

7 HEALTHY RECIPES

Eating Healthy Doesn't Have To Taste Boring



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SALMON WITH CAPERS

- 4 (6-ounce) salmon fillets
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup white wine
- 4 teaspoons capers
- 4 pieces of aluminum foil

Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of white wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets. Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon. Serve in the foil packets.

***Serve with grilled or roasted asparagus**

Recipe from Giada De Laurentiis

CHOCOLATE PB SMOOTHIE

1 cup water, coconut water, almond milk or milk (full-fat, organic)

1 scoop Chocolate Protein Powder (whey protein)

1 scoop Chocolate Dynamic Greens (optional - adds loads of vitamins/minerals)

1-2 Tbsp peanut butter or almond butter

5-6 ice cubes

Blend well. Magic Bullet-type blender works well to blend and go.



WEIGHT LOSS SOUP

- 32 ounces chicken or bone broth
- 1 can tomato paste mixed with 3 cups water
- 28 ounces Italian diced tomatoes
- 1 small onion
- 2 cloves minced garlic
- 8 ounces sliced mushrooms
- 3 carrots peeled and sliced
- 1 zucchini diced
- 1 yellow squash diced
- 2 cups green beans
- 3-4 cups shredded cabbage
- 1 teaspoons Italian seasoning
- Salt and Pepper to taste

1. In a large frying pan, sauté garlic, onions, carrots, and mushrooms for about 5 minutes in avocado oil
2. In a large crockpot, combine sautéed garlic and vegetables with the remaining ingredients.
3. Cook on high for 2-3 hours, or until vegetables are fork-tender.
4. Freeze leftover soup

DETOX WATER

Detox water is any infused water recipe that helps flush your system of toxins and improves your health. Some detox water recipes have beneficial ingredients which help your body in some ways (like boost metabolism), but the main beneficial ingredient is water.

Ingredients to try:

Apples and cinnamon

Basil and lemon

Strawberries and Cucumber

Add ingredients to a bottle, add water, let sit in the fridge for an hour.



STUFFED AVOCADOS

- 1 ripe avocado
- 1/2 cup freshly diced tomatoes
- 2 teaspoons cilantro chopped
- Juice of 1/2 lime
- salt & pepper to taste
- 1/2 cup rinsed black beans
- 2 tablespoons sour-cream
- 1 cup cooked quinoa
- 2 teaspoons avocado oil
- 2 eggs fried in avocado oil
- salt and pepper to taste

1. Cut the avocado in half and remove the core with a knife. Combine the diced tomatoes, cilantro, black beans, and juice of 1/2 lime. Season with salt and pepper to taste. Mix with 3 tbsp cooked quinoa. Place half the mixture in each avocado half. Top with a drizzle or spoon of sour-cream and serve with the side of eggs.
2. To cook the eggs: Heat a large, non-stick frying pan over medium-low heat. Add oil and eggs. Season with salt and pepper and cook for 2 minutes. Remove from heat and top the stuffed avocado with the egg or serve on the side.



KALE CHIPS

- 1 bunch of kale
- 1-2 tbsp avocado oil
- 1 tsp seasoned salt

1. Preheat an oven to 350. Line a non insulated cookie sheet with non bleached parchment paper.
2. Carefully remove leaves from thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with avocado oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

HEALTHY JELLO

- 2 Tbsp unflavored beef gelatin* (such as Vital Proteins or Great Lakes.)
- 5 scoops Ultima Electrolyte mix in Cherry Pomegranate mixed well into 4 cups water
- Fresh raspberries

1. Add 1/2-3/4 cup of the electrolyte mixture to a bowl and sprinkle with gelatin powder.
2. Whisk together to combine and allow to sit for 3-5 minutes to take on a lumpy appearance.
3. Pour remaining (3 1/4- 3 1/2 cups) liquid into a medium saucepan. Heat over medium heat until almost boiling.
4. Remove from heat, add fresh raspberries (optional) and pour into an 8x8 (2 quart) baking dish.
5. Refrigerate about 4 hours, or until set.

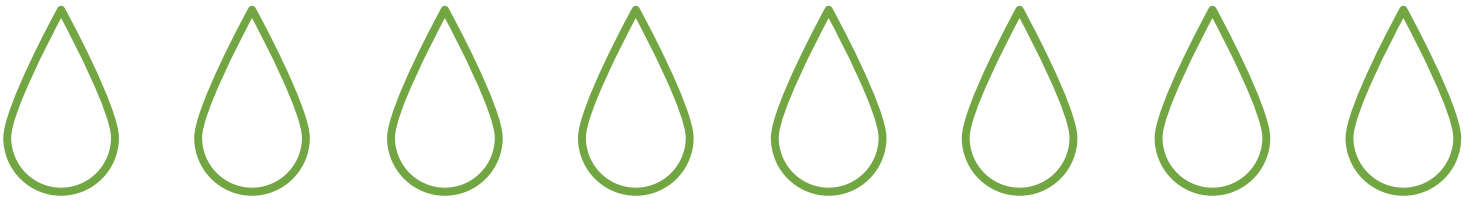


WATER

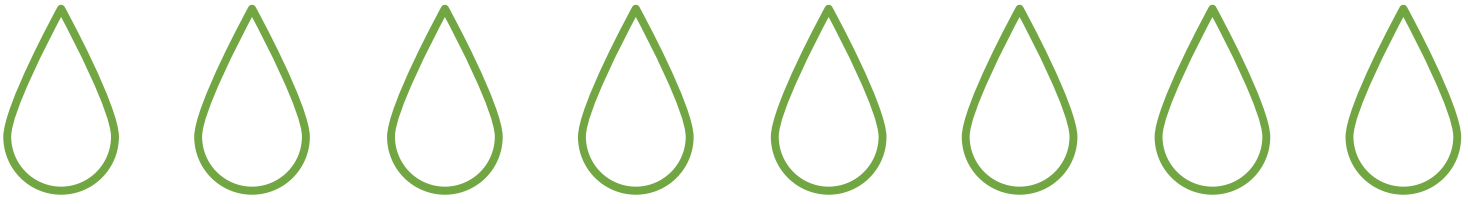


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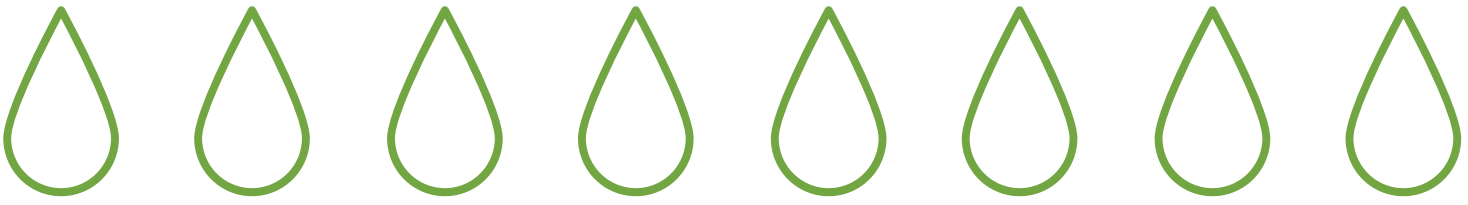
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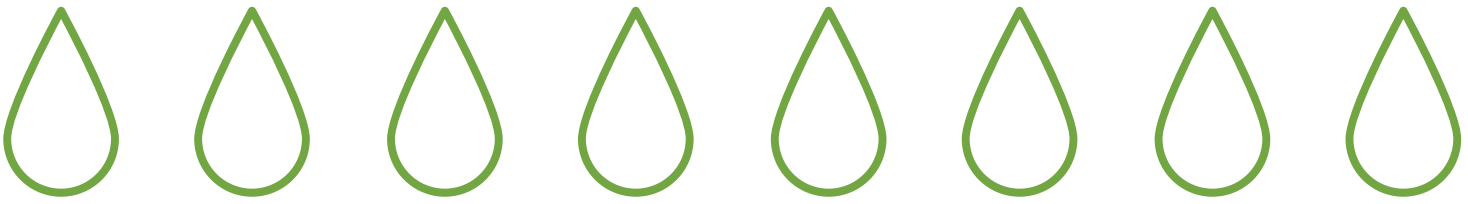
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Tuesday



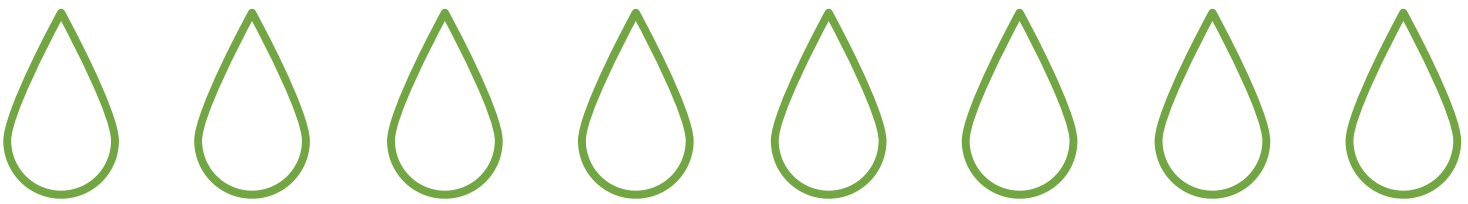
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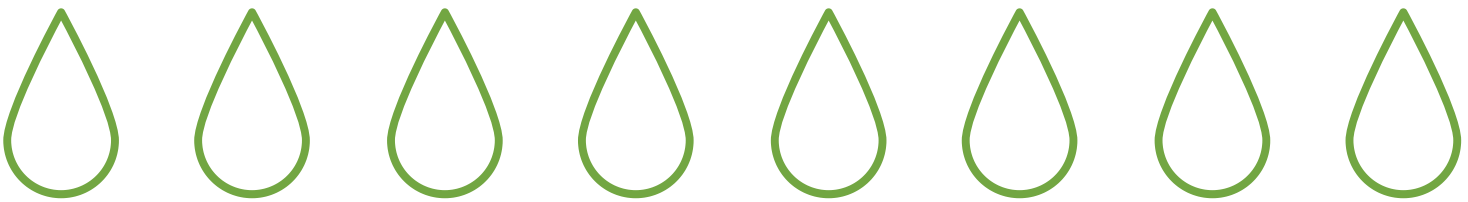
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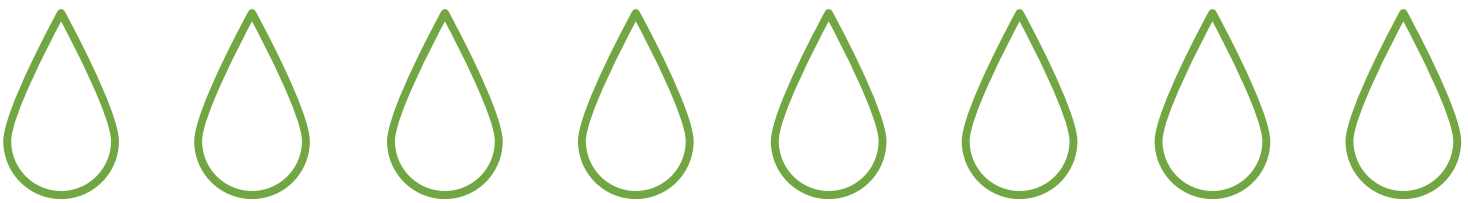
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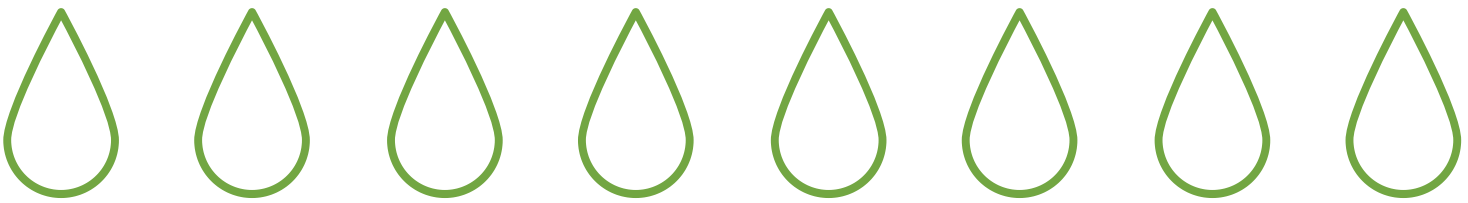
Saturday



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

