

BREAKFAST

Avocado Toast

Toast your favorite piece of Ezekiel Bread or Whole wheat Bread, top it with 1/2 sliced avocados, put a pinch of sea salt, pepper, and some red pepper flakes! Easy, healthy, delicious! Enjoy!

Almond Butter Chocolate Smoothie

- 1 cup unsweetened coconut milk
- 1 tbsp. almond butter
- 1 serving chocolate protein powder
- 1 tsp. chia seeds
- 1 tsp. cinnamon
- 1 cup frozen riced cauliflower
- 1 tbsp. cacao nibs
- 6 ice cubes



Blend well- add sprinkles of almond butter and cacao nibs on top!

Super Green Smoothie

- 1 cup Vanilla Unsweetened Almond Milk
- 1 serving Vanilla Protein Powder
- 1 small frozen banana
- 1 tbsp. ground flax seed
- 5 fresh mint leaves
- 2 cups spinach
- 1 cup crushed ice



Blend, serve, and top with fresh mint leaves and cacao nibs! Enjoy!

Chocolate Chip Overnight Oats

- 1/2 cup rolled oats
- 1/8 tsp. salt
- 1/2 cup vanilla Greek yogurt (I like Chobani 100 or FAGE 2%)
- 1/2 cup milk of choice
- 1 tsp. cinnamon
- Optional, 1 tbsp. chia seeds
- Dark chocolate chips or cacao nibs as desired
- Optional sweetener of choice (stevia or maple syrup) or melted banana, if desired

In a small Mason jar or lidded container, stir together all dry ingredients. Add remaining ingredients and stir well. Cover the container and let sit overnight. The next day, stir and enjoy. Depending on your yogurt and milk of choice, you may or may not wish to add any sugar or sweetener. Try any combination of toppings you like- I love coconut flakes!

SNACKS

High Protein Trail Mix

- 1 cup dried edamame
- 1 cup Kashi Golean cereal
- 1/2 cup dried blueberries
- 1 cup walnuts
- 1/2 cup dark chocolate cover coffee beans

Mix everything together and divide into small snack bags!

Kale Chips

- 1 Big bunch of kale, stems discarded and leaves torn
- 2 tablespoons extra virgin olive oil
- Coarse sea salt

Preheat the oven to 400°F. Toss the kale with olive oil and spread out on 2 baking sheets. Sprinkle with coarse salt and roast, stirring occasionally, for 12-15 minutes or until light brown and crispy. Eat like potato chips.

Fresh Ginger Tea

- 1 teaspoon very finely grated fresh ginger
- 1 tablespoon freshly squeezed lemon juice
- 2 teaspoons raw honey, xylitol, or good quality maple syrup
- 1 cup boiling water

Combine all the ingredients in a teacup or small pitcher, stir, and let sit for 2 minutes. If you want to avoid bits of ginger fiber, pour the tea through a fine mesh strainer into a fresh teacup. Serve immediately.

LUNCH

Greek Yogurt Parfait

- 1 cup Greek plain yogurt
- 1 tbsp. ground flax seed
- 1 cup favorite berries
- 1/2 tsp. cinnamon
- 1 tsp. honey or 2 drops of stevia
- 1/2 cup quick and easy granola

mix 1st 5 ingredients together; add granola on top and extra cinnamon to taste! Enjoy a delicious protein packed meal!

Avocado Strawberry Spinach Salad

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, diced
- 4 ounces crumbled gorgonzola or goat cheese
- 1/4 cup sliced almonds, toasted
- Half a small red onion, thinly sliced (optional)
- Strawberry vinaigrette (recipe below)



Strawberry Vinaigrette

- 1/2 pound fresh strawberries
- 2 tablespoon honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Place all ingredients in a blender and blend until smooth. Adjust honey to taste.

Summer Salmon Salad

6-8 servings

- 1 cup roasted sweet potatoes
- 1/2 cup pecans
- 16oz fresh baby spinach
- 1 medium apple, cored and sliced thin
- 1/2 cup dried figs, cut in half
- 6 ounces goat cheese
- 2 tablespoons whole grain mustard
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 2 teaspoons balsamic vinegar
- 1 tablespoon olive oil
- 1 pounds fresh salmon, cut small

In a small bowl, combine mustards, syrup, and vinegar. Divide spinach among plates, top with sliced apple, figs, sweet potatoes, pecans and cheese. Place small salmon fillets on top of salad and drizzle with desired amount of dressing. Serve immediately.

DINNER:

Roasted Turkey Breast

(From “It’s all Good” Gwyneth Paltrow) Serves 6-8

Ingredients:

- 1 whole, organic boneless turkey breast (about 3 pounds)
- Coarse sea salt
- A 12 oz bottle of good quality maple syrup
- 1 tablespoon extra virgin olive oil
- Freshly ground black pepper

Directions:

Place the turkey breast in a large bowl or pot that leaves lots of room around and on top of it. Sprinkle the turkey with a handful of salt (about 1/4 a cup). Pour the maple syrup over the turkey and fill the bowl with enough cold water to cover the turkey. Wrap the bowl with plastic wrap and place it in the fridge overnight.

Take the turkey out of the fridge at least one hour before you’re ready to roast it, to get it to room temperature. Pour off the brine. Preheat your oven to 425°F, (preferably on convection if possible).

Place the turkey, skin side up, in a roasting pan, patting it dry with paper towels. Rub the turkey with olive oil and sprinkle a small amount of coarse salt over top (it doesn’t need much since it has already been brined) and a few grounds of black pepper.

Roast for 15 minutes, turn the oven down to 375°F, and continue to roast until the turkey reaches 180°F on a meat thermometer. The time will depend on the amount of meat you are cooking, but 45 minutes is average. Once it’s cooked, let the turkey rest on a cutting board at least 15 minutes before slicing it.

Roasted Carrots with Honey and Soy Sauce

Serves 4 Ingredients:

- 8 carrots, peeled and cut into 2-inch lengths
- 2 tablespoons extra virgin olive oil
- 2 tablespoons raw honey
- 2 tablespoons soy sauce

Directions:

1. Preheat your oven to 450°F and line a sheet pan with parchment paper.
2. Bring a large pot of salted water to a boil. Place the carrots in the water and cook until they just begin to soften, about 5 to 6 minutes.
3. Meanwhile whisk together the olive oil, honey, and soy sauce in a large mixing bowl. Drain the carrots thoroughly, add them to the bowl with the honey mixture, and stir to coat them evenly.
4. Transfer the carrots to the prepared sheet pan and roast, stirring now and then, until completely caramelized (about 15 minutes). Serve hot or at room temperature.

Maple Balsamic Glazed Pork Tenderloin

Serves 6

- 2 lbs. Pork tenderloin
- 1 TBSP ground Sage
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 clove garlic crushed
- 1 cup water
- 1/2 cup maple syrup
- 1 TBSP cornstarch
- 1/4 cup Balsamic vinegar
- 1/2 cup water
- 2 TBSP low sodium soy sauce

Instructions: Mix together seasonings: sage, salt pepper, and garlic. Rub over tenderloin. Place 1 cup water in slow cooker; place tenderloin in slow cooker. Cook on high 6 hours. One hour before roast is finished, mix together the glaze in small sauce pan: maple syrup, cornstarch, balsamic vinegar, 1/2 cup water, soy sauce. Heat over medium heat and still until the mixture thickens (4 min) brush roast with glaze the last hour of cooking. Serve any remaining glaze on the side! Enjoy!

Roasted Vegetables

- 2 cups (1-inch-thick) sliced carrot
- 3 cups peeled sweet potato, cut into 1-inch pieces (1 pound)
- 2 cups trimmed Brussels sprouts, halved (12 ounces)
- 1 none large onion, cut into 8 wedges
- 2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- Chopped fresh or 1/2 teaspoon dried rosemary
- 3 tablespoons stone-ground or country-style Dijon mustard
- 2 tablespoons honey

Preheat oven to 400°. To prepare vegetables, place carrot in a microwave-safe bowl, and microwave at high 2 minutes. Combine carrot and next 6 ingredients (carrot through 1/8 teaspoon black pepper); toss well to coat. Set aside. Arrange the vegetables on pan lined with foil. Bake at 400° for 45 minutes. Combine mustard & honey and toss vegetables and serve!

Rice Cream Sundaes

Ingredients:

- Brown/ cauliflower rice or your favorite noodles (I like to do zucchini noodles with Vegetti)
- Your choice of toppings: diced avocado, steamed peas, broccoli sautéed with garlic and soy sauce, shredded carrots, fresh ginger, salmon, sautéed chicken breasts, scallions, etc.

Directions:

1. Make a big batch of the brown rice or your favorite healthy noodles.
2. Place desired toppings in individual bowls and allow your family to choose what toppings they want on their rice “sundaes”. Drizzle with hoisin sauce and serve.

Cherries with Ricotta & Toasted Almonds Ingredients

- 3/4 cup frozen pitted cherries
- 2 tablespoons part-skim ricotta
- 1 tablespoon toasted slivered almonds

Preparation

Heat cherries in the microwave on High until warm, 1 to 2 minutes. Top the cherries with ricotta and almonds and maybe a few dark chocolate chips!

Honey Teriyaki Salmon

Asian honey glazed salmon – an easy dish you can make any night of the week. Simply fill a resealable bag with the marinade ingredients, and then add the salmon until you're ready to cook.

Then when you're ready to start dinner, make your sides and your fish will be done in less than 15 minutes.

By choosing fresh wild salmon (your best bet is wild Alaskan or Pacific) over farmed, you will likely be getting better quality, less-contaminated fish.

- 3 tbsp. low-sodium soy sauce (or tamari for gluten free)
- 3 tbsp. mirin (or any type of Japanese rice wine)
- 2 tbsp. honey
- 1 lb. fresh wild salmon fillet, cut in 4 pieces
- 2 tsp. EVOO

Combine the soy sauce, mirin (or rice wine), and honey in a resealable bag. Add the salmon and mix to coat. Refrigerate for 1 hour or up to 8 hours.

Remove salmon, reserving the marinade. Heat a frying pan or sauté pan over medium-high heat. When hot, swirl in the oil. Sear salmon, 2 minutes per side. Turn heat to low and pour in the reserved marinade. Cover and cook for 4 to 5 minutes, until cooked through.

Coconut Pan- Roasted Sweet Potatoes

- 3 or 4 sweet potatoes (orange-fleshed, yellow, white, or a mix; about 3 lbs. total)
- About 1/3 cup virgin coconut oil*, divided
- About 1/2 tsp. medium-coarse sea salt
- 1 teaspoon sesame seeds
- Sea salt

1. Scrub sweet potatoes, and then chop into cubes a scant 1 in. across.

2. Warm 1/4 cup oil in a large frying pan over medium-high heat. Add sweet potatoes, turn to coat, and season with a few pinches of sea salt.

3. Cover pan, turn heat to medium-low, and cook, stirring every now and then, until sweet potatoes are tender and browned, about 20 minutes.

4. Meanwhile, toast sesame seeds in a frying pan (not nonstick) over medium heat and cook, stirring occasionally, until aromatic and the white seeds are golden.

5. Serve sweet potatoes drizzled with remaining oil and sprinkled with sea salt and sesame seeds.

Roasted Broccoli with Sea Salt & Olive Oil

2 - Bunches broccoli cut into florets 1/4 Cup - Olive Oil 1 Teaspoon - Salt 1/2 Teaspoon - Pepper

Preheat oven to 425. Wash and dry the broccoli thoroughly. Line a large cookie sheet with foil (I use Reynolds Non-stick Pan Lining Paper). Right on the cookie sheet, toss the broccoli with all the remaining ingredients. Roast until tender and the edges are browned and stir once. This usually takes about 20 minutes in my oven. Serve immediately.

Pizza Margarita

- 1/2 (24-ounce) package frozen prebaked gluten-free pizza crusts, thawed (or purchase pizza dough)
- 1/2 cup Basic Pizza Sauce (low in sugar)
- 5 ounces fresh mozzarella cheese, thinly sliced
- 1/3 cup torn fresh basil leaves

1. Preheat oven to 450°.
2. Place pizza crust on a baking sheet. Spread Basic Pizza Sauce evenly over crust. Arrange cheese slices over sauce. Place on bottom rack of oven.
3. Bake at 450° for 12 minutes. Remove from oven, and sprinkle with basil. Cut into 10 wedges. Serve immediately.

Baked Italian Chicken, Potatoes & Green Beans

2 lbs. boneless skinless chicken breasts

4 cups green beans

2 lbs. red potatoes, chopped into 1" pieces

1 cup Italian dressing (you can buy organic Italian dressing or try using 1/2 cup olive oil, 1/2 cup salad vinegar, and 2 tbsp Italian seasonings)

Preheat oven to 350 degrees F. Season chicken lightly with a little salt and pepper. In a 9x13 baking dish, line one side of the pan with green beans. Then place chicken in the middle and cut potatoes lined down the other side. Drizzle dressing on top of green beans, chicken and potatoes. Place foil over the top and place in preheated oven for one hour (or until potatoes are soft and chicken is no longer pink on the inside). Dish up on plates and serve with a side of fruit and side salad. Enjoy!