

THE BUSY MOM COOKBOOK

Fast & Easy Supportive
Meals for Busy Moms



ALONZO MASSEY

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Fit4Life Busy Mom Cookbook

What you are eating accounts for 75% of your fat loss results, if not more. Cleaning up what you eat and how you eat is the FASTEST shortcut you could EVER take to reach your fat loss goals.

To help you get a head start on this super effective fat loss strategy, I have created this Busy Mom Cookbook, but this resource is truly MORE than a simple cookbook.

It also outlines dozens of meal-planning tips and guides along with hundreds of quick and simple recipes that you can implement into your supportive nutrition plan.

Yes, what you are about to dive into is SIMPLE!

In fact, one of my requests is for you not to overthink this. Most people overcomplicate their new nutrition plans.

Extreme diets, calorie restriction, calculating % of protein carbs and fat.

Be open the idea that I am here not only to help you jumpstart your results but also to coach you in a way that keeps these overcomplicated, overwhelming fitness plans SIMPLE.

I am here so you can actually do this and keep doing it, for that is the whole point of a lifestyle change. You want to keep these results you've set out to achieve, right?

Then stay with me as I keep it simple for you! After you establish healthy eating habits, you can take a closer look at calories and tracking how many you are actually taking in.

Again, super simple! Each meal is based around protein and produce, adding healthy fats and whole grains in moderation.

To maximize your results and the energy-boosting effects of these meals, make sure you have the following **5 Supportive Eating Habits** in place. Once you do, the meal plans and recipes outlined for you in this guide have the potential to double and even triple your fat loss results.

5 Supportive Eating Habits

To Boost Your Metabolism and Burn More Fat

1. Eat Every 3-4 Hours

Starting by eating breakfast within an hour of waking, and eat again after 3-4 hours. This habit is not about the number of meals but rather the frequency of meals. Eating based on time rather than hunger keeps your blood sugar levels stable so you can burn more fat AND fight cravings! Plus, you are less likely to overeat in the evening when your body stays satisfied and fueled during the day.

2. Eat the RIGHT Portions

As you jump start your transformation, it is vital to be aware of portion sizes. As you fill your body with whole, natural foods, your body will tell you what is enough, too much, or too little. You will adjust your portions based on this feedback. If you choose to eat too little, ignoring signs of hunger and fatigue, this will only slow your metabolism and cause you hold on to the fat. Conversely, if you eat too MUCH, even if it's the good stuff, your body will store more fat. The best way to manage your food intake is to keep a journal.

3. Trade Dead, Processed Foods for Live, Whole, Natural Foods

The cornerstone of your eating plan will be whole, unprocessed foods:

Quality proteins

Fresh produce healthy fats

And on occasion, whole grains

Later, I provide a list of foods to avoid for you to map out supportive meals.

4. Every Meal Must Contain Protein and Produce

A quality protein and some produce are the essential items for each meal/snack. This meal combination is satisfying and energizing. Add healthy fats as needed. Eat whole grains in moderation and preferably during the first half of the day when your body is better able to digest and use this energy.

5. Cut Out the SUGAR!

If you choose to do only ONE THING in this guide, please let it be this strategy. The majority of sugar intake comes from what you drink and empty-calorie, over-processed junk foods—yes, even if it is touted as being a 100 calorie snack. Read the ingredients list to find out if sugar has been added. Sugar is the anti-fat-loss nutrient; the less you eat, the MORE fat you will lose.

Foods to Avoid—What NOT to Eat If You Want FAST Fat Loss

Remove Unsupportive Foods for FASTEST Fat Loss Results

The most effective way to help you get great, fast fat-loss results is by cleaning up what you eat! This habit must continue as you make progress on your fat loss goals.

What follows is a list of the foods you must avoid for the first 14 days to jump start your metabolism and start seeing a flatter stomach and a loss of inches in just 2 short weeks. After this point, you can begin to adjust how these foods fit into your meal plans for best results; however, I will be upfront and tell you that the less you eat of these foods below, the more drastic will be your results.

- **Packaged, processed, dead foods**

Ready-to-eat foods you find on the shelves of the grocery store and even in the refrigerated and frozen section.

Not sure? First clue will be the front of the package telling you how wonderful this food is for you. Next clue will be the long list of ingredients that is full of additives, preservatives, chemicals, sugars, artificial sweeteners, etc.

Yes, this includes diet foods, hundred-calorie packs, low-fat foods, sugar-free products, low-calorie yogurt, and many soy products, including products that contain soy isoflavones and soy isolates as they may negatively affect thyroid function.

- **Sugar**

Consider this the anti-fat-loss nutrient. Consuming sugar daily will only prevent you from seeing fat loss results. Check the labels, as sugar is often present when you don't expect it.

- **Artificial Sweeteners**

These are chemicals and only cause your body to crave more sugar. If you must use some type of sweetener, use it sparingly and go for the all-natural Stevia. Be careful: do you drink vitamin-enhanced waters? These often contain artificial sweeteners. Read the label!

- **Bread, Pasta, Crackers, Cereal**

As a society, we eat TOO many of these types of carbs. These are simply overly processed grains that act just like sugar in your body. Look at the ingredients list again. Also note that these “whole grain” items have little to no fiber. The majority of carbohydrate intake in a healthy, fat-loss nutrition plan must be from produce. If you would like bread-based products, go for sprouted grains like those found with the Food for Life Ezekiel brand.

5 Additional Reasons to Eliminate Grains....

1. The havoc grains play with insulin and other hormonal responses in the body.
2. The hormonal production taxes the adrenal system, the pancreas, and the immune system, resulting in inflammation.
3. Carbohydrates from grains elicit a physiological response that favors fat storage.
4. Grains are not the complete nutritional sources they're made out to be.
5. Substances in grains are hard on the digestive system, specifically gluten and lectins.

The only way to determine if grains have this effect on you is to eliminate them for 21 days, then reintroduce them one by one to note how your body responds.

- **Dairy**

And especially milk! Pasteurized dairy may have chemicals that make you overly sensitive; homogenization allows for incomplete protein digestion, which can disrupt the immune system and lead to allergies; and, most alarming of all, cows today are overloaded with antibiotics and hormones to increase milk production. Not exactly the type of food you want in your body, especially when you are trying to create a healthy environment for a super-charged metabolism.

If you must use milk, choose almond, coconut, or goat milk, or seek out an organic milk free of hormones and antibiotics, even though the organic milk still goes through the same process as regular milk and can have a similar effect on your body.

As for other dairy products, limit cheese. Organic cottage cheese is fine on occasion. Yogurt is great, especially Greek yogurt, which is high in protein and live cultures, which aid in the digestive process. Kefir, too, is fine—just watch out for added sugars.

- **Alcohol**

As long as alcohol is in your bloodstream, your body uses this for fuel and shuts off any and all fat-burning abilities. Wine for heart health? Sure, there are benefits, but what is your goal again? Fat loss or just heart health?

The list may seem overwhelming to you, and you may even be asking, “Well, what’s left for me to eat?” That is exactly what I outline for you below. You are of course more than welcome to adjust as needed.

Action Steps

Go through your kitchen right now. Remove these foods. Revise your grocery list.

What to Eat

Are You Eating Protein and Produce at Every Meal and Snack?

I teach my fat-loss clients to keep their nutrition plan simple and to focus on creating healthy, fat-burning meals based around **whole food** proteins and fresh produce.

Protein provides a lasting source of energy so you stay satisfied, and when you are satisfied you are not eating mindless snacks. Plus, protein is essential for boosting your metabolism. Not only does it cause your body to burn more calories to digest, but protein is also the essential component of your muscles.

Produce is simply your fruits and veggies, full of vitamins, minerals, antioxidants, and fiber.

By creating meals and snacks that are based around protein and produce, you not only feel energized and satisfied, but you can reach your body shaping goals that much faster!

To help you kick start your meal planning process, here's a list of must-have animal and plant protein sources.

Best Animal-Based Protein Foods

1. Grass-Fed Beef
2. Fowl like Chicken/Turkey (preferably organic)
3. Fish/Seafood (wild salmon and tuna)
4. Eggs
5. Dairy

As stated above, I am not a fan of milk; however, dairy products such as Greek yogurt are an excellent source of protein, and at times I have organic cottage cheese and even a carton of organic goat's milk on hand for cooking or to add to morning oatmeal.

Best Plant-Based Protein Foods

1. Legumes/Beans (lentils, black beans, kidney beans, garbanzo beans, etc.)
2. Nuts (almonds, pecans, walnuts, cashews, etc.)
3. Whole Grains (These are unprocessed grains—quinoa, kamut, millet, sprouted grains)

items)

4. Soy (organic, unprocessed, fermented soy)

I personally do not eat soy based on the conflicting information that I find. This is an individual choice, and if you choose to eat soy, just make sure it is not processed—go for organic, fermented soy like tempeh and miso.

How Much Protein?

While protein requirements vary from individual to individual, the RDA for adults is 0.8 grams of protein for each kilogram (2.2 pounds) of body weight or between 10% and 20% of your total calories.

I personally eat closer to 25-30% of my calories from protein for I have found this is what makes me feel my best while maintaining strong, lean body results.

Best advice is to keep track of what you are eating and see what protein intake makes you feel your best and helps you achieve the results you are after.

When you are eating for fat loss, you know to first map out your meals ahead of time, planning to eat every 3 to 4 hours. Each of these meals should be made up of protein and produce, and you will have no trouble getting just what your body needs to fire up a healthy metabolism!

Top 10 Fat-Burning Foods for Busy People

Must have these on hand—makes meal planning and results that much easier!

1. Spinach

This super veggie goes with everything. At only 5 calories per cup, how could it not?! Use in omelets, wraps, salads, side dishes...the list goes on. Great source of beta carotene, vitamin C, calcium, folate and magnesium to keep your body healthy and your metabolism humming! You can grab a 2.5 lb bag at Costco or Sam's Club for about \$5

2. Apples

Apples are so easy to grab and go that we always have them on hand. They are high in water content and fiber, plus research has shown the pectin in apples aids in your fat loss efforts as it causes the stomach to empty more slowly and you feel satisfied longer.

3. Blueberries

I always have a giant bag of these powerful berries on hand. You can find a 4-lb bag of frozen berries at Costco or Sam's Club for about \$8, or you can stock up when they are on sale at the grocery. Not only are blueberries super high in antioxidants to keep you youthful, healthy, and energetic, but they are also a sweet source of fiber, and they contain tannins, which act as astringents in the digestive system to reduce inflammation, promoting a healthier digestive tract.

4. Almonds or any type of nuts

Nuts are portable protein—the perfect emergency snack—or they can be paired up with a fruit or veggie. High in metabolism-boosting protein and healthy fats. Watch your portions though: measure out 1/4 cup servings and stick in a snack-size baggie.

5. Eggs

Yes, eggs ARE good for you. They are considered the gold standard of protein quality because of their superior amino acid content, providing your body with the building blocks for lean muscle—the heart and soul of your metabolism. They also keep you satisfied and energized. Plus, they are affordable and super easy to make. It takes less than 3 minutes to prepare an egg. Be sure to choose ORGANIC!

6. Yogurt

A great source of protein, and the live cultures help boost immunity and aid in digestion. My favorite is Greek yogurt. NOTE: Avoid choosing brands that contain high fructose corn syrup and artificial sweeteners. Read the ingredients! (e.g., Yoplait is not so good).

What is Greek Yogurt?

- Greek yogurt is creamier than regular yogurt, for it is produced by straining off the liquid whey, which concentrates the protein in the yogurt. This means Greek yogurt has twice the protein of regular yogurt.
- Greek yogurt is lower in carbs (and yes, it has sugar—dairy products have a natural sugar called lactose; the key is to read the ingredients to find ADDED sugars, not naturally occurring sugars).
- Greek yogurt is lower in lactose, so it is a great option for those with intolerances.
- Greek yogurt is all natural! However, make sure to check the labels to avoid the added chemicals, preservatives, thickeners, stabilizers, sugars and artificial sweeteners you will find in many of the commercial brands.

The goal of any supportive meal or snack is to eat enough and eat enough of the good stuff. This is what keeps you satisfied, energized, fuels your metabolism and keeps you on track to reaching your fat loss goals. Cutting calories does not mean starving yourself! It means CUTTING the calories from JUNK!

How about taste? I will admit that if you are switching from the overly processed fake yogurts, this takes some getting used to. My first encounter was one that I would describe as tart. It is all a matter of allowing your taste buds to adjust. Years of eating processed foods high in sugars, artificial sweeteners and chemicals affect the ability for your palate to truly taste and enjoy the flavors of whole, natural foods.

What kind/brands? I typically choose 2%, for it is a good source of healthy fats. I tend to choose the plain versions for I like to use my Greek yogurt in a variety of ways—see recipes and ideas below.

Here are some solid brands:

- Fage
- Chobani
- Stonyfield

4 of My Favorite Greek Yogurt Recipes

1. Berry Yogurt Parfait

Make a parfait layering yogurt, fresh blueberries and walnuts—really, any fruit or nuts prepared like this is delish!

2. Creamy Dreamy Oatmeal

Rolled oats, almond butter, fruit and yogurt

3. Blueberry Eggs

Scrambled eggs and blueberries topped with yogurt

4. Greek Yogurt Dessert

Yes, yogurt is a great alternative when you have a sweet tooth!

Greek Yogurt is also great used as....

- A source of protein in your smoothies
- A sour cream substitute
- A yogurt dressing—whisk with vinegar, oil and seasonings
- A base for veggie dips
- Tzatziki (A cucumber sauce made with Greek yogurt—so yummy with Gyros!)

7. Frozen Lean Protein

Grilled Chicken

The simplest, most versatile lean protein you can use to create satisfying, energizing meals and snacks. My favorite grilled chicken recipe—marinate tenderloins in lime juice, chili powder and fresh chopped cilantro for a couple hours. Bake or grill for tasty and delicious meal and snack chicken strips!

Frozen Wild Salmon Filets

Another simple and delicious protein source! I buy mine frozen to last longer and for easy prep. These are loaded with omega-3s—essential fatty acids that promote fat loss by helping to regulate insulin and even decrease insulin resistance. They improve blood sugar control, which helps reduce food cravings and overeating. Plus, omega-3s help your body to burn off calories before they get stored as fat.

8. Black Beans

Black beans are packed with the leanest protein and very high in fiber, which prevents blood sugar levels from rising too rapidly. They are also a great source of iron. When combined with whole grains such as brown rice, black beans provide a high quality complete protein. Other good varieties include: chickpea, pinto, kidney, and navy.

Quick to cook and super affordable. At only \$.75 a can—how can you go wrong? Beans are a great alternative to those who feel like they are eating the same protein day in and day out. Tip—rinse your canned beans to keep the sodium levels low.

9. Salsa

Yes, tomatoes have wonderful health benefits, but in salsa form they also work well to add low calorie, energizing flavor to your meals. Choose a spicy variety and get the added metabolism-boosting kick from Capsaicin -- the chemical in peppers that gives them their bite. Use salsa as a salad dressing, as a veggie dip, on top of your favorite protein and more.

10. Olive Oil

Certain fats are good for you, and your body needs them. Olive oil is one of those good fats. In fact, it's so good that it helps you burn fat and keeps your cholesterol down.

Olive oil is rich in monounsaturated fat, a type of fat that researchers are finding

provide outstanding health benefits. One ounce of extra virgin olive oil contains about 85% of the daily value for monounsaturated fat.

Simple Supportive Salad Dressing Recipe

2 Tbsp extra virgin olive oil 2 Tbsp balsamic vinegar Sea salt and black pepper to taste
Dress it up by adding different herbs - rosemary, basil, oregano, thyme, cilantro and mint.

Healthy Meal Plan Cheat Sheet

This list was created to help those trying to lose weight and get in shape keep their favorite supportive foods on hand at all times.

Proteins

- Nuts (1 serving = $\frac{1}{4}$ cup)
- Nut butters
- Cheese (deli style slice instead of overly processed American cheese, string, laughing cow (replace for cream cheese), baby bell, buffalo mozzarella (w/ tomatoes, balsamic vinegar, basil, cracked pepper), ricotta cheese)
- Yogurt (Greek yogurt, lower lactose)—can be used to make smoothies
- Cottage Cheese (with salsa, peaches, blueberries, beets, cucumbers, tomatoes)
- Eggs
- Meat (Deli meat—read label and choose meats with fewer foreign ingredients; beef jerky, grilled chicken, turkey burgers, steak burger)
- Fish (lox (thinly dried salmon), shrimp cocktails, herring, tuna fish with lettuce wrap, wild caught salmon)
- Beans (hummus, edamame, lentil black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lima beans (mature), navy beans, pinto beans, split peas, tofu - choose ORGANIC)
- Meal replacement bars, smoothies

Serving of Fruits

- 1 medium-large size whole fruit: Apples, oranges, bananas, pears, etc.
- $\frac{1}{2}$ cup small fruits: Berries and grapes
- 1 cup chopped fruits: Melon, apples, etc.
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ large fruit: Grapefruit, 1 melon wedge
- $\frac{3}{4}$ cup juice
- $\frac{1}{2}$ canned fruit

Servings of Vegetables

- 1 cup raw or cooked veggies: baby carrots, broccoli, bell peppers
- 1-2 cups leafy greens
- $\frac{1}{2}$ cup beans/legumes
- $\frac{3}{4}$ cup veg juice

AIM FOR 10 SERVINGS OF PRODUCE A DAY

For example:

- Breakfast - 1 cup blueberries (2)
- Snack - 1 banana (1)
- Lunch - 3 cups spinach, 1 cup diced tomatoes and bell peppers (3) Snack - 1/2 cup dried cherries (1)
- Snack - 1 cup carrots, 1 pear (2)
- Dinner - 1 cup sautéed spinach and squash (1)

Meal Planning Strategies

4-Step Meal Planning Crash Course



"If you fail to plan, you plan to fail."

Here's a simple 4-step meal planning crash course to help you develop the ever so important habit of planning!

Why Meal Planning Rocks, and How to Get Started!

1. Saves time
2. Saves money
3. Saves sanity and eliminates frustration
4. Makes you mindful of what you are eating/feeding your family
5. Makes it easy to stick to your nutrition plan, for when you actually stick to it, you see faster fat loss results!

4 Steps to Effective Meal Planning

1. Map Out Your Meals

Successful planning can be achieved when you designate a time to choose what you will eat for the next 3 to 7 days. For best results, choose a time when your schedule is less hectic—on the weekend, the night before, or for those early risers first thing in the morning.

Still unsure? Choose to make the most of the times when you find that you are waiting—instead of grabbing a magazine to read or chatting on your cell phone to pass the time, pull out a notepad and make a list of meal ideas.

Remember to KISS (Keep It Simple...) and balanced by organizing your meal ideas according to your favorite Breakfast, Lunch, Dinner and Snack combinations. Choose a variety whole, natural foods—proteins, fruits and veggies and whole grain items.

As you begin, I have 3 questions for you:

1. What will you eat?
2. When will you eat?
3. Where will you eat?

FYI: This is the most time-consuming part, but once you take the time to write it all out, implementation becomes 100 times easier. Think of this as creating the foundation for your Meal Planning Success.

The WHAT is based on choosing natural, wholesome foods basing every single meal/snack around protein and produce.

TIMING your meals is just as important for you want to avoid energy and mood swings—plus your goal is to stay satisfied and keep your metabolism humming.

Begin by making an outline of your Daily Schedule.

- ~ Choose foods and meal combinations that FIT your day.
- ~ Be sure to start each day with a hearty breakfast—this should be your highest calorie meal
- ~ Decide when you will have your planned indulgences—also known as “cheat meals.”

WHERE: Based on where you are and what you are doing, choose which meal combination fits best into your schedule. This is a significant step for you have now created a mindfulness of what you need to eat and when. Don't expect to be perfect—allow for flexibility and spontaneity.

2. Take Inventory

Now that you know what you are going to EAT, do you have it in the house? Go through to make sure. Do NOT assume!!!

Throw away the foods that you do not need. Trust me, it will make your task over the next few weeks that much easier!

3. Make a List

Goes with step 2—you need to know exactly what to get at the grocery. Never, never, NEVER shop without a list! I guarantee you will forget what you need, and all it takes is ONE missing ingredient and you are off track with your carefully planned meals.

4. Go Shopping

Yes, leave the house and get what you need—make sure it is right after you have eaten a supportive meal or snack. Going shopping when hungry is a recipe for disaster! Organize your list according to the layout of your store—saves time and prevents you from the tempting aisles. And NO, shopping with your children is NOT an excuse to go down these aisles and buy junk.

Our lives are busy. Creating an automated eating plan is the easiest way to stay in control, stay energized and accelerate fat loss.

What's Next

I know you are ready to get started!

1. Daily Meal Plan Samples

Daily Meal Plans you can plug in as is or tweak to meet your personal tastes and lifestyle, including an excellent 5-day food log.

2. Supportive Recipes

From Breakfast, Lunch/Dinner, Snacks and Smoothies—brand new meal ideas to keep your supportive nutrition plan fresh, exciting as well as keeping your metabolism burning strong!

3. Supportive Eating Resources

- Overcoming Sugar Addiction
- 5 Steps to Overcoming Food Cravings
- Eating Healthy on a Budget
- Energizing Snacks
- Healthy Afterschool Snacks
- How to Fight Late Night Cravings

Mapping Out Your Weekly Meals

Notice I am not trying to create a brand new meal for every single moment I eat. Rather, I am choosing protein and produce combinations that can easily be mixed and matched whether there are leftovers or I cooked something in bulk and extras can be used to create another meal or snack. This planner also easily converts to a grocery list.

7-Day Menu Planner

7 Breakfast Meals

Greek Yogurt, Eggs, Oats, Protein Smoothie, Green Smoothie, almond milk, pecans, blueberries, mango, cherries, banana, spinach

7 Lunch Meals

Turkey Chili, Lettuce Wraps, Tuna Salad, Tomato Soup, baby carrots, avocado, salsa, hummus, mixed greens

7 Dinner Meals

Grilled Salmon, Grilled Chicken, Flank Steak Fajitas, asparagus, bell peppers, roasted red bell pepper, kalamata olives, feta, spinach, pineapple, salsa

Snack Options

Hummus and sugar snap peas, almond butter & apples, pistachios and pear, yogurt & peaches, cottage cheese & tomatoes, green smoothie, protein smoothie, cocoa oats, Larabar, cherries

Planned Indulgences (3 per week)

Pizza and chocolate chip cookies, 8 oz Steak and loaded baked potato, cheesecake

Daily Meal Plan Samples

What follows are sample of meal plans to give you more ideas and options as you create your own custom meal plans. Adjust portions sizes as needed to fit your fat loss calorie intake.

Breakfast Meal Plans

Green Smoothie

Protein Smoothie

1 cup Greek yogurt
1 cup blueberries
1.Tbsp sliced almonds

½ cantaloupe
½ cup cottage cheese
2 TbspS wheat germ
Cinnamon to taste
½ oz pistachios

2.whole eggs
1 cup spinach
1 Portobello
1 cup cherries

1 sprouted-grain English muffin
2 whole eggs
1 cup watermelon

1 cup Greek yogurt
1 cup blueberries
¼ - ½ cup granola

1.whole eggs
2.spears asparagus
2 oz shredded cheddar
1.cup blueberries/strawberries

2 whole eggs
½ red bell pepper
1 Portobello mushroom 2 oz shredded mozzarella 1 pink grapefruit

2 whole eggs
½ yellow squash
¼ cup broccoli
¼ cup onions
2 oz horseradish cheddar cheese 1 banana

Sprouted grain muffin
1-2 TbspS almond butter

1 cup strawberries

1 cup cooked rolled oats

½ apple and cinnamon 1 banana

2 whole eggs

1-2 Tbsp shredded cheddar cheese

2 Tbsp salsa

1 cup strawberries

Lunch Meal Plans

1 sprouted grain tortilla

6 oz halibut, grilled

1 TbspS hummus

1 TbspS salsa

1 banana

4 cups mixed greens

½ cup strawberries 2 TbspS vinaigrette

½ cup hummus

¼ cup mushrooms

½ cup coleslaw

2 cups mixed greens

½ cup hummus

2 oz grilled chicken breast

½ cucumber

½ cup strawberries 1 red bell pepper

1 TbspS vinaigrette

1 TbspS BBQ sauce Sprouted grain tortilla 5 oz grilled chicken

1 cup loose leaf lettuce 1 cup cantaloupe

1 sprouted grain tortilla

½ cup hummus

2-3 spears asparagus

½ red bell pepper, roasted 2 cups sautéed spinach

1 grilled Portobello mushroom

Roasted cauliflower

1-2 oz grilled chicken breast

½ cup quinoa

½ cup black beans
½ cup canned salmon
¼ cup salsa
1 TbspS vinaigrette
1 grapefruit

Dinner Meal Plans

3-4 oz rotisserie chicken
1 cup raw spinach
½ cup hummus
½ cup salsa
¼ avocado

1 cup mixed greens
¼ cup gouda cheese
1 tsp vinaigrette
3-4 oz turkey breast
1 tsp mozzarella cheese, shredded
4-6 asparagus stalks, steamed

1 grilled Portobello
2 grilled tomatoes
3-4 oz grilled chicken breast

4 cups spinach
1-2 Tbsp vinaigrette dressing
1 cup mixed veggies
3-4 oz grilled chicken
2 Tbsp hummus

3-4 oz salmon
¼ cup salsa
¼ avocado
1 large orange

4 oz flank steak
Sprouted grain tortilla
1 cup grilled broccoli florets
½ Vidalia onion
½ avocado
3 TbspS salsa

3 cups red leaf lettuce
1 carrot shredded/sliced
½ yellow bell pepper
½ pear
½ cucumber
½ cup hummus
1 Tbsp vinaigrette dressing

½ cup kidney beans
½ can tuna
1 TbspS vinaigrette
¼ avocado
1 cup sautéed spinach
olive oil & garlic
3-4 oz rotisserie chicken
1 steamed yellow summer squash

Snack Meal Plans

1.5 cups mixed fruit
1 oz pistachios

1 banana
1 TbspS natural peanut butter

1 cup grapes
1 oz pecans

1 cup mixed fresh fruit
½ cup cottage cheese

1 oz almonds
1 banana

2 cups strawberries
1 oz raw almonds

2 oz cheddar cheese
1 apple

1 cup cottage cheese
1 cup blackberries
1 cup pineapple

1 cup cottage cheese
1 cup cantaloupe
1 oz pistachios

1 oz raw pecans
1 cup blueberries
¼ shredded coconut

2 nectarines, sliced
1 TbspS almond butter

1-2 Hard boiled eggs
1 cup grapes

½ cup hummus
1 cup sugar snap peas

A 5-Day Meal Plan Sample

What follows is a 5-day week sample of a food log. Use it to build your own!

Monday

Breakfast

Greek yogurt
1/2 banana
1/2 cup Blueberries
1/8 Cup walnuts

Snack

Nectarine and 1/4 cup mixed nuts

Lunch

Spinach with Tropical Tuna
Canned tuna with mango salsa
Threw all of it on top of spinach.

Snack

Beef jerky and apple

Dinner

Grilled portabella mushrooms, topped with mozzarella cheese and red bell peppers
1 small-to-medium steak
Veggie kabobs—zucchini, squash, onions.

Tuesday

Breakfast

Blueberry eggs:
2 whole eggs
2 egg whites
1 cup blueberries
1 tbs Greek yogurt

Lunch

1/4 avocado
4.oz. Chicken Breasts
5.TbspS Mango Salsa
2 cups spinach
Asparagus 4 medium spear

Snack

Beef jerky
Fruit
Waters

Dinner

Chile lime grilled chicken

(lime juice, cilantro, chili powder)

Topped with avocado salsa (made with grape tomatoes, cilantro, lime juice and sea salt)

On a bed of quinoa served with small side of spinach and grape tomatoes.

Snack

Cottage cheese

Wednesday**Breakfast**

Bob's red mill 5 grain oats

1/2 cup fresh blueberries

2 TbspS Greek yogurt

Snack

Cottage cheese & cantaloupe

Lunch

Salmon and Blueberry Spinach Salad

Couple cups of spinach

Serving of salmon (wild, I buy mine frozen)

Cup of blueberries

Gorgonzola cheese

Balsamic Vinaigrette

Snack

Watermelon

Almonds

Dinner

Left over chili lime grilled chicken

Bed of bell pepper mix (made from frozen)

Black beans

Leftover avocado salsa

Dollop of sour cream

Hot sauce

Final Snack

Greek yogurt and frozen berries

Thursday**Breakfast**

2 fried eggs

Bed of spinach

Snack

Almonds and a nectarine

Lunch

Grilled chicken

Bell peppers

Black beans

Bed of spinach

Salsa for a dressing and a dollop of sour cream

Snack

Almonds

Beef jerky

Dried cherries.

Dinner

Sauteed onions, garlic, red pepper flakes in olive oil

Added capers and Kalamta olives

Added Chopped Kale and a can of Italian Tomatoes

Served with a side of grilled Italian Chicken

Friday

Breakfast

Bob's red mill 5 grain oats

1/2 cup fresh blueberries

2 TbspS Greek yogurt

Snack

Greek yogurt

Almond butter

Blueberries (also great with cherries)

Lunch

Leftovers from dinner night before (kale and chicken)

Snack

Almonds and dried cherries

Dinner

Chicken Lettuce Wraps:

* 8 dried Shiitake mushrooms

* 2 tsp cooking sherry

* 2 tsp water

- * 1 tsp soy sauce
- * 1 tsp cornstarch
- * salt and pepper to taste
- * 1 1/2 lb boneless, skinless chicken breasts, chopped into bite size pieces
- * 5 Tbsp vegetable oil
- * 1 tsp fresh minced ginger
- * 2 cloves minced garlic
- * 2 chopped green onions
- * 8 oz can bamboo shoots, chopped up
- * 8 oz can water chestnuts, chopped
- * 2 small dried chilies (optional)
- * 1 package of Chinese cellophane rice noodles, cooked according to instructions on the package
- * Iceberg lettuce leaves

Lettuce Wrap Sauce:

- * 2 Tbsp oyster sauce
- * 1 1/2 Tbsp water
- * 1 Tbsp cooking sherry
- * 1 Tbsp soy sauce
- * 1 Tbsp hoisin sauce
- * 2 tsp cornstarch
- * 1 tsp sugar
- * 1 tsp sesame oil

Pour enough boiling water over dried mushrooms to cover. Let soak for 30 minutes, then drain. After the mushrooms have soaked, remove any woody stems and chop up the mushrooms. While waiting for the mushrooms to finish soaking, combine all of the ingredients for the sauce. In a separate bowl, mix together the sherry, water, soy sauce, cornstarch, salt, pepper, and chicken. Stir together until chicken is well coated.

Heat large skillet over medium high heat. Add 3 Tbsp of oil. After the oil gets hot, add the chicken mixture. Fry quickly for about 3 minutes, or until chicken is no longer pink. Stir constantly to prevent burning. Remove chicken.

To the same skillet, add 2 more Tbsp of oil. Add the fresh ginger, garlic, green onions, and optional chilies, if desired. Fry quickly for 45-60 seconds, or until garlic is a golden color. Do not overcook garlic, or it will taste bitter. Add the dried mushrooms, bamboo shoots and water chestnuts. Fry quickly for about 2 minutes.

Return chicken to the skillet. Add the sauce ingredients to the same skillet. Cook until the sauce thickens. Break the cooked cellophane noodles into small pieces. Spread the noodles onto the bottom of a platter. Pour the chicken mixture on top of the noodles. Spoon into lettuce leaves. Roll up chicken lettuce wraps and secure with toothpicks. See if this doesn't taste just like the PF Chang lettuce wrap recipe to you.

Supportive Recipes

Breakfast

Breakfast Parfait

2-4 Tbsp ground flax 1-2 bananas

1 cup blueberries

4-5 strawberries

1 small apple Sliced raw almonds

Mash banana and flax. Layer banana and flax in between the fruit and layer with almonds.

Quinoa Breakfast

1/3 cup quinoa, cooked

1 small, ripe banana

3 or 4 small dried apricots

1 tsp coconut

Mash the banana well and add fruits. Pour over quinoa. Stir and serve.

Apple Cinnamon Quinoa

2-3 cup quinoa

3 Apples

7 Dates

1/2 cup Apricots (dried)

1/2 cup crushed walnuts

1/2 cup Raisins

2.Tbs. Cinnamon

Few sprinkles of Vanilla Bean

Cook quinoa. Put in a large bowl, add chopped walnuts, raisins and chopped Apricots. Add apples, dates, cinnamon, and vanilla bean to food processor—process until smooth - add a little water to make mixture creamy texture. Add Processed Ingredients to bowl of Quinoa and mix well, serve.

Oat-less Oatmeal

3.bananas, sliced

¼ cup pecans or walnuts, chopped

Dried coconut

Sprinkle of cinnamon, to taste

Mix in a bowl, serve and enjoy.

Sunrise Oatmeal

¾ cup rolled oats, uncooked

1 cup fresh orange juice

2 walnuts, chopped

1 Tbsp dates, diced

Combine all in a bowl and let set for 15-30 minutes till oatmeal has absorbed juice.
Serve and enjoy!

Pumpkin Pie Oatmeal

¼ cup almond milk

¼ cup rolled oats

6 Tbsp water

Pinch cinnamon

Pinch nutmeg

1/8 cup canned pumpkin—no sugar added

1/8 cup sliced almonds

1/8 cup water

1/2 scoop vanilla protein powder

Bring milk and water to a boil. Add oats, cinnamon, and nutmeg. Simmer until absorbed. Stir in pumpkin, almonds, and sweetener. Pour into bowl and set aside. Mix 1/8 cup water with 1/2 scoop protein. Mix with fork until protein is dissolved. Pour over oatmeal mixture.

Ezekiel French Toast

2 Slices Ezekiel Sprouted Grain Bread

1 egg

1 Tbsp unsweetened Vanilla Almond Milk

1 tsp Vanilla

Dash of Cinnamon

1 Tbsp Agavae Nectar

Whip egg and almond milk. Dip each slice of bread into mixture. Cook in sauté pan lightly wiped with olive oil/coconut oil. Cook on each side until lightly browned.

Asian Scrambled Eggs

1 clove garlic, chopped

1 1/2 tsp fresh ginger, chopped

1 tsp peanut oil

1/2 cup mushrooms, chopped

1 cup snow peas/sugar snap peas

1/4 red bell pepper, chopped

3 green onions, chopped

1 1/2 tsp reduced-sodium soy sauce

4 egg whites, beaten

Brown garlic and ginger in 1/2 of the oil. Add mushrooms, snow peas, and pepper. Stir-fry until mushrooms start to brown. Add green onions and drizzle 1/2 of the soy sauce on top. Stir-fry for a couple more minutes. Remove from heat. In fresh pan, add remaining oil, then eggs.

Scramble eggs. Just before the eggs are completely cooked, add veggies. Serve with remaining soy sauce.

Breakfast Burritos

1 Sprouted Grain Tortilla
2 Egg Whites
1 oz. Turkey Sausage
2 Tbsp Salsa
Optional - 1/8 avocado, onions, peppers

Apple Cheddar Omelet

4 eggs
2 Tbsp almond, hemp, goat milk
1 Tbsp olive oil
salt & pepper to taste
1/2 cup grated cheddar cheese
2 T diced prosciutto
1. Granny Smith apple, julienned

Add olive oil into a large pan and toss in the diced prosciutto, letting it get crispy. Meanwhile, whisk together the eggs, milk and salt and pepper in a small bowl. Slowly pour the egg mixture over the prosciutto and into the hot pan, tilting to spread the eggs evenly. While the middle is still a little runny, add grated cheese and then top with the julienned apples. Fold the omelet in half. Cut in half and serve on a plate.

Asparagus and Herb Omelet

2. eggs, 1 egg white
2 tsp of chopped herbs (mint and basil)
1/4 cup of steamed chopped asparagus
2 Tbsp feta cheese
Splash of milk - almond, hemp, goat
Salt and pepper to taste

Combine eggs and egg whites in a small bowl along with mint, basil, a splash of milk and a pinch of salt. Add to lightly greased pan and cook eggs. Once the omelet is looking set, it will still be wet on top. Sprinkle your asparagus and feta on one half of the omelet. Fold the egg onto itself to create a half moon allow to set so feta is melted.

Artichoke, Goat Cheese and Potato Omelet

1 small unpeeled Russet potato
1 tsp olive oil, divided
1/4 cup chopped onion
1. Tbsp finely chopped red bell pepper
4 drained canned artichoke hearts, coarsely chopped
1 tsp chopped fresh or
1/4 tsp dried oregano

1/4 tsp salt, divided
1/4 tsp freshly ground black pepper, divided
4 large egg whites
2 large eggs
1/4 cup (1 ounce) crumbled goat cheese

Pierce potato with a fork, and arrange on paper towel in microwave oven. Microwave on HIGH 3 minutes or until done, turning potato after 1 1/2 minutes. Let stand 5 minutes. Peel and coarsely chop potato.

Heat 1/2-tsp olive oil in a small skillet over medium-high heat. Add onion, bell pepper, and potato; sauté 3 minutes or until tender. Add artichoke; cook 2 minutes. Add oregano, 1/8- tsp salt, and 1/8-tsp black pepper. Remove from heat, and set aside.

Combine egg whites, whole eggs, 1/8-tsp salt, and 1/8-tsp pepper in a small bowl; stir with a whisk.

Heat a small skillet over medium-high heat. Add 1/4-tsp olive oil and half of egg mixture, and cook until edges begin to set (about 2 minutes). Lift edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until set.

Spoon half of potato mixture onto half of omelet; sprinkle with half of crumbled goat cheese. Loosen omelet with spatula; fold in half. Cook 2 minutes. Repeat procedure with 1/4-tsp olive oil, egg mixture, and potato mixture.

Salmon and Dill Frittata

2 big leeks, sliced lengthwise and cut
1 cup of asparagus cut into 1/2 inch pieces
4 eggs
6 egg whites
Splash of milk—almond, hemp, goat
2 Tbsp of chopped dill
2 oz. smoked salmon, cut into thin strips
Olive Oil
Salt and pepper to taste

Pre-heat oven to 400. Coat a 10-inch non-stick sauté pan with cooking spray and heat over a medium flame. Add leeks and sauté for about ten minutes or until translucent and tender. Stir in asparagus and a splash of water, pop a cover on a cook about four to five minutes or until the asparagus is just tender. In the meantime, combine eggs, egg whites, milk, salt and pepper in a large bowl. Whisk well before stirring in the dill and salmon. Pour egg mixture into sauté pan with the leeks and asparagus. Pop it all into the oven for 20 minutes and enjoy!!

Poached Egg over Spinach

2 whole eggs

1 tsp light vinegar
1 lb fresh spinach (or kale or collard greens)

Mediterranean Dressing

1 TbspS extra virgin olive oil
1 tsp fresh lemon juice
1 medium clove garlic
Sea salt and pepper to taste

Sautee spinach for 1-2 minutes. Remove from pan and toss spinach with dressing ingredients while it is still hot. To poach eggs, bring 1 quart water to a high simmer in a 10-inch skillet with 1 tsp of vinegar. When water comes to a high simmer poach eggs for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach mixture.

Protein Pancakes

1 cup rolled oats
1 egg or 2 egg whites
1 cup cottage cheese
1 scoop of powder
2 Tbsp applesauce
Splash of vanilla extract
Cinnamon
1 Tbsp blueberries or raspberries (optional)
Puree all ingredients in a blender to make batter.

Chocolate Raspberry Protein Pancakes

6 egg whites
1/3 cup uncooked rolled oats
3 Tbsp raspberry preserves
Dash vanilla extract
1-2 scoops of chocolate protein powder

Mix egg whites, oats, preserves, vanilla and protein powder in a blender. Pour the mixture in a lightly greased pan over medium heat, cover and cook for 4 or 5 minutes. Flip the pancake with a spatula and cook for 1 or 2 more minutes or until the inside is fully cooked.

Cinnamon, Pumpkin, and Blueberry Oatmeal

1 cup rolled/steel cut oats
1/4 tsp salt
1/2 stick cinnamon
1/4 cup preserved pumpkin or pumpkin pie filling—no sugar added
1/4 cup fresh blueberries

In a medium saucepan, bring 4 cups water to a boil. Stir in oats, salt, and cinnamon stick. Reduce heat slightly and boil 10 minutes, stirring occasionally. Reduce heat to

low and simmer 30 minutes; stir frequently until oatmeal thickens. Stir pumpkin into oatmeal; divide between two warm bowls and top each with blueberries. Add a scoop vanilla protein powder to boost protein intake

Blueberry Breakfast Quinoa

1 cup cooked quinoa (I prefer red quinoa)

½ cup milk—almond, hemp, goat

1 cup fresh blueberries

Dash of cinnamon

Slivered almonds

Dish cooked quinoa into a bowl, top with milk, blueberries, cinnamon and almonds.

Hot Apple Cinnamon Quinoa

1 cup Quinoa, cooked

1/2 cup Apples; thinly sliced

1/3 cup raisins

1/2 tsp cinnamon

¼ - ½ cup almond milk

Add apples, raisins and cinnamon to quinoa. After bringing to a boil allowing to simmer for 5 min until water is absorbed. Transfer to bowl and top with almond milk.

Chocolate Almond Delight Protein Shake

2 scoops chocolate

3 12 oz. water

4-6 ice cubes

12-15 raw almonds (or a Tbsp almond butter)

1/2 Tbsp coconut extract

Mix in blender on medium to high speed until combined. Depending on your blender, you may need to use a food processor first to break up the almonds.

Banana Apricot Hemp Smoothie

1 frozen banana, peeled and cut into pieces

1/2 cup cold organic apricot juice

1/2 cup cold unsweetened vanilla hemp milk

Place all of the above into a frosty cold single-serve blender and whip on high until smooth and frothy.

Green Tea Protein Shake

1 large cup green tea, steeped from two bags

2/3 cup unsweetened applesauce

1 TbspSO ground flaxseed

1 scoop vanilla protein powder

Pinch cinnamon

Ice cubes

Place all ingredients together and blend

Lunch/Dinner

The following recipes can be used any time of the day, and some listed can be used as sides to complement a main protein-based dish.

Black Bean Chicken “Tacos”

1 lb boneless, skinless chicken breasts- cut into small pieces

2 cups salsa

1 can black beans, rinsed and drained

1 tsp onion powder

1 tsp chili powder

1 tsp cumin

Sprouted tortillas or lettuce wraps

Toppings of your choice: shredded cheese, sour cream, guacamole, etc...

In a large skillet, combine the chicken, salsa, beans, onion powder, chili powder, and cumin. Cover and simmer for 15 - 20 minutes or until the chicken has cooked through. Serve in tortillas in lettuce wraps.

Turkey and Egg White Wrap

1/2 Tbsp olive oil

1/2 lb ground turkey

1/2 tsp ground cumin

6 egg whites

Kosher salt

Cracked black pepper

1 medium tomato, diced

1/4 c chopped cilantro (or dried if you have it in your seasonings)

2 sprouted tortillas

Heat oil in a medium nonstick skillet and then add turkey and cumin. Cook until a golden brown, and then add egg whites. Cook through. Season with salt and pepper. Add tomato and cilantro and cook for a minute more. Heat tortillas in a separate skillet and divide turkey/egg mixture between the two tortillas. Roll into a burrito and serve.

Mediterranean Tuna

1 cup cottage cheese

½ cup cucumber, chopped

1 oz cherry tomatoes, cut in half

3-4 oz canned tuna

1 tsp olive oil.

Spread some cottage cheese in a bowl, add chopped cucumbers and tomatoes around the edge, then drizzle olive oil over everything. Top with a can of tuna and enjoy

Nectarine & Prosciutto Pizza

3/4 cup shredded provolone cheese

1/4 cup crumbled blue cheese

Yellow cornmeal for dusting

1 pound whole-wheat pizza dough, thawed if frozen

3 Tbsp prepared basil pesto

1/2 cup thinly sliced prosciutto, (about 2 ounces)

1 large ripe nectarine or peach or 2 fresh apricots, pitted and thinly sliced

1 Tbsp aged balsamic vinegar

1/4 tsp freshly ground pepper

Preheat grill to low. Mix provolone and blue cheese in a medium bowl; set aside.

Sprinkle cornmeal onto a pizza peel or large baking sheet. When you're ready to get your pizzas on the grill, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical.

Then use a rolling pin to roll into a circle about 14 inches in diameter. Transfer the dough to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.

Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes. Using a large spatula, flip the crust. Spread pesto on the crust, leaving a 1-inch border. Quickly sprinkle three-fourths of the cheese mixture on top. Top with prosciutto, fruit and the remaining cheese. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes. Drizzle balsamic vinegar over the pizza and season with pepper just before slicing and serving.

Salmon Dijon

1/2 cup white wine vinegar

1 1/2 Tbsp Dijon mustard

1 Tbsp lemon juice

1 Tbsp Italian seasoning

4 sprigs fresh rosemary

1 tsp dried tarragon

1 Tbsp capers, drained

1 Tbsp oil-packed sun-dried tomatoes, drained and sliced (can rinse if desired)

1 1/2 pounds salmon fillets

Freshly ground black pepper to taste

4 Kalamata olives, pitted and sliced

In a shallow baking dish, mix the white wine vinegar, Dijon mustard, lemon juice, Italian seasoning, rosemary, tarragon, capers, and sun-dried tomatoes. Place the salmon fillets into the dish, and turn to coat with the marinade. Season with pepper, and sprinkle with olives. Cover, and refrigerate 1 hour. Preheat oven to 375 degrees F. Bake uncovered for 20 minutes in the preheated oven, or until fish is easily flaked

with a fork

Chicken and Cheese Stuffed Red Pepper

1 red pepper
4 oz chicken breast
1/2 c cottage cheese 1%
Chopped green onion
Chopped tomato
Salt/pepper/cayenne

Preheat oven to 350. Split the red pepper in half. Combine the chicken, cottage cheese, chopped veggies and spices in a bowl and mix. Stuff the red pepper halves with the mix. Bake until cheese is melted. You can eat one half now and one half later for two meals or eat it all for one meal.

Italian Turkey Meatloaf

2.5 lbs extra lean ground turkey
1 small onion
1 small red or green pepper
2 ribs celery
1/2 cup zucchini (optional)
1/2 cup broccoli stems (optional)
1 Tbsp garlic chopped

Dried Spices:

1 Tbsp. dried thyme
1 Tbsp. dried basil
1 Tbsp. dried parsley

1 tsp. fresh ground pepper
1 tsp. kosher salt
4 egg whites
1/4 cup rolled oats

Cook all veggies until just done and soft, adding the garlic during the last minute or so of cooking (about 12-15 minutes total). Set aside to cool. Preheat oven to 425 degrees. Put all ingredients together in a large bowl and mix well with your hands. Rub 2 loaf pans liberally with olive oil or use silicone pans (works best). Fill loaf pans with meatloaf mixture. Place pans on baking sheet to catch any drips and bake for approximately 35-45 minutes or until it reaches 135 degrees with a meat thermometer. Remove from oven and let rest for at least 20-30 minutes. Turn out onto a cutting board and slice into thick slices.

Tequila-Lime Salmon

2 to 4 wild Alaskan salmon steaks

2/3 cup tequila
1/3 cup fresh lime juice
1/3 cup extra virgin olive oil
5 cloves of garlic, chopped
Pinch of organic brown sugar
Dash of Worcestershire sauce

Combine the marinade ingredients in a large measuring cup (tequila through Worcestershire). Place the salmon steaks in a wide shallow bowl and pour the marinade over the steaks. Cover, and pop in the fridge for at least 1 hour.

Preheat oven to 400 degrees. Arrange the salmon steaks skin side down on a broiler pan or other shallow baking pan. Pour the marinade into a saucepan. Place the salmon in the oven on a rack near the top. Turn the burner on under the saucepan and start reducing the marinade to make your tequila sauce; keep it at a gentle simmer; stir often. After about 6 minutes, turn the salmon over and cook briefly to crisp the skin. Cook till fork tender, maybe a minute. Spoon the tequila sauce over the steaks and serve.

Almond Baked Cod

1 lb fillet of cod, cut into 4 pieces
2 Tbsp fresh dill weed (or 1 tsp dried)
3-4 tsp butter
4 tsp fresh lemon juice
1 tsp crushed garlic
2 Tbsp sliced almonds, toasted

Preheat oven to 425 degrees. Lightly grease baking dish and arrange fish in a single layer. In a small bowl, mix the dill, butter, lemon juice, and garlic and pour over the fish. Bake until fish flakes easily with a fork, about 10 minutes. Serve topped with almonds.

Tilapia with Peppers, Tomatoes, and Capers

2 Tbsp olive oil, divided
4 6-oz tilapia filets
Sea salt and pepper to taste
1 large red onion, chopped
2 red bell peppers, chopped
1 tomato, chopped
2 T capers
2 minced cloves of garlic

Place 1 T of the olive oil in a skillet over medium-high heat. Add fish and seasoning and cook until opaque (cooked through) - about 4 to 6 minutes on each side. Fish

should be flaky. While cooking heat the remaining T of olive oil in another skillet over medium-high heat. Cook the onion and the bell peppers until tender - about 8 minutes. Stir in tomato, capers, and garlic. Serve with fish.

Baked Parmesan Tomatoes

4 tomatoes, halved horizontally
1/4 cup freshly grated Parmesan cheese
1 tsp chopped fresh oregano
1/4 tsp salt
Freshly ground pepper, to taste
4 tsp extra-virgin olive oil

Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Quinoa Mushroom Pilaf

Splash Olive oil
2 cloves garlic, finely chopped
1 small to medium yellow bell pepper, diced fine
1 small to medium green bell pepper, diced fine
2 cups sliced mushrooms
Sea salt and ground pepper, to taste
2 Tbsp fresh chopped parsley
1 tsp Greek Seasoning (mint, lemon, basil, oregano mix)
2 scallions (spring onions) sliced- white and light green sections
Squeeze of fresh lemon juice
Extra virgin olive oil, to taste

Cook quinoa. Heat a splash of olive oil in a large skillet over medium heat. Add the garlic, yellow and green pepper; and stir over medium heat until slightly softened. Add in the mushrooms.

Season with sea salt, and ground pepper, to taste. Add the Greek seasoning. Stir and cook until the mushrooms are tender. Add quinoa into the mushroom- pepper mixture. Add in the sliced scallions. Stir to combine. Squeeze fresh lemon juice all over the quinoa and drizzle with extra virgin olive oil. Toss to coat the quinoa. Serve immediately; or allow it to cool, then cover and refrigerate it to eat as a salad.

Crockpot Thyme & Garlic Chicken

6 cloves of fresh garlic, minced
1 1/2 tsp of dried thyme
4 lbs of chicken breast
1/4 cup of orange juice

1 Tbsp of balsamic vinegar

Sprinkle garlic and thyme over chicken. Place pieces in slow cooker. Pour orange juice and vinegar over chicken and then cover and cook for 5-6 hours in low heat.

Homemade Chili

4 cans of beans (rinsed) (2 cans red kidney beans and 1 pinto, 1 navy)

1 can chilies

2 cans organic fire-roasted tomatoes

2 pounds very lean ground beef

1 pound lean turkey

1 cup cilantro

3 cups water

Cook in crockpot 6 hours on high

Curried Red Lentil Stew

2 Tbsp olive oil

1 large onion, diced

5 cloves garlic, minced

2 heaping Tbsp of a medium-spiced curry paste

1/2 tsp dried red chili flakes

5 1/2 cups vegetable broth

2 cups red lentils

1 large bunch of chard, tough stalks removed, coarsely chopped

1 can chickpeas, rinsed & drained

In a large pot, heat oil and sauté onion and garlic until soft, about 5 minutes. Mix in curry paste and dried chilies and stir until well blended. Add broth and chard and bring to a boil. Add lentils and turn down heat to a simmer, adding the chickpeas to the mix. Cover and stir occasionally until lentils are tender, about 15 minutes. Serve over brown rice and top with yogurt, if desired.

Chickpea Melt

1 bunch Broccoli Rabe, chopped

Splash of hot sauce

6 cloves garlic, roughly chopped

4 TSP olive oil + 1 Tbsp oil for later

1/2 tsp red chili flakes

1/4 tsp kosher salt

1 14oz can of chickpeas

1/4 c water + more for later

4 sprouted grain tortillas

Parmesan cheese, optional

Preheat oven to 350 degrees. In a large skillet, heat 4 Tbsp of olive oil over medium high heat, adding garlic, salt and chili flakes. Stir mixture constantly for about 4 minutes, Add chickpeas and 1/4 cup of water to a blender or food processor. Add in

chili/garlic/oil mixture and set aside the skillet for later. Blend mixture until smooth and set aside.

Using the same skillet, add the remaining Tbsp of oil and add chopped Broccoli Rabe to the pan. Sauté for a few minutes and then add about 1/4 cup of water, a pinch of salt and a splash (or more) of hot sauce. Let it steam away until all the liquid evaporates.

Spread chickpea mixture over the tortillas. Divide the Broccoli Rabe over top and then top with grated parmesan, if using. Bake at 350 degrees for 10 minutes.

Tuna Stuffed Peppers

24 whole jarred mild or sweet cherry peppers

1 6-ounce can tuna, drained well

1 Tbsp lemon juice

1 Tbsp olive oil

1 Tbsp capers, rinsed and finely chopped

2 anchovy fillets, finely chopped

Pepper, to taste

1/4 cup balsamic vinegar

Select 24 whole peppers, cut off and discard the pepper stems. Scoop out the seeds with a small spoon. Combine tuna, lemon juice, oil, capers and anchovies in a medium bowl. Fill each pepper with about 1 tsp of the tuna mixture and place them on a serving plate. Grind some fresh pepper over the stuffed peppers. Bring vinegar to a boil in a very small saucepan and simmer until syrupy and reduced to about 2 tsp, 3 to 3 1/2 minutes. Drizzle the syrup over the peppers.

Cottage Cheese Spinach Bake

1 1/4 cup cottage cheese

10 oz package frozen spinach

2 Tbsp onion, chopped

2 tsp parmesan cheese minced

Garlic to taste

1/8 tsp rosemary

1/4 tsp oregano

Preheat oven to 350 degrees. Cook spinach, garlic and onion in a small pan with a little water until the spinach is thawed and the onion is soft. Squeeze out water, or drain in a sieve, then spread in a layer in the bottom of a small baking dish. Mix cottage cheese with rosemary and oregano, then spread over the spinach. Sprinkle with parmesan. Bake until cheese is golden and bubbly - about 20- 30 minutes.

Quinoa Stuffed Bell Peppers

1 cup quinoa, cooked

1 lb plum tomatoes, peeled, seeded and diced

6 whole peppers, various colors

1/4 cup olive oil

1 1/2 Tbsp mint, minced
Handful of pine nuts
Salt and pepper to taste

Preheat the oven to 350 degrees. In a bowl combine cooked and cooled quinoa, parsley, lemon juice, garlic, mint, olive oil, pine nuts and season with salt and pepper. Rinse the peppers and remove the tops, and clean out the webbing and seeds. Stuff the peppers with the quinoa mixture and place on a pan standing upright. Cover pan and bake for 45 to 50 minutes.

Curried Chicken and Brown Rice

1 1/2 tsp canola oil
8 oz chicken breast or tenders, cut into bite-sized pieces
1 1/2 tsp curry powder, divided
2 cup cooked brown rice
1 medium red pepper, chopped
2 green onions, sliced
1/4 cup raisins
1/2 medium sweet onion, chopped
1 Granny Smith apple, peeled and chopped
1 1/2 Tbsp olive oil
1 Tbsp lemon juice
Salt and Pepper to taste

Heat pan over medium-high; add canola oil. Add chicken pieces and sprinkle with half of the curry. Sauté until chicken is cooked (around 5 to 8 minutes). Set aside. In a bowl, combine rice with bell pepper, onion, green onion, raisins, and apple. In another bowl, whisk together the olive oil, lemon juice, and remaining curry and salt and pepper (if desired). Add chicken to rice, and then add dressing to mixture and toss together. Refrigerate until serving.

Salmon & Veggie Pockets

6oz. fillets of salmon
A few springs of fresh dill
12 asparagus spears
1 red bell pepper, thinly sliced
Salt and pepper to taste

Pre-heat oven to 400 degrees. Lay out a sheet of aluminum foil and place some fresh dill followed by a single salmon fillet. Season salmon with salt and pepper. Top off each fillet with another sprig of dill and red bell pepper strips. Lay out a few asparagus spears on each side of the filet and fold over your foil to completely seal in the salmon and veggies. Be sure the foil is sealed and that there is no place for steam to escape. Place sealed pockets on a baking sheet and stick in the oven for twenty minutes.

Cucumber Cottage Cheese

Small cucumber, unpeeled

Low-fat cottage cheese

1 tsp dried onion

1 Tbsp chopped fresh parsley

1/2 tsp dill seed

Lemon juice, Tabasco sauce, optional

Cut cucumber in half lengthwise. Scoop out seeds. Shred coarsely, using hand grater or shredder attachment on electric grinder, food processor or mixer. Press out moisture. Combine with remaining ingredients, mixing well. Season to taste. Chill, then mound individual servings on lettuce. Serves four, about 90 calories each.

Hot Dandelion Greens

1/4 cup olive oil

3 garlic cloves, minced

3 Tbsp toasted walnuts, roughly chopped

1/4 cup raisins

2 Tbsp balsamic vinegar salt & pepper

1 pound dandelion greens

Remove tough stems from dandelion greens, wash, dry and tear greens. Place in a large bowl and set aside. In a skillet, heat olive oil, walnuts and garlic until hot, but do not let the garlic get brown. Add in raisins and stir until they are plump. Remove from heat, adding in balsamic vinegar. Whisk in salt and pepper and pour over greens, tossing until everything is well coated.

Fresh Fruit Bruschetta

Topping

1 c Strawberries, cubed

1 c kiwi, cubed

1 c mango, cubed

10-12 Blackberries

Gently mix all the fruit in a bowl and set aside.

Cucumber Baguette

1 Cucumber

Cut the cucumber vertically into 1/4 inch thick slices. This will create 10-12 slices depending on how long the cucumber is.

Agave Citrus Dressing

1 Tbsp Lime juice

1 Tbsp Agave Nectar

Lightly mix the lime juice and Agave Nectar in a bowl being sure to give it an additional stir before serving. To assemble, plate the cucumbers and top with 2 Tbsp

of the Fresh Fruit Topping. Drizzle the Agave Citrus Dressing over the top of the Bruschettas and sprinkle with Lime Zest.

Grilled Eggplant with Tomato-Basil Relish

Grilled tomato-basil relish:

8 ripe plum tomatoes, cut in half lengthwise
5 Tbsp olive oil
Salt and freshly ground black pepper
1 small red onion, cut in half and thinly sliced
2 Tbsp balsamic vinegar
1/4 cup finely chopped
Fresh basil plus fresh leaves, for garnish

Eggplant:

8 slices (2 medium eggplants, ends trimmed and cut crosswise into 1/2-inch thick slices)
6 Tbsp olive oil
Salt and freshly ground black pepper
16 ounces fresh sheep's milk ricotta
1/4 cup finely chopped
Fresh flat-leaf parsley leaves
Salt and freshly ground black pepper

For the grilled tomato-basil relish: Heat your grill to high. Place the tomatoes in a bowl and toss with 2 Tbsp of the oil and season with salt and pepper. Place tomatoes on the grill and grill until charred on all sides, and just cooked through, about 10 minutes. Remove from the grill and coarsely chop. Put the chopped tomatoes in a bowl, add the remaining 3 Tbsp of oil, onion, vinegar and basil and gently mix until combined. Let sit at room temperature for 30 minutes before serving. Can be made 4 hours in advance and refrigerated. Bring to room temperature before serving.

For the eggplant: Heat your grill to high. Brush eggplant slices on both sides with the oil and season with salt and pepper. Place the slices on the grill and grill until golden brown and slightly charred, 4 to 5 minutes. Turn over and continue grilling until just cooked through, 3 to 4 minutes. Stir together the ricotta and parsley in a medium bowl and season with salt and pepper. Place the grilled eggplant on a large platter and top each slice with a heaping Tbsp

Meatless Tacos

Sauté 1 cup cubed potatoes in oil for 8 to 10 minutes; add 2 cups cubed zucchini during the last few minutes of cooking. Stir in 1/2 cup corn, 1/2 cup chopped tomatoes, 1 tsp chili powder, and a dash of salt and pepper. Fill 12 heated taco shells.

Sirloin Kabobs

Kebabs:

1 1/2 Tbsp ground cumin
1/2 Tbsp cracked black pepper
3/4 tsp kosher salt
2 pounds boneless sirloin steak, cut into 48 (1-inch) pieces
4 peaches, each cut into 8 wedges
2 small red onions, each cut into 8 wedges
2 large red bell peppers, each cut into 8 (1-inch) pieces
Cooking spray

Sauce:

1/2 cup chopped fresh parsley
1/4 cup red wine vinegar
1 tsp olive oil
1/4 tsp kosher salt
1/4 tsp cracked black pepper
3 garlic cloves, minced
Parsley sprigs (optional)

To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until tender, turning occasionally. Place kebabs on a platter; cover loosely with foil. Let stand 5 minutes. To prepare sauce, combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.

Margaretville Grilled Chicken

1/4 cup olive oil
1/2 cup fresh orange juice
1/4 cup freshly squeezed lime juice
1/2 tsp ground cumin
1/2 tsp dried oregano
Pinch chili powder
6 skinless, boneless chicken breast halves

In a glass mixing bowl, whisk together the oil, juices, cumin, oregano and chili powder. Pour the mixture into a 2 gallon zipper-top plastic bag and add the chicken. Seal the bag and refrigerate for at least 4 hours, or overnight. Preheat a grill/ Remove the chicken from the marinade, pat dry, and discard the marinade. Grill the chicken over indirect heat, about 4 minutes on each side, or until cooked through. Remove from the grill, and allow to rest for 5 minutes, covered with aluminum foil.

10 Ways to Flavor Chicken

Chicken does not have to be boring! Try these marinades and rubs to create a whole new flavor and make chicken a favorite again. Recipes are for 3-4 servings—using 3-6

oz of grilled chicken.

Marinade Tip: Place chicken in large Ziploc baggie, pour in marinade and refrigerate for at least 1 hour for most recipes. Do not save marinades that have been exposed to raw chicken. If you make a separate batch, it will keep for 1 week in the refrigerator.

1. BBQ Grilled Chicken

Marinate chicken in 1-2 Tbsp olive oil, ½ cup bell peppers and ½ cup onions to create a savory base. Then top with the barbecue sauce of your choice. If you choose a store-bought brand, check the label and avoid those with high fructose corn syrup.

Want to make your own BBQ sauce? Try this!

3/4 cup strong brewed coffee
1 cup ketchup
1/4 cup molasses
2 Tbsp orange juice
2 Tbsp cider vinegar
1 Tbsp Worcestershire sauce
2 tsp Dijon mustard
1 jalapeño or serrano chiles, pierced all over with a fork
Hot sauce, to taste

Combine coffee, ketchup, molasses, orange juice, vinegar, Worcestershire, mustard and chiles in a medium heavy saucepan; bring to a simmer, stirring. Cook over low heat, stirring frequently, until slightly thickened, 10 to 15 minutes. Let cool and discard the chiles. Add hot sauce to taste

2. Fruity Grilled Chicken

Combine ½ cup lemon juice, ½ cup soy sauce, 1 Tbsp fresh minced ginger, 1 Tbsp lemon pepper, and 2 cloves garlic.

Fruit Salsa: 1 1/2 cups cubed pineapple, 3/4 cup cubed peeled kiwifruit (about 3 kiwifruit) , 3/4 cup coarsely chopped orange sections, 1/2 cup chopped peeled mango, 1/2 cup diced red onion, 2 Tbsp chopped fresh cilantro, 1 1/2 tsp ground cumin, 1/4 tsp salt, 1/8 tsp black pepper, 1 small jalapeño pepper, seeded and chopped.

3. Lemon-Olive Grilled Chicken

1 1/2 tsp grated lemon rind, divided, 2 Tbsp honey mustard , 1 (14-ounce) can fat-free, less-sodium chicken broth, 1 cup whole-wheat couscous, 1/4 cup sliced pimiento- stuffed olives, 1/4 cup sliced pitted kalamata olives, 2 Tbsp chopped fresh basil, 1 Tbsp fresh lemon juice, 2 tsp olive oil, 1/4 tsp pepper

4. Grilled Chicken Breast Provencal

Add a French flair to your chicken by using herbes de Provence, a French mixture of dried basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory, and thyme. The sun-dried tomatoes soak up the herbs and provide the perfect savory layer to this quick-cooking chicken dish.

1/3 cup chopped drained oil-packed sun-dried tomato halves, 1 Tbsp herbes de Provence, 2 Tbsp olive oil, 2 tsp grated lemon rind, 1/4 tsp salt, 1/4 tsp freshly ground black pepper, 2 garlic cloves, minced, 3 Tbsp fresh lemon juice, Dash of salt and pepper to taste.

5. Yogurt & Spice Grilled Chicken Skewers

1 cup plain yogurt, 1 tsp paprika, 1 tsp onion powder, 1 tsp garlic powder, 1/2-1 tsp chili powder, 1/4 tsp ground cayenne pepper, 1/2 tsp salt.

6. Grilled Lemon Chicken With Fresh Parsley Sauce

Marinade: 1 lemon, 1 Tbsp extra-virgin olive oil, 1/2 tsp salt, 1/4 tsp black pepper. Zest the entire lemon (yellow part only, about 1 Tbsp), and place zest in a large mixing bowl. Add juice (3 Tbsp) of the lemon to bowl. Add 1 Tbsp olive oil, 1/2 tsp salt, 1/4 tsp pepper, stir to combine. Add chicken; stir to coat with marinade. Set aside to marinate for 15 minutes.

Sauce: 2/3 cup flat-leaf parsley, 2 Tbsp extra-virgin olive oil, 1 Tbsp chopped shallot (about 1/2 shallot), 1 Tbsp white wine vinegar, 1/4 tsp salt, 1/4 tsp black pepper, 2 Tbsp fresh lemon juice, Lemon slices, for garnish. Combine all sauce ingredients in a blender. Cover and blend on medium speed until smooth, about 20-30 seconds.

7. Spice Rubbed Spanish Grilled Chicken

Rub: 2 Tbsp Spanish paprika, 1 1/2 tsp ground cumin, 1 1/2 tsp dry mustard, 1 1/2 tsp ground fennel seed, 1 tsp coarsely ground black pepper, 1/2 tsp kosher salt, 1 Tbsp olive oil, fresh mint sprigs for garnish. Whisk together paprika, cumin, mustard, fennel, pepper, and salt in a bowl.

Sauce: 1 1/2 cups fresh flat-leaf parsley, 3/4 cup fresh mint, 3 garlic cloves, chopped, 2 serrano chiles, grilled, peeled, seeded, and chopped, 2 Tbsp honey, 2 Tbsp Dijon mustard, 1/2 cup olive oil, salt and pepper to taste. Combine parsley, 3/4 cup mint, garlic, and chiles in a food processor; process until coarsely chopped. Add honey and mustard; process until combined. With processor on, slowly add olive oil. Transfer the mixture to a bowl, and whisk in a few Tbsp cold water to thin the sauce. Stir in salt and pepper. Cover and refrigerate up to 8 hours. Bring sauce to room temperature before serving.

8. Oregano Garlic Grilled Chicken

1/2 cup lemon juice, 1/3 cup dry white wine, 2 Tbsp extra-virgin olive oil, 2 cloves garlic, minced, 1 Tbsp dried oregano, salt and pepper to taste. Combine lemon juice, wine, oil, garlic, oregano, salt and pepper in a small bowl. Use 1/2 cup to marinate chicken or vegetables. Reserve remaining marinade for basting.

9. Jamaican Jerk Grilled Chicken

1/4 cup ground allspice, 1 Tbsp ground cinnamon, 1 tsp freshly grated nutmeg, 1 tsp dried thyme, 1 bunch scallions, thinly sliced, 2 cloves garlic, peeled, 2 habañero or chili peppers, seeds and membrane removed, 2 Tbsp dark rum, 2 Tbsp orange juice, salt and pepper to taste. Toast allspice, cinnamon, nutmeg and thyme in a small skillet over medium-low heat, stirring frequently, until fragrant, 3 to 5 minutes. Transfer to a blender or food processor. Add scallions, garlic, chiles, rum, orange juice, salt and pepper; blend to a smooth paste.

10. Curry Rubbed Grilled Chicken

Combine 1/4 cup chili powder, 1 Tablespoon Curry Powder, 2 tsp celery salt, 1 tsp each of onion powder, garlic powder, dry mustard, white pepper, dried oregano and parsley flakes.

Soup

Lentil Soup

1 Tbsp olive oil
1 onion, chopped
4 cups low-sodium beef broth
1 cup dry lentils, rinsed
1/4 cup tomato sauce
1 tsp Italian seasoning
Salt and pepper to taste

In a large saucepan over medium heat, combine the oil and onions and sauté for 5 minutes, or until onions are tender. Add the broth and bring mixture to a boil. Add the lentils, sauce and seasoning. Reduce heat to low, cover and simmer for 45 minutes, or until lentils are tender. Salt and pepper to taste.

Chicken Tortilla Soup

1 tsp olive oil
1/4 tsp. salt
3/4 lb. boneless, skinless chicken breasts, cut into 1/2-inch chunks
1 large onion, chopped
5 cups reduced-sodium chicken broth
1 lb. red potatoes, cut into 1/2-inch cubes
1 cup frozen corn
1 can (4 1/2 oz.) chopped green chilies
1/4 cup minced fresh cilantro
1/4 tsp pepper
3 Tbsp lime juice

In large saucepan, sauté chicken in oil until lightly browned. Add onion; cook, stirring frequently, until onion is tender. Add broth and potatoes. Bring to a boil. Reduce heat;

cover and simmer 10 minutes. Add corn, chilies, cilantro, and pepper, and heat through. Stir in lime juice.

10-Minute Creamy Vegetable Soup

1 Tbsp coconut oil
3-4 cloves garlic, chopped
½-inch fresh ginger, chopped
1 red onion, coarsely chopped
2 or 3 carrots, coarsely chopped
Sea salt to taste
1 package (10-ounces) frozen chopped spinach, thawed
1 package (10-ounces) frozen butternut squash, semi-thawed
3 to 4 cups organic vegetable broth
Juice and pulp from 1 whole lime
Dash of coriander

Heat the extra virgin coconut oil in a large heavy soup pot over medium-high heat. Add the garlic and ginger and sauté briefly, about 30 seconds. Add the onion and carrots. Sauté 2-3 minutes, or until just tender. Season lightly with salt to taste. Add the spinach and butternut squash. Add the vegetable broth, lime and coriander. Simmer 2-3 minutes. Use a hand-held stick blender to process vegetables into a creamy soup (alternatively you can wait until the soup cools and then transfer it in batches to a blender and process until smooth and creamy.) Serve warm.

Cold Avocado Soup

1/2 seedless cucumber, chopped
1 medium avocado, peeled and pitted
1 shallot, chopped
2 Tbsp yogurt
2 Tbsp fresh mint
1 sprig fresh mint
4 tsp fresh lime juice
1 1/2 tsp salt
1/4 tsp ground black pepper
1/4 tsp ground cumin
1 radish, chopped

Place the cucumber, avocado, shallot, yogurt, 2 Tbsp mint, lime juice, salt, pepper, cumin, and 1 cup cold water in a blender, and process until smooth. Chill for at least 1 hour. Serve garnished with the radish and remaining mint leaves.

Chilled Tomato and Avocado

1 ripe tomato, peeled and quartered
2 large avocados - peeled, pitted, sliced
1 small onion, quartered

1 green bell pepper, chopped
1/4 cup fresh lemon juice
1 quart tomato juice
1 1/4 cups Greek yogurt
Salt to taste
1/4 cup chopped fresh chives
Cayenne pepper to taste

Place tomato, avocados, onion, green bell pepper, and lemon juice into blender and process until smooth. Pour in 1 cup tomato juice, and process to blend. Transfer mixture to a large bowl, and mix in remaining tomato juice and 1 cup yogurt. Season to taste with salt. Chill for a couple hours. Serve in bowls garnished with dollops of yogurt, chives, and a sprinkling of cayenne pepper.

Chickpea Tomato Basil Soup

1 small onion, chopped
1 garlic clove, minced
1/4 tsp extra-virgin olive oil
1- 2 cans fire roasted tomatoes
1 can chickpeas
1 cup chicken broth
1/3 cup fresh basil leaves
Salt and pepper to taste

Mix the onions, garlic and olive in skillet. Cook for 1 minute over medium high heat. Add broth and chickpeas. Cover and simmer for 15 minutes. Transfer to blender. In a blender combine chickpea mix, tomatoes, basil, and seasonings. Puree until smooth. Chill in refrigerator until cold.

Roasted Parsnip Soup

2 pounds parsnips, trimmed, peeled, and cut into 2-inch pieces
1/4 cups olive oil
1 1/2 tsp(s) kosher salt
2/3 tsp(s) fresh-ground pepper
1 medium Spanish onion, peeled and cut into small pieces
1 stalk celery, cut into small pieces
1 bay leaf
1 1/2 quarts reduced-sodium vegetable broth

Heat the oven to 350 degrees F. Toss the parsnips, 2 Tbsp olive oil, 1/2 tsp salt, and 1/2 tsp pepper together and place in a single layer in a baking pan. Roast the parsnips, shaking the pan occasionally to turn them, until tender and easily pierced with a fork - about 60 minutes. Trim away any burned areas and set aside.

Heat the remaining olive oil in a large pot over medium-high heat until hot but not

smoking. Add the onion, celery, 1 tsp salt, and 1/8 tsp pepper and cook until translucent and softened -- about 5 minutes. Stir in the parsnips, bay leaf, and broth, and increase the heat to medium high, and bring to a boil. Reduce the heat to medium low, partially cover the pot and simmer until the parsnips fall apart easily -- about 30 minutes. Remove the bay leaf.

Puree the mixture in a blender, in 2-cup batches, until smooth. Return the soup to the pot over low heat and stir occasionally until warmed through.

Lemon Mint Energy Soup

2 Apples
1/2 lemon
2 cups mixed greens
2 Tbsp Bragg's Liquid Aminos
1 Avocado
1 cup fresh Mint
4 cups Water
2 grams of Super Blue Green Algae (optional)

Blend ingredients in a blender until creamy. Chill and serve.

Asparagus Soup

2 Tbsp butter
2 Tbsp extra-virgin olive oil
1 medium onion, finely chopped
1/2 tsp salt
1/2 tsp curry powder
1/4 tsp ground ginger
Zest and juice of 1 lemon, divided
2 cups diced peeled red potatoes
3 cups vegetable broth, or reduced-sodium chicken broth
1 cup coconut milk
2 cups 1/2-inch pieces trimmed asparagus, (about 1 bunch)
Freshly ground pepper to taste
1/4 cup sour cream
1/4 cup finely chopped scallion greens, or fresh chives

Melt butter and oil in a large saucepan over medium heat. Add onion and 1/4 tsp salt and cook, stirring often, until golden, about 5 minutes. Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally, for 5 minutes. Stir in broth, coconut milk and asparagus. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with the remaining 1/4 tsp salt and pepper. Whisk sour cream, lemon juice and scallion greens/chives in a small bowl and garnish with a

swirl of it.

Fresh Veggie Soup

2 bunches beet leaves
1/2 bunch parsley
1/4 cup fresh ginger root
1/2 avocado
3 mushrooms
2 medium tomatoes
1/4 cup olive oil
1 tsp salt
2 pinches pepper
1 dash garlic powder or 1 large clove fresh garlic
1 cup water

Set aside... 1/2 avocado, chunked 2 mushrooms, sliced 1 stalk celery, sliced 1/2 carrot, sliced 1 small tomato, chopped

Chop beet tops and parsley. Place beet tops in a blender with parsley, water, oil, and spices. Blend until well chopped and smooth (may need a little extra water to blend well) Cut the first group of ginger, avocado, tomatoes and mushrooms into chunks and add these to the blender. Blend for about 2 minutes until smooth (This is the base for your soup) Add extra seasonings to taste. 6. Place in small bowls and add the extra chopped vegetables, avocado, mushrooms, celery, carrot, tomato.

Salads

Kale & Spinach Salad

2-3 cups kale
2-3 cups fresh spinach
1 red onion, diced
3-6 green onions, diced
1-2 Avocados, mashed
1-2 limes (juiced)
Fresh basil leaves
Sea salt to taste
Cayenne to taste

Tear the kale leaves away from the stems. Cut ends of spinach stems if too long. Add fresh basil. Tear the kale and spinach into small pieces. Add diced onions. Toss. Add mashed avocado, sea salt and cayenne. Add lime juice. Stir well or mix with your hands. Serve.

Arugula and Strawberry Salad

1/2 cup Walnuts
4 cups Baby Arugula

2 cups sliced strawberries
¼ tsp freshly ground pepper
1/8 tsp fresh ground sea salt
2 TbspS Balsamic Vinegar
1 TbspS Extra Virgin Olive Oil
2 ounces of shaved Parmesan

Toast walnuts in a small, dry skillet over medium-low heat, stirring frequently until lightly brown and toasted. About 3-5 minutes. Transfer to salad bowl and let cool for 5 minutes. Add Arugula, strawberries, salt, pepper. Sprinkle oil and vinegar and toss gently. Top with shaved parmesan and divide among 6 salad plates.

Spinach and Green Apple Salad

2 Tbsp olive oil
1 Tbsp cider vinegar
1 tsp Dijon mustard
Salt and freshly ground pepper
5 ounces baby spinach leaves (about 5 cups lightly packed)
1 Granny Smith apple
1/3 cup walnut pieces

Toast walnuts in in a dry skillet over a medium-low flame until fragrant, about 3-5 minutes. In a small bowl whisk together the oil, vinegar and mustard. Season with salt and pepper to taste. Toss the spinach with the dressing until evenly coated then divide the spinach among 4 serving plates. Core the apple and slice it into matchsticks. Sprinkle a quarter of the apple pieces on top of each salad. Follow with the walnut pieces. Serve immediately.

Caprese Salad

2 medium red tomatoes, cut into wedges
2 medium yellow tomatoes, cut into wedges
3/4 cup diced fresh mozzarella cheese
1/4 cup chopped fresh parsley
2 Tbsp chopped fresh basil
1/4 tsp salt
Freshly ground pepper, to taste

Gently toss tomatoes, mozzarella, parsley, basil and salt together in a large bowl. Season with pepper.

Raspberry Mango Salad

1 1/2 cups fresh raspberries, divided
1/4 cup extra-virgin olive oil
1/4 cup red-wine vinegar
1 small clove garlic, coarsely chopped

1/4 tsp kosher salt
1/8 tsp freshly ground pepper
8 cups mixed salad greens
1 ripe mango, diced
1 small ripe avocado, diced
1/2 cup thinly sliced red onion
1/4 cup toasted chopped hazelnuts, or sliced almonds - optional

Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Tomato, Herb and Arugula Salad

For the vinaigrette:

2 Tbsp fresh lemon juice
2 Tbsp minced shallots
1 tsp minced garlic
1/2 cup extra-virgin olive oil
1 Tbsp finely chopped fresh oregano leaves
1 Tbsp finely chopped fresh tarragon leaves
1 Tbsp finely chopped fresh Italian parsley leaves
1 Tbsp finely chopped fresh chives
3 Tbsp finely chopped fresh basil leaves
1 can of organic diced tomatoes with juice
1/2 tsp freshly ground black pepper

Assembly:

10 large red and/or yellow tomatoes, about 8 ounces each, thinly sliced
Salt and freshly ground black pepper
4 ounces (about 6 cups) fresh baby arugula
2-ounce chunk Parmesan

On a round platter, arrange the sliced tomatoes in concentric circles, slightly overlapping the slices and alternating colors if using both red and yellow tomatoes. Season with salt and pepper. Spoon the tomatoes from the vinaigrette over the sliced tomatoes, leaving some of the vinaigrette in the bowl. Toss the arugula in the bowl with the remaining vinaigrette. Season with salt and pepper. Arrange the arugula in the middle of the platter. Using a vegetable peeler, shave thin slices of Parmesan over the tomatoes and arugula. Makes 6 servings.

Egg Salad

1/4 cup cottage cheese
1 Tbsp milk—almond, hemp, goat
1 tsp mustard

4 hardboiled egg whites, diced
1 hardboiled yolk
2 Tbsp chopped green onion
2 Tbsp chopped celery
Dash curry powder
1/4 tsp sea salt

Whip cottage cheese and milk until smooth in medium-sized mixing bowl. Blend remaining ingredients except egg whites with cottage cheese mixture. Add diced egg whites to cottage cheese mixture. Mix well.

Edamame Salad

12 cherry tomatoes, halved
1 ½ cups edamame
1 avocado, diced

Dressing

2 Tablespoons lime juice
2-3 Tablespoons cilantro
1 Tablespoon olive oil
1 tsp salt
1/8 tsp pepper
Romaine lettuce or mixed greens

In small bowl, whisk lime juice, salt and pepper. While whisking, slowly add oil. In medium bowl, combine corn, edamame, tomatoes, avocado and cilantro. Pour lime dressing over salad and toss. Chill and serve over greens.

Chicken and Avocado Salad

3 avocados - peeled, pitted and diced
1 pound grilled skinless, boneless chicken breast, diced
1/2 cup finely chopped red onion
1/2 cup chopped fresh cilantro
1/4 cup balsamic vinaigrette salad dressing

In a medium bowl, combine the avocados, chicken, onion and cilantro. Pour the balsamic vinaigrette over everything, and toss lightly to coat.

Cucumber and Tomato Salad

8 cucumbers, peeled in stripes, leaving half of the skin on
1 12 oz package cherry tomatoes, halved

Dressing

2/3 cup plain Greek yogurt
2 Tbsp chopped green onions
2 tsp fresh lemon juice
1/2 tsp ground cumin

1/2 tsp Kosher or Sea salt (or 1/4 tsp regular salt)
2 dashes, ground red pepper
Fresh ground black pepper to taste

Slice cucumbers and tomatoes Mix Dressing ingredients in a bowl. Add dressing to salad and toss until thoroughly coated. Compliments a spicy dish nicely

Minty Melon Salad

1/3 cup honey
1/2 cup orange juice
3 Tbsp. lemon juice
2 Tbsp. chopped fresh mint leaves
4 cups cantaloupe balls
2 cups honeydew melon balls
2 cups watermelon balls
1 cup blueberries

In a medium bowl, combine mint, orange juice and honey, blend until smooth. Place melon balls and blueberries in large serving bowl and pour honey mixture over. Toss gently to coat and serve immediately or cover and refrigerate until serving time.

Feta Chicken Salad

3 cups diced cooked chicken
2 large stalks celery, diced
1 red bell pepper, seeded and diced
1/2 red onion, diced
6 Tbsp Greek Yogurt
1 (4 ounce) package Feta cheese, crumbled
2 tsp dried dill weed
1 pinch Mrs. Dash

In a serving bowl, mix together the chicken, celery, and red onion. In a separate bowl, stir together, Greek Yogurt, feta cheese, and dill. Pour over the chicken mixture, and stir to blend. Taste, and season with Mrs. Dash and pepper as needed. Serve immediately, or refrigerate until serving.

Apple & Chicken Salad

10 oz. grilled chicken breast
2 small granny smith apples
1/2 red onion
1 red bell pepper
1-2 jalapenos
1 lime, juice and zest
2 Tbsp. extra virgin olive oil
1 handful fresh cilantro

Salt and fresh ground pepper to taste

Cut chicken into strips, apple slices, red onion slices, pepper slices. Put all this into a large bowl. Zest lime and add to bowl. In small food processor add jalapeno, juice of the lime and process. Add olive oil and process. Pour this over the salad and mix. Wisk in olive oil, then add to bowl with chicken. Add lightly chopped cilantro and salt and pepper. Mix well. Let this sit for about an hour for the flavors to mix. Serve on top of a green salad.

Lime Cilantro Coleslaw

3 Tbsp fresh lime juice

1 Tbsp extra virgin olive oil

1/4 cup chopped green onions

1/4 cup chopped fresh cilantro

1 12oz package of coleslaw (or 12 oz thinly chopped green cabbage, red cabbage and/or carrots)

Combine first 3 ingredients in in a small bowl and stir. Combine rest of ingredients in a large bowl. Drizzle the juice mixture over the coleslaw and toss well to coat.

Chunky Greek Salad

The juice of one lemon (about 4 Tbsp)

2 Tbsp extra virgin olive oil

1 clove of garlic, minced

1 Tbsp Greek seasoning

Fresh ground pepper to taste

1 pint (10oz.) cherry tomatoes, halved

1 large cucumber, quartered and halved

1 15-oz can of chickpeas, drained and rinsed

1/2 of a small red onion, thinly sliced

2 Tbsp Kalamata olives, sliced

1/3 cup of Feta cheese, crumbled

1 4-oz cans sardines with bones, packed in water, drained

Whisk lemon juice, oil, garlic, Greek seasoning, and pepper in a large bowl until well combined. Add tomatoes, cucumbers, chickpeas, red onion, olives, feta cheese and gently toss to combine. Divide salad among four plates and top with sardines.

Watermelon Salad

1-2 cups Watermelon, cut in chunks or cubed

1/4 cup Feta cheese

2-3 Fresh Mint Leaves, chopped

1 Lime wedge

Pinch of Kosher Salt

Place your watermelon on a plate or bowl. Sprinkle it with feta cheese. Sprinkle mint

leave over the top. Squeeze a lime wedge onto the fruit. Sprinkle with a pinch of salt. Serve.

Grilled Bell Pepper Salad

4 bell peppers, (mixed colors), halved, seeded and stemmed
1/4 cup halved and pitted oil-cured black olives
1/4 cup chopped sun-dried tomatoes
1 Tbsp extra-virgin olive oil
1 Tbsp balsamic vinegar
1/8 tsp salt

Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.

Cabbage Salad

6 cups white cabbage, chopped
3 cups of sweet apple, chopped
1/2 cup onion chopped
1 pinch salt
1 pinch ground pepper
1 tsp lemon juice
1/2 avocado - mashed

Mix all the ingredients in a large bowl, stir in the mashed avocado in and serve.

Beet Greens & Quinoa Salad

4 beets with the greens attached
3 cloves of garlic, minced
2 tsp olive oil
1/2 red onion, diced
1 tsp apple cider vinegar
1 cup of cooked quinoa (I prefer red)
2 Tbsp fresh chopped dill
1.5 ounces feta cheese, crumbled
Salt and pepper to taste

Pre-heat oven to 375. Peel beets and cut them into small bite-sized pieces. Toss beets with one tsp of olive oil, garlic, salt and pepper. Place beets on a rimmed baking sheet and pop in the oven for thirty minutes or until the beets are fork tender.

While the beets are cooking, heat remaining olive oil in a nonstick sauté pan over a medium high heat. Reserve 2 Tbsp of onion and set aside. Toss the remainder of the onion into the oil and cook for about five minutes or until the onions are tender.

Stir in beet greens and apple cider vinegar. Allow to cook until the greens are just wilted—this will only take a minute or so. Allow everything to cool before assembling

the salad. In a large bowl combine the two Tbsp of raw onion that you reserved earlier with dill, beet greens, roasted beets, and quinoa. Season with salt and pepper. Gently toss in the feta cheese and serve.

Chickpea & Romaine Salad

1 can of chickpeas, drained
1 lemon, zested & juiced
1 clove garlic, minced
Pinch of kosher salt
1/4 tsp red chili flakes
Good olive oil
2-3 Tbsp parmesan cheese
1 head of romaine, rinsed and torn into bite-sized pieces

Add the chickpeas to a large bowl. In a small jar, mix together the lemon juice, zest, garlic, salt and chili flakes and pour in enough olive oil so that it doubles the amount of lemon juice. Pour over the chickpeas. Add in lettuce and parmesan cheese and toss until well combined. Eat up, hungrily.

Lime Garlic Beet Greens

1 bunch of beet greens & stems, rinsed and torn into bite-sized pieces
1 Tbsp olive oil
3 cloves garlic, minced
Juice of half a lime
Heat olive oil and garlic in a large pan. When garlic becomes fragrant, add in the beet greens. They might splatter a bit, but it will all simmer down shortly. Turn down the heat and squeeze some lime juice into the mix and let the leaves and stem wilt for a few minutes until tender.

Waldorf Salad

1 Apple, diced
2 Stalks Celery, chopped
10-12 Blueberries
10 Almonds - roughly chopped
1/2 Lemon - juice only
1 cup arugula
Dressing
1 Egg yolk
1 tsp mustard
1/2 Lemon - juice & zest
Pinch Salt
3 Tbsp Olive Oil

Prepare salad ingredients and place together in bowl. Make dressing: in small bowl, whisk together yolk, mustard and lemon juice/ zest with salt, whilst still whisking, slowly pour in the oil until all gone. This should be of a thick, creamy consistency.

(you can add more oil if desired, but this gets it to enough of a reasonable consistency) Pour desired amount of dressing over salad ingredients and lightly toss together.

Tabouli

2 cups cracked bulgur
2 cups very hot water
1 cucumber, chopped
3 small tomatoes, chopped
1 bunch green onions, (8) sliced
1/2 cup fresh chopped mint
2 cups fresh chopped cilantro or parsley (I prefer cilantro)
2 cloves garlic, minced

Dressing

1/2 cup fresh lemon juice
3/4 cup extra virgin olive oil
1 tsp pepper
1 tsp salt, or to taste

Soak the cracked wheat in the hot water until the water is absorbed, about 30 minutes. Drain any excess water, if necessary, and squeeze dry. Combine the salad ingredients, including wheat, in a medium bowl. Mix the dressing ingredients together and stir into the salad mixture. Serve chilled or at room temperature.

Millet Beet Salad

1 cup millet
1 cup lentils
4 roasted beets, diced
1/2 small red onion, finely diced
1 red pepper, diced
2 cloves garlic, minced
1/3 cup olive oil
1/4 c balsamic vinegar
2 Tbsp dijon mustard
1 tsp honey or agave syrup
1 Tbsp water
Salt & pepper

Prepare millet per package instructions. Cook lentils over med-high heat in 2 cups of water, covered. Set aside. In a large serving bowl, combine the warm lentils and millet with the red onion and red pepper. Combine everything from the garlic to the salt & pepper in a small lidded jar, taste and adjust seasoning, if necessary. Pour dressing over salt and toss well. Serve salad warm or chilled.

Barley & Sugar Snap Pea Salad

2 cups water
1 cup quick-cooking barley
8oz sugar snap peas, trimmed and sliced into matchsticks
1/2 cup chopped fresh flat-leaf parsley
1/4 cup finely chopped red onion
2 Tbsp extra-virgin olive oil
2 Tbsp lemon juice
3/4 tsp salt
1/4 tsp freshly ground pepper

Bring water to a boil in a medium saucepan. Add barley and cook, covered, for 10 to 12 minutes, or according to package directions. Remove from the heat and let stand, covered, for 5 minutes. Rinse the barley under cool water and transfer to a large bowl. Add snap peas, parsley, onion, oil, lemon juice, salt and pepper and toss to combine.

Apple and Spelt Berry Salad

1 cup cooked spelt berries (cooking instructions below)
2 or 3 Granny Smith or green apples, cored and sliced
2 stalks of celery, sliced
1/4 to 1/2 cup dried cherries or cranberries or raisins
1/3 cup plain yogurt or mayonnaise
2 Tbsp cream cheese, ricotta or small curd cottage cheese (to thicken it a bit)
2 Tbsp fresh lime or lemon juice

2 Tbsp honey or agave nectar

1/2 to 1 tsp apple pie spice, to taste (apple pie spice is a mixture of cinnamon, nutmeg and allspice)

To cook the spelt berries: boil 1 1/2 cups water, then add 1/2 cup uncooked spelt berries. Cover and reduce heat. Simmer for about an hour and a half, until tender. Drain any remaining liquid and cool before adding to the salad. (A tip: make a larger batch and put some in the freezer for a future salad).

Make the dressing by whisking together or blending until smooth the yogurt or mayo, the cream cheese, lime juice, and honey. Add some apple pie spice. Taste and adjust seasoning as needed. In a large bowl toss the sliced apples, celery, spelt berries and dried cherries with the dressing until everything is coated. Serve immediately or chill first in the refrigerator and then serve.

Salad Dressings and Dips

Sun Dried Tomato Vinaigrette

2 Tbsp Sun-dried tomatoes, finely chopped

2 Tbsp Balsamic/red vinegar

1 tsp Dijon mustard

1 clove garlic, minced

1 pinch salt

1 pinch pepper

1/3 cup Extra-virgin olive oil

Whisk and serve.

Lemon Vinaigrette

1/2 cup olive oil

1/4 cup cider vinegar

3 Tbsp fresh lemon juice

1/2 tsp salt

1/4 tsp pepper

1 clove garlic, minced

Whisk and serve.

Roasted Red Pepper Dressing

1 12 oz. can roasted red bell peppers with juice from jar

1 tsp minced garlic

1-2 Tbsp capers

1/3 cup fresh basil leaves

1/3 -1/2 cup balsamic vinegar

1/2 -1 tsp olive oil

Salt and pepper to taste

Add all ingredients to food processor. Puree. Makes about a 12 oz jar to last you a

week.

Flax Oil Dressing

1/4 cup flax seed oil
1/4 tsp. each garlic and onion powder
3 Tbsp fresh lemon juice (more or less)
1/4 cup chopped fresh tomatoes
1 tsp basil
1 tsp chives pinch of salt

Process in a blender and toss with salad greens.

Watermelon Vinaigrette

4 cups fresh watermelon, chopped and drained
1/4 cup red onion, diced small
2 Tbsp honey
1/4 cup champagne vinegar
3/4 cup olive oil
2 Tbsp fresh basil, chopped
1 Tbsp fresh parsley, chopped
Salt and pepper to taste

Process in a blender.

Apricot Dressing

1/4 cup olive oil
1 Tbsp lemon juice
1 Tbsp apple cider vinegar
1 whole fresh apricot, pit removed
1 tsp Dijon mustard
7 drops stevia
1/4 tsp celtic sea salt

Place all ingredients in a Vita-Mix (or other high speed blender) and blend on highest setting until smooth. Serve over fresh garden greens.

Cucumber Yogurt Dressing

1 cup chopped seeded peeled cucumber
3 Tbsp plain low-fat yogurt
2 Tbsp olive oil
1 tsp balsamic vinegar
1/4 tsp salt
1/4 tsp black pepper
1/8 tsp dried dill

Place all ingredients in a blender and process until the mixture is smooth.

Horseradish Dressing

- 1 avocado
- 1 Tbsp fresh grated horseradish
- 1 clove of garlic
- 1-2 Tbsp diced onion
- 1-2 Tbsp diced bell pepper
- 1/2 lemon juiced
- 1 Tbsp miso

Put everything in a food processor and process until creamy.

Roasted Red Pepper Hummus

- 1 can chickpeas (garbanzo beans), rinsed and drained
- 1 12 oz. jar roasted red bell peppers, drained
- 1 tsp minced garlic
- 1 Tbsp tahini
- 3 Tbsp lemon juice
- 2 Tbsp balsamic vinegar
- 2 Tbsp sliced jalapeños
- 1/2 to 1 tsp curry powder
- 1 tsp olive oil
- Salt and pepper to taste

Use blender or food processor -add beans and the rest and blend away. Refrigerate - noticed the flavors REALLY come out! Makes a nice big batch that will last about a week. Great for Veggie dipping and as a super healthy condiment!

Bean Dip

- 2 cup cannellini beans
- 2 cloves garlic
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 3/4 tsp salt
- Fresh herbs

Puree all the ingredients together in a food processor. Mix in fresh chopped herbs such as parsley, rosemary, or thyme, if you desire.

Homemade Salsa

- 4 medium ripe tomatoes, chopped
- 1/2 cup finely chopped red onion
- 2 chile peppers, mild or hot, seeded and finely chopped (jalapeno, serano, habenero)
- 1-2 cloves minced garlic (to taste)
- 2-3 Tbsp chopped bell pepper

1/4 cup finely chopped fresh cilantro leaves (no stems)
1 Tbsp fresh lime juice
Salt and pepper, to taste
Dash of cumin to taste

Mix and let sit for an hour for the flavors to combine.

Mango Salsa

3 large fresh mangos, peeled
1 Tbsp. crushed jalapeno peppers
4 green onions, chopped
2 Tbsp. cilantro leaf
2 Tbsp. freshly squeezed lime juice
Pinch of finely chopped red chili peppers

Remove fleshy part from mango seed. Discard seed chop the mango flesh. Combine mango with remaining ingredients in medium sized bowl and stir to combine. Wrap tightly and refrigerate one day before serving or leave covered for two hours at room temperature to allow flavors to blend. May be stored in refrigerator up to 5 days. Add a dash of crushed red chili peppers over salsa for color before serving.

Strawberry Salsa

1 cup diced strawberries
1/2 diced tomato
1/2 diced red onion
1 finely diced jalapeno
Juice & zest of 1 lime
A handful of fresh chives, chopped
A handful of fresh parsley & cilantro, chopped
Salt & pepper

Combine all ingredients in a small bowl. Toss lightly and serve over fish or chicken.

Orange Chipotle Salsa

1 1/2 cup peeled orange segments, cut into 1/4-inch pieces
1/4 cup diced onion, cut into 1/8-inch pieces
1 Tbsp lime juice
1 tsp seeded and minced chipotle in adobo sauce
2 Tbsp minced parsley
1/8 tsp salt

Combine all ingredients in a large bowl. Serve immediately—top black beans or your favorite protein.

Apple Jicama Salsa

4 cups diced granny smith apples
4 cups peeled and diced jicama
1 fresh jalapeno (seeds removed, chopped fine)
1 red onion (diced fine)
Juice of 3 lemons
1 red bell pepper (diced)
1/4 cup olive oil (optional)
1/2 bunch fresh cilantro, chopped

Mix all ingredients together.

Guacamole

3 ripe avocados, peeled and pitted
1 medium lime, juiced
1/4 cup red onion, finely chopped
2 Tbsp cilantro, chopped
1 clove (small) garlic, finely chopped
1 tsp salt
1/2 tsp black pepper
1 Tbsp jalapeño pepper, finely chopped

Place avocados and lime in medium bowl, and lightly mash with fork. Stir in remaining ingredients. Serve immediately or cover and chill up to 3 hours. ¼ cup 80 cal

Cranberry Yogurt Dipping Sauce

1 cup Greek yogurt
1/2 cup dried cranberries

Combine yogurt and dried cranberries in a food processor and blend until cranberries are finely chopped.

Lemon Pepper Cottage Cheese Dip

1/2 cup low-fat cottage cheese
1/4 tsp lemon pepper
1/2 cup each baby carrots and snow (or snap) peas

Stir lemon pepper into cottage cheese for a quick and healthy vegetable dip. We like carrots and snow peas, but any crunchy vegetables you have on hand will do.

Avocado Mayo

1 Ripe avocado
2 Tbsp fresh lime juice
2 Tbsp olive oil
3 Tbsp Chopped fresh cilantro leaves
Salt and freshly ground black pepper, to taste

Halve the avocado, remove the pit, and scoop the flesh into a bowl. Add the lime juice and mash it together with a fork. Scrape the mixture into a food processor and process until just smooth. With the processor running, slowly drizzle in the oil and continue to process until smooth.

Remove the mixture to a bowl. Fold in the cilantro and season to taste with salt and pepper. Refrigerate for up to 1 hour before serving.

Better Than Mayo Spread

2 cups cottage cheese
1 cup fresh spinach
1 cup basil

Process until smooth—keeps in fridge for 1 week.

Spinach Dip Recipe

1 cup cottage cheese
1 cup fresh spinach, firmly packed
1/3 cup fresh basil, firmly packed
1/4 tsp salt
1/2 tsp Dijon mustard

Process until smooth in a blender or food processor.

Yogurt Feta Dip

1 cup Greek yogurt
1 cup Feta
1 Tbsp chives or basil

Blend well—works great as a substitute for sour-cream-based dips.

Tzatziki

14-16 oz Greek yogurt
1/2 large cucumber, seeds removed
2 Tbsp olive oil
2-3 cloves garlic, minced
1/4 of a red onion, finely minced
1 tsp kosher salt
Freshly ground pepper
1/4 tsp cayenne pepper
1/4 tsp paprika
1 Tbsp dried dill
Juice & zest of 1 small lemon

Grate the cucumber and strain, using a large spoon to press out all the water from the cucumber. In a small mixing bowl, combine the olive oil, garlic, dill and spices together. Add in the thick yogurt and stir well. Next, stir in the cucumber and lemon zest. Add in the juice of half of the lemon, stir and taste. Adjust seasoning if necessary.

Pesto

4 cups fresh basil
1/4 cup grated parmesan
1/4 cup pine nuts (or walnuts)
3-4 cloves of garlic, minced
1/2 cup olive oil
Salt and pepper to taste

Place all ingredients into food processor except olive oil. Process and then add in olive oil and seasonings to taste.

Snacks**Crunchy Kale Chips**

1 bunch kale, cleaned and dried
1 Tbsp olive oil
Salt and pepper
Dash of balsamic vinegar

Preheat oven to 350. Whisk oil, salt and pepper, and balsamic together in a bowl. Tear kale into bowl and toss with the dressing. Bake about 15 minutes, until crispy. Cool slightly, and try to share.

Sweet Kale Chips

1 bunch of kale
1 green apple, 1/2 diced
6 raspberries
4 strawberries, sliced medium
Juice from 1/2 lime

Preheat oven to 350. Blend raspberries, strawberries, apple and lime juice until smooth. Tear kale into bowl and toss with the dressing. Bake about 15 minutes, until crispy. Cool slightly, and try to share.

Sweet Potato Chips

2 sweet potatoes, peeled
1 Tbsp olive oil
1 tsp salt
Seasonings of choice (Chili, cayenne, cumin, paprika, onion powder, cinnamon, etc.)

Preheat oven to 350. Thinly slice the sweet potatoes with a veggie peeler. Prepare a marinade and toss the potatoes in it. Bake 20 minutes until crispy.

Beet Chips

4 beets, scrubbed -- do not peel
1 Tbsp. olive oil
Sea salt to taste

Preheat oven to 400 degrees F. Using the slicing blade of your food processor, a mandoline or a sharp knife, slice beets thinly. You want them to be the size of a potato chip. Toss with olive oil and salt. Spread evenly on a cookie sheet or jelly roll pan. Roast 45 minutes to 1 hour, turning halfway through, until crisp. Check often to make sure they don't burn.

Lettuce Rolls

Line Bibb or romaine lettuce leaves with Havarti cheese and several thin cucumber slices. Roll up, and serve with your choice of dip.

Sesame Carrots

2 cups baby carrots
1 Tbsp toasted sesame seeds
Pinch of dried thyme
Pinch of kosher salt

Toss carrots with sesame seeds, thyme and kosher salt in a small bowl.

Lemon & Goat Cheese Stuffed Dates

1 large log of creamy goat cheese, room temperature
2 boxes of fresh dates
Zest of 1 lemon
1/2 cup roasted pecans, roughly chopped

Pit the dates. In a medium sized bowl, mash up the goat cheese and the lemon zest together and start stuffing about a tsp (or a bit less) into each date. Arrange stuffed dates on a platter and sprinkle with the roasted pecans.

Stuffed Celery

1 package laughing cow cheese
2-3 Tbsp Greek Yogurt
1/4 cup chopped walnuts
10 green olives with pimento, chopped
1 bunch celery, keep as stalks or cut into bite-size pieces

Open individual laughing cow cheeses. In a medium bowl, mix together the cheese and yogurt. Stir in the walnuts and chopped olives. Spread filling onto the celery stalks/pieces

Ham & Pepper Roll Ups

1-2 wedges laughing cow cheese
2-4 slices deli ham
1 cup red bell pepper slices

Spread cream cheese on ham slices, top with bell pepper, roll and eat.

Baked Apples with Cinnamon

4 apples
4 cinnamon sticks
2 tsp dried fruit (raisins, chopped apricots, cranberries, etc.)
1/2 cup of chopped pecans or walnuts
Squeeze of fresh lemon juice
4 Tbsp of melted butter
1/4 cup orange juice for the roasting pan

Carefully cut off the top of the apples with a paring knife and remove stems. Hollow out the apples to make enough room for the stuffing, without going all the way thru to the bottom. Mix all the other ingredients together and add the melted butter to combine to make a paste. Stuff hollowed out apples with the sugar, raisin, nut mixture and return the lid to the apple. Put a cinnamon stick thru each apple top to hold together like a toothpick! Place apples in roasting pan and pour some orange juice around them. Bake at 350F for about an hour. Carefully remove from the pan and pour glaze over them in individual bowls.

Spiced Chickpea “Nuts”

1 15-ounce can chickpeas, rinsed
1 Tbsp extra-virgin olive oil
2 tsp ground cumin
1 tsp dried marjoram
1/4 tsp ground allspice
1/4 tsp salt

Position rack in upper third of oven; preheat to 450° F. Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

Roasted Brussels Sprouts With Walnuts

2 lbs Brussels sprouts
2 Tbsp olive oil
2 Tbsp balsamic vinegar
1/2 cup chopped walnuts
1/4 cup finely grated Parmesan cheese

Preheat oven to 375 degrees. Take Brussels sprouts off the stem, wash, and rip off outside leaves. Chop sprouts until they are a uniform size, leaving the small ones whole and possibly cutting the larger ones into eighths. Boil Brussels sprouts for 5 minutes. Pat dry. Place Brussels sprouts in roasting pan and pour in olive oil and vinegar and stir until sprouts are coated well. Salt and pepper to taste.

Apple Sandwiches

2 small apples, cored and cut crosswise into 1/2-inch thick rounds
1 tsp lemon juice (optional)
2 Tbsp peanut or almond butter
3 Tbsp granola

Spread one side of half of the apple slices with peanut or almond butter then sprinkle with granola. Top with remaining apple slices, pressing down gently to make the sandwiches.

Smoked Almond & Olive Goat Cheese

2/3 cup chopped smoked almonds
8 ounces goat cheese
32 Spanish green olives, stuffed with pimiento

Add almonds to a small food processor or a nut chopper and pulse briefly to chop. Pour into a small bowl. Cut the goat cheese into 8 equal pieces, then cut each of these pieces into 4 equal pieces (each piece will be about 1/4 ounce). Wrap each olive with a 1/4-ounce piece of goat cheese and shape into a small ball. Roll into the chopped almonds and place in a container.

Repeat with remaining cheese, olives, and almonds. Once the container is filled, cover and keep refrigerated until ready to serve. Just place them on a serving tray and insert toothpicks.

PB & G Toast

2 slices sprouted grain bread
4 Tbsp peanut or almond butter
1 cup grapes, sliced (red or green)

Toast the bread. Spread each piece with 2 Tbsp peanut butter and top with sliced grapes.

Banana Boats

1 Banana, cut lengthwise in half
2 Tbsp peanut butter
2 tsp of Goji Berries
2 tsp Cacao Nibs

Spread a tablespoon of peanut butter on each half of banana. Top with berries and nibs.

Ricotta, Raspberries & Figs

8 small (or 4 large) fresh, ripe figs, stems trimmed, halved lengthwise
1 cup raspberries
½ cup ricotta cheese
1/4 tsp ground cinnamon
1/8 tsp ground cardamom
1/8 tsp ground allspice
4 sprigs fresh mint

Arrange the figs cut-side up among four plates, divide raspberries. Add a dollop of ricotta to the center of each fig half, sprinkle with spices.

Spiced Walnuts

1 Tbsp honey
2 tsp olive oil
2 cups walnut halves
Stevia to taste
1 tsp coarse salt
1 tsp ground cumin
1/2 tsp ground coriander
1/8 tsp cayenne pepper

In a large nonstick skillet, heat honey, oil, and 1 Tbsp water over medium heat. Add walnuts; toss to coat. Sprinkle the stevia, salt, cumin, coriander, and cayenne over the nuts. Cook, tossing and stirring until the nuts are well coated and lightly browned,

2 to 3 minutes. Transfer to a baking sheet to cool completely.

Frozen Banana & Cacao Yogurt

1 cup Greek yogurt
½ frozen banana, chopped
1 tsp of Cacao Nibs
1 tsp sliced almonds
Dash of cinnamon

Top yogurt with banana, cacao, almonds and cinnamon.

Strawberry Bread

1 slice whole grain sprouted bread, cut in half
2 tsp farmer cheese
5 strawberries, sliced
Stevia (optional)
Coarsely ground black pepper (optional)

Place the bread on a plate and spread with the farmer cheese. Top evenly with the strawberries, add a dash of stevia/black pepper, if desired. Cut in half and eat.

Cherry Ricotta

¾ cup frozen pitted cherries
2 Tbsp part-skim ricotta
1 Tbsp toasted slivered almonds

Heat cherries until warm, 1 to 2 minutes. Top the cherries with ricotta and almonds.

Sweet Fix Snack

½ cup cottage cheese
1 scoop chocolate protein powder
1 Tbsp raspberry jam—all natural

Mix and enjoy.

Carob Fudge

¾ cup walnuts
¾ cup raisins
¼ cup carob powder
Dash of cinnamon
Pinch of salt

Combine all ingredients in a food processor and blend until smooth and balled up. Remove from bowl and press into a glass dish—or shape into one large square with your hands. Freeze until firm then slice.

Homemade Larabars

To make your own bars, all you need are a few raw ingredients, and no cooking is required! All you need is a food processor, some plastic wrap and your favorite bar ingredients—with the foundation of your bars being Nuts and Dates. Typically to make 2 Bars you will need ½ cup dried dates/fruit and 1/3 cup your choice of nuts. When buying dried fruits, choose brands that do not use added sugars.

The steps involved for “Very Cherry Bars” can be repeated for all Bar Recipes—just change up the ingredients as needed.

Very Cherry Bars

1/4 cup chopped dates
1/4 cup dried cherries
1/3 cup whole pecans
1/8 tsp cinnamon

Place the dates and cherries in a food processor. Pulse until processed to a paste. Transfer paste to a medium bowl (don’t clean processor). Add the nuts to the processor and pulse until finely chopped. Add the nuts, along with the cinnamon, to the bowl with the fruit paste. Use your fingers to knead the nuts into the paste.

Divide mixture in half. Place each half on each of one of the sheets of plastic wrap. Wrap the plastic around each bar and start squishing into a bar shape form, 3 and 1/2 inches long, 1 inch wide and 3/4-inch thick; press against countertop to flatten bottom side, flattening top side and ends with flat of hand. Tightly wrap the plastic around each bar and store in the refrigerator.

Makes 2 bars.

Suggested Flavors for your Homemade Larabars

PB & J Bar

1/4 cup dried cherries
1/4 cup raisins or dates
1/3 cup roasted peanuts (lightly salted or unsalted)

Almond Apricot

¼ cup chopped dried apricots
¼ cup dates
1/3 cup almonds

Island Fruit

½ cup tropical dried fruit mix
1/3 cup cashews
1/8 tsp ground ginger
1/2 tsp finely grated lime zest and 1 tsp fresh lime juice

Blueberry Bars

1/4 cup dried blueberries

1/4 cup dates

Almonds for the nuts

Add 1/2 tsp finely grated lemon zest

Add a drop of almond extract to the mix

Cashew Cookie

1/3 cup dates

1/2 cup cashews

Almond Pistachio Cookie

1/3 cup dates

1/2 cup pistachios

A drop of almond extract

Peanut Butter Cookie

1/3 cup dates

1/2 cup peanuts for the nuts

Almond Coconut Bar

¼ cup chopped dried apricots

¼ cup dates

1/3 cup almonds

2 Tbsp unsweetened coconut

Banana Nut Bar

1/4 cup dried banana

1/4 cup dates

1/3 cup cashews

Spiced Bars

¼ cup dates

¼ cup raisins

1/3 cup cashews

1 tsp cinnamon

Green Smoothies

Basic Green Smoothie Recipes

Portion sizes, proteins, and some extras are not listed for I encourage you to create your smoothie based on your personal needs.

You can make 1-2 servings per recipe based on your needs, using the liquid of your choice. Be sure to include at least 2 servings of greens (2 cups) and at least 1 serving of fruit. I prefer to add a protein source. Whey protein is the cheapest, and it comes in many flavors. Try to use ones with the fewest ingredients.

- * Spinach, blueberry, banana
- * Kale, mint, pear
- * Kale, pear, raspberries
- * Dandelion leaves, pear, cinnamon
- * Spinach, strawberry, ginger
- * Spinach, banana, orange

Kale, Peach, Banana, Dates

- 1 large peach
- 1 Tbsp of flax seed oil
- 1 banana
- 2 cups kale or chard
- 2 dates, pitted
- 1 cup water

Spinach, Apple, Ginger

- 2 cups baby spinach
- 1 celery stick
- 1 handful parsley
- 1 Granny Smith apple
- 1/4 tsp ginger powder
- 1 cup water

Pineapple, Mango, Avocado

- 1/2 cup pineapple
- 1/2 mango
- 1/2 large avocado
- 1 Tbsp flax seeds
- 1 cup water

Cantaloupe Mixed Berry

- 1/2 medium cantaloupe, chopped

1 cup organic raspberries, blueberries or blackberries
2 cups baby spinach
1/4 cup water

Cantaloupe Pear

1/2 medium cantaloupe, chopped
1 organic apple with skin, cored
2 cups baby spinach
1/4 cup water

Cantaloupe Peach

1/2 medium cantaloupe, chopped
1 organic peach, pitted
2 cups baby spinach
1/4 cup water

Coconut Kale Green Smoothie

1 cup Coconut Water
1 mango
1 cup Kale

Green Lemonade

1 head Romaine
2 apples
1 carrot
1 lemon (juice, pulp, zest)
1 lime (juice, pulp)
Big handful of spinach
Water

Chocolate Green Smoothie

2 cups baby spinach
1 cup frozen blueberries
1/4 cup almond milk
1/2 banana
1 medjool date
1 scoop chocolate protein powder

Chocolate Swirl Green Smoothie

1 cup Spinach
1 cup Kale
1 cup Frozen Raspberries
1 scoop protein powder
1/2 almond breeze unsweetened vanilla milk
1 cup water

Mean Green Smoothie

2 cups fresh spinach
1/2 cups each Greek yogurt and cottage cheese
1 banana
1/2 cups fresh pineapple
1 cup water
Vanilla, fresh ginger, and cinnamon to taste

Sunny Greens

1 orange
1/2 head romaine lettuce
1 bunch red grapes
Two stalks of celery

Supportive Eating Resources

- Overcoming Sugar Addiction
- Steps to Overcoming Food Cravings
- Eating Healthy on a Budget
- Energizing Snacks
- Healthy After School Snacks
- How to Fight Late Night Cravings

Overcoming Sugar Addiction

Sugar takes your Hormones for a roller coaster ride. Take a peek at what is happening inside your body when you choose to foods high in refined sugar:

Eating simple sugars causes a spike in your blood sugar for these foods are quickly absorbed into the blood stream.

This in turn gives you the temporary sugar high—*it feels good*...however, your body does not like this imbalance and a series of hormonal responses take place.

**** Insulin Increases**

Your body produces an increased amount of the Insulin—a **storage hormone**. Insulin's job is to remove excess sugar from the bloodstream and store it in the muscles and in the liver.

**** Glucagon Goes Away**

In order to facilitate this rush of insulin, glucagon—a release hormone...responsible for releasing More Fat...good right? NOT when you eat too much sugar. This helpful fat loss hormone is diminished.

What does this hormone game mean to you?

High insulin levels increase fat formation and storage and inhibit fat breakdown to be used as energy.

Each time you consume simple sugars and refined carbohydrates, you are doing nothing more than **locking in fat**.

But wait...the ride doesn't stop there...

The Crash

About 30-45 minutes after the sugar rush, you wind up with residual low blood sugar, and your blood sugar levels hit bottom. You Crash!

This rapid drop in blood glucose levels starves the brain of its primary fuel and you experience symptoms such as:

- * Energy slumps during the day—especially in the afternoon
- * Cravings for sweets
- * Cravings for stimulants (tea, coffee, cigarettes)
- * Irritability of mood swings
- * Poor concentration or fuzzy thinking

Your body reacts once again for at this point your energy level bottoms out, you have trouble thinking clearly and you end up with cravings.

You will inevitably crave sweets as these foods will raise blood sugar the quickest, getting you out of your slump.

The blood sugar High/Low cycle repeats—again and again and again...just like getting on an endless hormonal roller coaster ride.

This is what is happening inside your body every time you eat sweets, simple sugars, refined carbohydrates.

The only logical way to stop the cravings.....is to get off the ride!

Top 2 Reasons you Crave Sugar

1. Sugar cravings exist out of habit

You must have satisfied this craving in the past—following a meal with something sweet. Then suddenly it becomes a part of your mindset. After every meal must come dessert. The good news is ALL Habits are learned, so this habit can be unlearned as the result of practice and repetition.

2. Sugar cravings exist because you EAT sugar

What?

If you eat simple, refined carbohydrates or high sugar foods every day, your body will remain in “crave” mode.

Are you ready to get off the ride and beat your sweet tooth?

The only way to stop the cravings is to get off the roller coaster ride. If you eat simple, refined carbohydrates or high-sugar foods every day, your body will remain in “crave” mode.

How to Eliminate Your Sweet Tooth

1. Clean out the Kitchen.

If junk is around, you will eat it. Also note that keeping sweets around for your children will only set them up to struggle with their cravings as adults.

2. Keep a Food Log

Skipping meals will cause your blood sugar levels to drop and bring on the cravings. Eating too many processed, high sugar foods brings on the desire to keep eating sugar. Eat more protein and produce to keep your blood sugar levels stable.

3. Wait it Out

True cravings, not hunger, last for about 15 minutes and then go away. If you wait 15 minutes, your craving might disappear.

4. Are you Stressed?

Stress drives sugar cravings. Consuming sugar temporarily elevates the levels of certain neurotransmitters in our bodies...the “feel-good” chemicals. Two of the major “feel-good chemicals released by eating sugar are:

1. Dopamine—releases chemicals like endorphins that give us a feeling of pleasure
2. Serotonin—produces a feeling of wellbeing

While there are MANY stress management strategies you can implement, the quickest and easiest one to turn to is exercise!

5. Break Old Habits

One way to take control and make a change is to keep a journal—write down what you are craving...**why you are craving it.**

Take control of the craving instead of it controlling you.

You will be amazed at how powerful a few little lifestyle habits will give you the control you need to deal with and overcome those nagging cravings.

Why vs. Willpower In order to truly take control over your food cravings, we need to troubleshoot and get to the bottom of why these cravings occur.

- Habit
- Boredom
- Fatigue
- True hunger
- Eating too many processed/artificial foods

5 Steps to Curb Your Food Cravings

Step 1 - Eat a balanced meal every 3 to 4 hours

The cravings you have may simply be true hunger! If you are dieting to lose weight and choose to skip breakfast and eat as little as possible during the day, of course your body will scream out. You need to nourish your body with supportive meals throughout the day. Craving fight meals are ones that are no less than 100 calories and contains a quality protein and produce.

Step 2 - Drink Water

Sometimes our bodies are simply dehydrated. The brain control centers for thirst and hunger are next to each other, and the signals sometimes overlap. What you think is a craving for food, may actually be your body's cry for water.

Step 3 - Do Something Different

Some cravings occur out of habit. If this is you, time to establish a new routine. If your cravings hit hard when you sit down in front of the computer, watch TV or you maybe think you need something sweet after a meal, this is the best time to do something different and create a new habit—one that does not sabotage your results.

Brush your teeth, chew on a piece of gum, sip on some hot tea that has a naturally sweet taste. A cup of fresh brewed tea has been my lifesaver for me. I enjoy a licorice based tea has a wonderfully sweet flavor.

Step 4 - Wait It Out

Did you know.....a craving can only last for 15 minutes—then it goes away. Make a list of things you can do to distract you for 15 minutes. When craving hits, grab a bottle of water and get to that activity—you can even set a timer. Once you hit 15 minutes... your cravings are gone and you are EMPOWERED!

Step 5 - Move

The #1 appetite suppressant is exercise!

If you feel a craving coming on instead of running to the kitchen use this energy to do something as simple as go for a walk. Can't leave? Then simply go through 2-4 of your favorite exercises. One of my favorites is Y-Squats. All you need is your body and enough space to stand.

Healthy Eating on a Budget



I am curious: if you are not spending your money on healthy foods that improve your health, increase your energy and decrease your belly fat, **what are you spending your money on?**

Are you under the assumption that eating healthy foods is too expensive?

While convenience foods may save some time and lead you to believe you are saving money, think again. The only thing these foods are doing is cutting your body's ability to burn fat.

Yes, you CAN continue to eat healthy-even when times are tight.

The secret to saving is to think outside of the “box”

Replace the “boxed and bagged” processed carbs and fake foods (cookies, candy, crackers, bars, instant meal deals) with fresh or frozen fruits and vegetables and a “splash” of real protein.

This is the most simple and best adjustment you can make that in a matter of weeks will **lead to a loss of inches, not money.**

Note: Before I jump into these tips, in order to use them successfully, you are going to want to use ever popular strategy called ~ **Planning Ahead** ~

Having a meal plan in place saves time, prevents stress and saves money, for you only purchase what you know you will use. A great family strategy is to sit down at the dinner table and have everyone share meal ideas. Write it all out and POST it on the

fridge. This way, everyone stays on track.

3 Tips to Eat for Fat Loss on a Budget

1.~ Buy in Bulk

If you have access to a Sam's Club or Costco -JOIN. The membership cost (about \$40—\$55) will pay for itself as you save money from buying unsatisfying junk and pointless trips through the drive through.

Sure, a lot of Bulk items in these types of stores may appear expensive, and some are just not worth it—no, I am not willing to spend \$20 on a box of granola bars.

I have however taken the time to scope out my local Sam's and Costco and found where my money is best spent.

- Fresh Fruits

A Giant bag of apples is about \$5

- Fresh Veggies

A huge container of spinach for \$4 something—and in my local grocery—a smaller container is

\$6—so I would be spending MORE money for LESS food!

- Protein

Whether it be a BIG old package of fresh Chicken Tenderloins for a mere \$15 or a giant bag of individually wrapped and frozen fillets of fish—salmon, tilapia, orange roughy. Good quality lunch meats and cheeses are also fantastic—since I pack Tyler's school lunch and sandwiches are a quick and easy meal for my husband.

- Frozen fruits and veggies

These speak for themselves.

Honestly—just one trip through grabbing just these types of items when compared to shopping in my local grocery would save me well over \$20 a week—plus these foods LAST—**See Tip 2**—so I am not constantly running BACK to my local grocery replenishing these items.

It's a fact -the LESS time you spend in the grocery store—the MORE money you save.

If you do not have access to stores like these, look for bulk options in your local grocery or seek out discount grocery stores. Plus I can buy in bulk in places like Sam's Club or Costco.

2.~ Cook for Multiple Days

If you want to save money on food, then change the way you cook your meals. Instead of cooking one meal at a time, think of how you can cook in a way to eat multiple meals. This is also called “Cooking in Bulk.”

This is great to do on the weekends, which is when most people have the time to get it done.

For example, you may take my \$15 package of fresh chicken tenderloins and in 2 batches have it all cooked up in a mere 30 minutes.

Next, based on the meals we mapped out for the week, you can separate the chicken into freezer bags with coordinating flavor enhancers, labeled the bags, and stuck them in the freezer. For example:

1. Mexican Chicken—Chile ready tomatoes
2. Jamaican Chicken—frozen bell peppers, sliced pineapple,
3. Pomodoro Chicken—fire roasted tomatoes and herbs

The night before, you can pull the bag out of the freezer and allow it to defrost in the fridge. The next night, reheat, serve with a side of veggies—and dinner is served.

3.~ Track It

Skeptical? Have a hard time believing these tips will help you save you money and help you lose those extra pounds and inches?

Then test it out!

Write down every time you spend money on something that goes into your mouth. At the end of the week, compare and contrast. How much is spent on eating out?

- restaurants
- fast food joints
- vending machines
- sodas?

Conversely, how much is spent at the grocery?

- whole food items
- processed foods

Just like we all sit down to assess the other expenses in our lives whenever the economy takes a turn, the money you spend on your nutrition plan deserves JUST as much attention as well.

Give these 3 Healthy Eating Tips a try and see what a difference it makes to not only helping you save money on eating better BUT also in noticing how much **EASIER** it is to **LOSE Fat!**

4 of My Favorite Energizing Snacks

1. Greek Yogurt, Cherries & Walnuts

Greek yogurt is super high protein—just 1 container has 15 grams! I choose plain to avoid any added sugars, plus I like to flavor my own. In this case I love adding cherries and walnuts (or even pecans). Cherries are a go to favorite for I can buy a huge bag of frozen cherries at Sam's Club for about \$5.

2. Edamame & Pears

Edamame—shelled soy beans—is packed with a plant-based protein. Just 1/2 a cup has 12 grams of protein. These bite-sized, slightly nutty tasting “beans” are a great snack when paired with a pear. I keep a bag of frozen edamame on hand for fun and easy snacks like this.

3. Grapefruit & Hard Boiled Egg

Every time I eat a grapefruit, I feel as if I am eating sunshine. This is one of the most refreshing, energizing, go-to fruits for me. I like to have a 10 lb. bag on hand that I find at Sam's Club for less than \$10! Eggs—a perfect source of protein, be sure to choose organic—go great with my grapefruit. I usually have a 1/2 dozen hard boiled eggs on hand, but if I do not, cooking an egg takes a mere 3 minutes.

4. Rolled Oats & Protein Powder

There are a lot of overly processed “whole grains” out there that just do not cut it. My favorite is Bob's Red Mill 5-Grain Rolled Oats cereal—you can find it in your local grocery in the whole foods section.

The quickest, tastiest most satisfying rolled oats snack for me is to mix with one of my protein powders. I have both a chocolate and vanilla protein powder on hand. I have 2 different ways I like to prepare this snack.

1. Dry

Just mix dry oats with a scoop of protein powder and a little water or almond milk.

2. Cooked

I will add water or almond milk to the oats and cook or allow to sit overnight in the fridge so the oats absorb the liquid by the morning, then reheat. I add the protein powder and eat!

Yes, I will eat a fruit with either one. Typically throw in some fresh/frozen berries or 1/4 cup of dried fruit.

5. Bonus Tip

The bonus for why these work so well is that they are Interchangeable! Mix and match these snacks to create a variety of energizing snacks for every day of the week! Having a great foundation of energizing, supportive snacks on hand makes it that much easier for you to reach your body shaping goals.

Print this list out and Use it as is or create your own using these energizing

guidelines!

Quick and Healthy After School Snacks

If you have children, this list can be an amazing help to your kids' health—and your mental state!

The key to making your children's after school routine successful and stress free is planning ahead. You must know what to have on hand and make it easy to access.

Again, the two fundamental categories are **protein** and **produce**.

~ Quality Protein—deli meats, eggs, nuts, nut butters, yogurt, milk (typically almond milk, goat milk or organic milk made by Horizon), beef jerky, etc.

~ Produce (think fruits and veggies)

A note on Carbohydrates

When giving your children carbohydrates—yes fruits and veggies but also breads, cereals, crackers, bars, etc.—be sure to choose the least processed carbohydrates that are high in fiber and low in sugar. Whole grains in the form of high fiber, low sugar crackers, pretzels, bite-sized cereals, etc. Kashi products are great—if you do not have access to Kashi—simply compare labels. My point is to help you avoid typical snack options that are loaded with added sugars, artificial ingredients, high fructose corn syrup and those with 1 gram or Less of fiber.

My rule of thumb: If any snack food is brightly colored and/or has a cartoon character on it, **SKIP IT**. This is the work of clever marketers attempting to play into the emotions of your children. Do not fall for it! Do not willingly put this junk in the growing bodies of your children.

Top 10 After School Snacks

1. Frutabu and almonds
2. Hummus, baby carrots and Kashi crackers
3. Apple slices
4. Horizon Yogurt and banana
5. Horizon Milk and bite sized Kashi Cereal
6. PB, wheat pretzels, and apple slices
7. String cheese and bell pepper strips
8. Deli meat roll up and grapes
9. Beef jerky and sliced nectarines
10. Kashi Crackers and Laughing Cow cheese

ALL snack choices are natural, simple and easy! When you approach creating healthy after school snacks for your children in this manner—it is easy. Just have a few grab and go food items on hand so you can mix and match.

Fight Late Night Cravings

Need some ideas to fight late night cravings?

You are so not alone. This is actually a hot topic! I thought sharing the tips with you would help you find some solutions to help take control of these cravings once and for all!

4 Great Takeaway Points for Fighting Those Late Night Cravings:

1. Make sure you are eating and eating enough every 3 to 4 hours.
2. Eliminate overly processed foods, foods that contain HFCS and foods that contain artificial sweeteners—all of which turn up your desire for cravings.
3. The largest meal of the day should be your breakfast—loaded with protein and produce!
4. Create a SUPPORTIVE Environment: if the junk food is there, you WILL eat it! Stop making it so hard on yourself, and throw away all the junk food in your house. It is supremely liberating!

Bottom Line

While this Healthy Cookbook is full of tips, strategies, samples, and recipes, if you still find yourself feeling lost or frustrated, do not hesitate to ask for help.

Good luck, and have fun!