



THE *Vibrant* WOMAN PROJECT!

90-DAY WELLNESS
COACHING PROGRAM



WELCOME

Hey there, gorgeous!

If you've landed here, it means you're craving more than just quick fixes and calorie counts — you're craving energy, ease, and real wellness that sticks. So first of all, welcome. You're in the right place. ❤️

These recipes aren't just delicious — they're intentional. Designed to nourish your body, calm your nervous system, and support real transformation from the inside out. This is just a taste (pun absolutely intended) of what I teach inside my 12-week wellness experience, The Vibrant Woman Project™ — a life-changing program that helps you feel better in your skin, balance your hormones, and reclaim your energy like the radiant force you are.

Here's what I believe:

You hold more power in your health journey than you've been led to believe. It's not about perfection. It's about connection — to your body, to your rhythm, and to your own version of vitality.

WANT TO GO DEEPER?

Inside The Vibrant Woman Project™, we explore 12 weeks of whole-self transformation through:

- Hormone & metabolism support
- Gut-healing & inflammation reduction
- Emotional wellness & mindset rewiring
- Sustainable nutrition & body image renewal
- Energy, sleep, movement, and JOY

If these recipes light something up in you — imagine what 12 weeks of support, strategy, and community could do. 😊

Ready to learn more or join the waitlist?

📧 Visit thewellnessblueprint.org or DM me the word VIBRANT on Instagram to connect.

Baked Sweet Potato Chips

SNACK

Tip: For best results, use a mandoline slicer to achieve uniformly thin slices. If you don't have one, you can also use a sharp knife or vegetable peeler.

Prep time: 15 minutes

Cook time: 1 hr. 15 min – 1 hr. 30 min.

Servings: 2

Ingredients

- Non-stick olive oil spray
- 2 large sweet potatoes, washed and peeled
- Non-stick cooking spray
- Sea salt, to taste

Special Tools

Mandoline slicer (preferably)

Directions

1. Preheat the oven to 250°F and line 2 large, rimmed baking sheets with parchment paper or a Silpat® baking mat. Set aside.
2. Using a mandoline, knife or vegetable peeler, cut sweet potatoes into uniform slices approximately 1/8" thick. Place on paper or clean kitchen towel to absorb excess moisture and set aside.
3. If using parchment paper, spray paper with non-stick olive oil cooking spray before arranging sweet potato slices in a single layer on top. Sprinkle it with sea salt, as desired.
4. Place baking sheets in the oven for one hour. Remove sheets and flip each chip. Sprinkle with additional sea salt, if desired. Return to the oven, being sure to rotate each sheet and place on a different rack from before.
5. Check on chips after 15-20 minutes. If they are not yet crispy, continue baking until they become crisp and golden brown. (Total baking time will vary by oven and how much moisture is in your sweet potatoes).
6. Once crispy, remove from the oven and cool for 10-15 minutes before serving. Enjoy!



Chunky Chicken Salad Lettuce Wraps

SALAD

This lightly dressed chicken salad is so delicious and satisfying. Although this recipe calls for pre-cooked rotisserie chicken, feel free to use your favorite grilled chicken recipe instead.

Tip: Boston Bibb lettuce is another excellent lettuce variety for this recipe because it has attractive, naturally bowl-shaped leaves.

Prep time: 20 minutes + time to marinate

Cook time: n/a

Serves: 4-6



Ingredients

Dressing:

- 1 T. avocado mayonnaise
- 2 T. Greek yogurt
- 2 t. Dijon mustard
- 1 T. red wine vinegar
- ½ t. garlic powder
- 2 t. dried oregano
- Sea salt and black pepper, to taste

Chicken Salad:

- 12 oz. rotisserie chicken breast, chunk into equal size cubes
- 3 large stalks celery, chopped
- ¾ c. pecans, roughly chopped
- 15 red grapes, washed and cut in half
- 3 T. fresh parsley, washed, stems removed and finely chopped
- 2 green onions, finely sliced, green part only
- 4-6 large Romaine lettuce leaves
- Sea salt and black pepper, to taste

Garnish (optional):

- Chopped fresh parsley
- Sliced green onions

Directions

1. In a small glass bowl, combine avocado mayonnaise, Greek yogurt, Dijon mustard, red wine vinegar, garlic powder, and oregano. Stir to combine thoroughly. Season with salt and pepper, to taste. Set aside.
2. In a larger non-reactive bowl, combine chicken breast, celery, pecans, grapes, parsley, and green onion. Add dressing and gently stir to combine all ingredients thoroughly. Season with additional salt and pepper, if desired.
3. Cover and place in the refrigerator for at least 30 minutes overnight to allow the flavors to combine. To serve, divide the chicken salad between the Romaine lettuce leaves. Garnish with parsley and/or green onions, if desired, and serve immediately. Enjoy!

Cucumber Noodles with Fresh Basil Pesto

LUNCH

This super easy low-carb dish is a great way to savor the delicious, natural flavors of fresh cucumber, basil, garlic, and toasted pine nuts. Enjoy this dish on its own, or top with your favorite lean protein, such as grilled chicken or steamed fish, for a more satisfying meal.

Tip: For best results, use seedless cucumbers that are at least 1½" thick.

Prep time: 15 minutes

Cook time: n/a

Servings: 4

Ingredients

- 4 large firm seedless cucumbers, peeled
- ½ c. fresh pesto
- Sea salt and black pepper, to taste

Special Tools

Vegetable spiral slicer

Directions

1. Prepare **fresh basil pesto** per instructions (see bonus recipe in this package). Set aside. (See bonus **fresh basil pesto** recipe in this package).
2. Using a spiral slicer, cut cucumbers into thick, long noodles. If using the **Paderno Tri-Blade Vegetable Spiral Slicer**, use the medium "chipper" blade to create slightly thicker strands). Cut the noodles with kitchen scissors once they reach 10 inches in length.
3. Place cut noodles on paper or clean kitchen towels and gently blot to absorb excess moisture.
4. Place cucumber noodles in a medium, non-reactive bowl and top with fresh pesto. Toss gently to combine. Season with salt and black pepper, to taste, and serve immediately. Enjoy!



Daikon Noodle Soup with Caramelized Onions & Baby Portobello Mushrooms

NOODLE SOUP

Daikon root is a mild-flavored winter radish popular in Japanese cuisine. It is also found in many low carb, gluten free, vegetarian, vegan, and other popular lifestyle diet recipes. Although it used to be difficult to find in some places, it is now carried by many regular grocery stores due to its growing popularity.

Note: this recipe can be made vegan by replacing the butter with an equal amount of olive oil.

Prep time: 15 minutes

Cook time: 1 hour – 1 hour 15 minutes

Servings: 4-6



Ingredients

- 4" Daikon radish root
- 3 small white onions, sliced into long strips
- 3 T. unsalted butter
- 3 T. dry white wine
- Sea salt and black pepper, to taste
- 8 oz. baby Portobello mushrooms, cut into thin slices
- 4 c. vegetable stock, preferably organic
- ¼ c. fresh, frozen, or bottled pesto

Garnish (optional):

3 green onions, green parts only, finely sliced

Special Tools

Vegetable spiral slicer

Directions

1. Peel the Daikon root with a potato peeler. Using the smallest blade on a spiral slicer, spiralize the root into long, thin, spaghetti-like strands. For best results, trim the strands with kitchen scissors once they reach about 10 inches. Place trimmed strands on clean kitchen or paper towels to absorb excess moisture and set aside.
2. Melt butter in a large, heavy-bottomed skillet with high sides over medium heat. (For best results, do not use a non-stick pan). Add onions and stir until coated with butter.
3. Cook approximately 45 – 50 minutes, stirring every 5 minutes or so to ensure they cook evenly and don't stick to the pan. (The exact cooking time will vary based on several factors, including the age of the onions and how many you cook at one time).
4. Once the onions reach the desired depth of color, add white wine to deglaze the bottom of the pan. Add more liquid to scrape up all the brown bits, if necessary. Season with salt and black pepper, to taste.
5. Add the sliced mushrooms to the pan and sauté until tender, approximately 5 minutes.
6. Add vegetable stock and pesto to the skillet and simmer over medium-low heat until heated through, about 10-15 minutes.
7. Increase heat to medium and add Daikon "noodles." Cook for another 5 minutes or until warmed through.
8. Taste and adjust seasonings, as desired. To serve, ladle soup into individual serving bowls and garnish with sliced green onion. Enjoy!

Fresh Basil Pesto

NO-COOK SAUCE

This versatile, no-cook sauce can be enjoyed with many of your favorite pasta, fish, chicken, soup, or vegetable recipes.

Prep time: 15 minutes

Cook time: 1 hr. 15 min – 1 hr. 30 min.

Servings: 2

Ingredients

- 2 c. fresh basil, loosely packed
- ¼ c. toasted pine nuts
- 2–3 garlic cloves, peeled
- 1/3 c. plus 2 T. really good extra virgin olive oil
- 2/3 c. Parmesan cheese, freshly grated
- Sea salt and black pepper, to taste

Directions

1. Remove basil leaves from stems, then wash and pat dry. Add basil, pine nuts, and peeled garlic cloves to the food processor or blender. Quickly pulse until barely combined, then add 1/3 cup extra virgin olive oil and blend thoroughly.
2. Transfer to a medium glass bowl. Stir in Parmesan cheese and remaining olive oil to achieve the desired consistency. Season with salt and black pepper, to taste.
3. Use immediately or freeze leftovers in ice cube trays covered with a layer of olive oil. Once frozen, remove “pesto cubes” from trays and store in freezer-safe plastic bags for future use in soups or stews. Enjoy!



Ginger Peach Breakfast Smoothie

BREAKFAST

This delicious breakfast smoothie is a nutritious and delicious way to kick off your morning.

This recipe calls for a golden beet because the coloring works well with the other ingredients. However, a red beet will work just as well, but it will change the presentation completely.

Prep time: 15 minutes

Cook time: n/a

Serves: 2

Ingredients

- 8 oz. water
- ½" piece of ginger root, peeled
- 3 T. fresh lime juice
- 1 small golden beet, peeled and cut into chunks
- 2 stalks fresh celery, rinsed and cut into chunks
- ¼ medium cucumber, peeled
- 3-4 slices frozen peaches
- 6-8 ice cubes

Directions

1. Add all ingredients to the blender and turn on to its lowest setting. Gradually increase the speed and continue blending until all ingredients are thoroughly incorporated into the smoothie.
2. Pour into a frosted, heavy glass and serve immediately. Enjoy!



Hearty Greek Salad

SALAD

This beautiful salad tastes as good as it looks!

Tip: To reduce the bite of raw red onion, soak it in a small bowl of water and vinegar for up to half an hour before using.

Prep time: 20 minutes + time to marinate

Cook time: n/a

Serves: 4-6



Ingredients

Greek Dressing:

- ¼ c. red wine vinegar
- 2 t. dried oregano
- 2 T. fresh basil, finely chopped
- 1 clove fresh garlic, peeled and finely minced
- 2 t. red onion, finely minced
- 1 T. Dijon mustard
- ½ c. extra virgin olive oil
- Sea salt and black pepper, to taste

Salad Ingredients:

- ¼ medium red onion, finely chopped
- 2 large heads Romaine lettuce, washed, patted dry, and chopped into bite-sized pieces
- 4 oz. Feta cheese, cut into small, uniformly sized pieces
- 1 8-oz. can black olives, drained and roughly chopped
- 1 pint grape tomatoes, washed and cut in half lengthwise
- 1 large cucumber, peeled and sliced, then cut into quarters

Garnish (optional):

- 2 t. dried oregano

Directions

1. Add chopped red onion to a small glass bowl and barely cover with a mixture of equal parts water and red wine vinegar. Set aside.
2. In another small non-reactive bowl, combine vinegar, oregano, basil, garlic, red onion, and mustard. Slowly whisk in olive oil until the mixture is emulsified. Season with salt and black pepper, to taste. Set aside.
3. Add Romaine lettuce to a large serving bowl. Starting in the center, add the feta cheese to form a row. On each side of the feta, add a row of chopped black olives. Then add a row of sliced grape tomatoes on the other side of the black olives. Finish by filling in the far end with the sliced cucumbers.
4. Once all ingredients are in place, drain the red onions from Step 1 and gently pat dry. Then carefully arrange them in a thin row on either side of the feta cheese. You want to wait until the end to add the onion to give them time to soak and to prevent them from falling down between the larger toppings.
5. If desired, sprinkle the top with additional dried oregano and serve immediately with the homemade Greek Dressing or cover and place in the refrigerator for up to one day before serving. Enjoy!

Mediterranean-Style Baked Cod en Papillote

DINNER

Here is a quick and healthy weeknight dinner that is absolutely full of flavor. As an added bonus, cleaning up could not be any easier!

Prep time: 10 minutes

Cook time: 8-10 minutes

Servings: 4

Ingredients

- 4 5-6 oz. cod fillets
- Sea salt and Black pepper, to taste
- 1 c. grape tomatoes, washed and sliced
- ½ c. fresh or bottled pesto

Directions

1. Preheat the oven to 350°F and place the top oven rack in the center position. Cut parchment paper into 4 large squares (approximately 12" x 12").
2. On a flat surface, place a cod fillet on one square, positioning it toward the bottom center of the paper. Sprinkle the cod with salt and black pepper, as desired. Top the fillet with sliced tomatoes and a drizzle of pesto.
3. Fold the parchment paper in half and seal the bottom edge by tightly folding where the two halves come together. Repeat on each side.
4. Set the sealed pack on a large rimmed baking sheet and repeat the process with remaining 3 cod fillets. When finished, place the baking sheet in a preheated oven on the center rack and bake for 8-10 minutes. Remove from the oven and serve immediately with your choice of sides. Enjoy!



Spicy Portobello and Sausage Breakfast Muffins

BREAKFAST

These tasty breakfast muffins are the perfect make-ahead meal for those busy mornings when you don't have 5 minutes to spare. Just whip up a quick batch or two to freeze over the weekend and you'll have a hearty, satisfying breakfast that you can just grab, defrost, and go!

Prep time: 10 minutes

Cook time: 20-25 minutes

Servings: 16 muffins



Ingredients

- 12 oz. spicy bulk pork sausage
- 12 large eggs
- 4 oz. baby Portobello mushrooms, cleaned and chopped
- 3 large green onions, thinly sliced, green portion only
- 8 oz. four cheese Mexican blend, finely shredded, divided
- Sea salt and black pepper, to taste
- Non-stick cooking spray

Special equipment

Two 12-cup muffin tins

Directions

1. Preheat the oven to 350° F.
2. Crumble sausage into bite-sized pieces into a large skillet. Cook the sausage over medium heat until it is no longer pink, approximately 5-7 minutes. Remove from heat and carefully drain excess fat.
3. Crack eggs into a large bowl and beat thoroughly with a fork. Add cooked sausage, Portobello mushrooms, green onion, and one half of the cheese blend. Season with salt and black pepper, to taste. Vigorously stir with a fork to combine.
4. Spray both muffin tins thoroughly with non-stick cooking spray and scoop $\frac{1}{4}$ cup of egg mixture into opening. (Batch yields approximately 16 muffins). When finished, top each cup with equal amounts of the remaining Mexican-blend cheese.
5. Place muffin tins in the preheated oven and bake for 20-25 minutes or until eggs are set. Remove from oven and cool slightly before removing from pan. Serve immediately or place in freezer-safe container to freeze for later use. Enjoy!

Spicy Tuna Cucumber Cup Appetizers

APPETIZER

If you love spicy tuna rolls, then you are in for a real treat with these delicious low-carb appetizers. They are packed with flavor and are sure to be a hit at your next gathering.

Note: this recipe calls for Kewpie mayonnaise, which is a creamy Japanese variety made with rice wine vinegar instead of regular distilled. It is available in most grocery stores, or you can order it online. You can also substitute regular or avocado mayonnaise instead.

Prep time: 15 minutes

Cook time: n/a

Serves: Makes 12 appetizers



Ingredients

- 2 large cucumbers, peeled
- 2 T. Kewpie mayonnaise (regular will work)
- 1/2 T. Sriracha hot sauce (more or less, to taste)
- 2 large green onions, green parts only, very finely chopped
- 1 t. fresh ginger, peeled and minced
- 8 oz. sashimi-grade tuna, finely chopped
- White and black sesame seeds

Optional, to serve

- Pickled ginger
- Wasabi paste
- Tamari or coconut aminos

Directions

1. Remove the ends from both cucumbers and discard. Slice each of the remaining cucumbers into 6 equal-sized pieces and carefully scoop out the seeds with a small spoon. Discard seeds and set cucumber cups aside.
2. In a small, non-reactive bowl combine mayonnaise, Sriracha sauce, green onions and ginger. Mix thoroughly with a fork. Add finely chopped sashimi-grade tuna to the mixture and stir to combine.
3. Divide the spicy tuna mixture among the 12 cucumber cups and arrange on a serving tray. Garnish with sesame seeds, if desired. Serve immediately with pickled ginger, wasabi paste, and tamari or coconut aminos on the side. Enjoy!



Spicy White Bean and Cabbage Soup

SOUP

This delicious low-carb soup comes together quickly in a single pot, so you don't have to spend a ton of time cleaning up afterwards.

Note: If the soup is too thick, add a little more stock. If it is too thin, continue cooking until desired consistency is reached.

Prep time: 10 minutes

Cook time: 30-40 minutes

Servings: 4-6



Ingredients

- 1 lb. bulk spicy pork sausage, crumbled
- 1 28-oz. can diced tomatoes, with liquid
- 3 c. chicken or vegetable stock, preferably organic
- 1 T. oregano, dried
- 2 t. garlic powder
- 3" piece hard Parmesan rind
- 2 cans (15 oz.) cannellini beans, drained and rinsed
- salt and pepper, to taste
- 3 cups fresh cabbage, cut into bite sized pieces

Garnish (optional):

- Fresh parsley, washed, stems removed and finely chopped
- Parmesan cheese, freshly grated

Directions

1. Add crumbled bulk pork sausage to a large skillet over medium heat. Cook until no longer pink inside. Carefully drain excess fat from the pan and return to heat.
2. Add diced tomatoes, chicken or vegetable stock, oregano, garlic powder, and Parmesan rind to the pan. Stir to combine and increase heat to medium-high.
3. Cook until liquid almost boils, then reduce heat to medium-low. Add cannellini beans to the pan. Cover and simmer for 20-25 minutes, stirring occasionally. Season with salt and pepper, to taste.
4. Add cabbage to pot and continue simmering until tender, about 10-15 minutes.
5. Remove from heat and ladle into bowls. Garnish with chopped parsley and grated Parmesan cheese, if desired, and serve immediately. Enjoy!

Super Easy Tri-Color Roasted Carrots

APPETIZER

One of the great things about whole food cooking is how beautiful the results can be. These elegant tri-color roasted carrots are incredibly sweet and tasty and they provide a nice splash of color that makes any main dish appear more appetizing.

Prep time: 10 minutes

Cook time: 20-30 minutes

Servings: 4-6

Ingredients

- 1½ lbs. tri-color carrots, washed and patted dry
- 2 T. olive oil
- 2 t. kosher salt
- 3 T. fresh thyme, stems removed

Directions

1. Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat.
2. Place carrots on the prepared baking sheet and drizzle with olive oil. Gently toss with your hands to evenly coat carrots with the oil. Sprinkle with salt and fresh thyme leaves. Toss to combine.
3. Place the baking tray in a preheated oven and roast for approximately 15-20 minutes. Remove from oven and turn each carrot to expose the bottom side. Return to oven and roast another 5-10 minutes or until they start to brown.
4. Remove from the oven and serve immediately. Enjoy!



Taco-Stuffed Portobello Mushroom Caps

DINNER

These delicious low-carb stuffed Portobello mushroom caps are really easy to make and deliver a ton of flavor. Taco Tuesday will never be the same!

To prepare the mushroom caps, gently remove stems by hand. Then, scoop out the gills with a spoon and discard. This will give you more room to add your toppings, plus it will remove the residual grit that can sometimes accumulate there.

Prep time: 10 minutes

Cook time: 25-30 minutes

Serves: 4-6 servings



Ingredients

Dressing

- 3 T. extra virgin olive oil
- 6 large Portobello mushroom caps, stems and gills removed
- 1 lb. lean ground beef
- 2-3 T. taco seasoning*
- ½ c. water
- 10 oz. four cheese Mexican-blend, finely shredded, divided
- 4 green onions, green part only, finely sliced
- ½ pint grape tomatoes, washed and cut in quarters
- 1 avocado, seed and skin removed, cut into small chunks

Garnish (optional):

- Salsa
- Guacamole

Directions

1. Preheat the oven to 375° F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat.
2. With a pastry brush, brush olive oil on the outside of each mushroom cap, and around the interior and edges. Set finished caps on lined baking sheets and set aside.
3. Over medium-high heat, brown ground beef in a large skillet until no longer pink inside. Carefully drain off excess fat and return to heat.
4. Add 2-3 T. taco seasoning mix and ½ cup water to the skillet. Stir to distribute taco seasoning evenly. Cook on medium-high heat for 5-7 minutes or until excess water cooks down, stirring occasionally. Remove from heat and cool for a couple of minutes.
5. Divide the seasoned beef among the 6 mushroom caps. Add approximately 1 oz. of shredded Mexican cheese to each cap and place the baking sheet on the middle rack of the pre-heated oven. Bake for approximately 15 minutes, or until the cheese is melted. Remove from heat and cool for a couple of minutes before serving.
6. To serve, top with chopped tomatoes, avocado, remaining cheese, and green onions. Enjoy!

Blueberry Lemon Muffins

SNACK

Blueberry and lemon are a match made in heaven. Once you try these blueberry lemon muffins you will never want them any other way. These muffins bake up light, tender and perfectly golden brown. You will wonder if you are enjoying breakfast or dessert.

Organic lemons are recommended since we are using the zest. Lemons should be zested first, then juiced. Excess lemon zest or juice can be refrigerated in small glass containers up to two weeks.

Fresh blueberries are recommended. Frozen blueberries may be substituted; however, be sure to keep them frozen until ready to combine. Do not defrost or the batter will discolor, and the berries will become mushy.

Prep time: 10 minutes
Cook time: 20 minutes
Serves: 12 servings

Ingredients

- 2 c. all-purpose flour
- ¼ t. salt
- 2 t. baking powder
- ½ t. baking soda
- ½ c. sugar
- 2 lemons, zested and juiced
- 2 large eggs
- ¼ c. vegetable, canola or other neutral-tasting oil
- ½ c. plain yogurt or sour cream
- ¼ c. freshly squeezed lemon juice
- 3 T. honey, preferable local
- 2 c. fresh blueberries

Garnish (optional):

Sprinkle muffin tops lightly with additional sugar before baking for added sweetness

Directions

1. Preheat oven to 400°F. Line a 12-cup muffin pan with paper liners
2. Add flour, salt, baking powder, baking soda, sugar, and 1 tablespoon of lemon zest to a large mixing bowl. Whisk until combined and fragrant from the lemon zest. Add the blueberries and gently toss to coat the blueberries with the flour mixture. This step helps to keep the berries from settling on the bottom of the muffin.
3. Add eggs, vegetable oil, yogurt, lemon juice, and honey to a small mixing bowl. Whisk to combine.
4. Pour the liquid ingredients into the dry and gently fold with a spatula or a large spoon until just combined. Be sure not to overmix the batter or the blueberries will bleed, and the muffins will be dense.
5. Divide the batter between the prepared muffin cups.
6. Bake 18-20 minutes or until golden brown and a toothpick or cake tester comes out clean.
7. Remove from oven and cool on cooling rack at least 20 minutes before serving. Enjoy!



Coconut French Toast

BREAKFAST

This French toast is simply divine. As the bread cooks and the coconut toasts, it smells heavenly. The toasted coconut mixed with the sweetness of the berries and maple syrup is sure to bring a smile to your face—what a great way to start your day.

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4 servings



Ingredients

Dressing

- 1 T. coconut oil
- 4 large eggs
- 1 c. coconut milk
- 1 t. pure vanilla extract
- ¼ t. salt
- 8 thick slices stale sourdough bread (or any sturdy bread of choice)
- 1 c. unsweetened shredded coconut
- 4 t. butter, for serving
- 4 T. real maple syrup, for serving
- 2 c. fresh berries, for serving

Directions

1. Heat oven to 200°F. Heat large non-stick skillet over medium heat. Add coconut oil
2. Whisk eggs, coconut milk, vanilla, and salt in a shallow dish. Place shredded coconut in a separate shallow dish.
3. Dip each slice of bread into the egg mixture, turning to coat both sides. Transfer to the dish of coconut and press lightly. Flip to coat bread with
4. Add bread to hot skillet and cook until golden and crisp on both sides, 4-5 minutes per side. Place cooked slices of French toast on cooling rack over a sheet pan and transfer to oven to keep warm. Continue working in batches until all pieces of bread are cooked.
5. Plate 2 slices of French toast per person. Top with butter, maple syrup, and fresh berries. Enjoy!

Coffee and Walnut Pumpkin Bread

SNACK

This Coffee & Walnut Pumpkin bread is moist and delicious. The addition of instant coffee adds a nice depth of flavor to the bread without changing the overall flavor profile. Enjoy with your favorite warm beverage for breakfast or a perfect snack.

Prep time: 10 minutes
Cook time: 60 minutes
Serves: 8-10 (1 Loaf)



Ingredients

Dressing

- 1 T. ground flax
- 3 T. water
- 1 c. all-purpose flour
- ½ t. baking soda
- ¼ t. baking powder
- ¼ t. salt
- 2 t. pumpkin pie spice
- ½ t. instant coffee granules
- 1 c. pumpkin puree
- ¼ c. white sugar
- ¼ c. light brown sugar
- 6 T. coconut oil, melted (or butter)
- ½ c. walnuts, chopped

Directions

1. Preheat oven to 350°F. Grease an 8x4-inch loaf pan with butter or melted coconut oil.
2. Add flax and water to a large mixing bowl and stir to combine. Set aside for 2-3 minutes until thickened. Alternatively, you can replace the flax and water combination with 1 large egg, if desired, just be sure to adjust your shopping list.
3. Whisk flour, baking soda, baking powder, salt, pumpkin pie spice, and coffee granules in a small mixing bowl.
4. Add pumpkin puree, both sugars, and coconut oil to the wet ingredients. Whisk until smooth. Fold in the dry ingredients with a spatula or a large spoon and mix just until combined. Gently fold walnut into the batter.
5. Transfer batter to prepared loaf pan. Bake 55-60 minutes or until toothpick inserted into center comes out clean with a few moist crumbs and top is golden brown.
6. Allow the bread to cool to room temperature before slicing and serving. Enjoy!

Creamy Avocado Chickpea Toast

BREAKFAST

This Creamy Avocado Chickpea Toast is a tasty, healthy, nourishing meal perfect for breakfast, lunch, or even a light dinner. The addition of the chickpeas adds a beautiful creamy texture while bumping up the fiber and protein of this easy favorite.

Prep time: 10 minutes
Cook time: n/a minutes
Serves: 6



Ingredients

Dressing

- 2 large ripe avocados
- 1 15 oz. can chickpeas, rinsed and drained
- 1 medium lemon
- ½ t. garlic powder
- Sea salt and black pepper, to taste
- ¼ c. parsley, chopped (+ more for garnish, if desired)
- 6 large slices whole-grain bread, toasted
- ½ c. Greek yogurt (or coconut yogurt for vegan)

Directions

1. Slice avocados in half and remove seeds. Scoop flesh into a medium mixing bowl. Add chickpeas and mash with a fork. Ingredients should be mostly mashed leaving a few nice chunks for texture.
2. Roll lemon on counter and cut in half. Squeeze lemon juice over avocado chickpea mixture. Add garlic powder. Season with salt and pepper to taste and stir in the parsley.
3. Divide the avocado chickpea mixture between the 6 bread slices and top with a dollop of Greek yogurt and some extra parsley. Enjoy!



Orange Cranberry Scones

DESSERT

Homemade scones are very easy to make. These are a simple pleasure served with a hot cup of coffee or tea. Once you've made them from scratch you will be so spoiled you will never want to buy them again. And orange and cranberries ... no further words necessary.

Prep time: 10 minutes

Cook time: n/a minutes

Serves: 6



Ingredients

- 2 c. all-purpose flour
- ½ c. granulated sugar
- 2 ¼ t. baking powder
- 1 large orange, zested and juiced to yield 1-1/2 T juice
- ¼ t. salt
- 7 T. butter, frozen
- ¾ c. + 1 T. heavy cream, very cold
- 1 large egg
- 1 t. pure vanilla extract
- 1 ¼ c. frozen cranberries or 1 c. dried cranberries
- ½ c. powdered sugar

Directions

1. Add flour, sugar, baking powder, 1 tablespoon orange zest, and salt to a large mixing bowl. Stir with a fork until combined.
2. Grate the frozen butter on a box grater straight into the bowl with the flour mixture. Using your hands and working quickly, pinch the butter into the flour until the mixture comes together into pea-sized crumbs. Place the bowl in the freezer for 5-10 minutes.
3. In a smaller bowl, whisk together ¾ cup heavy cream, egg, and vanilla extract.
4. Remove the bowl from the freezer and add the frozen cranberries. Pour over the cream mixture and mix everything together until combined.
5. Transfer dough onto a floured work-surface. Using floured hands, form into a ball. Press the dough into a disk and slice it into 6 large wedges. Brush the scones with the remaining heavy cream.
6. Line a baking sheet with a piece of parchment paper and arrange the scones. Place in the refrigerator for 10 to 15 minutes to firm dough.
7. Meanwhile, preheat oven to 400°F while the scones firm in the refrigerator. Bake 20-25 minutes until golden brown. Let cool for a few minutes while you make the glaze.
8. For glaze, whisk powdered sugar and 1-1/2 tablespoons orange juice in a small bowl until smooth. Drizzle glaze over the scones and serve immediately. Enjoy!

Pea, Mushroom, & Goat Cheese Breakfast Casserole

DINNER

Homemade scones are very easy to make. These are a simple pleasure served with a hot cup of coffee or tea. Once you've made them from scratch you will be so spoiled you will never want to buy them again. And orange and cranberries ... no further words necessary.

Prep time: 15 minutes
Cook time: 40 minutes
Serves: 8



Ingredients

- 2 T. olive oil
- 1 onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 12 oz. mushrooms, chopped
- Sea salt and black pepper to taste
- 2 c. frozen peas
- 12 eggs
- ½ c. milk
- 1 c. cottage cheese (or sour cream)
- 5 oz. goat cheese, crumbled
- 1 c. mozzarella cheese, shredded

Directions

1. Preheat the oven to 350°F. Spray a 9x13 baking dish with cooking spray or lightly grease with olive oil.
2. Add olive oil to a large skillet and heat over medium heat. Add onion, green pepper, red pepper, and mushrooms. Season with salt and pepper, to taste. Cook, stirring occasionally, until the vegetables become soft and develop a bit of color, 8-10 minutes
3. Stir in peas and remove skillet from heat.
4. Add eggs, milk, and cottage cheese to large mixing bowl. Whisk until combined. Add crumbled goat cheese and stir to combine. Season with salt and pepper, to taste.
5. Add the vegetables mixture to the egg mixture and stir to combine. Transfer to prepared casserole dish and top with mozzarella cheese.
6. Bake 35-40 minutes or until the edges are nicely golden-brown and the center is set. Cool 10 minutes before slicing and serving. Enjoy!\

Pineapple Raspberry Smoothie Bowl

DESSERT

A healthy, delicious treat that is perfect for breakfast, as a light lunch or anytime snack.

Prep time: 10 minutes

Cook time: N/A

Serves: 2



Ingredients

- 2 frozen bananas, cut into slices
- 2 c. frozen raspberries
- 1 c. pineapple, fresh or frozen
- 1 t. vanilla extract
- ½ c. almond milk
- 2 T. Greek yogurt, for serving
- 3 T. coconut flakes, for serving
- Extra raspberries, for serving

Directions

1. Add bananas, raspberries, pineapple, vanilla, and almond milk to a food processor and blend until completely smooth and creamy. You may need to stop the motor and scrape down the sides a couple times.
2. Divide the thick smoothie between 2 bowls and top with yogurt, coconut flakes, raspberries, and any additional toppings of choice. Enjoy!

Spicy Feta Shakshuka

DINNER

Shakshuka is a flavorful dish of eggs simmered in a spicy tomato sauce that originally could be found on the breakfast table in North Africa and the Middle East. It is now a popular dish world-wide. This dish is not only delicious but is healthy and easy to make. Cooked and served in just one skillet, Shakshuka is perfect to enjoy for breakfast, lunch, or dinner. As an extra bonus, clean-up is a breeze.

Tip: If jarred passata is not available in your area, a good substitute is a combination of one-part tomato paste mixed with two parts water. (For this recipe, 1/3 cup tomato paste mixed with 2/3 cups water). You can also use a jarred sauce, but it is likely to have additional seasonings that could affect the overall flavor of your dish.

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 2



Ingredients

- 1 T. olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 red chili pepper, seeded and minced (if you want it extra spicy leave in the seeds)
- Sea salt and black pepper to taste
- 3 garlic cloves, minced
- 1 t. ground cumin
- 1 t. ground coriander
- 1 t. smoked paprika
- 1 14-oz. can diced tomatoes
- 1 c. tomato passata
- 4 large eggs
- 4 oz. feta cheese, crumbled
- ½ c. fresh parsley, minced
- Hot fresh bread, for serving

Directions

1. Heat olive oil in a large skillet over medium heat. Add onion, bell pepper, and chili pepper. Season with salt and pepper, to taste. Cook, stirring occasionally, until the onion becomes soft and translucent, 3-4 minutes.
2. Add garlic, cumin, coriander, and paprika. Continue cooking 1-2 minutes until the garlic and the spices become fragrant.
3. Add diced tomatoes and tomato passata. Increase heat to medium high. Simmer the sauce until lightly thickened, 5-6 minutes.
4. Using a wooden spoon, make 4 indentations in the sauce and crack one egg in each well. Season the eggs with salt and pepper to taste. Cover pan with a lid. Continue cooking until the eggs are set to desired doneness. 4 minutes for runny yolks or 8-10 minutes for fully set eggs.
5. Remove from heat and top with feta and parsley. Serve with fresh bread and enjoy!