

The Forever Beautiful Recipe Guide





Introduction



We live in a culture that is consumed with beauty, obsessed with looking younger, doing away with wrinkles, sags, and bags. Millions of people resort to harsh cosmetics and dangerous surgery as a way to retain their youth. What most don't realize, however, is that there are many whole foods that can work, from the inside out, to keep you looking and feeling young and vibrant.



Real food is the best, non-invasive, and delicious way to fight off damaging free-radicals, nourish skin, hair, and nails and keep you feeling youthful and vibrant. Real food is loaded with nutrients that provide the energy necessary for the body to protect itself from outside invaders be it toxins or other dangerous bacteria. Also, whole food is capable of providing the best energy possible for the body to heal and restore.

Eating a diet rich in nutrient-dense food is the best way to stay young, hands down. Because we believe that food is so powerful, we have created a book jam-packed with recipes that will keep you looking and feeling young and beautiful. Each recipe has been hand-selected for its ability to nourish the body. These dishes contain just what you need to keep your mind and body young, even in advancing years.

We encourage you to purchase organic when possible, grass fed meat, free range eggs and poultry and fresh-caught seafood. Consider shopping local and shaking the hands of those who feed you. This is good for everyone!

Enjoy your journey towards wellbeing and youth!

Spicy Asian Salmon Bowl



Recipe Description:

This salmon bowl packs a potent nutritional punch with a spicy wasabi vinaigrette that brings the dish together.

Key Ingredients:

- **Salmon**
- **Avocado**
- **Tomatoes**



Ingredients:

Salmon Bowl:

- 1 lb of wild salmon, cut in 4 pieces
- 1/4 tsp cayenne powder
- salt and pepper to taste
- olive oil spray
- 2 cups cooked brown rice
- 1 medium avocado, diced
- 1/2 cup green onions, thinly sliced
- 1 cup grape tomatoes, halved
- 3/4 cup shredded daikon radish
- 1 tbsp toasted sesame seeds

Wasabi Vinaigrette:

- 1/2 tsp wasabi paste
- 1 tbsp rice vinegar
- 1 tbsp light soy sauce
- 3 tbsp olive oil

Instructions:

Salmon Bowl:

1. Heat rice and keep warm.
2. Season salmon with cayenne powder, salt and pepper.
3. Heat nonstick frying pan to medium high.
4. Once hot, lightly coat with oil spray and sear salmon for 2 to 4 minutes per side (depending on the thickness of the fish).
5. Split rice into four bowls (1/2 cup per bowl)
6. Top each bowl with 1/4 of avocado, green onions, tomatoes and radish.
7. Place salmon on top of each bowl, drizzle with the vinaigrette.
8. Top with sesame seeds.

Wasabi Vinaigrette:

1. In a small bowl, whisk wasabi, vinegar and soy sauce.
2. Whisk in oil to combine dressing.

Easy Bake Breakfast



Recipe Description:

This casserole combines spinach and bell pepper with eggs to create a healthy but satisfying meal; a great dish to make in the evening and enjoy for a quick breakfast all week long.

Key Ingredients:

- **Eggs**
- **Spinach**
- **Red bell Pepper**



Ingredients:

- 1 small onion
- 1 red bell pepper
- 1 tbsp olive oil
- 1 and 1/2 cups of spinach
- 7 large eggs
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/2 cup shredded cheddar or jack cheese

Instructions:

1. Pre-heat oven to 350 degrees.
2. Dice onion and bell pepper.
3. Heat olive oil in large nonstick pan.
4. Once hot, add onion and bell pepper and cook on medium heat for 6 to 8 minutes, stirring frequently.
5. While the onion and bell pepper are cooking, chop spinach into small strips.
6. Once onion and bell pepper start to brown; add spinach and cook for 1 to 2 more minutes allowing the spinach to wilt.
7. In a large bowl, whisk eggs till smooth, stir in salt and pepper.
8. Transfer veggie mixture to round 8-inch pie dish and allow to cool for five minutes.
9. Pour egg mixture over vegetables and top with 1/2 cup of shredded cheese
10. Bake for 30 to 35 minutes until eggs set.

Mushroom and Tomato Zesty Zucchini “Noodles”



Ingredients:

- 1/2 tbsp olive oil
- 8 oz package of mushrooms, cut in half
- 3 garlic cloves, chopped
- 3/4 lb grape tomatoes, cut in half
- 1/4 of crushed red pepper flakes
- sea salt and black pepper, to taste
- 1 tbsp chopped fresh basil
- 1 large zucchini, spiralized with thicker blade

Equipment:

- Spiralizer

Recipe Description:

This simple but flavorful lunch uses mushrooms and tomatoes to create a great sauce to spread over spiralized zucchini, which acts as a healthy substitute to refined pasta.

Key Ingredients:

- **Tomatoes**
- **Zucchini**
- **Mushrooms**



Instructions:

Salmon Bowl:

1. Heat olive oil in a large nonstick pan to medium high.
2. Add mushrooms and cook for 8 minutes.
3. Add the garlic and cook until golden, 30 seconds, stirring continuously.
4. Add the tomatoes and crushed red pepper flakes, season with salt and pepper.
5. Reduce heat to low and simmer, covered, for 15 minutes until the tomatoes soften.
6. Increase heat to medium high, stir in the spiralized zucchini and basil, season with salt and cook 2 minutes.

Energizing Blue Breakfast Smoothie



Ingredients:

- 1 tbsp chia seeds
- 1/2 cup coconut water
- 1 banana, pre-sliced and frozen
- 1 cup frozen blueberries
- 1/4 cup of water

Equipment:

- Blender or food processor

Instructions:

1. Mix together chia seeds and coconut water in small bowl and set aside for at least an hour (seeds may be soaked overnight as well).
2. Put all ingredients, including chia seeds mixture, into a blender.
3. Blend until smooth

Recipe Description:

This smoothie blends blueberries, chia seeds, bananas and coconut water to wake you up with a powerful boost of vitamins.

Key Ingredients:

- **Chia Seed**
- **Coconut Water**
- **Blueberries**



Berry, Walnut and Spinach Salad



Recipe Description:

This flavorful and filling salad is a perfect treat to beat the heat on a hot summer day.

Key Ingredients:

- **Berries**
- **Walnuts**
- **Spinach**



Ingredients:

Salad:

- 3 cups of spinach or baby spinach
- 1 large red or green apple, cored and chopped
- 1/2 cup fresh strawberries, sliced
- 1/2 cup fresh blueberries
- 1/4 cup walnuts, chopped
- 1/4 cup goat cheese, blue cheese or feta cheese crumbles

Dressing:

- 2 tbsp cider vinegar
- 2 tbsp balsamic vinegar
- 2 tbsp raw honey
- 2 tsp Dijon mustard
- 1/8 tsp pepper

Instructions:

Salad:

1. In a large serving bowl, add spinach and layer with fruit.
2. Sprinkle walnuts and cheese on top.
3. Pour dressing over salad.

Dressing:

1. In a jar or canister with lid, combine dressing ingredients and shake well.
2. Pour over salad and toss to coat.

Pesto Chicken and Veggie Kebabs



Recipe Description:

This savory grilled meal brings together pesto chicken with grilled veggies.

Key Ingredients:

- **Chicken**
- **Tomatoes**
- **Zucchini**



Ingredients:

Pesto Sauce:

- 1 cup fresh basil leaves, washed and chopped
- 1 clove garlic
- 1/4 cup grated Parmesan cheese
- salt and pepper to taste
- 3 tbsp olive oil

Skewers:

- 1 lb skinless chicken breast, cut into 1-inch cubes
- 1 small onion, peeled and cut into four quarters
- 2 zucchinis, sliced
- 1/2 cup grape tomatoes
- Olive oil spray

Equipment:

- Food processor
- 8 to 10 wooden or metal skewers

Instructions:

Pesto Sauce:

1. In a food processor or blender, pulse basil, garlic, parmesan cheese, salt and pepper until smooth.
2. Slowly add the olive oil, while pulsing.

Skewers:

1. In a large bowl, mix raw chicken with pesto and marinate for at least 2 hours.
2. If using wooden skewers, soak in water at least 30 minutes (omit this step if using metal).
3. Layer chicken, onion, tomato and zucchini onto skewers.
4. Heat the outdoor grill to medium heat until hot.
5. Lightly spray the grill with oil.
6. Place the skewers on hot grill and cook about 4 minutes; flip over and continue cooking until chicken is cooked through, about 2 to 4 more minutes.

Protein Packed Avo-Egg Toast



Recipe Description:

This tasty brunch dish is quick enough to be made on a busy weekday morning. The combination of egg, avocado and tomato provides enough protein to give you an energizing start to your day.

Key Ingredients:

- **Tomato**
- **Egg**
- **Avocado**



Ingredients:

- 1 slice sprouted or gluten-free bread
- 1/4 of an avocado
- olive oil spray
- 1 large egg
- salt and black pepper to taste
- 1/2 tomato, sliced
- Hot sauce (optional)

Instructions:

1. Toast bread in toaster, set aside
2. In small bowl, mash the avocado and season with salt and pepper, set aside.
3. Heat a small nonstick skillet to medium.
4. Once hot, lightly coat with olive oil spray and crack the egg into the skillet.
5. Cook until the egg starts to firm up, for about 1 minute.
6. Reduce heat to low, flip egg over and cook up to 1 minute more.
7. Spread the mashed avocado over toast, layer tomato slices on top and finish with the egg on top.
8. Sprinkle with black pepper and salt or a few drops of hot sauce.

Blueberry and Banana Smoothie Delight



Ingredients:

- 1 banana, frozen and sliced
- 1/2 cup frozen blueberries
- 2 cups chilled unsweetened vanilla-flavored almond milk

Instructions:

1. Combine all ingredients in a blender
2. Blend for 30 to 40 seconds, stirring occasionally to ensure all ingredients are incorporated.

Recipe Description:

This mouthwatering smoothie is loaded with blueberries and almond milk. Try this smoothie about an hour before a workout for unlimited energy.

Key Ingredients:

- **Blueberries**
- **Almond Mil**
- **Banana**



Spicy Sweet Coconut Chicken Strips (Gluten Free)

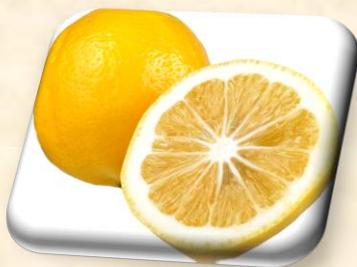


Recipe Description:

With a spicy kick from the sriracha sauce, the dish is rounded out with coconut milk and health-promoting raw honey to create a finger-licking entrée.

Key Ingredients:

- **Coconut Milk**
- **Lemon**
- **Chicken**



Ingredients:

Marinade:

- 1/4 cup light coconut milk
- 1/4 cup raw honey
- 2 tbsp sriracha style hot sauce
- 3 tbsp reduced-sodium soy sauce (for gluten-free dish use: gluten-free, reduced-sodium Tamari)
- 1 lemon, juiced
- 2 tbsp olive oil
- 3 cloves garlic, smashed

Chicken:

- salt and pepper
- 4 chicken breasts, cut into strips
- olive oil spray
- 1/4 cup green onions, thinly sliced

Instructions:

Marinade:

1. Add coconut milk, agave nectar, sriracha, soy sauce, lemon juice, olive oil and garlic to a medium bowl and whisk to combine, pour into large zipper-storage bag.

Chicken:

1. Season chicken with salt and pepper.
2. Add the chicken to the marinade in the zipper-storage bag.
3. Squeeze out excess air and marinate in the refrigerator for 1 to 10 hours.
4. Preheat grill over medium heat.
5. Spray grill with olive oil
6. Add chicken to grill and cook for 3 to 4 minutes per side.
7. Once cooked, remove and top with green onion

Roasted Salmon and Brussels Sprouts



Ingredients:

Brussels Sprouts:

- olive oil spray
- 3/4 lb Brussels sprouts, ends trimmed off
- 1 tbsp olive oil
- garlic salt and black pepper to taste

Salmon:

- 12 oz wild salmon fillet, cut into 2 (6 oz) portions
- 1 tsp coconut oil
- 1 garlic cloves, minced
- 1 tsp fresh dill, chopped
- 1/2 lemon, juiced
- salt and pepper to taste

Recipe Description:

Lemon, garlic and dill bring deep layers of flavor to the salmon. This one-pan dish pairs the fish with crispy roasted Brussels sprouts, making a healthy meal with minimal clean-up.

Key Ingredients:

- **Salmon**
- **Brussel Sprouts**
- **Olive Oil**



Instructions:

1. Preheat oven to 450 degrees.
2. Line baking sheet with foil and lightly coat with olive oil spray.
3. In large bowl, toss brussel sprouts with coconut oil, garlic salt and pepper until well coated.
4. Arrange Brussels sprouts in a single layer and bake in the oven for 15 minutes, stirring at least once.
5. While the Brussels sprouts are in the oven, mix olive oil, lemon juice, minced garlic, dill and salt and pepper.
6. Remove baking sheet from oven; stir the Brussels sprouts and make room for the salmon.
7. Add salmon to baking sheet, spoon olive oil/lemon juice mixture over salmon and bake for 10 to 12 minutes, until salmon is cooked through.

Spicy Broccoli-Cheese Breakfast Bake



Recipe Description:

Loaded with broccoli and eggs, this dish can be made the night before for healthy breakfasts all week long.

Key Ingredients:

- **Eggs**
- **Broccoli**
- **Olive Oil**



Ingredients:

- 4 cups broccoli florets
- 6 to 7 organic brown eggs, depending on size
- 1/2 cup shredded pepper jack cheese
- 1 tsp olive oil
- salt and fresh pepper
- 2 tbsp pickled jalapeno, diced
- olive oil cooking spray

Equipment:

- Vegetable Steamer

Instructions:

1. Preheat oven to 350 degrees.
2. Using vegetable steamer, steam broccoli on stovetop until fork tender, 6 to 8 minutes.
3. When broccoli is cooked, crumble into smaller pieces and mix with olive oil, salt and pepper.
4. In large bowl, whisk eggs with salt and pepper.
5. Add broccoli and jalapenos to egg mixture, stir until combined.
6. Pour into 8-inch pie dish and top with cheese.
7. Bake for 30 to 35 minutes until eggs firmly set.

Avocado Chicken Salad Sandwiches



Ingredients:

- 1 ripe avocado, peeled and pitted
- 2 tbsp sour cream
- 1/2 fresh lime, juiced
- 2 tbsp green onion, thinly sliced
- 2 tbsp onion, minced
- 1/2 tsp garlic powder
- 2 cups shredded cooked chicken breast or rotisserie chicken
- salt and pepper to taste
- 4 whole-wheat English muffins, toasted
- 1/2 cup of red leaf lettuce, sliced
- 1 tomato, thinly sliced

Recipe Description:

Using pre-cooked chicken will help save time for when making these creamy and savory open faced sandwiches.

Key Ingredients:

- **Chicken**
- **Avocado**
- **Tomatoes**



Instructions:

1. In a medium bowl, mash avocado with salt and pepper.
2. Add sour cream and lime juice, stir to combine.
3. Gently fold in green onion, onion, garlic powder and chicken.
4. To assemble: Layer lettuce and tomato on English muffin and top with 1/2 scoop of chicken salad mixture.

Energizing Green Smoothie



Ingredients:

- 2 stalks of chard or 1 cup of spinach, chopped
- 1/2 avocado
- 2 frozen bananas, sliced
- 1 tbsp chia seeds
- 1 tbsp spirulina
- 2 cups almond milk
- 1/4 cup of water

Equipment:

- Blender

Recipe Description:

This smoothie rises above the typical berry smoothie by showcasing rich avocado blended with banana, chia seeds, chard and spirulina; it tastes great and offers loads of vitamins.

Instructions:

1. Mix all ingredients in a blender.
2. Blend until smooth, 30 to 45 seconds.

Key Ingredients:

- **Spirulina**
- **Chia Seeds**
- **Banana**



Healthy Hemp Mini Muffins



Ingredients:

- olive oil spray
- 3/4 cup almond meal
- 2 tbsp coconut flour
- 2 tbsp hemp seeds
- 2 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 egg
- 1 tbsp coconut oil, melted
- 2 tbsp light coconut milk
- 1 tsp vanilla extract
- 1 ripe banana, mashed
- 1/4 cup chopped walnuts

Recipe Description:

The banana in these addicting muffins adds a sweet kick to balance out all the hearty seeds.

Key Ingredients:

- **Coconut oil**
- **Hemp Seeds**
- **Walnuts**



Instructions:

1. Preheat oven to 350 degrees.
2. Coat mini-muffin pan with olive oil spray.
3. In large bowl, mix almond meal, coconut flour, hemp seeds, cinnamon, baking soda and salt until combined, set aside.
4. In small bowl, whisk egg, coconut oil, light coconut milk and vanilla until combined.
5. Add mashed banana to the mixture and stir until combined.
6. Pour the small bowl of liquid into the large bowl of dry ingredients and stir until combined.
7. Gently fold in the chopped walnuts.
8. Spoon mixture into mini-muffin pan and cook for 15 minutes until the muffins start to turn golden brown on top.
9. Remove and place on cooling rack for at least 15 minutes.

Red-Pepper, Pumpkin-Seed Hummus



Ingredients:

- 15 oz can of organic garbanzo beans
- 8 oz jar of roasted red bell peppers
- 1/4 cup raw pumpkin seeds
- 1/4 cup olive oil
- 4 tbsp tahini
- 1 lemon (fresh juice)
- salt and pepper to taste

Equipment:

- **Blender or Food Processor**

Recipe Description:

Featuring the sweet taste of red bell pepper, this hummus also delivers a powerful nutritional boost.

Instructions:

1. Place all ingredients in a food processor or blender and pulse for about one minute.
2. Stir and scrape off sides few times during blending to ensure all ingredients are combined.
3. Serve with sliced cucumber, carrots and celery.

Key Ingredients:

- **Pumpkin Seeds**
- **Bell Pepper**
- **Lemon**



Chicken and Sweet Potato Kebabs



Recipe Description:

The raw honey and spice rub bring out numerous layers of flavor in this super healthy dinner entrée

Key Ingredients:

- **Sweet Potato**
- **Chicken**
- **Onion**



Ingredients:

Chicken:

- 1 medium sweet potato, peeled and cut into 1-inch pieces
- 1 lb boneless chicken breast, cut into 2-inch pieces
- 1 medium sweet onion, peeled and quartered
- 2 tsp garlic powder
- 2 tsp chili powder
- 1/2 tsp salt
- 1 tsp pepper
- 1 tsp paprika
- 1/4 tsp crushed red pepper
- olive oil spray

Sauce:

- 3 tbsp raw honey
- 1 tsp apple cider vinegar

Equipment:

- 8 to 10 skewers (wood or metal)

Instructions:

1. If using wood skewers, soak in water for 30 minutes
2. Place sweet potato chunks into a small saucepan and add just enough water to cover.
3. Bring to a boil over medium heat; cook for 5 minutes, partially covered, until potatoes are partially cooked yet still firm.
4. Remove from the heat and drain, set aside.
5. In a large bowl, mix garlic powder, chili powder, salt, pepper, paprika and crushed red pepper.
6. Add chicken to spice mixture and stir until coated.
7. In a separate small bowl, mix raw honey and apple cider vinegar until combined, set aside.
8. Layer chicken, sweet potato and onion onto the skewers.
9. Heat grill to medium high, once hot, coat with olive oil spray.
10. Grill the skewers for 3 to 4 minutes, turning occasionally.
11. Cook for an additional 4 to 5, while brushing sauce onto skewers as they cook.

Mini Sweet Potato Pancakes



Recipe Description:

These tasty little fritters make a great savory lunch paired with a side salad or an exciting healthy appetizer.

Key Ingredients:

- **Sweet potato**
- **Coconut oil**
- **Eggs**



Ingredients:

- 2 cups shredded sweet potato
- 1/2 cup shredded carrots
- 1/3 cup quinoa flour
- 1/4 cup green onions, chopped
- 1 large egg, lightly beaten
- salt and pepper to taste
- 2 tbsp coconut oil

Instructions:

1. In a large bowl, stir to combine sweet potato, carrots, quinoa flour, green onion, egg, salt and pepper.
2. Heat large nonstick skillet to medium high, add coconut oil.
3. While is oil is heating, make small 2-inch patties of the sweet potato mixture using your hands.
4. Add patties to skillet and cook for 2 to 3 minutes, then flip and cook for another 2 to 3 minutes.
5. Repeat until all patties are fully cooked.

Spinach, Egg and Cheese Bake



Ingredients:

- 3 cups spinach
- 2 eggs
- 1/2 cup tomato, diced
- salt and pepper to taste
- 2 tbsp fresh ricotta cheese
- olive oil spray

Instructions:

1. Preheat the oven to 400 degrees.
2. Heat large nonstick skillet to medium high.
3. Once hot, coat with olive oil spray and add spinach.
4. Cook for 2 to 3 minutes until wilted.
5. Remove from heat, set aside.
6. Place spinach in small oven-safe casserole dish or ramekins.
7. Top with diced tomato.
8. Crack eggs on top of spinach and sprinkle with ricotta cheese.
9. Season lightly with salt and pepper.
10. Bake for 16 to 18 minutes until eggs whites firmly set.

Recipe Description:

Filled with egg, cheese and spinach, this perfect weekend brunch dish that will make you think you've gone out to eat.

Key Ingredients:

- **Spinach**
- **Eggs**
- **Tomato**



Breakfast Hash



Ingredients:

- 2 sweet potato, peeled and chopped into 1-inch cubes
- 1 large onion, diced
- 1 red bell pepper, diced
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tbsp red pepper flakes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/8 tsp ground cayenne pepper
- 1 cup spinach, chopped

Recipe Description:

Perfect for lazy weekend mornings, this brunch dish highlights sweet potato, spinach and garlic.

Key Ingredients:

- **Sweet Potato**
- **Spinach**
- **Garlic**

Instructions:

1. Heat large nonstick skillet to medium, add olive oil.
2. Once hot, add sweet potatoes, onions, garlic, bell pepper, salt, black pepper, cayenne pepper and red pepper flakes.
3. Cook for on medium for 20 minutes.
4. Remove from heat, add spinach and toss for 1 minute until spinach wilts, transfer to dish.
5. In medium nonstick skillet, heat 1 tbsp of olive oil
6. Crack eggs into pan and cook 2 minutes, flip and cook one more minute or until desired consistency.
7. Top hash with eggs.



Mushroom and Tomato Spaghetti Squash



Ingredients:

- olive oil spray
- 1 medium spaghetti squash
- 1 tbsp olive oil, plus additional for coating squash
- 1 tsp salt
- 8 oz baby bella mushrooms, sliced
- 3/4 cup grape tomatoes, halved
- 2 cloves garlic, minced
- 1 tbsp minced fresh thyme or 1 tsp dried thyme
- 1/4 tsp black pepper
- 1/4 tsp crushed red pepper
- 3 cups fresh spinach, roughly chopped
- 1/2 cup Parmesan cheese

Recipe Description:

This zesty dish uses spaghetti squash, instead of pasta, making it a light yet filling Italian dinner.

Key Ingredients:

- **Tomato**
- **Spinach**
- **Spaghetti squash**



Instructions:

1. Preheat your oven to 375 degrees.
2. Line a large baking sheet with foil and coat with olive oil spray, set aside.
3. Cut the spaghetti squash in half horizontally, remove seeds.
4. Lightly rub the insides and outsides of the squash with olive oil, season with salt and pepper
5. Lay the squash on the pan, cut sides down.
6. Bake until fork tender, about 30 minutes.
7. Let rest for 15 minutes, once cool enough, shred squash using a fork, set aside.
8. Heat large nonstick skillet to medium high, add olive oil.
9. Once hot, add mushrooms and brown for about 8 minutes.
10. Reduce heat to medium, add the tomatoes, garlic, thyme and crushed red pepper, cook for 4 minutes.
11. Add the chopped spinach and cook until wilted, about 2 minutes.
12. Transfer to a large mixing bowl, mix in shredded spaghetti squash.
13. Stir in the Parmesan cheese.

Zesty Shrimp Veggie Bowls



Ingredients:

- 16 large peeled and deveined shrimp
- 2 tsp olive oil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1 tsp brown sugar
- 1/4 tsp cayenne pepper
- salt and pepper to taste
- olive oil spray
- 1 onion, peeled and quartered
- 1 red bell pepper, seeded and cut into 1-inch pcs
- 1 corn cobs, husks removed
- 1 avocado, diced

Recipe Description:

Grilled vegetables and shrimp combine many flavors to create a summertime classic.

Equipment:

- 6 wood or metal skewers

Key Ingredients:

- **Avocado**
- **Shrimp**
- **Bell Pepper**



Instructions:

1. Soak wood skewers for 30 minutes, skip step if using metal.
2. In a medium bowl, mix shrimp with olive oil until coated.
3. Add onion powder, garlic powder, smoked paprika, brown sugar, cayenne, salt and pepper, mix well.
4. Lightly coat bell pepper, onion and corn with olive oil spray and season with salt and pepper.
5. Thread shrimp, bell pepper and onion onto skewers, set aside.
6. Heat outdoor grill to medium high, coat with olive oil spray.
7. Add skewers and corn cobs to the grill and cook for 8 minutes, rotating every 2 minutes.
8. Remove skewers and corn cobs.
9. Carefully cut off corn kernels using a knife.
10. To serve: In large bowls layer corn, bell pepper, onion and avocado, top with shrimp.

Zucchini and Eggplant Mini Pizzas



Ingredients:

- 1 tsp olive oil
- 1 tomato, diced
- 1 garlic clove, minced
- 1 tbsp onion, minced
- 1/2 tsp oregano
- salt and pepper to taste
- 1 zucchini, cut into 1/4-inch slices
- 1 small eggplant, cut into 1/4-inch slices
- olive oil spray
- 1/2 cup shredded part-skim mozzarella
- salt and pepper

Recipe Description:

Ditch the pizza dough and embrace more vegetables. These tasty little pizzas make a great lunch paired with a simple side salad.

Key Ingredients:

- **Eggplant**
- **Tomato**
- **Zucchini**



Instructions:

1. Preheat oven to broil setting.
2. In large nonstick skillet, heat olive oil.
3. Add tomatoes, onion, salt and pepper, cook for 5 minutes, stirring frequently.
4. Add garlic and oregano, cook for 2 more minutes.
5. Remove tomato mixture from heat, set aside.
6. Coat zucchini and eggplant slices with olive oil spray on both sides.
7. Line large baking sheet with foil, in single layer arrange zucchini and eggplant.
8. Broil for 2 minutes, flip over vegetables and cook for an additional 2 minutes.
9. Top with tomato mixture and a pinch of cheese and broil for an additional 1 to 2 minutes, until cheese melts.

Garlic Lemon Chicken Bake



Ingredients:

- olive oil spray
- 2 boneless skinless chicken breasts
- 2 tbsp olive oil
- 1/3 cup low-sodium chicken broth
- 1 lemon, juiced
- 1 tbsp raw honey
- 2 garlic cloves, minced
- salt and pepper to taste
- 1/4 tsp dried thyme
- 1/4 tsp garlic powder
- 1/4 tsp oregano
- 1/2 cup grape tomatoes, halved

Recipe Description:

Lemon and garlic with a touch of raw honey moisten the chicken for a perfectly quick weeknight dinner.

Key Ingredients:

- **Chicken**
- **Tomato**
- **Raw honey**



Instructions:

1. Preheat oven to 400 degrees.
2. Line large baking sheet or casserole dish with foil, coat with olive oil spray.
3. Heat large skillet to medium high, add olive oil.
4. Add chicken and cook for 2 to 4 minutes per side until lightly browned, not fully cooked.
5. Transfer chicken to baking sheet/casserole dish.
6. In a small bowl, whisk together chicken broth, lemon juice, honey, garlic, thyme, garlic powder, oregano, and salt and pepper.
7. Pour sauce mixture over chicken.
8. Top with grape tomatoes.
9. Bake for 25 to 30 minutes chicken is cooked through.
10. Be sure to baste chicken by spooning sauce from bottom of the pan over chicken at least 3 times during cooking.

Grilled Salmon with Avocado/Tomato Salsa



Recipe Description:

Grilling fish gives it a crispy texture, while the salsa provides plenty of moisture to the dish; this quick and easy meal is perfect for a busy weeknight.

Key Ingredients:

- **Salmon**
- **Red Onion**
- **Avocado**



Ingredients:

Salsa:

- 1 poblano pepper, seeded and chopped
- 1 tomato, seeded and finely chopped
- 1 ripe avocado, cubed
- 1/3 cup chopped red onion
- salt and pepper to taste

Salmon:

- 2 tbsp olive oil
- 2 tsp ground cumin
- 2 tsp chili powder
- salt and pepper to taste
- 2 salmon fillets

Instructions:

Salsa:

1. In a medium bowl, combine salsa all ingredients, set aside.

Salmon:

1. Heat grill to medium high.
2. In small dish, combine olive oil, cumin, chili powder, salt and pepper.
3. Brush onto salmon fillets.
4. Grill about 4 minutes on each side, until cooked through.
5. To serve: top with salsa.

Berry Smoothie Bowl



Ingredients:

- 3/4 cup almond/coconut milk
- 1/3 cup frozen blueberries
- 1/2 banana, frozen
- 1/3 cup frozen raspberries
- 2 tbsp sliced raw almonds
- 1 tbsp chia seeds
- 2 tsp raw pumpkin seeds

Equipment:

- Blender or food processor

Recipe Description:

This is a healthy breakfast featuring a potent blend of chia and pumpkin seeds. If you like an energy boost first thing in the morning, this is the dish for you.

Instructions:

1. Place almond milk, blueberries, banana and strawberries blender.
2. Blend until smooth, about 1 minute.
3. Pour mixture in deep bowl. Top with almonds and chia seeds.

Key Ingredients:

- **Almonds**
- **Chia Seeds**
- **Raspberries**



Zucchini Cheese Pies



Recipe Description:

These cheesy zucchini pies, which can be made in advance, make a healthy and satisfying hot lunch entrée.

Key Ingredients:

- **Zucchini**
- **Eggs**
- **Onion**



Ingredients:

- olive oil spray
- 1 medium zucchini
- 1 large egg
- 1/4 medium onion, minced
- 1/4 cup fresh mozzarella cheese
- 1/3 cup gluten-free breadcrumbs
- 1/2 tsp cayenne pepper
- 1/2 tsp oregano
- salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Coat mini muffin pan with olive oil spray.
3. Grate the zucchini until you have 1 packed cup.
4. Wring excess water from zucchini with a towel or paper towel.
5. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
6. Spoon mixture into the mini muffin pan.
7. Cook for 17 to 19 minutes, until golden brown.

Creamy Cauliflower Leek Soup



Recipe Description:

This is a great light soup that can be enjoyed year round; it uses cauliflower, instead of potato, to develop a rich but smooth consistency.

Key Ingredients:

- **Cauliflower**
- **Chicken Broth**
- **Leeks**



Ingredients:

Equipment:

- **Emersion blender**

Ingredients:

- 2 tsp organic butter
- 2 tsp olive oil
- 1 tbsp flour
- 4 cups low-sodium chicken or vegetable broth
- 1 bunch leeks dark green stems removed
- 1 medium head cauliflower, chopped into 1-inch pieces or smaller
- salt and pepper to taste
- 1/4 cup green onion, sliced

Instructions:

1. Slice leeks horizontally, exposing layers of rings, carefully wash all dirt out.
2. Coarsely chop leeks.
3. In a medium stockpot, melt butter and oil on low.
4. Add flour; cook 1 to 2 minutes stirring constantly.
5. Add broth, leeks, and cauliflower.
6. Increase heat to medium, bring to boil, then reduce heat to a simmer and cover.
7. Cook for 20 to 25 minutes, until cauliflower is fork tender.
8. Add salt and pepper to taste.
9. Blend with immersion blender smooth.
10. Top with green onion.

Easy Sautéed Salmon Salad



Recipe Description:

This easy salad boasts healthy salmon, spinach and tomato; it can be whipped together in only 20 minutes.

Key Ingredients:

- **Salmon**
- **Cayenne Pepper**
- **Spinach**



Ingredients:

Salmon:

- 1 tbsp olive oil
- 2 salmon fillets (6 oz)
- 1/4 tsp cayenne pepper
- Salt and pepper to taste

Salad:

- 4 cups chopped spinach or baby spinach
- 1 tomato, diced
- 1/4 cup green onion, thinly sliced
- 1/2 ripe avocado, sliced

Dressing:

- 2 tsp fresh lemon juice
- 1/2 tsp Dijon mustard
- 2 tsp white wine vinegar
- 1 garlic clove, finely minced
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste

Instructions:

Salmon:

1. Heat large nonstick skillet to high heat, add olive oil.
2. Season salmon with salt, pepper and cayenne pepper.
3. Add salmon to pan, cook for 3 to 4 minutes, allowing the fish to sear.
4. Flip fish and cook for 3 to 4 more minutes.
5. Remove from heat, set aside.

Salad:

1. Layer all ingredl. in bowl.
2. Place salmon over top.

Dressing:

1. In a small bowl, whisk lemon juice, Dijon mustard, vinegar, and garlic until combined.
2. Gradually whisk in oil.
3. Season with salt and pepper to taste.

Mini Asian Chicken Meatballs



Recipe Description:

Tasty Kung Pao-inspired meatballs create an easy lunch or dinner that can be prepared in advance and reheated.

Key Ingredients:

- **Chicken**
- **Eggs**
- **Carrots**



Ingredients:

Meatballs:

- 1 lb ground chicken
- 1/3 cup onion, finely diced
- 1/3 cup carrot, finely diced
- 1 egg
- 1/4 cup gluten-free bread crumbs
- 1 tbsp sriracha
- 2 cloves garlic, minced
- salt and pepper to taste

Sauce:

- 4 tbsp low-sodium soy sauce
- 2 tbsp sriracha
- 2 tbsp chili paste
- 2 tbsp honey

Instructions:

Meatballs:

1. Preheat oven to 400 degrees
2. Line baking sheet with foil, coat with olive oil spray, set aside.
3. In large mixing bowl, combine ground chicken, onion, carrot, egg, bread crumbs, sriracha, garlic, salt and pepper using hands to ensure all ingredients are mixed together.
4. Roll into small balls 1 to 1-1/2 inch balls and place on baking sheet.
5. Bake for 18 to 22 minutes, until meatballs turn golden brown.

Sauce:

1. Whisk all ingredients together.
2. Pour over meatballs.

Healthy Breakfast Banana Splits



Ingredients:

- 1 banana
- 1/2 cup plain greek yogurt
- 1/4 cup strawberries, diced
- 1/4 cup blueberries
- 1 tbsp unsweetened dried coconut
- 1 tsp dark chocolate, coarsely chopped

Instructions:

1. Split banana in half and lay flat in shallow serving bowl.
2. Spoon yogurt onto the banana
3. Top with berries, coconut and chocolate.

Recipe Description:

A fun play on dessert, this easy breakfast is loaded with healthy fruits and coconut.

Key Ingredients:

- **Blueberries**
- **Dark Chocolate**
- **Dried Coconut**



Guilt-Free Blueberry Pancakes



Ingredients:

- 1/2 cup gluten-free old-fashioned oats
- 1/2 tsp baking powder
- 1/4 cup unsweetened applesauce
- 2 tsp unsweetened almond milk
- 1 ripe banana
- 2 eggs
- 1/2 tsp vanilla
- olive oil spray
- 1/3 cup fresh blueberries, plus more for serving

Instructions:

1. Place all ingredients, except fresh blueberries, into a blender; blend until smooth.
2. Gently fold blueberries into batter.
3. Heat large nonstick skillet to medium low and coat pan with olive oil spray.
4. Using a measuring cup, spoon 1/4 cup ladles of batter into the skillet.
5. Cook until bubbles appear on top, then flip and cook until golden brown on underside. Wipe skillet clean and repeat.

Recipe Description:

Cute little pancakes, which incorporate rolled oats instead of white flour, shine as a hearty breakfast for all ages.

Key Ingredients:

- **Banana**
- **Oats**
- **Blueberries**



Grilled Chicken and Garlic Green Beans



Ingredients:

- 1 lb boneless chicken breast, cut into tender strips
- 1/2 lb green beans
- 2 tsp cayenne pepper
- 1/2 tsp garlic powder
- 2 garlic cloves, minced
- 1 tbsp coconut oil

Instructions:

1. Heat grill to medium high.
2. In large bowl, coat chicken with cayenne, garlic powder, salt and pepper.
3. Add chicken to grill,
4. Wash and trim ends off the green beans, set aside.
5. Heat large nonstick skillet to medium, add coconut oil.
6. Add garlic and green beans, stirring often.
7. Cook for 8 to 10 minutes.

Recipe Description:

This simple pairing of chicken and green beans delivers a satisfying and healthy dinner.

Key Ingredients:

- **Free-Range Chicken**
- **Coconut Oil**
- **Green Beans**



Chocolate and Oat Muffins



Ingredients:

- olive oil spray
- 2 cups rolled oats
- 2 ripe bananas
- 2 large eggs
- 1 cup plain Greek yogurt
- 2 tbsp agave nectar
- 1-1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/3 tsp pure vanilla extract
- 1/8 tsp salt
- 1/3 cup dark chocolate, chopped

Recipe Description:

By using oats as the base, these chocolate and banana muffins will taste great without any of the guilt.

Key Ingredients:

- **Dark Chocolate**
- **Greek Yogurt**
- **Bananas**



Instructions:

1. Preheat the oven to 400 degrees.
2. Lightly coat a standard muffin with olive oil spray, set aside.
3. Place the all ingredients, except dark chocolate, in a blender.
4. Blend for about 3 minutes, with frequent stops to stir in ingredients, as needed.
5. Gently stir in the dark chocolate.
6. Fill muffin tins with about 3/4 cup of batter.
7. Bake for 15 to 17 minutes.
8. Test muffins at 15 minutes by inserting toothpick, muffins will be done when toothpick comes out clean.
9. Place muffins on cooling rack for 15 minutes.

Shaved Veggie Salad



Recipe Description:

This salad features shaved cucumber, thinly sliced radish and blanched snap peas finished with creamy goat cheese to create an easy lunch.

Key Ingredients:

- **Tomato**
- **Spinach**
- **Peas**



Ingredients:

Salad:

- 2 cucumbers
- 4 small radishes, thinly sliced
- 1/4 cup green onions, thinly sliced
- 1 cup snap peas
- 1 tomato, diced
- 2 cups spinach
- 6 oz goat cheese
- 1/4 cup walnuts

Dressing:

- 1/2 lemon, juiced
- 1/2 tsp Dijon mustard
- 2 tsp white wine vinegar
- 1 garlic clove, finely minced
- 1/4 cup extra-virgin olive oil
- salt and pepper to taste

Instructions:

Salad:

1. Using a vegetable peeler, remove skin from cucumbers and discard.
2. Continue shaving the flesh of the cucumbers until you reach the seeds, discard seeds.
3. In medium pot, fill halfway with water and bring to a boil.
4. Add snap peas for 2 to 2-1/2 minutes, remove and rinse with cold water, set aside.
5. In a large bowl, combine cucumbers, radishes, green onion, snap peas and spinach.
6. Top with goat cheese, walnuts and dressing

Dressing:

1. In a small bowl, whisk lemon juice, Dijon mustard, vinegar, and garlic until combined.
2. Gradually whisk in oil.
3. Season with salt and pepper to taste.

Sweet Potato and Blueberry Sauce Waffles

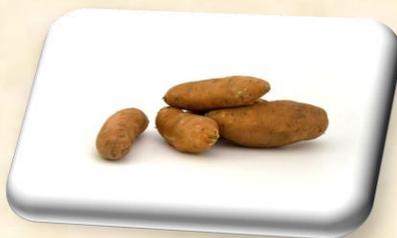


Recipe Description:

Sweet potato and blueberries unite to create these healthy and tasty waffles.

Key Ingredients:

- **Flax Meal**
- **Sweet Potato**
- **Blueberries**



Ingredients:

- 1 tbsp flax meal
- 2-1/2 tbsp water
- olive oil spray
- 1-1/2 cups old-fashioned oats
- 3/4 cup sweet potato, pre-cooked and mashed
- 1/2 cup almond milk, 2 tbsp coconut flour
- 2 tbsp raw honey
- 1 tbsp baking powder, 2 tsp vanilla extract
- 1/3 tsp cinnamon, 1/3 tsp salt

Sauce:

- 1 cup fresh blueberries
- 1 tsp coconut flour
- 1 tsp vanilla extract
- 1/3 cup water

Equipment: Waffle Iron

Instructions:

1. In a small bowl, mix flax meal and water, let sit for 10 to 15 minutes.
2. Preheat waffle iron.
3. In a blender, add flax mixture, oats, sweet potato, almond milk, coconut flour, honey, baking powder, vanilla, cinnamon, and salt.
4. Blend until smooth about 1 to 2 minutes.
5. Lightly coat waffle iron with olive oil spray.
6. Pour batter into the waffle iron and cook for 8 to 10 minutes, until crisp.
7. Repeat with remaining batter.

Sauce:

1. In small sauce pan, mix blueberries, coconut flour, vanilla, and water, stir to combine.
2. Over medium heat, bring to a boil, reduce heat to simmer.
3. Cook for 5 to 7 minutes, stirring continually, until sauce thickens.
4. As it cooks, use a spoon to break up blueberries into sauce.
5. Top waffles with sauce.

Breakfast Parfaits To-Go



Ingredients:

- 12 oz unsweetened Greek yogurt
- 2/3 cup gluten-free, old-fashioned oats (uncooked)
- 1/4 cup almond milk
- 2 tsp chia seeds
- 1 tsp vanilla
- 2 ripe nectarines, chopped
- 1 cup strawberries, sliced
- 1/4 cup sliced almonds

Equipment:

- Mason Jars with lids

Recipe Description:

These cute layered parfaits make a great breakfast that can be made the night before for an easy breakfast on the go.

Key Ingredients:

- **Berries**
- **Nectarines**
- **Chia Seeds**

Instructions:

1. In large bowl, stir together yogurt, oats, almond milk, chia seeds, and vanilla, let sit 15 minutes.
2. Fill bottom of mason jars with 1/4 cup of mixture.
3. Layer with 1/4 of nectarines and 1/4 cup strawberries and 1 tbsp sliced almonds.
4. Repeat layers and securely screw lid to close.
5. Refrigerate for up to 3 days.



Baked Stuffed Bell Peppers



Recipe Description:

A chicken and goat cheese filling makes these stuffed bell peppers filling yet light; an easy brunch or dinner entrée that will taste great with a simple salad.

Key Ingredients:

- **Chicken**
- **Sweet Peppers**
- **Onion**



Ingredients:

- olive oil spray
- 6 oz cooked chicken breast or rotisserie
- ½ onion, diced
- 12 mini sweet peppers, sliced in half lengthwise and seeded
- 8 oz goat cheese
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- salt and pepper, to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Line a baking sheet with foil and lightly coat with olive oil spray.
3. Place pepper halves open side up on baking sheet.
4. In a medium bowl, combine cooked chicken, onion, goat cheese, garlic powder, onion powder, salt and pepper until smooth.
5. Spoon mixture into bell pepper halves.
6. Cook for 12 to 15 minutes, until golden brown.

Savory Fruit and Chicken Salad



Recipe Description:

This is an easy lunch dish that can be prepared the night before. Featuring a mix of sweet fruit and savory chicken, this dish is sure to please.

Key Ingredients:

- **Chicken**
- **Spinach**
- **Green Apple**



Ingredients:

Salad:

- 1 tsp olive oil
- 2/3 lb boneless skinless chicken breasts
- 1 cup red grapes, halved
- 1 green apple, sliced
- 2 clementines, peeled and separated
- 1/3 cup sliced almonds
- 3 cups spinach or baby spinach
- 4 oz. goat cheese

Dressing:

- 1/2 lemon, juiced
- 1 tbsp raw honey
- 1/2 tsp rosemary, finely chopped
- 1/4 cup extra-virgin olive oil
- salt and pepper

Instructions:

Salad:

1. Season the chicken breasts with salt and pepper on both sides, place in a large plastic zipper bag.
2. Tightly close bag and pound chicken using a meat tenderizer until 1/2-inch thick.
3. Heat nonstick skillet to medium high, add olive oil.
4. Add chicken and cook for 3 to 4 minutes on each side, until no longer pink in the center.
5. In large serving bowl, layer spinach, grapes, apples, clementines, almonds and goat cheese.
6. Top with chicken and dressing.

Dressing:

1. In small bowl, whisk together lemon juice, raw honey and rosemary.
2. Add oil slowly while whisking.

Greek-Inspired Shrimp Pasta



Recipe Description:

This pasta dish features shrimp, tomatoes, spinach and lemon to create a light but satisfying dinner.

Key Ingredients:

- **Spinach**
- **Tomatoes**
- **Shrimp**



Ingredients:

- 8 oz gluten-free or regular angel hair pasta
- 2 tsp olive oil
- 1/2 onion, diced
- salt and pepper, to taste
- 1-1/2 lb raw large shrimp, peeled and de-veined
- 3 garlic cloves, minced
- 1-1/2 cups gluten-free chicken broth, divided
- 2 tsp cornstarch
- 2 tbsp fresh lemon juice
- 1/2 tsp dried thyme
- 4 cups spinach, chopped
- 2 cups grape tomatoes, halved
- 1/2 cup feta cheese crumbles

Instructions:

1. Bring a large pot of water to a boil.
2. Once water is boiling, add pasta and cook to package instructions.
3. Meanwhile, heat large skillet to medium high, add oil.
4. Add onion and cook for 3 minutes.
5. Season with shrimp with salt and pepper and add skillet.
6. Cook shrimp for 4 to 5 minutes until cooked through, stirring and flipping occasionally.
7. Add garlic and stir continuously for 30 more seconds.
8. Remove shrimp, garlic and onion from pan, set aside.
9. In a small bowl, whisk together chicken broth and cornstarch.
10. In the same skillet, add chicken broth/cornstarch mixture, lemon juice and thyme then bring to a boil and cook for 2 minutes, until slightly thickened.
11. Add spinach, grape tomatoes and shrimp garlic, and onions back to the pan.
12. Cook for 2 minutes until spinach is wilts.
13. In large mixing bowl, mix the contents of the skillet with pasta and top with feta cheese.

Healthy Turkey Meatballs

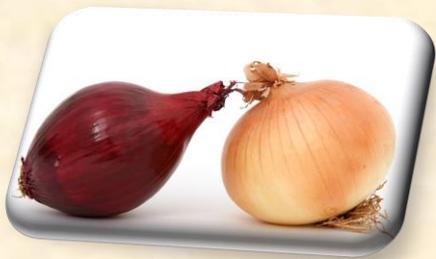


Recipe Description:

This dish uses turkey instead of ground beef to make it light yet tasty; serve over pasta and sauce or use it in a sandwich or wrap.

Key Ingredients:

- **Onion**
- **Turkey**
- **Eggs**



Ingredients:

- 1 egg, beaten
- 2 tbsp tomato paste
- 1/2 onion, peeled and finely diced
- 3 garlic cloves, finely minced
- 1/4 cup parsley, finely chopped
- 1 tsp dried oregano
- salt and pepper to taste
- 1/4 cup gluten-free breadcrumbs
- 2 tsp olive oil
- 1 lb ground turkey

Instructions:

1. Preheat the oven to 400 degrees.
2. In a large bowl, combine egg, tomato paste, onion, garlic, parsley, oregano, salt, pepper, and breadcrumbs.
3. Using hands mix well.
4. Heat a large nonstick skillet to high, add 2 tsp of olive oil.
5. Roll out meatballs to 1-1/2 inch balls.
6. Add to hot oil and cook for 1 minute, until brown,
7. Flip meatballs over using a spoon and brown on other side for 1 minute.
8. Repeat with remaining meat.
9. Line baking sheet with foil and coat with olive oil spray.
10. Transfer meatballs to baking sheet and bake for 16 to 20 minutes, until cooked through. Meatballs will be firm to the touch when ready.

Steak Cobb Salad



Recipe Description:

Steak takes center stage on this filling salad loaded with healthy ingredients.

Key Ingredients:

- **Avocado**
- **Green Leaf Lettuce**
- **Tomato**



Ingredients:

Salad:

- 2 small strip steaks, 8 to 10 ounces
- salt and pepper
- 2 tsp olive oil
- 1 head green lettuce, cut into strips
- 1 head romaine, cut into strips
- 1 bunch green onion, thinly sliced
- 1 cup grape tomatoes, halved
- 2 hard boiled eggs, sliced
- 1 ripe avocados, peeled and sliced
- 1/2 cup blue cheese crumbles

Dressing:

- 1 tbsp sweet onion, peeled and grated
- 1 garlic clove, minced
- 2 tsp Dijon mustard
- 1/2 tsp Worcestershire sauce
- 1/2 tsp warm water
- 1 tbsp red wine vinegar
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Instructions:

1. Bring steaks to room temp and season with salt and pepper.
2. Heat outdoor grill to medium high, drizzle olive oil over steaks.
3. Cook steaks for 4 minutes on each side for medium rare, up to 7 minutes on each side for well done.
4. Remove from heat, set aside to let the meat rest.
5. Slice steak against the grain.
6. In 2 serving bowls, layer both lettuces.
7. Top each plate with 1/2 of green onion, tomatoes, eggs, avocado and blue cheese.
8. Drizzle with dressing.

Dressing:

1. In small bowl, whisk together sweet onion, garlic, mustard, Worcestershire, vinegar and warm water.
2. Slowly add and whisk in olive oil, season with salt and pepper.

Simple Chicken, Sweet Potato & Broccoli Saute



Recipe Description:

This simple dish combines chicken with hearty sweet potatoes and nutrient-dense broccoli.

Key Ingredients:

- **Chicken**
- **Sweet Potato**
- **Broccoli**



Ingredients:

- 1 tbsp olive oil
- 1 lb boneless chicken breasts
- 3 garlic cloves, minced
- salt and pepper to taste
- 1 medium sweet potato, peeled and diced
- 1/2 cup low-sodium chicken broth
- 1 cup broccoli florets
- 1/2 tsp red chili flakes

Instructions:

1. Cut chicken into 1-inch pieces, season with salt and pepper.
2. Heat large nonstick skillet to medium
3. Heat olive oil, add garlic and chicken.
4. Cook for about 8 to 10 minutes, stirring occasionally, until chicken is cooked through.
5. Remove chicken, using the same skillet, add sweet potato and chicken broth.
6. Cook for 8 to 10 minutes or until the sweet potato soft.
7. Add broccoli and cook for about 4 to 5 minutes.
8. Season with salt, pepper and red chili flakes.

Egg Stuffed Sweet Potato



Recipe Description:

This tasty dish combines sweet potato, egg, tomato, green onions and avocado. In a hurry, try cooking the sweet potato the night before for a quick breakfast the next day.

Key Ingredients:

- **Green Onions**
- **Avocado**
- **Eggs**



Ingredients:

- olive oil spray
- 2 large sweet potatoes
- 4 large eggs
- salt and pepper, to taste
- 1/2 cup cheddar cheese
- 1/2 tomato, thinly sliced
- 1 avocado, peeled and diced
- 2 tbsp green onion, thinly sliced.

Instructions:

1. Preheat oven to 400 degrees.
2. Line baking sheet with foil, coat with olive oil spray.
3. Pierce sweet potatoes several times with a fork.
4. Bake for 1 hour, until soft.
5. Remove and let stand for 10 minutes.
6. Slice each sweet potato in half lengthwise and scoop out the flesh, leaving about a half-inch border around the skin intact.
7. Reduce oven heat to 350 degrees.
8. Crack 1 egg into each sweet potato half.
9. Season with salt and pepper, top each half with shredded cheese and tomato slice.
10. Put back on baking sheet, cook for 13 to 20 minutes until egg sets.
11. Top with avocado and green onion.

Sweet Berry & Kale Salad



Ingredients:

Salad:

- 4 cups kale, chopped
- 1/2 cup sliced strawberries
- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/4 cup walnuts

Dressing:

- 2 tbsp cider vinegar
- 2 tbsp balsamic vinegar
- 2 tbsp raw honey
- 2 tsp Dijon mustard
- 1/8 tsp pepper

Recipe Description:

Combining berries, kale and a raw honey-based dressing make this salad a perfect way to cool off this summer.

Instructions:

1. Coat kale with dressing, if desired massage kale to remove toughness.
2. Add the berries and almonds in piles on top.

Key Ingredients:

- **Blueberries**
- **Walnut**
- **Kale**



Foil-Wrapped Teriyaki Salmon & Veggies



Recipe Description:

Cooking the salmon and veggies in foil allows the sweet flavor from the sauce to penetrate throughout the dish.

Key Ingredients:

- **Salmon**
- **Bell Pepper**
- **Coconut Oil**



Ingredients:

Sauce:

- 3 tbsp low-sodium soy sauce
- 3 tbsp water, divided
- 2 tbsp raw honey
- 1/2 tbsp rice vinegar
- 1 garlic cloves, minced
- 1/2 tsp sesame oil
- 1-1/2 tsp cornstarch

Salmon:

- 2 (6 oz) skinless, salmon fillets
- 1 red bell pepper, diced
- 2/3 cup carrots, thinly sliced
- 1 tbsp coconut oil
- salt and pepper to taste
- 1/4 cup green onions, thinly sliced

Instructions:

Sauce:

1. In a small saucepan, whisk together soy sauce, 1.5 tbsp water, honey, rice vinegar, garlic and sesame oil.
2. Over medium high heat, bring to boil.
3. In a small bowl, whisk together cornstarch with remaining 1 tbsp water until well combined, add into sauce mixture.
4. Reduce to medium and boil 1 minute while stirring continually.
5. Remove from heat, let cook for at least 5 minutes.

Salmon and Vegetables:

1. Preheat oven to 400 degrees.
2. Toss bell pepper and carrots with coconut oil, season with salt and pepper.
3. Lay out two 13-inch sheets of foil,
4. Layer bell pepper and carrot mix on foil in single layer.
5. Lightly coat both sides of salmon with sauce mixture.
6. Spoon remaining sauce equally onto salmon and veggies.
7. Loosely wrap salmon and vegetables in oil and bake for 25 minutes.

Berry & Chia Seed Breakfast To-Go



Ingredients:

- 1 cup almond milk
- 1/2 cup raspberries
- 2 tbsp chia seeds
- 2 tsp. agave nectar
- 1/4 cup walnuts, chopped

Instructions:

1. In a mason jar, add almond milk, raspberries, chia seeds and agave nectar.
2. Refrigerate overnight.
3. Add walnuts before eating.

Recipe Description:

This mixture of chia seeds, almond milk and berries create the perfect meal to start your day.

Key Ingredients:

- **Almond Milk**
- **Berries**
- **Walnut**



Lettuce Wrap Spicy Chicken Burger



Ingredients:

- 1 lb ground chicken
- 1 tbsp pickled jalapeno, chopped
- 1 shallot, peeled and minced
- 1 lime, juiced
- 2 tbsp green onion, thinly sliced
- 1 tsp paprika
- 1 tsp cumin
- 1 tbsp olive oil
- salt and pepper to taste
- avocado, peeled and sliced
- tomato slices
- 8 red leaf lettuce slices

Recipe Description:

A zesty and satisfying alternative to a regular burger, this dish combines chicken and jalapenos for just the right amount of heat.

Key Ingredients:

- **Chicken**
- **Avocado**
- **Tomato**

Instructions:

1. In large bowl, mix chicken, jalapeno, shallot, lime, green onion, paprika and cumin, use hands to mix well.
2. Using hands form into four patties.
3. Heat large nonstick skillet to medium, add olive oil.
4. Add patties to pan and cook for about 5 minutes on each side.
5. Season with salt and pepper.
6. Wrap burger in two slices of lettuce and top with avocado and tomato slices.



Simple Tomato Noodle Soup



Recipe Description:

With this flavorful broth, you can say goodbye to the sodium heavy and processed seasoning packets. This dish is quick and easy, with enough spice to keep you coming back for more

Key Ingredients:

- **Tomato**
- **Eggs**
- **Chicken Broth**



Ingredients:

- 2 tbsp sesame oil
- 2 tbsp sriracha hot sauce
- 1 small shallot, diced
- 1 small roma tomato, diced
- 5 garlic cloves, minced
- 1/2 cup scallions, chopped
- 1/2 tsp garlic powder
- 4 cups low-sodium chicken broth
- 2 cups water
- 1 tbsp soy sauce
- 1/2 tsp rice vinegar
- 3 packages rice noodles
- 2 soft boiled eggs

Equipment:

- Immersion Blender

Instructions:

1. In large stock pot, add the sesame oil and sriracha, bring to simmer over medium heat. Add shallot and tomato, cook for 4 minutes, stirring occasionally.
2. Add garlic, scallions and garlic powder; cook for 2 minutes or until fragrant.
3. Add 2 cups of water.
4. Remove from heat, using an immersion blender, puree the mix until smooth.
5. Return to heat, add the broth.
6. Bring to a simmer; add soy sauce and vinegar.
7. Cook for 10 minutes.
8. Add the rice noodles and cook for 3 more minutes.
9. Transfer to serving bowls and add soft boiled eggs.

Salmon Burger Stacks



Recipe Description:

These fresh salmon burgers are juicy and full of flavor. Try it on a bed of lettuce or serve it on a multigrain roll.

Key Ingredients:

- **Salmon**
- **Avocado**
- **Tomatoes**



Ingredients:

- 1/2 salmon fillets
- 1/2 cup whole wheat bread crumbs
- 2 tbsp green onion, sliced
- 1 egg
- 2 tbsp cup mayonnaise
- 1/2 lemon, juiced
- 1 tsp mustard
- salt and pepper to taste
- 1/2 sweet onion, sliced
- 1/2 tomato sliced
- 1/2 avocado, peeled and sliced

Instructions:

1. Using a large knife, chop the salmon into small pieces, no bigger than 1/4 inch.
2. In medium bowl, mix chopped salmon, bread crumbs, green onion, egg, mayonnaise, lemon juice, mustard, salt and pepper.
3. Refrigerate for 15 minutes.
4. Heat large nonstick skillet to medium.
5. Using hands, divide the salmon mixture into 3 patties.
6. Add olive oil to pan, once hot add patties.
7. Cook for 4 to 5 minutes on each side.
8. To serve: layer onion, tomato and avocado over salmon burgers. Eat with knife and fork, or use a multigrain bun.

Cheesy Chicken Stuffed Tomatoes

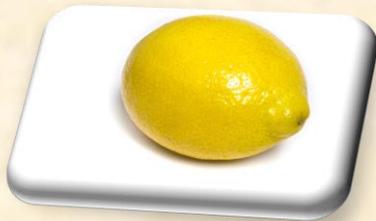


Recipe Description:

Tasty baked tomatoes stuffed with quinoa, chicken and cheese make an easy yet satisfying dinner entrée.

Key Ingredients:

- **Quinoa**
- **Tomato**
- **Lemon**



Ingredients:

- 4 medium size tomatoes
- 1/1 cup quinoa, cooked
- 2/3 cup chicken, cooked and shredded
- 2/3 cup mozzarella, shredded
- 1 tbsp olive oil
- 1/2 lemon, juiced
- 1/3 cup parsley, finely chopped
- 2 garlic cloves, crushed
- salt & pepper to taste

Instructions:

1. Preheat oven to 350 degrees.
2. Slice top of tomatoes and carefully remove flesh and seeds, keeping the outside intact.
3. In a large bowl, combine quinoa, chicken, mozzarella, lemon juice, parsley and garlic, mix well.
4. Line baking sheet with foil, coat with olive oil spray.
5. Spoon mixture tomatoes evenly and place on lined baking sheet.
6. Cook for 15 to 20 minutes until tomato is cooked through.

Conclusion

How much time do you think about the fuel (food) that you give your body on a daily basis? Are you aware that eating a diet high in processed and fast food can age you quickly? What you eat really does matter.

Your body has been designed to function optimally by using real and wholesome food as fuel. When we shortchange ourselves it is a recipe for disaster.

