



Blueberry Sweet Potato Breakfast Meatballs

8 servings

35 minutes

Ingredients

2 lbs Ground Pork (may also use turkey)
1 Sweet Potato (large-peeled)
1 1/2 cups Kale Leaves (de-stemmed & finely chopped)
2/3 cup Blueberries (fresh or frozen)
1 tbsp Maple Syrup
1 1/2 tsp Sea Salt
1 1/2 tbsps Thyme (fresh/chopped or substitute 3/4 tsp. dried)
1 1/2 tbsps Fresh Sage (Fresh/chopped or may substitute 3/4 tsp dried)

Directions

- 1 Preheat the oven to 400 F and line a rimmed baking sheet with parchment paper, then set aside.
- 2 Grate the sweet potato then add to a large bowl along with the ground pork, kale, blueberries, maple syrup, salt, and spices. Work the mixture with your hands until fully combined.
- 3 Shape the mixture into one inch balls and place on the rimmed baking sheet. Bake at 400 F for 20-25 minutes until the meatballs are browned and the blueberries have burst.
- 4 Let cool slightly then enjoy!

Notes

Storage: These will keep up to 5 days in the fridge or up to 3 months in the freezer.

Cook Now Eat Later: Make a double batch and freeze half for later.

Additions: Try crushed red peppers and fennel.



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 **tsps** Extra Virgin Olive Oil
8 3/4 **ozs** Pork Sausage (casing removed)
6 **cups** Baby Spinach (chopped)
8 **Egg**
1/4 **cup** Water
1/4 **tsp** Sea Salt
1 **stalk** Green Onion (chopped)

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian: Omit the sausage.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Protein Berry Oatmeal Cups

12 servings
35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Nut-Free: Use boxed coconut milk instead of almond milk.

No Frozen Berries: Use fresh berries instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Omit or use collagen instead.



Pasta with Spinach & Turkey

6 servings

20 minutes

Ingredients

- 12 cups Brown Rice Penne
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 lbs Extra Lean Ground Turkey
- 1 1/2 tsps Italian Seasoning
- 3/4 tsp Sea Salt
- 6 cups Baby Spinach (packed)
- 1 cup Sun Dried Tomatoes (drained or option to add a little of the oil)
- 1 Lemon (Squeezed-optional)

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning, sun dried tomatoes and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt and pepper, add more sun dried tomato oil if needed. Squeeze lemon as desired.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add garlic, red pepper flakes or fresh herbs.

No Chickpea Pasta: Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

No Turkey: Use ground chicken, pork, beef or cooked lentils instead.



One Pot Creamy Chicken Piccata Skillet

4 servings

20 minutes

Ingredients

1 1/2 lbs Chicken Breast (about 1/2-inch thick-Thinly Sliced)
1 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Butter (Or olive oil)
3 Garlic Clove (minced)
1 1/2 cups Chicken Broth
1/2 cup White Cooking Wine (may replace with chicken broth)
1/4 cup Lemon Juice
1/4 cup Capers
1/2 cup Grass Fed Greek Yogurt (Whole milk or full fat coconut milk from the can (dairy free))
2 cups Baby Spinach (chopped)
1/2 cup Shredded Parmesan Cheese (for garnish)
1 bunch Parsley (Chopped for garnish)
12 ozs Brown Rice Pasta Shells (optional, or pasta of choice)

Directions

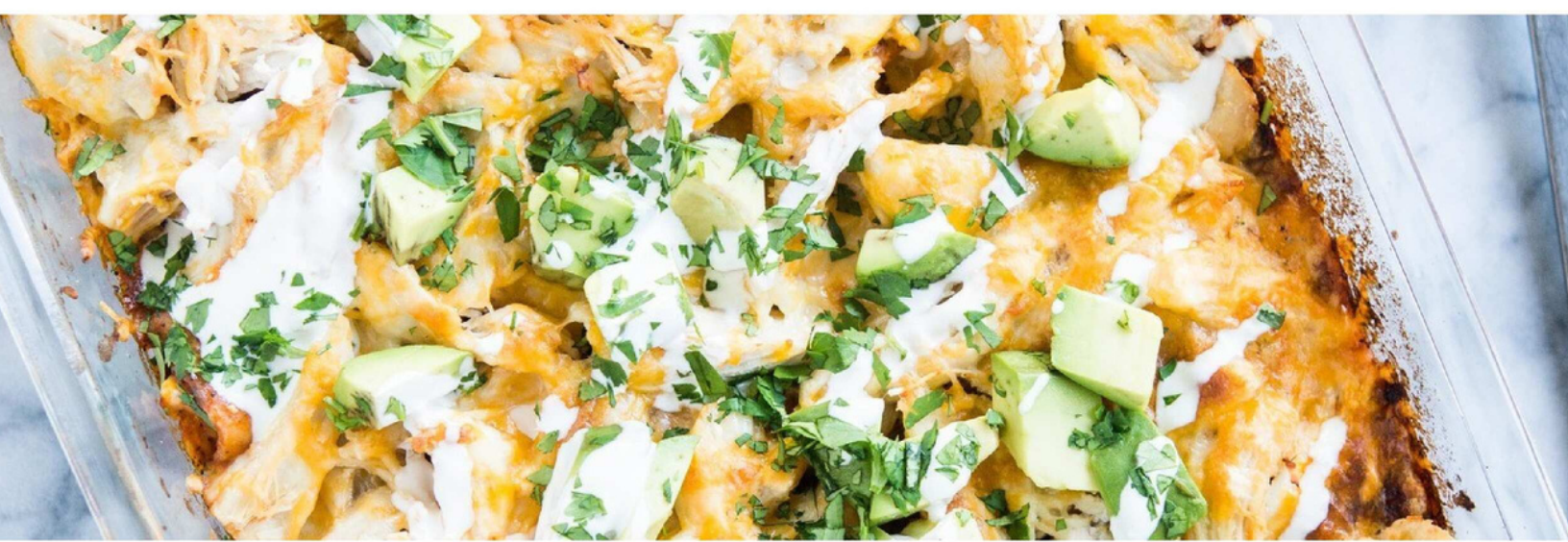
- 1 Season the chicken breast with salt and pepper on both sides. If your chicken breast is on the thicker side (more than 1/2 inch thick), slice them in half lengthwise before seasoning.
- 2 Heat the butter or olive oil in a large skillet over medium heat. Once hot, add the chicken and sear for 4-5 minutes, until browned, then flip and cook for an additional 3-4 minutes, until browned and fully cooked through. Remove the chicken from the skillet and set aside.
- 3 Cook pasta according to directions, rinse, set aside.
- 4 Add the minced garlic to the skillet and cook for 1 minute, until fragrant.
- 5 Pour 1/2 cup of the chicken broth and white wine into the skillet and increase the heat to medium-high. Let simmer for 3-4 minutes, until slightly reduced and alcohol smell is evaporated, then stir in the lemon juice, capers, and spinach. Cook for 2-3 minutes, until wilted, then turn off the heat.
- 6 Whisk together the yogurt and remaining cup of chicken broth until smooth, then stir into the spinach mixture.
- 7 Add the chicken back to the skillet, garnish with parsley and parmesan cheese, and serve alongside pasta!

Notes

Low Carb: Sub more veggies for pasta or serve over cauliflower rice.

Dairy Free: Substitute full-fat coconut milk for the yogurt and omit the parmesan cheese.

Creamier : If you'd like your sauce to be on the thicker side, you can use 3/4-1 cup of Greek yogurt here



Easy Chicken Enchilada Casserole

6 servings

45 minutes

Ingredients

2 lbs Chicken Breast
1 cup Chicken Broth
1 Sea Salt & Black Pepper
1 1/2 tsps Chili Powder
1 tbs Cumin
12 Corn Tortillas
2 cups Shredded Mexican Blend Cheese
2 Lime
1 Large Avocado, Diced (for garnish)
1/4 cup Fresh Chopped Cilantro (for garnish)
2 cans Mild Enchilada Sauce (Green sauce or salsa verde)

Directions

- 1 Preheat the oven to 350 F. Season the chicken with cumin, salt, pepper and chili powder, sear the chicken in a little butter or coconut oil for about 3-4 minutes each side. Then pour in 2 cups enchilada sauce and about 1 cup chicken broth or water.
- 2 Place a lid on the pot and once boiling reduce to a simmer and let cook 20 minutes or until chicken is cooked and shreddable.
- 3 Remove from pan and shred the chicken with two forks.
- 4 Spread 1/2 cup enchilada sauce in the bottom of a 3-quart, 9x15 inch pan, then layer 6 corn tortillas over the sauce, until it is fully covered. Layer 2 cups shredded chicken over the tortillas, then pour over 1 cup of enchilada sauce, and 1 cups shredded cheese.
- 5 Repeat previous step to build the next layer, using up the rest of the tortillas, enchilada sauce, and cheese, then bake the casserole at 350 F for 30 minutes, until the top is browned and bubbling. Remove the casserole from the oven and let cool.
- 6 Garnish with the avocado and cilantro and a wedge of lime, then serve!
- 7 If you have leftover sauce from the pot of chicken you can add a few more cups of chicken broth and a can of beans or hominy to create a tortilla soup for leftovers.

Notes

Extra protein: Add a can of rinsed pinto beans with the chicken.

Toppings: Add diced tomatoes, shredded cabbage, jalapenos or any favorites!