



Stronger with Sarah



June 8-14 Recipes

Breakfast

Greek Yogurt bowl w/ Berries and Granola

- 1 cup Greek Yogurt
- ½ cup blueberries
- ½ cup Strawberries
- 1/3 cup granola
- Makes 1 serving

Nutrition: Calories 269 – Protein 22g – Fat 4g – Carbs 38g



Starbucks Egg Bites

INGREDIENTS

- 5 eggs
- ½ cup of shredded gruyere or swiss cheese
- ¼ cup full fat cottage cheese
- ¼ teaspoon kosher salt
- Couple cracks of fresh black pepper
- 2 thick slices of cooked paleo sugar free bacon
- Non-stick spray



INSTRUCTIONS

- Recipe makes 6 egg bites, you can easily double or triple the recipe.
- Make sure to cook the slices of bacon before making the egg bites. Pre-heat oven to 300 degrees F and place a baking dish that is filled with 1 inch of water on the bottom rack. This will create a humid environment and help the eggs cook evenly. Add the eggs, cheese, cottage cheese, salt, and pepper to a blender and blend on high for 20 seconds until light and frothy. Spray a muffin tin with a little non-stick spray and fill the tins almost all the way to the top with the egg mixture. Divide the chopped bacon equally among all of the muffin tins and bake in the oven for 30 minutes, or until the center of the egg bites are just set. Remove from oven and let cool for 5 minutes, then use a spatula or fork to carefully remove them from the muffin tin. Enjoy!
- Store the egg bites in the fridge for 3 days or freeze for 2-3 months. Reheat in microwave or warm oven.
- Serving size = 1 egg bite

NUTRITION: 137 calories - 0.6 Carbs - 9.9 Fat - 11.1 Protein

Snacks

Morning Snack: Adventure bars

INGREDIENTS

- 1 cup raw cashews
- 1/2 cup unsweetened shredded coconut
- 1 cup medjool dates, pitted
- 1/2 cup dried apricots
- 1/2 cup dried tart cherries
- 4 tablespoons chia seeds
- 1/2 cup creamy almond butter
- 1 scoop vanilla protein powder



INSTRUCTIONS

1. In a food processor fitted with the chopping blade, combine the cashews and coconut and pulse until finely chopped. Transfer to a bowl.
2. Place the dates in the food processor. Pulse a few times, then process the dates until they have turned into a paste. Add the apricots and cherries and pulse a few times. Return the cashew mixture to the fruit, along with the chia seeds, protein powder, and almond butter. Process until the ingredients are well combined—neither too dry nor too sticky—and hold together nicely when pressed. If the mixture is too crumbly, add a little more almond butter or a tiny bit of water and process again.
3. Lay a piece of parchment paper on a clean, flat surface and turn the mixture out onto it. Press the mixture together and form into an 8-inch square that is a little thicker than 1/4 inch. Place in the fridge or freezer to firm up before cutting into 8 bars.
4. Wrap the bars individually in parchment paper. They will keep for several weeks in the fridge or several months in the freezer.
5. Makes 8 servings

NUTRITION: 362 calories – Fat 23g – Carb 33g – Protein 11g

Afternoon Snack: Edamame

1/2 cup of edamame w/ salt. You can find these in the freezer section either in the pod or already shelled. Great source of protein!



Late Night Snack: Peanut Butter Balls

INGREDIENTS

- 1 cup salted peanuts finely chopped (not peanut flour)
- 1 cup peanut butter
- 1 cup powdered sweetener such as swerve
- 8 oz chocolate chips

INSTRUCTIONS

- Mix together the chopped peanuts, peanut butter, and sweetener. Divide the dough into 18 pieces and shape into balls. Place on a wax paper lined baking sheet. Refrigerate until cold.
- Melt the chocolate chips in the microwave or on top of a double boiler. I microwave chocolate chips, stirring every 30 seconds until they are 75% melted. Then I just stir until the rest melt.
- Dip each peanut butter ball in the chocolate and place back on the wax paper. Refrigerate until the chocolate sets.
- Serving Size = 1 ball, makes 18

NUTRITION: 194 Calories – Carbs 7g – Protein 7g – Fat 17g



Lunch

Quick and Easy Tuna Salad

Ingredients

- 2 cans of tuna
- 2 hard boiled eggs chopped
- Dill pickles to taste (I use 2 spears) chopped
- 1 tablespoon of mayo (My favorite is Sir Kensington brand)
- Salt & Pepper to taste
- Serving suggestions: whole-grain bread, wrap, lettuce wrap, crackers
- Makes 4 servings



Instructions

1. Combine tuna, chopped eggs, chopped pickles, mayo and salt/pepper.

2. Serve on a sandwich, wrap, crackers or a fork 😊

NUTRITON: 112 Calories – Fat 6g – Carbs 1g – Protein 13g

Dinner

Chicken Taco Quesadillas

INGREDIENTS

- 1 cup boneless skinless Cooked Chicken, chopped small
- 2 Tortillas
- 1/4c Refried Beans
- Taco Seasoning
- 1/4c Shredded Cheese
- Salsa and Sour Cream for topping

INSTRUCTIONS

- Spread refried beans on a tortilla. Sprinkle a small amount of taco seasoning on top of the bean layer.
- Place the pieces of cooked chicken evenly over the tortilla. Finish with a thin layer of shredded cheese and place the second tortilla on top.
- Heat a pan or griddle to medium heat. If you want, melt a small amount of butter on the pan (it will help make the outside of the quesadilla crispier). Carefully transfer the quesadilla to the pan and heat until golden brown. Then flip it and cook until it's golden brown on the other side and melt-y in the middle.
- Use a pizza slicer to cut each quesadilla into four pieces. Serve with salsa and sour cream.
- Makes 1 serving

NUTRITION: 523 Calories – Carbs 30g – Fat 22g – Protein 55g

Chicken Pesto Panini

INGREDIENTS

- 2 slices of bread
- 1 cup boneless, skinless cooked Chicken, sliced
- 1 Deli Sliced Cheese
- 1-2 tsp Pesto
- 1 tsp Mayo
- 2 Tomato, slices

INSTRUCTIONS



- For each sandwich, spread the first slice of bread with mayo and pesto. Add a slice of cheese on top of the mayo and pesto so that it melts together and gets all creamy. Place the chicken and tomato on the cheese and top it with the second slice of bread.
- Heat the sandwich on each side in a pan or griddle over medium heat. You can also butter the outside of each slice of bread like a grilled cheese before you cook it.
- Makes 1 serving

NUTRITON: 613 Calories – Fat 26g – Carb 39g – Protein 56g

Chicken Tacos

INGREDIENTS

- 1 Raw Chicken breast
- Taco Seasoning (to taste)
- 1 small Green Pepper, sliced
- ¼c Refried Beans
- Toppings: Lettuce, Tomato, Shredded Cheese, Sour Cream, Salsa

INSTRUCTIONS

- Thinly slice the raw chicken breast. Cook it in a pan with a bit of oil until done.
- Add the green pepper to the pan. Sprinkle on the taco seasoning and add a small amount of water and let it simmer until the water is gone and the green peppers are cooked.
- Warm up the refried beans and put your tacos together with all of the toppings

NUTRITON: 496 Calories – Carbs 23g – Fat 22g – Protein 55g



Chicken Bacon Ranch Wraps

INGREDIENTS

- 1 c boneless, skinless Cooked Chicken, chopped or shredded
- 1 Tortillas
- 1tbl Bacon Bits
- 1-2 tsp Ranch Dressing
- ¼c Shredded Cheese
- Lettuce
- A few slices of Green Pepper
- Tomato



INSTRUCTIONS

- Start by spreading ranch dressing down the middle of a tortilla. Add the shredded cheese, bacon bits, chicken, green peppers, tomato and lettuce
- Makes 1 serving

NUTRITION: 565 calories – Carbs 27g – Fat 27g – Protein 57g

Chicken Sandwiches

INGREDIENTS

- 2 slices of Bread
- 1 cup of boneless, skinless Cooked Chicken, sliced or chopped
- 1 slice of Deli Sliced Cheese
- 1-2 tsp Ranch Dressing or Mayo
- Lettuce
- Tomato

INSTRUCTIONS

- Put these sandwiches together any way you like. Use ranch dressing or mayo or a bit of both. Good both warm and cold
- Makes 1 serving

NUTRITION: 533 Calories – Carbs 32g – Fat 23g – Protein 52g

Super simple side ideas for any of the lunch and dinner recipes

- Fresh fruits or veggies
- Salad
- Rice or quinoa
- Roasted veggies
- Applesauce
- Cottage cheese