

RAW FITNESS

**RAW  
FITNESS  
CHALLENGE  
APPROVED  
RECIPES**

**Prepared by:**

LISA MALOY

WELNESS AND NUTRITION DIRECTOR

RAW FITNESS

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# BUFFALO CHICKEN MEATBALLS

The estimated total time to make this recipe is 3-6 Hours.

1

To Prepare the Meatballs: In a medium bowl, combine ground turkey or ground chicken breast, egg (for women, 2 egg whites), oats, green onions, and seasonings. Roll the meat mixture into 14 even balls (about the size of a golf ball, or about 2 tbs each). Next, choose stovetop or oven method:

Stovetop: In a large nonstick skillet on med-high heat, add the meatballs, and cook for about 1 minute, until they sear slightly.

Bake: Preheat oven to 400 degrees. Place meatballs on baking sheet in the preheated oven for 5 minutes (or until meatballs are starting to firm up.)

2

Slow Cook Meatballs: Add the meatballs to the slow cooker. Pour the sauce over the top, making sure to coat the meatballs evenly with sauce. Cover and cook on low for 5-6 hours, or on high for 3-4 hours. Or until the meatballs are cooked all the way through. Toss meatballs in sauce again before removing from crockpot, and serve.

4

Serve: For a main dish, serve over pasta or spaghetti squash, or with some vegetables as a side. Or serve as an appetizer with the blue cheese dressing and celery sticks and carrots if desired.

## INGREDIENTS

- 1.25 lb Lean ground chicken breast or turkey
- 1 large Egg (or 2 whites for women)
- 3/4 cup old fashioned gluten free oats
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1/2 tsp Garlic powder
- 1/2 tsp Onion powder
- 1 tbsp Dried parsley (optional)
- 2 Green onions, finely chopped
- 1 cup Frank's Red Hot Sauce

## AVOCADO CHICKEN SALAD

In a medium bowl, mash avocado to your personal taste and stir in lemon or lime juice. Stir in chicken, red onion, and cherry tomatoes. Season to taste with salt and pepper and toss in cilantro or parsley if desired. Serve chicken salad in lettuce wraps.

## INGREDIENTS

- 1 Large ripe avocado, cut
- 2 tsp Lime or lemon juice
- 1 cup Cooked chicken, cut
- 1/8 cup chopped red onion
- 1/2 cup Cherry tomatoes, sliced in half
- 1/4-1/2 tsp Salt
- Pinch Pepper
- 2 tbsp Finely chopped cilantro or parsley (optional)

## **MEDITERRANEAN CHICKEN W/QUINOA**

To Marinate the Chicken: Mix all the ingredients for the marinade in a bowl. Place the chicken breasts in a dish and pour the marinade over them, turning them in the marinade to ensure that they are completely coated. Cover and place in the fridge for at least an hour. (Or put everything for marinade in ziplock bag and add the chicken). To Grill the Chicken: Place the chicken on skewers, and cook on an outdoor or indoor grill (or skillet), turning skewer until the meat has an internal temperature of 165 degrees, or is cooked through (white in the center). (Grill time will vary depending on the size and thickness of the meat.) Remove and serve over tabbouleh. To Prepare the Tabbouleh: Place 1 1/2 cup water and 1/2 cup quinoa in a small saucepan and bring to a boil. Reduce heat to medium low to simmer and cover and cook until all the water is absorbed (about 10 minutes). Remove from heat and set aside to let cool. (You will know quinoa is done when the grain appears soft and translucent.) (If using whole grain rice, cook rice according to package directions, or skip this step if you are making a grain free version!) Once quinoa is cooled, add it to a medium bowl, and mix it with the rest of the ingredients, stirring to combine. Enjoy with the grilled chicken over top!

# MEDITERRANEAN CHICKEN W/QUINOA CONTINUED

## INGREDIENTS

- 1 lb Boneless skinless chicken breasts, cut into chunks (about 4 breasts)
- Marinade:
  - 1/8 cup Balsamic vinegar
  - 1/8 cup Red wine vinegar
  - 3 tbsp Lemon juice
  - 2 tbsp Garlic, minced
  - 1 tbsp Oregano (dried)
  - 2 tsp Thyme (dried)
  - 1 tsp Salt
  - 1/4 tsp Pepper
  - 2 pkts Stevia
- Quinoa Tabbouleh:
  - 1/2 cup cucumber, diced (or a regular cucumber with seeds scraped out, and diced) (about 1/2 cucumber)
  - 1/2 cup Grape tomatoes, halved
  - 1/2 cup White onion, thinly diced
  - 1/2 cup Flat leaf parsley leaves, chopped
  - 1/2 tsp Salt (or to taste)
  - 1/4 tsp Pepper (or to taste)
  - 1/2 tsp Garlic, minced (or 1/4 tsp garlic powder)

# EASY MEXICAN PULLED CHICKEN

The estimated total time to make this recipe is 4-8 Hours.

1

Place the chicken in crockpot along with 1/2 of the salsa (reserve the rest in the fridge for after the chicken is cooked), and sprinkle spices evenly over chicken breasts.

2

Cover crockpot and cook for 8 hours on low or 4 hours on high heat. Remove chicken breasts from crockpot and shred chicken with two forks, (chicken should be very tender and will shred easily). Place chicken back in the crockpot and add the remaining salsa. Stir to combine and let sit for at least 15 minutes over low heat. Enjoy 1/2 cup wrapped in lettuce cups or over a salad!

## INGREDIENTS

### Ingredients

- 2 lb Boneless skinless chicken breasts (fresh or frozen)
- 1 (24 oz) jar Salsa
- 1 tsp Ground cumin
- 1 tbsp Chili powder
- 1/2 tsp Paprika
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1/2 tsp Oregano
- 1 1/2 tsp Salt
- 1/2 tsp Pepper (optional)
- 1 tbsp baking stevia

# CHIPOTLE MEATLOAF

Preheat oven to 350°.

To prepare meat loaf, remove 1 chipotle chile and 1 teaspoon adobo sauce from can; reserve remaining chiles and sauce for another use. Chop chile. Combine chile, adobo sauce, onion, and next 14 ingredients (through ground turkey breast) in a large bowl, stirring to combine. Place turkey mixture in a 9 x 5-inch loaf pan coated with cooking spray. Bake, uncovered, at 350° for 30 minutes.

To prepare topping, combine 1/4 cup tomato sauce, ketchup, and hot sauce in a small bowl; brush mixture evenly over meat loaf. Cover and bake an additional 30 minutes or until thermometer registers 160°. Let stand 10 minutes before slicing.

## INGREDIENTS

- Meat loaf:
- 4 jalapeno's chopped
- 1/2 cup finely chopped onion
- 1/2 cup coarsely chopped fresh cilantro
- 1/2 cup GROUNDED regular oats
- 1/4 cup tomato sauce
- 2 teaspoons chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 2 large egg whites
- 1 pound ground turkey
- 1 pound ground turkey breast
- Cooking spray
- Topping:
- 1/4 cup tomato sauce
- 1/2 teaspoon hot sauce



# MARINATED LEMON GARLIC CHICKEN

Place the chicken and the rest of the ingredients in a zip lock bag. Seal the bag and toss the chicken in the marinade to combine everything together and properly coat the chicken. (For best results, I recommend pounding the chicken in the ziplock bag so the flavors really soak up and chicken cooks evenly on the grill)

Marinate for at least 30 minutes - 6 hours. Heat an outdoor grill or indoor grill pan over medium-high heat. Spray with cooking spray. Add the chicken and cook for 4-5 minutes on each side or until no longer pink in the thickest piece, and cooked through. Sprinkle with chopped parsley if desired and serve with side of choice, or sliced on a salad or wrap sandwich if desired.

## INGREDIENTS

- 1.25 lb Boneless skinless chicken breasts
- 1 tbsp Garlic, minced
- 2 tbsp Apple cider vinegar
- 1 Large lemon, juiced and zested
- 1 tbsp Olive Oil
- 1 tbsp Sweetener of choice (stevia)
- 1 tbs Dried parsley
- 2 tsp Italian seasoning
- 1/2 tsp Salt
- 1/2 tsp Pepper (or to taste)

# GREEK CHICKEN AND VEGGIES

Combine all marinade ingredients in small bowl or ziplock bag. Place Chicken in bag/bowl with the vegetables. Pour the marinade over the veggies and rub onto the chicken.

Next, you have 3 choices: 1. If you want to make the meal right away, go straight to the next step. 2. If you want to let the chicken and veggies soak up the marinade (I personally recommend this), place ziplock bag (or covered bowl) in the fridge to marinate (for 4-24 hours). 3. Or if you want to freeze the meal for a later date, place in ziplock bag and stick in your freezer. When ready to prepare the meal, remove the bag from freezer the night before you plan to cook the meal to let it thaw in the fridge. Continue with next steps when ready to prepare.

When ready to bake, preheat oven to 400 degrees and line a sheet pan with foil or a baking mat. Arrange mixture evenly, on pan. Spray everything with a good quality cooking spray, (I like coconut oil spray). Place in oven and roast for 30 minutes, or until veggies are slightly brown and chicken reaches 165 degrees.

Place the oven on broil in the last few minutes to get them golden brown if you like! You could serve over a bed of lettuce

## INGREDIENTS

- 2 tbsp Rice vinegar
- 4 tbsp Balsamic or red wine vinegar
- 2 tbsp Lemon juice
- 2 tbsp Garlic, minced (or 1 tbs dried)
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 2 tsp Dried oregano, diced

### Vegetables and Chicken

- 1.25 lb Chicken breasts, cut into chunks
- 2 Red bell peppers, sliced into thick slices
- 1 Large red onion, cut into wedges
- 2 Medium zucchini, sliced

# LOW CARB CHICKEN BURRITO BOWL

To Make the Chicken: Instant Pot: Place the chicken in the pressure cooker and pour the seasonings and salsa over the chicken. Cook on high pressure 12 minutes. Natural release (or quick release if short on time). When chicken is cooked, remove the chicken and place in a bowl, shred and add 1/2 cup of the juice from the instant pot and mix beans with chicken if using.

Crockpot: Place the chicken in the pressure cooker and pour the seasonings and salsa over the chicken. Cook on high for 4 hours, or on low for 8 hours. When chicken is cooked, remove the chicken and place in a bowl, shred and add 1/2 cup juice from the crockpot. Mix beans with chicken if using.

To Make the Cauliflower Rice: Meanwhile, microwave the cauliflower steamer bags (I did two at a time, for 6 minutes total). Or you are able to make your own cauliflower rice. Stir in juice of 1/2 of a lime, and season to taste with salt and pepper.

To Make the Bowls: Mash the avocado, salsa, and rest of the lime juice in a small bowl. Season to taste and place 1/4th of the guacamole mixture in each bowl. Next, place 1/4th of the cauliflower rice in each bowl, with 1/2 cup shredded chicken mixture, 1/4 cup tomatoes. Serve with lime wedges if desired.

## INGREDIENTS

- Chicken:
- 1/2 tsp Salt
- 1/2 tsp Ground cumin
- 1/2 tsp Chili powder
- 1 cup Salsa
- 1 lb Boneless skinless chicken breasts
- 1 (15 oz) can Pinto beans, drained and rinsed (optional)
- Cauliflower Rice:
- 2 (12 oz) bags Cauliflower rice
- 1 medium Lime, juiced
- Bowls:
- 1 cup Cherry tomatoes, halved
- 2 medium Avocados, mashed
- 1/4 cup Andy's Salsa
- 1/2 tsp Salt (or to taste)

RAW FITNESS

# POACHED HALIBUT WITH LEMON-HERB SAUCE

## MAKE 4 SERVINGS

1. Combine first 8 ingredients.
2. Combine water and next 5 ingredients (through cilantro sprig) in a large skillet; bring to a low simmer (180° to 190°). Add fish; cook 10 minutes or until desired degree of doneness. Remove fish from pan with a slotted spoon; drain on paper towels. Serve with sauce.

Sustainable Choice: Halibut is a readily available, sustainable option with mild flavor and firm flesh.

## INGREDIENTS

- 3 tablespoons olive oil
- 1 1/2 tablespoons chopped seeded jalapeño pepper
- 1 tablespoon grated lemon rind
- 1 1/2 tablespoons fresh lemon juice
- 4 teaspoons chopped fresh cilantro
- 4 teaspoons chopped fresh parsley
- 1/2 teaspoon salt
- 3 lemon sections, finely chopped
- 6 cups water
- 1 teaspoon salt
- 1/2 teaspoon black peppercorns
- 2 green onions, coarsely chopped
- 1 parsley sprig
- 1 cilantro sprig
- 4 (6-ounce) halibut fillets

## CAJUN SHRIMP KABOBS

.Mix together all of the spices.

Thread the shrimp onto skewers. Brush with oil. Sprinkle the spice mixture onto the skewers on both sides. It's fine if there is a little extra spice rub leftover.

(Note: If using wood skewers, make sure to soak them in water for 30 minutes beforehand so they don't catch on fire.)

Preheat the grill (or broiler) at medium heat.

Place the kabobs directly on the grill and cook for 2-3 minutes per side until pink.

For the broiler, place 6 inches from broiler and cook for 2-3 minutes per side until pink and cooked through.

## INGREDIENTS

- 1 tbsp. olive oil
- 1.33 lbs. shrimp, peeled and deveined
- 2 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. dried oregano
- 1/4 tsp. dried thyme
- 1/4 tsp. cayenne pepper

## GRILLED LIME SHRIMP

.Combine the coconut milk, ginger, garlic, cilantro, lime juice, lime zest, salt, pepper, and chili peppers if using. Add the shrimp and marinate for 30-60 minutes. If you marinate much longer than that, the shrimp will begin to cook from the lime juice.

After you marinate the shrimp, you can cook them anyway you like. They can be grilled for 2-3 minutes per side, cooked in a hot skillet for 2-3 minutes until cooked through, or poached in the marinating liquid for 3-4 minutes until cooked through. They are also delicious on skewers.

## INGREDIENTS

- 1.33 lbs. raw shrimp
- 3/4 cup Almond milk
- 1 tbsp. ginger, minced
- 1 garlic clove, minced
- 2 tbsp. cilantro
- 1 tsp. lime zest
- 1 tbsp. lime juice
- Salt and pepper
- 1 jalapeno (or Serrano or Thai chili pepper)

## CREOLE COD

.Preheat oven to 400°.

Combine first 4 ingredients; brush evenly over fish.

Place fish on a foil-lined baking sheet coated with cooking spray. Bake at 400° for 17 minutes or until fish flakes easily when tested with a fork. Drizzle juice evenly over fish; garnish with parsley, if desired.

## INGREDIENTS

- 2 teaspoons olive oil
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon Creole seasoning blend (such as Spice Island)
- 4 (6-ounce) cod fillets (about 1 inch thick)
- Cooking spray
- 1 tablespoon fresh lemon juice
- Chopped fresh parsley (optional)

## GAZPACHO SHRIMP SALAD

. Bring a small saucepan of water to a boil and cook the shrimp until opaque, about 2 minutes. Drain and set aside.

In a small bowl, whisk together the scallion, parsley, chives, vinegar, olive oil, hot sauce and garlic. Coat the shrimp with the dressing and let sit for 2 minutes.

In a separate bowl, toss the mixed greens, cucumber, bell peppers and tomatoes together. Add the shrimp and dressing and toss lightly.

## INGREDIENTS

- 3 tablespoons olive oil
- 1 1/2 tablespoons chopped seeded jalapeño pepper
- 1 tablespoon grated lemon rind
- 1 1/2 tablespoons fresh lemon juice
- 4 teaspoons chopped fresh cilantro
- 4 teaspoons chopped fresh parsley
- 1/2 teaspoon salt
- 3 lemon sections, finely chopped
- 6 cups water
- 1 teaspoon salt
- 1/2 teaspoon black peppercorns
- 2 green onions, coarsely chopped
- 1 parsley sprig
- 1 cilantro sprig
- 4 (6-ounce) halibut fillets



## POACHED HALIBUT WITH LEMON-HERB SAUCE

.Combine first 8 ingredients.

Combine water and next 5 ingredients (through cilantro sprig) in a large skillet; bring to a low simmer (180° to 190°). Add fish; cook 10 minutes or until desired degree of doneness. Remove fish from pan with a slotted spoon; drain on paper towels. Serve with sauce.

### INGREDIENTS

- 4 ounces large shrimp, peeled and deveined
- 3 cups mixed greens
- .5 cup English cucumbers, chopped
- 0.5 cup red bell peppers, chopped
- 1 cup cherry tomatoes, halved
- 1 stalk scallion, sliced diagonally
- 1 tablespoon fresh parsley, finely chopped
- .5 teaspoon fresh chives, chopped
- .5 tablespoon sherry vinegar (or red wine vinegar)
- 1 teaspoon olive oil
- .25 teaspoon hot sauce
- .5 clove garlic

## SKINNY SHRIMP AVOCADO SALAD

.In a large bowl combine chopped shrimp, tomato, onion, and avocado.2In a small jar (or sealed container) combine the ingredients for the dressing and shake to combine.3Pour dressing over shrimp salad, add cilantro, and gently toss. Enjoy right away, or marinate overnight and serve the following day.

### INGREDIENTS

- 1 lb Shrimp, cooked and peeled
- 2 Medium roma tomatoes, diced
- 1/4 cup Diced red onion
- 1 Medium avocadoDressing
- 2 Limes, juiced
- 1 tsp Olive oil
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp Garlic powder
- 1 tbsp Chopped cilantro

## SHRIMP WITH ARUGULA-MINT PESTO

.Sprinkle shrimp with 1/2 tsp each salt and pepper.

Cook shrimp s, in 2 batches, in 1 Tbsp hot oil per batch in a large nonstick skillet 3 minutes per side or until browned and opaque.

Pulse arugula, mint, pine nuts, garlic, lemon juice, water, 1 Tbsp oil, and 1/4 tsp each salt and pepper in a blender or food processor until smooth.

Serve pesto with scallops.

## INGREDIENTS

- 2 lb shrimp, patted dry
- ¾ tsp salt
- ¾ tsp pepper
- 3 Tbsp olive oil
- 2 cups baby arugula
- ¼ cup fresh mint leaves (or use fresh basil)
- 1 Tbsp pine nuts
- 3 cloves garlic, minced
- 1 Tbsp lemon juice
- 3 Tbsp water

## **SWEET POTATO TURKEY BURGER**

.Precook the sweet potato until just tender, but not mushy (I microwaved mine for 4 minutes, but you could also bake it for 30 minutes or so in a 375 degree oven.) Remove the peel, and break up the sweet potato with knife or fingers, into very small pieces. Combine the ground turkey, sweet potato, spinach, and seasonings into a large bowl, and form into four patties. Cook on the grill, pan, or griddle over medium high heat, for about 3-4 minutes on each side, or until the burgers are cooked through. (You can also bake these in a muffin tin in the oven at 350 degrees for 15-20 minutes, or until they reach an internal temp of 165 degrees or more.) To serve, place on a bun or lettuce wrap and top with your favorite toppings and condiments

## **INGREDIENTS**

- 1.25pds Lean ground turkey (or extra lean ground beef)
- 1 Small sweet potato
- 1/2 cup Chopped frozen spinach (thawed and squeezed dry or 1 cup fresh)
- 1 tsp Salt
- 1/4 tsp Pepper
- 1/2 tsp Garlic powder
- 1/2 tsp Onion powder (optional)
- wrapped in lettuce

## CROCKPOT TURKEY BOLOGNESE

.Spray a large skillet with cooking spray. Cook ground meat, onion, and garlic in skillet over medium high heat, breaking up the meat with a spatula as it cooks. Cook until the meat is just browned (it does not have to be cooked through, because it will finish cooking in the crockpot.) Transfer to 5-6 quart slow cooker. Stir in all remaining ingredients, and mix well. Cover and cook on high for 4 hours, or on low for 8 hours. Serve with your favorite whole grain pasta, spaghetti squash, or spiralized zucchini noodles. Top with parmesan cheese if desired!

## INGREDIENTS

- 1 lb Lean ground turkey (or lean ground beef)
- 1/2 cup Onion, chopped
- 1 tbs Garlic, minced (or 1 1/2 tsp garlic powder)
- 1 (15 oz) can Diced tomatoes (do not drain)
- 1 (15 oz) can Tomato sauce
- 1 tbs Dried oregano (or fresh)
- 1 tbs Dried basil (or fresh)
- 1/2 tsp Salt (or to taste)
- 1/2 tsp Pepper (or to taste)
- 1-2 tbs Stevia
- 1/2 cup Chopped bell pepper (optional)

## HEALTHY TURKEY BURGERS

.Using your hands, mix the turkey, garlic, parsley and rosemary until just combined. Do not over mix. Divide into 4 equal portions and flatten each into 1-inch thick patties. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray and place patties in an even layer in it. Cook for 6 minutes, flip and cook for another 6 minutes.

Grab the lettuce wraps and spread the mustard on each top half. Place 1 patty on each bottom half with spinach, tomatoes, avocado.

## INGREDIENTS

- Ingredients
- 1 pound lean ground turkey breast
- 2 cloves garlic, minced
- 3 tablespoons parsley, finely chopped
- 3 tablespoons rosemary, finely chopped
- 1 tablespoon Dijon mustard
- lettuce wraps
- 2 whole tomatoes, sliced
- 1 whole avocado, sliced

## TURKEY SAUSAGE

.In a small bowl, mix all of the ingredients except for the ground turkey. Place the ground turkey in a large bowl. Add spice mixture and mix by hand until well incorporated. Heat a skillet coated with nonstick spray over medium-low heat. Form meat mixture into eight patties using a 1/4-cup measuring scoop. Cook 3-4 patties at a time in the pan over medium low heat. Cover the pan with a lid when cooking the patties for about 2-3 minutes on each side. Be careful not to overcook. Add 2-3 tbs water if the pan gets too hot, or outside is done before inside is. Serve warm or cold with low sugar maple syrup if desired.

## INGREDIENTS

- 1 lb Lean ground turkey
- 1/2 tsp Garlic powder
- 1/2 tsp Onion powder
- 1 tsp Poultry seasoning (or 1/2 dried sage + 1/2 teaspoon dried thyme)• 1/2-3/4 tsp Salt (or to taste)
  
- 1/4-1/2 tsp Pepper (or to taste)
- 2 tbsp stevia
- 1 Large egg white
- 1 tsp Dried fennel seeds (optional)
- Pinch Ground nutmeg or ginger (optional)
- 1/2 tsp Paprika (optional)

## MEDITERRANEAN TURKEY BURGER

.In a medium microwave safe bowl, thaw frozen chopped spinach by covering the bowl with plastic wrap and microwaving for 1-2 minutes. Squeeze spinach in a kitchen towel or in paper towels to drain excess water. (Note: If you are using zucchini, simply grate the zucchini.) Place spinach (or zucchini) in a large bowl. Add to the bowl: Ground turkey, red peppers, onion, and seasonings. Mix ingredients with spoon or hands, distributing all of the ingredients thoroughly. Divide meat mixture into four equal patties. Meanwhile, heat a griddle, grill pan, or outdoor grill over medium-high and spray pans with cooking spray if cooking indoors. Brown the burgers on the first side about 3-4 minutes. Flip over and finish cooking on the second side, about 3-4 additional minutes, or until cooked through and no longer pink in the center. Enjoy on a lettuce wrap with tomatoes, red onion!

## INGREDIENTS

- 1.25 lbs Lean ground turkey
- 1/2 cup (8oz) Chopped Frozen spinach, thawed and drained
- 1/4 cup Finely chopped red onion
- 1/4 cup Chopped fresh parsley (or 1 tbsp dried)
- 1/3 cup Roasted red peppers in water, chopped
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1/2 tsp Garlic powder
- 1 tsp Dried oregano



## GROUND BEEF FAJITA BOATS

.Wash potatoes then pierce them several times with a fork. Place them on a baking sheet, then bake in the oven for about 50 minutes until you can easily pierce them with a knife or fork. Allow them to cool on a baking rack until they can be handled. Or you can cook them in the microwave. Set oven to broil.

Set a nonstick skillet on medium high heat and spray it with avocado oil. Toss in onions, garlic and bell pepper and cook for about 3 to 5 minutes, until the onions are brown and translucent. Do NOT burn the garlic. Add the ground beef and cook for an additional 6 to 8 minutes, until desired readiness.

Slice each potato in half, lengthwise. Scoop out the flesh but leave about a 1/4-inch in the potato. Set aside the scooped out potato for another recipe but don't toss it away.

Spray the halves with avocado oil, then sprinkle on the skin seasonings. Broil the halves for roughly 6 minutes, flipping halfway through. Begin with skin side up (open face down), then flip up for the remaining time, until the edges are crispy. Remove the halves from the oven, then add burger mix and serve

## INGREDIENTS

- 5 Russet potatoes, raw
- spray olive oil
- 1 tablespoon garlic, minced
- 1 red bell pepper (about 1 cup), chopped
- 1/2 cup cremini or portobello mushrooms chopped (optional)
- 1/2 cup red onion, slices
- 1 lb lean ground beef
- Substitutes: chicken; turkey
- Skins Seasoning
- 1 tablespoon garlic powder
- 2 tablespoons onion powder

## SPINACH MEATBALLS

.Preheat the oven to 375 degrees. Defrost the spinach and squeeze out all the excess moisture using cheesecloth or a paper towel. Make sure to really squeeze out the moisture because too much moisture will cause the meatballs to crumble. Combine the ground beef, spinach, onion, garlic, egg, salt, pepper, basil, and oregano with your hands until just mixed. Roll out the meatballs, 4 per serving (so 16 total for 4 servings), and place on a prepared baking sheet. Bake for 18-20 minutes until cooked through.

## INGREDIENTS

- 1 lb. 95% lean ground beef (or turkey)
- 10 oz. frozen chopped spinach
- 1/2 cup onion, minced
- 4 garlic cloves, minced
- 2 egg whites
- 1/2 tsp salt
- 1/2 tsp dried basil
- 1/4 tsp pepper
- 1/4 tsp oregano

## GROUND BEEF FAJITA BOATS

.Wash potatoes then pierce them several times with a fork. Place them on a baking sheet, then bake in the oven for about 50 minutes until you can easily pierce them with a knife or fork. Allow them to cool on a baking rack until they can be handled. Or you can cook them in the microwave. Set oven to broil.

Set a nonstick skillet on medium high heat and spray it with avocado oil. Toss in onions, garlic and bell pepper and cook for about 3 to 5 minutes, until the onions are brown and translucent. Do NOT burn the garlic. Add the ground beef and cook for an additional 6 to 8 minutes, until desired readiness.

Slice each potato in half, lengthwise. Scoop out the flesh but leave about a 1/4-inch in the potato. Set aside the scooped out potato for another recipe but don't toss it away.

Spray the halves with avocado oil, then sprinkle on the skin seasonings. Broil the halves for roughly 6 minutes, flipping halfway through. Begin with skin side up (open face down), then flip up for the remaining time, until the edges are crispy. Remove the halves from the oven, then add burger mix and serve

## INGREDIENTS

- 5 Russet potatoes, raw
- spray olive oil
- 1 tablespoon garlic, minced
- 1 red bell pepper (about 1 cup), chopped
- 1/2 cup cremini or portobello mushrooms chopped (optional)
- 1/2 cup red onion, slices
- 1 lb lean ground beef
- Substitutes: chicken; turkey
- Skins Seasoning
- 1 tablespoon garlic powder
- 2 tablespoons onion powder

## KALE CHIPS

### INSTRUCTIONS

First, de-stalk the kale and break into bite-sized pieces. Then, drizzle on about a tablespoon of olive oil and toss so that kale is equally coated on both sides. Olive oil cooking spray works too and is easier in my opinion!

Season with garlic powder and sea salt.

Bake at 350° for 6 minutes. Take out and flip. Bake for an additional 6 minutes or until crunchy.

## INGREDIENTS

- 1 bushel of kale (~4 cups), chopped
- Drizzle or spray with olive oil cooking spray (1 tablespoon)
- 1/8 teaspoon sea salt
- 1/4 teaspoon garlic powder

## **BROCCOLI CHIPS**

Preheat oven to 450 degrees Fahrenheit. Cut broccoli into florets and place in a large bowl. Drizzle coconut oil over broccoli, add salt and pepper and toss. Transfer broccoli onto a large, rimmed baking sheet ensuring the broccoli is one flat layer. Bake for at least 25 minutes, or until the broccoli is crispy and crunchy, but not burnt. Tip: It may take some trial and error to reach the desired level of crunch. Oven temperatures can vary, and the humidity levels can affect the results. Watch your broccoli carefully!

## **INGREDIENTS**

- 1 head of organic broccoli, washed and completely dried
- 1 tsp. olive oil
- Salt and pepper to taste

## BAKED GREEN BEAN FRIES

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a large bowl, combine oat flour, cayenne pepper; season with salt and pepper, to taste. Set aside.

Working in batches, dip greenbeans into eggs, then dredge in oat mixture, pressing to coat.

Place green beans in a single layer onto the prepared baking sheet. Place into oven and bake for 10-12 minutes, or until golden brown and crisp. Serve immediately.

## INGREDIENTS

- 1 cup oat flour
- Pinch of cayenne pepper                      Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds green beans, trimmed                      1/2 cup additional oat flour
- 2 large eggs, beaten

## LIGHT GUACAMOLE

In a mixing bowl, combine tomatoes, onion, garlic, and jalapeño (if using).<sup>2</sup> Slice open avocados, remove pit, cut into cubes, and add into the mixing bowl. Squeeze in lime juice to help counteract the oxidation (browning) of the avocado. Mash avocado with a fork to get desired consistency leave some in larger chunks for texture.<sup>3</sup> Sprinkle evenly with salt, pepper, and cumin. Toss everything together until it is evenly combined. Taste and season with additional seasonings and/or lime juice if desired. Add cilantro and gently toss to combine. Serve immediately or chilled.

## INGREDIENTS

- 3 Large roma tomatoes, diced
- 1/2 cup Red onion, diced fine
- 1 tbs Garlic, minced (or 1/2 tsp garlic powder)
- 1/2 Jalapeno, seeded and diced fine (optional)
- 3 Large, ripe avocados, peeled, pitted, and diced
- 1 Large lime, juiced (or 2-3 tbs lime juice)
- 1/2 tsp Salt (or to taste)

## BUFFALO CAULIFLOWER

Preheat oven to 450 degrees. Line a baking sheet pan with foil and spray with cooking spray. Prepare the batter for the cauliflower by combining the water, oat flour, and seasonings in a medium bowl. Mix until batter is combined, (it will look like pancake mix). Dip the cauliflower in the batter, (you can do this in batches), shaking off the excess batter before placing the cauliflower on the baking sheet. Lay the cauliflower in a single layer on the baking sheet. Bake in the preheated oven for 25-30 minutes until golden brown. While the cauliflower is baking, put the hot sauce (I like Frank's Red Hot) in a medium bowl. When the cauliflower is ready, remove it from the baking pan and toss it in the hot sauce mixture.

## INGREDIENTS

- 1 head Cauliflower, cut into bite-sized pieces (about 4 cups)
- 3/4 cup Water
- 3/4 cup Oat flour
- 1/2 tsp Garlic powder
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1 cup Buffalo sauce



## **ASPARAGUS WITH GARLIC AND BALSAMIC**

.Preheat broiler to HIGH; arrange rack about 4 inches from heating element. Arrange asparagus on a foil-lined baking sheet. Coat asparagus with cooking spray Broil 10 minutes or until tender and charred, stirring halfway through cooking. Combine garlic and oil in a saucepan over medium-high heat. Cook 3 minutes; remove from pan. Add vinegar to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until syrupy, stirring frequently. Drizzle vinegar over asparagus. Sprinkle with salt, pepper, and garlic.

## **INGREDIENTS**

- 1 pound asparagus spears trimmed
- cooking spray
- 2 tablespoons sliced garlic
- 1 teaspoon olive oil
- 1/2 cup balsamic vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

## CUCUMBER BASIL SALAD

Run spinach and basil through a food processor until finely chopped. Mix spinach mixture, tomatoes, cucumbers, red onion, garlic, salt, and pepper together in a large bowl with an air-tight lid. Cover bowl and refrigerate salad, 8 hours to overnight.

## INGREDIENTS

- 2 cups fresh baby spinach
- 2 tablespoons chopped fresh basil
- 1 pound tomatoes, seeded and minced
- 2 large seedless cucumbers, peeled and minced
- 1 large red onion, minced
- 3 cloves garlic, minced
- 1 teaspoon salt, or to taste
- 1 teaspoon cracked black pepper, or to taste

## GREEK QUINOA SALAD

To make the quinoa, place 2 cups water and quinoa in a small saucepan and bring to a boil. Reduce heat to medium low to simmer and cover and cook until all the water is absorbed (about 10 minutes). Remove from heat and set aside to let cool. (You will know quinoa is done when the grain appears soft and translucent and has a fluffy texture.) Add the cooked quinoa to a medium size bowl, and add the chopped cucumber, tomatoes, and red onion. To make the dressing, add everything for dressing to a small shaker bottle (or small Tupperware container) and shake to combine. Pour over quinoa mixture and toss to combine. . Garnish with parsley if desired. Store in a covered container in the fridge until ready to enjoy, or for up to seven days.

## INGREDIENTS

- 1 cup Uncooked quinoa (or 2 cups cooked)
- ½ cucumber, diced into quarters
- 1/2 cup Cherry tomatoes, cut in half
- ¼ Red onion, diced
- Dressing
- 1/4 tsp Pepper
- 1/2 tsp Garlic powder
- 1/2 tsp Oregano
- 1/2 tsp Salt
- 1-2 tbsp Lemon juice (to taste)
- 1-2 tbsp Red wine vinegar (to taste)
- 1/2 tbsp Olive oil (optional)
- 1 pkt Stevia (optional)
- Parsley for garnish (optional)

## HOMEMADE RESTAURANT SALSA

The estimated total time to make this recipe is 5-10 minutes. 1Combine everything in a food processor or blender and pulse until just combined for chunky salsa or more for smoother salsa. Serve and enjoy!

### INGREDIENTS

- 1 White onion, roughly chopped
  - 2 (15 oz) cans Diced tomatoes (or 4 cups chopped fresh tomatoes)
  - 1 (4 oz) can Green chilies
  - 1 tbs p Garlic, minced (or 1 1/2 tsp garlic powder)
  - 1 handful Cilantro (to taste)
  - 1-2 tbs p Fresh lime juice (to taste)
  - 1-2 pkts Stevia (or sweetener of choice, to taste)
  - 1/2-1 tsp Salt
- Optional: 1-2 Jalapeños, roughly chopped

## QUINOA VEGETABLE SALAD

Heat the olive oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes. Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes. Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold. Stir the tomato, bell pepper, cucumber, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper. Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

## INGREDIENTS

- 1 teaspoon Olive oil
- 1 tablespoon minced garlic
- 1/4 cup diced (yellow or purple) onion
- 2 1/2 cups water
- 2 teaspoons salt, or to taste
- 1/4 teaspoon ground black pepper
- 2 cups quinoa
- 3/4 cup diced fresh tomato
- 1/2 cup diced yellow bell pepper
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1 1/2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar

## QUINOA VEGETABLE SALAD

Heat the olive oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes. Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes. Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold. Stir the tomato, bell pepper, cucumber, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper. Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

## INGREDIENTS

- 1 teaspoon Olive oil
- 1 tablespoon minced garlic
- 1/4 cup diced (yellow or purple) onion
- 2 1/2 cups water
- 2 teaspoons salt, or to taste
- 1/4 teaspoon ground black pepper
- 2 cups quinoa
- 3/4 cup diced fresh tomato
- 1/2 cup diced yellow bell pepper
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1 1/2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar

## ZUCCHINI GUACAMOLE

In a food processor or high speed blender, blend the avocado, zucchini, garlic, lemon juice and seasonings together until just smooth, (or until it reaches the texture you desire). Scoop into a bowl and stir in tomatoes, onion and cilantro (or simply stir in the pico de gallo). Garnish with additional cilantro

## INGREDIENTS

- 3 medium Zucchini
- 1 medium Ripe avocado (slightly soft to the touch)
- 1 tsp Garlic, minced (or 1/2 tsp garlic powder)
- 1 medium Lemon, juiced (or 2 tbs lemon juice)
- 1 tsp Salt (or to taste)
- Optional: 1/4 tsp cumin,
- 2 pkts stevia (or pinch of stevia or sweetener of choice to taste)
- Stir In:•
- 1 large Roma tomato, finely diced
- 1/2 medium Red onion, finely diced

## CUBAN CAULIFLOWER RICE BOWL

Preheat oven to 400°F. Toss sweet potato in a medium bowl with .5 teaspoons oil, a pinch of salt and ¼ teaspoon pepper. Transfer to a baking sheet. Roast until tender, 10 to 14 minutes. Meanwhile, combine orange juice, lime juice, ¼ cup cilantro, 1 minced garlic clove, cumin, oregano and a pinch of salt in a small bowl. Pulse cauliflower florets in two batches in a food processor until chopped into rice-size pieces. Heat the remaining .5 tablespoons oil in a large skillet over medium heat. Add the remaining 2 garlic cloves and cook until fragrant, about 30 seconds. Add the cauliflower rice, the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring, until softened, 3 to 5 minutes. Remove from heat and stir in the remaining ¼ cup cilantro. To serve, divide the cauliflower among 4 bowls. Top with the sweet potato, black beans, avocado and pico de gallo. Drizzle each portion with the mojo sauce.

## INGREDIENTS

- 1 medium sweet potato, peeled if desired, sliced ¼ inch thick
- 1 teaspoons extra-virgin olive oil
- 2 pinches salt plus ½ teaspoon, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons lime juice
- ½ cup chopped fresh cilantro, divided
- 3 cloves garlic, minced, divided
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- 5 cups cauliflower florets
- 1 (15 ounce) can black beans, rinsed
- 1 firm ripe avocado, sliced
- 1/2 cup pico de Gallo



## LEMON GRILLED GARLIC ZUCCHINI

Place everything in a large ziplock bag and shake it all together so the zucchini gets coated in seasoning and lemon juice.<sup>2</sup>For best flavor, let zucchini marinate in fridge for at least 15 minutes or more. (The more you marinate the zucchini the more flavor the zucchini will absorb.)<sup>3</sup>Before grilling zucchini, preheat grill over medium low heat. Place zucchini on heated grill and grill 2-3 minutes on each side, or until zucchini is tender to your liking and has grill marks.

## INGREDIENTS

- 2 Large Zucchini, cut into 1/2 inch diagonal slices
- 1 tsp Dried Italian seasoning (or 1/2 tsp dried basil and oregano)
- 2 tsp Minced garlic
- 1/2 tsp Dried garlic
- 1/2 tsp Salt (or to taste)
- 1/4 tsp Pepper (or to taste)
- 2 tbsp Lemon juice
- 1 tsp Olive oil (optional)

## LEMON GRILLED GARLIC ZUCCHINI

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- 2 tsp Minced garlic
- 1/2 tsp Dried garlic
- 1/2 tsp Salt (or to taste)
- 1/4 tsp Pepper (or to taste)
- 2 tbsp Lemon juice
- 1 tsp Olive oil (optional)

## CILANTRO LIME RICE

Spray a large sauté pan with cooking spray and warm over medium heat. Sauté cauliflower rice in the pan for about 3-4 minutes if using fresh, or 5-6 minutes if using frozen, or until cauliflower rice is cooked through and tender. Remove from heat. Add the milk, lime zest, lime juice, and cilantro to the pan. Season with salt and adjust seasonings as desired. Enjoy! Traditional Rice or Quinoa: Rinse rice or quinoa under cold water until water runs clear. (This removes some of the starch from the rice so it isn't too sticky.) Combine the rice, milk, water, and pinch of salt in a small saucepan. Bring to a simmer and cook partially covered on medium/low heat until liquid is absorbed, about 12-15 minutes. Remove the pan from the heat. Fluff the rice with a fork and stir in the lime zest, lime juice, and cilantro. Season with salt and adjust seasonings as desired.

## INGREDIENTS

- 1 cup Dry rice or quinoa of choice
- 1 cup Water
- 1 cup Almond milk
- 1 Lime, zested
- 1 tsp Lime juice
- 1 tbsp Fresh cilantro, minced
- 1/2 tsp Salt (or to taste)

## QUINOA SALAD WITH CITRUS DRESSING

Bring 1 tbsp water to a simmer in a saucepot. Insert steaming basket. Place asparagus into the basket and cover with lid. Steam for 6-7 minutes. Combine quinoa, beans, and steamed asparagus and cilantro into a large bowl. Combine dressing ingredients in a food blender. Blend on high until smooth.

### INGREDIENTS

- 5 oz cooked quinoa
- 7 oz cooked black beans
- 3.5 oz asparagus, trimmed, and cut
- 2 tablespoons chopped cilantro Dressing:
- 2 tbsp lemon juice
- ½ teaspoon lemon zest, finely grated
- 1 garlic clove
- 1 teaspoon mustard
- salt and pepper, to taste
- 1 teaspoon dried basil, crushed
- 1 tbsp water

## KALE SALAD WITH LEMON JUICE AND WALNUTS

Mash garlic and salt together on a cutting board with the side of a chef's knife (or in a bowl with a spoon) to form a paste. Transfer to a large bowl. Whisk in oil, lemon juice, oregano and pepper to combine. Add kale to the bowl. With clean hands, massage the kale until it's well coated with the dressing and reduced in volume, about 1 minute. Transfer to a platter and sprinkle with walnuts, olives and preserved lemon (or capers). **Make Ahead Tip:** Hold at room temperature for up to 2 hours. **Tips:** To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

### INGREDIENTS

- 1 small clove garlic, minced
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- 10 cups thinly sliced kale (from 1 large bunch)
- ½ cup coarsely chopped toasted walnuts
- 2 tablespoons finely chopped rinsed preserved lemon rind

## LEMON GRILLED GARLIC ZUCCHINI

Place everything in a large ziplock bag and shake it all together so the zucchini gets coated in seasoning and lemon juice.<sup>2</sup>For best flavor, let zucchini marinate in fridge for at least 15 minutes or more. (The more you marinate the zucchini the more flavor the zucchini will absorb.)<sup>3</sup>Before grilling zucchini, preheat grill over medium low heat. Place zucchini on heated grill and grill 2-3 minutes on each side, or until zucchini is tender to your liking and has grill marks.

## INGREDIENTS

- 2 Large Zucchini, cut into 1/2 inch diagonal slices
- 1 tsp Dried Italian seasoning (or 1/2 tsp dried basil and oregano)
- 2 tsp Minced garlic
- 1/2 tsp Dried garlic
- 1/2 tsp Salt (or to taste)
- 1/4 tsp Pepper (or to taste)
- 2 tbsp Lemon juice
- 1 tsp Olive oil (optional)

## OAT TORTILLAS

In a mixing bowl, whisk together oat flour and salt. Add the water slowly, starting with 3/4 cup, mixing with a fork (or your hands) until a dough is formed. If mixture crumbles easily, add more water. If mixture feels sticky, add more oat flour. Turn dough out onto a surface, lightly dusted with oat flour, and knead until dough is smooth. Divide into eight balls and let rest, covered with plastic wrap, for 10-15 minutes. Working with one ball of dough at a time, roll out on a Silpat or parchment until you have a thin, round tortilla. Tip: roll from the center out, rotating dough as necessary. Stack tortillas between sheets of parchment or plastic, covered with a slightly damp kitchen towel, until ready to cook. Do not allow tortillas to dry out. In a dry, non-stick or cast-iron pan over medium-high heat, cook tortillas, one at a time, for 30 seconds to one minute per side. Stack and keep warm in a tortilla holder or on a plate, covered with foil.

## INGREDIENTS

- 2 1/4 cups oat flour , plus extra for flouring surface
- 1 tsp salt
- 1 cup cold water

## VEGETARIAN BLACK BEAN BURGER

Pulse the oats in a food processor until fine. Transfer into a large bowl with breadcrumbs, zest, chili powder and salt. Whisk together ingredients. Combine beans, garlic and onions in the food processor and pulse until mixture becomes a thick paste. Scrape bean mixture into the oat and breadcrumb bowl and mix with a spatula. Add the egg and oregano and stir until just combined. With moistened hands, divide the bean mixture into 4 equal portions and shape each into a 3-inch patty. Heat oil in a large nonstick skillet over medium heat. Add patties to pan and cook until bottom edges are browned, about 4 minutes. Carefully turn patties over and cook 3 minutes longer or until bottom edges are browned. Wrap in lettuce for protein style burger

## INGREDIENTS

- 0.25 cup rolled oats
- 1 cup oat flour
- 0.25 teaspoon lime zest
- 0.75 teaspoon chili powder
- 0.25 teaspoon salt
- 1 15-ounce can black beans, rinsed and drained
- 1 clove garlic, crushed
- 1 half yellow onion, chopped
- 2 egg whites or 1 full egg for men
- 1 teaspoon chopped fresh oregano
- 1 tablespoons olive oil for men 2 tsp for women



## SAVOURY BROWN RICE BREAKFAST BOWL

In a small dish, mix up the tofu scramble ingredients then set aside. If you're only making one serving, I'd recommend mixing it up in a dish before cooking. If you're making a whole package of tofu, you can add everything right into the pan as it's easier to mix.

Next, cook the kale, mushrooms and onions. To make them, add them to a skillet over medium-high heat with either a splash of water or 1/2 tsp olive or avocado oil. Cook for 5-8 minutes until tender and browned. Don't stir too often in order to let them brown. Once they're cooked, scoop into a bowl.

In the same pan, add the tofu mixture and cook for 5 minutes until heated through and starting to brown. Alternatively, you can just add the tofu scramble mixture to the kale and mushrooms as they cook and serve it all mixed up.

To assemble the breakfast bowls, add the tofu scramble to the bowl with the kale mixture then add brown rice, avocado and salsa. Serve right away or pack up for meal prep.

## INGREDIENTS

- For the Tofu Scramble
- 1 serving medium or firm
- tofu, crumbled
- 1 tsp turmeric
- salt and pepper
- dash of braggs amino acid
- 1 tbsp water
- For the Saut.ed Veggies
- 1 big handful of kale, destemmed
- and chopped
- 1 cup sliced mushrooms
- 1/2 cup diced white onions
- For the Bowls
- 1/2 an avocado
- 2 tbsp salsa
- 1/2 cup cooked brown rice

# BROWN RICE BURRITO BOWL

Add all ingredients to a bowl and enjoy!

## INGREDIENTS

- 1 avocado (or 1/4-1/2 an
- avocado per bowl)
- 2 cups cooked brown rice (or
- about 1/2 cup per bowl)
- 1 19 oz can pinto beans,
- drained and rinsed (or about
- 1/2 cup per bowl)
- 2 cups corn (or 1/2 cup per
- bowl)
- 1 bunch romaine lettuce (or
- about 2 cups shredded per
- bowl)
- 1 cup salsa (or about 1/4 cup
- per bowl)

# TOFU SWEET POTATO BOWL

Cut the tofu into desired shapes and place in a bowl. Toss with a generous splash of soy sauce or tamari and a good sprinkle of garlic powder and black pepper. Lay the pieces on a parchment or silicone mat-lined baking tray.

Slice your sweet potato and lay the slices on a parchment or silicone mat-lined baking tray. Place the sweet potato and tofu in the oven at the same time and bake for 30-40 minutes, flipping them both half way through. When the sweet potato is tender and the tofu is nice and browned, they're done.

To make the broccoli and mushrooms, add the chopped pieces to a non-stick skillet and cook over medium-high heat for 10 minutes until browned and tender. Only stir or shake the pan occasionally so they can get nice and browned.

To make the kale or spinach, use a steamer or just heat in a pan with a splash of water until the leaves are a nice, bright green and just slightly softened. Or if you're using raw salad greens, just add a bit handful to a bowl then top with the rest of the ingredients.

## INGREDIENTS

- For the Baked Tofu
- 1 package medium, firm or extra-firm tofu, chopped into cubes, triangles or slabs
- splash of braggs amino acid
- 1 tsp black pepper
- 1 tsp garlic powder
- For Each Bowl
- 1/2 cup (125 gram) sliced sweet potato
- 1-2 cups chopped broccoli (per bowl)
- 1-2 cups white or cremini mushrooms (per bowl)
- 1/2 a sliced red pepper
- 1-2 cups de-stemmed and chopped, lightly cooked kale or spinach (or a big handful of raw salad greens of choice)

# CAULIFLOWER QUINOA TABBOULEH BOWL

Preheat the oven to 425 degrees F. Chop the cauliflower into small pieces and add to a bowl with the spices, olive oil and a spritz of lemon juice. Use your hands to thoroughly coat each piece. Spread on baking sheet (I used a silicone baking mat) and roast at 425 degrees for 45 minutes.

Cook the quinoa according to package instructions. While the quinoa is cooking, add the rest of the tabbouleh ingredients to a bowl. Once the quinoa is cooked, add that to the bowl and mix well. Prepare 4 bowls or containers. Add a big handful of chopped kale to each and then divide the roasted cauliflower and tabbouleh amongst them. Add pickled onions and kalamata olives to each then finish with the tahini sauce (see notes for sauce recipe).

## INGREDIENTS

- For the Quinoa Tabbouleh
- 1 cup uncooked quinoa
- 3 tbsp fresh lemon juice
- 3/4 cup fresh parsley, finely chopped
- 3–4 tbsp finely chopped fresh mint (approx. 6–7 large leaves)
- 1 tomato, diced
- 1/2 a cucumber, diced
- 1/2 tsp each sea salt and black pepper
- For the Cauliflower
- 1 head cauliflower, chopped into small florets
- 2 tbsp olive oil
- spritz of fresh lemon juice
- 1 tsp each cumin, paprika, coriander and sea salt
- 1/2 tsp black pepper
- 2 tsp garlic powder
- For the Bowls (per bowl)
- 1/3 cup red onions (see notes)
- 1/3 cup finely chopped kale (massage with a tiny bit of olive oil and lemon if desired)

## EASY BUTTER CHICK'N

Press your tofu for at least 20 minutes.

Place the raw cashews and almond milk in a high speed blender and mix until completely smooth. Set aside.

In a large pan, heat the coconut oil over medium heat.

Add the ginger, garlic and onion and cook for 5 minutes while stirring.

Add all the spices and cook for a few more minutes.

Add the diced tomatoes, maple syrup, cubed tofu and cashew mixture. Mix well and simmer for 10 minutes.

Serve with rice and fresh cilantro.

## INGREDIENTS

- 1/2 cup raw cashews
- 1/2 cup unsweetened almond milk
- 2 tbsp olive oil
- 1 tbsp fresh ginger, minced
- 3 clove garlic, minced
- 1 white onion, finely diced
- 2 tsp chili powder
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tbsp stevia
- 1 - 28 oz can no salt added diced tomatoes, with juice
- 1 package organic extra firm tofu, pressed and cubed
- 1/2 tsp salt

## BLACK BEAN SWEET POTATO KALE TACO

Preheat oven to 375°F. Chop the sweet potato into one-inch cubes. Thinly slice the onion. On a parchment-lined baking dish, combine the sweet potato, onion, olive oil, and a few pinches of salt. Toss to coat and bake for 30 minutes, stirring once to promote even cooking.

While the sweet potatoes bake, cook the quinoa if you haven't already done so according to package directions. Thinly chop the kale and add to a large mixing bowl. Drain and rinse the black beans and add to the kale. Add 1 cup of cooked quinoa to the bowl, along with the spices. Toss well.

When the sweet potatoes and onions are done, add them right to the bowl with the kale, beans, and quinoa. The heat from the potatoes will slowly wilt the kale. Season with sea salt and more spice, if desired. Toss gently to combine all the filling ingredients. Serve the filling in the lettuce wraps with as many accompaniments as you like.

## INGREDIENTS

- 1 medium sweet potato
- 1 whole onion
- 3 tablespoons olive oil
- 1 cup cooked quinoa
- 4 large leaves kale • 1 can black beans
- 1 teaspoon chili powder
- 0.25 teaspoon cumin
- 1 dash sea salt, to taste
- Lettuce wraps
- 1 whole fresh avocado, sliced
- 1 cup fresh cilantro, chopped
- 1 lime lime, juiced
- 1 cup salsa
- 1 half cabbage, shredded



