

🏋️ Breakfast

1. *Peanut Butter, Banana, and Chia Seed Toast*



🏋️ Ingredients:

- 1 Slice 100% Whole Wheat Bread (Nutrition Facts based on 50 cal. per slice.)
- 1 Tbsp. peanut butter
- 1/2 Medium Banana, Sliced
- 1/2 Tsp. Chia Seeds

🏋️ Instructions

- Toast the bread and spread the peanut butter over the top.
- Place banana slices over the peanut butter and top it off with chia seeds.

🏋️ Nutrition Facts: Serving size: 1 Toast

- Calories: 209.9 • Fat: 9.6g • Carb: 27.6g • Fiber: 5.1g • Protein: 8.5g

Tip: Substitute peanut butter for sun butter in cases of nut allergies.

2. *Blueberry Almond Overnight Oats*



Ingredients

- 1/3 cup oats (gluten free or regular)
- 1/2 cup Silk Original Light
- 1 teaspoon chia seeds
- 1/2 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons slivered almonds
- 1/2 medium banana, sliced
- 1/3 cup blueberries

Instructions

- In an airtight container, mix oats, almond milk, chia seeds, maple syrup, and vanilla. Seal the container and place in the fridge overnight. In the morning, stir oats and top with slivered almonds, sliced banana, and blueberries. Enjoy!

Nutrition Facts: Serving size: 1

- Calories: 341 • Fat: 9g • Carb: 54g • Protein: 9g

3. Mini Mushroom-&-Sausage Quiches



Ingredients

- 8 ounces turkey breakfast sausage (removed from casing and crumbled into small pieces)
- 5 eggs and 3 egg whites
- 1 cup 1% milk
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- ¼ cup sliced scallions
- ¼ cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper

Instructions

- Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
- Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
- Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
- Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Tip

- Make Ahead Tip: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.
- Tip: A good-quality nonstick muffin tin works best for this recipe. If you don't have one, line a regular muffin tin with foil baking cups.
- Storage smarts: For long-term freezer storage, wrap your food in a layer of plastic wrap followed by a layer of foil. The plastic will help prevent freezer burn while the foil will help keep off-odors from seeping into the food.

Nutrition Facts: Yields 12 servings. Serving size: 1 quiche

- Calories: 104 • Fat: 7g • Carb: 3g • Protein: 8g

Lunch

1. *Chicken, Quinoa & Veggie Bowl*



Ingredients

- ½ cup cooked quinoa
- ¾ cup shredded cooked chicken breast
- 1 cup roasted root vegetables
- 1-2 tablespoons vinaigrette

Instructions

- Combine the quinoa, chicken and roasted vegetables in a bowl. Drizzle with vinaigrette to taste.

Nutrition Facts: Serving size: 1 bowl

- 342 calories; 14g fat (2g sat); 5g fiber; 34g carbohydrates; 19g protein

Tip: To make ahead, pack this bowl in advance by layering the ingredients in a mason jar. Start with the dressing on the bottom; follow with the chicken, quinoa and vegetables.

2. Vegetable Soup au Pistou



Ingredients

- 2 bacon slices, chopped
- 1 1/2 cups chopped yellow onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 1/2 teaspoons minced garlic
- 5 cups unsalted chicken stock
- 1 tablespoon chopped fresh thyme
- 2 teaspoons chopped fresh sage
- 2 cups chopped zucchini
- 1 cup chopped haricots verts
- 1 (15.5-oz.) can unsalted cannellini beans, drained
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt

Instructions

- Cook bacon in a large saucepan over medium-high 4 minutes or until crisp. Add onion, celery, carrots, and garlic; cook 7 minutes, stirring occasionally. Add stock, thyme, and sage; bring to a boil. Cook 10 minutes or until reduced to about 5 cups.
- Reduce heat to medium-low. Add zucchini, haricots verts, and cannellini beans; cook 5 minutes. Stir in juice, pepper, and salt. Divide soup among 4 bowls; top each serving with about 1 1/2 tablespoons spinach pesto.

Nutrition Facts: Serving size: 1 bowl

- 296 calories; 12.7g fat (3.1g sat); 9g fiber; 32g carbohydrates; 16g protein

3. *Barbecue Chicken Pizza*




Ingredients

- 1 pound boneless, skinless chicken breast
- $\frac{3}{4}$ cup barbecue sauce
- 1 pound whole-wheat pizza dough
- 2 tablespoons extra-virgin olive oil, divided
- 1 medium zucchini
- 1 cup shredded part-skim mozzarella cheese
- Chopped fresh parsley or cilantro for garnish (optional)

Instructions

- Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.
- Place chicken in a large saucepan and add water to cover by 2 inches. Bring to a simmer. Reduce heat to maintain a gentle simmer and cook until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 15 minutes.
- Remove the chicken to a clean cutting board. (Discard poaching liquid or save for another use.) Let cool slightly, then shred the chicken into bite-size pieces with two forks. Transfer to a bowl and stir in $\frac{1}{4}$ cup barbecue sauce.
- Meanwhile, roll pizza dough out on a lightly floured surface to the approximate size of the baking sheet. Transfer to the prepared baking sheet and brush with 1 tablespoon oil. Bake until golden in spots, about 10 minutes.
- Grate zucchini through the large holes on a box grater; pat dry with a clean kitchen towel. Combine the zucchini with the remaining $\frac{1}{2}$ cup barbecue sauce in a small bowl.

- Turn the crust over and brush with the remaining 1 tablespoon oil. Evenly top with the saucy zucchini, the chicken and mozzarella. Continue baking until the cheese is melted, 6 to 8 minutes more. Serve sprinkled with parsley (or cilantro), if desired.

 Nutrition Facts: Serving size: 1 slice

- 494 calories; 18 g fat(4 g sat); 2 g fiber; 54 g carbohydrates; 33 g protein

Dinner

1. *Zucchini Noodles with Avocado Pesto & Shrimp*



Ingredients


- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning

Instructions

- Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
- Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
- Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle

with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.

- Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

 Nutrition Facts: Yields 4 servings. Serving size: 1 slice

- 446 calories; 33g fat(4 g sat); 7g fiber; 16g carbohydrates; 26g protein

2. *Chicken Tinga Quesadillas*




Ingredients

- 1 pound medium tomatoes, cored
- 1½ pounds bone-in chicken breasts, skinned
- 2 cloves garlic, divided
- 4 cups water
- 1 tablespoon cider vinegar
- 2 teaspoons chipotle chile powder, divided
- 1 teaspoon dried oregano, preferably Mexican
- 1 teaspoon kosher salt
- 2 tablespoons corn oil or canola oil
- 1 small white onion, thinly sliced
- 12 corn tortillas
- ¾ cup shredded part-skim mozzarella cheese
- Chopped onion, fresh cilantro, Cotija cheese & shredded lettuce for serving

Instructions

- Position a rack in upper third of oven; preheat broiler to high.
- Place tomatoes on a rimmed baking sheet, cored sides up. Broil until blackened on top and soft but not falling apart, 12 to 15 minutes. When cool enough to handle, peel (discard skins).
- Meanwhile, combine chicken, 1 garlic clove and water in a large saucepan. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook, skimming the surface occasionally, for 20 minutes.
- Remove from heat and let the chicken stand in the liquid until cooked through, 5 to 10 minutes. Transfer the chicken to a clean cutting board and let cool for 5 minutes. Coarsely shred the meat (discard bones). Discard the garlic clove and reserve ½ cup of the cooking liquid. Rinse out the pan.

- Place the tomatoes in a blender and add vinegar, 1 teaspoon chile powder, oregano, salt, the remaining garlic clove and the ½ cup reserved cooking liquid. Puree until smooth.
- Heat oil in the saucepan over medium heat. Add sliced onion and cook, stirring often, until lightly browned, about 10 minutes. Add the tomato mixture and bring to a boil, occasionally scraping the bottom to prevent sticking. Reduce heat to maintain a simmer and cook, stirring occasionally, until the sauce has reduced by about half, 15 to 20 minutes. Stir in the chicken and the remaining 1 teaspoon chile powder. Cook until the chicken is hot, about 5 minutes.
- Preheat oven to 200°F.
- Heat a large cast-iron pan or griddle over medium-high heat. Add 2 tortillas at a time, topping one side of each with ¼ cup of the chicken mixture and 1 tablespoon mozzarella. Using a spatula, fold the bare half over the topping and press down firmly. Cook until the cheese has melted and the tortillas are lightly browned, about 30 seconds per side. Transfer the quesadillas to a baking sheet and place in the oven to keep warm. Repeat with the remaining tortillas, adjusting the heat and wiping out the pan as necessary.
- Arrange quesadillas on a serving platter. Garnish with chopped onion, cilantro, Cotija cheese and lettuce, if desired.

 Nutrition Facts: Yields 4 servings. Serving size: 1 slice

- 299 calories; 11g fat(3g sat); 5g fiber; 28g carbohydrates; 24g protein

3. Buffalo Chicken Meatballs



Ingredients

- 1 lb. ground chicken
- 1 egg, beaten
- 2 sprigs of green onion, finely chopped
- 1 celery stalk, trimmed and finely diced
- 1 tablespoon almond or coconut flour
- 1 tablespoon mayonnaise
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pink sea salt
- 1 tsp ground black pepper
- 1 cup of buffalo wing sauce

Instructions

- Preheat the oven to 400. Spray a sheet pan with non stick cooking spray or grease with Olive oil, coconut oil or butter. (I use Olive oil)
- In a large bowl, combine all ingredients, minus the buffalo sauce.
- Use your hands to form 2" balls, mixture will be sticky. If desired set out a small amount of almond or coconut flour to dust your palms with. I personally just pushed through it and made a mess all over my hands!
- Place meatballs on a sheet pan. Bake for 15 minutes or until center has reached 160°.
- Remove meatballs from the oven. Place in a skillet or pot over medium low heat. Coat with buffalo sauce. Continue to cook just until sauce is warmed.

Nutrition Facts: Yields 18 servings; serving size: 3 meatballs

- 176 calories; 7.7g fat; 0.5g fiber; 2.5g carbohydrates; 23.5g protein.

Snacks

1. *Cinnamon Apple Chips*



Ingredients

- 2-3 of your favourite apples
- 3 tbsp. granulated sugar
- 2 tbsp. cinnamon

Instructions

- Preheat oven to 200 degrees F.
- Slice each of the apple into very thin slices (as seen in photos). The thinner, the crunchier. Line two baking sheets with silicone baking mats or parchment paper, then lay the apple slices out evenly making a single layer.
- Sprinkle each apple slice with the sugar and cinnamon.
- Bake in oven for 1 hour; turn apple slices over and allow to bake for 1 more hour and 30 minutes.
- Shut the oven off and let chips cool for another hour to crisp.
- Serve warm or store in an airtight container.

Nutrition Facts

- 141 calories; 28g carbohydrates; 1g protein

Tip: Serve warm or store in an airtight container.

2. *Gluten-free Pumpkin Granola Bars*



Ingredients

- 1 cup gluten free rolled oats
- 1 cup pumpkin puree
- 1/2 cup cashew butter
- 3/4 cup honey, or maple syrup
- 1/2 cup dark chocolate chips
- 1/3 cup pumpkin seeds
- 2 tbsp chia seeds
- 3 tsp pumpkin spice

Instructions

- Preheat your oven to 350F. Line an 8x8 square baking pan with parchment paper and set aside.
- In a large mixing bowl, combine and mix the ingredients together with a spatula until they are thoroughly combined. Transfer the mixture to the prepared baking pan and flatten it with the spatula.
- Bake for 25 minutes. Let the bars cool in the baking pan and cut them into 8 pieces, or however you like. You can store them in a sealed container for up to 5 days on your kitchen counter. They will keep in the freezer for up to 3 months if individually wrapped.

Nutrition Facts: Yields 8 bars; 1 bar per serving

- 231 calories; 32.6 g carbohydrates; 5.4g protein; 2.5 fat; 3.5g fiber

3. *Strawberry-Kiwi Smoothie*



Ingredients

- 1¼ c cold apple juice
- 1 ripe banana, sliced
- 1 kiwifruit, sliced
- 5 frozen strawberries
- 1½ tsp honey

Instructions

- Combine apple the juice, banana, kiwifruit, strawberries, and honey.
- Blend until smooth.

Nutrition Facts

- 87 calories; 22g carbohydrates; 0.5g protein; 1.5g fiber

Reference

Nut Butter, Banana, and Chia Seed Toast

<http://theskinnyfork.com/blog/sunbutter-toast>

Blueberry Almond Overnight Oats

<http://www.busygirlhealthyworld.com/blueberry-almond-overnight-oats-v-gf/>

Mini Mushroom-&-Sausage Quiches

<http://www.eatingwell.com/recipe/248931/mini-mushroom-sausage-quiches/>

Chicken, Quinoa & Veggie Bowl

<http://www.eatingwell.com/recipe/261288/chicken-quinoa-veggie-bowl/>

Barbecue Chicken Pizza

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Vegetable Soup au Pistou

<http://www.cookinglight.com/recipes/vegetable-soup-au-pistou>

Zucchini Noodles with Avocado Pesto & Shrimp

<http://www.eatingwell.com/recipe/257004/zucchini-noodles-with-avocado-pesto-shrimp/>

Chicken Tinga Quesadillas

<http://www.eatingwell.com/recipe/262789/chicken-tinga-quesadillas/>

Gluten-free Pumpkin Granola Bars

<https://blog.nuts.com/gluten-free-pumpkin-granola-bars-recipe/>

Strawberry-Kiwi Smoothie

<https://www.prevention.com/food/20-super-healthy-smoothie-recipes/slide/7>