



HEALTHY RECIPES



WHITE FISH WITH AVOCADO SALSA

Makes 4 servings

CHICKEN BURRITO BOWL

Makes 1 serving (can double or triple recipe)

SESAME CHICKEN STIR-FRY

Makes 2 servings

MAPLE SESAME SALMON

Divide into 4 oz portions



INGREDIENTS

- 4 * 6 oz. white fish fillets
Salt and black pepper
- **Tomato Avocado Salsa**
- 1 pint cherry tomatoes, sliced
- 1 avocado, diced
- ½ small red onion thinly sliced
- 2 sprigs basil, slivered
- 1 tbsp balsamic vinegar
- Sea salt and pepper

Note: sub tofu for V version

DIRECTIONS

1. Preheat the grill/oven on high heat. Season fish with salt and pepper. Grill, or bake at 400F until cooked through.
2. While fish is cooking, add the cherry tomatoes, avocado, onion, and basil to a bowl. Drizzle with balsamic vinegar and toss. Season with salt and black pepper.
3. Top the fish with the Tomato and Avocado Salsa

INGREDIENTS

- 4 oz. cooked chicken, shredded
 - 1/2 cup raw or sauteed peppers and onion
 - 1/2 avocado sliced or mashed
 - 1/2 tomato, chopped
 - Optional: , cilantro, hot sauce
- Dressing: 1/4 cup salsa, squeeze of lime juice
- Note: for V version, sub chicken with 1/2 - 3/4 cup beans

DIRECTIONS

1. Saute peppers and onions with non-stick spray or low sodium stock
2. Chop tomato, shred chicken and slice (& mash) avocado.
3. Assemble ingredients into a container, top with salsa and a squeeze of lime juice.

INGREDIENTS

- 8 oz. chicken, chopped
- 2 cups mixed vegetables
- 1/4 onion, chopped
- 1 clove of garlic, minced
- 1 tsp fresh grated ginger
- 1 tbsp low sodium soy sauce (or g/f)
- Black pepper to taste
- Fresh lime juice
- 1/2 cup low sodium stock
- 1 tsp sesame seeds

DIRECTIONS

1. Heat a pan over medium high heat.
2. Add onion, garlic and 1/4 cup of stock. Saute 1-2 mins.
3. Add vegetables and remaining stock. Stir and cook for 4-5 mins.
4. Add chicken, ginger, soy sauce and cook an additional 2-3 mins.
5. sprinkle with lime juice and sesame seeds.

**serve protein style, with brown rice, or cauliflower rice*
**can sub chicken with protein of choice*

INGREDIENTS

- 1 lb wild salmon
 - Black pepper to taste
 - 2 tbsp maple syrup
 - 2 tbsp low sodium soy sauce (or g/f)
 - 2-3 tbsp water
 - 1/2 tsp grated fresh ginger
 - 1 teaspoon sesame seeds
- Note: sub in tofu for V version

DIRECTIONS

1. Preheat oven to 400F.
2. Place salmon on a baking tray & season lightly with pepper.
3. Combine maple syrup, soy sauce, water, ginger and sesame seeds in a small bowl.
4. Spoon half the mixture over the fish and place in the preheated oven. Cook for 10 mins.
5. Coat with remaining sauce and continue baking for 9-10 mins or until cooked through. Then broil 3 minutes to crisp.



HEALTHY RECIPES



OVERNIGHT OATS

Makes 2 servings



EGG MUFFIN CUPS

Makes 12 cups



BLUEBERRY SUPERFOOD PROTEIN SHAKE

Makes 1 serving



ROASTED CHICKPEAS

Makes 2 cups



INGREDIENTS

- 1/2 cup rolled oats
- 1 - 1.5 cups almond milk
- 1 tsp chia seeds
- 1/2 tsp cinnamon
- 1/2 fruit of choice (i.e. apple, banana, berries)
- 1/2 scoop protein powder

DIRECTIONS

1. Add all ingredients to a mason jar.
 2. Seal lid and shake for 15-20 seconds.
 3. Place in fridge over night or for at least 5 hours.
- Oats will be ready in the morning, can eat as is or warm up.

Note: can last in the fridge up to 5 days - can make multiple jars for meal prep

INGREDIENTS

- Olive oil or non-stick spray to grease tin
- 2 cup liquid egg whites
- 1 whole egg
- Salt & pepper to taste
- Herbs & spices of choice
- 1.5 cups chopped veggies (i.e. peppers, mushrooms, etc.)

DIRECTIONS

1. Preheat oven to 375F and lightly coat muffin tin with oil.
2. Add the egg whites and egg to a bowl and whisk with veggies & spices.
3. Evenly pour the mixture into your tin filling all 12 cups.
4. Bake for 18-20 mins or until a toothpick comes out clean.

INGREDIENTS

- 1.5 cups non-dairy (i.e. coconut) milk or water
- Handful of spinach
- 1/3 cup blueberries
- 3/4 scoop vanilla protein powder
- 1 tsp almond butter

DIRECTIONS

1. Place all ingredients into a blender/food processor.
2. Blend until smooth.
3. Enjoy!

INGREDIENTS

- 1 can of chickpeas (2 cups)
 - 1.5 tbsp. of olive oil
 - Sea Salt & Pepper to taste
- Spices of choice:
- i.e. paprika, black pepper, garlic

DIRECTIONS

1. Preheat oven to 450F.
2. Drain and dry chickpeas thoroughly between 2 clean cloths.
3. Toss chickpeas with olive oil, sea salt & pepper.
4. Spread on a baking sheet and roast 20-25 mins, stirring halfway.
5. After baked, add spices/herbs of choice.

Serving portion: 1/2 cup



HEALTHY RECIPES



SWEET EGG SCRAMBLE

Makes 1 serving



TURKEY TACO LETTUCE WRAPS

Makes 2 servings



TUNA AVOCADO SALAD

Makes 1 serving



ASIAN CHOPPED SALAD

Makes 2 cups



INGREDIENTS

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- 1/4 tsp vanilla extract
- Dash of cinnamon

DIRECTIONS

1. Grease skillet with non-stick spray and bring to medium heat.
2. Whisk egg whites, protein, and vanilla together in bowl then pour onto skillet.
3. Once eggs are about halfway cooked, add the berries and continue to cook until eggs are fully cooked. Top with cinnamon.

V version with soft tofu (3 oz)

INGREDIENTS

- 12 oz lean ground turkey
- 1/4 cup onion
- 3/4 cup pico de gallo / salsa
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- chili powder to taste
- Salt & pepper to taste
- 6-8 large pieces of romaine or iceberg lettuce (taco 'shell')

DIRECTIONS

1. Heat skillet with non-stick spray to medium high heat and saute turkey with onions and spices listed above.
2. Once cooked add in the pico de gallo and continue to saute for 1 minute.
3. Remove from heat and evenly distribute between lettuce 'shells' optional: with raw or roasted veggies.

*can sub with extra lean ground beef or meatless ground

INGREDIENTS

- 1/2 small avocado
- 1 can tuna
- 1/4 cucumber, diced
- 2 tbsp lemon or lime juice
- 1 tbsp sliced red onion
- handful of parsley or cilantro

DIRECTIONS

1. Mash avocado or dice into small chunks in a bowl.
2. Add all other ingredients to the bowl and mix well.

INGREDIENTS

- 2 cups shredded lettuce
- 1.5 cups shredded cabbage
- 1 cup grated carrots
- 1 red pepper, finely sliced
- 1/2 cucumber, chopped
- 2 cups steamed edamame
- 1 green onion, chopped
- 1/4 cup cilantro or parsley, chopped

Ginger Lime dressing:

- 2 tbsp rice or white vinegar
- 2 tbsp water
- 3 tablespoon lime juice
- 1/2 tablespoon maple syrup
- 2 tbsp (g/f) soy sauce
- 1 teaspoon grated ginger
- 1 clove of garlic, finely minced

DIRECTIONS

1. Mix salad ingredients together and toss with dressing

Can also remove edamame and top each portion with a 5 oz. chicken breast, 5 oz. shrimp or 4 oz salmon