



Tomato, Basil & Bacon Frittata

4 servings

25 minutes

Ingredients

- 1/4 cup Parmigiano Reggiano (shredded)
- 9 Egg (large)
- 1 cup Cow's Milk, Whole
- 7 slices Bacon (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 2 tbsps Basil Leaves

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Whisk all of the ingredients except for the basil together. Pour the mixture into a cast-iron pan or another non-stick oven-safe dish.
- 3 Bake for 15 minutes or until the eggs have set. Garnish with the basil and serve. Enjoy!



Eggs & Toast

1 serving

5 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1 slice Bread (toasted)

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!



Sheet Pan Bacon & Black Bean Eggs

4 servings

25 minutes

Ingredients

- 1/16 oz Avocado Oil Spray
- 9 Egg (large, whisked)
- 1/4 cup Shallot (sliced)
- 7 slices Bacon (chopped)
- 1 1/4 cups Black Beans (cooked)
- 2 tbsps Parsley (chopped)

Directions

- 1 Preheat the oven to 350°F (175°C) and spray an oven-safe pan with oil.
- 2 In a large bowl, mix the eggs, shallots, bacon, and beans together. Add the mixture to the prepared pan. Bake for 15 minutes or until the eggs have set.
- 3 Garnish with the parsley and enjoy!



Avocado Toast with Hard Boiled Eggs & Strawberries

1 serving

15 minutes

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1 cup Strawberries

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
- 2 Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!



Smoked Salmon & Labneh Toast

1 serving
10 minutes

Ingredients

- 1/4 cup Labneh
- 1 3/4 ozs Sourdough Bread (toasted)
- 3 ozs Smoked Salmon
- 1 tsp Capers
- 1 tsp Fresh Dill
- 1/4 Lemon (juiced)

Directions

- 1 Spread the labneh all over the toasted bread. Top with smoked salmon and capers.
- 2 Sprinkle the dill on top. Drizzle with lemon juice and enjoy!



Pepperoni Pizza Frittata

3 servings

25 minutes

Ingredients

- 6 Egg (large, whisked)
- 1/4 cup Marinara Sauce
- 3 ozs Mozzarella Cheese (shredded)
- 4 ozs Pepperoni (sliced)
- 1/2 tsp Chili Flakes
- 2 tbsps Basil Leaves

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Add the whisked eggs to a cast-iron pan or an oven-safe pan. Cook in the oven for seven minutes or until the eggs have set slightly but are still runny.
- 3 Remove the pan from the oven and spread the marinara sauce all over the eggs. Sprinkle the cheese on top and add pepperoni evenly to the top. Return the pan to the oven for five to seven minutes or until the eggs have set and the cheese has melted.
- 4 Garnish with chilli flakes and basil leaves. Slice and serve. Enjoy!



Spinach & Feta Egg White Omelette

1 serving

10 minutes

Ingredients

- 1/3 cup Egg Whites
- 2 tbsps Frozen Spinach (thawed, drained)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Avocado Oil Spray
- 2 tbsps Feta Cheese (crumbled)

Directions

- 1 In a bowl, whisk together the egg whites, spinach, salt, and pepper.
- 2 Heat a pan over medium heat and spray it with avocado oil. Pour the egg mixture into the pan.
- 3 Cook until almost set, then add the feta on top. Fold in half, cover with lid and let cook for another minute.
- 4 Transfer the omelette to a plate and enjoy!



Blended Chocolate Strawberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

- 3/4 cup Cow's Milk, Reduced Fat
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Strawberries (sliced)

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!



Vanilla Tahini Protein Mug Cake

1 serving
10 minutes

Ingredients

3 1/2 tbsps All Purpose Gluten-Free Flour
2 tbsps Vanilla Protein Powder
1 1/2 tbsps Coconut Sugar
1/2 tsp Baking Powder
1/8 tsp Sea Salt
1/4 cup Unsweetened Almond Milk
1 tbsp Tahini
1 tbsp Dark Chocolate Chips

Directions

1

In a mug whisk the flour, protein powder, coconut sugar, baking powder, and salt. Add the milk and tahini. Stir well to combine until no flour remains. Fold in the chocolate chips.

2

Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!



Blended Raspberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

3/4 cup Cow's Milk, Reduced Fat
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Maple Syrup
1 cup Raspberries (divided)

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and half of the raspberries. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with remaining raspberries and enjoy!



Cherry & Blueberry Yogurt Parfait

2 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oat Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Raw Honey (optional)
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon

Directions

- 1 In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
- 2 Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
- 3 If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
- 4 Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!



Almond Butter & Banana Overnight Oats

1 serving
8 hours 10 minutes

Ingredients

1 Banana (divided)
2 tbsps Almond Butter
1 1/2 tsps Raw Honey
3/4 cup Oats (rolled)
3/4 cup Oat Milk

Directions

- 1 Mash and mix 3/4 of the banana with the almond butter and honey in a jar.
;
- 2 Add the oats and milk. Mix well to combine.
;
- 3 Cover and place in the refrigerator overnight, or for at least eight hours. Top with the remaining banana and enjoy!



Chocolate Protein Mug Cake

1 serving

10 minutes

Ingredients

- 3 1/2 tbsps All Purpose Gluten-Free Flour
- 2 tbsps Chocolate Protein Powder
- 1 1/2 tbsps Cocoa Powder
- 1 1/2 tbsps Coconut Sugar
- 1/2 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1/4 cup Unsweetened Almond Milk
- 1 tbsp Tahini
- 1 tbsp Dark Chocolate Chips

Directions

- 1 In a mug whisk the flour, protein powder, cocoa powder, coconut sugar, baking powder, and salt. Add the milk and tahini. Stir well to combine until no flour remains. Fold in the chocolate chips.
- 2 Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!



Pressure Cooker Peanut Butter & Banana Buckwheat Porridge

4 servings

30 minutes

Ingredients

- 1 cup Buckwheat Groats
- 2 1/2 cups Water
- 1/8 tsp Sea Salt
- 1 Banana (medium, sliced)
- 1/4 cup All Natural Peanut Butter
- 1/4 cup Hemp Seeds

Directions

- 1 Add the buckwheat, water, and salt to a pressure cooker. Set to "sealing" and cook on high pressure for 15 minutes.
- 2 Allow the pressure to naturally release for eight minutes, then manually release the remaining pressure.
- 3 Carefully remove the lid of the pressure cooker. Divide the buckwheat evenly between bowls. Top with the banana, peanut butter, and hemp seeds. Enjoy!



Spinach & Tuna Stuffed Pepper

2 servings

40 minutes

Ingredients

- 1 can Tuna (drained)
- 1/4 cup Feta Cheese (crumbled)
- 1/4 cup Frozen Spinach (thawed, drained)
- 4 ozs Mozzarella Cheese (shredded, divided)
- 1/2 Lemon (juiced, zested)
- 1 tbsp Fresh Dill (plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 2 Orange Bell Pepper (medium, halved, deseeded)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the tuna, feta cheese, spinach, half of the mozzarella, lemon juice, lemon zest, and dill. Season with salt and pepper.
- 3 Stuff the bell peppers with the tuna mixture. Top with the remaining mozzarella. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 Add more dill on top and enjoy!



Chipotle Shredded Beef Lettuce Wraps

4 servings
3 hours 30 minutes

Ingredients

- 1 lb Top Sirloin Beef Roast (cut into big chunks)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tomato Paste
- 1 White Onion (chopped, sliced)
- 4 Garlic (clove, minced)
- 2 tsps Chipotle Powder
- 2 cups Water
- 2 heads Boston Lettuce (leaves separated)
- 1 Jalapeno Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 2 Lime (for serving)

Directions

- 1 Heat a large dutch oven over medium-high heat. Season the beef chunks all over with salt and pepper. Add the beef to the pot and cook for about 10 minutes or until browned on all sides.
- 2 Add the tomato paste, onion, garlic, and chipotle powder. Stir and cook for another two to three minutes. Add the water and bring to a simmer. Turn the heat down to low, cover with a lid. Simmer for about two and half hours or until the beef is tender. Check occasionally and add more water if needed.
- 3 Remove the beef from the pot and shred it with two forks. Use a hand blender and blend the pot contents into a sauce inside of the pot. Transfer the beef back to the pot. Cover and simmer for another 30 minutes.
- 4 Top the lettuce leaves with shredded beef, jalapeño, and cabbage. Squeeze lime juice on top and enjoy!



Edamame Avocado Toast

2 servings

10 minutes

Ingredients

- 1/2 cup Frozen Edamame
- 1 Avocado (medium, mashed)
- 3 1/2 ozs Sourdough Bread (toasted)
- 1/2 oz Pickled Red Onions
- 1 tsp Sesame Seeds (black)

Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Set aside.
- 2 Spread the avocado on the toast and top with the edamame, red onions, and sesame seeds. Enjoy!



Tofu Veggie Wrap

1 serving
25 minutes

Ingredients

- 5 ozs Tofu (extra firm, pressed, sliced)
- 1 tbsp Tamari
- 1 Brown Rice Tortilla
- 1 cup Baby Spinach
- 1/4 Cucumber (julienned)
- 1/4 Carrot (julienned)
- 1/2 cup Purple Cabbage (chopped)

Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!



Cobb Salad

2 servings

25 minutes

Ingredients

- 2 Egg
- 2 slices Bacon
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 8 leaves Romaine (chopped)
- 7 ozs Chicken Breast, Cooked (chopped)
- 1/2 Cucumber (sliced)
- 2 stalks Green Onion (chopped, greens parts only)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!



Sticky Tofu & Bell Pepper Stir Fry

2 servings

30 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
2 tbsps Tamari
2 tsps Rice Vinegar
1 1/2 tbsps Coconut Sugar
2 tbsps Water
1 tsp Cornstarch (divided)
8 ozs Tofu (extra firm, pressed, crumbled)
2 tbsps Avocado Oil
1 Red Bell Pepper (medium, chopped)
1/2 Yellow Onion (large, cut in large chunks)

Directions

- 1 Cook the rice according to the package directions.
- 2 In a small bowl, combine the tamari, vinegar, coconut sugar, water, and 1/4 of the cornstarch and whisk well.
- 3 In another bowl, toss the tofu with the remaining cornstarch until well coated.
- 4 Heat a large pan or wok to medium-high heat and add the oil. Once hot, add the tofu (working in batches if needed) and cook until crispy. Toss halfway through, about four to five minutes total. Remove with a slotted spoon and set aside.
- 5 Add the pepper and onion and cook until just starting to brown around the edges, about two minutes, tossing often.
- 6 Pour in the sauce and toss to combine. Cook until thickened, about one minute. Add the tofu back in and gently toss to combine.
- 7 Divide the rice onto plates and top with the tofu mixture. Enjoy!



Tandoori Tofu Wrap

1 serving
15 minutes

Ingredients

- 1/4 cup Plain Goat Milk Yogurt
- 1 tbsp Tandoori Masala
- 11 ozs Tofu (cut into squares)
- 1 Whole Wheat Tortilla
- 1 cup Baby Spinach
- 1/4 cup Cherry Tomatoes (halved)
- 2 tbsps Red Onion (thinly sliced)

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu to marinate.
- 3 Gently remove the excess marinade and place the tofu on the grill. Save the leftover marinade. Grill the tofu on each side for three to four minutes or until crispy grill marks appear.
- 4 Meanwhile, add the spinach, tomatoes, and red onion to the tortilla. Place the tofu on top and drizzle the leftover marinade on top. Roll up the tortilla and enjoy!



Air Fryer Turkey & Edamame Crispy Rice Paper Rolls

4 servings

1 hour

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, sliced)
- 10 ozs Extra Lean Ground Turkey
- 2 cups Purple Cabbage (thinly sliced)
- 1 cup Frozen Edamame (thawed)
- 1/4 cup Coconut Aminos (divided)
- Sea Salt & Black Pepper (to taste)
- 8 Rice Paper Wraps
- 1/16 oz Avocado Oil Spray

Directions

- 1 Heat the olive oil in a pan over medium heat. Add the onion and sauté for about five minutes. Add the turkey, stir, and cook for about 10 minutes, breaking the meat up as it cooks.
- 2 Add the cabbage and edamame. Stir and cook for another 10 minutes. Add half of the coconut aminos and season with salt, and pepper. Remove from the heat and let cook down slightly.
- 3 Meanwhile, preheat the air fryer to 400°F (205°C).
- 4 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the turkey mixture near the bottom of the wrap.
- 5 Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer the wraps into the air fryer basket and spray with avocado oil.
- 6 Cook for about 10 to 12 minutes or until crispy, flipping halfway through. Serve with the remaining coconut aminos, and enjoy!



Lettuce Wrap Chicken & Broccoli Patties

4 servings

25 minutes

Ingredients

- 2 cups Broccoli (cut into florets)
- 1 1/2 lbs Extra Lean Ground Chicken
- 3 ozs Cheddar Cheese (shredded)
- 1/2 tsp Paprika
- 2 stalks Green Onion (green part only, optional)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Green Lettuce (large, leaves)
- 1 Tomato (large, sliced thick)
- 2 tbsps Mayonnaise

Directions

- 1 Steam the broccoli in a steamer basket for three to five minutes or until tender. Chop into small pieces and place in a large bowl. Let it cool for two minutes.
- 2 Add the chicken to the same bowl. Add the shredded cheese, paprika, and green onions, if desired. Season with salt and pepper and mix well to combine.
- 3 Form the meat mixture into equal patties approximately four inches (10cm) in diameter.
- 4 Heat the oil in a large pan over medium-high heat. Cook the patties for three to four minutes per side or until cooked through.
- 5 Serve in between lettuce leaves with a slice of tomato and a mayonnaise. Enjoy!



Cherry Oat Bran Porridge

2 servings

10 minutes

Ingredients

- 1 cup Oat Bran
- 2 cups Oat Milk
- 2 cups Water
- 2 tsps Cinnamon (plus more for ganish, optional)
- 1/4 tsp Stevia Powder (to taste)
- 1 cup Frozen Cherries

Directions

- 1 In a large saucepan over medium heat, add the oat bran and toast for 30 to 60 seconds, stirring often.
- 2 Add the oat milk, water, cinnamon, and stevia, and bring to a boil. Reduce the heat to a simmer and cook for three to four minutes, whisking constantly, until thickened.
- 3 Remove from the heat and pour into bowls. Top with cherries and cinnamon. Enjoy!



Chocolate Blueberry Chia & Flax Pudding

1 serving

3 hours

Ingredients

- 1 cup Oat Milk
- 2 tbsps Cocoa Powder
- 1/4 tsp Stevia Powder
- 3 tbsps Chia Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1/4 cup Blueberries

Directions

- 1 Add all ingredients except the blueberries to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 2 Stir well before serving and top with the blueberries. Enjoy!



Garlic White Bean Dip

6 servings

5 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 tbsps Lemon Juice
- 1 tsp Thyme (fresh, torn from the stem)
- 1/2 tsp Garlic Powder
- 1/4 cup Extra Virgin Olive Oil
- 1 Cucumber (sliced)

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!



Sweet Chili Meatballs & Broccoli with Rice

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (dry, rinsed)
- 1 lb Lean Ground Beef
- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 4 cups Broccoli (chopped into florets)
- 1/2 cup Sweet Chili Sauce

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to the package directions and then set aside.
- 3 While the rice is cooking, combine the ground beef, egg, salt, pepper, garlic powder, and onion powder in a bowl.
- 4 Roll the beef into approximately one-inch (2.5 cm) balls and place them onto the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
- 5 As the meatballs cook, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about five minutes, or until tender.
- 6 Once the meatballs are done cooking, add them to a serving bowl and toss them in the sweet chili sauce.
- 7 Divide the rice, meatballs, and broccoli into bowls. Enjoy!



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

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

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Creamy Chicken & Mushroom Casserole

3 servings

1 hour

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 cups Mushrooms (roughly chopped)
- Sea Salt & Black Pepper (to taste)
- 12 ozs Chicken Breast (cut into bite-sized pieces)
- 2 cups Broccoli (cut into florets)
- 1 tsp Thyme
- 2 Garlic (clove, minced)
- 1 cup Whipping Cream
- 3 ozs Mozzarella Cheese (shredded)

Directions

- 1 Heat the oil in a pan over high heat. Add the mushrooms and sauté for about five minutes. Season with salt to taste.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the mushrooms into a baking dish. Add the chicken breast, broccoli, thyme, and garlic. Add the cream and season with salt and pepper. Stir to combine.
- 4 Spread everything out evenly in the dish. Top with mozzarella cheese and transfer the baking dish to the oven. Bake in the oven for 40 to 45 minutes or until cooked through.
- 5 Remove from the oven. Let cool for five minutes before serving, and enjoy!



Shrimp with Edamame Slaw

4 servings

20 minutes

Ingredients

1 lb Shrimp (peeled, deveined)
1/4 cup Extra Virgin Olive Oil (divided)
1 Lime (large, juiced, divided)
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
4 cups Broccoli Slaw (bagged)
2 cups Frozen Edamame (thawed)
1/2 cup Red Onion (thinly sliced)
1/2 cup Radishes (medium, thinly sliced)

Directions

- 1 In a bowl, combine the shrimp, half of the oil, half of the lime juice, garlic powder, salt, and pepper. Set aside.
- 2 In a large bowl, add the broccoli slaw, edamame, onion, radishes, the remaining oil, and the remaining lime juice. Season with salt and pepper and mix to combine. Set aside.
- 3 Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked through.
- 4 Divide the edamame slaw into bowls along with the shrimp. Enjoy!



Tempeh, Mushroom & Asparagus Stir Fry

2 servings

40 minutes

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbsp Sesame Oil
- 8 ozs Tempeh (cut into cubes)
- 1 cup Mushrooms (sliced)
- 1 cup Asparagus (chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1/4 cup Cilantro (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Sesame Seeds (toasted)

Directions

- 1 Cook the rice according to the package directions. Set aside.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
- 3 Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
- 4 Stir in the cooked rice, tamari, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
- 5 Garnish with sesame seeds before serving. Enjoy!



Chipotle Chicken Tostadas

2 servings

35 minutes

Ingredients

2 tsps Raw Honey (warmed)
3 tbsps Avocado Oil (divided)
1 tsp Chipotle Powder
Sea Salt & Black Pepper (to taste)
12 ozs Chicken Thighs (boneless, skinless)
2 1/2 cups Napa Cabbage (thinly sliced)
2 tbsps Lime Juice (divided)
4 Corn Tortilla (small)
1/2 cup Plain Greek Yogurt
1/4 cup Cilantro (finely chopped)
1/3 can Refried Beans

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the honey, 1/3 of the oil, and chipotle powder. Season with salt and pepper. Pour over the chicken. Use your hands to distribute the best you can (it will be sticky).
- 3 Transfer the chicken to the baking sheet and place in the oven. Bake for 18 to 20 minutes or until cooked through. Allow to cool slightly and then chop and set aside.
- 4 Meanwhile, in a large bowl, add the cabbage, half of the remaining oil, and half of the lime juice. Season with salt and pepper and mix well to combine.
- 5 On the same baking sheet used for the chicken, remove the parchment paper. Lay the tortillas on and brush both sides with the remaining oil. Bake for eight to ten minutes, flipping halfway through, until toasted.
- 6 In a small bowl, mix together the yogurt, cilantro, and remaining lime juice. Season with salt and pepper.
- 7 Spread the refried beans onto the tostadas. Top with chicken, and cabbage and drizzle with the yogurt sauce. Enjoy!



Slow Cooker Chicken Parmesan

4 servings

3 hours 20 minutes

Ingredients

- 1 cup Marinara Sauce (divided)
- 1/3 cup Bread Crumbs
- 2 tbsps Parmigiano Reggiano (shredded)
- 1 1/2 tpsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Breast
- 4 ozs Mozzarella Cheese (shredded)
- 2 tbsps Basil Leaves (chopped)

Directions

- 1 Cover the bottom of a slow cooker with 1/3 of the marinara sauce.
- 2 In a shallow bowl, stir together the breadcrumbs, parmesan, and Italian seasoning. Season with salt and pepper.
- 3 Coat each chicken breast thoroughly on all sides by dipping it into the breadcrumb mixture and patting gently.
- 4 Place the chicken in the bottom of the slow cooker. Cover with the remaining marinara sauce. Sprinkle with mozzarella cheese on top. Cover and cook for three hours on high or six hours on low.
- 5 When ready to serve, season with basil and enjoy!



Shrimp & Chorizo Linguine

2 servings

15 minutes

Ingredients

5 ozs Whole Wheat Linguine (uncooked)
1/2 cup Water (reserved from cooking pasta)
2 tsps Extra Virgin Olive Oil (divided)
1/4 cup Bread Crumbs (seasoned)
2 ozs Chorizo (finely chopped)
8 ozs Shrimp (large, peeled and deveined)
Sea Salt & Black Pepper (to taste)
1/4 cup White Cooking Wine
1/4 tsp Chili Flakes
2 tbsps Butter

Directions

- 1 Cook the pasta until al dente according to package directions. Reserve some of the cooking water and set aside.
- 2 Heat a pan over medium-low and add half of the oil. Once warm, add the bread crumbs and cook, tossing the bread crumbs until toasted and lightly browned, about two minutes. Remove and set aside on a plate.
- 3 Add the remaining oil to the same pan. Add the chorizo and cook until crispy and lightly browned, about two minutes. Remove with a slotted spoon and set aside with the bread crumbs.
- 4 Increase the heat to medium and add the shrimp. Season with salt and pepper. Cook for 1 1/2 minutes, then flip and cook for an additional 1 1/2 minutes. Add the wine and chili flakes. Cook until the wine has reduced by half, about one minute.
- 5 Reduce the heat to low and add the linguine and water along with the butter. Toss to combine, until the sauce has emulsified and coats the pasta, about one minute.
- 6 Divide onto plates and top with the chorizo and bread crumbs. Enjoy!



Curried Cauliflower Rice & Haddock

2 servings

30 minutes

Ingredients

2 cups Cauliflower Rice
1/2 cup Frozen Peas (thawed)
2 tbsps Curry Powder
Sea Salt & Black Pepper (to taste)
1/4 cup Water
2 Haddock Fillet
2 tbsps Cilantro (chopped)
1/2 Lemon (juiced)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In an oven safe dish, add the cauliflower rice, green peas, curry powder, salt, and pepper. Stir to combine.
- 3 Pour the water over the cauliflower and season the haddock all over with salt and pepper.
- 4 Place the haddock on top of the cauliflower. Cover the baking dish tightly with foil or a lid. Bake in the oven for 15 minutes.
- 5 Remove from the oven and uncover the baking dish. Flake the haddock into big chunks and gently stir. Place the dish back in the oven and bake for another seven to ten minutes or until everything is cooked through.
- 6 Garnish with cilantro and drizzle the lemon juice on top. Enjoy!



Pink Energy Bites

8 servings

10 minutes

Ingredients

- 1 1/3 ozs Freeze Dried Strawberries
- 1/2 cup Pitted Dates
- 1 cup Cashews (raw)
- 1/4 cup Cashew Butter
- 1/4 tsp Sea Salt

Directions

- 1 Add the dried strawberries to a food processor and blend until the mixture is powdery. Remove and set aside on a plate.
- 2 Add the dates, cashews, cashew butter, and salt to the bowl of a food processor. Blend until a smooth consistency is achieved and the mixture holds together.
- 3 Remove the mixture and form into small balls with your hands, using about one tablespoon of dough. Roll into the strawberry powder. Repeat until the mixture is used up. Enjoy!



Sunbutter Oat Cookies

8 servings

15 minutes

Ingredients

1 cup Sunflower Seed Butter
1 Egg
1/4 cup Coconut Sugar
3/4 cup Oats (large flake)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.



Triple Berry Protein Bowl

2 servings

10 minutes

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!



Raspberry Chia Protein Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

Directions

1

In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

2

In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!



Protein Waffles

5 servings

20 minutes

Ingredients

- 2 Egg
- 2/3 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 3/4 cup Oat Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/3 cup Maple Syrup (optional)

Directions

- 1 Combine all of the ingredients except for the maple syrup in a blender and blend on high until smooth.
- 2 Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
- 3 Cook the waffles for about three to four minutes or until golden brown. Repeat the process until all the batter is cooked. Serve with maple syrup, if using, and enjoy!



Dark Chocolate Granola Bites

18 servings

20 minutes

Ingredients

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
- 3 Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
- 4 Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!



PB & J Energy Balls

10 servings

15 minutes

Ingredients

- 1/3 cup All Natural Peanut Butter
- 1 cup Pitted Dates
- 3/4 cup Oats (rolled)
- 2 1/2 tbsps Strawberry Jam

Directions

1

Add all ingredients to a food processor and pulse until the mixture has a coarse crumb and sticks together. Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Enjoy!