



# COOKBOOK

Registered Dietitian's Guide

# Table of Contents

## BREAKFAST

- Pumpkin Pie Protein Smoothie / [LEAH BAXTER](#)
- Shakshuka (Baked Eggs) / [LONDON BAKER](#)
- Almond Flour Pancakes / [LAUREN FLOYD](#)
- Veggie Packed Egg Muffin / [GRACE IBERLE](#)
- Basil & Goat Cheese Egg Muffins Topped with Avocado / [RANDI KARLINSKY](#)
- Raspberry Almond Overnight Oats / [KRISTA KING](#)
- Blueberry Protein Smoothie / [LACEY KREMER](#)
- Smoked Salmon Egg Scramble / [NICOLE OLEN](#)
- Pumpkin Overnight Oats
- Banana Protein Pancakes / [KRISTIN KING](#)

## LUNCH

- Fish Tacos with Mango Salsa / [LONDON BAKER](#)
- Cauliflower Fried Rice / [LAUREN FLOYD](#)
- Chopped Kale and Edamame Salad / [GRACE IBERLE](#)
- Southwest Quinoa Bowl / [RANDI KARLINSKY](#)
- Chickpea Salad / [KRISTA KING](#)
- Asian Lettuce Wraps / [KRISTIN KING](#)
- Pumpkin Mac n' Cheese / [LACEY KREMER](#)
- Blended Tomato Basil Soup / [NICOLE OLEN](#)
- Curry Pumpkin Soup / [CARA SIMPSON](#)





## DINNER

Honey Garlic Chicken Thighs / [LEAH BAXTER](#)

Slow Cooker Buffalo Chicken Chili / [LAUREN FLOYD](#)

One Pan Chicken and Roasted Vegetables / [GRACE IBERLE](#)

Balsamic Glazed Chicken with Roasted Sweet Potatoes / [RANDI KARLINSKY](#)

Tempeh & Red Lentil Pasta / [KRISTA KING](#)

White Chicken Chili / [KRISTIN KING](#)

One Pan Shrimp Boil / [LACEY KREMER](#)

Crockpot Tomato-Balsamic Chicken / [NICOLE OLEN](#)

Spaghetti Squash with Pine Nuts and Cheese / [CARA SIMPSON](#)

## APPETIZERS

Quinoa Kale Fritters

Oven-Roasted Kale / [LAUREN FLOYD](#)

Smoked Salmon Cucumber Stacks / [GRACE IBERLE](#)

Roasted Winter Squash Soup / [RANDI KARLINSKY](#)

Roasted Red Pepper Hummus / [KRISTA KING](#)

Skinny Spinach & Artichoke Dip / [KRISTIN KING](#)

Spicy Mango Guac on Sweet Potato Chips / [LACEY KREMER](#)

Large Crab Stuffed Mushrooms / [NICOLE OLEN](#)

Cinnamon Roasted Chickpeas

## SNACKS

Dark Chocolate Sea Salt Almonds / [LEAH BAXTER](#)

No Bake Granola Bar / [LONDON BAKER](#)

Summer Fruit Salad / [CARA SIMPSON](#)

Spinach Pesto Greek Yogurt Dip / [GRACE IBERLE](#)

Herb Roasted Cashews / [RANDI KARLINSKY](#)

Vegan Cheesecake Bites / [KRISTA KING](#)

Avocado Tuna Salad / [KRISTIN KING](#)

Honey Cinnamon Chips / [LACEY KREMER](#)

Microwave Apple Crumble / [NICOLE OLEN](#)

Black Bean Brownies / [CARA SIMPSON](#)

Spiced Nuts / [LAUREN FLOYD](#)





A photograph of a breakfast meal. On the left is a clear glass carafe filled with white milk. To its right is a dark bowl filled with granola, topped with a dollop of white yogurt and several sliced strawberries. The bowl sits on a matching dark plate. The entire scene is set on a dark wooden table. The word "BREAKFAST" is overlaid in the center in a bold, black, sans-serif font.

# **BREAKFAST**



# Pumpkin Pie Protein Smoothie

 6 ingredients  10 minutes  2 servings

## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

**No Pumpkin Pie Spice** Use cinnamon instead.

**Toppings** Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

## Ingredients

|                |                         |
|----------------|-------------------------|
| <b>2 cups</b>  | Unsweetened Almond Milk |
| <b>1 cup</b>   | Pureed Pumpkin          |
| <b>2</b>       | Banana (frozen)         |
| <b>1 tsp</b>   | Vanilla Extract         |
| <b>1 tsp</b>   | Pumpkin Pie Spice       |
| <b>1/2 cup</b> | Vanilla Protein Powder  |

## 269 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 4g      | 6%            |
| <b>Carbs</b> 39g   | 13%           |
| Fiber 10g          | 40%           |
| Sugar 19g          | 0%            |
| <b>Protein</b> 23g | 46%           |

# Shakshuka (Baked Eggs)

 14 ingredients  30 minutes  6 servings

## Directions

1. Preheat the oven to 375 degrees.
2. Gather all ingredients and equipment.
3. Place a large skillet over medium-low heat, add the olive oil. Add the sliced onions and bell peppers. Cook gently, stirring frequently, about 20 minutes.
4. Add the garlic and sauté until tender, 1-2 minutes; add the dry spices and cook for an additional minute.
5. Add the crushed tomatoes, salt, pepper and stir the ingredients together. Cook the tomato mixture until the tomato sauce has thickened, about 10 minutes.
6. Gently crack eggs into the skillet over the tomato mixture. Sprinkle the eggs with a pinch of salt and pepper. Transfer the skillet to the oven and bake until the eggs are set, approximately 7-9 minutes. Remove the pan from the oven, finish the pan with cilantro and feta cheese. Enjoy!




## Ingredients

|                 |                   |
|-----------------|-------------------|
| <b>3 tbsps</b>  | Olive oil         |
| <b>1 cup</b>    | Yellow Onion      |
| <b>1 cup</b>    | Red Bell Pepper   |
| <b>1 cup</b>    | Green Bell Pepper |
| <b>3 pieces</b> | Garlic            |
| <b>1 tsp</b>    | Cumin             |
| <b>1 tsp</b>    | Paprika           |
| <b>1/8 tsp</b>  | Cayenne Pepper    |
| <b>5 cups</b>   | Crushed Tomatoes  |
| <b>3/4 tsp</b>  | Sea Salt          |
| <b>1/2 tsp</b>  | Black Pepper      |
| <b>1 cup</b>    | Feta Cheese       |
| <b>1/2 cup</b>  | Cilantro          |
| <b>6</b>        | Egg               |

## 288 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 17g     | 26%           |
| <b>Carbs</b> 22g   | 7%            |
| Fiber 4g           | 16%           |
| Sugar 11g          | 0%            |
| <b>Protein</b> 14g | 28%           |

# Veggie Packed Egg Muffin

 7 ingredients  35 minutes  6 servings

## Directions

1. Preheat oven to 375 degrees
2. Grease a 12-cup muffin pan with canola oil or line with cupcake liners
3. In a medium bowl, combine red bell pepper, shredded carrots, spinach, and basil
4. In a large bowl, whisk together eggs, salt and pepper
5. Add egg mixture to the veggie mixture and stir to combine
6. Using a measuring cup or a ice cream scoop fill muffin cups with egg mixture being sure not to fill cups to the rim (about 1/4 to 1/3 cup in each cup)
7. Bake the egg muffins for 20 to 25 minutes or until eggs are set in the middle

## Notes

- Serve with** Serving size is 2 muffins. Serve with fresh avocado, ½ cup of fruit, or whole grain slice of toast
- Easy Meal Prep** Egg Muffins can be stored in an airtight container in the fridge for up to 3-4 days. Make at the beginning of the week and use for a quick, healthy, on-the-go breakfast.
- Vegetables** Try using different vegetables - onion, mushrooms, tomatoes, broccoli, etc

## Ingredients




- 1/4 cup** Red Bell Pepper (diced)  
**1/2 cup** Matchstick Carrots  
**1/2 cup** Baby Spinach (chopped)  
**3 tbsps** Basil Leaves (diced)  
**1/2 tsp** Sea Salt  
**1/4 tsp** Black Pepper  
**12** Egg

## 151 Calories

| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 10g     | 15%           |
| Carbs 2g    | 1%            |
| Fiber 0g    | 0%            |
| Sugar 1g    | 0%            |
| Protein 13g | 26%           |



# Basil and Goat Cheese Egg Muffins Topped with Avocado

 7 ingredients  30 minutes  12 servings

## Directions

1. Preheat oven to 350 degrees F.
2. Separately chop spinach, mushrooms, and basil.
3. Using the stovetop, heat olive oil over low to medium heat. Add chopped spinach and mushrooms and saute until spinach wilts and mushrooms begin to brown. Quickly remove from heat and set aside.
4. Using a medium size mixing bowl, crack all 12 eggs and whisk until yolks are no longer distinguishable.
5. Spray muffin tin with nonstick spray. \*Option to use a napkin with a little olive oil instead of spray.
6. Distribute mushroom and spinach mixture evenly between the 12 compartments. Repeat with chopped basil followed by the goat cheese and finally the eggs.
7. Place muffin tin in the oven for 20 minutes or until cooked to your preference.
8. Remove egg muffins and top with slices of avocado for added omega-3 fatty acids.
9. Enjoy!




## Ingredients

|                |                        |
|----------------|------------------------|
| <b>12</b>      | Egg                    |
| <b>1 cup</b>   | Baby Spinach           |
| <b>1 cup</b>   | Mushrooms              |
| <b>1/4 cup</b> | Basil Leaves           |
| <b>1/4 cup</b> | Goat Cheese            |
| <b>1 tsp</b>   | Extra Virgin Olive Oil |
| <b>1</b>       | Avocado                |

## 110 Calories

| Per Serving       | % Daily Value |
|-------------------|---------------|
| <b>Fat</b> 8g     | 12%           |
| <b>Carbs</b> 2g   | 1%            |
| Fiber 1g          | 4%            |
| Sugar 1g          | 0%            |
| <b>Protein</b> 7g | 14%           |

# Almond Flour Pancakes

 6 ingredients  5 minutes  4 servings

## Directions

1. Mix ingredients together in a bowl.
2. Use about 1/4 cup for each pancake and pour onto hot skillet.
3. Once the underside is brown, flip.
4. Serve warm with fresh strawberries cut up on top. Can use any other berry of choice if desire. Goes Great with scrambled eggs.




## Ingredients

- 1 cup** Almond Flour (Use Bob's Red Mill for best results)
- 1/4 cup** Sparkling Water (Plain, unflavored)
- 2 tbsps** Coconut Oil (Can also use almond oil)
- 1/4 tsp** Salt
- 1 tsp** Baking Powder
- 1 cup** Strawberries (Cut up to put on top of pancakes)

## 233 Calories

| Per Serving       | % Daily Value |
|-------------------|---------------|
| <b>Fat</b> 21g    | 32%           |
| <b>Carbs</b> 9g   | 3%            |
| Fiber 4g          | 16%           |
| Sugar 3g          | 0%            |
| <b>Protein</b> 6g | 12%           |

# Raspberry Almond Overnight Oats

 8 ingredients  5 minutes  1 serving

## Directions

1. In a small jar mix together oats, coconut flakes, chia seeds, protein powder, almond milk, and cinnamon.
2. Top with raspberries and sliced almonds.
3. Enjoy within 5 days.

## Notes

**Prep ahead** Make 5 for the week for the perfect grab and go breakfast

**Toppings** Alternate raspberries and almonds with your favorite fruit, nuts, seeds (hemp, flax, chia), cacao nibs, or coconut flakes.

## Ingredients




|                |                            |
|----------------|----------------------------|
| <b>1/2 cup</b> | Oats                       |
| <b>2 tbsps</b> | Unsweetened Coconut Flakes |
| <b>1 tbsp</b>  | Chia Seeds                 |
| <b>2 tbsps</b> | Protein Powder             |
| <b>1 cup</b>   | Unsweetened Almond Milk    |
| <b>1 tsp</b>   | Cinnamon                   |
| <b>1/2 cup</b> | Raspberries (topping)      |
| <b>1/4 cup</b> | Sliced Almonds (topping)   |

## 562 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 28g     | 43%           |
| <b>Carbs</b> 56g   | 19%           |
| Fiber 21g          | 84%           |
| Sugar 5g           | 0%            |
| <b>Protein</b> 27g | 54%           |



# Blueberry Protein Smoothie

 5 ingredients  5 minutes  1 serving

## Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

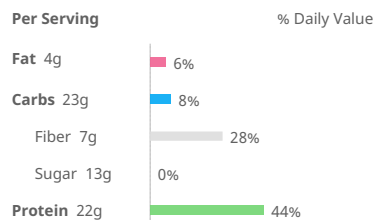
**No Blueberries** Use any type of frozen berry instead.

**No Protein Powder** Use hemp seeds instead




## Ingredients

- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Ground Flax Seed
- 1 cup** Frozen Blueberries
- 1 cup** Baby Spinach
- 1 cup** Water (cold)

## 207 Calories



# Smoked Salmon Egg Scramble

 8 ingredients  10 minutes  1 serving

## Directions

1. Put the green onion, mushrooms, and carrots in a skillet over medium-high heat. Cook for 2-3 minutes or until slightly softened.
2. Add the egg, egg whites, and smoked salmon to the skillet. Cook for another 3-5 minutes. Sprinkle with black pepper to taste.
3. Scoop the egg scramble onto a plate and serve with a dollop of salsa on the side.

## Notes

**No Salmon** Add black or garbanzo beans instead.

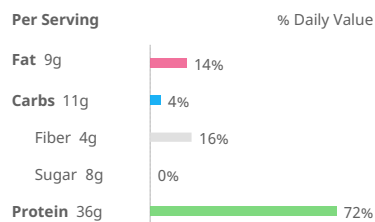
**No Eggs** Use all egg whites or egg substitutes.

**No Carrots or Mushrooms** Add any of your favorite vegetables.

## Ingredients



|                 |                         |
|-----------------|-------------------------|
| <b>3 ozs</b>    | Smoked Salmon           |
| <b>1</b>        | Egg                     |
| <b>3</b>        | Egg White               |
| <b>2 stalks</b> | Green Onion (chopped)   |
| <b>1/2 cup</b>  | Mushrooms (chopped)     |
| <b>1/4 cup</b>  | Matchstick Carrots      |
| <b>1/4 cup</b>  | Salsa                   |
| <b>1/2 tsp</b>  | Black Pepper (to taste) |

## 269 Calories



# Pumpkin Overnight Oats



 7 ingredients  10 minutes  1 serving

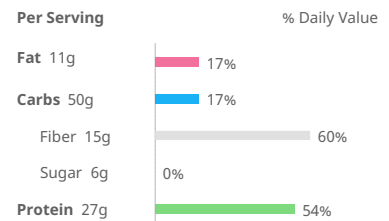
## Directions

1. Pour yogurt, almond milk, oats, pureed pumpkin, cinnamon, chia seeds and protein powder into a jar.
2. Seal jar with lid and shake until combined.
3. Refrigerate overnight and enjoy the next morning!

## Ingredients

- 1/2 cup** Plain Greek Yogurt
- 1/2 cup** Unsweetened Almond Milk
- 1/2 cup** Oats
- 1/4 cup** Pureed Pumpkin
- 1 tsp** Cinnamon
- 1 tbsp** Chia Seeds
- 1 tbsp** Vanilla Protein Powder

## 402 Calories





# Banana Protein Pancakes

6 ingredients 15 minutes 8 servings

## Directions

1. In two clean bowls, separate the eggs carefully so none of the yolk gets into the egg whites. Beat the egg whites on high for 2 minutes until they form soft peaks. (It is important that your bowl or beaters don't have any oil, fat or yolks on them, or the egg whites won't form peaks. Soft peaks are defined as barely holding their shape. The peaks flop over immediately when the beaters are lifted.) Add the remaining ingredients to the egg yolks and beat until smooth. Gently fold  $\frac{1}{3}$  of the egg white mixture into the banana mixture until roughly combined. Fold half of the remaining egg whites into the mixture and finally the last portion until everything is well combined. Heat a skillet over low heat. Scoop  $\frac{1}{4}$  c. of the mixture onto the skillet and cook for 60-90 seconds on each side. Serve immediately. OPTIONAL: Top with fresh fruit and/or  $\frac{1}{3}$  c. plain non-fat Greek yogurt mixed with 1 Tbsp. honey.

## Ingredients

|         |   |
|---------|---|
| 2 ozs   | Vanilla Protein Powder                      |
| 1       | Banana (Make sure the banana is very ripe.) |
| 1/8 tsp | Cinnamon                                    |
| 1/4 tsp | Baking Powder                               |
| 1/4 tsp | Salt  |
| 2       | Egg   |

## 250 Calories




| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 10g     | 15%           |
| Carbs 28g   | 9%            |
| Fiber 3g    | 12%           |
| Sugar 15g   | 0%            |
| Protein 14g | 28%           |



**LUNCH**



# Fish Tacos with Mango Salsa

 9 ingredients  15 minutes  6 servings

## Directions

1. Gather all ingredients and equipment
2. In a small mixing bowl, combine the all of the dried spices, salt and pepper. Mix well. This will be the seasoning blend for the fish.
3. Place the Tilapia filets on a sheet tray. Coat each filet with the seasoning blend, make sure each filet is evenly coated on each side.
4. Place a saute pan over medium-high heat and add the olive oil.

## Ingredients

|                 |                        |
|-----------------|------------------------|
| <b>1 tsp</b>    | Cumin                  |
| <b>1 tsp</b>    | Chili Powder           |
| <b>1 tsp</b>    | Oregano                |
| <b>1/2 tsp</b>  | Paprika                |
| <b>1 tsp</b>    | Black Pepper           |
| <b>1/2 tsp</b>  | Sea Salt               |
| <b>1 lb</b>     | Tilapia Fillet         |
| <b>2 tsps</b>   | Extra Virgin Olive Oil |
| <b>6 pieces</b> | Corn Tortilla          |

## 141 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 4g      | 6%            |
| <b>Carbs</b> 12g   | 4%            |
| Fiber 0g           | 0%            |
| Sugar 0g           | 0%            |
| <b>Protein</b> 17g | 34%           |





# Cauliflower Fried Rice

7 ingredients 15 minutes 4 servings

## Directions

1. Add oil to skillet and heat over medium heat.
2. Add ingredients to hot skillet/wok over medium heat.
3. Cook for about 5-7 minutes until desired texture.

## Ingredients

- 1 head** Cauliflower (Can buy frozen and pre-chopped into rice to save yourself time with the food processor!)
- 2** Carrot (chopped finely)
- 1 cup** Frozen Edamame (preshelled)
- 2** Egg (scrambled )
- 2 tbsps** Minced Garlic
- 3 tbsps** low sodium soy sauce (Can use coconut aminos to save on sodium.)
- 1 tbsp** Extra Virgin Olive Oil

## 181 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 8g      | 12%           |
| <b>Carbs</b> 18g   | 6%            |
| Fiber 6g           | 24%           |
| Sugar 7g           | 0%            |
| <b>Protein</b> 12g | 24%           |

# Chopped Kale and Edamame Salad

🛒 16 ingredients ⌚ 15 minutes 🍴 5 servings

## Directions

1. Use a chef's knife and remove the tough ribs from the kale, then discard them. Chop kale into small, bite-sized pieces and transfer to a mixing bowl. Sprinkle with a dash of sea salt and use your hands to massage the kale by crunching up the leaves in your hands and releasing until the kale is a darker green and fragrant
2. Toss snap peas, shredded carrots, red bell pepper, edamame, avocado, green onion, cilantro, and basil with the kale in a mixing bowl
3. To make vinaigrette, whisk together olive oil, rice vinegar, ginger, low sodium soy sauce, lime juice, and garlic

## Notes

**Kale** Purchase chopped kale to cut down on prep time

**Frozen Edamame** Defrost by tossing into boiling water for 3-4 minutes or follow the instructions on the package

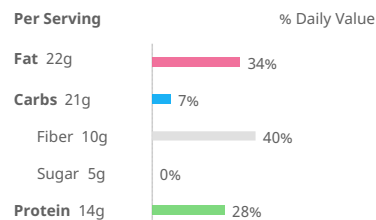
**Green Onion** Cut using a scissors for ease

**Recipe Adapted from** Cookie and Kate




## Ingredients

- 3 cups** Kale Leaves
- 1/8 tsp** Sea Salt (Pinch)
- 1 cup** Snap Peas (slice off tough ends, then chop)
- 1/2 cup** Matchstick Carrots
- 1** Red Bell Pepper (chopped)
- 3 cups** Frozen Edamame (thawed)
- 1** Avocado (chopped )
- 2 stalks** Green Onion (finely sliced )
- 1/4 cup** Cilantro (Handful, sliced )
- 1 cup** Basil Leaves (Thai or regular, lightly packed cup, sliced )
- 1/4 cup** Extra Virgin Olive Oil
- 2 tbsps** Rice Vinegar
- 1 tbsp** Ginger
- 1 tbsp** low sodium soy sauce
- 2 tsps** Lime Juice
- 3** Garlic (cloves, pressed or minced )

## 320 Calories



# Southwest Quinoa Bowl

 9 ingredients  30 minutes  5 servings

## Directions

1. Heat 1 tbsp. olive oil and garlic in a large saucepan or stockpot until garlic starts to brown.
2. Add quinoa, chicken broth, cherry tomatoes, black beans, and corn to the saucepan and bring to a boil.
3. Once the mixture begins to boil, reduce to low heat and cover. Let mixture simmer at the lowest heat for about 20 minutes.
4. While the quinoa mixture cooks, make your dressing by combining the lemon juice, olive oil, and salt & pepper to taste.
5. Once the broth is fully absorbed and the quinoa grains begin to spiral, remove the mixture from the heat and pour into a large bowl to cool.
6. Add the dressing and sliced avocado(optional), mix until combined.
7. Enjoy!

## Ingredients




|                |                                    |
|----------------|------------------------------------|
| <b>1 cup</b>   | Quinoa                             |
| <b>2 cups</b>  | Black Beans                        |
| <b>2 cups</b>  | Cherry Tomatoes (Halved)           |
| <b>2 cups</b>  | Frozen Corn                        |
| <b>2 cups</b>  | Organic Chicken Broth              |
| <b>1</b>       | Avocado (Optional)                 |
| <b>1 tbsp</b>  | Garlic                             |
| <b>2 tbsps</b> | Extra Virgin Olive Oil (Separated) |
| <b>1/4 cup</b> | Lemon Juice                        |

## 402 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 15g     | 23%           |
| <b>Carbs</b> 58g   | 19%           |
| Fiber 13g          | 52%           |
| Sugar 5g           | 0%            |
| <b>Protein</b> 15g | 30%           |



# Chickpea Salad

 15 ingredients  15 minutes  4 servings

## Directions

1. Open, drain, and rinse can of chickpeas and add to a large bowl.
2. Chop cucumber, tomatoes, bell pepper, green onion, and baby spinach and add to bowl.
3. In a separate, small bowl mix together olive oil, red wine vinegar, hummus, Greek yogurt, salt, pepper, garlic powder, and dried basil. Add this mixture to the chickpeas and veggies and mix together.
4. Add feta and mix again.

## Notes

**Serving**      Serve as a sandwich or on a bed of greens as a salad.

## Ingredients

|                 |                                     |
|-----------------|-------------------------------------|
| <b>15 ozs</b>   | Chickpeas (can, drained and rinsed) |
| <b>1</b>        | Cucumber (medium, diced)            |
| <b>1 cup</b>    | Cherry Tomatoes (diced)             |
| <b>1</b>        | Red Bell Pepper (diced)             |
| <b>5 stalks</b> | Green Onion (sliced)                |
| <b>2 cups</b>   | Baby Spinach (roughly chopped)      |
| <b>1/2 cup</b>  | Feta Cheese                         |
| <b>2 tbsps</b>  | Extra Virgin Olive Oil              |
| <b>2 tbsps</b>  | Red Wine Vinegar                    |
| <b>2 tbsps</b>  | Hummus                              |
| <b>1/4 cup</b>  | Plain Greek Yogurt                  |
| <b>1 tsp</b>    | Sea Salt                            |
| <b>1 tsp</b>    | Black Pepper                        |
| <b>2 tsps</b>   | Garlic Powder                       |
| <b>1 tsp</b>    | Dried Basil                         |

## 351 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 15g     | 23%           |
| <b>Carbs</b> 41g   | 14%           |
| Fiber 11g          | 44%           |
| Sugar 10g          | 0%            |
| <b>Protein</b> 16g | 32%           |



# Asian Lettuce Wraps

 10 ingredients  10 minutes  4 servings

## Directions

1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, and Sriracha until onions have become translucent, about 1-2 minutes. Stir in green onions until tender, about 1-2 minutes; season with a minimal amount of salt and pepper, to taste. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style or serve over a bed of lettuce.

## Ingredients

|                 |  |
|-----------------|--|
| <b>1 tbsp</b>   | Extra Virgin Olive Oil                 |
| <b>1 lb</b>     | Extra Lean Ground Turkey               |
| <b>1</b>        | White Onion (Diced)                    |
| <b>2 tsps</b>   | Minced Garlic                          |
| <b>2 tbsps</b>  | low sodium soy sauce                   |
| <b>1/4 cup</b>  | Hoisin Sauce                           |
| <b>1 tsp</b>    | Sriracha Sauce                         |
| <b>2 stalks</b> | Green Onion (thinly sliced)            |
| <b>1/8 tsp</b>  | Sea Salt & Black Pepper (1 pinch)      |
| <b>1</b>        | Head of butter lettuce OR leafy greens |

## 273 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 13g     | 20%           |
| <b>Carbs</b> 17g   | 6%            |
| Fiber 1g           | 4%            |
| Sugar 12g          | 0%            |
| <b>Protein</b> 23g | 46%           |

# Pumpkin Mac n' Cheese

🛒 9 ingredients ⌚ 20 minutes 🍴 4 servings

## Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

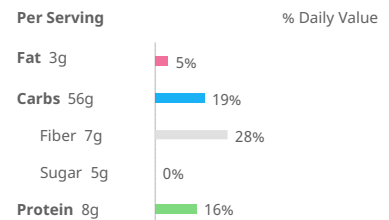
## Notes

- Leftovers** Store in an air-tight container in the fridge for up to 5 days.
- Spice Lover** Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.
- More Protein** Add cooked diced chicken, chickpeas or lentils.
- More Vegetables** Add wilted spinach, kale and/or sauteed mushrooms.




## Ingredients

- 2 cups** Brown Rice Macaroni (dry)
- 1 cup** Unsweetened Almond Milk
- 1 tbsp** Arrowroot Powder
- 1 tsp** Garlic Powder
- 1/3 cup** Nutritional Yeast
- 1 1/2 tsps** Dijon Mustard
- 1 cup** Pureed Pumpkin
- 1 tbsp** Maple Syrup
- Sea Salt & Black Pepper (to taste)

## 292 Calories



# Blended Tomato Basil Soup

 8 ingredients  10 minutes  2 servings

## Directions

1. In a large saucepan over medium-high heat, heat olive oil and saute the onion for 3-5 minutes until translucent. Stir in garlic and cook an additional minute.
2. Add basil and canned tomatoes and bring to a boil.
3. Remove from heat and use an immersion blender to blend until smooth. You can also partially blend it if you like your soup a little chunky.
4. Stir in Greek yogurt and milk. Put the saucepan back over heat and bring the soup to a desired serving temperature.
5. Add salt & pepper to taste. Optional - Serve with shaved Parmesan cheese & a slice of whole wheat or sprouted grain toast.

## Notes

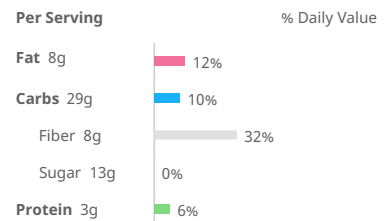
**No Immersion Blender** Transfer the soup into a food processor or regular blender and blend until smooth.

**No Milk** Use broth or stock instead.




## Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1** White Onion (small, chopped)
- 1 tbsp** Minced Garlic
- 1/2 cup** Basil Leaves (chopped)
- 2 cans** Diced Tomatoes (Fire-Roasted) (undrained)
- 3 tbsps** Plain Greek Yogurt
- 1/2 cup** Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)

## 220 Calories



# Curry Pumpkin Soup

 12 ingredients  45 minutes  5 servings



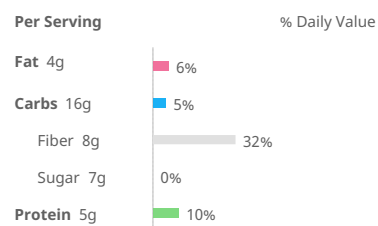
## Directions

1. Saute butter, garlic and spices and cook until softened about 5-6 minutes
2. Add chicken stock, pumpkin puree and water and increase to high heat. Bring to a boil, then reduce heat to low. Cover and simmer for 10-15 minutes.
3. Use an immersion blender to puree the soup.
4. Top with a dollop of plain Greek yogurt.

## Ingredients

- 1 tbsp** Unsalted Butter
- 1 1/2 cups** Yellow Onion (Chopped)
- 2** Garlic (Minced)
- 1 1/2 tsp** yellow curry powder
- 3/4 tsp** Cumin
- 1/2 tsp** coriander
- 1 tsp** Salt
- 4 cups** Organic Chicken Broth
- 4 cups** Pureed Pumpkin
- 1 cup** Water
- 1/8 tsp** Black Pepper
- 1 tbsp** Plain Greek Yogurt (For garnish)

## 101 Calories










**DINNER**

# Honey Garlic Chicken Thighs

 10 ingredients  30 minutes  2 servings

## Directions

1. Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
2. Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
3. Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Preheat your grill over medium heat.
5. Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

## Notes

**No Chicken** Use chicken breast or chicken wings. Grill time will vary.

**Thighs**

**No Asparagus** Use any grilled vegetable.

## Ingredients

|                |   |
|----------------|---|
| <b>2 tbsps</b> | Extra Virgin Olive Oil                  |
| <b>2 tbsps</b> | Raw Honey                               |
| <b>3</b>       | Garlic (cloves, minced)                 |
| <b>1 tbsp</b>  | Chili Powder                            |
| <b>1 tsp</b>   | Sea Salt                                |
| <b>1/2 tsp</b> | Black Pepper                            |
| <b>1 lb</b>    | Chicken Thighs (or about 4 to 6 pieces) |
| <b>3 cups</b>  | Asparagus (woody ends snapped off)      |
| <b>1/2 cup</b> | Quinoa (uncooked)                       |
| <b>3/4 cup</b> | Water                                   |

## 802 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 35g     | 54%           |
| <b>Carbs</b> 56g   | 19%           |
| Fiber 9g           | 36%           |
| Sugar 20g          | 0%            |
| <b>Protein</b> 67g | 134%          |

# Slow Cooker Buffalo Chicken Chili

 14 ingredients  15 minutes  5 servings

## Directions

1. Place all ingredients in a crockpot and mix together until combined (you do not need to brown the meat beforehand).
2. Cover and cook for 8 hours on low.
3. Once cooked through, mix once more to combine everything.
4. Garnish with Ranch Dressing, peppers, and green onions if desired. A squeeze of fresh lime juice makes it even more fresh tasting!

## Ingredients

|                 |                                 |
|-----------------|---------------------------------|
| <b>1</b>        | Sweet Potato (peeled and diced) |
| <b>1 lb</b>     | Extra Lean Ground Chicken       |
| <b>2</b>        | Carrot (diced)                  |
| <b>2 stalks</b> | Celery (diced)                  |
| <b>1</b>        | Yellow Onion (diced)            |
| <b>2 bulbs</b>  | Garlic Cloves (diced)           |
| <b>1 tsp</b>    | Chili Powder                    |
| <b>1 tsp</b>    | Paprika                         |
| <b>1 tsp</b>    | Cumin                           |
| <b>1 tsp</b>    | Sea Salt                        |
| <b>1 cup</b>    | Tomato Sauce                    |
| <b>1 cup</b>    | Diced Tomatoes                  |
| <b>1/2 cup</b>  | Frank's Red Hot Sauce           |
| <b>1/2 cup</b>  | Chicken Broth                   |

## 188 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 2g      | 3%            |
| <b>Carbs</b> 20g   | 7%            |
| Fiber 4g           | 16%           |
| Sugar 8g           | 0%            |
| <b>Protein</b> 24g | 48%           |





# One Pan Chicken and Roasted Vegetables

11 ingredients 1 hour 6 servings

## Directions

1. Heat the oven to 425 F
2. Wash and prep your preferred vegetables and cut into bite size pieces. Arrange the vegetables on the bottom of a baking dish, lined with parchment paper for easy clean up. Sprinkle with olive oil, balsamic vinegar, salt, pepper, and herbs.
3. Rub the chicken thighs with olive oil. Sprinkle chicken pieces with pepper and dried herbs. Place on top of vegetables
4. Bake for an hour or until chicken is done. Let the chicken pieces rest on a serving platter. Mix vegetables in the baking dish and roast 5-10 minutes longer if needed. Garnish with chopped fresh parsley

## Notes

**Vegetables** Try any vegetable (celery, tomatoes, potatoes, cauliflower, Brussels sprouts, etc). Easy way to clean out your refrigerator. You can also purchase medley bags of prepped vegetables, simply open, rinse, and pour into baking dish.

**Chicken** Can substitute thighs for drumsticks or use both. If substituting with chicken breasts, check chicken after 30-40 minutes.

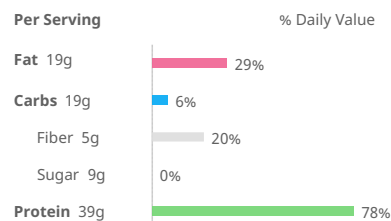
**Herbs and Spices** Try a variety of dried herbs and spices - Thyme, Rosemary, Oregano, Mrs. Dash Salt Free Garlic and Herb

**Recipe Adapted from** Wishful Chef

## Ingredients




- 2 lbs** Chicken Thighs
- 1 cup** Red Onion (sliced)
- 3 cups** Baby Carrots
- 2 cups** Broccoli (chopped)
- 1** Sweet Potato (diced )
- 2 cups** Cherry Tomatoes
- 2** Garlic (2-3 cloves, minced or whole )
- 3 tbsps** Olive oil
- 2 tbsps** Balsamic Vinegar
- 1 tbsp** Dried Thyme
- 3/4 tsp** Parsley

## 417 Calories





# Balsamic Glazed Chicken with Roasted Sweet Potatoes & Brussels Sprouts

 5 ingredients  45 minutes  5 servings

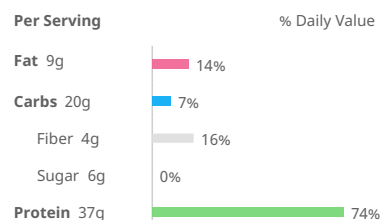
## Directions

1. Marinate chicken in balsamic vinegar by combining the two ingredients in a ziploc bag or bowl. Make sure all areas of the chicken are covered with the balsamic vinegar. It is ok to use more vinegar than the recipe calls for if you'd like. Add salt and pepper per desired taste.
2. Preheat the oven to 425 degrees F.
3. While the chicken is marinating, prepare the vegetables. Using a chef's knife (or the sharpest knife you have/feel comfortable using), peel off the skin of the sweet potatoes and rinse them thoroughly. Slice the vegetable into 1 inch cubes. For the brussels sprouts, cut the "stems" off and halve them. If they are bigger than usual, feel free to cut them in fourths. Rinse the brussels sprouts.
4. Coat the vegetables with olive oil and spread on a baking sheet to place in the oven. Cook for about 30-40 minutes. The vegetables will be done cooking when the brussels sprouts have slightly browned and the sweet potatoes have softened.
5. Transfer chicken to baking dish and place in the oven. Chicken will take anywhere from 15-30 minutes depending on how thick it is. \*Option to combine chicken and vegetables on the same baking sheet.
6. Enjoy!

## Ingredients

- |                  |                                  |
|------------------|----------------------------------|
| <b>2 tbsps</b>   | Extra Virgin Olive Oil           |
| <b>1 1/4 lbs</b> | Chicken Breast                   |
| <b>1/4 cup</b>   | Balsamic Vinegar                 |
| <b>3 cups</b>    | Brussels Sprouts (halved)        |
| <b>2 1/2</b>     | Sweet Potato (sliced into cubes) |

## 309 Calories



# Tempeh & Red Lentil Pasta

 13 ingredients  40 minutes  6 servings

## Directions

1. Cook red lentil pasta according to package instructions.
2. Preheat the oven to 350 degree Fahrenheit.
3. In a large skillet heat 1 tbsp olive oil and minced garlic. Add zucchini, tomatoes, and tempeh and cook for about 5 minutes. Season with salt, pepper, basil, and cayenne. Add spinach and cook until wilted.
4. Drain pasta. Add coconut milk, remaining olive oil, lemon juice, and cooked veggies and tempeh.
5. Transfer pasta mixture to a 4 qt baking dish. Bake for 10-15 minutes until crispy on top.

## Notes

**Topping** Optional - sprinkle with Parmesan cheese before baking.

## Ingredients

|                |                                 |
|----------------|---------------------------------|
| <b>12 ozs</b>  | Red Lentil Pasta                |
| <b>2</b>       | Zucchini (chopped)              |
| <b>1 cup</b>   | Cherry Tomatoes (sliced)        |
| <b>2 cups</b>  | Baby Spinach                    |
| <b>1/2 cup</b> | Organic Coconut Milk (full fat) |
| <b>3 tbsps</b> | Lemon Juice                     |
| <b>8 ozs</b>   | Tempeh                          |
| <b>4</b>       | Garlic (minced cloves)          |
| <b>1 tsp</b>   | Sea Salt                        |
| <b>1 tsp</b>   | Black Pepper                    |
| <b>2 tpsps</b> | Dried Basil                     |
| <b>1/2 tsp</b> | Cayenne Pepper                  |
| <b>2 tbsps</b> | Extra Virgin Olive Oil          |

## 358 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 14g     | 22%           |
| <b>Carbs</b> 42g   | 14%           |
| Fiber 12g          | 48%           |
| Sugar 3g           | 0%            |
| <b>Protein</b> 21g | 42%           |

# White Chicken Chili

 12 ingredients  30 minutes  6 servings

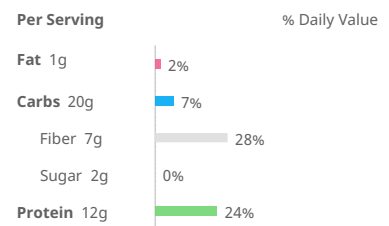
## Directions

1. Add chicken to a 4-quart, heavy bottomed Dutch oven or stockpot over medium heat. Add chicken stock and cook until tender, about 15 minutes. Shred chicken with two forks and then add back to the liquid. Add garlic and onion to stockpot, white beans, green chilis, dried oregano, cumin, chili powder, salt, pepper, and chopped fresh oregano. Stir until well-combined. Taste for flavor and adjust to your preference. Simmer over low heat for about 5 minutes. Remove from heat and serve.

## Ingredients




|                |                                |
|----------------|--------------------------------|
| <b>4 ozs</b>   | Chicken Breast                 |
| <b>4 cups</b>  | Chicken Broth (reduced sodium) |
| <b>1 tbsp</b>  | Minced Garlic                  |
| <b>1</b>       | Yellow Onion (diced)           |
| <b>2 cups</b>  | White Navy Beans               |
| <b>4 ozs</b>   | green chiles                   |
| <b>1 tsp</b>   | Oregano (dried)                |
| <b>1 tsp</b>   | cumin (ground)                 |
| <b>1/2 tsp</b> | Chili Powder                   |
| <b>1/2 tsp</b> | Salt                           |
| <b>1/2 tsp</b> | Black Pepper                   |
| <b>1 tsp</b>   | Fresh Oregano                  |

## 138 Calories





# One Pan Shrimp Boil

 9 ingredients  30 minutes  4 servings

## Directions

1. Preheat oven to 400 degrees F and line your baking sheet with parchment paper.
2. Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
3. Remove from the oven and divide onto plates. Enjoy!

## Notes

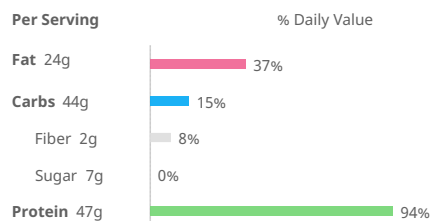
**Grill It** Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

**Leftovers** Keeps well in the fridge for 2 to 3 days.

## Ingredients

- 1 lb** Shrimp (raw)
- 16 ozs** Organic Chicken Sausage (sliced into chunks)
- 3** Yellow Potato (medium, diced)
- 3 ears** Corn on the Cob (sliced into 2 inch chunks)
- 1/2** Lemon (juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Celery Salt
- 1/4 tsp** Paprika
- 1/8 tsp** Cayenne Pepper

## 569 Calories



# Crockpot Tomato-Balsamic Chicken

 8 ingredients  7 hours  6 servings

## Directions

1. Place frozen chicken into crockpot.
2. Pour stewed tomatoes and balsamic vinegar over the chicken. Sprinkle garlic powder, oregano, and basil on top.
3. Add green beans and diced onion to the top. Cover and cook on low for 7 hours.
4. Serve in a bowl.

## Notes

**Add a Whole Grain**     Serve with a 1/2 cup of cooked brown rice, quinoa, or couscous.

**Add Cheese**     Sprinkle with fresh Parmesan.

**Leftovers**     Re-heats well and makes for a good lunch.




## Ingredients

|                  |                                      |
|------------------|--------------------------------------|
| <b>1 1/2 lbs</b> | Chicken Breast (frozen)              |
| <b>2 cans</b>    | Canned Stewed Tomatoes (not drained) |
| <b>1/3 cup</b>   | Balsamic Vinegar                     |
| <b>2 tsp</b>     | Garlic Powder                        |
| <b>1 tsp</b>     | Oregano                              |
| <b>1 tsp</b>     | Dried Basil                          |
| <b>2 cups</b>    | Green Beans (fresh, trimmed)         |
| <b>1</b>         | White Onion (diced)                  |

## 217 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 3g      | 5%            |
| <b>Carbs</b> 15g   | 5%            |
| Fiber 3g           | 12%           |
| Sugar 9g           | 0%            |
| <b>Protein</b> 31g | 62%           |

# Spaghetti Squash with Pine Nuts and Cheese

 13 ingredients  1 hour  2 servings

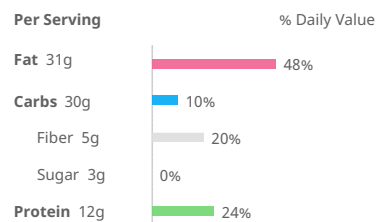
## Directions

1. Preheat the oven to 350°F. Spread the pine nuts on a baking sheet and bake for about 5 minutes.
2. Arrange the spaghetti squash halves cut sides up on a rimmed baking sheet. Drizzle with 1 tbsp extra-virgin olive oil and season with salt and pepper. Flip the squash cut sides down and pour the water into the pans. Bake for about 50 minutes. Flip the squash and let cool.
3. In a small bowl, combine the white wine vinegar with the lemon zest and lemon juice, thyme, and crushed red pepper. Whisk in the 4 tbsp of olive oil; season with salt and pepper.
4. Using a fork, scrape out the spaghetti squash. Pour the dressing over the squash and toss to coat. Add the tarragon, feta cheese and pine nuts and toss again.

## Ingredients

|                |                        |
|----------------|------------------------|
| <b>1/2 cup</b> | Pine Nuts              |
| <b>1</b>       | Spaghetti Squash       |
| <b>1/3 cup</b> | Extra Virgin Olive Oil |
| <b>1/2 cup</b> | Water                  |
| <b>2 tbsps</b> | White Wine Vinegar     |
| <b>1 tbsp</b>  | Lemon (Zest)           |
| <b>1 tbsp</b>  | Lemon Juice            |
| <b>1 tsp</b>   | Thyme                  |
| <b>1 tsp</b>   | Red Pepper Flakes      |
| <b>2 tbsps</b> | Tarragon               |
| <b>1/2 cup</b> | Feta Cheese            |
| <b>1 tsp</b>   | Salt                   |
| <b>1 tsp</b>   | Black Pepper           |

## 419 Calories







# APPETIZERS

# Quinoa Kale Fritters

 13 ingredients  45 minutes  6 servings

## Directions




1. Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
2. In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
3. In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
4. With clean hands, form even patties with the mixture and place on a piece of waxed paper.
5. In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
6. To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
7. Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

## Ingredients

|                |                                    |
|----------------|------------------------------------|
| <b>1/2 cup</b> | Quinoa                             |
| <b>1 cup</b>   | Water                              |
| <b>1 tbsp</b>  | Coconut Oil (divided)              |
| <b>2</b>       | Egg (whisked)                      |
| <b>1/2</b>     | Sweet Onion (diced)                |
| <b>3</b>       | Garlic (cloves, minced)            |
|                | Sea Salt & Black Pepper (to taste) |
| <b>2 cups</b>  | Kale Leaves                        |
| <b>1/3 cup</b> | Oats                               |
| <b>1/3 cup</b> | Almond Flour                       |
| <b>1</b>       | Avocado (peeled and sliced)        |
| <b>1</b>       | Lemon (juiced)                     |
| <b>1 tbsp</b>  | Yellow Mustard                     |



# Oven-Roasted Kale

 3 ingredients  25 minutes  2 servings

## Directions

1. Preheat oven to 375 degrees F. Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil, salt and pepper. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

## Notes

**No Kale** Use collard greens instead.




**Likes it Spicy** Sprinkle kale with red pepper flakes after you remove it from the oven.

## Ingredients

- |               |                                    |
|---------------|------------------------------------|
| <b>8 cups</b> | Kale Leaves (roughly chopped)      |
| <b>1 tbsp</b> | Extra Virgin Olive Oil             |
|               | Sea Salt & Black Pepper (to taste) |



# Smoked Salmon Cucumber Stacks

 8 ingredients  15 minutes  15 servings

## Directions

1. Combine goat cheese, Greek yogurt, dill, lemon, pepper, and salt in a small bowl and mash with a fork until combined and smooth
2. Spread 1 tsp of filling on each cucumber, top with a piece of salmon and sprig of fresh dill




## Notes

**Optional** Use a toothpick to hold all the pieces together

## Ingredients

|                |                                       |
|----------------|---------------------------------------|
| <b>3</b>       | Cucumber (sliced into 1/4 in rounds ) |
| <b>4 ozs</b>   | Smoked Salmon                         |
| <b>2 cups</b>  | Goat Cheese                           |
| <b>1 tbsp</b>  | Plain Greek Yogurt (2% )              |
| <b>1 tbsp</b>  | Fresh Dill                            |
| <b>1/2 tsp</b> | Lemon Juice                           |
| <b>1/4 tsp</b> | Black Pepper                          |
| <b>1/8 tsp</b> | Salt                                  |

# Roasted Winter Squash Soup

 6 ingredients  10 minutes  12 servings




## Directions

1. Preheat the oven to 400 degrees F.
2. Combine chopped vegetables, olive oil, and parsley in a large bowl. Mix until vegetables are fully coated.
3. Place vegetables in a single layer on a baking sheet and place in the oven to cook for about 30-40 minutes or until the squash has softened.
4. Using a blender or food processor, puree roasted vegetables little by little. Take extra care during this process to avoid splashing since the product will still be very hot.
5. Pour pureed mixture into your stockpot adding chicken broth until the soup has reached your desired consistency. Cook on low to medium heat until soup is heated evenly.
6. Enjoy!

## Ingredients

- |                |  |
|----------------|--|
| <b>1 lb</b>    | Carrot, raw (Chopped)                    |
| <b>2</b>       | Sweet Onion (Chopped)                    |
| <b>1/4 cup</b> | Extra Virgin Olive Oil                   |
| <b>5 lbs</b>   | Butternut Squash (Skin removed, chopped) |
| <b>6 cups</b>  | Chicken Broth                            |
| <b>1/2 cup</b> | Parsley (Chopped)                        |

# Roasted Red Pepper Hummus

 9 ingredients  10 minutes  8 servings

## Directions

1. Line a baking sheet with foil. Core and seed the red peppers, cut into quarters, and place on the baking sheet. Broil for 10-15 minutes, until charred. Place peppers into a resealable ziplock bag, seal, and let rest for 10 minutes, then peel peppers. Chop 4 of the quarters into 1 inch pieces (about 1/2 cup amount) and chop the remaining 2 pieces into small pieces for topping.
2. Add to a food processor chickpeas, lemon juice, tahini, garlic, salt, and cumin. Pulse for 2 minutes, scraping down the sides.
3. Add olive oil and 1/2 cup chopped peppers. Pulse for 1 minute, add 1 Tbsp water to thin and pulse for an additional minute.
4. Transfer hummus to a serving dish. Make an indentation in the middle and add remaining chopped pepper in the middle. Top with parsley for garnish.

## Ingredients

- |                |                            |
|----------------|----------------------------|
| <b>1 1/2</b>   | Red Bell Pepper            |
| <b>2 cups</b>  | Chickpeas                  |
| <b>3 tbsps</b> | Lemon Juice                |
| <b>3 tbsps</b> | Tahini                     |
| <b>2</b>       | Garlic (cloves)            |
| <b>1/2 tsp</b> | Sea Salt                   |
| <b>1/4 tsp</b> | Cumin                      |
| <b>2 tbsps</b> | Extra Virgin Olive Oil     |
| <b>1 tbsp</b>  | Parsley (optional garnish) |



# Skinny Spinach & Artichoke Dip

 7 ingredients  35 minutes  8 servings




## Directions

1. Preheat the oven to 375 degrees. Using a hand mixer, blend together the cream cheese, Greek yogurt, Parmesan-Reggiano cheese, and garlic cloves. Make sure all of the water has been pressed out of your spinach. Add the spinach and chopped artichoke hearts to the cheese mixture. Transfer the mixture to a small baking dish and top with the shredded mozzarella cheese. Bake in the preheated oven until the cheese is bubbling and starting to brown, 20-30 minutes. Serve hot. Enjoy!

## Ingredients

|                |  |
|----------------|--|
| <b>4 ozs</b>   | Fat-Free Cream Cheese                  |
| <b>4 ozs</b>   | Nonfat Plain Greek Yogurt              |
| <b>1/4 cup</b> | Parmesan Cheese (shredded or grated)   |
| <b>1 tbsp</b>  | Minced Garlic                          |
| <b>10 ozs</b>  | Frozen Chopped Spinach                 |
| <b>1 can</b>   | Artichoke Hearts (drained and chopped) |
| <b>1/4 cup</b> | Monterey Jack Cheese (shredded)        |

# Spicy Mango Guac on Sweet Potato Chips

 8 ingredients  45 minutes  4 servings

## Directions

1. Preheat oven to 375. Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
2. In a mixing bowl, toss the sweet potato rounds with olive oil and season with some sea salt.
3. Line a baking sheet with parchment paper. Place the sweet potato rounds across the baking sheet in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown.
4. While sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, cayenne, lime juice, sea salt and black pepper. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
5. Place a dollop of guac on each baked sweet potato chip. Enjoy!




## Notes

- Chip Lover** Make brown rice tortilla chips instead of sweet potato chips.
- Less Carbs** Skip the sweet potato and serve as a dip with veggie sticks.
- Likes it Spicy** Add more cayenne pepper
- Keep it Crispy** If chips lose their crispiness overtime, throw them back into the oven at 350 for 5 to 10 minutes.

## Ingredients

- 2 Sweet Potato
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 Avocado (peeled and mashed)
- 1/2 Mango (peeled and diced)
- 1/4 cup Red Onion (finely diced)
- 1/4 tsp Cayenne Pepper
- 2 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

# Large Crab-Stuffed Mushrooms

 8 ingredients  30 minutes  4 servings

## Directions

1. Preheat the oven to 375 degrees F.
2. Scrub mushrooms clean. Remove stems and scrape out the inner gills with a spoon. Place the mushroom caps stem-side up on a baking sheet.
3. Mix the crabmeat, breadcrumbs, green onion, red bell pepper, and cream cheese together in a bowl. If filling is too thick, you can add a few tablespoons of skim milk or almond milk to moisten.
4. Divide the crab filling into the mushroom caps evenly. Bake for about 10 minutes, then remove from the oven and add fresh parsley and lemon juice on top of the filling. Return to the oven for about 5 minutes or until the filling is golden on top.

## Notes

**No Big** Use baby bella mushrooms.

**Mushrooms**

**No Fresh Herbs** Use dried herbs.

## Ingredients

|                 |                                      |
|-----------------|--------------------------------------|
| <b>4</b>        | Portobello Mushroom Caps             |
| <b>3/4 cup</b>  | Crabmeat (fresh or imitation, diced) |
| <b>1/4 cup</b>  | Whole Wheat Breadcrumbs              |
| <b>2 stalks</b> | Green Onion (minced)                 |
| <b>1/2</b>      | Red Bell Pepper (diced)              |
| <b>1/4 cup</b>  | Fat-Free Cream Cheese                |
| <b>2 tbsps</b>  | Parsley (fresh, chopped)             |
| <b>1 tbsp</b>   | Lemon Juice                          |



# Cinnamon Roasted Chickpeas

 5 ingredients  1 hour  6 servings

## Directions

1. Preheat the oven to 400 degrees F.
2. Pat dry the rinsed and drained chickpeas with a paper towel.
3. Spread the chickpeas out on baking sheet lined with parchment paper. Let them sit out to continue drying while the oven preheats.
4. Place the chickpeas in the oven for 15 minutes. Remove from oven and stir to ensure even roasting. Return to oven and roast for another 15 minutes.
5. After a total of 30 minutes roasting, remove chickpeas from the oven and drizzle with oil. Sprinkle with cinnamon, sugar, and pinch of salt. Stir to ensure all chickpeas are evenly coated.
6. Return to the oven for another 10-15 minutes, stirring after 10 minutes. Taste a chickpea to determine if they are crispy enough for you.
7. Return to the chickpeas to the oven and turn it off. Let the chickpeas sit in the oven with the door OPEN as the oven cools. Once cool, enjoy!

## Ingredients




- |                   |                        |
|-------------------|------------------------|
| <b>1 1/2 cups</b> | Chickpeas              |
| <b>1 tbsp</b>     | Extra Virgin Olive Oil |
| <b>1 tsp</b>      | Cinnamon               |
| <b>1 1/2 tsps</b> | Sugar                  |
| <b>1/8 tsp</b>    | Salt                   |



**SNACKS**



# Dark Chocolate Sea Salt Almonds

 3 ingredients  25 minutes  24 servings

## Directions

1. Cover a cookie with parchment paper.
2. Heat the chocolate chips using the microwave or a double broiler. When using the microwave, place the chocolate chips in a microwave-safe bowl and heat in 20 second increments and stirring in between.
3. Once chocolate is fully melted, add almonds and stir until almonds are fully coated in the chocolate.
4. Pour almonds onto the parchment paper. Be sure to spread them over the entire sheet to avoid the almonds sticking together in a big chunks.
5. Sprinkle sea salt over the almonds and place in the freezer for a minimum of 20 minutes.
6. Remove almonds from the freezer and enjoy!

## Ingredients




- 2 cups** Almonds  
**1 1/2 cups** Semi Sweet Chocolate Chips  
**2 tbsps** Sea Salt

## 149 Calories

| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 10g     | 15%           |
| Carbs 13g   | 4%            |
| Fiber 2g    | 8%            |
| Sugar 10g   | 0%            |
| Protein 4g  | 8%            |



# No Bake Granola Bar

 5 ingredients  30 minutes  10 servings

## Directions

1. Gather all ingredients and equipment. Preheat oven to 350 degrees.
2. Place the dates in a food processor and pulse until the dates form a “dough” or paste like consistency.
3. Place the rolled oats on a small sheet tray, toast the oats in the oven until golden brown. Approximately 10-15 minutes. Remove from the oven and set aside.
4. Place a small saucepan over low heat. Warm honey and peanut butter until the peanut butter starts to melt, mix thoroughly. Add the remaining ingredients: oats, roasted nuts and dates and mix well.
5. Transfer the mixture to a small 8x8 dish or small sheet pan lined with plastic wrap or parchment paper. This will allow you to remove the bars more easily once the cool. Allow the bars to cool, approximately 1 hour.
6. Remove the bar mixture from the pan and chop into 10 even sized bars. Enjoy!




## Ingredients

- 1 cup** Pitted Dates
- 3/4 tsp** Honey
- 1/4 cup** All Natural Peanut Butter (Creamy, No Sugar Added)
- 1 cup** Mixed Nuts (Unsalted)
- 1 1/2 cups** Oats (Rolled)

## 207 Calories

| Per Serving       | % Daily Value |
|-------------------|---------------|
| <b>Fat</b> 10g    | 15%           |
| <b>Carbs</b> 25g  | 8%            |
| Fiber 4g          | 16%           |
| Sugar 11g         | 0%            |
| <b>Protein</b> 6g | 12%           |

# Summer Fruit Salad

 5 ingredients  15 minutes  6 servings

## Directions

1. Combine all ingredients together in a large mixing bowl. Toss well. Cover and leave in the fridge until ready to eat. Enjoy!




## Ingredients

- 1 Cantaloupe (chopped)
- 1/2 Seedless Watermelon (chopped)
- 2 cups Blackberries
- 1/2 Lime (juiced)
- 1 1/2 tsps Raw Honey

## 171 Calories

| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 1g      | 2%            |
| Carbs 42g   | 14%           |
| Fiber 5g    | 20%           |
| Sugar 34g   | 0%            |
| Protein 4g  | 8%            |

# Spinach Pesto Greek Yogurt Dip

 6 ingredients  10 minutes  3 servings

## Directions

1. Thaw frozen spinach and squeeze dry to remove majority of the liquid
2. In a small bowl, mix together yogurt, spinach, pesto, and a dash of salt and pepper
3. Cut up carrots, cucumbers, and celery to eat the dip with. Can substitute other vegetables.

## Ingredients




- 1 cup** Plain Greek Yogurt
- 1 package** Frozen Chopped Spinach (Thawed and Squeezed Dry )
- 1/2 cup** Pesto
- 4** Carrot (Cut up)
- 2** Cucumber (Cut up )
- 2 stalks** Celery

## 155 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 3g      | 5%            |
| <b>Carbs</b> 24g   | 8%            |
| Fiber 6g           | 24%           |
| Sugar 10g          | 0%            |
| <b>Protein</b> 13g | 26%           |



# Herb Roasted Cashews

 5 ingredients  25 minutes  12 servings

## Directions

1. Preheat oven to 375°F
2. Chop herbs completely.
3. Using a mixing bowl, combine all of the ingredients until cashews are evenly coated with oil and herbs.
4. Pour cashews onto a baking sheet and place in the oven for about 20 minutes or until they start to brown.
5. Enjoy your delicious AND nutritious snack!

## Notes

**Serving Size** 1/4 cup

## Ingredients

**16 ozs** raw cashews  
**1 tbsp** Rosemary  
**1 tsp** Thyme  
**1 tbsp** Extra Virgin Olive Oil  
**1/2 tsp** Salt (Optional)

## 220 Calories

| Per Serving       | % Daily Value |
|-------------------|---------------|
| <b>Fat</b> 18g    | 28%           |
| <b>Carbs</b> 11g  | 4%            |
| Fiber 1g          | 4%            |
| Sugar 2g          | 0%            |
| <b>Protein</b> 7g | 14%           |

# Vegan Cheesecake Bites

🛒 9 ingredients ⌚ 20 minutes 🕒 12 servings

## Directions

1. Soak cashews overnight or with boiling water for 1 1/2 hours.
2. Use coconut oil to grease a 12-cup cupcake pan - make sure to get the edges for easier removal.
3. For the crust, in a food processor combine almonds, dates, coconut flakes, and 1/8 tsp sea salt. Pulse together until all ingredients are combined and form a sticky dough-like consistency.
4. Form 12 equal size dough balls and press into each cupcake holder to form the crust.
5. In a blender combine soaked cashews, maple syrup, coconut milk, salt, coconut oil, and lemon juice until it is thick and smooth.
6. Pour the mixture into each cupcake holder over the crust. Lightly tap the pan on the counter to remove any air bubbles.
7. Lightly cover with plastic wrap then aluminum foil and place in the freezer for 4-6 hours.
8. When ready to serve remove from the freezer and let sit for 10-15 minutes before removing from the pan.

## Notes

**Too sweet?** Add more lemon juice!

**Not sweet enough?** Add more maple syrup!

**Store** In the freezer for up to 2 weeks

**Topping** Top with your favorite berries, coconut flakes, chocolate chips, or swirl in peanut or almond butter before freezing!




## Ingredients

|                    |  |
|--------------------|--|
| <b>1 cup</b>       | Almonds  |
| <b>1 cup</b>       | Pitted Dates   |
| <b>1/4 cup</b>     | Unsweetened Coconut Flakes                                     |
| <b>1/8 tsp</b>     | Sea Salt   |
| <b>2 cups</b>      | Cashews (soaked overnight or with boiling water for 1/2 hours) |
| <b>1/3 cup</b>     | Maple Syrup  |
| <b>1/2 cup</b>     | Organic Coconut Milk (canned full fat)                         |
| <b>1/4 tsp</b>     | Sea Salt   |
| <b>2 1/2 tbsps</b> | Coconut Oil (plus extra to oil the pan)                        |
| <b>2 tbsps</b>     | Lemon Juice  |

## 295 Calories

| Per Serving       | % Daily Value |
|-------------------|---------------|
| <b>Fat</b> 22g    | 34%           |
| <b>Carbs</b> 21g  | 7%            |
| Fiber 3g          | 12%           |
| Sugar 11g         | 0%            |
| <b>Protein</b> 7g | 14%           |

# Avocado Tuna Salad

 9 ingredients  10 minutes  8 servings

## Directions

1. In a large salad bowl, combine: sliced cucumber, sliced avocado, thinly sliced red onion, drained tuna, and  $\frac{1}{4}$  cup cilantro Drizzle salad ingredients with 2 Tbsp lemon juice, 2 Tbsp olive oil, 1 tsp salt and  $\frac{1}{8}$  tsp black pepper (or season to taste). Toss to combine and serve.

## Ingredients



|                |                           |
|----------------|---------------------------|
| <b>3 cans</b>  | Tuna (drained)            |
| <b>1</b>       | Cucumber (sliced)         |
| <b>3</b>       | Avocado (peeled)          |
| <b>1/4 cup</b> | Red Onion (thinly sliced) |
| <b>1/4 cup</b> | Cilantro (chopped)        |
| <b>2 tbsps</b> | Lemon Juice               |
| <b>2 tbsps</b> | Extra Virgin Olive Oil    |
| <b>1 tsp</b>   | Sea Salt                  |
| <b>1/8 tsp</b> | Black Pepper              |

## 212 Calories

| Per Serving        | % Daily Value |
|--------------------|---------------|
| <b>Fat</b> 15g     | 23%           |
| <b>Carbs</b> 8g    | 3%            |
| Fiber 5g           | 20%           |
| Sugar 1g           | 0%            |
| <b>Protein</b> 14g | 28%           |



# Honey Cinnamon Chips

 3 ingredients  15 minutes  4 servings

## Directions

1. Preheat oven to 415. Line a baking sheet with parchment paper.
2. Defrost brown rice tortillas if frozen. Place 1/2 tbsp of raw honey into the middle of each tortilla and spread around using a butter knife. Sprinkle each tortilla with cinnamon. Use a pizza cutter to slice into 1/8's. Place on the baking sheet and bake in the oven for 6 minutes (or until crispy).
3. Remove from oven. Let cool. Enjoy!

## Notes

**Storage** Store in an airtight container at room temperature for up to 5 days.

## Ingredients




- 4 Brown Rice Tortillas
- 2 tbsps Raw Honey
- 2 tsps Cinnamon

## 183 Calories

| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 3g      | 5%            |
| Carbs 37g   | 12%           |
| Fiber 4g    | 16%           |
| Sugar 11g   | 0%            |
| Protein 3g  | 6%            |

# Microwave Apple Crumble



 5 ingredients  5 minutes  1 serving

## Directions

1. Place chopped apple in a microwave-safe bowl and sprinkle with ground cinnamon. Microwave 1-2 minutes or until preferred softness.
2. Mix oats and crushed walnuts. Sprinkle over the top of the warmed apples.
3. Top with a scoop of Greek yogurt.

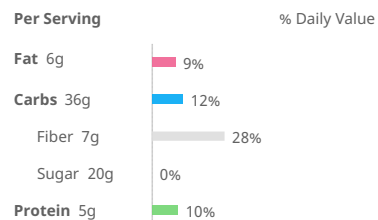
## Notes

**No Walnuts** Use any nuts or seeds you have on hand.




## Ingredients

- 1** Apple (chopped)
- 1/2 tsp** Cinnamon
- 2 tbsps** Oats (dry)
- 1 tbsp** Walnuts (crushed)
- 1 tbsp** Plain Greek Yogurt

## 205 Calories



# Black Bean Brownies

 11 ingredients  45 minutes  16 servings

## Directions

1. Preheat oven to 350 degrees.
2. Grease a 9x9 nonstick pan and line with parchment paper.
3. Blend black beans, eggs, cocoa powder, sugar, oil, almond milk, balsamic, baking soda, baking powder and mint extract.
4. Fold in 1/2 cup chocolate chips.
5. Pour batter in pan and sprinkle with remaining chocolate chips.
6. Bake brownies for 30-35 minutes.
7. Allow to cool before cutting.

## Ingredients




- 1 1/2 cups Black Beans
- 2 Egg
- 1/2 cup Cocoa Powder
- 3/4 cup Sugar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsps Unsweetened Almond Milk
- 1 tsp Balsamic Vinegar
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1 cup Organic Dark Chocolate Chips
- 1 tsp mint extract

## 157 Calories

| Per Serving | % Daily Value |
|-------------|---------------|
| Fat 6g      | 9%            |
| Carbs 24g   | 8%            |
| Fiber 3g    | 12%           |
| Sugar 17g   | 0%            |
| Protein 4g  | 8%            |



# Spiced Nuts

 9 ingredients  15 minutes  6 servings

## Directions

1. Preheat oven to 325 degrees F. Combine nuts and seeds in a medium-sized bowl. Add the spices and salt and toss to combine. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in 1 layer. Bake 15–20 minutes, stirring once, until nuts are fragrant and lightly toasted.

## Ingredients

- 1/2 cup** Pecans
- 1/2 cup** Almonds
- 1/3 cup** Pistachios
- 1/3 cup** Cashews
- 1/3 cup** Pumpkin Seeds
- 1/2 tsp** Curry Powder
- 1/8 tsp** Cayenne Pepper
- 1/2 tsp** Dried Rosemary
- 1/4 tsp** Sea Salt

## 248 Calories

