

Nutrition Testimonial Guide

Used to calculate personal calorie goals for individuals.

Resting Metabolic Rate Calculation ¹

Males: $(10 \cdot \text{kg}) + (6.25 \cdot \text{cm}) - (5 \cdot \text{age}) + 5 = \text{RMR}$

Female: $(10 \cdot \text{kg}) + (6.25 \cdot \text{cm}) - (5 \cdot \text{age}) - 161 = \text{RMR}$

Example: A woman is 160 cm tall, has a mass (weight) of 85 kg, and is 45 years old.

$(10 \cdot \text{kg}) + (6.25 \cdot \text{cm}) - (5 \cdot \text{age}) - 161 = \text{RMR}$

$(10 \cdot 85) + (6.25 \cdot 160) - (5 \cdot 45) - 161 = 1464 \text{ calories}$

Add Activity Burn

Next, calculate daily calorie needs without exercise. To do this, simply multiply participants RMR by the appropriate activity factor. Now, this might look different from other calorie estimations, because we're calculating your exercise separately. So just because you were considered lightly active because of your usual 30 minutes of exercise 3 days a week, that doesn't count for these activity factors.

$\text{RMR} \cdot \text{Activity Factor} = \text{Daily Calorie Needs}$

Activity Factors

Activity Level	Activity Factor
Sedentary <ul style="list-style-type: none">Spend the majority of your day sitting or have a desk job. (Most people fall into this category.)	1.2
Lightly Active <ul style="list-style-type: none">Spend many hours a day on your feet, not including your exercise	1.3

program. This might be a teacher, nurse, etc.	
<p>Moderately Active</p> <ul style="list-style-type: none"> • Spend the majority of your day on your feet, moving. This could be a waitress, guides, walking mail carriers, etc. 	1.4
<p>Highly Active</p> <ul style="list-style-type: none"> • Spend the majority of your day moving and doing manual labor. Very few people will fall into this category without exercise. This could be farmers, construction workers, etc. 	1.5

Add Exercise Burn and Subtract for Weight Loss

Lastly, add in exercise burn. This can vary widely, but we’re assuming that participants will burn around 300 calories during an average Fusion workout. For many, this will be a low estimation. However, we want to maximize weight loss for everyone, so we’re using a low average.

For this program, we’re aiming for 2 pounds of weight loss per week. To reach that number, each participant will need a calorie deficit of 7,000 calories a week. This translates to 1,000 less calories per day. Because they are only working out 6 days a week, we are actually going to subtract 1100 calories a day which translates to a 800 calorie deficit on non-workout days if we keep the calorie goal the same each day. This gives them a total deficit of 7400 calories in a week. To reach the 7000 goal we will also provide 400 discretionary calories week.

$RMR * Activity Factor + Exercise = Total\ Calorie\ Needs$
 $RMR * Activity Factor + 300\ Calories = Total\ Calorie\ Needs$
 $RMR * Activity Factor + 300\ Calories - 1,100\ Calories = Total\ Calorie\ Needs\ for\ Weight\ Loss$

For this program, we’ll simplify it to:

RMR * Activity Factor – 800 Calories = Daily Calorie Goal*

*Minimum daily calories should be 1,200 for females and 1,500 for males.

Examples

Jill is a 45-year-old female who works as an engineer. She is 160 cm tall and has a mass (weight) of 85 kg.

$$\text{RMR} = (10 \times 85) + (6.25 \times 160) - (5 \times 45) - 161 = 1,464 \text{ calories}$$

$$(1464 \times 1.2) - 800 \text{ calories} = 957 \text{ calories}$$

Daily Calorie Goal = 1,200 calories because of the minimum daily calories for females.

Joe is a 35 year old male construction worker. He is 185 cm tall and has mass (weight) of 100 kg.

$$\text{RMR} = (10 \times 100) + (6.25 \times 185) - (5 \times 35) + 5 = 1,986 \text{ calories}$$

$$(2,036 \times 1.5) - 800 \text{ calories} = 2,179 \text{ calories}$$

Daily Calorie Goal = 2,200 calories

Meal Plan Outline

Each Testimonial will have a meal plan with macronutrient goals (protein, carbs, fat, etc.) Each calorie level within the meal plan will have all of the same iFit meals. They will only differ in serving size and snacks or side options. The meal plan will also incorporate Nourish (our protein shake) to help meet their macronutrient goals with limited calories.

Macro Breakdown

Fusion and X22

- Protein 35-40% protein
- Carbs 35-40% or less
- Fat 20%-30%
- Use Nourish Weight Loss or Lean and Tone Protein as a post-workout snack

TDF

- Protein 30–35%
- Carbs 45–50%
- Fat 20%–30%
- Use Nourish Weight Loss or Cardio Protein as post-workout snack

Meal Plans

- Fusion and X22
 - <https://docs.google.com/spreadsheets/d/1b0toDQa39RmtBynno6GQm00-3v76eRRkkJgwZpnOWJ0/edit?usp=sharing>
- TDF
 - <https://docs.google.com/spreadsheets/d/1M45TOCK3DZY66K7yijHea-hpcWyZ0-HYoUmiL44EpN4/edit?usp=sharing>

Discretionary Calories

- Each participant will have up to 400 calories to use for coffee, alcohol, etc and still be considered 100% compliant. See explanation above.

Recipes

Breakfast

Asparagus Tarragon Frittata

This is an easy, gourmet breakfast for a beautiful, spring morning.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 servings

Serving size: 1 slice

Ingredients

3 large eggs

3 large egg whites

1 cup fat-free cottage cheese

½ cup green onions, chopped

½ teaspoon dried tarragon

2 tablespoons unsalted butter

½ pound asparagus, cut into thirds

½ cup aged, white cheddar, shredded

Directions

1. Mix eggs, egg whites, cottage cheese, green onions, and tarragon in a medium-sized bowl.
2. Set aside.
3. Heat butter in a cast iron skillet over medium heat.
4. Add asparagus, then cook for 3 minutes.
5. Pour egg mixture over the asparagus, then cook until the edges are set—about 5 minutes.
6. Broil on low in the oven for about 5 minutes, or until the top is set and beginning to brown.
7. Top with cheese, then continue to broil until cheese melts.
8. Slice, then enjoy warm.

Baked Blueberry French Toast

Prepare the night before for a quick, fancy breakfast that the entire family will love!

Prep time: 10 minutes; 1–8 hours in the refrigerator

Cook time: 45-60 minutes

Makes: 9 servings

Serving size: 1 piece

Ingredients

1 cup egg whites

1½ cups unsweetened cashew milk

⅓ cup maple syrup

1 tablespoon ground cinnamon

1 (1-pound) loaf whole grain bread, cubed

2 cups blueberries

½ cup pecans

Directions

1. Lightly oil a large, 9x13" pan and set aside.
2. Whisk together the egg whites, milk, maple syrup, and cinnamon.
3. Toss the bread with the blueberries and pecans, then transfer to the prepared baking dish.
4. Pour the egg mixture on top.
5. Marinate for at least 1 hour in the refrigerator or up to 8 hours for best results.
6. Bake for 45-60 minutes at 350°F.
7. Allow to sit for 5 minutes, then cut into 9 pieces.

Berry Syrup

Delicious on yogurt, pancakes, or waffles, this berry syrup is a sweet way to top things off!

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 7 servings

Serving size: ¼ cup

Ingredients

1 cup frozen berries

1 cup water

½ teaspoon sugar (optional)

½ teaspoon xanthan gum or 1 tablespoon cornstarch

Directions

1. Simmer the berries and water in a small saucepan until they begin to break down.
2. Sprinkle in the sugar and the xanthan gum or cornstarch.
3. Stir until there are no clumps.
4. Use a masher or an immersion blender to eliminate any large chunks of berries.
5. Serve warm or refrigerate for later use.

Breakfast Egg Cups

This quick breakfast is packed with protein, and can be made ahead, packed to go, or enjoyed fresh at home.

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 12 servings

Serving size: 1 egg cup

Ingredients

12 ounces sliced ham

12 eggs

1 teaspoon fresh pepper

Directions

1. Preheat the oven to 400°F.
2. Grease a 12-cup muffin tin, then line each cup with one ounce of ham.
3. Crack an egg in each cup, then top with fresh pepper.
4. Bake for 15 minutes, or until the eggs are thoroughly cooked.

Breakfast Enchiladas

You'll drool over this yummy breakfast dish!

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 8 servings

Serving size: 1 enchilada

Ingredients

3 cups potatoes

½ pound country sausage

8 hard boiled eggs, peeled and chopped

1 cup bell peppers, chopped

½ teaspoon black pepper

16 ounces salsa verde, divided

8 whole wheat tortillas

¼ cup pepper jack cheese, shredded

1 avocado, diced

1 cup tomatoes, chopped (I like to use cherry tomatoes)

Directions

1. For quick cooking, I like to microwave my potatoes.
2. Pierce with a fork, then microwave on high for about 2–3 minutes until soft, then peel and chop them.
3. While potatoes are microwaving, cook country sausage until browned and cooked through.
4. In a large bowl, mix the eggs, potatoes, sausage, bell peppers, salt, and pepper.
5. Pour 1 cup of salsa verde into a 9x13" pan.
6. Place ⅛th of mixture inside each tortilla.
7. Roll the tortillas up, then place in the pan. Repeat with remaining tortillas.
8. Top with remaining salsa verde and the cheese.
9. Bake at 350°F for 15 minutes, until the cheese is melted and the enchiladas are heated through.
10. Top with avocado and tomatoes.

Breakfast Quesadillas

This is a delicious way to take your eggs on the go!

Prep time: 5 min

Cook time: 20 min

Makes: 4 servings

Serving size: 1 quesadilla

Ingredients

- 8 eggs
- ½ green bell pepper, finely chopped
- ¼ cup purple onion, finely chopped
- 1 cup black beans (drained and rinsed)
- 4 whole wheat tortillas
- 1 cup pepper jack cheese, shredded and divided

Directions

1. Heat a nonstick skillet to medium-high heat.
2. Whisk eggs, then pour into the skillet.
3. Add the pepper, onion, and beans to the eggs.
4. Scramble for about 5 minutes, or until the eggs are cooked through.
5. Split the egg mixture up into four equal parts.
6. Place on half of the tortilla, then top with ¼ cup of cheese.
7. Fold over the other side of the tortilla.
8. Reduce the heat to medium, then place the tortillas in the skillet.
9. Cook for 3 minutes on each side, or until the cheese is melted and the tortilla is crispy.
10. Repeat until with all of the tortillas.
11. Serve warm, topped with salsa, avocado, and cilantro, if desired.

Breakfast Scramble Salad

This salad is packed with breakfast flavors!

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 1 serving

Ingredients

¼ medium sweet potato, peeled and chopped

¼ large red bell pepper

2 medium green onions, diced

⅛ teaspoon salt

¼ teaspoon freshly-ground black pepper

1½ cups leafy greens

2 fried eggs (preferably soft, so the yolks act like a dressing)

2 tablespoons salsa (optional)

Directions

1. Boil the potatoes for 6–8 minutes, or until tender when pierced with a fork.
2. If you're in a hurry, pierce the whole potato, unpeeled, with a fork, then microwave for 2–3 minutes.
3. Sauté the bell pepper with the onions.
4. Add the potatoes.
5. Flavor with salt and pepper.
6. Top the greens with the potato mixture, fried eggs, and salsa, if desired.

Green Chili Breakfast Bake

This casserole is a divine, high-protein breakfast.

Prep time: 15 minutes

Cook time: 60–75 minutes

Makes: 12 servings

Serving size: 1 portion

Ingredients

1 pound turkey breakfast sausage

12 eggs

1½ cups shredded, part-skim mozzarella cheese, divided

16 ounces low-fat cottage cheese

6 green onions, chopped

8 ounces green chilies, chopped

¾ cup whole wheat flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon freshly ground pepper

3 tablespoons olive oil

Directions

1. Cook the sausage, then set aside.
2. Beat together the 12 eggs, then stir in ¾ cup mozzarella cheese, cottage cheese, green onions, green chilies, flour, baking powder, sausage, salt, pepper, and oil.
3. Pour into a greased 9x13" dish and bake immediately.
4. You can also allow it to rest in the refrigerator for up to 8 hours (I recommended it).
5. Prior to baking, sprinkle with the remaining ¾ cup cheese.
6. Bake at 350°F for 60–75 minutes.
7. Allow to cool for 5 minutes.
8. Cut into 12 equal portions.
9. Enjoy!

High-protein Refrigerator Oatmeal

This is a high-fiber, high-protein breakfast that's great when you're on the go—no cooking required!

Prep time: 5 minutes + refrigeration time

Makes: 1 serving

Ingredients

1 scoop vanilla protein powder

½ cup 1% milk

½ cup nonfat Greek yogurt

⅓ cup old-fashioned oats (gluten-free, if needed)

2 tablespoons chia seeds

½ cup fresh or frozen fruit

⅛ teaspoon vanilla

Mix-ins

Choose 1 tablespoon total from the following options:

Sunflower seeds

Flax seeds

Unsweetened coconut

Dark chocolate

Chopped nuts

Lemon or orange zest

Directions

1. Mix together all ingredients, plus the mix-in of your choice.
2. Pour into a sealed container, then refrigerate for 6 hours or more.
3. Enjoy your no-cook refrigerator oatmeal!

Omelette Cups

This yummy, veggie-loaded breakfast can be made ahead of time.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 servings

Serving size: 2 cups

Ingredients

$\frac{2}{3}$ cup asparagus, chopped

$\frac{2}{3}$ cup broccoli florets, chopped

$\frac{2}{3}$ cup red bell pepper, diced

2 cups spinach, chopped

12 eggs, beaten

1 teaspoon salt

1 teaspoon freshly ground pepper

Directions

1. Preheat the oven to 375°F.
2. Grease a 12-cup muffin tin.
3. In a skillet, sauté the asparagus, broccoli, and bell pepper for 5 minutes.
4. Mix together the cooked vegetables with the spinach, eggs, salt, and pepper.
5. Pour evenly into the muffin tin cups.
6. Bake for 20 minutes, or until the center is set.

Peanut Butter Fruit Toast

Substitute sugar-filled jams and jellies for fresh fruit.

Prep time: 5 minutes

Makes 1 serving

Ingredients

1 slice whole wheat bread

1 tablespoon peanut butter

½ cup sliced fruit of choice*

Directions

1. Toast bread, spread with peanut butter, then top with fruit slices!
2. Bananas and strawberries are recommended.

Pumpkin Waffles

These are delicious pumpkin waffles that you can feel good about eating!

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 1 waffle

Ingredients

1 cup almond milk

1 egg

$\frac{3}{4}$ cup puréed pumpkin

$\frac{1}{2}$ teaspoon vanilla extract

2 tablespoons brown sugar

$\frac{3}{4}$ cup whole wheat flour

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{8}$ teaspoon nutmeg

Directions

1. Heat a waffle iron.
2. In a large bowl, mix together all ingredients.
3. Spray the waffle iron with cooking spray.
4. Pour $\frac{1}{4}$ of batter into the waffle iron.
5. Cook for about 2 minutes or until golden brown.

Protein Pancakes

The whole family will love these! With 15 grams of protein per serving, they're the perfect breakfast choice.

Prep time: 5 minutes

Cook time: 20 minutes

Makes: about 6 servings

Serving size: 2 (4–5 inch) pancakes

Ingredients

½ cup fat-free cottage cheese

1¾ cups 1% milk

1 scoop vanilla protein powder

1 egg

⅛ teaspoon cinnamon

2 cups whole wheat flour

2 teaspoons baking powder

Directions

1. Blend cottage cheese and milk together.
2. Add protein powder, then mix until well incorporated.
3. Blend in egg and cinnamon
4. In a separate bowl, stir together flour and baking powder
5. Add liquid mixture to the dry ingredients and combine thoroughly.
6. Heat a nonstick skillet on medium-low heat (use nonstick spray as needed).
7. Measure ¼ cup batter and pour into the hot skillet.
8. Tilt the pan in a circular motion to spread the batter around the pan.
9. Heat until the bubbles on top start to pop.
10. Flip the pancake and heat another 1–2 minutes until the bottom is golden brown.
11. Remove from heat, top with desired toppings, and enjoy!

Raspberry Almond Breakfast Scones

These breakfast scones are filling and delicious, but if you'd like them a little sweeter, use vanilla Greek yogurt instead of plain.

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 10 servings

Serving size: 1 scone

Ingredients

2 cups whole wheat flour

1 cup all-purpose flour

¼ cup brown sugar

1 tablespoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

2 eggs

¼ teaspoon almond extract

½ cup 1% milk

½ cup plain Greek yogurt

1 cup raspberries

⅓ cup shredded almonds

Directions

1. Preheat oven to 375°F, then line a cookie sheet with parchment paper.
2. Combine flours, sugar, baking powder, baking soda, and salt.
3. In a separate bowl, mix eggs, almond extract, milk, and Greek yogurt.
4. Add the wet ingredients to the dry, and gently mix until just combined.
5. Fold in raspberries and almonds (you may need to mix with your hands).
6. Spoon by ⅓ cupfuls of batter into little rounds on the prepared baking sheet.
7. Bake for 15–20 minutes until golden brown.

Refrigerator Oatmeal

This is a high-fiber breakfast that's great when you're on the go—no cooking required!

Prep time: 5 minutes + refrigeration time

Makes: 1 serving

Ingredients

½ cup 1% milk

½ cup nonfat Greek yogurt

⅓ cup old-fashioned oats (gluten-free, if needed)

2 tablespoons chia seeds

½ cup fresh or frozen fruit

splash of vanilla

Mix-ins

Choose 1 tablespoon total from the following options:

- Sunflower seeds
- Flax seeds
- Unsweetened coconut
- Dark chocolate
- Chopped nuts
- Lemon or orange zest

Directions

1. Mix together all ingredients, plus the mix-in of your choice.
2. Pour into a sealed container, then refrigerate for 6 hours or longer.
3. Enjoy your no-cook refrigerator oatmeal!

Salad-stuffed Omelette

Start your morning off with protein and veggies!

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 1 serving

Ingredients

1½ cups spinach

½ avocado

1 egg

2 egg whites

1 tablespoon skim milk

¼ teaspoon salt

¼ teaspoon pepper

½ Roma tomato, diced

2 tablespoons salsa (optional)

Directions

1. Chop the spinach and avocado.
2. Set aside.
3. Mix egg, egg whites, and milk in a small bowl.
4. Pour into a heated frying pan.
5. When bottoms of eggs are cooked, add the spinach and avocado.
6. Fold eggs over.
7. Flip, then press together the edges of the egg with a spatula.
8. Season with salt and pepper, then top with fresh tomato and salsa, if desired.

Southwest Breakfast Bake

This filling breakfast has only 140 calories per serving!

Prep time: 10 minutes

Cook time: 40 minutes

Makes: 8 servings

Serving size: 1 piece

Ingredients

6 large egg whites

4 large eggs

1 (15-ounce) can black beans, drained

1 red pepper, diced

4 green onions, sliced

2 cans green chilies

1 cup cheddar cheese, shredded (optional)

Directions

1. Whisk together the egg whites and eggs.
2. Stir in the beans, red pepper, green onions, and green chilies. Top with cheese, if desired.
3. Pour into a 9x13" casserole dish.
4. Bake for 30–40 minutes at 375°F.
5. Cut into 8 pieces.
6. Enjoy!

Spinach Sausage Oven Omelette

This is an easy, yummy, breakfast that'll keep everyone full 'til lunch.

Prep time: 15 minutes

Cook time: 50 minutes

Makes: 4 servings

Serving size: 1 piece

Ingredients

3 eggs

5 egg whites

½ cup nonfat, plain Greek yogurt

½ cup 1% milk

½ teaspoon salt

½ teaspoon black pepper

¼ cup green onions, chopped

¼ cup mushrooms, chopped

¼ cup green pepper, chopped

3 cups spinach

¼ cup ground breakfast sausage

½ cup part-skim mozzarella cheese

Directions

1. Preheat oven to 350°F.
2. In a medium skillet, cook ground sausage on medium-high heat for 10 minutes until cooked through.
3. Transfer to a paper towel-lined plate.
4. Lay another paper towel on top to press the oil out.
5. Discard paper towels, then return sausage to the skillet.
6. Add onion, mushrooms, green peppers, and spinach, then sauté.
7. Evenly spread sausage mixture in the bottom of a greased 8x8" dish.
8. In a large bowl, whisk eggs, egg whites, yogurt, milk, salt, and pepper until smooth.
9. Pour over sausage, then bake, uncovered, for 40 minutes.
10. Add cheese, then bake for another 10 minutes until cheese is melted.
11. Allow to sit for 5 minutes and cut into 4 pieces.

Summer Strawberry Scones

These scones don't count as a dessert, but they sure taste like one!

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 serving

Serving size: 1 scone

Ingredients

½ cup whole wheat flour

⅔ cup all-purpose flour

3 tablespoons brown sugar

1 teaspoon baking powder

½ teaspoon baking soda

⅛ teaspoon salt

3 tablespoons unsalted butter, softened

⅔ cup fat-free, plain Greek yogurt

½ teaspoon vanilla

1 egg white

1 cup strawberries, sliced

Directions:

1. Preheat oven to 400°F.
2. Grease a baking sheet with cooking spray.
3. In a large bowl, mix together all dry ingredients.
4. Set aside.
5. In a small bowl, combine softened butter, yogurt, vanilla, and egg white.
6. Add wet ingredients to dry ingredients, then mix until the dry ingredients are just incorporated.
7. Gently mix in the strawberries.
8. Flour a surface, then knead the dough about ten times.
9. Form into a circle. (It should look like a fat pizza.)
10. Place on a baking sheet, then cut into 6 slices, like a pizza.
11. Bake for 25 minutes or until golden brown.

Sweet Potato Spinach Frittata

This egg dish makes great leftovers and can be eaten hot or cold.

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 6 servings

Serving size: 1 piece

Ingredients

1 teaspoon olive oil

5 cups sweet potatoes, baked, peeled, and chopped

2 cups spinach, chopped

10 eggs

¼ teaspoon ground pepper

¾ teaspoon salt

Directions

1. In a large skillet, heat oil.
2. Add the diced sweet potatoes and spinach.
3. Preheat the oven to 400°F.
4. In a large bowl, beat eggs, salt, and pepper.
5. Pour eggs into a skillet, then cook over medium heat for 5 minutes, continuously scraping the bottom.
6. Place the skillet in the oven, then cook for 10–15 minutes, or until it no longer jiggles and a knife inserted into the middle comes out clean.
7. Allow to cool for 5 minutes, then cut into 6 pieces.

Veggie Scramble

This high-protein breakfast makes it easy to get your veggies in early!

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 1 serving

Ingredients

Cooking spray

2 cups veggies*

1 egg

2 egg whites

1 tablespoon 1% milk

¼ teaspoon salt

¼ teaspoon pepper

¼ avocado

Directions

1. Heat a medium-sized frying pan to medium heat and spritz with nonstick spray.
2. Add in 1 cup of veggies, then cook for a few minutes until slightly soft.
3. Mix eggs, egg whites, and milk together, then pour evenly over the vegetables.
4. Sprinkle with salt and pepper.
5. Add the other cup of vegetables when the eggs are about halfway cooked.
6. Stir intermittently until eggs are fully cooked.
7. Top with ¼ of a sliced avocado, then enjoy!

Whole Grain Banana Nut Muffins

We've remade this classic muffin with healthy, whole grain flour.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 12 servings

Serving size: 1 muffin

Ingredients

2 bananas

3 eggs

1 tablespoon honey

½ cup unsweetened applesauce

1 cup whole wheat flour

2 teaspoons baking powder

1 teaspoon cinnamon

⅛ teaspoon salt

¾ cup chopped walnuts

Directions

1. Preheat oven to 350°F, then line muffin tin.
2. Mix bananas, eggs, honey, and applesauce until well blended.
3. Add flour, baking powder, cinnamon, and salt until just combined.
4. Stir in walnuts.
5. Spoon batter into muffin liners, filling about ¾ of the way full.
6. Bake for 20 minutes, or until a toothpick comes out clean, then transfer to a cooling rack.

Whole Grain Blueberry Muffins

Low-fat and full of warm, bursting blueberries, you won't have to feel guilty about these muffins!

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 12 servings

Serving size: 1 muffin

Ingredients

1¼ cups whole wheat flour

1 cup quick oats

⅓ cup brown sugar

1 teaspoon flax seeds

1 tablespoon baking powder

1 teaspoon baking soda

1 egg

1 egg white

1 cup nonfat, plain Greek yogurt

½ cup unsweetened applesauce

½ teaspoon vanilla

1 teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

1¼ cup fresh blueberries

Directions

1. Heat oven to 425°F.
2. Line or grease muffin tin.
3. Mix flour, oats, sugar, flax seeds, baking powder, and baking soda in a large bowl.
4. In a separate bowl, mix eggs, yogurt, applesauce, vanilla, and spices.
5. Mix dry and wet ingredients just until combined.

6. Add blueberries and gently mix until evenly distributed.
7. Fill muffin tins and bake for 15–20 minutes or until an inserted toothpick comes out clean.
8. Allow to cool for about 5 minutes, then enjoy!

Lunch

Asian Chicken Wraps

This quick, filling wrap has only 300 calories and 30 grams of protein!

Prep time: 10 minutes

Makes: 4 servings

Serving size: 1 wrap

Ingredients

12½ ounces canned chicken, drained
½ cup carrots, shredded
2 green onions, sliced
1 teaspoon fresh ginger
¼ teaspoon garlic powder
½ teaspoon chili paste
½ teaspoon sesame oil
2 teaspoons low-sodium soy sauce
2 tablespoons slivered almonds
2 teaspoons honey
4 whole wheat tortillas

Directions

1. Combine all ingredients, except for the tortillas, in a large bowl.
2. Fill the tortillas with the chicken mixture, wrap up, then enjoy!

Berry Kale Salad

This nutrient-packed salad has a little sweetness and a lot of crunch.

Prep time: 10 minutes

Makes 1 serving

Serving size: 5 cups

Ingredients

1 tablespoon honey

1 tablespoon Dijon mustard

2 tablespoons freshly squeezed lemon juice

4 cups shredded kale, loosely packed

½ cup tri-color quinoa, cooked

½ cup blueberries

½ cup grapes, halved

½ ounce dry-roasted, unsalted pistachios, shelled

Directions

1. In a small bowl, mix honey, mustard, and lemon juice until combined.
2. In a large bowl, toss kale, quinoa, and dressing together.
3. Top with remaining ingredients.

Burrito Bowl

This dish has all of the flavor of your favorite big burrito, but without all the calories!

Prep time: 15 minutes

Cook time: 10 minutes

Makes: 6 servings

Serving size: 1 bowl

Ingredients

1 pound boneless chicken breasts, chopped

¼ teaspoon cayenne pepper

1 tablespoon cumin

1 tablespoon garlic powder

1 tablespoon oregano

1 teaspoon olive oil

1½ cups corn

1 (15-ounce) can low-sodium kidney beans, drained and rinsed

2 cups brown rice, cooked

¼ cup cilantro, chopped

6 cups romaine lettuce, chopped

Guacamole Dressing

1 avocado

5 ounces fat-free, plain Greek yogurt

1 clove garlic

1 cup cilantro

1 tablespoon freshly squeezed lime juice

½ teaspoon salt

Toppings

3 Roma tomatoes, diced

6 green onions, diced

¾ cup part-skim mozzarella cheese, shredded

¾ cup salsa

Directions

1. Heat olive oil in a large pan, add chicken and spices, then cook for 5 minutes.
2. Add corn and beans, then continue to cook for another 3 minutes.
3. Next, add cooked rice and cilantro.
4. Mix, then continue to heat for another minute.
5. Blend the dressing ingredients until smooth.

6. Add 1 cup of the chicken rice mixture into each bowl with 1 cup lettuce and 2 tablespoons guacamole dressing.
7. Toss.
8. Top the each burrito bowl with ½ tomato, 1 green onion, 2 tablespoons mozzarella cheese, and 2 tablespoons salsa.
9. Enjoy!

Burrito Salad

This salad will leave you full and satisfied with not too many calories!

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: 4½ cups

Ingredients

Warm topping

12 ounces cooked chicken (or turkey), chopped

½ red bell pepper, diced

½ green bell pepper, diced

½ red onion, diced

1 tablespoon cumin

1 teaspoon garlic powder

¼-½ cup fresh salsa

¼ teaspoon freshly ground black pepper

1 cup low-sodium black beans, rinsed

Salad

12 cups lettuce, thinly sliced (I used green leaf, but romaine works great, too!)

2 large Roma tomatoes, diced

1 cup cilantro (about one large bunch), diced

1 bunch green onions, diced

Salad topping

½ cup mashed avocado (or guacamole)

2 limes juiced

½ cup fresh salsa

Directions

1. Throw all warm topping ingredients, except the black beans, into a non-stick pan.
2. Cook over medium-high heat until vegetables start to soften, and the onions become translucent—about ten minutes.
3. Add beans and cook until heated through.
4. Meanwhile, assemble the rest of the salad.
5. Divide salad into 4 large portions and top each with ¼ of the warm topping.
6. Top each salad with 2 tablespoons avocado and salsa.
7. Squeeze fresh lime juice over the fully assembled salad.
8. Enjoy!

Cajun Grilled Shrimp

This is a delicious meal that you can grill in minutes!

Prep time: 25 minutes

Cook time: 5 minutes

Makes: 4 servings

Serving size: 4 ounces raw (about 10 shrimp)

Ingredients

1 pound untreated, fresh shrimp, peeled and deveined

1 tablespoon olive oil

4 cloves garlic

1 tablespoon fresh lemon juice

2 teaspoons Cajun seasoning (paleo, if needed)

Directions

1. Toss the shrimp in a ziploc bag with all of the listed ingredients.
2. Marinate at room temperature for 20 minutes.
3. Skewer the shrimp.
4. Grill over medium heat for about 2 minutes on each side, or until the shrimp turn pink.

Cauliflower Rice

Cauliflower rice is a great substitute for traditional rice and can be served along stir fry, curry, and more!

Prep time: 5 minutes

Cook time: 5 minutes

Makes: 5 servings

Serving size: 3/4 cup

Ingredients

5 cups cauliflower florets

1 tablespoon olive oil

Directions

1. Pulse the cauliflower in a food processor or a blender in batches until it resembles couscous.
2. Heat the oil in skillet and add the cauliflower rice to the pan.
3. Sauté for about 5 minutes or until tender.

Chicken Asparagus Sauté

Served over rice, pasta, mashed potatoes, or by itself, this quick and family dinner is full of protein and vegetables.

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 8 servings

Serving size: 4 ounces raw chicken (about 3 ounces cooked), plus ½ cup veggie mixture

Ingredients

2 tablespoons olive oil, divided

5 cloves garlic, minced

2 pounds boneless, skinless chicken breast tenderloins

1 pound asparagus

1 pound fresh mushrooms, sliced

⅔ cup unsweetened almond milk

Zest of one lemon

¼ cup fresh lemon juice

½ teaspoon salt

½ teaspoon paprika

Directions

1. Heat garlic and one tablespoon of olive oil in a pan.
2. Sear the chicken for about 2 minutes each side.
3. Set aside.
4. Heat the remaining tablespoon of oil in the pan, then add the asparagus and mushrooms.
5. Sauté until tender—about 8 minutes.
6. Add the chicken back into the pan.
7. Pour in the almond milk, lemon Zest, and lemon juice. Season with salt and paprika.
8. After the ingredients come to a boil, continue to simmer until the internal temperature of the chicken reaches 165°F.
9. Serve alone, or over rice, pasta, or mashed potatoes.

Chicken Fajita Quesadillas

This is an easy lunch or dinner that's sure to satisfy! To save time, use pre-cooked or leftover chicken.

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: 1 quesadilla

Ingredients

1 teaspoon olive oil
1 pound chicken breast, cut into thin strips
1 tablespoon low-sodium fajita seasoning
1 green pepper
1 yellow pepper
½ onion, sliced thinly
1 cup colby jack cheese, shredded
4 whole wheat tortillas

Directions

1. Add the olive oil to a skillet.
2. Season the chicken with the fajita seasoning, then add to the skillet.
3. Cook over medium heat.
4. Add the peppers and onion.
5. Continue to cook until the vegetables are tender and chicken is cooked through.
6. Sprinkle the cheese evenly on the tortillas, then distribute the chicken and vegetables on one side of each tortilla.
7. Fold the tortillas in half.
8. Grill on a griddle until the cheese melts.

Chicken Gyros

This is light, Greek classic that's full of flavor and crunch!

Prep time: 1 hour, 15 minutes

Cook time: 10 minutes

Makes: 8 servings

Serving size: 1 gyro

Ingredients

2 pounds chicken breasts
1 tablespoon red wine vinegar
3 tablespoons fresh lemon juice
¼ cup fat-free Greek yogurt
2 tablespoons dried oregano
1 teaspoon Italian seasoning
8 whole wheat pitas
1 red pepper, sliced
1 red onion, thinly sliced
1 cucumber, sliced
1 head romaine, chopped
6 ounces feta cheese, crumbled
1 cup **Tzatziki Sauce***

Tzatziki Sauce

½ cup cucumber, diced finely
1 cup plain, fat-free Greek yogurt
2 teaspoons red wine vinegar
2 teaspoons fresh lemon juice
½ teaspoon salt
1 teaspoon dried dill
½ teaspoon garlic powder
Freshly ground pepper

Directions

1. For the sauce, combine all the ingredients in a bowl and stir until combined.
2. Let sit for at least 30 minutes to let the flavors blend.
3. Trim the excess fat off the chicken, and slice thin if too thick.
4. In a large bag, combine the chicken with the red wine vinegar, lemon juice, yogurt, oregano, and Italian seasoning.
5. Place in the fridge to marinate for 1–24 hours.
6. Remove the chicken from the marinade.

7. Grill over medium heat until cooked thoroughly—about 5 minutes on each side.
8. Slice the chicken into thin strips.
9. Fill each pita with chicken, red pepper, cucumber, onion, romaine, feta, and two tablespoons of the Tzatziki Sauce.

Chipotle Turkey Burgers with Peach Salsa

These burgers have the perfect combination of sweet and spicy.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 servings

Serving size: 1 burger

Ingredients

1 pound extra-lean ground turkey

1 clove garlic, minced

2 tablespoons canned chipotle peppers in adobo sauce (puréed)

1 cup peach salsa

4 whole wheat buns

Peach salsa

3 peaches, peeled and diced

1 jalapeño, deveined, seeds removed, and diced

1 avocado, diced

3 green onions, diced

¼ cup lime juice

½ teaspoon salt

2 teaspoons honey

Directions

1. In a medium-sized bowl, mix together turkey, garlic, and chipotle peppers until well incorporated.
2. Form into 4 patties.
3. Make a shallow dent with your thumbs in the bottom side of each burger to help the burger cook evenly and lay flat.
4. With the dented side down, grill on medium-high heat.
5. Flip after a few minutes, then cook through until no longer pink—about 10 minutes on each side.
6. Serve on a bun with ¼ cup of the peach salsa.
7. You can also add lettuce, tomato, onion, etc.

Cranberry Turkey Panini

This recipe is perfect for Thanksgiving leftovers!

Prep time: 5 minutes

Cook time: 5 minutes

Makes: 1 serving

Ingredients

2 tablespoons cranberry sauce

2 teaspoons Dijon mustard

2 slices whole wheat bread

2 ounces roasted turkey breast

1 ounce provolone cheese

1 cup fresh spinach

Directions

1. Spread the cranberry sauce and mustard evenly on the whole wheat bread.
2. Layer the turkey, cheese, and spinach.
3. Top with the second slice of bread.
4. Cook in a panini press until the bread is toasted and the cheese begins to melt—about 5 minutes.

Creamy Chicken Enchiladas

These family-friendly enchiladas are quick and freezer-friendly!

Prep time: 15 minutes

Cook time: 20 minutes

Makes: 8 enchiladas

Serving size: 1 enchilada

Ingredients

1½ pounds chicken, diced into small, bite-sized cubes
1 teaspoon garlic powder
½ teaspoon coriander
⅛ teaspoon cayenne pepper
½ teaspoon salt
2 teaspoons cumin
1 teaspoon olive oil
1 (15-ounce) can reduced sodium black beans, drained
1 (15-ounce) can reduced sodium corn, drained
2½ cups green enchilada sauce (divided)
1 cup nonfat Greek yogurt
8 whole wheat tortillas
1¼ cups shredded, part-skim mozzarella cheese (divided)

Directions

1. Place the chicken and spices in a plastic bag, then toss to disperse spices evenly.
2. Preheat oven to 375°F.
3. Heat the oil in a large skillet, then cook the chicken.
4. Once the chicken is cooked, add the black beans and corn.
5. In a separate bowl, mix 2 cups enchilada sauce with 1 cup Greek yogurt.
6. In a 9x13" pan, pour ½ cup enchilada sauce.
7. Make the enchiladas by spreading the chicken filling evenly amongst the tortillas and sprinkling with ¾ cup cheese.
8. Roll up and lay in the prepared baking dish.
9. Pour the Greek yogurt and enchilada sauce mixture on top, then sprinkle with the remaining ½ cup of cheese.
10. Bake at 375°F for 15–20 minutes, or until the cheese is melted.

Creamy Tomato Soup

This flavorful, simple meal will soon be a family favorite.

Prep time: 5 minutes

Cook time: 75 minutes

Makes: about 6 servings

Serving size: 2 cups

Ingredients

2 tablespoons olive oil
1 large, white onion, diced
1 tablespoon dried basil
½ teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon smoked paprika
1 teaspoon powdered garlic
3 tablespoons tomato paste
7 cups (56 ounces) unsalted, diced tomatoes
4 cups vegetable broth
⅓ cup plain, nonfat Greek yogurt
⅔ cup fresh Parmesan cheese, grated

Directions

1. Heat olive oil in a large pot.
2. Add onions and spices and sauté until onions start to turn translucent.
3. Add tomato paste and tomatoes and stir until well combined.
4. Add in stock and simmer for about 1 hour.
5. Pour half of the soup into the blender and puree until smooth.
6. If you want a completely smooth soup, repeat with the other half.
7. Add back into the pot and heat on low.
8. Stir in Greek yogurt and Parmesan cheese and heat until melted and smooth.
9. Serve warm.

Curried Chicken Pitas

Add a spicy flare to your chicken salad sandwich!

Prep time: 10 minutes

Makes: 5 servings

Serving size: 1 pita

Ingredients

3 cups chicken, cooked and shredded

½ teaspoon curry powder

½ teaspoon cumin

½ teaspoon turmeric

¾ cup nonfat, plain yogurt

1 apple, diced

¼ cup golden raisins

¼ teaspoon salt

¼ teaspoon pepper

5 large romaine leaves, torn

5 whole wheat pitas

Directions

1. In a medium bowl, mix together chicken, curry, cumin, turmeric, yogurt, apple, raisins, salt, and pepper.
2. Fill pitas with a romaine leaves and ⅓ of chicken mixture. Enjoy!

Dijon Chicken with Brussel Sprouts

Prep time: 5 minutes

Cook time: 25 minutes

Makes: 4 servings

Serving size: 1 chicken breast and 4 ounces of brussel sprouts

Ingredients

4 (6-ounce) skinless, boneless chicken breasts, trimmed

¼ teaspoon salt

¼ teaspoon black pepper

16 ounces Brussels sprouts, trimmed and halved

¾ cup low-sodium chicken broth

¼ cup unfiltered apple juice

2 tablespoons apple cider vinegar

2 tablespoons whole-grain Dijon mustard

2 tablespoons olive oil

2 tablespoons fresh rosemary, chopped

Directions

1. Preheat oven to 450°F.
2. Place the chicken in a large bowl, then sprinkle with salt and pepper.
3. Add the Brussels sprouts, then add the remaining ingredients.
4. Toss together.
5. Transfer the chicken and Brussels sprouts to a greased baking sheet.
6. Bake for 20–25 minutes, or until chicken is cooked through.

Greek Couscous

A light and fluffy side dish, this is the perfect companion to some chicken and veggies.

Prep Time: 10 minutes

Makes 6 servings

Serving size: 1 cup

Ingredients

4 cups cooked couscous

1 ounce sharp Parmesan, grated

$\frac{3}{4}$ cup sun-dried tomatoes

$\frac{3}{4}$ cup artichoke hearts, drained and chopped

1 cup spinach, chopped

1 teaspoon freshly ground black pepper

$\frac{1}{2}$ teaspoon salt (or to taste)

Directions

1. In a large bowl, combine cooked couscous (while it's still warm), sun-dried tomatoes, and artichoke hearts.
2. Mix well.
3. Stir in spinach and Parmesan until evenly incorporated.
4. Season with pepper and salt.

Greek Meatloaf

A delicious surprise awaits you in this fantastic meatloaf!

Prep time: 15 minutes

Cook time: 75 minutes

Makes: 12 servings

Serving size: 1 piece

Ingredients

2 pounds lean ground turkey

1 red onion, diced

1 red pepper, diced

1 (10-ounce) package frozen spinach, chopped

10 pitted kalamata olives, coarsely chopped

2 cloves garlic, minced

1 egg white

3 tablespoons balsamic vinegar

¼ cup fat-free chicken broth

8 ounces feta cheese

½ cup quick oats (gluten-free, if necessary)

½ teaspoon salt

1 teaspoon dried basil

1 teaspoon dried oregano

Directions

1. Preheat the oven to 325°F.
2. In a large bowl, combine all ingredients, then mix until evenly incorporated.
3. Form into a loaf, then bake for about 75 minutes, or until the internal temperature reaches 190°F.
4. Allow to cool for 5 minutes, then cut into 12 pieces.

Green Salad

This salad is easy to throw together to complement any meal!

Prep time: 5 minutes

Makes: 1 serving

Serving size: 2 cups

Ingredients

2 cups spring mix greens

1 tablespoon low-fat vinaigrette (your choice)

Directions

1. Measure out two cups of spring mix greens.
2. Top with 1 tablespoon of vinaigrette.

Grilled Chicken Summer Pasta

Bursting with fresh summer produce, this dish will quickly become a family favorite!

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 8 servings

Serving size: About 2 cups

Ingredients

- 1 pound whole wheat pasta
- 2 tablespoons unsalted butter
- 1 pint cherry tomatoes
- 1 pound grilled chicken breast, sliced
- 2 cups corn
- 1 tablespoon Cajun seasoning
- 4 cups arugula
- ½ cup shaved Parmesan (optional)

Directions

1. Cook the pasta.
2. Drain, then set aside.
3. Heat the butter in a large skillet.
4. Add the tomatoes, chicken, corn, and Cajun seasoning.
5. Cook for 2 minutes, then add the pasta.
6. Toss in the arugula.
7. Cook until the arugula begins to wilt
8. Remove.
9. Garnish with Parmesan, if desired.

Grilled Salmon with Pineapple Jalapeño Salsa

This salmon is topped with pineapple salsa, and makes a colorful and delicious dish!

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 1 (4-ounce) salmon filet with $\frac{1}{4}$ pineapple salsa

Ingredients

4 (4-ounce) salmon filets

$\frac{1}{4}$ teaspoon garlic

$\frac{1}{4}$ teaspoon salt, divided

$\frac{1}{8}$ teaspoon ground pepper

1 cup pineapple, diced

1 tomatoes, diced

1 avocado, diced

$\frac{1}{2}$ jalapeño, veins and seeds removed, then diced

2 tablespoons red onion, diced

$\frac{1}{4}$ cup cilantro, chopped

$\frac{1}{2}$ lime, juiced

$\frac{1}{2}$ teaspoon cumin

Directions

1. Preheat grill on low heat. Spray with cooking spray or brush with olive oil.
2. Sprinkle the salmon filets with garlic, $\frac{1}{8}$ teaspoon salt, and ground pepper.
3. Grill on low heat until cooked through and easily flaked with a fork—about 5 minutes on each side.
4. Place the rest of the ingredients in a bowl.
5. Mix until well combined.
6. To serve, top each filet with $\frac{1}{4}$ of the pineapple jalapeño salsa.

Hasselback Sweet Potatoes

This is a sweet, little paleo side dish, bursting with fall flavors.

Prep time: 10 minutes

Cook time: 60 minutes

Makes: 4 servings

Serving size: ½ potato

Ingredients

2 sweet potatoes

1 tablespoon coconut oil, melted

2 tablespoons pure maple syrup

½ teaspoon freshly ground nutmeg

1 teaspoon cinnamon

Directions

1. Preheat the oven to 375°F.
2. Cut the potato into thin slices, without cutting all the way through.
3. Place in a 8x8" casserole dish.
4. Drizzle the coconut oil and maple syrup on top.
5. Sprinkle with the nutmeg and cinnamon.
6. Loosely cover with foil.
7. Bake for 60 minutes.

Honey Sriracha Chicken Rice Bowl

This is a quick, weeknight meal that can be made from leftovers!

Makes: 4 bowls

Serving size: 1 bowl

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

3 cups broccoli florets

2 cups brown rice, cooked

3 cups **Honey Sriracha Chicken**

Honey Sriracha chicken

2 pounds chicken breasts

1 cup water

½ cup low-sodium, fat-free chicken broth

1 teaspoon olive oil

⅓ cup honey

3 tablespoon Sriracha

1 tablespoon tomato paste

1 teaspoon garlic powder

3 teaspoons cornstarch, divided

Directions

1. Trim the excess fat off of the chicken, then slice thin if too thick.
2. Place the chicken breasts in the bottom of a large slow cooker.
3. Whisk the remaining ingredients, reserving 1 teaspoon of cornstarch, together to form a sauce.
4. Pour over the chicken.
5. Cook on low for 6 hours or on high for 4 hours.
6. Shred the chicken before serving.
7. If desired, to thicken the sauce, prior to shredding the chicken, remove 1 cup of the sauce. Whisk in remaining tablespoon of cornstarch and microwave for 30 seconds. Whisk so that no clumps remain, then add back into the slow cooker.
8. Steam the broccoli until tender.
9. In each bowl, place ½ cup rice, ¾ cup broccoli, and ¾ cup chicken.
10. Serve with extra Sriracha, if desired.

Lemon Arugula Salad

This is a light, flavorful side salad that can be thrown together in minutes.

Prep time: 5 minutes

Makes: 1 serving

Ingredients

2 cups arugula

2 tablespoons Parmesan cheese (Omit for vegan)

1 tablespoon **Lemon Honey Mustard Dressing**

Lemon Honey Mustard Dressing

1 lemon, juiced

1 tablespoon honey (agave for vegan)

2 teaspoons Dijon mustard

Directions

1. Juice the lemon.
2. Add honey and mustard, then mix until incorporated.
3. Wash arugula, then toss with cheese and dressing.

Lemon Baked Tilapia

Light and fresh, this baked tilapia dish is a hit, even with fish-haters!

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: 4-ounce filet

Ingredients

1 pound tilapia

Juice and zest of one lemon

1 tablespoon olive oil

2 teaspoons fresh thyme, chopped

2 teaspoons fresh rosemary, chopped

2 teaspoons fresh marjoram, chopped

Directions

1. Preheat the oven to 425°F.
2. Place the tilapia in a greased baking dish, then brush with oil.
3. Squeeze the lemon juice on top.
4. Sprinkle on the zest and herbs.
5. Bake for 15–20 minutes, or until the fish flakes easily with a fork.

Lemon Basil Couscous

This is a bright, lemony side dish, perfect with meat, fish, or veggies.

Makes: 6 servings

Serving size: ½ cup

Ingredients

- 1¼ cups water
- ¾ cup couscous, uncooked
- ¼ cup green onions, sliced
- 2 tablespoons fresh basil, chopped
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon salt

Directions

1. In a medium-sized pot, bring water to a boil.
2. Remove from heat, stir in couscous, then cover.
3. Allow to steam for 5 minutes, then fluff with a fork.
4. Add remaining ingredients, then enjoy!

Mango Chicken Kabobs

The grilled mango in this recipe tastes so fresh and blends perfectly with the flavors of this coconut-based marinade.

Prep time: 3 hours

Cook time : 20 minutes

Makes: 4 servings

Serving size: 1 kabob

Ingredients

2 mangos, cubed

1 pound boneless chicken breasts, cubed or cut into strips

Marinade

$\frac{3}{4}$ cups canned coconut milk

1 teaspoon ground coriander

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon freshly ground pepper

1 tablespoon sweet curry powder

$\frac{1}{8}$ teaspoon chili powder

2 cloves of garlic, minced

$\frac{1}{2}$ teaspoon minced ginger

$\frac{1}{4}$ cup lime juice

Zest of 1 lime

Directions

1. Mix together the marinade ingredients and pour over the chicken in a large, plastic bag.
2. Marinate for at least 2 hours or overnight.
3. Thirty minutes before grilling, remove the chicken from the fridge and allow to warm to room temperature.
4. Layer the chicken and mango chunks on skewers, then place on a preheated grill.
5. Cook for about 5–10 minutes each side, or until the internal temperature reaches 165°F.
6. Remove the skewers from the grill, then enjoy!

Mango Quinoa Salad

This sweet salad is perfect for a light lunch or as a satisfying side dish.

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 8 servings

Serving size: 1 cup

Ingredients

1 cup quinoa, uncooked

1 tablespoon olive oil

1 tablespoon honey (agave for vegan)

2 tablespoons fresh lemon juice

¼ teaspoon salt

2 mangos, cut into small chunks

1 cucumber, finely diced

½ cup fresh blueberries

Directions

1. Cook the quinoa according to package directions.
2. Whisk together the oil, honey, lemon juice, and salt.
3. Combine the quinoa, mangoes, cucumber, and blueberries.
4. Toss with the dressing.

Maple Peach Pork Chops

Maple and peach pair perfectly in this easy weeknight dinner!

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 4 servings

Serving size: 1 pork chop

Ingredients

1 tablespoon olive oil

4 (4-ounce) center-cut pork chops

3 fresh peaches, peeled and cut into 8 slices each

1 sweet onion, cut into thin rings

1 teaspoon dried thyme

2 tablespoons pure maple syrup

½ teaspoon salt

¼ teaspoon freshly ground pepper

⅓ cup low-sodium chicken broth

Directions

1. Heat the olive oil in a large skillet.
2. Add the pork chops.
3. Cook for about 5 minutes on each side, or until done.
4. Set aside.
5. In the same skillet, add the peaches, onions, thyme, maple syrup, salt, and pepper.
6. Cook for 2 minutes, stirring constantly.
7. Pour in the broth.
8. Cook until the sauce begins to thicken—about 3 minutes.
9. Add the pork chops back into the pan.
10. Cook for an additional 3 minutes.

Peanut Chicken Salad

Savor the amazing peanut flavor in this large, protein-packed salad.

Prep time: 10 minutes

Makes: 1 serving

Ingredients

3 cups Romaine lettuce (or lettuce of choice)

1 cup cabbage, shredded

½ cup carrots, shredded

¼ cup green onions, diced

4 ounces grilled chicken, cut into thin strips

2 tablespoons **Peanut Dressing**

Peanut Dressing

2 tablespoon teriyaki sauce (low-sodium, gluten-free)

1 garlic clove, minced

1 tablespoon fresh ginger, grated

⅓ cup sesame oil

2 tablespoons unsalted peanut butter

2 tablespoons rice vinegar

Directions

1. Combine lettuce, veggies, and meat together.
2. Add all dressing ingredients to a small bowl or cup and blend with an immersion blender using the whip attachment.
3. Drizzle salad with dressing, then toss.

Pesto-stuffed Chicken Breasts

This is a delicious, fresh-tasting dish!

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 4 servings

Serving size: 1 chicken breast

Ingredients

¼ cup **Homemade Pesto**

¼ cup nonfat, plain, Greek yogurt

¼ cup mozzarella cheese, shredded and divided

½ cup spinach, chopped

4 (4-ounce) chicken breasts, pounded thin

Homemade Pesto

3 cups basil, loosely packed

¼ cup pine nuts

1 large garlic clove

¼ cup Parmesan cheese

¼ teaspoon salt

¼ cup olive oil

Directions

1. Preheat an oven to 450°F. Grease a 9x9" baking dish.
2. For the pesto, blend basil, pine nuts, garlic, cheese, and salt.
3. Slowly pour in olive oil while blending until everything is well incorporated and smooth.
4. In a bowl, stir together the pesto, yogurt, half of the mozzarella, and the spinach. Spread the mixture evenly on the chicken breasts, reserving ⅓ of the mixture for topping.
5. Roll up the chicken breasts, using toothpicks to hold together, if necessary.
6. Spread the remaining pesto mixture on top.
7. Sprinkle with the remaining mozzarella.
8. Cook for about 25 minutes, or until the internal temperature reaches 165°F.

Plum Arugula Salad

This is the perfect fall salad with sweet plums, peppery arugula, and savory goat cheese.

Prep time: 10 minutes

Makes: 4 servings

Serving size: about 1½ cups

Ingredients

4 plums, sliced

2 tablespoons olive oil

1½ tablespoons apple cider vinegar

6 cups arugula

3 tablespoons walnuts or pecans, toasted

3 ounces goat cheese, crumbled

Directions

1. Prepare the dressing by blending together one plum, the olive oil, and the apple cider vinegar.
2. Toss the arugula with the remaining 3 sliced plums, walnuts or pecans, and dressing.
3. Top with goat cheese.

Roasted Cauliflower

This recipe is the way to win over any cauliflower hater!

Prep time: 5 minutes

Cook time: 25 minutes

Makes: 4 servings

Serving size: 1 cup

Ingredients

4 cups cauliflower florets

1 tablespoon olive oil

2 teaspoons balsamic vinegar

3 cloves garlic, minced

½ teaspoon salt

Directions

1. Preheat the oven to 375°F.
2. Toss together all ingredients.
3. Spread out on a baking sheet.
4. Roast for 25 minutes.

Shrimp Scampi with Zoodles

This delicious shrimp scampi is turned into a low-carb dish with zucchini noodles.

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 2½ servings

Serving size: 4 cups

Ingredients

2 tablespoons olive oil
4 cloves garlic, minced
1 pound medium shrimp
Pinch red pepper flakes
½ teaspoon salt
Fresh pepper
1½ teaspoons dried parsley
¼ cup chicken broth
¼ cup lemon juice
Zest of one lemon
5 small zucchinis, spiralized
3 tablespoons Parmesan, grated

Directions

1. Heat the olive oil in a large skillet with the garlic.
2. Sauté the shrimp until pink and cooked thoroughly.
3. Add the red pepper flakes, salt, pepper, parsley, chicken broth, lemon juice, and lemon zest.
4. Allow to come to a simmer.
5. Add the zucchini noodles and cook until the noodles are tender—about two minutes.
6. Top with Parmesan, then serve.

Skinny Chicken Salad

This is the perfect filling for a sandwich or lettuce wrap.

Prep time: 10 minutes

Makes: about 5 servings

Serving size: 1 cup

Ingredients

25 ounces canned chicken (in water), drained

½ cup nonfat, plain Greek yogurt

1 cup celery, diced

1 cup apple, diced

¾ cup grapes, halved

¼ cup shredded almonds

1 teaspoon lemon juice

¼ teaspoon salt

⅛ teaspoon black pepper

Directions

1. Break up chicken with a fork.
2. Mix all ingredients together until well blended.
3. This can be made ahead of time and stored in the fridge.
4. Serve on bread or wrap in lettuce.

Slow Cooker Beef and Barley Stew

This is the perfect soup for a cold, busy day!

Prep time: 15 minutes

Cook time: 8 hours

Makes: 8 servings

Serving size: 2 cups

Ingredients

1 sweet potato, peeled and cubed
1 onion, chopped
3 stalks celery, chopped
4 carrots, diced
1 leek, washed, halved, and sliced
1½ pounds stew beef
1 cup barley
8 cups unsalted beef broth
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon paprika
½ teaspoon curry powder
1 teaspoon dried thyme
3 cups water

Directions

1. Combine all ingredients in a large slow cooker.
2. Cook on high for 6 hours or on low for 8 hours.

Slow Cooker Teriyaki Chicken

Prep time: 10 minutes

Cook time: 4–6 hours

Makes: 6 servings

Serving size: 1 cup

Ingredients

3 cloves garlic, minced

⅓ cup honey

½ cup low-sodium chicken broth

⅓ cup soy sauce (gluten-free, if needed)

1 teaspoon chili paste

2 pounds chicken breast

12 ounces frozen stir-fry vegetables of choice

Directions

1. In a bowl, whisk together the garlic, honey, chicken broth, soy sauce, and chili paste.
2. Place the chicken in the bowl of a large slow cooker, then pour the soy sauce mixture on top.
3. Cover, then cook on high for 4 hours or on low for 6 hours.
4. Add the frozen vegetables during the last hour of cook time.
5. Shred the chicken, then serve over rice, quinoa, or, for a low calorie option, try our Cauliflower Rice!

Like thicker sauce? Remove ½ cup of liquid prior to shredding the chicken, then whisk in 1 tablespoon cornstarch. Add back into the slow cooker.

Slow Cooker Santa Fe Chicken

This easy Mexican dish is great alone or on salad, quinoa, or rice.

Prep time: 5 minutes

Cook time: 6 hours

Makes: 10 servings

Serving size: 1 cup

Ingredients

1 pound chicken breasts, trimmed

1 (16-ounce) jar salsa

1 (15-ounce) can low-sodium black beans (drained and rinsed)

1½ cups corn

1 onion, diced

1 red pepper, diced

1 green pepper, diced

1 jalapeño, deveined, seeds removed, and diced

1½ cups low-sodium chicken broth

Directions

1. Combine all ingredients in a slow cooker.
2. Cover, then cook on low for 6 hours or on high for 4 hours.
3. Shred chicken prior to serving.

Steak Veggie Roll-ups

These juicy roll-ups are filled with steak and fresh veggies!

Prep time: 10 minutes

Cook time: 15 minutes

Makes: about 4 servings

Serving size: 1 roll up

Ingredients

1 pound flank steak

¼ teaspoon salt

¼ teaspoon freshly ground pepper

1½ tablespoons olive oil, divided

1 red bell pepper, sliced into thin strips

1 green bell pepper, sliced into thin strips

½ medium red onion, sliced into thin strips

Toothpicks

Directions

1. Cut the steak into 4 thin cutlets—about 3x5” each.
2. Sprinkle each side of the steak slices with salt and pepper.
3. In a skillet, over medium-high heat, add 1 tablespoon olive oil.
4. Cook the vegetables until crisp, yet still tender.
5. Remove from heat.
6. In each steak cutlet, place a few of the vegetables.
7. Roll the steaks and vegetables up and secure with a toothpick.
8. In the skillet, add ½ tablespoon olive oil.
9. When pan is hot, cook each roll-up for about 2 minutes on each side.

Sweet Chicken Balsamic Salad

You'll love this savory chicken that's paired with apples and strawberries.

Prep time: 10 minutes

Makes: 1 serving

Ingredients

4 ounces grilled chicken, sliced into thin strips

4 cups lettuce or spinach

½ cup apple, chopped

½ cup strawberries, sliced

2 tablespoons red onions, minced

2 tablespoons **Creamy Balsamic Dressing**

Creamy Balsamic Dressing

2 tablespoons balsamic vinegar

1 tablespoon lemon juice

1 teaspoon Dijon mustard

⅓ cup olive oil

1 clove garlic, pressed

½ teaspoon sugar

2 tablespoons nonfat, plain Greek yogurt

Directions

1. Add all dressing ingredients into a small bowl or cup, then blend with an immersion blender using the whip attachment.
2. Toss salad with dressing, then enjoy!

Toasted Almond Quinoa

Toasted almonds and fragrant spices perk up this traditional quinoa.

Prep time: 5 minutes

Cook time: 25 minutes

Makes: 12 servings

Serving size: ½ cup

Ingredients

2 teaspoons olive oil

1 teaspoon curry powder

½ teaspoon turmeric

2 cups uncooked quinoa

¼ teaspoon garlic powder

1 teaspoon salt

¼ teaspoon cinnamon

3 cups water

⅓ cup toasted, slivered, unsalted almonds

¼ cup golden raisins

Directions

1. In a medium saucepan, heat the olive oil over medium heat.
2. Stir in the curry and turmeric.
3. Toast the spices until fragrant—about a minute.
4. Add the quinoa, garlic, salt, and cinnamon to the oil.
5. Stir until the quinoa is coated in oil.
6. Pour in 3 cups water, then bring to a simmer.
7. Cover, then reduce the heat to low for about 20 minutes, or until all the liquid is absorbed.
8. Remove from heat, then stir in the almonds and raisins.

Turkey Arugula Salad

This salad has a tang from lemon and a crunch from pistachios that's wonderfully satisfying!

Prep time: 10 minutes

Makes: 1 serving

Ingredients

3 cups arugula or leafy greens
1 Roma tomato (or a handful of grape tomatoes)
½ avocado
4 ounces turkey
½ ounce Parmesan, shaved
2 tablespoons shelled pistachios
2 tablespoons dressing

Lemon Honey Mustard Dressing

This dressing is low-calorie and has a nice citrus kick!

Makes: 4 servings

Serving size: 1 tablespoon

1 lemon, zested and juiced
1 tablespoon honey
2 teaspoons Dijon mustard

Directions

1. Dice avocado and tomato.
2. Toss with arugula.
3. Top vegetables with turkey, Parmesan, and pistachios.
4. In a separate bowl, zest the lemon, dicing zest, if necessary.
5. Juice the lemon, mixing juice, zest, mustard, and honey together for the dressing.
6. Drizzle dressing over salad immediately before serving. Enjoy!

Veggie Avocado Sandwich

This vegetarian sandwich is full of light, summer flavors.

Prep time: 5 minutes

Makes: 1 sandwich

Ingredients

3 tablespoons **Light Avocado Dip***

2 slices high-fiber, whole wheat bread (gluten-free, if needed)

1 tomato

$\frac{3}{4}$ cup spinach

2–3 whole basil leaves

$\frac{1}{2}$ cup sprouts (optional)

Light Avocado Dip

$\frac{1}{2}$ cup nonfat, plain Greek yogurt

2 avocados

1 teaspoon powdered garlic

$\frac{1}{4}$ cup fresh cilantro

2 tablespoons lime juice

$\frac{1}{4}$ teaspoon cumin

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

Directions

1. Cut avocados in half, remove pits, then scoop out the middle with a large spoon.
2. Place all avocado dip ingredients in a food processor, then pulse on low (to prevent splashing) until ingredients start to combine, then process for about 1–2 minutes on high until smooth.
3. Store leftover dip in the fridge.
4. Toast bread if desired.
5. Spread $1\frac{1}{2}$ tablespoons avocado dip on each slice of bread.
6. Top one slice of bread with tomatoes, spinach, basil, and sprouts.
7. Place the other slice of bread on top (spread-side-down), then enjoy!

Whole Wheat Biscuits

These biscuits are made with Greek yogurt instead of butter. We've also used whole wheat flour for a lightened-up version that has more protein. They're delectable served warm with a little butter and jam or they can make the perfect base for biscuits and gravy. Butter extract is optional, but since these have no butter in them, it provides that lip-licking, buttery flavor.

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 16 servings

Serving size: 1 biscuit

Ingredients

- 1½ cups whole wheat flour (divided)
- 1 cup all-purpose flour
- 2 teaspoons sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup plain, nonfat Greek yogurt
- 1 cup 1% milk
- ½ teaspoon butter extract (optional)

Directions

1. Preheat your oven to 425°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, mix together all the ingredients, except ½ cup whole wheat flour.
4. Flour the countertop with the remaining ½ cup of flour, then knead the dough until just combined.
5. Roll out into a 1-inch rectangle (this is easier than doing round biscuits).
6. Cut into 16 squares.
7. Place on the lined baking sheet about 1 inch apart, then bake for 15 minutes until golden brown.
8. These are best served warm—I recommend reheating leftovers.

Dinner

Balsamic Chicken and Veggies

This is a light dinner that's packed full of protein and veggies.

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: ¼th of recipe (about 2 cups)

Ingredients

⅓ cup light Italian dressing (gluten-free, if needed)

¼ cup balsamic vinegar

2 tablespoons honey

⅛ teaspoon cayenne pepper

2 tablespoons olive oil

1½ pounds chicken tenders

½ teaspoon salt

½ teaspoon freshly ground pepper

3 cups fresh asparagus, chopped into 2-inch pieces

2 cups matchstick carrots

1 cup cherry tomatoes, halved

¼ cup Parmesan cheese (optional)

Directions

1. Whisk together salad dressing, balsamic vinegar, honey, and cayenne pepper.
2. Set aside.
3. In a large skillet, heat olive oil, then add chicken.
4. Season with salt and pepper, then lightly brown on both sides.
5. Add dressing, asparagus, and carrots.
6. Continue to cook until veggies are tender and chicken is cooked through (about 5–10 minutes).
7. Serve hot, topped with ¼ cup grape tomatoes and 1 tablespoon Parmesan cheese (if desired).

Beef Veggie Stir Fry

Full of fresh vegetables and protein, this stir fry comes together in less than 30 minutes for a quick, weeknight meal.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 servings

Serving size: $\frac{2}{3}$ cup

Ingredients

$\frac{1}{2}$ cup orange juice

$\frac{1}{4}$ cup low-sodium soy sauce (gluten-free if necessary)

4 teaspoons sesame oil (divided)

1 teaspoon ground ginger

1 teaspoon granulated garlic

2 tablespoons honey (agave for vegan)

$\frac{1}{2}$ teaspoon chili paste

3 tablespoons hoisin sauce

$1\frac{1}{2}$ tablespoons cornstarch

1 pound skirt steak, cut into thin strips

1 red pepper, cut into chunks

3 cups broccoli florets

Directions

1. Whisk together orange juice, soy sauce, 2 teaspoons sesame oil, ginger, garlic, honey, chili paste, and hoisin sauce in a medium bowl.
2. Whisk in the cornstarch until no lumps remain and set aside.
3. Heat 2 teaspoons sesame oil in a wok over medium heat.
4. Add the steak and cook for 3–5 minutes.
5. Next, add the vegetables and cook an additional 5 minutes.
6. Pour the stir fry sauce over the meat and vegetables and continue to cook until the sauce thickens and the vegetables are tender (about 5–10 minutes).
7. Serve over rice, quinoa, or **Cauliflower Rice**.

Caribbean Chicken Salad

This salad, featuring mango and pineapple, is a little taste of paradise!

Prep time: 5 minutes

Makes: 1 serving

Ingredients

4 cups leafy greens
4 ounces grilled chicken, sliced
¼ cup pineapple chunks
½ cup mango chunks
¼ cup sliced green onions
2 tablespoons **Bright Citrus Dressing**

Bright Citrus Vinaigrette

⅓ cup olive oil
2 tablespoons white wine vinegar
1 teaspoon Dijon mustard
2 tablespoons fresh lemon juice
½ teaspoon orange zest
3 tablespoons fresh orange juice

Directions

1. Add all dressing ingredients to a small bowl or cup and blend with an immersion blender using the whip attachment
2. For best flavor, use freshly-squeezed lemon and orange juice.
3. Toss chicken, fruit, and veggies with 2 tablespoons of dressing, then enjoy!

Cauliflower Rice

Cauliflower rice is a great substitute for traditional rice and can be served along stir fry, curry, and more!

Prep time: 5 minutes

Cook time: 5 minutes

Makes: 5 servings

Serving size: $\frac{3}{4}$ cup

Ingredients

5 cups cauliflower florets

1 tablespoon olive oil

Directions

1. Pulse the cauliflower in a food processor or a blender in batches until it resembles couscous.
2. Heat the oil in a skillet, then add the cauliflower rice to the pan.
3. Sauté for about 5 minutes or until tender.

Chicken Cacciatore

This is an easy, slow cooker version of a classic dish.

Prep time: 10 minutes

Cook time: 6 hours

Makes: 12 servings

Serving size: 1 cup

Ingredients

2 pounds chicken thighs

½ pound button mushrooms

1 green bell pepper, sliced

1 red bell pepper, sliced

1 yellow onion, sliced

4 cloves garlic, minced

28 ounces unsalted, crushed tomatoes

1 tablespoon dried oregano

2 teaspoons dried basil

1 teaspoon salt

½ cup fat-free chicken broth

½ cup Parmesan cheese, for serving

Directions

1. Combine all ingredients in a large slow cooker.
2. Cook on low for 6 hours.
3. Shred the chicken prior to serving over rice or pasta.
4. Garnish with Parmesan.

Chicken Veggie Bowl

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 1 servings

Ingredients

1 large (6-ounce) chicken breast

½ small bell pepper

¼ red onion

1 cloves garlic

½ cup fresh salsa, divided

1 teaspoon cumin

3 cups romaine lettuce

2 tablespoons fresh cilantro, diced

½ avocado, cubed

Salt

Black pepper

Directions

1. Dice chicken breast, bell pepper, onion, and garlic.
2. Spray a large frying pan with non-stick cooking spray, then cook them over medium-high heat, stirring occasionally.
3. After 2 minutes, add in ¼ cup salsa and cumin, coating chicken and vegetables.
4. Cook until chicken juices run clear, and chicken is fully cooked.
5. Meanwhile, dice romaine lettuce and cilantro, then toss together.
6. Add the avocado, then mix everything all together, seasoning with remaining salsa and salt and pepper to taste.

Chipotle Pumpkin Chili

Prep time: 10 minutes

Cook time: 1 hour

Makes: 7 servings

Serving size: 1 cup

Ingredients

1 pound ground beef
1 medium sweet onion
1 red bell pepper
3 teaspoons garlic, minced
2 tablespoon chili powder
1 tablespoon dried oregano
1½ teaspoons ground cumin
3 cups pumpkin or butternut squash
1 (15-ounce) can black beans
1 (14.5-ounce) can fire-roasted, diced tomatoes
1 (14.5-ounce) can low-sodium beef broth (gluten-free, if needed)
1¼ teaspoons Kosher salt
1 teaspoon black pepper
⅓ cup fresh cilantro, chopped
1 jalapeño, sliced

Chipotle cream

1 cup nonfat, plain Greek yogurt
1 teaspoon canned, minced chipotle chilis in adobo sauce
2 teaspoons fresh lime zest
1 tablespoon fresh lime juice

Directions

1. Cook beef in a large pot over medium-high heat for about 8 minutes, or until the beef crumbles and is no longer pink.
2. Remove the beef, then set aside.
3. Add the onion, pepper, and garlic.
4. Cook for 7 minutes.
5. Add the beef back into the pot. Stir in the spices, pumpkin, beans, tomatoes, broth, and pepper.
6. Bring to a boil, then reduce heat to low.
7. Simmer for 25 minutes, or until the pumpkin is tender.
8. While the soup is simmering, make the chipotle cream.
9. Stir together yogurt, chipotle chilis, lime zest, and lime juice.

10. Serve warm, topped with fresh cilantro, jalapeño slices, and chipotle cream.

Cilantro Lime Chicken with Couscous

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 4 servings

Serving size: ¼ casserole

Ingredients

2 tablespoons unsalted butter

1 pound trimmed chicken, sliced into 4 thin pieces

1½ cups low-sodium chicken broth

3 tablespoons freshly-squeezed lime juice

½ teaspoon garlic powder

¼ teaspoon freshly-ground black pepper

1 cup whole wheat couscous

Sauce

1 avocado

1 tablespoon freshly-squeezed lime juice

¼ cup milk

½ cup cilantro

¼ teaspoon garlic powder

¼ teaspoon salt

Directions

1. In a large skillet, melt the butter.
2. Add chicken.
3. Cook over medium heat for about 5 minutes on each side until it starts to brown.
4. Remove from pan, then set aside.
5. In the same skillet, add chicken broth, lime juice, garlic powder, and black pepper.
6. Bring to a boil.
7. Gently stir in couscous.
8. Place chicken on top.
9. Cover and remove from heat.
10. Allow to sit for 5 minutes to allow couscous to cook.
11. While couscous is cooking, place all the sauce ingredients in a food processor and blend until smooth.
12. Drizzle sauce over the chicken and couscous.
13. Garnish with limes and cilantro, if desired. Enjoy!

Classic Chicken Balsamic Salad

An amazing, savory classic!

Prep time: 5 minutes

Makes: 1 serving

Ingredients

4 ounces grilled chicken, sliced into thin strips

4 cups leafy greens

½ cup cucumbers sliced

1 cup cherry tomatoes

2 tablespoons fresh basil, minced

⅓ cup mozzarella cheese, grated

2 tablespoons **Creamy Balsamic Dressing**

Creamy Balsamic Dressing

2 tablespoons balsamic vinegar

1 tablespoon lemon juice

1 teaspoon Dijon mustard

⅓ cup olive oil

1 clove garlic, pressed

½ teaspoon sugar

2 tablespoons fat-free Greek yogurt

Directions

1. Add all dressing ingredients to a small bowl or cup, then blend with an immersion blender using the whip attachment.
2. Toss with all ingredients with 2 tablespoons of dressing, then enjoy!

Creamy Tomato Soup

This flavorful, simple meal will soon be a family favorite!

Prep time: 5 minutes

Cook time: 75 minutes

Makes: about 6 servings

Serving size: 2 cups

Ingredients

2 tablespoons olive oil
1 large, white onion, diced
1 tablespoon dried basil
½ teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon smoked paprika
1 teaspoon powdered garlic
3 tablespoons tomato paste
7 cups (56 ounces) unsalted, diced tomatoes
4 cups vegetable broth
⅓ cup plain, nonfat Greek yogurt
⅔ cup fresh Parmesan cheese, grated

Directions

1. Heat olive oil in a large pot.
2. Add onions and spices, then sauté until onions start to turn translucent.
3. Add tomato paste and tomatoes, then stir until well combined.
4. Add in stock and simmer for about 1 hour.
5. Pour half of the soup into the blender, then purée until smooth.
6. If you want a completely smooth soup, repeat with the other half.
7. Add back into the pot and heat on low.
8. Stir in Greek yogurt and Parmesan cheese and heat until melted and smooth.
9. Serve warm.

Curry-rubbed Tilapia

This Indian-inspired fish is great as an entrée or made into fish tacos.

Prep time: 5 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 1 fillet

Ingredients

- 1 tablespoon curry powder
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 2 teaspoons cumin
- ¼ teaspoon salt
- 2 tablespoons olive oil
- 4 tilapia fillets (about 1 pound)

Directions

1. In a small mixing bowl, stir together all the spices.
2. Heat the olive oil on medium-high heat in a large pan.
3. Sprinkle 1 teaspoon of the spice blend onto the front and back of each tilapia fillet.
4. Place the fillets in the hot oil.
5. Cook for about 3–5 minutes on each side, or until the tilapia is flaky, but not overcooked.

Easy Honey Soy Chicken

Pair this tasty chicken with brown rice and veggies for a quick, weeknight dinner.

Prep time: 5 minutes

Cook time: 40 minutes

Makes: about 4 servings

Serving size: 2 chicken tenders (depending on size)

Ingredients

1½ pounds boneless, skinless chicken tenders

3 tablespoons olive oil

¼ cup low-sodium soy sauce (gluten-free, if needed)

¼ cup honey

1 teaspoon garlic powder

½ teaspoon ginger

Directions

1. Preheat oven to 425°F.
2. Line a 9x13" pan with foil. Make sure there are no rips, otherwise the dressing will get on the bottom of the pan and cause a sticky mess.
3. Spray the foil-lined pan with non-stick cooking spray.
4. Spread the chicken tenders out evenly in the pan.
5. Mix olive oil, soy sauce, honey, garlic, and ginger in a small bowl, then pour over the chicken.
6. Bake for 25 minutes.
7. Flip the chicken over, then bake for another 15 minutes.

Greek Couscous

A light and fluffy side dish, this is the perfect companion to chicken and veggies.

Prep time: 10 minutes

Makes: 6 servings

Serving size: 1 cup

Ingredients

4 cups couscous, cooked

1 ounce sharp Parmesan, grated

$\frac{3}{4}$ cup sun-dried tomatoes

$\frac{3}{4}$ cup artichoke hearts, drained and chopped

1 cup spinach, chopped

1 teaspoon freshly ground black pepper

$\frac{1}{2}$ teaspoon salt (or to taste)

Directions

1. In a large bowl, combine cooked couscous (while it's still warm), sun-dried tomatoes, and artichoke hearts.
2. Mix well.
3. Stir in spinach and Parmesan until evenly incorporated.
4. Season with pepper and salt.

Greek Meatloaf

A delicious surprise awaits you in this fantastic meatloaf!

Prep time: 15 minutes

Cook time: 75 minutes

Makes: 12 servings

Serving size: 1 piece

Ingredients

2 pounds lean ground turkey

1 red onion, diced

1 red pepper, diced

1 (10-ounce) package frozen spinach, chopped

10 pitted kalamata olives, coarsely chopped

2 cloves garlic, minced

1 egg white

3 tablespoons balsamic vinegar

¼ cup fat-free chicken broth

8 ounces feta cheese

½ cup quick oats (gluten-free, if necessary)

½ teaspoon salt

1 teaspoon dried basil

1 teaspoon dried oregano

Directions

1. Preheat the oven to 325°F.
2. In a large bowl, combine all ingredients and mix until evenly incorporated.
3. Form into a loaf, then bake for about 75 minutes, or until the internal temperature reaches 190°F.
4. Allow to cool for 5 minutes, then cut into 12 pieces.

Green Salad

This salad is easy to throw together to complement any meal!

Prep time: 5 minutes

Makes: 1 serving

Serving size: 2 cups

Ingredients:

2 cups spring mix greens

1 tablespoon low-fat vinaigrette (your choice)

Directions:

1. Measure out two cups of spring mix greens.
2. Top with 1 tablespoon of vinaigrette.

Grilled Chicken Shawarma

Savory and spicy with just a hint of creaminess, this chicken does not disappoint!

Prep time: 40 minutes

Cook time: 10 minutes

Makes: 3 servings

Serving size: 2 skewers

Ingredients

- 1 pound chicken breast tenders
- 1 cup fat-free, plain Greek yogurt
- 2 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon garlic
- 1 teaspoon turmeric
- ½ teaspoon freshly ground black pepper
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Cut chicken into bite-sized pieces.
2. Place the chicken in a quart-sized, resealable plastic bag or airtight container.
3. Add remaining ingredients, then shake until chicken is evenly coated.
4. Marinate for at least 30 minutes or overnight.
5. If using wooden skewers, soak in water for at least 20 minutes before skewering the chicken.
6. Distribute the chicken evenly amongst 6 skewers.
7. Preheat grill to medium-high.
8. Cook chicken for 3–5 minutes on each side or until cooked through.
9. Serve warm with your favorite vegetables, couscous, or flatbread.

Grilled Ginger Salmon

This is an impressive, yet surprisingly easy entrée!

Prep time: 35 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: 4 ounces

Ingredients

⅓ cup fresh orange juice

1 tablespoon minced ginger

1 tablespoon sesame oil

3 tablespoons soy sauce (gluten-free, if necessary or coconut aminos for paleo)

¼ cup honey

2 cloves garlic, minced

1 pound fresh, Atlantic salmon

Directions

1. Combine all of the marinade ingredients with the salmon in a plastic bag.
2. Toss the bag to evenly distribute.
3. Let the salmon marinate for 30 minutes in the fridge.
4. Preheat the grill to medium heat.
5. Brush the grate of the grill with olive oil.
6. Grill the salmon for about 15 minutes, or until it easily flakes with a fork.

Grilled Orange Ginger Pork Tenderloin

This is a sweet-'n-savory dish that's perfect for your next BBQ!

Prep time: 5 minutes (30 minutes marinating time)

Cook time: 20 minutes

Makes: 8 servings

Serving size: 4 ounces (about 3 cooked)

Ingredients

2 pounds pork tenderloin

2 cloves garlic, minced

¼ cup low-sodium soy sauce (gluten-free, if needed)

½ cup fresh orange juice

1 tablespoon fresh ginger

½ teaspoon salt

Directions

1. Combine all ingredients in a plastic bag.
2. Marinate in the refrigerator for at least 30 minutes.
3. Preheat the grill to medium heat.
4. Cook the tenderloins for 10 minutes on each side, or until the internal temperature reaches 145°F.
5. Allow to rest 10 minutes before cutting and serving.

Grilled Santa Maria Steak

This simple recipe is quick and delicious!

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 4 ounce steak (3 cooked)

Ingredients

4 (4-ounce) cuts of lean sirloin steak

1 tablespoon olive oil

2 tablespoons **Santa Maria Dry Rub**

Santa Maria Dry Rub

1 tablespoon salt

1 tablespoon black pepper

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon oregano

1 teaspoon cayenne

2 teaspoons dried rosemary

½ teaspoon dried sage

1 teaspoon cumin

1 teaspoon paprika

Directions

1. Mix all rub ingredients together in a bowl. Store leftovers in a plastic bag.
2. Coat the steak with the olive oil, then rub both sides with the Santa Maria Dry Rub.
3. Allow the steak to rest for a minimum of 15 minutes.
4. Preheat a grill to medium-high heat.
5. Grill the steak for 5–7 minutes on each side.

Hasselback Sweet Potatoes

A sweet little paleo side dish, bursting with fall flavors.

Prep time: 10 minutes

Cook time: 60 minutes

Makes: 4 servings

Serving size: ½ potato

Ingredients

2 sweet potatoes

1 tablespoon coconut oil, melted

2 tablespoons pure maple syrup

½ teaspoon fresh ground nutmeg

1 teaspoon cinnamon

Directions

1. Preheat the oven to 375°F.
2. Cut the potato into thin slices, without cutting all the way through.
3. Place in an 8x8" casserole dish.
4. Drizzle the coconut oil and maple syrup on top.
5. Sprinkle with the nutmeg and cinnamon.
6. Loosely cover with foil.
7. Bake for 60 minutes.

Italian Veggie Rice Bake

Stuffed cabbage is made into an easy weeknight casserole.

Prep time: 10 minutes

Cook time: 40 minutes

Makes about 9 servings

Serving size: About 1½ cups or 1/9th of the casserole

Ingredients

- 1 pound 95% lean ground beef
- 1 large onion, minced
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 1 teaspoon paprika
- 1 (14.5-ounce) can unsalted, diced tomatoes
- 1 (15-ounce) can tomato sauce
- 1 tablespoon olive oil
- 1 large head green cabbage, shredded (about 7-8 cups)
- 2 cups brown rice, cooked
- 1½ cups shredded, part-skim mozzarella cheese

Directions

1. Preheat oven to 350°F.
2. Grease a 9x13" casserole dish.
3. In a large skillet, cook ground beef. Once cooked through, add onions, garlic, Italian seasoning, and paprika. Sauté until onions are translucent.
4. Add tomatoes and tomato sauce. Let simmer while cooking the cabbage.
5. Heat olive oil in a large frying pan. Add cabbage and sauté until wilted and soft. If using a smaller pan, add ¼ cup water and cover to allow the cabbage to steam.
6. Add cooked rice to the ground beef mixture and heat through.
7. Layer half the cabbage on the bottom of the casserole dish. Top with ½ of the ground beef mixture, then repeat.
8. Bake, covered, for 30 minutes.
9. Uncover, sprinkle cheese on top, and continue to bake until cheese melts—about 10 minutes.
10. Cut into 9 sections and enjoy!

Korean Pork Veggie Quinoa Bowl

This recipe makes bright, colorful, protein-packed, veggie bowls the whole family will love.

Prep: 10 minutes

Cook: 10 minutes

Makes: 4 servings

Serving size: 1 bowl

Ingredients

1 cup uncooked quinoa
1 tablespoon sesame oil
2 cloves garlic, minced
2 cup chopped broccoli
1 yellow pepper, sliced
1 red pepper, sliced
2 carrots, chopped
1 cup snow peas
¼ red onion, sliced
2 cups **Korean Shredded Pork**

Korean Shredded Pork

2 pounds boneless pork loin
⅔ cup hoisin sauce (gluten-free, if needed)
2 tablespoons low-sodium soy sauce (gluten-free, if needed)
1 tablespoon rice vinegar
1 tablespoon fresh ginger
4 garlic cloves, minced
¼ cup green onions, sliced

Directions

1. Place the pork loin in the bottom of a slow cooker. Whisk together the hoisin sauce, soy sauce, vinegar, ginger, garlic, and green onions.
2. Pour on top of the pork loin.
3. Cook, covered, on high, for 6 hours or on low for 8 hours.
4. Thirty minutes before the pork is finished cooking, bring the quinoa and two cups of water to a simmer in a medium-sized sauce pan.
5. Cover, then reduce the heat.
6. Cook until all the liquid is absorbed and the quinoa is cooked—about 20 minutes.
7. In a wok or skillet, heat the sesame oil over medium heat.
8. Add the garlic and remaining vegetables.

9. Cook for 5–10 minutes or until tender.
10. Divide the quinoa among four bowls.
11. Top with $\frac{1}{2}$ cup pork and $\frac{1}{4}$ th of the stir fry vegetables.
12. Leftover pork can be used for tacos, burritos, rice bowls, etc.

Kung Pao Chicken and Zoodles

This is a low-carb, gluten-free way to enjoy a classic Chinese dish!

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 servings

Serving size: About 1 cup

Ingredients

5 medium zucchinis

2 tablespoons olive oil, divided

1½ pounds trimmed chicken, sliced into thin strips

⅔ cup soy sauce (gluten-free if needed; coconut aminos for paleo)

⅔ cup chicken broth

2 tablespoons apple cider vinegar

2 tablespoons chili paste

1 tablespoon sesame oil

1 tablespoon cornstarch (arrowroot for paleo)

2 tablespoons fresh orange juice

1 teaspoon minced ginger

3 cloves garlic, minced

½ cup raw cashews

4 green onions, sliced

Directions

1. Using a spiral vegetable cutter, turn the zucchini into “zoodles” using the large noodle blade. If you don’t have a spiralizer, cut into thin strips.
2. Heat one tablespoon of olive oil in a large skillet and cook the chicken thoroughly. Set aside.
3. Whisk together soy sauce, broth, vinegar, chili paste, sesame oil, cornstarch, orange juice, and ginger.
4. Heat the remaining tablespoon of oil in the same skillet and add the garlic. Slowly pour in the sauce mixture and bring to a boil.
5. Add the zucchini and chicken to the sauce and let simmer for about 5 minutes.
6. Top with green onion and cashews. Enjoy!

Lemon Artichoke Chicken

This recipe is ready to eat in under 20 minutes!

Prep time: 3 minutes

Cook time: 13 minutes

Makes: 4 servings

Serving size: 1 chicken breast

Ingredients:

½ cup fresh lemon juice

1 cup low-sodium chicken broth

2 teaspoons minced garlic

2 tablespoons olive oil

4 (4-ounce) boneless, skinless chicken breasts

2 cups artichoke hearts (frozen, jarred, or canned)

Directions:

1. Combine lemon juice, chicken broth, and garlic in a medium bowl.
2. Trim the excess fat off of the chicken, and slice thin if too thick.
3. Over medium high-heat in a large skillet, heat the olive oil.
4. Add the chicken and cook for three minutes on each side, or until the chicken is cooked through.
5. Add the lemon sauce and artichoke hearts.
6. Simmer, uncovered, for 7 minutes.

Lemon Pesto Tabbouleh

This twist on the Middle-eastern dish is rich and flavorful.

Prep time: 1 hour

Makes: 5 servings

Serving size: 1 cup

Ingredients

- 1 cup boiling water
- 1 cup bulgur wheat
- ½ teaspoon salt
- 3 tablespoons fresh lemon juice
- Zest of one lemon
- 1 clove garlic, finely minced
- 2 tablespoons olive oil
- 2 tablespoons basil pesto
- 2 cups tomatoes, chopped
- 1 cup edamame
- 1 cup feta
- 1 cup fresh parsley, chopped

Directions

1. Pour boiling water over bulgur wheat in a large bowl.
2. Set aside for one hour.
3. When all the liquid is absorbed, stir in remaining ingredients.
4. Enjoy cold! (This can be refrigerated for several days.)

Light Chicken Parmesan

This is a baked classic with a crispy crust.

Prep time: 10 minutes

Cook time: 30 minutes

Makes: 4 servings

Serving size: 1 chicken filet

Ingredients

½ cup panko

¼ cup grated Parmesan cheese

1 tablespoon Italian seasoning

1 pound trimmed chicken breasts, thinly sliced

1 egg, beaten

1 cup marinara sauce

½ cup shredded, part-skim mozzarella cheese

Directions

1. Stir together the panko, Parmesan, and Italian seasoning.
2. Preheat the oven to 450°F. Grease a large baking sheet.
3. Dip each piece of chicken in the egg and then in the panko mixture, so both sides are coated.
4. Place on the baking sheet, then spray with cooking spray.
5. Bake for 25 minutes.
6. Remove from the oven.
7. Top each chicken breast with marinara sauce, then sprinkle with cheese.
8. Broil for 5 minutes.

Pecan-crusted Salmon

This fancy dish is full of healthy fats!

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 8 servings

Serving size: 4 ounces uncooked salmon (about 3 ounces cooked)

Ingredients

2 pounds salmon fillets

2 tablespoons Dijon mustard

2 teaspoons olive oil

2 teaspoons pure maple syrup

¼ cup almond meal

⅓ cup finely-chopped pecans

1 teaspoon dried parsley

½ teaspoon salt

Directions

1. Preheat the oven to 400°F and arrange salmon fillets on a greased baking sheet.
2. Stir together the Dijon, olive oil, and maple syrup.
3. Brush the salmon with the mixture.
4. In a separate bowl, combine the almond meal, pecans, parsley, and salt.
5. Pat the brushed fillets with the mixture and bake for about 15 minutes, or until the fish flakes with a fork. Cooking time will vary, depending on the thickness of the fillets.

Ranch-rubbed Chicken

This simple recipe is quick and delicious!

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 1 chicken breast

Ingredients

2 tablespoons **Ranch Mix**

4 (4-ounce) chicken breasts

1 tablespoon olive oil

Ranch Mix

⅓ cup buttermilk powder

2 teaspoons dried dill

1 teaspoon dried chives

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon salt

½ teaspoon mustard powder

½ teaspoon black pepper

Directions

1. Mix all ingredients together for the **Ranch Mix**.
2. Trim the excess fat off of the chicken, then slice thinly if it's thick.
3. Coat the chicken breasts with olive oil, then rub both sides with **Ranch Mix**. Allow the chicken to rest for a minimum of 15 minutes.
4. Preheat a grill to medium-high heat.
5. Grill the chicken for 5–7 minutes each side, or until the internal temperature reaches 165°F.

Roasted Red Potatoes

Enjoy this delicious herb blend over your roasted potatoes!

Prep time: 5 minutes

Cook time: 30 minutes

Makes: 8 servings

Serving size: 8 wedges (1 potato)

Ingredients

8 small red potatoes

1 tablespoon fresh thyme

1 tablespoon rosemary

1 tablespoon fresh sage

1 tablespoon olive oil

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

Directions

1. Preheat oven to 350°F.
2. Cut each potato into 8 wedges, then finely dice all the herbs.
3. On a cookie sheet, spread out the potatoes, drizzle with olive oil, then top with herbs and seasonings.
4. Roast for 30 minutes.
5. If crunchy potatoes are desired, broil for two minutes, or until potatoes start to become golden.

Rosemary Beef Kabobs

These kabobs are easy to make and delicious to eat!

Prep time: 30 minutes

Cook time: 20 minutes

Makes: 6 servings

Serving size: 2 kabobs

Ingredients

3 Yukon Gold potatoes, cut into 1-inch chunks

2 pounds sirloin steak, cut into 1-inch chunks

Marinade

½ cup balsamic vinegar

¼ cup olive oil

1 tablespoon freshly-squeezed lemon juice

4 cloves garlic, minced

2 tablespoons fresh rosemary

½ teaspoon salt

Directions

1. Bring a pot of water to a boil.
2. Add the potatoes, then cook for 10 minutes.
3. They should be too stiff to make mashed potatoes, but tender when pierced with a fork.
4. Whisk together all the marinade ingredients.
5. Drizzle ¼ cup of the marinade over the potatoes. Set aside.
6. Pour the remaining marinade over the sirloin cubes and allow to sit at room temperature for 20 minutes.
7. Preheat a grill to medium-high heat.
8. Alternate the meat and potatoes on skewers. Grill for 8–10 minutes, turning halfway through.

Rustic Irish Potato and Cabbage Soup

Prep time: 15 minutes

Cook time: 35 minutes

Makes: 10 servings

Serving size: 2 cups

Ingredients

- 1 large, white onion, diced
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 6 cups (about 1 head) green cabbage, cored and chopped
- 2 cups carrots, chopped
- 1½ pounds Yukon gold potatoes, peeled and chopped into small chunks
- 1 pound lean ground beef, browned
- 8 cups chicken broth
- 2 teaspoons thyme
- 1 teaspoon salt
- 2 teaspoon freshly ground black pepper

Directions:

1. In a large soup pot, sauté the onions for 3–4 minutes in olive oil.
2. Add in the minced garlic and cabbage.
3. Stir and cover for ten minutes, or until cabbage softens.
4. Once cabbage is softened, add the carrots, potatoes, browned beef, chicken broth, thyme, salt, and pepper.
5. Simmer for about twenty minutes, or until the potatoes and carrots are cooked.
6. Serve warm.

Santa Maria Chicken

This simple recipe is quick and delicious!

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 4 servings

Serving size: 1 chicken breast (3 ounces cooked)

Ingredients

2 tablespoons **Santa Maria Dry Rub**

4 (4-ounce) chicken breasts

1 tablespoon olive oil

Santa Maria Dry Rub

1 tablespoon salt

1 tablespoon black pepper

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon oregano

1 teaspoon cayenne

2 teaspoons dried rosemary

½ teaspoon dried sage

1 teaspoon cumin

1 teaspoon paprika

Directions

1. Mix all dry rub ingredients together in a small jar.
2. Trim the excess fat off of the chicken, then slice thin if too thick.
3. Coat the chicken breasts with the olive oil, then rub both sides with the Santa Maria Dry Rub.
4. Allow the chicken to rest for a minimum of 15 minutes.
5. Preheat a grill to medium-high heat. Grill the chicken for 5–7 minutes on each side, or until the internal temperature reaches 165°F.

Slow Cooker Blueberry Balsamic Pork Tenderloin

This dish is impressive, yet simple enough to enjoy on a weeknight!

Prep time: 15 minutes

Cook time: 8 hours

Makes: 8 servings

Serving size: about 3 ounces cooked pork with $\frac{1}{8}$ of sauce

Ingredients

$\frac{1}{2}$ cup balsamic vinegar

$\frac{1}{4}$ cup low-sodium soy sauce (gluten-free, if needed)

2 cups fresh or frozen blueberries

$\frac{1}{2}$ cup pure maple syrup

2 cloves garlic, minced

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 teaspoon Dijon mustard

3–4 sprigs fresh rosemary

2 pounds pork tenderloin

$1\frac{1}{2}$ tablespoons cornstarch*

Directions

1. Combine all ingredients (except the pork tenderloin and cornstarch) in a small saucepan over medium heat.
2. Cook until the blueberries begin to release their juice.
3. In a large slow cooker, pour the blueberry sauce over the pork tenderloin.
4. Cook on low for 6–8 hours or on high for 4–6 hours.
5. Remove the rosemary, then shred or slice pork before serving.

Slow Cooker Teriyaki Chicken

Prep time: 10 minutes

Cook time: 4–6 hours

Makes: 6 servings

Serving size: 1 cup

Ingredients

3 cloves garlic, minced

⅓ cup honey

½ cup low-sodium chicken broth

⅓ cup soy sauce (gluten-free, if needed)

1 teaspoon chili paste

2 pounds chicken breast

12 ounces frozen, stir-fry vegetables of choice

Directions

1. In a bowl, whisk together the garlic, honey, chicken broth, soy sauce, and chili paste.
2. Place the chicken in the bowl of a large slow cooker, then pour the soy sauce mixture on top.
3. Cover and cook on high for 4 hours, or on low for 6 hours.
4. Add the frozen vegetables during the last hour of cook time.
5. Shred the chicken and serve over rice, quinoa, or, for a low-calorie option, try our cauliflower rice!

Southwest Bean Salad

Light, colorful, and flavorful.

Prep: 15 minutes

Makes: about 6 servings

Serving size: 1½ cups salad

Ingredients

1 (15-ounce) can black beans, drained and rinsed
1 cup corn
¾ cup diced celery
1 cup diced tomatoes
½ cup diced green onions
1 small orange bell pepper, diced
2 tablespoons minced fresh cilantro
1 avocado, diced
2 cups cooked brown rice
2½ tablespoons red wine vinegar
2½ tablespoons olive oil
1 teaspoon hot sauce
1 teaspoon salt
¼ teaspoon black pepper
2 tablespoons fresh lime juice

Directions

1. Mix all ingredients together in a large bowl.
2. Chill for best flavor.

Southwest-crusted Tilapia

Tortilla chips make a great crust for these spicy fish filets.

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 4 servings

Serving size: 1 filet

Ingredients

4 (4-ounce) tilapia fillets

2 tablespoons fresh lime juice

½ teaspoon salt

20 baked tortilla chips (gluten-free, if needed)

Zest of one lime

1 teaspoon chili powder

½ teaspoon onion powder

1 egg, beaten

Directions

1. Preheat the oven to 400°F.
2. In a bag, add the tilapia, lime juice, lime zest, and salt.
3. Set aside for 5 minutes.
4. Pulse the chips in a blender or food processor until they turn into crumbs.
5. Mix with the zest, chili powder, and onion powder.
6. Dip the tilapia in the egg, then coat each side with the tortilla chip mixture.
7. Bake for 15–20 minutes.

Strawberry Blue Cheese Spinach Salad

This sweet-'n-savory spinach salad is bursting with strawberry flavor.

Prep time: 10 minutes

Makes: 1 serving

Ingredients

4 cups spinach
½ cup celery, chopped
½ small apple, sliced
⅓ cup strawberries, sliced
1 tablespoon red onion, minced
1 ounce blue cheese, crumbled
2 tablespoons **Strawberry Vinaigrette**

Strawberry Vinaigrette

¾ cup fresh strawberries
1 teaspoon Dijon mustard
¼ teaspoon salt
⅓ cup olive oil
1 tablespoon red wine vinegar
3 tablespoons apple cider vinegar

Directions

1. To make the dressing, blend the ¾ cup strawberries with the chop attachment on an immersion blender.
2. Add the other vinaigrette ingredients to the strawberries, then blend with an immersion blender using the whip attachment.
3. Toss salad ingredients together with the Strawberry Vinaigrette.

White and Green Bean Salad

This fresh, veggie salad has added protein from beans.

Prep time: 15 minutes

Makes 6 servings

Serving size: 1 cup

Ingredients

1½ cups low-sodium white beans, drained

1 pound green beans, blanched

½ cup green onions, sliced

1 cup cherry tomatoes, halved

3 tablespoons balsamic vinegar

1 tablespoon olive oil

1 tablespoon lemon juice

½ teaspoon salt

½ teaspoon black pepper

3 tablespoons fresh basil

Directions

1. Toss all ingredients in a bowl and let sit at room temperature for 10 minutes before serving.

Whole Grain Cornbread

This cornbread is a deliciously sweet compliment to your meal.

Prep time: 10 minutes

Cook time: 25 minutes

Makes: 8 servings

Serving size: 1 piece

Ingredients

$\frac{2}{3}$ cup whole wheat flour

$\frac{1}{2}$ cup yellow cornmeal

$\frac{1}{4}$ teaspoon salt

1 tablespoon baking powder

$\frac{1}{4}$ cup softened butter

$\frac{1}{4}$ cup honey

$\frac{2}{3}$ cup nonfat, plain Greek yogurt

$\frac{1}{3}$ cup 1% milk

1 cup corn kernels

Directions

1. Lightly grease an 8x8" pan. Preheat the oven to 350°F.
2. In a medium bowl, mix together the whole wheat flour, cornmeal, salt, and baking powder.
3. In a separate bowl, cream the butter with the honey. Stir in the yogurt and milk.
4. Slowly add the flour mixture to the butter mixture. Fold in the corn.
5. Spread into the prepared baking dish.
6. Bake for 25 minutes.
7. Cut into 8 equal squares, then enjoy!

Zesty Italian Pasta Salad

This veggie-loaded pasta is lightly covered in zesty Italian dressing.

Prep time: 15 minutes

Cook time: 10 minutes

Makes: 10 servings

Serving size: 1 cup

Ingredients:

3 cups whole wheat rotini pasta

2 cups fresh broccoli florets

1 cup carrots, chopped

½ red onion, chopped

1 cup cherry tomatoes, halved

1 cucumber, sliced

12 ounces store-bought zesty Italian dressing

Directions:

1. Cook pasta according to package directions. Drain, then place in a bowl.
2. Mix in broccoli, carrots, onion, tomatoes, and cucumber.
3. Pour on zesty Italian dressing, a little at a time, to your liking. Toss the salad until everything is evenly distributed.
4. You can eat the salad immediately, but it's best when refrigerated for 20 minutes to let the dressing absorb.

Zucchini Noodles

Ditch the pasta and try zucchini noodles, instead!

Prep time: 5 minutes

Cook time: 5 minutes

Makes: 2 servings

Serving size: 1 cup

Ingredients

1 medium-sized zucchini

½ tablespoon olive oil

½ tablespoon minced garlic

¼ teaspoon freshly ground black pepper

Directions

1. Spiralize the zucchini.
2. Heat a large skillet on medium-high heat with the olive oil and garlic. Cook until fragrant.
3. Add the spiralized zucchini, then sprinkle with pepper.
4. Sauté until noodles are warm—about 3 minutes.

Snacks

Avocado Garden Wrap

This vegetarian wrap is full of light, summer flavors.

Prep time: 10 minutes

Makes: 1 wrap

Ingredients

3 tablespoons **Light Avocado Dip***
1 (10-inch) whole wheat tortilla
1 ounce Havarti cheese, sliced
1 Roma tomato, chopped
1 cup spinach
2–3 basil leaves, chopped
½ cup sprouts (optional)

Light Avocado Dip

2 avocados
½ cup plain, fat-free Greek yogurt
1 teaspoon garlic powder
¼ cup fresh cilantro
2 tablespoons lime juice
¼ teaspoon cumin
⅛ teaspoon salt
⅛ teaspoon black pepper

Directions

1. Place all dip ingredients in a food processor, then pulse on low (to prevent splashing) until ingredients start to combine.
2. Process for about 1–2 minutes on high, until smooth.
3. Spread avocado dip on tortilla.
4. Spread cheese, tomatoes, spinach, basil, and sprouts over the tortilla.
5. Wrap like a burrito. Enjoy!

Banana Berry Salad

This paleo fruit salad makes a yummy breakfast, side, or snack!

Prep time: 10 minutes

Makes: 4 servings

Serving size: 1 cup

Ingredients

1 pound strawberries, hulled and quartered

2 cups blueberries

1 banana, sliced

1 tablespoon lemon zest

2 teaspoons lemon juice

1 teaspoon honey (agave for vegan)

¼ cup unsalted, sliced almonds, toasted

Directions

1. Mix all the ingredients together.
2. Enjoy at room temperature or chilled.
3. Store leftovers in the refrigerator.

Carrot Mango Smoothie

This cold treat is a great way to add extra fruits and vegetables to your day.

Prep time: 5 minutes

Makes: 1 serving

Ingredients

$\frac{3}{4}$ cup 100% carrot juice

$\frac{1}{2}$ cup frozen blueberries

1 cup frozen mango

2 cups fresh spinach

Directions

1. Blend until smooth and enjoy!

Cottage Cheese Avocado Toast

Simple, creamy, light, healthy...what more could you want in an afternoon snack?

Prep time: 5 minutes

Cook time: --

Makes: 1 serving

Ingredients

1 slice whole grain bread

¼ cup fat-free cottage cheese

½ avocado

Sprinkle of freshly ground black pepper

2 tablespoons herbs of choice (I like chives, cilantro, or basil)

Directions

1. Toast bread.
2. Top with cottage cheese, avocado, pepper, and herbs.
3. Enjoy!

Cucumber Caprese Salad

Enjoy this classic recipe...with a twist!

Prep time: 5 minutes

Cook time: --

Makes: about 4 servings

Serving size: 1 cup

Ingredients

1 cucumber, diced
1 cup cherry tomatoes, halved
¼ cup sliced green onions
2 ounces fresh mozzarella
2 tablespoons balsamic vinegar
1 tablespoon lemon juice
½ teaspoon garlic powder
¼ teaspoon salt
2 tablespoons fresh basil, minced
⅛ teaspoon black pepper (or more to taste)
1 avocado, diced

Directions

1. Toss all the ingredients (except for the avocado) in a large salad bowl, then let sit for a few minutes to allow the flavors to blend.
2. Add the avocado just before serving to keep it from browning.

Energy Bites

This is the perfect afternoon snack that's packed full of nutrients.

Prep time: 40 minutes

Makes: about 15 servings

Serving size: 1 ball

Ingredients

1 cups quick oats (gluten-free, if needed)

½ cup ground flaxseeds

⅔ cup unsweetened coconut

⅓ cup mini chocolate chips

1½ tablespoons chia seeds

⅔ cup peanut butter

⅓ cup honey

1 teaspoon vanilla extract

Directions

1. Mix all ingredients in a large bowl until well combined. This may take a few minutes.
2. Chill for 30 minutes, then roll into small balls (about the size of a golf ball).
3. Store in fridge or freezer.

Fresh Avocado Shrimp Salad

This simple, fresh salad is bursting with southwest flavor.

Prep time: 10 minutes

Makes: 8 servings

Serving size: ½ cup

Ingredients:

¼ cup green onions, sliced

1 tablespoon lime zest

½ teaspoon ground cumin

⅓ cup fresh lime juice

2 tablespoons cilantro, minced

1 teaspoon olive oil

½ teaspoon salt

2 Roma tomatoes

1 avocado

1 small jalapeño, deveined with seeds removed

1 pound cooked shrimp, tails removed, then cut into pieces

Directions:

1. Prepare the dressing by mixing the onions, lime zest, cumin, lime juice, cilantro, olive oil, and salt in a small dish.
2. Set aside for 5 minutes.
3. Dice the tomato, avocado, and jalapeño.
4. Combine the shrimp with the tomato, avocado, and jalapeño.
5. Pour the dressing on top, then toss to evenly distribute.

Grilled Watermelon Caprese Salad

Grilled watermelon stays refreshingly crisp and tastes incredible alongside the cherry tomatoes.

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 5 servings

Serving size: 1 cup

Ingredients

2 cups watermelon, cubed

2 cups cherry tomatoes, halved

4 ounces fresh mozzarella, cut into bite-sized pieces

6 fresh basil leaves, minced

2 tablespoons balsamic vinegar

2 teaspoons olive oil

1 tablespoon fresh lemon juice

Directions

1. Skewer the watermelon, then grill over medium-high heat until it begins to char.
2. Allow the watermelon to cool for 15 minutes, then combine with remaining ingredients.
3. Serve immediately or allow to chill in the fridge prior to serving.

Monkey Wraps

This is a fun lunch or snack idea. Everyone will go bananas over these wraps!

Prep time: 5 minutes

Makes: 1 wrap

Ingredients

1 tablespoon almond butter

1 whole wheat tortilla

1 teaspoon honey (agave for vegan)

¼ teaspoon cinnamon

1 banana, peeled

Direction

1. Spread the almond butter over the tortilla. Drizzle with honey, then sprinkle with cinnamon.
2. Place the banana on one end of the tortilla, then wrap it up.

Oatmeal Raisin Energy Bites

These no-bake energy bites taste like oatmeal cookies!

Prep time: 10 minutes

Makes: 12 bites

Serving size: 1 bite

Ingredients

6 tablespoons rolled oats (certified gluten-free, if needed)

¼ cup walnuts

¼ cup pecans

½ teaspoon cinnamon

⅛ teaspoon salt

½ cup raisins

1 tablespoon pure maple syrup

Directions

1. Pulse the oats in a food processor until coarsely chopped.
2. Add the nuts, cinnamon, salt, raisins, and maple syrup.
3. Process until the nuts form a cookie dough-like texture.
4. Form into 12 balls, then serve.
5. Store in the refrigerator.

Peach Green Smoothie

This refreshing smoothie is packed with spinach and sweet peaches!

Prep time: 5 minutes

Makes: 1 serving

Ingredients

1 cup frozen peaches

1 frozen banana

$\frac{2}{3}$ cup almond milk (homemade for paleo)

2 cups spinach

Directions

1. Blend all ingredients until smooth, then enjoy!

Peanut Butter Apple Wrap

This wrap is a fun, new twist on the ever-favorite PB-'n-J!

Prep time: 5 minutes

Serving size: 1 wrap

Ingredients

1 tablespoon unsalted peanut butter

1 whole wheat tortilla

½ apple, thinly sliced

½ teaspoon cinnamon

1 tablespoon dark chocolate chunks

Directions

1. Spread the peanut butter evenly on the wrap, then top with apple slices.
2. Sprinkle on the cinnamon and chocolate.
3. Roll up, then enjoy!

Pepper Jack Wraps

This is a quick, packable wrap with both crunch and spice!

Prep time: 5 minutes

Makes: 1 serving

Ingredients

2 tablespoons guacamole

1 whole wheat tortilla

2 ounces roasted chicken breast, deli sliced

1 ounce pepper jack cheese, deli sliced

¼ red pepper, sliced into thin strips

1 cup romaine lettuce

Directions

1. Spread the guacamole on a whole wheat tortilla.
2. Top with the chicken, cheese, red pepper, and romaine.
3. Roll up, then enjoy!

Simple Hummus

This is a great protein dip for chips or veggies.

Prep time: 5 minutes

Makes: about 6 servings

Serving size: ¼ cup

Ingredients

- 1 (15-ounce) can low-sodium garbanzo beans
- ¼ cup fresh lemon juice
- ¼ cup tahini
- 2 small garlic cloves
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon cumin
- ¼ cup water
- ⅛ teaspoon paprika

Directions

1. In a food processor, combine all ingredients. Pulse on low to avoid splashing.
2. Once things start to break up and combine, process continuously for 1–2 minutes until everything is smooth and blended. Add more water if a thinner consistency is desired.

Soy Berry Smoothie

A protein-packed vegan smoothie with a great, light flavor.

Prep time: 5 minutes

Serving size: 1 smoothie

Ingredients

½ pound (½ carton) silken tofu

½ frozen banana

1 cup frozen berries

¾ cup orange juice

Directions

1. Blend until smooth.
2. Enjoy!

Sun-dried Tomato Turkey Wrap

An easy, on-the-go lunch.

Prep time: 10 minutes

Serving size: 1 wrap

Ingredients

2 tablespoons **Sun-dried Tomato Cream Cheese***

1 whole wheat tortilla

1 cup spinach

2 ounces roasted, deli-style turkey breast

¼ medium cucumber, cut into sticks

Sun-dried Tomato Cream Cheese

8 ounces low-fat cream cheese, softened

6–8 leaves fresh basil

¼ cup bottled sun-dried tomatoes

½ teaspoon garlic powder

Directions

1. Pulse cream cheese spread ingredients in a food processor until tomatoes and basil are chopped and incorporated.
2. Save extras in the fridge for later use.
3. Spread cream cheese on the tortilla. Sprinkle with spinach.
4. Lay the turkey slices on top, then place the cucumber in the center.
5. Roll up, then enjoy!

Vegan Nut-'n-seed Bar

This tasty granola bar is full of nutrient-packed nuts and seeds.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 14 servings

Serving size: 1 bar

Ingredients

1½ cups ripe bananas, mashed

1 tablespoon vanilla extract

2 cups quick oats (certified gluten-free, if needed)

½ cup walnuts

¾ cup sweetened, dried cherries

½ cup sunflower seeds

½ cup pumpkin seeds

½ cup shredded almonds

1 teaspoon cinnamon

Directions

1. Preheat oven to 350°F, then line a 9x13" baking dish with parchment paper.
2. In a large bowl, mash ripe bananas until smooth.
3. Add vanilla and oats, then mix well.
4. In a food processor, pulse the walnuts and cherries on low until they're roughly chopped.
5. Add to the banana mixture.
6. Add sunflower seeds, pumpkin seeds, almonds, and cinnamon.
7. Mix well until everything is combined evenly.
8. Pour mixture into the baking dish, then press until evenly distributed.
9. Bake for 20 minutes, then cool completely on a rack.
10. If you're in a hurry, you can place them in the freezer for about 20 minutes, then cut them into bars.

Testimonial Travel Guide

Whenever you're traveling, it's important that you stick to this general nutrition guide for the study. This will help us ensure compliance with the study and your health results. Since your food is not being provided and pre-portioned, it's important that you track it and stay within your prescribed calorie and protein goals that are shown in the table below.

Your Calorie Goal	Calorie Range	Protein Range*	Adjusted Vegan Protein Range**
1,200	1,150–1,250	105-120 grams	>75 grams
1,300	1,250–1,350	115-130 grams	>80 grams
1,400	1,350–1,450	125-140 grams	>90 grams
1,500	1,450–1,550	130-150 grams	>95 grams
1,600	1,550–1,650	140-160 grams	>100 grams
1,700	1,650–1,750	150-170 grams	>105 grams
1,800	1,750–1,850	160-180 grams	>115 grams
1,900	1,850–1,960	165-190 grams	>120 grams
2,000	1,950–2,050	175-200 grams	>125 grams
2,100	2,050–2,150	185-210 grams	>130 grams
2,200	2,150–2,250	190-220 grams	>140 grams

*Try to get at least 35–40% of your calories from protein.

**Since it's so hard to get protein on a vegan diet, we've lowered the number to help you try to get at least 25% of your calories from protein. The closer to the number, the better.

Tracking

The easiest way to track and ensure that you're meeting your calorie and protein goals is to use a fitness tracker. I recommend using MyFitnessPal—it's free and has a large food database.

Set your own goals

Once you set up an account or log into your previous account, you'll automatically be assigned goals from MyFitnessPal. To override this goal and match the table above, go to goals, then tap on the "Calorie and Macronutrient Goals" listed under Nutrition Goals. Although we're not being strict about your carbohydrate and fat intake while you're traveling, aim for the following:

- Protein 35–40% protein
- Carbs 35–40% or less
- Fat 20%–30%

Logging Food

It's important that you log food as accurately as possible. So whenever it's available, scan barcodes or choose options that most closely match the nutrition facts of the foods you eat. When you're logging food that doesn't have nutrition facts provided, select those that have a green shield with a check mark inside of it, since these foods have been verified. Be sure to log food as soon as possible to make certain you don't forget about food you've eaten throughout the day.

Another important consideration when you log food is accurate serving sizes. It can be difficult to eyeball the amount of food you eat. Whenever possible, measure or weigh food. When you can't do that, estimate. The following references can be helpful:

- 1 cup = 1 baseball
- Baked potato = computer mouse
- ¼ cup = golf ball
- Cooked pasta (⅓ cup) = tennis ball
- 1 medium apple = baseball
- Cheese (1 ounce) = 3 dice or your thumb
- 3 ounces cooked meat = deck of cards or a computer mouse or the palm of your hand
- 1 ounce nuts = shot glass
- Corn cob = length of a pencil
- 1 serving of pizza = dollar bill
- 1 sandwich = 2 decks of cards
- 2 tablespoons = wine cork
- 1 teaspoon = dice

High-protein Foods

It can be difficult to reach your necessary levels of protein without eating a large amount of calories. That's because many protein foods are accompanied by fat (meat, fish, nuts, seeds) or carbohydrates (beans, whole grains, veggies). So try to utilize foods that have a high amount of calories that come from protein. Check the list below.

High-protein Percentage Foods

- Chicken
- Turkey
- Tilapia
- Salmon (this pretty high in fat, so choose a low-fat way to cook it)
- Beef (look for lean cuts)
- Pork tenderloin
- Greek yogurt

- Tofu
- Soy milk
- Dairy milk
- Part-skim Mozzarella Cheese
- Edamame beans

Good luck and safe travels!

Substitution List

Dietary Restrictions	Problematic Foods	Substitutions	Notes
Dairy	Fluid Milk	Soy Milk	Use soy if possible d/t high protein content compared to other milk alternatives.
	Cottage Cheese	Edamame beans-shelled (half the amount of cottage lister so half a cup for a cup of cottage cheese) Soy yogurt- same amount	For the soy yogurt look for low-fat and high protein. Get as close as you can to 80 calories and 14g protein per half cup
	Cheese	Soy/Nut Cheeses	For string cheese snacks you can use ¼ cup edamame beans, or a hard boiled egg
	Greek Yogurt	Soy Yogurt	Try to get a high protein, low calorie one.
	Kefir	Soy Yogurt	Try to get a high protein, low calorie one.

Vegetarian	Chicken, Beef, Pork, Fish	Replace with tofu	Tofu is going to be the closest with macros compared to other subs like nuts and beans.
	Buillion/broth	Replace with vegetable bouillon/broth	
Vegan		Use vegan meat/dairy/egg/honey alternatives discussed with the chef. Aim for as high protein as possible	If substitution is difficult, see other meal plan for alternatives
Nuts/Peanut butter		Seed butters, pumpkin seeds	
Avocado			Just skip this ingredients, mostly just used as a topping. Can increase serving to replace calories lost or use cheese/nuts to replace calories.
Shellfish		Replace with fish or chicken	
Pork		Can sub chicken, fish or tofu	
Beef		Can sub chicken, fish, or tofu	
Fish		Replace with chicken (tofu if vegan)	
Melon	Watermelon, Cantaloup, Honeydew	Berries	Do half the amount on the meal plan since these are

			higher calories.
Cooked Carrots			All the cooked carrots are in soups, can omit and replace with butter squash if desired, or possibly have participant just pick it out.
Gluten/Flours		Use gluten free flours, pasta, bread, etc as needed	This seemed to be a preference not a need from a couple participants, so if need can buy gluten free preferences or just not cater to those preferences.
Vegetables			Sub vegetables one to one for non-starchy vegetables. Starchy vegetables like corn, potatoes, peas, need to be subbed for starchy vegetables or beans.
Fruit			Most fruit can be sub one for one in volume so ½ cup blueberries instead of ½ cup raspberries, apple instead of pear, etc. The exception is melons which are lower calorie and should be subbed 2 to 1 so 1 cup melon for ½ cup raspberries for example.