everyone. Not to mention, if you have a slow cooker, it requires no cooking talent to make a delicious meal.



Yields

**4-6 Servings**



Cook Time

**15 Min Prep**

3-4 hrs. on high,

5-6 hrs. on low



Difficulty

**Easy**



Serving Size

**1/4 Recipe**

## Ingredients

1 pound ground turkey or grass-fed beef  
½ pound boneless, skinless chicken breast,  
cut into 1" cubes  
3 jerky bars, diced\*  
3 medium sweet potatoes, diced  
28 oz. can tomatoes  
1 large sweet onion, diced  
¼ cup chopped celery  
2 cups water or chicken stock  
2 diced jalapeno peppers  
2 tbsp. chili powder  
2 tsp. cumin  
2 tsp. salt  
1 tsp. ground black pepper  
1 tsp. cayenne pepper  
1 tbsp. garlic powder  
2 tsp. smoked paprika  
1 can black beans, drained and rinsed  
1 tbsp. coconut oil  
1 can kidney beans, drained and rinsed

## Directions

- 1 Chop up all the vegetables. (Boring but necessary).
- 2 Place sweet potatoes, tomatoes, onion, celery, water, chili powder, cumin, jalapenos, salt, black pepper, cayenne pepper, garlic powder, and smoked paprika in a slow cooker.
- 3 Heat a large skillet over medium-high heat, brown the ground meat, until ¾ way cooked. Add to slow cooker.
- 4 In the same pan on medium-heat, cook the chicken cubes for 5 to 10 minutes, until you no longer see pink (it doesn't have to be fully cooked; the slow cooked will do the rest.) Add chicken cubes to the slow cooker.
- 5 Add the beans and the diced jerky to the slow cooker. Stir to combine flavors. Cook on low for 3 to 4 hours, or on high for 5 to 6 hours.
- 6 Top with avocado slices, green onions and yogurt if desired. Eat and be satisfied.

## Optional Toppings:

Avocado

Full-fat plain Greek or Skyr yogurt  
(tastes just like sour cream, we promise)

Diced green onions

*We are big fans of saving the bacon grease in a small tupperware. You can use it to add flavor in the place of cooking oil whenever you feel like it.*

## Nutrition Info & Macros

### Dietary Information:

Paleo, High Protein, Nut free, Dairy free (without the yogurt)

### Macros Per Serving:

465 calories, 15g fat, 47g carbs, 38g protein



DINNER

# Baked Bison Fajitas

You can replicate this recipe and substitute the bison for beef and chicken too.



Yields  
**1 Fajita**



Cook Time  
**40 Minutes**  
(plus fridge time)



Difficulty  
**Medium**



Serving Size  
**1 Fajita**

## Ingredients

1-lb. bison steak, sliced in 1" thick strips  
3 bell peppers, any color, thinly sliced  
1 red onion, thinly sliced  
2 tbsp. avocado oil, unrefined  
2 tsp. smoked paprika  
½ tsp. cayenne pepper  
1 tbsp. chili powder  
1 tsp. garlic powder  
½ tsp. Himalayan salt

## Directions

- 1 Preheat oven to 375 degrees Fahrenheit.
- 2 Add the bison strips, sliced peppers, onions to a large Pyrex or baking pan. Sprinkle the spices and oil on top. Toss to coat. Cover with aluminum foil, and bake for 30 to 35 minutes.
- 3 Meanwhile, assemble the toppings in servings bowls. Lightly heat the tortillas in the oven for 30 seconds.
- 4 Remove fajita mixture from oven. Let cool and mix-n-match with toppings to create flavorful options! The leftovers can stay in the fridge for up to 5 days.

## Tortillas & Toppings:

8 corn or grain-free tortillas\*  
2 cups lettuce, shredded  
1 avocado, sliced  
½ cup chopped cilantro  
⅓ cup crumbled cotija cheese  
½ cup plain Skyr yogurt, full fat  
(in place of sour cream)

*\*We used Siete's coconut cassava tortillas and Food For Life sprouted corn tacos.*


## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Nut Free, Contains Dairy

### Macros Per Serving:

245 calories, 11g fat, 18g carbohydrates, 18g protein



SIDES & APPS

# Loaded Sweet Potato Skins

The perfect appetizer to make for your next party or Sunday Night Football.



Yields  
**8 Potato Skins**



Cook Time  
**1 Hour 15 min**



Difficulty  
**Easy-Medium**



Serving Size  
**1 Skin**

## Ingredients

4 large sweet potatoes  
½ sweet onion, sliced thinly  
4 cups baby spinach  
2 chicken sausage links\*, chopped into chunks  
3 tbsp. goat cheese  
½ tbsp. extra virgin olive oil  
Himalayan salt, to taste

*\*We used Andouille chicken sausage at 6g fat*

## Directions

- 1 Preheat oven to 400 degrees Fahrenheit. Then thoroughly wash the outside of the sweet potatoes. Pierce each one a couple times with a fork. Assemble on a baking sheet—lined with aluminum foil for easy clean up—and bake for 45-55 minutes, depending on the size of the sweet potatoes. You know they're done when a fork can easily pierce through the center. Remove from oven, and let cool for at least 20 minutes. Don't turn the oven off just yet. Put on high broil once you spoon out the potato skins.
- 2 Meanwhile, while the sweet potatoes cool, you can chop the onion and sausage.
- 3 In a sauté pan, add the olive oil and sausage on medium heat. Once the sausage starts to brown, add the onions. Stir and allow the onions to begin to caramelize, and then add the spinach. When the spinach is all wilted, remove from heat and set aside.
- 4 When the sweet potatoes are cool, cut them each in half. Using a spoon, carve most of the sweet potato "meat" into a bowl. You can make a great mash or use this in your protein shakes later so don't worry. Assemble the skins back on the baking sheet pan.
- 5 Once you have created 8 sweet potato boats, stuff them with the sausage-spinach mixture. Crumble the goat cheese on top of each.
- 6 On high broil, cook for about 3 minutes, checking to ensure you do not burn the skins! This is a perfect appetizer you can eat with your hands that will be sure to please any hungry football or party crowd. Enjoy!

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Contains Dairy, Nut Free

### Macros Per Serving:

129 calories, 4g fat, 20g carbs, 6g protein



SIDES & APPS

# Sweet & Spicy Sweet Potato Wedges

A burst of sweet, salty, spicy goodness in every bite, with a texture that's crunchy on the outside yet soft and moist on the inside.



Yields  
**8 Servings**



Cook Time  
**45-55 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Serving**

## Ingredients

4-6 medium size sweet potatoes  
(tip: try to buy the longer, thinner  
potatoes for easier cutting)

1 tbsp. avocado oil

1 tsp. garlic powder

1 tsp. Himalayan salt

½ tsp. ground cinnamon

¼ tsp. cayenne pepper

½ tsp. smoked paprika

½ tsp. nutmeg

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit. Cut potatoes lengthwise. Cut again lengthwise. Then cut into 1/2" strips "fry shape." Spread flat on baking sheet.
- 2 Pour avocado oil on "fries." Sprinkle spices all over. Toss the fries.
- 3 Place in 350-degree oven for 35-40 minutes. To get the extra crisp, broil for 3-5 minutes. Be sure to watch closely so they don't burn. Serve with your favorite protein and vegetable dish for a balanced meal.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Paleo, Vegan, Nut Free, Dairy Free

### Macros Per Serving:

117 calories, 2g fat, 24g carbs, 2g protein



SIDES & APPS

# Herb Roasted Red Potatoes

Simple is delicious. Don't be fooled by the long cook time here. It won't take long to prep these, then your oven does the rest.



Yields  
**4 Servings**



Cook Time  
**60 Minutes**

★☆☆ Difficulty  
☆☆☆ **Easy**



Serving Size  
**4 Servings**

## Ingredients

1 ½ lbs. red skin potatoes  
1 tbsp. avocado oil, unrefined  
1 tbsp. extra virgin olive oil  
¾ tsp. Himalayan or iodized salt  
¼ tsp. black pepper  
1 tbsp. minced garlic  
1 tbsp. fresh rosemary  
1 tbsp. fresh thyme  
1 tbsp. fresh parsley

## Directions

- 1 Preheat oven to 400 degrees Fahrenheit. Line a sheet tray with parchment paper.
- 2 Rinse and quarter the potatoes. Toss potatoes in both oils, salt, pepper, garlic and herbs.
- 3 Spread flat on sheet tray. Roast for 50 to 60 minutes, or until the sides are golden brown and crispy. Mix around every 20 minutes to ensure even roasting.
- 4 Garnish with extra chopped parsley.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Vegan, Paleo, Dairy Free, Nut Free

### Macros Per Serving:

230 calories, 7g fat, 40g carbs, 5g protein

A close-up photograph of several muffin bites. The top bite is covered in a thick, golden-brown, melted cheese sauce with visible chunks of sweet potato and small pieces of bacon. The bottom bite shows a layer of cooked macaroni pasta topped with a crumbly, golden-brown breadcrumb or panko coating. The muffins are in light-colored paper liners.

SIDES & APPS

# Sweet Potato Mac 'N' Cheese with Bacon

Hey, this may not be the healthiest recipe in the book, but it's freaking delicious and a much better alternative. Not only did we cut down on the calories and sneak in fiber, but we also removed the need for chemically infused Velveeta by using real cheeses and sweet potato. We call that a win! You don't need to make it into muffin bites; simply add to a Pyrex and bake.



Yields  
**12 Bites**



Cook Time  
**25 Minutes**



Difficulty  
**Easy-Medium**



Serving Size  
**1 Bite**

## Ingredients

1 lb. sweet potato, peeled and cubed into 1" pieces  
2 cups gluten-free pasta shells\*  
1 cup organic whole milk  
½ cup reserved pasta water (from boiling pasta)  
4 tbsp. unsalted, grass-fed butter  
3 tbsp. Paleo flour\*\*  
¼ cup goat cheese  
¾ cup reduced-fat shredded cheddar cheese  
¼ cup shredded Parmigiano-Reggiano  
4 slices bacon, uncured & nitrate-free (cooked ahead)  
Salt & pepper, to taste  
1 tsp. smoked paprika  
Muffin trays

*\*We used brown rice shells by Tinkyada.*

*\*\*We used the Paleo Flour by Bob's Red Mill.*

## Directions

- 1 Preheat oven to 400 degrees Fahrenheit, and line muffin pans or lightly grease. Cook bacon on a sheet pan lined with parchment paper.
- 2 In a large pot, bring water to a boil, and add the sweet potato cubes. Boil until you can easily pierce each piece with a fork, about 10 minutes. Remove sweet potato cubes, but you can keep the same water for boiling the pasta shells.
- 3 Mash the sweet potatoes with a fork, and set aside.
- 4 In a large saute pan, add the butter and flour. Whisk to emulate a roux, then remove from heat and whisk in the milk. When the milk has thickened, slowly add in the cheeses, salt, pepper and paprika. Go easy on the salt, as the cheeses already have salt. Once melted, add the mashed sweet potato to the cheese mixture.
- 5 Meanwhile, re-boil the water and add the pasta. Do not overcook the pasta; it will become mushy. Check 2 to 3 minutes before the package says it should be finished. Reserve ½ cup pasta water and drain out the rest.
- 6 Add the cooked pasta and ¼-½ pasta water to the cheese mixture. Combine until the pasta shells are coated.
- 7 This part is optional, you can easily serve as is now. But I love baked mac 'n' cheese, so I made muffin-size for a tailgate, but you can also add to a large pyrex pan and bake.
- 8 Divide ¼ cup mac 'n' cheese mix between muffin trays. Top with crumbled bacon and a little pinch of parmigiano-reggiano. Bake for 10 minutes until golden. Prepare to be obsessed.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if gluten-free pasta is used), Contains Dairy, Contains Nuts (check flour used)

### Macros Per Serving:

212 calories, 9g fat, 26g carbs, 7g protein



SIDES & APPS

# Roasted Eggplant

Great as a side dish, or mash them up and use as a tasty spread for your sandwich or wrap.



Yields

**1 Whole eggplant**



Cook Time

**1 Hour**



Difficulty

**Easy**



Serving Size

**1/4 Portion**

## Ingredients

1 eggplant  
3 tbsp. extra virgin olive oil  
2-3 cloves garlic, diced  
½ tsp. Himalayan or iodized salt  
¼ tsp. black pepper

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Slice the eggplant into 1" thick rounds.
- 3 Line a sheet pan with aluminum foil or parchment paper, line the eggplant flat. Drizzle with olive oil, sprinkle diced garlic, salt and pepper.
- 4 Cook for 1 hour, until the eggplant becomes nice and mushy and golden brown. Flip once in the middle of cooking.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Vegetarian, Vegan, Dairy Free, Nut Free

### Macros Per Serving:

131 calories, 11g fat, 9g carbs, 2g protein



SIDES & APPS

# Tomato, Cucumber, Avocado & Herb Salad

Salad doesn't always have to invite lettuce to the party. This combo is simple to put together, but there's no shortage of flavor. You can vary the dish by substituting different citrus juices or vinegar, varying the types of cheese, and alternating fresh herbs.



Yields  
**5 Cups**



Cook Time  
**15 Minutes**

★☆☆ Difficulty  
☆☆☆ **Easy**



Serving Size  
**1 Cup**

## Ingredients

2 cups grape tomatoes  
1 cup cucumber, diced  
1 avocado, cubed  
6 fresh leaves basil and/or parsley, finely chopped  
¼ cup crumbled feta cheese  
½ cup diced red onion  
3 tbsp. extra virgin olive oil  
1 whole lemon, fresh juice  
¾ tsp. Himalayan or iodized sea salt  
½ tsp. black pepper

## Directions

- 1 In a large bowl, add all the ingredients except the cheese and avocado. Toss to fully coat.
- 2 Add in the feta cheese and avocado and lightly toss.
- 3 Serve with your favorite source of protein to make it a complete meal. You can store in air-sealed container for up to 5 days. If you plan on making this in a larger bulk and eating throughout the week, I would recommend leaving out the olive oil and avocado until you're ready to eat!


## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, High Fiber

### Macros Per Serving:

131 calories, 12g fat, 7g carbs, 2g protein



SIDES & APPS

# Apple Bacon Roasted Brussels Sprouts

In the world of “healthy” options, it’s rare that you’ll find a vegetable that can offer that combination salty and sweet, along with a crunchy texture. But that’s exactly what’s delivered in this recipe. On the nutrition side, Brussels sprouts are loaded with fiber, are a great source of the B vitamins, and contain glucosinolates, which show promise in fighting cancer. Need another reason? One word for you: bacon. We use turkey bacon in this version, but the original stuff works just as well.



Yields  
**1 Sheet tray**



Cook Time  
**50 Minutes**

★☆☆ Difficulty  
☆☆☆ Easy



Serving Size  
**1/8 Recipe**

## Ingredients

2-lb bag of Brussels sprouts  
1 apple\*  
3 slices turkey bacon, nitrate free and uncured  
(feel free to substitute if vegetarian)  
¼ cup slivered almonds  
2 tbsp. avocado oil  
½ tsp Himalayan salt  
¼ tsp pepper  
½ tsp garlic powder  
½ tsp. Mustard seed powder

*\* We used Fuji, but any crisp apple works.*

## Directions

- 1 Preheat the oven to 425 degrees Fahrenheit.
- 2 Trim the Brussels sprouts and cut into halves. Make sure to wash them too. Slice the apples and turkey bacon into small chunks. The shapes and size of the chunks don't matter; just have fun with it.
- 3 In a large bowl, combine the chopped Brussels sprouts, the sliced apples and sliced bacon, avocado oil, garlic, mustard powder, salt and pepper. Toss until fully coated.
- 4 On a baking tray, spread Brussels sprout mixture flat. Bake for 35-40 minutes until the Brussels sprouts are brown, crisp and tender.
- 5 Remove from the oven and sprinkle the almond slivers on top. Bake for another five minutes until the almonds are lightly toasted brown. Serve warm as a side dish. It even tastes good cold in a packed lunch on the go. Sprinkle mustard seed powder on top prior to eating to get the cancer-fighting benefits.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Dairy Free, Contains Nuts, Paleo (depending on your restrictions for turkey bacon)

### Macros Per Serving:

73 calories, 1g fat, 12g carbs, 4g protein



SIDES & APPS

# Feta & Chickpea Quinoa Salad

Spruce up quinoa by adding fresh herbs for flavor, toasted nuts for crunch, and a little cheese for taste. We even sneak in some vegetables and legumes to make every bite more delicious and nutritious.



Yields  
**4 Servings**



Cook Time  
**15 Minutes**

★☆☆ Difficulty  
☆☆☆ **Easy**



Serving Size  
**1/4 Recipe**

## Ingredients

2 cups cooked quinoa\*  
1 can, chickpeas, drained & rinsed  
¼ cup crumbled feta cheese  
½ cup grape tomatoes, halved or ¼ cup  
sundried tomatoes  
½ cup cucumbers, diced  
⅓ cup almond slivers, lightly toasted  
2 tsp. garlic, minced  
½ tbsp. extra virgin olive oil  
2 tbsp. parsley, chopped finely  
½ lemon, freshly squeezed  
1 tsp Himalayan sea salt  
Black pepper, to taste

*\*Quinoa can be cooked in advanced using water  
(to keep it vegetarian friendly) or use a low-sodium  
chicken broth for added flavor.*

## Directions

- 1 In a large mixing bowl, add all the ingredients except for the feta cheese, toasted almonds, and parsley. Toss until everything is combined. Transfer to serving bowl.
- 2 Sprinkle the crumbled feta cheese, toasted almonds, and fresh parsley on top. Can be served cold or warm.
- 3 This pairs nicely with a fresh, flaky white fish like Branzino.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, High Fiber

### Macros Per Serving:

222 calories, 10g fat, 25g carbs, 8g protein

A top-down view of a black bowl filled with a thick, creamy hummus. The hummus is swirled into concentric circles. In the center, there is a small pool of olive oil containing several chickpeas and a fresh green herb leaf. The entire dish is garnished with a fine dusting of red spices and several larger green herb leaves scattered around the edges.

SIDES & APPS

# Tomato Basil Hummus

Want to look like a fancy chef at the next party without requiring any skill or special cooking talent? This healthy hummus recipe has your covered and works for any diet or fat loss plan. Garbanzo beans—or chickpeas—are rich in both soluble and insoluble fiber, which aids in digestion and has shown to help with losing weight.



Yields  
**2 Cups**



Cook Time  
**5 Minutes**

★☆☆ Difficulty  
☆☆☆ **Easy**



Serving Size  
**2 Tablespoons**

## Ingredients

1 can garbanzo beans, reserve a few for garnish  
Juice from 1 lemon  
2 tbsp. extra virgin olive oil  
1-2 tsp water  
7-8 grape tomatoes  
3-4 fresh basil leaves  
2 cloves garlic  
¼ tsp. cumin  
1 tsp. Himalayan salt  
¼ white or black pepper

## Directions

- 1 Rinse the chickpeas under cold water. We recommend always rinsing canned food to help clear out some of the preservatives used in packing.
- 2 In a food processor or blender, add all the ingredients. Blend until smooth.
- 3 In the center, drizzle extra virgin olive oil and add the extra garbanzo beans. Garnish with fresh herbs and paprika, if desired.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Vegan, Gluten Free, Vegetarian, Dairy Free, Nut Free

### Macros Per Serving (2 tbsp):

132 calories, 1g fat, 4g carbs, 1g protein



SIDES & APPS

# Smokey Sauteed Kale

Lightly cooking greens can make some nutrients a little bit easier for your body to absorb. Also: Here's proof that everything is better with bacon.



Yields  
**4 Sides**



Cook Time  
**15 Minutes**

★☆☆ Difficulty  
☆☆★ **Easy**



Serving Size  
**1 Side**

## Ingredients

1 bunch of kale, chopped into bite-size pieces  
4 slices turkey bacon, uncured & nitrate free  
½ tsp. Himalayan or iodized salt  
1 tsp. garlic powder or 2 tsp. minced garlic  
1 tsp. smoked paprika  
1 tsp. mustard seed powder  
½ tbsp. extra virgin olive oil

## Directions

- 1 Slice turkey bacon into ½" thick slices. Add these to a large saute pan or skillet on medium heat. Cook for about 5 to 8 minutes until the edges are brown.
- 2 Add the kale, garlic, smoked paprika, olive oil, salt, and pepper. Stir and cover. Cook until the kale is wilted, about 5 to 8 minutes.
- 3 Serve warm. Sprinkle mustard seed powder on top before eating.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo, Dairy Free, Nut Free

### Macros Per Serving:

73 calories, 4g fat, 2g carbs, 7g protein



SIDES & APPS

# Cheesy Cauli Mash

You won't miss mashed potatoes. For real.



Yields  
**4 Sides**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Side**

## Ingredients

1 cauliflower head, chopped into florets  
1 tbsp. goat cheese  
1 tbsp. Greek or Skyr plain yogurt, full fat  
2 tbsp. shredded Parmigiano-Reggiano  
½ tsp. smoked paprika  
½ tsp. Himalayan or iodized salt  
1 tsp. garlic powder or 2 tsp. minced garlic  
1 tsp. mustard seed powder

## Directions

- 1 Bring a large pot of water and salt to boil, then add the cauliflower florets. Boil for 6 to 8 minutes until you can easily pierce it with a fork. Strain.
- 2 Add the cauliflower and remaining ingredients into a food processor. Pulse until smooth. If you want a chunkier version, pulse in short 5-second increments. If you like more creamy and smooth, pulse continuously.
- 3 Garnish with an additional pinch of smoked paprika and sliced green onions. Serve warm.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Contains Dairy

### Macros Per Serving:

69 calories, 3g fat, 7g carbohydrates, 5g protein



SIDES & APPS

# Vegetable Hash with Soft-Boiled Egg

Hash is a great way to clean out the refrigerator and make something delicious out of seemingly random ingredients. Any vegetables will work in hash!



Yields  
**3 Servings**



Cook Time  
**30 Minutes**

★★ Difficulty  
★☆☆ **Medium**



Serving Size  
**1 Side**

## Ingredients

1 large sweet potato, diced into ¼-½" cubes  
1 large beet, diced into ¼-½ " cubes  
1 large carrot, diced into ¼-½" cubes  
15 Brussels sprouts, quartered  
1 onion, diced  
2 cloves garlic, minced  
3 eggs, pastured\*  
½ tbsp. grass-fed butter  
½ tbsp. extra virgin olive oil  
Himalayan or iodized salt, to taste  
Black pepper, to taste

*"We used Vital Farms' eggs from pasture-raised chickens. Other than the chickens being raised much more humane, there's a higher amount of Omega-3 in the yolk and 200% more Vitamin E compared to caged chickens.*

## Directions

- 1 In a large skillet over medium heat, add the butter, olive oil, onions and garlic. Stir and cook for about 5 minutes, or until softened.
- 2 Toss in the remaining vegetables. Be sure to dice them all about the same size to ensure even cooking. FYI, the smaller the pieces are, the faster they'll cook. Add the salt and pepper to taste. Stir every 2-3 minutes, to allow the edges to brown, and cook for about 15 to 20 minutes. Cover for the last 3 to 5 minutes to help steam cook the veggies.
- 3 Meanwhile, in a small pot, bring water and salt to a boil. Add the eggs, and boil for 5 to 6 minutes for the perfect soft-boiled egg. Drain the water, add ice to stop the cooking (and it also helps with peeling the shell). Peel under cold-running water.
- 4 Transfer the hash to three side dishes, and add an egg on each. Serve with your favorite protein source if desired.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Nut Free

### Macros Per Serving:

256 calories, 10g fat, 31g carbohydrates, 11g protein

We love utilizing whatever vegetables are in season and produced locally. Seasonal produce is more nutrient dense and sourcing from local farms supports the economy and is less taxing on the environment from decreased food travel. Hash is traditionally meat and potatoes. This recipe doesn't call for any meat, but feel free to toss in uncured, nitrate-free bacon or sausage in step 1 to add more flavor!



DESSERT

# Cinnamon Apple Parfait with Protein Granola

Sweet, creamy, and crunchy in every bite. What else can you ask for in a dessert? Oh, how about some probiotics to keep your microbiome healthy & happy!



Yields

**2 Servings**



Cook Time

**20 Minutes**



Difficulty

**Medium**



Serving Size

**1 Portion**

## Ingredients

1 apple\*, sliced very thin  
½ tsp. ground cinnamon  
1 tsp. grass-fed butter\*\*  
1 lemon, freshly squeezed  
1 tsp. raw, unfiltered honey  
1 cup full-fat Skyr or Greek yogurt, plain  
or vanilla

## Ingredients (protein granola)

½ cup gluten-free rolled oats  
2 tbsp. almond slices  
3 tbsp. egg whites  
2 tsp. raw, unfiltered honey  
2 tsp. Truvia  
2 tsp. coconut oil  
½ tbsp. ground flax seed  
½ tsp. ground cinnamon  
Dash of nutmeg  
½ scoop vanilla protein powder\*\*\*,  
optional

*\*We used Fuji apple, but any crisp apple would work just fine here.*

*\*\*We used Kerrygold Pure Irish grass-fed butter.*

*\*\*\*You can substitute this with ½ tsp. vanilla extract and 1 tsp. Truvia, or sweetener of choice.*

*\*\*\*\*We used BlueBonnet whey isolate protein powder, vanilla.*

## Directions

- 1 Preheat oven to 375 degrees Fahrenheit; Spray a cookie sheet with coconut oil or cover with a sheet of parchment paper to prevent sticking. In a small bowl, combine all of the protein granola ingredients, and toss to coat evenly. Spread the mixture flat on the cookie sheet, and bake for 8 minutes. After 8 minutes, break up the granola pieces with a spatula or large spoon and bake for another 8 minutes.
- 2 Meanwhile in a small sauté pan on medium heat, add all the ingredients of the apple mixture. Stir continuously as the apples soften and the flavors develop, about 5 to 8 minutes.
- 3 Assemble the parfait. For presentation purposes only, a glass cup, martini glass or clear coffee glass mug would work well. Layer 1 tbsp. of granola, then a small scoop of yogurt then the apples and more granola. There's no exact science to this step, just continue layering, and have fun with it. Use the remaining ½ ingredients for the second glass.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free (if gluten-free oats used), Vegetarian, High Fiber, Contains Nuts & Dairy

### Macros Per Serving:

234 calories, 6g fat, 20g carbs, 25g protein



DESSERT

# Flourless Double Chocolate Espresso Brownies

And the secret ingredient is...black beans! But, you would never know. Even your harshest critics would be shocked.



Yields  
**16 Brownies**



Cook Time  
**25 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Brownie**

## Ingredients

1 15-oz can black beans, drained  
1/3 cup coconut oil, melted (look for virgin, unrefined, cold-filtered)  
3 tbsp. cacao powder\*  
2 tsp. vanilla extract  
1 ½ tbsp. instant coffee  
1 ½ tsp. baking powder  
¼ tsp. salt  
2 eggs (for more fudge-like consistency, use 1 egg)  
½ cup canned coconut milk  
¼ cup Truvia\*\*  
1 scoop chocolate protein powder, optional  
1 tsp. raw, unfiltered honey, optional  
½ cup dark chocolate chips\*\*\*

*\*Cocoa powder is an equally good substitute.*

*\*\* I like the way Truvia bakes, but feel free to substitute with other sweeteners; I just can't vouch for the taste.*

*\*\*\*We used Enjoy Life dark chocolate morsels.*

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Drain and rinse the black beans very thoroughly. This is one of those steps you don't want to skip. Rinsing with water will strip away the preservatives used in canning and help get rid of that funky black bean taste.
- 3 Add all ingredients except for the chocolate chips in a blender or food processor. Blend until well combined.
- 4 In a Pyrex or non-stick baking 8x8 pan. Grease the bottom sides with coconut oil. Sprinkle ½ of the chocolate chips on the bottom, then pour the "batter" on top and sprinkle with the other half of the chocolate chips.
- 5 Bake for 20 minutes. Then let cool for about 10 minutes.
- 6 Optional: blend ¼ cup toasted unsweetened coconut and 1 tbsp. Truvia until a powder consistency is formed. Sprinkle on top of the brownies.
- 7 Cut into 16 squares (4 cuts vertically, 4 cuts horizontally). Store brownies in an airtight container in the fridge.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Low Carb, Nut Free, No Sugar Added, Vegetarian

### Macros Per Serving:

102 calories, 6g fat, 7g carbs, 4.5g protein



DESSERT

# Roasted Peaches with Basil & Yogurt

If peaches and cream tickles your fancy, then this definitely will have you feeling so fresh & so clean.



Yields

**6 Peach halves**



Cook Time

**20 Minutes**



Difficulty

**Easy**



Serving Size

**1 Peach half**  
+1/4 Cup yogurt

## Ingredients

3 peaches, pitted & halved  
3 tsp. Truvia brown sugar blend  
1 dash Himalayan salt  
¼ tsp. ground cinnamon  
1 ½ cups Greek or Skyr vanilla yogurt  
3 tbsp. pumpkin seeds, toasted  
6 leaves basil  
2 tsp. raw, unfiltered honey, optional  
Coconut oil spray

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Line a sheet pan with parchment paper. Spray with coconut oil. Lay peaches cut side up. Sprinkle brown sugar blend and a dash of salt on top.
- 3 Bake for 15-18 minutes, or until tender.
- 4 On serving plate, add one peach half, ¼ cup yogurt, sprinkle of pumpkin seeds, a pinch of cinnamon, and one basil leaf. Drizzle with honey, if desired.

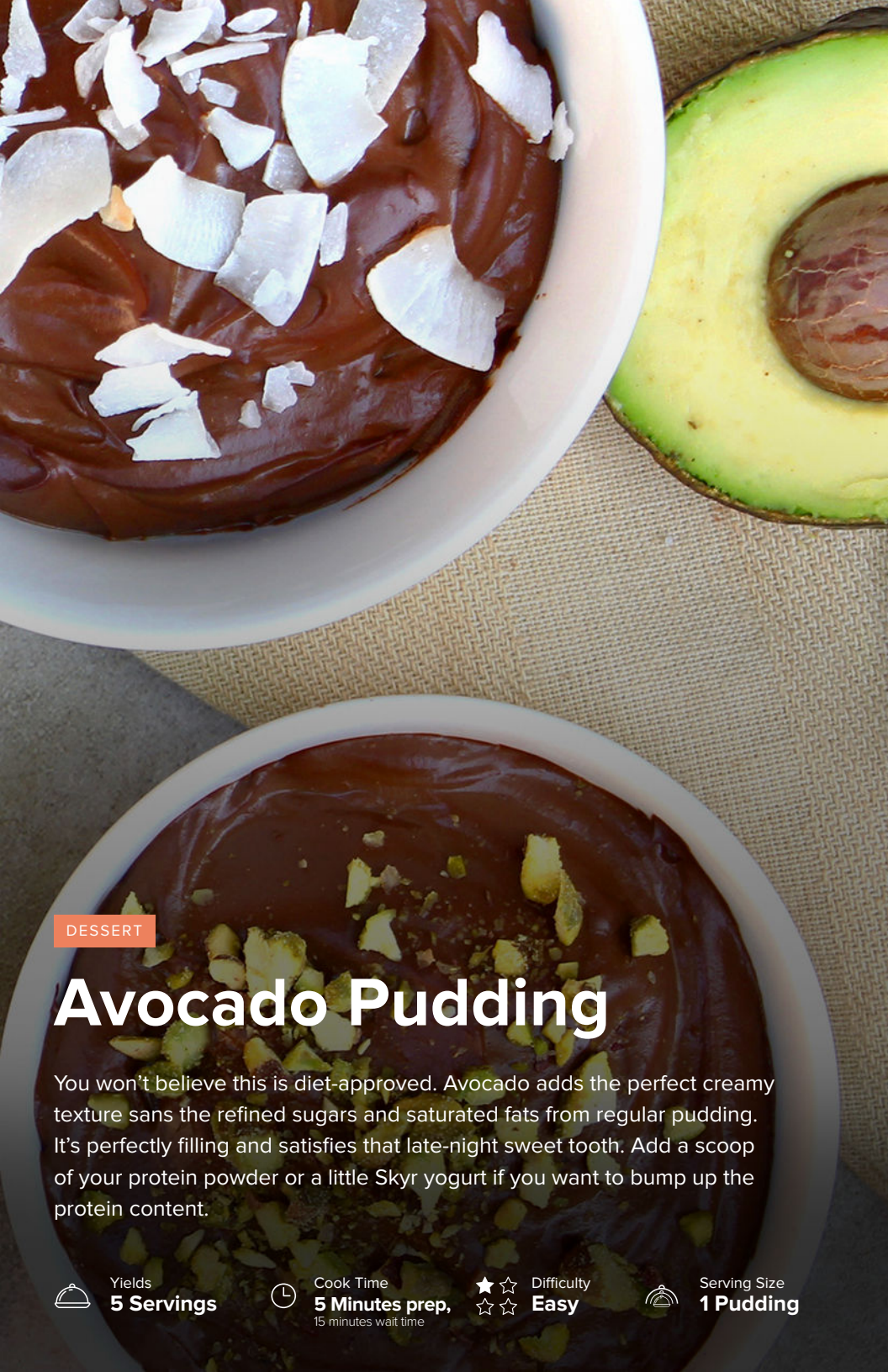
## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Nut Free, Contains Dairy

### Macros Per Serving:

122 calories, 4g fat, 15g carbohydrates, 6g protein



DESSERT

# Avocado Pudding

You won't believe this is diet-approved. Avocado adds the perfect creamy texture sans the refined sugars and saturated fats from regular pudding. It's perfectly filling and satisfies that late-night sweet tooth. Add a scoop of your protein powder or a little Skyr yogurt if you want to bump up the protein content.



Yields

**5 Servings**



Cook Time

**5 Minutes prep,**  
15 minutes wait time



Difficulty

**Easy**



Serving Size

**1 Pudding**

## Ingredients

4 ripe Hass avocados  
¼ cup unsweetened coconut or almond milk  
5 tbsp. cacao powder  
2 tsp. vanilla extract  
¼ tsp. Himalayan salt  
¼ cup organic, pure maple syrup  
¼ tsp. ground cinnamon  
2 tbsp. canned coconut cream or coconut butter (for creamier texture)  
1 bar Eating Evolved Primal Chocolate

## Suggested Toppings

Crushed pistachios  
Coconut whipped cream  
Cacao nibs  
Toasted unsweetened coconut  
Fresh mint leaf

## Directions

- 1 Cut avocados in half and remove the pits. Scoop the avocado flesh from each half into the food processor or a blender. Make sure to remove the little stem at the end of the avocado; it's not edible.
- 2 Add all ingredients (except the melted chocolate) to the food processor or blender.
- 3 Then, break the chocolate bar into small pieces, and place in a microwave-safe bowl. Microwave on high at 40-second intervals until the chocolate melts, about 2 minutes. Remove the chocolate from the microwave and stir well until smooth and free of clumps. Then add the melted chocolate to avocado mixture. Pulse for an additional 30 to 45 seconds.
- 4 Add about ½ cup of the pudding to serving bowls. Cover with plastic wrap and chill for at least 20 to 30 minutes before servings. For the best taste, keep in an air-sealed container for up to 2 days in the fridge. You can serve with a dollop of coconut whipped cream, cacao nibs, chopped nuts, and/or a fresh mint leaf for garnish.

## Nutrition Info & Macros

### Dietary Information:

Vegan, Paleo, Gluten Free, Vegetarian

### Macros Per Serving:

387 calories, 27g fat, 31g carbohydrates, 6g protein

A close-up photograph of a glass filled with chia pudding, topped with sauteed bananas and walnuts. In the background, another similar glass is visible, slightly out of focus. The lighting is warm and soft, highlighting the textures of the ingredients.

DESSERT

# Chia Pudding with Sauteed Bananas & Walnuts

If banana foster and chia pudding had a baby, it would be this mouth-watering dessert loaded with healthy Omega-3 fatty acids that's just sweet enough.



Yields

**2 Puddings**



Cook Time

**10 Minutes prep,**  
30 minutes wait time



Difficulty

**Medium**



Serving Size

**1 Pudding**

## Ingredients

1 cup unsweetened coconut milk  
1 large ripe banana  
1 tbsp. raw, unfiltered honey  
½ tsp. vanilla extract  
3 tbsp. chia seed  
1 oz. crushed walnuts  
2 tsp. grass-fed butter  
1 tsp. brown sugar\*

*\* To reduce sugar, substitute 1 ½ tsp. of Truvia's Brown Sugar Blend or coconut sugar instead.*

## Directions

- 1 In a small bowl, add the chia seeds, coconut milk, and honey. Cover and set in fridge to allow the chia seeds to soak up the liquid. It usually takes 20 to 30 minutes to develop.
- 2 Slice the bananas in half lengthwise and then make 4 slices horizontally to have 10 small pieces.
- 3 In a small saute pan on medium-high heat, add the butter and brown sugar. Allow the butter and sugar to combine and melt, then add the vanilla extract and stir.
- 4 Add the banana slices, flat side down. Cook for 2 to 3 minutes, then flip. Now sprinkle the walnuts around the banana slices to toast slightly. Cook for another 2 to 3 minutes. Remove from heat and set aside.
- 5 Take the chia seed pudding from the fridge. In two small serving bowls, take ½ of the pudding and divide between both bowls (¼ in each). Then layer each with ¼ of the banana-walnut mixture. Layer the remaining pudding. Then top with the remaining banana mixture and sauce. Serve immediately.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Contains Dairy & Nuts

### Macros Per Serving:

352 calories, 20g fat, 35g carbohydrates, 8g protein



DESSERT

# Protein Peanut Butter Cups

We all look like adults on the outside but still have a lot of kid left on the inside. Here's the grown-up's version of the Reese's Peanut Butter Cup, but it comes with a dose of protein rather than a sugar crash.



Yields  
**12 Cups**



Cook Time  
**30 Minutes**



Difficulty  
**Medium**



Serving Size  
**1 Cup**

## Ingredients

½ cup dark chocolate chips\*  
2 tbsp. cacao powder  
2 tbsp. coconut oil  
Dash of cinnamon  
Pinch of Himalayan salt

## Ingredients (protein peanut butter)

2 tbsp. peanut butter powder  
2 tbsp. unsweetened vanilla almond milk  
⅓ cup all-natural creamy peanut butter  
1 tsp. raw unfiltered honey  
1 tsp. stevia powder  
¼ tsp. vanilla extract  
1 scoop of protein powder of choice\*\*

*(Depending on the size added, use additional almond milk to keep mixture easy enough to stir.)*

*\* I used Lily's Stevia-sweetened dark chocolate baking chocolate chips in this recipe. Unsweetened dark chocolate chips can be substituted, but the nutritional counts—carbohydrate and sugar specifically—will increase.*

*\*\*I recommend using vanilla or unflavored protein powder; preferably an all-natural variety with little to no artificial flavoring or dyes.*

## Directions

- 1 Line two muffin pans with 12 small baking [muffin] cups.
- 2 In a medium, microwave-safe bowl, combine all of the chocolate outside ingredients. Microwave for one minute. Then stir until chocolate chips are fully melted and the mixture is smooth.
- 3 Spoon about ½ tbsp. of the melted chocolate mixture into each baking cup or just enough to cover the bottom with a thin layer. After you have filled the cups, carefully tip the pan so the chocolate spreads halfway up the sides of each cup. Place the pan in the freezer for 10 to 15 minutes or until the chocolate hardens.
- 4 In a separate mixing bowl, add the peanut butter powder and 1 tbsp. of almond milk. The peanut butter powder will thicken into a creamy peanut butter consistency. Add the natural peanut butter (you may need to microwave it for 30 seconds to soften for stirring). Add the honey, stevia powder and vanilla drops. Stir until fully combined. Add the protein powder and 1 tbsp. of almond milk to the peanut butter mixture. Stir until a smooth consistency, whipped consistency is achieved.
- 5 Remove the muffin pan from the freezer. Add a 2-tsp size dollop of the protein peanut butter mixture in each muffin cup. Spread along the bottom, leaving a little room along the edges. Pour another ½ tbsp. of melted chocolate in each cup, fully covering the peanut butter mixture. Freeze for about 15 more minutes, or until the chocolate shell fully hardens.
- 6 Makes 12 small peanut butter cups. Store in the freezer until ready to eat. Forewarning: the chocolate melts easily and can get a little messy. Worst-case scenario, you can lick the chocolate off your fingers.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, No Sugar Added, Vegan (if plant-based protein powder & dairy-free chocolate chips used)

### Macros Per Serving:

1 peanut butter cup (12 servings):  
124 calories, 8g fat, 8g carbs, 0g sugar, 5g protein

A close-up photograph of several pieces of Peanut Butter Protein Rice Crispy Treats. The treats have a thick, dark brown chocolate coating and a golden-brown, textured interior of rice krispies and peanut butter. The pieces are broken apart, showing the internal structure.

DESSERT

# Peanut Butter Protein Rice Crispy Treats

It's OK to crave sweets. Feel better? Good, because no one should ever feel bad about wanting to enjoy food. But sometimes we have to be strategic about how we create our favorite snacks. Enter a healthy variation of your favorite childhood snack...with a boost of protein.



Yields  
**16 Squares**



Cook Time  
**20 Minutes +**  
30 min in the freezer



Difficulty  
**Easy**



Serving Size  
**1 Square**

## Ingredients

2 ½ cups brown rice cereal  
½ cup all-natural creamy peanut butter  
¼ cup organic brown rice syrup  
¼ cup raw, unfiltered honey  
1 tsp. pure vanilla extract  
2 scoops vanilla protein powder\*  
2 tbsp. coconut oil, unrefined, cold-pressed  
1 tbsp. cacao (or cocoa) powder  
¼ cup dark chocolate chips\*\*

*\*We used BlueBonnet 100% natural, artificial flavor and preservative-free whey protein isolate derived from grass-fed cows, vanilla flavor.*

*\*\*We used Enjoy Life semi-sweet chocolate chips as a dairy, nut & soy free choice.*

## Directions

- 1 Grease an 8x8 Pyrex or baking pan with coconut oil. Coconut oil spray would be even easier.
- 2 In a medium saucepan over medium-low heat, add the peanut butter, brown rice syrup, honey and vanilla. Stir until smooth, about 2-3 minutes.
- 3 Remove the mixture from the heat and stir in the rice cereal and one scoop (33g) protein powder. The mixture should be soft, but not runny. If it's too hard too stir with a spoon, add a little more honey to mix.
- 4 Add the rice crispy mix to the Pyrex. Spread and press into pan to make it as compact as possible.
- 5 In the same saucepan (it's OK if there's peanut butter residue—there are worse things to worry about in life), add the coconut oil, cocoa powder and chocolate chips. Stir until smooth. Remove from heat, add the other scoop of protein powder, and stir.
- 6 Top the rice crispy with the protein chocolate topping. Spread it all over to reach the corners.
- 7 Freeze for 30 minutes. Then cut into 16 squares. (Try not to eat the whole thing at once.) If it becomes crumbly, eat it like granola on top of yogurt, or in a bowl with milk. Yum!

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Contains Nuts & Dairy, Vegetarian

### Macros Per Serving:

138 calories, 6g fat, 15g carbs, 6g protein



DESSERT

# Paleo Chocolate Chip Cookies

Even cavemen love chocolate chip cookies.



Yields  
**12 Cookies**



Cook Time  
**20 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Cookie**

## Ingredients

1 cups Paleo all-purpose flour\*

4 tbsp. unsalted grass-fed butter, softened

2 tbsp. coconut oil, cold-pressed & unrefined, room temperature

1 egg, room temperature

6 tbsp. Walnut, Almond, Cashew (WAC) Butter\*\*

⅓ cup Truvia brown sugar baking blend

1 tsp. baking soda

½ tsp. Himalayan or iodized salt

1 cup semi-sweet chocolate chips\*\*\*

1 tsp. vanilla extract

*\*We used Bob's Red Mill Paleo All-Purpose Flour*

*\*\*We used Walnut, Almond, Cashew Butter by Onnit. Any neutral nut butter will work in this recipe.*

*\*\*\*We used Enjoy Life semi-sweet chocolate chips as a dairy, nut & soy free choice.*

## Directions

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 In a medium mixing bowl, add the wet ingredients: butter, coconut oil, egg, WAC butter, and vanilla extract, and whisk until combined. Set aside.
- 3 In a small mixing bowl, mix the dry ingredients: flour, Truvia blend, baking soda and salt. Slowly add the dry ingredients to the wet ingredients. Stir as you add. Fold in the chocolate chips.
- 4 Line a sheet pan with parchment paper. Using clean hands, roll dough into a ball, lightly press between your hands to create a flatten surface on each side. Line on the pan.
- 5 Bake for 12-15 minutes until golden brown on the edges. Remove from oven, let cool, and enjoy!

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Contains Nuts & Dairy, Vegetarian

### Macros Per Serving:

260 calories, 17g fat, 26g carbs, 4g protein



SNACKS & SHAKES

# Maca Chai Protein Shake

If you are in to sweet, spice, and everything nice, you will love this recipe. Maca powder is a nutrient-dense food with a mild toffee taste. It makes a perfect addition to smoothies, protein shakes and blended teas.



Yields  
**1 Shake**



Cook Time  
**5 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Shake**

## Ingredients

1 cup unsweetened vanilla almond milk  
¾ scoop vanilla whey isolate protein powder\*  
¼ cup full-fat Greek or Skyr yogurt, plain  
1 tsp. Gaia vanilla chai maca powder\*\*  
1 tsp. honey, raw and unfiltered  
1 tbsp. almond butter  
1 medium frozen banana  
Ice cubes  
Cinnamon, for garnish

*\* We used BlueBonnet 100% all-natural whey isolate, vanilla creme flavor.*

*\*\*If you have regular maca powder, then you can add 1 tsp. maca powder and ¼ tsp. cinnamon, ¼ tsp. ground ginger and a dash of each of the following: allspice, cloves and cardamom.*

## Directions

- 1 Add all ingredients in a high-power blender. Pulse until smooth. Serve and enjoy immediately.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian, Contains Nuts & Dairy

### Macros Per Serving:

341 calories, 9g fat, 26g carbs, 39g protein

**Tip:** Add a shot or two of cold brew for a little energy kick to get you through a workout or that midday snack attack slash slump!



SNACKS & SHAKES

# Mint Chocolate Chip Protein Shake

Unfortunately, Ben & Jerry are the kind of friends who secretly want to make you fat, so we came in the clutch with this smooth, waist-friendly version of arguably the best ice cream flavor.



Yields  
**1 Shake**



Cook Time  
**2 Minutes**



Difficulty  
**Too Easy**



Serving Size  
**1 Shake**

## Ingredients

12 oz. unsweetened vanilla almond milk  
1 frozen banana  
1 serving protein powder, neutral or vanilla\*  
1 tbsp. cacao nibs  
½ tsp. peppermint extract  
2 cups raw spinach  
1 tbsp. almond butter  
1 tbsp. maca powder  
1 tbsp. chia seeds  
Dash of Himalayan salt & ground cinnamon  
1 ½ cup ice  
Mint leaf, optional garnish

*\*We used BlueBonnet's 100% all-natural whey isolate, vanilla creme flavor.*

## Directions

- 1 Add all ingredients except for the cacao nibs to a blender. Pulse for 30 seconds, or until combined. Add the cacao nibs and pulse for an additional 5 to 10 seconds.

To make a lighter version, use ½ frozen banana and 1 tbsp. of almond butter.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free

### Macros Per Serving:

523 calories, 23g fat, 41g carbohydrates, 38g protein



SNACKS & SHAKES

# Broccoli Sprouts Smoothie

Here's a refreshing vitamin-and-protein packed drink you can whip together in nearly no time. Come for the frothy delicious taste, stay for the amazing phytonutrients and anti-inflammatory compounds in the sprouts and turmeric.



Yields  
**1 Smoothie**



Cook Time  
**< 5 Minutes**



Difficulty  
**Too Easy**



Serving Size  
**1 Serving**

## Ingredients

½ (packed) cup broccoli sprouts  
½ cup cucumber (skin on)  
Juice from ½ lemon  
1 orange, peeled  
¼ avocado, peeled  
10 shakes turmeric powder  
⅛ tsp. Himalayan salt  
1-2 scoops collagen protein powder\*  
1 cup pure coconut water  
1 cup water  
2 cups ice (consistency preference)

*\* I used Vital Protein grass-fed collagen peptides.*

## Directions

- 1 Add everything to a blender.
- 2 Pulse until smooth.
- 3 Enjoy!


## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Paleo, Nut Free

### Macros Per Serving:

271 calories, 6.5g fat, 31g carbohydrates, 22g protein



SNACKS & SHAKES

# The Ultimate Cure

Whether you have a massive hangover or feel like your body is in need of a system check, this powerhouse green drink has everything you need and more. Have it as soon as you wake up. Blend. Chug. Get back in the game!



Yields  
**1 Smoothie**



Cook Time  
**5 Minutes**



Difficulty  
**Too Easy**



Serving Size  
**1 Smoothie**

## Ingredients

1 cup pure coconut water (not “from concentrate”)  
1 peeled kiwi  
½ pear or ½ green apple  
2 stalks celery, chopped  
1-2 small cucumber  
1 small chunk of fresh ginger  
½ fresh-squeezed lime juice  
¼ tsp. Himalayan sea salt  
1-2 stems parsley, optional

## Directions

- 1 Add everything to a high-powered blender. Blend and chug.

## Nutrition Info & Macros

### Dietary Information:

Paleo, Gluten Free, Vegetarian, Vegan, Dairy & Nut Free

### Macros Per Serving:

232 calories, 2g fat, 56g carbs, 4g protein

## Natural Ways to Rehydrate and Feel Better

**Coconut water:** Hangover recovery starts with hydration. Coconut water provides more than double the electrolytes as Gatorade.

**Kiwi:** Contains the same amount of potassium as a banana, but with less sugar.

**Pear:** Pears provide a good source of fiber and potassium.

**Celery:** It might seem bland, but celery has anti-inflammatory properties, and it's rich in vitamin K, folate, vitamin A, potassium, and vitamin C.

**Cucumber:** Adds to your (much needed) hydration.

**Ginger:** Science suggests it can help decrease nausea and motion sickness.

**Lemon:** Helps with the flavor because you want to enjoy your drink.

**Himalayan salt:** Restores lost trace minerals from all the boozing. This pink salt contains 84 trace minerals, compared to only two or three found in table salt.



SNACKS & SHAKES

# Orange Dreamsicle

We took the flavors of our childhood favorite Orange Creamsicle and made it adult-friendly without sacrificing deliciousness. If you don't have any dietary restrictions, try to combine or switch between plant-based and animal-based proteins for more diverse nutritional benefits.



Yields  
**1 Shake**



Cook Time  
**2 Minutes**



Difficulty  
**Too Easy**



Serving Size  
**1 Shake**

## Ingredients

1 scoop Recovery Protein\*  
½ scoop Hemp Force, vanill-acai\*  
½ banana, frozen  
1 tbsp. vanilla emulsified MCT oil\*\*  
¼ tsp. Himalayan salt  
6 oz. organic orange juice  
1 ½ cups ice

*\*Both proteins by Onnit. If you prefer another protein, I recommend a vanilla flavor to maintain the the same orange creamsicle flavor profile.*

*\*\*We used the emulsified MCT oil by Onnit. Regular pure coconut oil-derived MCT oil will work here as well, but you might want to add a little more vanilla flavor. Good options are SweetLeaf Stevia drops, vanilla creme, or organic vanilla extract.*

## Directions

- 1 Add all ingredients to a blender. Pulse until combined. Enjoy as a refreshing drink!

## Nutrition Info & Macros

### Dietary Information:

Vegetarian, Gluten Free

### Macros Per Serving:

272 calories, 11g fat, 33g carbohydrates, 10g protein



SNACKS & SHAKES

# Protein Almond Puppy Chow

A nostalgic sweet treat for grown-up meatheads like us. Can you sense a trend in our love of snacks that fit adulting?



Yields  
**12 Servings**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**½ Cup**

## Ingredients

½ cup all-natural creamy peanut butter  
½ cup dark chocolate chips\*  
2 tsp. grass-fed butter  
5 cups of Chex cereal, Gluten-Free Rice Cereal  
1 cup almonds\*\*  
2 scoops (66 g) protein powder\*\*\*  
2 tsp. Truvia, or granular sugar substitute of choice

*\*We used Enjoy Life dairy-free, nut-free dark chocolate chunks.*

*\*\*We bought raw almonds and roasted them with Himalayan salt in a 375-degree oven for 10 minutes.*

*\*\*\*We used BlueBonnet vanilla 100% natural whey isolate, but any brand is fine. I would recommend a vanilla flavor.*

## Directions

- 1 In a large bowl, add the Chex cereal and almonds.
- 2 In a small microwaveable bowl, add the peanut butter, chocolate chips and butter. Microwave in 30-second intervals, stirring after until the chocolate chips fully melt. When melted, carefully pour mixture over cereal. Cover and shake if Tupperware container used, or simply use a large spoon or silicon spatula to turn the cereal, making sure each piece is coated.
- 3 Add the protein powder and Truvia, and carefully stir once more until everything is beautifully coated! Store in an airtight container.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Vegetarian

### Macros Per Serving:

278 calories, 15g fat, 25g carbohydrates, 11g protein



SNACKS & SHAKES

# Lemon Berry Chia Yogurt

We love creamy, probiotic-rich yogurt bowls because they deliver balanced macronutrients to give you enough energy to keep you going and well satiated take you from meal to meal. The seeds and fruit are versatile, so you can change up the flavors whenever you're in need of something new!



Yields

**1 Yogurt bowl**



Cook Time

**5 Minutes**



Difficulty

**Easy**



Serving Size

**1 Portion**

## Ingredients

1 cup full-fat Skyr or Greek yogurt, plain or vanilla  
1 tsp fresh lemon juice  
¼ tsp grated lemon rind  
1 tsp. honey, raw & unfiltered  
½ tbsp chia seeds  
½ cup fresh blueberries (or other berry of choice)

## Directions

- 1 In a serving bowl, combine the first six ingredients. Stir with a spoon until mixed.
- 2 Add blueberries on top. Sprinkle with additional chia seed and grated lemon if you want a pretty presentation.

## Suggested toppings (optioal)

1 tbsp toasted unsweetened coconut  
1 tsp ground cinnamon  
1 tbsp toasted almond slivers

## Nutrition Info & Macros

### Dietary Information:


Gluten Free, Vegetarian, Contains Nuts & Dairy

### Macros Per Serving:

247 calories, 3 g fat, 28g carbs, 27g protein

### Take the same yogurt base, and try out these delicious combinations

- De-shelled pistachios + diced pitted dates + unsweetened toasted coconut flakes + raw honey
- Almond slivers + goji berries + chia seeds + ground cinnamon
- Pecans + fresh blueberries + banana slices + cacao nibs



SNACKS & SHAKES

# Flourless Banana Chocolate Almond Muffins

These muffins add enough sweetness to cure any craving and adequate protein and healthy fats to keep you feeling satisfied making it the perfect macro-balanced snack or breakfast in a rush.



Yields  
**12 Muffins**



Cook Time  
**25 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Muffin**

## Ingredients (Wet)

2 smashed extra ripe bananas, yields about 3/4 cup

¼ cup plain Greek yogurt, full fat

1 tbsp. all-natural almond butter

1 tbsp. melted coconut oil (unrefined, cold filtered)

⅔ cup liquid egg whites

2 whole eggs

1 tsp. vanilla extract

2 tbsp. raw, unfiltered honey

## Ingredients (Dry)

½ cup oat flour (grind oats in blender or food processor)

¼ cup rolled oats

1 tsp. baking powder

1 tsp. baking soda

¼ tsp. Himalayan salt

1/4 tsp. ground cinnamon

¼ cup slivered almonds

2 tbsp. dark chocolate chips\*

## Directions

- 1 Preheat oven to 375 degrees Fahrenheit. Line a muffin pan with 12 paper liners, or grease with coconut oil.
- 2 To make the oat flour simply add ½ cup of oats to a blender and pulse until smooth.
- 3 In a large mixing bowl, add all wet ingredients, and stir until combined. In another bowl, mix together all the dry ingredients. Then add the dry bowl to the wet bowl, and mix until well combined.
- 4 Divide the batter into the paper liners, about ¾ up the side, using a spoon or ice-cream scooper.
- 5 Bake for 20 minutes. Remove and let cool. Enjoy immediately, or store in an airtight container in the fridge for up to a week, or freeze up to a month.

*\*We used Enjoy Life dairy-, soy- and nut-free, semi-sweet chocolate chips.*

## Nutrition Info & Macros

### Dietary Information:

Vegetarian, Gluten-Free (if gluten-free oats are used), Kosher, Contains Nuts

### Macros Per Serving:

113 calories, 5g fat, 11g carbs, 6g protein



SNACKS & SHAKES

# Super Acai Bowl

Get all of the antioxidants of acai without all of the added sugar you'll find in most store-bought smoothies.



Yields  
**1 Bowl**



Cook Time  
**10 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Bowl**

## Ingredients

2 frozen packets, unsweetened acai  
1 cup strawberries  
1 banana  
1 tbsp. all-natural peanut butter  
¼ cup almond milk

## Suggested toppings

1 tsp. hemp seed  
1 tsp. chia seed  
1 tbsp. cacao nibs  
1 tbsp. goji berries  
1 tbsp. toasted coconut  
Fresh berries

*\*We used Nativo organic acai. Brands will alter consistency and ease of preparation. Read the nutrition label; it should have zero grams of sugar. It's likely sweetened with sugar or Guarana, if there is a high sugar content.*

## Directions

- 1 Allow the acai packs to thaw for 5-10 minutes, or run under water for one minute.
- 2 Add all ingredients (except the toppings) to a high powered blender. Pulse for 20-30 seconds. You will likely have to stir in between each pulse. Continue blending in 30-intervals until smooth, probably two more times. If necessary, add a little more almond milk.
- 3 Spoon into bowl. The consistency should be icy and thick. Top with desired toppings. Eat immediately before it melts!

*\*This will not work well without a high-power blender.*

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Dairy Free, Vegan, Vegetarian, Paleo, Contains Nuts

### Macros Per Serving Without Toppings:

375 calories, 27g fat, 19g carbohydrates, 14g protein

### Macros Per Serving With Toppings:

476 calories, 32g fat, 29g carbohydrates, 18g protein



SNACKS & SHAKES

# PB&J Energy Balls

It's time to relive your childhood love for PB&J (crust-less) sandwiches except in a more convenient, waist-friendly, protein-enhanced way.



Yields  
**25 Balls**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Ball**

## Ingredients

8 medjool dates, pitted  
½ cup all-natural creamy peanut butter  
2 tbsp low-sugar jelly or preserves,  
flavor of choice\*  
1 tsp. vanilla extract  
1 tsp. raw honey, unfiltered honey  
1 tbsp. chia seeds  
4 tbsp. peanuts, roasted & unsalted  
2 tbsp. unsweetened dried cranberries  
or tart cherries  
½ cup gluten-free rolled oats  
2 scoops protein powder\*\*  
Dash of cinnamon  
Pinch of Himalayan salt

*\*This recipe was made with Rigoni Di Asiago  
Organic Fruit Spread, Wild Strawberry flavor.*

*\*\*We recommend an unflavored, vanilla or  
peanut butter flavored protein powder for this  
recipe.*

## Directions

- 1 In a small bowl, add the pitted dates and just enough water to cover the top. Let soak for 10 to 15 minutes while you prepare the rest of the ingredients.
- 2 In a food processor, add the dates, peanut butter, jelly, vanilla, honey, protein powder, cinnamon and salt. Process until fully combined. You may have to stop and use a spatula to scrape down the sides. Then you are welcome to "taste test" the spatula (because you have to make sure it's good so far).
- 3 Then add the chia seed, peanuts, dried fruit and oats. Pulse in quick increments. This will allow all of the ingredients to combine while still maintaining some of the texture.
- 4 Spoon out about a tablespoon size of the mixture and roll into a ball about one inch thick. Greasing your hands with coconut oil will help you roll the balls easier. Repeat for each ball.

## Nutrition Info & Macros

### Dietary Information:

Dairy Free, Gluten Free (if gluten-free oats are used), Contains Nuts

### Macros Per Serving:

70 calories, 2g fat, 9g carbs, 4g protein



SNACKS & SHAKES

# Raw Cacao Goji Bites

These no-bake, vegan power bites are a great source of nutrients and provide natural energy while you satisfy your sweet tooth. It's a win-win.



Yields  
**6 Bites**



Cook Time  
**15 Minutes**



Difficulty  
**Easy**



Serving Size  
**1 Bite**

## Ingredients

2 tbsp. goji berries  
10 pitted dates  
2 tbsp. cacao powder  
2 tbsp. non-dairy milk  
2 tbsp. chia seeds  
1 tbsp. maca powder  
¼ tsp. Himalayan salt  
1 tbsp. almond slices  
1 tbsp. unsweetened coconut flakes,  
lightly toasted

## Directions

- 1 Soak pitted dates in filtered water for 30 minutes.

Then add the soaked dates, cacao powder, milk, chia seeds and maca powder to a food processor or blender.

- 2 Pulse until smooth and combined.

Line a 4"x4" Pyrex with plastic wrap along the bottom and edges (square or rectangular tupperware with a flat bottom works great here too).

- 3 Add the date mix, and press down and flatten to fill the mixture in the Pyrex or Tupperware. Sprinkle the top with goji berries, almond slices, coconut flakes and Himalayan salt. Cover the top with plastic wrap and lightly press down on the toppings to ensure they stick on top.
- 4 Freeze for 30 minutes. Slice into 6 bites, and enjoy as a snack or dessert! Store in freezer or fridge in a sealed container.

## Nutrition Info & Macros

### Dietary Information:

Gluten Free, Dairy Free, Vegetarian, Vegan, Paleo, Contains Nuts

### Macros Per Serving:

98 calories, 3g fat, 16g carbs, 3g protein