Recipes

Strawberry salad

2 cups of spinach

1/4 cup strawberries

1/8 cup of pecans

1/8 cup feta

1 tablespoon of olive oil

2 tablespoons of balsamic

Shake the olive oil and vinegar together on the side

Toss everything together with olive oil and balsamic to taste.

Greek omelette

2 eggs

1 tablespoon water

2 teaspoons coconut oil

1 cup firmly packed fresh baby spinach

1 tablespoon chopped kalamata olives, pitted

1 tablespoon crumbled feta cheese

In a medium bowl, combine the eggs and water and beat lightly with a fork; set aside.

In a large skillet, heat 1 teaspoon coconut oil over medium heat; add spinach and saute 30 to 60 seconds, or until lightly wilted. Remove spinach from skillet; set aside.

Melt remaining teaspoon of oil in skillet; add eggs and allow to set up for 1 to 2 minutes. Place cooked spinach on one side of omelet, sprinkle with olives and feta cheese then fold omelet in half and serve.

Tossed Southwest Ground Turkey Salad

1 pound antibiotic-free white turkey meat

½ teaspoon ancho chile powder or hot Mexican chili powder

½ teaspoon ground cumin

½ teaspoon salt

6 tablespoons extra virgin olive oil

3 tablespoons lime juice

2 tablespoons chopped cilantro

1 large clove garlic, minced

10 ounces romaine, torn into bite-size pieces (6 cups)

1 cup grape tomatoes, halved lengthwise

¼ cup finely chopped red onion

1 jalapeño chile, seeded and finely chopped

1 cup cooked dried, or rinsed and drained canned, black beans

1 ripe avocado, pitted, peeled, and sliced

Directions

Season the turkey with the chile powder, cumin, and ¼ teaspoon of the salt.

Warm 1 tablespoon of the oil in a skillet over medium-high heat. Add the turkey and cook until browned, 4 to 5 minutes per side. Reduce the heat to medium-low and cook until no longer pink in the center (160ºF internal temperature), 6 to 8 minutes. Transfer the meat to a cutting board to cool for 10 minutes.

Meanwhile, pour the lime juice into a large bowl. Slowly whisk in the remaining 5 tablespoons of oil until the mixture is blended and thickened. Whisk in the cilantro, garlic, and remaining ¼ teaspoon of salt

Add the lettuce, tomatoes, onion, chile, and beans to the bowl and toss until coated with the lime dressing. Remove the salad to a platter or plates. Slice the turkey, and arrange the turkey, cheese, and avocado on top of the salad.

Green lentil veggie soup

1 tablespoon olive oil

1 medium celery stalk, small dice

1 medium carrot, peeled and small dice

1/2 medium yellow onion, small dice

3 medium garlic cloves, minced

Freshly ground black pepper

1 quart low-sodium vegetable broth

1 (15-ounce) can diced tomatoes with their juices

1 1/4 cups green lentils, rinsed

1 bay leaf

1/4 teaspoon finely chopped fresh thyme leaves

1 teaspoon apple cider vinegar

2 ounces spinach leaves (about 1/2 a bunch)

1tsp cumin

Heat the oil in a large saucepan over medium heat until shimmering, about 3 minutes. Add the celery, carrot, and onion and cook, stirring occasionally, until the vegetables have softened, about 10 minutes. Stir in the garlic and cook until fragrant, about 1 minute. Season with several generous pinches of salt and pepper.

Add the broth, tomatoes with their juices, lentils, bay leaf, and thyme and stir to combine. Cover and bring to a simmer, about 15 minutes. Once simmering, reduce the heat to low and continue simmering, covered, until the lentils and vegetables are soft, about 15 minutes more.

Taste and season with more salt or pepper as needed, then stir in the vinegar. Add the spinach and stir until wilted. If you prefer a creamier texture, purée half of the soup in a blender and add it back to the pot.

Chopped Greek chicken salad serves 4 half ingredients for less

4 chicken breasts cooked and chopped

4 cups chopped romain

1 cups of quartered sliced cucumber (I prefer persian or english cucumbers)

1 can of chickpeas drained and rinsed

1 cup of finely diced red or yellow bell pepper

1 1/2 cups of halved cherry tomatoes

1/4 cup minced red onion

1/2 cup halved kalamata olives

1/2 cup crumbled feta cheese

1/4 cup of chopped parsley

For the dressing:

1/4 cup olive oil

1 teaspoon dijon mustard

2 tablespoons red wine vinegar

1 tablespoon lemon juice

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/2 teaspoon dried oregano

salt and pepper to taste

For the dressing:

Combine all of the ingredients in a jar and shake vigorously to combine. Store in the refrigerator for up to one week.

For the salad:

Toss the lettuce, chicken, cucumbers, chickpeas, bell pepper, cherry tomatoes, olives and onion in a large bowl, stir to combine. Add dressing to taste and toss to coat. Stir in parsley. Sprinkle the feta cheese over the top and serve.

Veggie quinoa blend

1 cup quinoa

Olive oil

1/2 bag spinach

1/2 cup onion, chopped

1 cup chopped cauliflower

Directions

In a medium saucepan, bring quinoa and 2 cups water to a boil. Reduce heat to simmer and continue cooking, covered, until water is absorbed, about 10 to 15 minutes.

While quinoa is cooking, sauté spinach, onions, and cauliflower in a skillet with 1 drizzle olive oil. Season as desired (we like Sriracha, curry powder, paprika, or oregano).

When quinoa is cooked, add to skillet with veggies and stir until well combined.

Baked Salmon

1 salmon filet, about 2 pounds, left whole

1/2 teaspoon brown sugar

1/4 teaspoon garlic salt

Optional garnishes:

fresh parsley, chopped

1 lemon, cut into wedges

Instructions

Preheat oven to 425º F. Line rimmed baking sheet with parchment paper or aluminum foil for easiest cleanup.

Place salmon, skin side down, onto lined baking sheet. Sprinkle brown sugar on top of salmon, making sure entire flesh side of salmon has a light dusting. Sprinkle garlic salt onto the salmon. Bake salmon until it has cooked through, about 12-15 minutes.

Remove from oven and top the salmon with optional garnishes, if desired.

Turkey lettuce wraps

1 lb ground turkey

1/4 cup chopped green onions (4 medium)

3tablespoons chopped fresh cilantro

1tbsp chopped fresh mint

2tbsp fresh lime juice

2 table spoons creamy peanut butter

2 teaspoons garlic and red chile paste

1/2teaspoon crushed red pepper flakes

1cup shredded carrots

12medium Bibb lettuce leaves, rinsed, patted dry with paper towel

Directions

1 In 10-inch nonstick skillet, cook turkey over medium-high heat, stirring frequently, until thoroughly cooked; drain and return to skillet. Stir in green onions, cilantro, mint, lime juice, peanut butter, chile paste, and red pepper flakes. Cook 3 to 4 minutes longer or until hot.

2 To serve, spoon 2 heaping tablespoons turkey mixture, 2 tablespoons carrots onto each lettuce leaf; wrap around filling.

Mediterranean Chicken

1/2 yellow onion, diced

2-3 cloves garlic, minced

8 oz mushrooms, sliced

3 Roma tomatoes, diced

8 oz jarred artichoke hearts, liquid drained

1/2 cup sun-dried tomatoes, chopped

1/3 cup Kalamata olives, chopped

1 lb organic chicken grilled and chopped

Fresh spinach – a couple of handfuls

2-3 Tbsp olive oil or ghee (1-2 tablespoons to sauté the veggies, another tablespoon for cooking)

1 Tbsp balsamic vinegar

1 tsp dried parsley

1 tsp dried oregano

2 Tbsp fresh basil, chopped for garnish

Salt & pepper to taste

Instructions

In a large skillet over medium heat, add 1 Tbsp of olive oil and sauté the chopped onions for 3-4 minutes

Add the minced garlic in with the onions, and sauté together one more minute

Add the sliced mushrooms to the sautéed onions and garlic and cook 5-7 minutes until the mushrooms are golden. Add salt and pepper to taste while cooking

Add 1 tablespoon of olive oil and 1 tablespoon of balsamic vinegar to the pan then toss in the Roma tomatoes, sun-dried tomatoes, artichoke hearts, and olives. Sprinkle in the parsley, oregano, and stir a few minutes

Next add the chopped chicken and spinach to the pan – stir and cook 1-2 minutes, or until chicken is heated through.

Farro Protein Bowl

1 cup Italian farro

2 tablespoons olive oil

1 red onion, finely chopped

1 red pepper, chopped

1/2 cup carrots, chopped

1/2 cup black beans, rinsed and drained

1/2 cup garbanzo beans, rinsed and drained

2 tablespoons brown sugar

3 tablespoons balsamic vinegar

2 teaspoons minced garlic

black pepper and salt

black pepper and salt

1/4 cup fresh parsley, chopped

Directions

Cook farro according to directions.

In a large skillet, add 1 tablespoon oil, onion, pepper, and carrots. Cook until tender.

Add black beans, garbanzo beans, garlic, brown sugar, balsamic vinegar, remaining 1 tablespoon olive oil, salt and pepper.

Stir in farro and top with parsley.

Chicken stir fry

1 tablespoon + 1 teaspoon vegetable oil, divided use

1 cup broccoli florets

1 cup mushrooms, halved

1 yellow bell pepper, cored, seeded and thinly sliced

1 pound boneless skinless chicken breast, cut into 1 inch pieces

salt and pepper to taste

4 cloves of garlic, minced

¾ cup low sodium chicken broth

2 teaspoons sesame oil

2 teaspoons cornstarch

Directions

Place 1 teaspoon of oil in a large pan and heat over medium high heat.

Add the broccoli, mushrooms and bell pepper to the pan. Cook for 5-6 minutes or until vegetables are tender.

Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.

Wipe the pan clean with a paper towel, then heat the remaining tablespoon of oil over high heat.

Add the chicken to the pan in a single layer and season with salt and pepper to taste.

Cook for 3-4 minutes per side, or until chicken is browned and cooked through.

Lower heat to medium, add the garlic and cook for 30 seconds.

Add the vegetables back to the pan.

In a small bowl, whisk together the chicken broth,sesame oil and cornstarch,

Pour the sauce over the chicken mixture and bring to a simmer.

Simmer for 1-2 minutes or until sauce has just thickened.

Serve immediately, with steamed rice if desired.

Pepper Egg in Hole

1 red bell pepper (yellow would probably work just as well)

4-5 large eggs

Pepper

1/4 Cup of feta cheese

1 teaspoon of olive oil or coconut oil

Salt pepper and garlic to taste

Cut peppers into 1/2″ rings and remove the seeds and centers. Place sliced peppers into the pan and let them saute for a minute. This should give you four or five pieces. Crack an egg in each pepper. Cook the egg to desired consistency he and sprinkle the feta evenly over each.

Chili spiced salmon salad

For the Salmon:

2 8-10 oz. wild salmon fillets

1 tbsp. Tabasco (or similar) hot sauce

1 tbsp. extra virgin olive oil

2 tsp. ancho chili powder

2 tsp. ground oregano

1/4 tsp. ground cayenne

1 tsp. kosher salt

1/2 tsp. ground black pepper

For the Salad:

4 cups chopped kale

2 limes, juiced

1 tbsp. extra virgin olive oil

1 tbsp. apple cider vinegar

salt and black pepper, to taste

1 cup cherry tomatoes, sliced

2 ripe Hass avocados, sliced

Preheat broiler and line a baking sheet with foil.

Place salmon fillets on baking sheet and brush with Tabasco and olive oil.

In a small bowl, whisk together chili powder, oregano, cayenne, salt, and black pepper. Sprinkle onto salmon fillets and press lightly. Broil 10 minutes, or until cooked through or to desired doneness. Remove from broiler and let cool.

For the salad: In a large bowl, combine chopped kale, lime juice, olive oil, vinegar, salt, and black pepper. Use your hands to massage dressing well into the kale to tenderize it.

Add tomatoes and radishes and toss well. Arrange on a platter, then top with avocado slices.

Chia pudding - makes about two servings but if you want to double it last up to 4 days to save

2 cups unsweetened almond milk, homemade or store bought (see recipe for homemade almond milk below)

1/2 cup chia seeds

1/2 teaspoon vanilla extract

1-2 tablespoons pure maple syrup or raw honey

Combine almond milk, chia seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour.

Stir well before serving.

Turkey chili

1 tablespoon olive oil

2 pounds turkey meat, white

2 cups coarsely chopped onions

2 tablespoons chopped garlic

1 large sweet red pepper, cored, deveined and coarsely chopped

1 cup chopped celery

1 jalapeno pepper, cored, deveined and finely chopped

1 tablespoon fresh oregano, chopped, or 1 tablespoon, dried

2 bay leaves

3 tablespoons chili powder

2 teaspoons ground cumin

3 cups canned diced tomatoes

2 cups low sodium chicken broth, fresh or canned

 Salt and freshly ground pepper

One can of kidney beans and one can of black beans

Greek yogurt for garnish (optional)

 Sliced lime for garnish (optional)

Heat the oil over high heat in a large heavy pot and add the turkey meat. Cook until lightly browned, about 5 minutes, chopping down and stirring with the side of a heavy kitchen spoon to break up any lumps.

Add the onions, garlic, sweet pepper, celery, jalapeno pepper, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.

Add the tomatoes, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.

Add the drained beans and cook, stirring occasionally, for 10 minutes.

Grilled chicken salad with cranberries and feta

2 large chicken breast grilled and cubed 2 cups mixed salad greens (I use leaf lettuce, endive and radiccio)

1/4cup dried sweetened cranberries

4 ounces crumbled feta cheese

1⁄2 cup walnut pieces

2 tablespoons balsamic vinegar

1 tablespoon honey

1 teaspoon Dijon mustard

1⁄4 teaspoon ground black pepper

3 tbsp extra virgin olive oil

Mix vinegar, honey, mustard and pepper with wire whisk until well blended.

Gradually add oil, whisking constantly until well blended. OR shake in a mason jar or with a protein shaker. Toss all the ingredients including the dressing and a large bowl.

Orange pecan chicken salad

4 cups cubed cooked chicken breast

1 cup coarsely chopped pecans

1/2 cup chopped celery

1 cup nonfat or low-fat plain Greek yogurt

1/4 teaspoon salt

1/8 teaspoon pepper

1/4 teaspoon curry

1/4 cup halved grapes

 4 cups of spinach

Directions

In a large bowl combine everything except the spinach first. After everything is well blended add it all in a bowl and toss it.

Curried chicken quinoa bowl

1 tablespoons olive oil

1 cup diced onions

1 lbs. breasts

2 tablespoons curry

2 teaspoons garam masala (cumin or roasted coriander are also good)

1 tablespoon ginger paste

3 cloves garlic

2 cups tomato puree

2 cups low sodium chicken broth

3 cups diced eggplant (peel removed)

3 cups diced fresh tomatoes

1 cup uncooked quinoa

Heat the olive oil in a deep pan over medium high heat. Add the onions and sauté for 2-3 minutes until soft and fragrant. Add the chicken, curry , garam masala, ginger, and garlic. Stir fry for another 3-5 minutes to get the chicken pieces browned.

Add the tomato puree, broth, eggplant, tomatoes, and quinoa. Cover and simmer for 15-20 minutes (check the quinoa package for cook time - mine is a sprouted quinoa that cooked in 15 minutes).

Chicken stuffed peppers

2 tbsp extra-virgin olive oil

1/2 cup chopped yellow onion

4 cloves garlic, minced

1 jalapeño or serrano
chile pepper, seeded
and chopped

2 lb ground chicken
or turkey

1 14.5-oz can unsalted
fire-roasted diced tomatoes, with juices

1/2 cup chopped fresh cilantro, divided

4 red, yellow and/or orange bell peppers

Lime wedges

SEASONING

1 tbsp cumin seeds

4 tsp paprika

1 tbsp granulated garlic

1 tsp dried oregano

1/2 to 1 tsp ground cayenne pepper, optional

1/2 tsp ground cinnamon

1/4 tsp ground saffron

Preparation

Prepare seasoning: In a small dry skillet on medium-low, toast cumin seeds for 1 to 2 minutes, until fragrant, shaking skillet occasionally. Remove from heat; cool 2 minutes. Transfer seeds to a spice grinder; grind to a powder. Transfer cumin to a small bowl and stir in remaining seasoning ingredients.

In a large skillet on medium, heat oil. Add onion, garlic, and chile; cook, stirring, 2 minutes. Add chicken; cook until no longer pink. Sprinkle with 2 tbsp seasoning mixture (reserve remaining mixture for use in Meal Plan); stir well. Stir in tomatoes and bring to a boil. Reduce heat; then simmer, uncovered, 5 to 7 minutes or until most of the liquid has evaporated. Stir in 1/4 cup cilantro.

Meanwhile, cut bell peppers in half vertically (from stems to bottoms). Remove and discard stems, seeds and membranes. In a large pot, blanch peppers in boiling water, 2 to 3 minutes or just until tender; drain. Fill peppers with chicken mixture.

For each serving, arrange 2 pepper halves on a plate. Sprinkle with remaining 1/4 cup cilantro and serve with lime wedges.

Quinoa fruit salad

1 cup quinoa

1 cup of each: blueberries, chopped strawberries, mango

⅓ cup basil, minced

¼ cup raw honey

Juice of 1 lime

DIRECTIONS:

Cook quinoa according to package.

In a small mixing bowl, whisk the honey and lime until well combined and set aside.

In a large bowl add cooked quinoa, fruit, basil and mix until well incorporated.

Add honey lime mixture and drizzle, stirring until evenly mixed.

Baked Garlic chicken with potatoes

4 chicken breast

3 (450g) potatoes, peeled quartered

1 red onion, quartered

2 tablespoons extra virgin olive oil

2 teaspoons minced garlic powder

½ teaspoon hot cayenne chili powder

2 tablespoons chopped fresh scallion

Light salt and ground pepper, to taste

Preheat your oven to 400°F (200°C) for 15-20 minutes. Lightly oil a rimmed baking sheet/roasting pan or coat with nonstick spray.

In a large bowl, mix together chicken, potatoes, garlic powder and chili powder. Season to taste with salt and pepper and mix well with your hands to help spices penetrate the meat and potatoes.

Place chicken, potatoes and red onion in a single layer onto the prepared baking pan. Add a drizzle of olive oil.

Roast in the preheated oven until the chicken is completely cooked through, reaching an internal temperature of 165°F (75°C), about 25-30 minutes. Then broil for 2-3 minutes to make it crisp.

Remove from oven. Cover with foil and allow to rest for 5-10 minutes while the juices settle before serving. Serve hot, garnished with chopped scallion and drizzled with lemon juice. Cooking time may vary based on the thickness of the chicken.

Curry vegetable soup

1 tablespoon olive or coconut oil

1 onion, chopped

3 cloves garlic, smashed

1 knob of ginger, peeled and grated

1 tablespoons red curry paste

1 tablespoons turmeric

1/2 teaspoon salt

1 cup chopped cauliflower

1 14-ounce cans coconut milk

2 cups low sodium vegetable broth

1/2 cup green lentils

1 cup anything you have for veggies

SIMMER SOUP: Heat the oil in a large pot over medium heat. Add the onion, garlic, and ginger, and stir fry for a few minutes until fragrant. Don't let the garlic burn or brown. Add the curry paste, turmeric, salt. Stir fry for another few minutes. Add the lentils cauliflower and other veggies, coconut milk, and broth. Simmer until the lentils are done.

Chicken breast and avocado sandwich

2 slices of bread... I use Ezekiel sprouted

1 chicken breast thinly sliced and sautéed in just dash of olive oil

1/4 of an avocado

Dash of cayenne

1/4 of lemon

1/2 small tomato

 Direction mashed together the avocado with the lemon squeezed, dash of cayenne then mix in the chopped tomato. Spread it on your bread and put the chicken in between. I like to toast my bread first.

Southwest chicken wraps

1 cup of premade brown rice

2 cups shredded chicken breast

3/4 cup chopped tomatoes

1/3 cup chopped green onion (about 3)

1 (15-ounce) can reduced-sodium black beans rinsed and drained

12 iceberg lettuce leaves

Lime wedges

Chipotles sauce

1/3 a cup of plain low-fat or nonfat Greek yogurt

1/8 teaspoon of chili powder

1/8 teaspoon of cumin

Place rice in a large bowl. Stir in chicken and next 3 ingredients. Spoon chicken mixture evenly in center of lettuce leaves. Fold in edges of leaves; roll up, and secure with wooden picks. Serve with Spicy Chipotle Dipping Sauce. For the sauce just mix all the ingredients together and use lime wedges as garnish and to squeeze on top.

Turkey and avocado melt

1 piece of bread I use Ezekiel sprouted

1 sliced breast of turkey

1/4of avocado

Handful of spinach

2 slices of tomato

1/8 cup of goat cheese or feta

Salt and pepper to taste

Preheat oven to 350 this can also be eaten cold if you like. Mash the avocado on the bread followed by the spinach then tomato slices then turkey.

Sprinkle the cheese on top and bake it at 350 in the oven for 5–8 minutes

Stuffed tomatoes with chicken and veggies

1 chicken breast cooked and chopped

1 large tomato

1 cup of kale chopped

1/2 a cup of chopped veggies of your choice

1 egg

1/8 teaspoon of garlic powder

1/8 teaspoon of cayenne

Salt and pepper to taste

Preheat the oven to 375 . Cut the tomato in half and take out the insides and place them face up on a cookie sheet, on top of foil for easiest to clean up. Mix all of the ingredients together and put them inside of the tomato halves. Bake for 15 minutes

Eastern Turkey bowl with quinoa

1 lb ground white turkey

1sp olive oil

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon salt

1/4 teaspoon smoked paprika

1/4 teaspoon cinnamon

4 gloves garlic, finely diced

1/4 cup of parsley chopped

1 cup chopped veggies of your choice

1 cup pre cooked quinoa

Cook the turkey in oil with all the spices once is browned add the veggies and quinoa and sauté until the veggies are al dente