



Healthy

FREE EVENT

COOKING

180th & Dodge Rd.

*In-Person
or Online*

CLASS

JULY 29TH 5:00 PM

**Classes
Every
Month!**

YourWellnessEdge.com

(402) 999-0589



GARLIC HERB CHICKEN & VEGGIES FOIL BAKE

MACROS PER SERVING:

CALORIES: 260

PROTEIN: 25G

FAT: 13G

CARBS: 10G

FIBER: 2G

MEAL COMPONENTS:

4 LEAN PROTEIN

2 FATS | 2 CUPS VEGETABLES

Ingredients (for 4 servings / 4 foil packs):

- 1 lb boneless, skinless chicken thighs, chopped (about 16 oz total)
- 2 cups zucchini, sliced
- 2 cups red bell peppers, sliced
- 1 cup red onion, sliced
- 8 tsp olive oil (2 tsp per foil pack)
- 4 tsp lemon juice
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt & pepper to taste

Instructions:

1. Preheat air fryer to 375°F or oven to 400°F.
2. Divide all ingredients evenly between 4 large sheets of foil (approx. 4 oz chicken + 2 cups veggie mix + 2 tsp oil per pack).
3. Drizzle each with lemon juice, sprinkle seasonings, and fold foil into sealed packets.
4. Cook:
 - a. Air Fryer: 375°F for 12–14 minutes
 - b. Oven: 400°F for 20–22 minutes on a sheet pan
5. Let cool, then store in the fridge for up to 4 days.
6. Reheat: Remove from foil and microwave 1.5–2 minutes, or bake at 350°F for 10–12 minutes.

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ASIAN SESAME SALMON & VEGGIES FOIL BAKE

MACROS PER SERVING:

CALORIES: 265

PROTEIN: 24G

FAT: 14G

CARBS: 9G

MEAL COMPONENTS:

4 LEAN PROTEIN

2 FATS | 2 CUPS VEGETABLES

Ingredients (for 4 servings / 4 foil packs):

- 1 lb salmon filet, cut into 4 equal pieces (about 4 oz each)
- 2 cups snap peas
- 2 cups sliced mushrooms
- 1 cup matchstick carrots
- 4 tsp coconut aminos or low-sodium soy sauce
- 4 tsp sesame oil (1 tsp per pack)
- 4 tsp olive oil (1 tsp per pack)
- 1 tsp garlic powder
- 1 tsp ground ginger
- Optional: sesame seeds or green onion for garnish

Instructions:

1. Preheat air fryer to 375°F or oven to 400°F.
2. On each sheet of foil, place 4 oz salmon and a heaping 2 cups veggie mix.
3. Drizzle with 1 tsp each olive oil, sesame oil, and coconut aminos. Season with garlic and ginger.
4. Fold foil into packets.
5. Cook:
 - a. Air Fryer: 375°F for 12–14 minutes
 - b. Oven: 400°F for 15–18 minutes
6. Cool and refrigerate up to 4 days.
7. Reheat: Remove from foil and microwave 1.5–2 minutes, or bake at 350°F for 10–12 minutes.

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DARK CHERRY PISTACHIO DREAM BALLS

MACROS PER SERVING:

CALORIES: 94

PROTEIN: 10.5G

FAT: 3G

FIBER: 2G

**MAGNESIUM: 64MG (FROM WE
CAPSULES)**

Ingredients:

- 2 packets Vanilla or Chocolate Protein Shake Powder
- 1 scoop Collagen Plus
- 1 Tbsp dried tart cherries, finely chopped
- 1 Tbsp crushed pistachios (reserve pinch for topping, optional)
- ½ Tbsp almond butter
- Contents of 2 WE Magnesium Glycinate capsules
- ¼ tsp vanilla extract
- 2 Tbsp water or unsweetened almond milk (added gradually)

Instructions:

1. In a medium bowl, combine:
 - Protein shake powder
 - Collagen
 - Chopped cherries
 - ⅔ of crushed pistachios
 - Magnesium glycinate powder (empty capsule contents)
2. Add almond butter and vanilla extract.
3. Mix until crumbly.
4. Slowly add water/milk 1 tsp at a time until a soft dough forms.
5. Roll dough into 8 equal balls (about 1 Tbsp each).
6. Optional: Roll each in remaining pistachios.
7. Chill in fridge for 30+ minutes.
8. Store in airtight container in fridge (up to 5 days) or freezer (up to 1 month).

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PROTEIN BERRY CITRUS REFRESHER

MACROS PER SERVING:

CALORIES: 50

PROTEIN: 12G

MEAL COMPONENTS:

1 SHAKE

+ 1 MEAL ENHANCER IS USED

RASPBERRIES

Ingredients:

- 1 packet Wellness Edge Mixed Berry Fruit Drink
- 12-16 oz cold sparkling water (or plain water if preferred)
- 1–2 slices fresh lemon or lime
- Optional: 2 TBSP fresh or frozen berries (like raspberries or blueberries)
- Ice
- Mint leaves

Instructions:

1. Fill a glass or shaker sparkling water.
2. Mix in the fruit drink powder until dissolved.
3. Squeeze in a slice of lemon or lime, then drop it in.
4. Add berries or mint if using.
5. Add ice.
6. Stir gently and enjoy!

Extra Serving Tips

- Serve it in clear cups with a lemon wheel or mint sprig for a polished look
- Optional: Add a “sleepy version” using magnesium powder in the evening
- Make a big batch in a pitcher for serving more people

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