



PEANUT BUTTER CHOCOLATE SMOOTHIE

With Veggies

serving: 1 smoothie, calories: 197kcal,
carbohydrates: 21g, protein: 4g, fat: 12g,
saturated fat: 3g, polyunsaturated fat:
2g, monounsaturated fat: 5g, sodium:
235mg, potassium: 479mg, fiber: 6g,
sugar: 11g, vitamin a: 1927iu, vitamin c:
26mg, calcium: 232mg, iron: 1mg

SERVINGS: 2

PREPPING TIME: 3 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- 1-2 very ripe frozen bananas, peeled , (start with 1 and add more depending on how sweet you want it)
- 2 cups unsweetened almond milk
- 1 1/2 cups baby spinach , (or greens of choice)
- 1/2 ripe avocado, pitted and peeled
- 1/4- 1/2 cup frozen mango, (again depending on sweetness)
- 2 heaping tablespoons peanut butter
- 3-4 tablespoons cacao or unsweetened cocoa powder

DIRECTIONS

1. Combine bananas, almond milk, spinach, and avocado in a blender until smooth.
2. Add remaining ingredient, running again until smooth. If desired, add water and blend again until desired consistency.
3. Pour in a cup and Enjoy!

NOTES

If you wish you can add 1 tablespoon of ground flax seed.



CHICKEN QUESADILLAS

With Veggies

Calories 1020, Fat 72g, Saturated fat 26 g Trans fat 0g Cholesterol 191 mg Sodium 1142 mg Carbohydrates 30g Fiber 6 g Sugar 6g Protein 58g Vitamin D 1 mcg Calcium 936mg Iron 3mg Potassium 961 mg

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

INGREDIENTS

- 6 Tbsp. vegetable oil
- 2 bell peppers, minced
- 1/2 onion, minced
- Salt
- 1 lb. boneless skinless chicken breasts, sliced into strips
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 4 medium flour tortillas
- 2 cups shredded Monterey jack
- 2 cups shredded cheddar
- 1 ripe avocado, sliced
- 2 scallions, thinly sliced
- Sour cream, for serving

DIRECTIONS

1. In a large skillet over medium-high heat, heat 1 tbsp. neutral oil. Add peppers and onion and season with salt. Cook until soft, 5 minutes. Transfer to a plate.
2. Add 1 tbsp. neutral oil to pan and heat over medium-high heat. Add chicken to pan and season with chili powder, cumin, dried oregano, and 1/2 teaspoon salt. Cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate. Wipe out skillet.
3. Add 1 tbsp. neutral in skillet. Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, 1/4 of the cooked chicken mixture, 1/4 of the pepper-onion mixture, a few slices of avocado, and a sprinkling of scallions. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side.
4. Repeat with remaining oil, tortillas, chicken, pepper-onion mixture, avocado, and scallions to make 4 quesadillas.
5. Slice into wedges and serve with sour cream

NOTES

Any additional toppings/spices may be added, if desired.



WAFFLE OMELETTE

With Veggies

Total Fat 5g, Saturated Fat 2g, Trans Fats 0g

Cholesterol 15mg, Sodium 370mg

Total Carbohydrate 9g, Dietary Fiber 1g

Total Sugars 3g, Added Sugars 0g

Protein 17g, Potassium 420mg

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 12 oz egg whites
- 1/2 cup cheddar cheese (reduced-fat, shredded)
- 1/2 cup turkey sausage diced, cooked (lower sodium)
- bell peppers (diced)
- 1/2 cup onions (diced)
- salt
- black pepper
- nonstick cooking spray
- 1 tbsp fresh chives (chopped)

DIRECTIONS

1. Set your waffle iron to a low or medium setting and allow it to preheat. Lightly coat both the top and bottom plates with cooking spray.
2. Place the egg whites in a large bowl. Whisk vigorously until slightly frothy.
3. Add the shredded cheese, diced turkey sausage, bell peppers, onions, and black pepper to the eggs. Stir until all ingredients are evenly distributed.
4. Pour a portion of the egg mixture onto the center of the preheated waffle iron, ensuring not to overfill. Close the lid gently. Cook for approximately 3-5 minutes, or until the eggs are fully set and the surface is lightly golden. Cooking times may vary depending on your waffle iron; monitor closely to prevent overcooking.
5. Carefully remove the omelette from the waffle iron using a spatula. Repeat the process with the remaining egg mixture. Serve warm, garnished with chives.

NOTES

Any additional toppings/spices may be added, if desired. Can be made in a regular skillet pan.



SPAGHETTI & MEATBALLS

With Veggies

Calories 1020, Fat 72g, Saturated fat 26 g
Trans fat 0g Cholesterol 191 mg Sodium
1142 mg Carbohydrates 30g Fiber 6 g Sugar
6g Protein 58g Vitamin D 1 mcg Calcium
936mg Iron 3mg Potassium 961 mg

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 300g good quality pork sausage
- (about 4 large or 8 chipolatas)
- 500g lean beef mince
- 1 small onion coarsely grated
- 1 carrot finely grated
- 1 tbsp dried oregano
- parmesan finely grated, plus extra to serve
- 1 medium egg
- olive oil
- 1 zucchini coarsely grated
- 3 garlic cloves finely grated
- 1 tbsp tomato purée
- pinch of sugar
- splash red wine vinegar
- 2x cans chopped tomatoes
- cooked spaghetti

DIRECTIONS

1. Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed.
2. Roll the meatball mix into walnut-sized balls and place them on a plate.
3. Heat the oil in a large saucepan. Add the zucchini and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If you like zucchini then you can leave the sauce chunky, if not blend the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs.
4. Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and basil.

NOTES

Additional toppings May be added. Meatballs can be made with ground beef as well. Recipe can be cut in half to serve less people.



TERIYAKI CHICKEN RICE BOWL

Calories 417, Fat 13g, Saturated fat 3g
Cholesterol 107 mg Sodium 711 mg
Carbohydrates 45 g Fiber 6 g Sugar 11 g
Protein 29g Calcium 65 mg
Iron 3mg Potassium 726 mg

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 bunch scallions
- ¼ cup lower-sodium soy sauce
- 2 tablespoons mirin
- 2 tablespoons dark brown sugar
- 3 teaspoons cornstarch, divided
- ¾ teaspoon ground pepper, divided
- 4 (4 ounce) boneless, skinless chicken thighs, cut into bite-size pieces
- 2 tablespoons vegetable oil, divided
- 4 cups broccoli florets
- 1 medium red bell pepper, thinly sliced
- 1 tablespoon grated fresh ginger
- 2 cups hot cooked brown rice
- Toasted sesame seeds for garnish

DIRECTIONS

1. Cut white and light green parts off of 1 bunch of scallions into 2-inch pieces and set aside in a small bowl. Thinly slice the remaining dark green parts of the scallions and reserve for topping.
2. Combine ¼ cup soy sauce, 2 tablespoons mirin, 2 tablespoons brown sugar, 2 teaspoons cornstarch and ½ teaspoon pepper in a small bowl; set aside. Toss the meat from 4 chicken thighs with the remaining 1 teaspoon cornstarch & ¼ teaspoon pepper in a large bowl.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken; cook, stirring occasionally, until golden brown and cooked through, about 5 minutes. Transfer to a plate.
4. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Add 4 cups broccoli, 1 bell pepper and 2-inch scallion pieces; cook, stirring often, until the vegetables are tender-crisp, about 2 minutes. Return the chicken to the pan and stir in 1 tablespoon ginger and the reserved soy sauce mixture. Cook, stirring often, until the sauce thickens and coats the chicken, 4 to 5 minutes.
5. Divide 2 cups hot cooked rice evenly among 2 bowls. Top with the chicken and vegetable mixture and the reserved sliced scallions; garnish with sesame seeds, if desired.

NOTES

Recipe can be cut in half to serve less people.



CHOCOLATE MUFFINS

With hidden veggies

Calories 135 kcal, Fat 7 g, Saturated fat 1 g

Cholesterol 31 mg Sodium 198 mg

Carbohydrates 17 g Fiber 2 g Sugar 7 g

Protein 3 g Calcium 63 mg

Iron 1 mg Potassium 131 mg

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 20MIN

INGREDIENTS

- 2 large eggs
- 1 cup mashed overripe banana
- 1 cup grated carrots
- 1 cup loosely packed spinach or kale
- ¼ cup oil
- ¼ cup maple syrup or honey
- 1 teaspoon of vanilla extract
- 2 teaspoons apple cider vinegar
- 1 cup white whole wheat flour
- 1 teaspoons baking soda
- 1 teaspoons baking powder
- ¼ cup cocoa powder
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Preheat your oven to 350 °F and line a 12-hole muffin tin with liners. Set aside
2. In your blender, combine eggs, banana / applesauce, carrots, spinach/kale, maple syrup/ honey, oil, vinegar, and vanilla.
3. Blend until mixture is smooth.
4. Add flour, baking powder, baking soda, salt, cocoa powder and cinnamon. Process until just mixed.
5. If you don't have a high-speed blender, the best move is to blend the wet ingredients + veggies first, then pour the mixture into a bowl and stir in the dry ingredients by hand. It keeps things smooth without overworking your blender.
6. Finally, fold in chocolate chips
7. Portion batter into prepared muffin tin and top with extra chocolate chips if desired.
8. Bake for 20-22 minutes in a 350°F oven or until a toothpick inserted into the middle comes out clean.
9. Let cool in pan for 5 minutes before transferring to a cooling rack. Enjoy and let cool completely before storing leftovers in an air-tight container in fridge for up to 5 days or freezer for up to a month.

NOTES

Banana can be subbed with 1 cup unsweetened applesauce.

CINNAMON-ROLL OVERNIGHT OATS

Calories 191 cal, Fat 4g, Saturated fat 1 g

Sodium 323 mg

Carbohydrates 32 g Fiber 4 g Sugar 4 g

Protein 6 g Calcium 271 mg

Iron 2 mg Potassium 238 mg



SERVINGS: 5

PREPPING TIME: 5MIN

COOKING TIME: 5MIN

INGREDIENTS

- 2½ cups old-fashioned rolled oats (see Tip)
- 2½ cups unsweetened non-dairy milk, such as almond or coconut
- 6 teaspoons light brown sugar
- 1½ teaspoons vanilla extract
- 1¼ teaspoons ground cinnamon
- ½ teaspoon salt

DIRECTIONS

1. Stir 2½ cups oats, 2½ cups non-dairy milk, 6 teaspoons brown sugar, 1½ teaspoons vanilla, 1¼ teaspoons cinnamon and ½ teaspoon salt together in a large bowl.
2. Divide among 5 (8-ounce) jars or bowls.
3. Top with your choice of fruit (strawberries, blueberries, raspberries, bananas, cherries, etc) Cover with lids and refrigerate overnight or for up to 5 days.

NOTES

This recipe is great for breakfast on the go.



CHICKEN SOUP

With Veggies

Calories 159 cal, Fat 5.1 g, Saturated fat 0.8 g

Cholesterol 60.1 mg Sodium 1576 mg

Carbohydrates 8.6 g Fiber 1.8 g Sugar 3.7 g

Protein 19.7 g Calcium 63.3 mg

Iron 1.4 mg

SERVINGS: 6

PREPPING TIME: 5MIN

COOKING TIME: 5MIN

INGREDIENTS

- 1 tablespoon avocado oil or ghee
- 1 pound boneless skinless chicken breast or thighs
- 1 yellow onion, diced
- 6 cloves garlic, minced
- 2 large carrots, peeled and thinly sliced
- 2 celery stalks
- 6 cups chicken broth
- 2 dried bay leaves
- ½ teaspoons turmeric powder
- 1 ½ teaspoons salt, plus more to taste
- 2 sprigs fresh thyme
- 2 tablespoons fresh chopped dill
- 1 tablespoon fresh lemon juice, plus more to taste

DIRECTIONS

1. Heat the avocado oil or ghee (whichever you are using) in a large pot or dutch oven. Season the chicken with a generous sprinkle of salt and pepper on each side. Sear the chicken until browned on each side, around four to five minutes per side, and then remove from the pot and set aside.
2. Add the diced onion, garlic, carrots, and celery to the pot and sauté for 2-3 minutes until everything is fragrant.
3. Once the veggies have sautéed a bit, add the chicken, broth, bay leaves, turmeric powder, salt, and thyme to the pot. Bring the soup to a boil and then reduce the heat to medium-low to simmer.
4. Let the soup simmer for 20-25 minutes until the chicken is fully cooked through. Once the chicken is cooked, remove it from the soup and use two forks to shred the meat.
5. Once the chicken is shredded, add it back to the pot and stir until everything is well combined. Turn the heat to low and stir in the fresh dill and fresh lemon juice. Give the soup a taste and add more salt, pepper, or lemon juice to taste and then enjoy!

NOTES

This recipe is great for breakfast on the go.



SOUTHWEST BREAKFAST SKILLET

Calories 341 cal, Fat 20 g, Saturated fat 4 g

Cholesterol 200 mg Sodium 602 mg

Carbohydrates 23 g Sugar 4 g

Protein 17 g

SERVINGS: 4

PREPPING TIME: 7MIN

COOKING TIME: 25MIN

INGREDIENTS

- 4 strips low-sodium bacon (4 ounces)
- 12 ounces Yukon Gold or red potatoes, scrubbed and cut into 1/2-inch pieces
- ¼ cup water, plus more if needed
- 8 ounces white button mushrooms, diced
- 1 medium red, orange or yellow bell pepper, diced
- ½ small red onion, diced
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups baby spinach
- 1 clove garlic, minced
- 4 large eggs
- ½ cup shredded Cheddar cheese
- ¼ cup chopped fresh cilantro
- ¼ cup prepared salsa or pico de gallo

DIRECTIONS

1. Cook bacon in a large nonstick skillet over medium heat, flipping once, until crispy, 5 to 7 minutes. Transfer the bacon to a paper-towel-lined plate. Pour off all but 2 teaspoons of the bacon fat.
2. Return the pan to medium heat. Add potatoes and cook, stirring often, for 2 minutes. Add water; cover and steam for 5 minutes, stirring once halfway through. Add mushrooms, bell pepper, onion, and 1/8 teaspoon each salt and pepper; cook, stirring occasionally, until the vegetables are tender, about 5 minutes. Stir in spinach and garlic for about 2 more minutes. Crumble the bacon and stir into the mixture.
3. Spread the mixture evenly in the pan. Using the back of a wooden spoon, make 4 indentations. Crack 1 egg into each indentation. Season with the remaining 1/8 teaspoon each salt and pepper. Cover and cook until the egg whites are set, about 5 minutes.
4. Remove from heat and top with cheese, cilantro and salsa (or pico de gallo).

NOTES

Bacon can be substituted for turkey sausage, turkey bacon, chorizo, etc.



FLUFFY BLACK BEAN BROWNIE MUFFINS

Serving: 1muffin, Calories: 199kcal,
Carbohydrates: 30g, Protein: 5g, Fat: 7g,
Saturated Fat: 2g, Polyunsaturated Fat: 1g,
Monounsaturated Fat: 4g, Trans Fat: 0.02g,
Cholesterol: 32mg, Sodium: 324mg, Potassium:
232mg, Fiber: 5g, Sugar: 13g, Vitamin A: 67IU,
Vitamin C: 1mg, Calcium: 69mg, Iron: 2mg

SERVINGS: 12

PREPPING TIME: 10MIN

COOKING TIME: 20MIN

INGREDIENTS

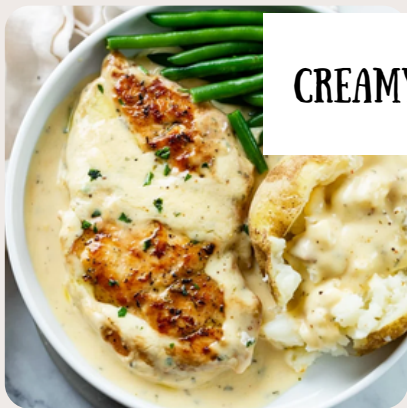
- 14 ounces (396.89 g) canned black beans
- 2 large eggs
- ¼ cup (59.15 ml) avocado oil, or melted butter
- ½ cup (122 g) unsweetened applesauce, or mashed banana
- ¼ cup milk of choice, I used low fat milk
- ½ cup (118.29 ml) maple syrup or honey
- 2 teaspoons vanilla extract
- 1½ cup (150 g) whole wheat flour, or 1½ all purpose flour
- ¼ cup (21.5 g) unsweetened cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup mini chocolate chips, plus extra for the topping

DIRECTIONS

- 1.Heat the oven to 350°F (176C) degrees. Line a standard muffin tin with paper liners or grease well with oil spray.
- 2.Drain the black beans in a colander and run under cold water until very well rinsed. Shake off excess water then pour the beans onto a clean kitchen towel.
- 3.Add the beans to a blender with the eggs, oil, applesauce, milk, maple syrup, and vanilla. Blend for at least 30 seconds or until the beans are fully blended.
- 4.In a large bowl, whisk the flour, cocoa powder, baking powder, baking soda, and salt.
- 5.Pour the contents of the blender over the dry ingredients and mix until mostly combined. Add the chocolate chips and then mix until everything is just combined.
- 6.Divide the batter into the muffin cups then top with a few more chocolate chips if you'd like.
- 7.Bake muffins 18 to 20 minutes or until the muffins have an internal temperature of 200°F.
- 8.Allow muffins to cool for at least 15 minutes before enjoying.

NOTES

Once fully cooled, store the muffins in the refrigerator for 5 days. Individually wrapped, muffins can be frozen for up to 2 months.



CREAMY RANCH CHICKEN

Calories: 469kcal, Carbohydrates: 17g,
Protein: 30g, Fat: 31g, Saturated Fat: 14g,
Polyunsaturated Fat: 2g, Monounsaturated Fat:
10g, Trans Fat: 0.2g, Cholesterol: 138mg, Sodium:
1283mg, Potassium: 680mg, Fiber: 0.5g, Sugar:
7g, Vitamin A: 868IU, Vitamin C: 2mg, Calcium:
205mg, Iron: 2mg

SERVINGS: 4

PREPPING TIME: 10MIN

COOKING TIME: 20MIN

INGREDIENTS

Chicken

- 2 large boneless/skinless chicken breast
- 2 teaspoons Italian seasoning
- Salt/Pepper
- 2 tablespoons butter, melted
- 1-2 tablespoons olive oil

Sauce

- 10.5 oz. cream of chicken soup
- 1 ½ cups milk
- 1 cup sour cream, at room temp
- ½ teaspoon onion powder
- 1 oz. packet Ranch seasoning mix

DIRECTIONS

Season/Sear the Chicken:

- Slice the chicken into 2-3 thinner slices. Pound with a meat tenderizer if needed, the chicken will plump up more when cooked. Aim for ½ inch thick slices.
- Sprinkle each side of the chicken with Italian seasoning and salt/pepper. Brush one side of each piece with melted butter, make sure the butter isn't too hot.
- Heat olive oil in a large pan over medium-high heat. Sear the chicken in batches for 4-5 minutes per side, until a golden brown crust has developed. Remove and set aside.

Make the Sauce

- Add the sauce ingredients to the same skillet over medium heat. Stir until combined. Let it bubble gently and reduce for 5 minutes. Add the chicken and spoon the sauce on top.
- Cover the skillet partially and let the chicken heat through and absorb the flavors from the sauce, about 10 minutes.
- Optional: Serve with baked potatoes and spoon the sauce over each potato.

NOTES



BREAKFAST FRITTATA

Calories: 469kcal, Carbohydrates: 17g,
Protein: 30g, Fat: 31g, Saturated Fat: 14g,
Polyunsaturated Fat: 2g, Monounsaturated Fat:
10g, Trans Fat: 0.2g, Cholesterol: 138mg, Sodium:
1283mg, Potassium: 680mg, Fiber: 0.5g, Sugar:
7g, Vitamin A: 868IU, Vitamin C: 2mg, Calcium:
205mg, Iron: 2mg

SERVINGS: 4

PREPPING TIME: 5MIN

COOKING TIME: 10MIN

INGREDIENTS

Chicken

- Asparagus
- Bok Choy
- Salt
- Pepper
- Oil
- Shredded cheese

DIRECTIONS

- Preheat a large ovenproof skillet over medium heat.
- Add oil, asparagus, bok choy, salt, and pepper to the skillet. Cook, stirring occasionally, until veggies soften, 2–3 minutes.
- Crack the eggs into a large bowl and whisk to combine.
- Preheat the oven to broil.
- Reduce heat to low and pour the egg mixture into the skillet. Gently lift the cooked eggs around the edge with a spatula until the sides are firm but the top is still runny, 3–4 minutes.
- Sprinkle cheese over the frittata. Place the skillet in the oven and broil until the top is set and the cheese is melted, 1–2 minutes. Slice into six equal pieces.



BULGUR JAMBALAYA

1 cup: 287 calories, 6g fat (2g saturated fat),
58mg cholesterol, 751mg sodium,
34g carbohydrate (5g sugars, 6g fiber),
24g protein.

SERVINGS: 4

PREPPING TIME: 10MIN

COOKING TIME: 20MIN

INGREDIENTS

- 8 ounces boneless skinless chicken breasts, cut into 3/4-inch pieces
- 1 teaspoon Cajun seasoning
- 2 teaspoons olive oil
- 6 ounces smoked turkey sausage, sliced
- 1 medium sweet red pepper, diced
- 2 celery ribs, diced
- 1 small onion, chopped
- 1/2 cup no-salt-added tomato sauce
- 1 cup bulgur
- 1 cup reduced-sodium chicken broth
- 3/4 cup water
- 1/4 teaspoon cayenne pepper, optional

DIRECTIONS

1. Toss chicken with Cajun seasoning. In a large saucepan, heat oil over medium heat; saute chicken until browned, 2-3 minutes. Remove from pan.
2. In same pan, saute sausage until browned, 1-2 minutes. Add red pepper, celery and onion; cook and stir 2 minutes. Stir in tomato sauce; cook 30 seconds. Stir in bulgur, broth, water, chicken and, if desired, cayenne; bring to a boil.
3. Reduce heat; simmer, covered, until bulgur is tender and liquid is almost absorbed, about 10 minutes, stirring occasionally



SHEET-PAN SALMON

With sweet potatoes & broccoli

1 cup: 287 calories, 6g fat (2g saturated fat),

58mg cholesterol, 751mg sodium, 34g carbohydrate (5g sugars, 6g fiber), 24g protein.

SERVINGS: 4

PREPPING TIME: 15MIN

COOKING TIME: 30MIN

INGREDIENTS

- 3 tablespoons low-fat mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 oz.; 1 medium crown)
- 1 ¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine 3 tablespoons mayonnaise and 1 teaspoon chili powder in a small bowl. Set aside.
3. Toss 2 sweet potatoes with 2 teaspoons oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss 4 cups broccoli with the remaining 2 teaspoons oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange 1 1/4 pounds salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 tablespoons of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
5. Meanwhile, add lime zest and lime juice from 1 lime to the remaining 1 tablespoon mayonnaise; mix well.
6. Divide the salmon among 4 plates and top with 1/4 cup cheese and 1/2 cup cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.

CARNE ASADA TACOS

Total Carbohydrate 28g, Dietary Fiber 6g
Total Sugars 3g, Protein 29g
Total Fat 14g, Saturated Fat 4g
Cholesterol 76mg, Vitamin A 802IU
Vitamin C 17mg, Folate 52mcg
Sodium 433mg, Calcium 112mg
Iron 3mg, Magnesium 78mg
Potassium 773mg

SERVINGS: 16 TACOS

PREPPING TIME: 30MIN

COOKING TIME: 30MIN

INGREDIENTS

- ½ cup white vinegar
- 2 tablespoons chili powder
- 2 tablespoons extra-virgin olive oil
- 2 ¾ teaspoons salt, divided
- 1 teaspoon garlic powder
- 2 pounds flank or skirt steak, trimmed and cut into 3 equal portions
- 1 pound tomatoes, chopped
- 2-4 fresh jalapeño peppers or serrano chiles, seeded and finely diced
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 ripe but slightly firm avocado, diced
- Juice of 1 lime
- 16 5- to 6-inch corn or whole-wheat flour tortillas, warmed
- 1/3 cup crumbled Cotija cheese or other shredded cheese

DIRECTIONS

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine 3 tablespoons mayonnaise and 1 teaspoon chili powder in a small bowl. Set aside.
3. Toss 2 sweet potatoes with 2 teaspoons oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss 4 cups broccoli with the remaining 2 teaspoons oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange 1 1/4 pounds salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 tablespoons of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
5. Meanwhile, add lime zest and lime juice from 1 lime to the remaining 1 tablespoon mayonnaise; mix well.
6. Divide the salmon among 4 plates and top with 1/4 cup cheese and 1/2 cup cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.

NOTES

Recipe can be cut down to make less.



GROUND BEEF & SWEET POTATO SKILLET

Serving Size: 1½ cups
Calories 263, Fat 9g, Saturated Fat 3g,
Cholesterol 70mg, Carbohydrates 18g, Total
Sugars 5g, Added Sugars 0g, Protein 26g,
Fiber 3g, Sodium 259mg, Potassium 744mg

SERVINGS: 4

PREPPING TIME: 5MIN

COOKING TIME: 30MIN

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- ½ medium red onion, diced
- 2 cloves garlic, minced
- 1 pound lean ground beef
- 2 medium sweet potatoes, scrubbed and diced (4 cups)
- 2 medium green bell peppers, chopped (1 cup)
- ½ teaspoon salt
- ¼ teaspoon ground pepper

DIRECTIONS

- 1.Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add diced onion and minced garlic; cook until softened, 2 to 3 minutes.
- 2.Add ground beef; cook, stirring occasionally and breaking it apart, until no longer pink, 2 to 3 minutes.
- 3.Stir in diced sweet potatoes, chopped bell pepper, ½ teaspoon salt and ¼ teaspoon pepper.
4. Cover and cook, stirring occasionally, until the sweet potatoes are tender, 10 to 12 minutes.

NOTES

Recipe can be cut down to make less. Any additional seasonings may be added, season to taste.

GROUND TURKEY STUFFED PEPPERS

2 stuffed pepper halves: 323 calories, 10g fat (0 saturated fat), 45mg cholesterol, 771mg sodium, 20g carbohydrate (6g sugars, 4g fiber), 40g protein.

SERVINGS: 5

PREPPING TIME: 30MIN

COOKING TIME: 20MIN

INGREDIENTS

- 5 medium green, red or yellow peppers
- 2 teaspoons olive oil
- 1-1/4 pounds extra-lean ground turkey (99% lean)
- 1 large onion, chopped
- 1 garlic clove, minced
- 2 teaspoons ground cumin
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 medium tomatoes, finely chopped
- 1-3/4 cups shredded cheddar-flavored lactose-free or other cheese
- 1-1/2 cups soft bread crumbs
- 1 tablespoon minced fresh parsley
- 1/4 teaspoon paprika

DIRECTIONS

1. Preheat oven to 325°F.

Cut the peppers lengthwise in half, and remove the seeds. Place them in a 15x10x1-inch pan coated with cooking spray

2. In a large skillet, heat the oil over medium-high heat. Cook and crumble the turkey with the onion, garlic, cumin, Italian seasoning, salt and pepper over medium-high heat until the meat is no longer pink, six to eight minutes. Allow the mixture to cool slightly. Stir in the tomatoes, cheese, bread crumbs and parsley.

3. Stuff the peppers. Fill the prepared pepper halves with the turkey filling. Sprinkle with paprika.

4. Bake the peppers, uncovered, until the filling is heated through and the peppers are tender, 20 to 25 minutes. If desired, sprinkle the peppers with additional parsley just before serving.

NOTES

Recipe can be cut down to make less. Any additional seasonings may be added, season to taste.



NO BAKE STRAWBERRY CHEESECAKE

Total Fat 21g, Saturated Fat 13g
Cholesterol 61mg, Sodium 448mg
Total Carbohydrate 25g, Dietary Fiber 3g
Total Sugars 12g, Protein 6g
Vitamin C 70mg, Calcium 126mg
Iron 1mg, Potassium 335mg

SERVINGS: 5

PREPPING TIME: 30MIN

ADDITIONAL TIME: 60MIN

INGREDIENTS

- $\frac{3}{4}$ cup graham cracker crumbs
- 3 tablespoons butter, melted
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 (8 ounce) package cream cheese, softened
- 1 $\frac{1}{2}$ cups milk
- 1 (1 ounce) package cheesecake flavor sugar-free instant pudding mix
- 2 pints fresh strawberries, sliced

DIRECTIONS

1. Combine graham cracker crumbs, melted butter, cinnamon, and nutmeg in a bowl.
2. Press the mixture into an 8-inch pie dish; refrigerate while making the filling.
3. Beat cream cheese in a mixing bowl with an electric mixer on medium speed until softened.
4. Reduce speed to slow; gradually beat in milk (the mixture will be watery).
5. Use a rubber spatula to scrape cream cheese from the sides of the bowl, if necessary. Beat in pudding mix until the filling is thick and smooth.
6. Spoon $\frac{1}{2}$ of the cream cheese filling onto the bottom of prepared crust. Spread $\frac{1}{2}$ of the strawberries over the filling; repeat with remaining filling and strawberries.
7. Chill pie in refrigerator until filling is set, at least 1 hour.



STRAWBERRY ARUGULA SALAD

SERVINGS: 5

PREPPING TIME: 5MIN

ADDITIONAL TIME: 5MIN

INGREDIENTS

- 2 tablespoons roasted walnut oil
- 1 tablespoon white balsamic vinegar
- Sea salt and pepper to taste
- 5-ounce bag of fresh arugula
- 1/2 cup sliced fresh strawberries
- 1/4 cup crumbled goat or feta cheese
- 1/4 cup toasted walnuts, pecans, or sliced almonds

DIRECTIONS

1. In medium bowl, whisk together walnut oil, vinegar, sea salt and pepper until blended. Drizzle over greens in large bowl and toss.
2. Top with berries, goat cheese and toasted nuts.



TURKEY SAUSAGE & EGG CASSEROLE

SERVINGS: 10

PREPPING TIME: 10MIN

ADDITIONAL TIME: 50MIN

INGREDIENTS

- ½ cup of chopped green onions
- 2 cups nonfat milk
- nonstick cooking spray
- ½ tsp mustard powder
- ¼ tsp salt (optional)
- ¼ tap black pepper
- 16 oz egg substitute
- 4 slices of whole wheat bread (cut into ½ inch cubes)
- precooked turkey sausage patties (diced)
- ¼ cup reduced-fat, shredded cheddar cheese

DIRECTIONS

1. Preheat oven to 350 degree F. Coat a 9x13 baking dish with cooking spray.
2. In a medium bowl, whisk together nonfat milk, green onions, dry mustard, salt (optional), pepper, and egg substitute.
3. Place bread cubes and sausage on the bottom of the baking dish, pour egg mixture evenly over bread and sausage. Top with cheddar cheese.
4. Cover pan with aluminum foil and bake for 20 minutes. Remove foil and bake for an additional 40 minutes.
5. Remove from oven and let cool for 20 minutes, then cut into 10 equal slices.



CUBAN BEANS AND RICE

TOTAL FAT 3.5G, SATURATED FAT 1G
TRANS FAT 0G , CHOLESTEROL 0MG
SODIUM 75MG 3
TOTAL CARBOHYDRATE 74G
DIETARY FIBER 15G
SUGARS 6G
INCLUDES 0G ADDED SUGARS
PROTEIN 19G

SERVINGS: 4

PREPPING TIME: 10MIN

ADDITIONAL TIME: 45MIN

INGREDIENTS

- 1 teaspoon olive oil
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 1 cup green bell pepper, diced
- 3 cups cooked black beans
- 2 cups low-sodium chicken broth
- 1 tablespoon vinegar
- 1/2 teaspoon dried oregano
- black pepper to taste
- 3 cups cooked brown rice

DIRECTIONS

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.



SPANISH RICE WITH CHICKEN

SERVINGS: 4

PREPPING TIME: 10MIN

ADDITIONAL TIME: 45MIN

INGREDIENTS

- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 stalks celery, diced
- 2 medium red/green peppers, cut into strips
- 1 cup mushrooms, chopped
- 2 cups uncooked whole grain rice
- 3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed
- 1 1/2 tsp. salt (optional)
- 2 1/2 cups low-fat chicken broth
- Saffron or Sazón for color
- 3 medium tomatoes, chopped
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans

DIRECTIONS

1. Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
2. Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.
3. Add chicken, salt, chicken broth, water (1 1/2 cups), Saffron/Sazón, and tomatoes. Bring water to a boil.
4. Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
5. Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired. at the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
6. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
7. Spoon over cooked rice and serve.



SALT & VINEGAR BEET CHIPS

SERVINGS: 2

PREPPING TIME: 5MIN

ADDITIONAL TIME: 60MIN

INGREDIENTS

- 1 - 2 large red beets
- 2 tsp olive oil
- 2 tsp apple cider vinegar
- Splash of red wine vinegar
- 1/2 tsp sea salt
- 1/2 tsp of black pepper

DIRECTIONS

1. Heat oven to 250 degrees
2. Using a very sharp knife, slice all your vegetables so they are 1/8 inch thick.
3. Mix all ingredients in a bowl until beets are well coated
4. Spread vegetable chips out on a cookie sheet
5. Bake in the oven for 60 minutes or until they begin to turn a golden brown. (check at 55 minutes.)

NOTES

Any other vegetable (s) may be used to make different flavor chips. Seasonings can be changed to your liking.

CHICKEN RANCH WRAPS



CALORIES 420–460 KCAL

PROTEIN 30–35 G

TOTAL FAT 22–25 G

CARBOHYDRATES 25–30 G

SUGARS 2–3 G

FIBER 1–2 G

SODIUM 600–750 MG

CHOLESTEROL

70–80 MG

SERVINGS: 2

PREPPING TIME: 5MIN

ADDITIONAL TIME: 15MIN

INGREDIENTS

- Chicken breasts / strips
- Salt
- Pepper
- Oregano
- Olive Oil
- Tortillas
- Ranch dressing
- Lettuce
- Onions

DIRECTIONS

1. Season your chicken strips on all sides, and cook for about 5 minutes on each side.
2. Spread ranch on one side of the tortilla, top with lettuce, onions, and chicken. Wrap like a burrito.

NOTES

Any other vegetable(s) may be added.



TUNA SALAD

CALORIES 160–180 KCAL
PROTEIN 17–19 G
FAT 10–12 G
CARBOHYDRATES 2–4 G
SUGARS 1–2 G
SODIUM 300–350 MG

SERVINGS: 4

PREPPING TIME: 5MIN

ADDITIONAL TIME: 10MIN

INGREDIENTS

- Tuna
- Mayonnaise
- Diced celery
- Carrot, shredded on a box grater
- Diced red bell pepper
- Diced red onion
- Dill (optional).

DIRECTIONS

1. Try to squeeze as much water out of the can as you can so the mayonnaise binds to the tuna. In a large bowl, mash the tuna with the back of a fork until it's in small pieces. Never grind in a food processor; it will get mushy.
2. Chop into small pieces.
3. Mix in about a quarter cup for two cans of tuna so the tuna sticks together.
4. You might need a little salt, depending on the tuna and the mayo.

NOTES

Any other vegetable(s) may be added, can be paired with bagels, crackers, wrap, croissants, etc



SPAGHETTI SQUASH MEATBALL CASSEROLE

1 SERVING: 304 CALORIES, 14G FAT
(6G SATURATED FAT), 69MG
CHOLESTEROL, 590MG SODIUM, 19G
CARBOHYDRATE (10G SUGARS, 4G
FIBER), 25G PROTEIN.

SERVINGS: 6

PREPPING TIME: 35MIN

ADDITIONAL TIME: 30MIN

INGREDIENTS

- 1 medium spaghetti squash (about 4 pounds)
- 1/2 teaspoon salt, divided
- 1/2 teaspoon fennel seed
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 pound lean ground beef (90% lean)
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 cups chopped collard greens
- 1 cup chopped fresh spinach
- 1 cup reduced-fat ricotta cheese
- 2 plum tomatoes, chopped
- 1 cup pasta sauce
- 1 cup shredded part-skim mozzarella cheese

DIRECTIONS

1. Cut the squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender, for 15-20 minutes. Cool slightly.
2. Preheat oven to 350°. Mix 1/4 teaspoon salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1-1/2-in. balls. In a large skillet, brown meatballs over medium heat; remove from pan.
3. In same pan, heat oil over medium heat; saute onion until tender, 3-4 minutes. Add garlic; cook and stir 1 minute. Stir in collard greens, spinach, ricotta and remaining salt; remove from heat.
4. Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13x9-in. or 3-qt. baking dish. Top with the plum tomatoes, meatballs, sauce and cheese. Bake, uncovered, until meatballs are cooked through, 30-35 minutes.



GROUND BEEF DIRTY RICE

1-1/2 CUPS: 291 CALORIES, 10G FAT (4G SATURATED FAT), 71MG CHOLESTEROL, 422MG SODIUM, 23G CARBOHYDRATE (3G SUGARS, 2G FIBER), 25G PROTEIN.

SERVINGS: 4

PREPPING TIME: 5MIN

ADDITIONAL TIME: 25MIN

INGREDIENTS

- 3 celery ribs, chopped
- 1 small green pepper, chopped
- 1 small sweet red pepper, chopped
- 1/4 cup chopped onion
- 2 cups water
- 1 cup instant brown rice
- 1 tablespoon minced fresh parsley
- 1 tablespoon Worcestershire sauce
- 2 teaspoons reduced-sodium beef bouillon granules
- 1 teaspoon Cajun seasoning
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 pound lean ground beef (90% lean)

DIRECTIONS

1. In a large skillet, cook beef, celery, green and red peppers, and onion over medium heat until beef is no longer pink, 8-10 minutes; crumble beef; drain.
2. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, covered, until rice is tender, 12-15 minutes.



CUCUMBER SALAD

CALORIES 40–50 KCAL

CARBOHYDRATES 9G

SUGARS 6G

PROTEIN 1G

FAT 0-1G

FIBER 1G

SODIUM 300–400 MG

SERVINGS: 4

PREPPING TIME: 5MIN

ADDITIONAL TIME: 25MIN

INGREDIENTS

- 2 English cucumbers, very thinly sliced
- ½ large red onion, very thinly sliced
- ¼ cup white wine vinegar
- 1 tablespoon honey or agave nectar
- 1 teaspoon sea salt
- 2 tablespoons chopped fresh dill
- Chopped fresh chives, optional, for garnish
- Ground black pepper

DIRECTIONS

1. In a large bowl, toss together the cucumber, onion, vinegar, honey, and salt. Chill for 20 minutes.
2. Transfer to a serving bowl, leaving any excess water behind. Sprinkle with the dill and chives, if desired. Season with several grinds of pepper and serve.

NOTES

Recommended to chill after making for 20 minutes, it'll release a lot of water while they chill, and removing it from the salad makes it considerably less soggy.

CHICKEN, SPINACH & FETA WRAPS



TOTAL CARBOHYDRATE 22G
DIETARY FIBER 5G
TOTAL SUGARS 3G
PROTEIN 26G
TOTAL FAT 12G
SODIUM 372MG
CALCIUM 225MG
CHOLESTEROL 63MG

SERVINGS: 4

PREPPING TIME: 15MIN

INGREDIENTS

- 1/2 cup whole-milk plain strained (Greek-style) yogurt
- 1/4 cup crumbled feta cheese
- 2 tablespoons finely chopped oil-packed sun-dried tomatoes
- 1 tablespoon dried oregano
- 2 teaspoons grated lemon zest
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground pepper
- 2 cups shredded rotisserie chicken
- 4 (10-inch) whole wheat tortillas
- 4 cups packed fresh baby spinach

DIRECTIONS

1. Stir yogurt, feta, sun-dried tomatoes, oregano, lemon zest, garlic powder, crushed red pepper and pepper together in a large bowl; mash with a fork until mostly smooth, about 1 minute. (Alternatively, process in a blender until creamy, 30 to 45 seconds.) Fold in chicken, coating with the yogurt mixture
2. Arrange tortillas on a work surface. Place 1 cup spinach and about 1/2 cup chicken mixture in a line in the center of each tortilla. Fold bottom edge and side edges over the filling; roll up burrito-style. Cut into halves before serving.



GREEK CHICKPEA SALAD WITH FETA

TOTAL CARBOHYDRATE 15G
DIETARY FIBER 4G
TOTAL SUGARS 2G
PROTEIN 6G
TOTAL FAT 11G
SATURATED FAT 3G
CHOLESTEROL 11MG
SODIUM 483MG

SERVINGS: 4

PREPPING TIME: 5MIN

ADDITIONAL TIME: 15MIN

INGREDIENTS

- 1 can chickpeas (15 oz), rinsed and drained
- 1 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp red wine vinegar or lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine chickpeas, cucumber, tomatoes, onion, and feta.
2. In a small bowl, whisk together olive oil, vinegar/lemon, oregano, salt, and pepper.
3. Pour dressing over salad and toss well.
4. Chill at least 15 minutes (better after a few hours).
5. Pack to Go: Divide into airtight containers. Eat cold with a fork or scoop with low-carb crackers.

CARROT CAKE SMOOTHIE

CALORIES 110–150 KCAL
CARBOHYDRATES 25–35 G
SUGARS 20–25 G, FIBER 2–4 G
PROTEIN 1–3 G, FAT 0–1 G
SODIUM 50–100 MG
POTASSIUM 15–20% DV

SERVINGS: 4

PREPPING TIME: 15MIN

INGREDIENTS

- 1 cup steamed carrots (softened & cooled)
- ½" fresh ginger, peeled & chopped (~½ tsp grated)
- ½" fresh turmeric, peeled & chopped (or ¼ tsp ground turmeric)
- 1 small fresh amla (Indian gooseberry), deseeded & chopped (or 1 tsp pure amla powder)
- 1 cup cold water
- Pinch of black pepper (boosts turmeric absorption)
- Optional: small squeeze of lemon or a date for sweetness

Optional Enhancements

- Extra creaminess/protein: Add ¼ cup coconut water or dairy-free yogurt.
- More fiber: Stir in 1 Tbsp chia or flaxseed.
- Sweeter twist: Blend a date or splash of apple/orange juice.

NOTES

DIRECTIONS

1. Steam carrots until tender (about 8–10 min), then cool.
2. Combine all ingredients in a blender.
3. Blend on high until silky smooth, adding more water as needed for desired consistency.
4. Taste & tweak—add a date for sweetness or extra ginger for zing.
5. Serve chilled or over ice; enjoy immediately.



CHICKPEA & VEGGIE MASON JAR SALAD

CALORIES: 350

CARBOHYDRATES: 28G

FIBER: 10G, SUGARS: 6G

PROTEIN: 9G, FAT: 22G

SERVINGS: 1

PREPPING TIME: 5MIN

INGREDIENTS

- 1/2 cup canned chickpeas (drained & rinsed)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup shredded carrot
- 1/4 avocado, diced
- 1 tbsp red onion, finely chopped
- 1 cup fresh spinach or mixed greens
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt & pepper to taste

DIRECTIONS

1. In a mason jar, layer in this order: chickpeas, tomatoes, cucumber, carrot, avocado, red onion, spinach.
2. Combine olive oil, lemon juice, salt & pepper; pour into the jar (or store separately).
3. Seal the jar and store in the fridge. Shake to mix when ready to eat.



ZUCCHINI & TOFU LETTUCE WRAPS

CALORIES: 200
CARBOHYDRATES: 10G
FIBER: 4G
SUGARS: 3G
PROTEIN: 12G
FAT: 13G

SERVINGS: 1

PREPPING TIME: 5MIN

INGREDIENTS

- 3 large romaine or butter lettuce leaves
- 1/2 cup firm tofu, crumbled
- 1/4 cup red bell pepper, julienned
- 1/4 cup zucchini, finely diced
- 1 tbsp green onion, sliced
- 1 tsp sesame oil
- 1 tsp reduced-sodium tamari or soy sauce
- 1/2 tsp rice vinegar
- Optional: pinch of chili flakes or sesame seeds

DIRECTIONS

1. In a bowl, mix tofu, zucchini, and bell pepper.
2. Drizzle with sesame oil, tamari, and vinegar. Mix well.
3. Spoon mixture into lettuce leaves. Garnish with green onion and sesame seeds.



KALE & AVOCADO SALAD

CALORIES: 200
CARBOHYDRATES: 10G
FIBER: 4G
SUGARS: 3G
PROTEIN: 12G
FAT: 13G

SERVINGS: 1

PREPPING TIME: 5MIN

INGREDIENTS

- 3 large romaine or butter lettuce leaves
- 1/2 cup firm tofu, crumbled
- 1/4 cup red bell pepper, julienned
- 1/4 cup zucchini, finely diced
- 1 tbsp green onion, sliced
- 1 tsp sesame oil
- 1 tsp reduced-sodium tamari or soy sauce
- 1/2 tsp rice vinegar
- Optional: pinch of chili flakes or sesame seeds

DIRECTIONS

1. Wash and dry the shredded kale.
2. Optional: Massage the kale with a small pinch of salt for 1–2 minutes to soften the texture and reduce bitterness.