



RISE UP
RECIPES

We believe that mindful eating will help you gain control over your eating habits. It has been shown to promote weight loss, reduce binge eating, and help you feel better.

- Recognize your non-hunger triggers for eating
- Choose food for both enjoyment and nourishment
- Eat for optimal satisfaction and satiety
- Use food to fuel your body to live a vibrant life

Mindful eating is eating with intention and attention. Intention is the caring for yourself. Attention is necessary for noticing and enjoying the food you choose and its effects on the body.

It is not just about eating slowly, without distractions. That is a big factor, however, we believe there is so much more!

To start eating Mindfully, we suggest these

8 Tips:

1. Start to notice your hunger cues
2. Make a Shopping List
3. Do not skip meals – this will help you avoid eating to just get anything in your stomach

4. Start with small portions – You can limit the size of your plate to 9 inches or less.
5. Appreciate your Food – Pause for a minute or two before you begin to eat. Look at what you are going to eat. Ask yourself, “Will this serve my goals?”
6. Take small bites & put down the utensil between bites.
7. Chew thoroughly - – this will help you to really taste your food. You may be surprised at all the flavors.
8. Eat Slowly

By paying attention to the food you eat, you may indulge in “your favorites” just less often. Mindful eating means being fully attentive to your food – where you buy, prepare, serve, and consume.

Resist eating as a “mindless” act. There is no one size fits all nutrition plan. We sincerely hope that you address any unwanted eating behaviors so that you have long-term weight management success.

Thank You,

Chris & the Rise Up Team

BREAKFAST

Egg Sandwich

Ingredients

2 slices - Source of Protein (Canadian Bacon or Turkey Bacon)

1 Egg

Toasted Whole Wheat English Muffin (or another substitute that is a healthier version of bread)

Directions:

Fry Bacon then prepare egg how you prefer. Toast English muffin and then assemble sandwich. Enjoy with a piece of fruit.

Shopping List

2 slices Canadian or Turkey Bacon

1 Egg

1 Whole Wheat English Muffin (or Ezekiel bread)

Open Face Egg Sandwich

Ingredients

1 / hardboiled egg, sliced

1 tbs / mozzarella cheese

2 slices / Canadian bacon

1 tbs / avocado

½ / Sandwich thin

salt and pepper to taste

Directions:

Place sandwich thin on baking sheet. Top with Canadian bacon, then egg slices and then cheese. Bake at 350° for about 8 minutes until cheese is melted

Top with avocado

Shopping List

1 hardboiled egg

Mozzarella cheese

Canadian bacon

Sandwich thins

Avocado

NUTRITION FACTS

Calories 211

Fat (g) 7.6

Carbs (g) 22.5

Protein (g) 18.9

Peanut Butter Oatmeal

Servings: 4 | Prep Time: 30 min | Total Time: 30 min

Ingredients

1 c / steel cut oats
4 tbs / pb2 (jiff peanut butter powder)
1 tbs / honey
½ c / almond milk
2 scoops / protein powder of your choice

Directions:

Cook oats according to directions on package. Stir in almond milk, PB2, honey and protein powder. If consistency is to think, add a bit more almond milk.

Divide into 4 containers and store in refrigerator for up to 1 week.

Shopping List

Steel cut oats
PB2 (peanut butter powder)
Honey
Almond milk
Protein powder

NUTRITION FACTS

Calories 226
Fat (g) 3.7
Carbs (g) 35
Protein (g) 14.6

Egg Scramble

1 Serving

Ingredients

2 Eggs or 4-6 Egg Whites
½ cup Artichokes
½ medium Tomato
Chopped Mushrooms and Onions if desired
(or any of your favorite vegetables)

Directions:

Chop vegetables. Heat pan and melt 2t. butter. Sauté the vegetables and add your beaten egg whites or eggs and scramble or flip when ready.

Enjoy with ½ an Orange!

Shopping List

2 Eggs or large carton egg whites
Jar of Artichokes
1 Tomato
1 Onion
Mushrooms – canned or fresh

Egg Bake

Servings: 4 | Prep Time: 10 min | Total Time: 30 min

Ingredients

4 c / Egg whites

½ c / mozzarella cheese

½ c / diced tomato

1 c / chopped spinach

4 slices / Canadian bacon, diced

½ c / mushroom slices

Directions:

Preheat oven to 350°

Combine all ingredients in bowl until well mixed

Pour into prepared 8 x 8 baking dish

Bake ~20 minutes until slightly brown on top and toothpick comes out clean in center

Let cool

Cut in to 4 large slices

Wrap in foil pouches and freeze

REHEATING DIRECTIONS

Remove from foil pouch

Wrap in paper towel

Microwave 1-2 minutes

Top with your choice of salsa

SHOPPING LIST

Large carton egg whites

Mozzarella cheese

Canadian bacon

Fresh baby spinach

1-2 Roma tomatoes,
canned diced tomatoes
are fine

Mushrooms, canned is fine
Salsa

NUTRITION FACTS

Calories 93

Fat (g) 3.6

Carbs (g) 4.7

Protein (g) 13.1

Spinach, Feta & Sun-Dried Tomato Omelet

1 Serving

Ingredients

2 Eggs or 4-6 Egg Whites

Sea Salt & Pepper

½ -1 Tbsp unsalted Butter

½ cup Spinach

1 Tbsp Oil packed Sun-Dried Tomatoes, chopped

2 Tbsp crumpled Feta cheese

Directions:

Make the eggs and sprinkle with the vegetables and Feta cheese, fold the eggs over the filling.

Shopping List

2 Eggs or Large Carton of Egg Whites

Butter

Fresh Baby Spinach

Jar Sun-Dried Tomatoes

Feta Cheese

Sea salt & Pepper

Breakfast Burrito

Ingredients

2 Scrambled Eggs

1 Corn Tortilla (or low carb tortilla)

1 tbsp Salsa

Directions:

Wrap eggs and salsa in corn tortilla. Serve with plain Greek yogurt.

Shopping List

2 Eggs

Corn Tortilla (or a low carb tortilla)

Salsa

Pumpkin Coconut Pancakes

Serves: 4

Ingredients

6 eggs
½ c coconut milk
2 T clarified butter
1 c pumpkin puree
½ c honey
1 ½ tsp cinnamon
¾ tsp ginger
¼ tsp nutmeg
1 ½ tsp baking soda
⅛ tsp sea salt
⅓ c coconut flour
¼ c butter for the griddle

Directions:

Combine eggs, milk, butter, pumpkin puree and honey together in a large bowl. Sprinkle in the spices, baking soda and salt and combine. Use a blender to mix in the coconut flour until there are no lumps. Preheat a griddle so that it sizzles if you sprinkle water on it. The griddle temperature is a balancing act -- you want it hot enough to cook the pancakes and so that they will won't stick. Yet, you want it cool enough that you do not burn the pancakes.

Melt about 1 TB of butter on the hot griddle. Use a ¼ cup to spoon batter onto the pan. Let them cook for just a couple minutes (again depending on the temp of your pan), or until they start to bubble. Use a spatula to carefully flip.

Set cooked pancakes aside on a plate or onto a baking sheet in a warm oven.

***Serve with a side of Turkey bacon or sausage and top with walnuts so they fill you up.**

Shopping List

6 Eggs
Coconut Milk
Clarified Butter
Pumpkin Puree
Honey
Cinnamon
Ginger
Nutmeg
Baking Soda
Sea Salt
Coconut Flour

Roasted Butternut Squash with Sausage

Serves 2

Ingredients

1 small butternut squash
1 medium sweet onion
6-10 links of sausage (pork or chicken)
¼ cup coconut milk
½ T of cinnamon
Breakfast seasoning to taste or sea salt and cayenne pepper

Directions:

Pre-heat oven to 400 degrees.
Cut sausage into cubes or slices.
Slice/dice onion. Split squash in half lengthwise, remove the seeds, place upside down on roasting pan. Cook until soft (about 30-45 minutes). Brown Sausage and onions in a pot. Scoop squash out of the shell and into the pot with the sausage. Stir, adding seasoning and coconut milk. **Serve hot or refrigerate and reheat the next day.**

Shopping List

1 Butternut Squash
1 Sweet Onion
6-10 Links Pork or Chicken Sausage
Coconut Milk
Cinnamon
Seasonings of choice

Breakfast Casserole with Chorizo

Serves: 3-4

Ingredients

1 lb. chorizo (or other ground meat)
10 organic eggs
½ green pepper, chopped
1-2 cups onion, chopped
Sea salt, coarse ground black pepper, dried oregano, to taste
Fresh dill, minced

Directions:

Preheat oven to 350 degrees. Brown chorizo or other meat in a skillet over medium heat about 8-10 minutes. Whisk eggs in a medium-large mixing bowl. Add green pepper, onion, salt, pepper, and oregano to eggs. Add chorizo and mix to combine. Pour egg mixture into a 2.2-quart oblong baking dish. Cover egg mixture with a layer of fresh dill. Bake for 30 minutes or until the center has set.

Shopping List

Chorizo
10 Eggs
1 Green Pepper
1-2 onions
Sea Salt, Pepper, Oregano
Fresh Dill

Blueberry Muffins

Servings: 12 | Prep Time: 10 min | Total Time: 40 min

Ingredients

- ½ C / whole wheat flour
- ½ c / white flour
- ¼ c / Splenda brown sugar
- 2 c / blueberries
- 4 scoops / vanilla protein
- 1 / egg
- 1 c / unsweetened apple sauce
- 1 c / dry oatmeal
- 1 tsp / baking powder
- 1 tsp / baking soda

Directions:

- Preheat oven to 350°
- Beat all ingredients in large bowl
- Fill paper lined muffin tin ~3/4 full
- Bake 20-3- minutes
- Refrigerate after cool

SHOPPING LIST

- Whole wheat flour
- All purpose flour
- Brown sugar Splenda
- Blue berries, 2 cartons
- Vanilla protein powder
- 1 egg
- Unsweetened apple sauce
- Quick oats
- Baking soda
- Baking powder

NUTRITION FACTS

Calories	84
Fat (g)	0.5
Carbs (g)	12
Protein (g)	4.6

Pineapple Smoothie

20 oz can pineapple (chunks or chopped)
in juice, undrained
1 ripe banana
1/2 - 1 cup ice cubes
1/2 cup OJ
1 Tbsp lime juice
1/4 cup unsweetened flaked coconut



Banana Smoothie

1 small banana
3/4 cup berries
2 handfuls of spinach
2 T nut butter
2 T ground flax or chia seeds
1/2 c whole milk & 1/2 c filtered water
1/2 c plain or vanilla full fat Greek yogurt



Pumpkin Smoothie

1/2 cup pumpkin in puree
1/2 very ripe medium banana
3/4 cup full-fat vanilla Greek yogurt
1 tablespoon honey
1/2 teaspoon pumpkin pie spice
1/4 teaspoon vanilla extract
1 cup crushed ice



Directions for all smoothie recipes:

Place all ingredients in a blender and puree until smooth/making sure the ice is completely crushed. *NOTE: add protein powder to help with nutrition and feeling full.



2 CUPS
LEAFY GREENS

+

2 CUPS
LIQUID BASE

+

3 CUPS
RIPE FRUIT

SPINACH
KALE
ROMAINE
BOK CHOY
SWISS CHARD
COLLARDS
DANDELION

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK

BANANA
MANGO
BERRIES
ORANGE
AVOCADO
PEACH
PEAR
APPLE
PINEAPPLE
GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

*Use at least one frozen fruit to chill smoothie.
**This formula yields about 32 ounces and serves 2.

BOOST IT!

CHIA SEEDS
COCONUT OIL
ALMOND BUTTER

HEMP SEEDS
HEMP PROTEIN POWDER
FLAX SEEDS

CACAO
CINNAMON
ACAI POWDER



Grabbing an apple or a handful of raw nuts for a healthy snack may be easy, but it can get boring! To add a little zest to your two daily snacks, here's what you do:

1. Pick Base
2. Choose Dip
3. Add topping

There are no limitations, if you pick three items. Mix and match bases and spreads. We encourage you to have two snacks every day!

1. Pick Your Base

- Apple, ½ small, sliced
- Cantaloupe, 1/8 medium
- Carrot, 1 large
- Celery, 3 stalks
- Honeydew, 1/8 medium
- Rice Cake (gluten free), 1 low sodium

2. Choose Your Dip

- Avocado, 1/8 medium
- Honey, 2 tbsp
- Hummus, 1 tbsp
- Nut butter, 1 tbsp
- Salsa, ½ cup
- Whole Fruit Spread (No added Sugar)

3. Add a Topping

- Banana, ½ small
- Bell Pepper, 1 Medium
- Blueberries, 40
- Cucumber, ½
- Egg Whites, 2
- Pear, ½ small
- Raisins, 20
- Raspberries, 30
- Salmon, 1 oz. smoked
- Strawberries, 8 medium
- Tofu, 2 oz
- Tomato, whole medium
- Tuna, 1 oz canned water packed
- Turkey, 1 oz low sodium

Protein Bars

Ingredients

2 Cups Natural Peanut Butter
1 ¾ Cups Honey
4 Cups Oatmeal
¼ to ½ Cup Protein Powder (Chocolate or Vanilla)

Directions:

Mix Peanut Butter and Honey in Microwave safe bowl for 90 seconds. Mix Well. Add Protein Powder and mix well. Add Rolled Oats and mix gently. Spread in a 9x13 pan and refrigerate for 1 hour. Cut & Enjoy! I put them in baggies so that they are easy to grab on the go.

Shopping List

Natural Peanut Butter
Honey
Oatmeal
Protein Powder
(chocolate or vanilla)

More Snack Ideas

- **30 Edamame Pods (Serving 1 cup in the shell)**
- **25 Grapes (Red, green, and/or purple)**
- **12 Raw Almonds**
- **1 Hard-Boiled Egg**
- **1 Brown Rise Cake - Topped ½ tbsp almond butter and ½ sliced banana**

Shopping List

Edamame Pods
Grapes
Almonds
Eggs

Oatmeal Energy Balls

Servings: 25 | Prep Time: 20 min | Total Time: 40 min

Ingredients

1 c / Quick oats

¼ c / ground flax seed

1 c / natural creamy peanut butter

2 scoops / protein powder

½ c / raisins

Add in for trail mix

½ c / mini M&Ms

½ c / chopped peanuts

Directions:

Mix all ingredients

Form into 1" balls

NOTE: if batter is too sticky, add more protein powder. If batter is too dry, add more peanut butter or a little honey

Store in refrigerator or freeze

Shopping List

Quick oats

Ground flax seed meal

Natural creamy peanut butter

Protein powder

Raisins

NUTRITION FACTS

Calories 114

Fat (g) 7.4

Carbs (g) 8.4

Protein (g) 4.7

Healthy Salad

Serves 1

Ingredients

2 cups green leaf lettuce
½ cup snap peas
¼ cup chopped tomato
¼ cup sliced carrots
¼ cup mushrooms
¼ cup bell peppers
¼ cup chopped chicken breast
1 chopped hardboiled egg
1 oz shredded mozzarella cheese
(make as simple or complex as you desire)

Shopping List

Green Leaf Lettuce
Snap Peas
Tomato
Carrots
Mushrooms
Bell Peppers
Chopped Chicken Breast
1 Egg
Mozzarella Cheese

Berry Spinach Salad with Chicken

Serves 1

Ingredients

2 cups baby spinach
⅓ cup sliced strawberries or blueberries
15 walnuts
4 oz grilled chicken, diced
2 Tbsp Lite Raspberry Walnut Vinaigrette Dressing or your favorite balsamic vinaigrette dressing

Shopping List

Baby Spinach
Strawberries
Blueberries
Walnuts
Chicken
Lite Raspberry Walnut Vinaigrette

Tuna, Red Grapes & Walnuts on Greens

Serves 1

Ingredients

2 cups spring greens
3oz chunk light tuna
3 tbsp chopped walnuts
¾ cup red grapes, cut in half
2 tbsp low fat vinaigrette dressing

Shopping List

Spring Greens
Tuna
Walnuts
Red Grapes
Low Fat Vinaigrette Dressing

Turkey Snack Wrap

Serves 1

Ingredients

1 Whole wheat tortilla (80 Cals)
70g Turkey (2. oz)
25g avocado (1/8 of a medium avocado)

Directions:

Make a “snack wrap” by rolling up the turkey and avocado in the tortilla. You can even wrap in saran wrap and throw it in a small cooler bag to take with you on the go.

Shopping List

Whole Wheat Tortilla
Sliced Turkey
Avocado

Easy Chicken Salad Wrap

Serves 1

Ingredients

½ cup chopped chicken
3 T chopped Fuji apples
2 T chopped red grapes
2 t honey
2 T almond butter
Romaine Lettuce Leaf

Directions:

Mix ingredients together and wrap into a Romaine leaf.

Shopping List

Chicken
Fuji Apple
Red Grapes
Honey
Almond Butter
Romaine Lettuce Leaves

Chicken-Olive Quesadillas

Serves 4

Ingredients

½ cup chopped cooked chicken breast
3 T sliced ripe olives
¼ t chili powder
¼ t ground cumin
¾ cup (3 ounces) shredded mozzarella cheese
1 (4.5 ounce) can chopped green chiles, drained
Butter
4 (6-inch) sprouted corn tortillas (Check for Gluten)
Fresh salsa (optional) (Check for Gluten)
Full fat sour cream (optional)

Directions:

Combine the first 6 ingredients in a medium bowl.
Heat a large nonstick skillet over medium-high heat. Coat pan with butter. Add 1 tortilla to the pan. Spread ½ cup chicken mixture on the left half of the tortilla; fold right side of tortilla over filling, pressing gently with a spatula. Place an additional tortilla in the pan, overlapping the first quesadilla. Spread about ½ cup chicken mixture on the right half of the tortilla; fold the left side of the tortilla over filling, pressing with spatula. (Folded sides of the tortillas should meet to the center of the pan.) Cook for 1 minute. Coat quesadillas with butter; cover and keep warm, turn quesadillas over, keeping folded sides together in the center of the pan. Cook for 1 to 2 minutes or until golden and cheese melts. Remove from pan; cover and keep warm. Repeat procedure with butter and remaining tortillas and filling. Serve immediately with salsa and sour cream, if desired.

Shopping List

Chicken
Ripe Olives
Chili Powder
Ground Cumin
Mozzarella Cheese
Green Chiles
Butter
Corn Tortillas
Salsa
Sour Cream

Avocado Chicken Salad

Serves 1

Ingredients

1 cup chicken, diced
1 egg, diced
2 T diced red onion
¼ cup diced celery or zucchini
1 avocado, ripe
1 lemon, juiced
Salt to taste

Directions:

Dice your chicken, egg, onion, and celery. Scoop your avocado into a bowl and mash with a fork until creamy. Mix in lemon juice and a couple dashes of salt. Add your diced foods to the bowl and mix until coated. Put in a large leaf of lettuce and wrap up to eat!

Shopping List

Chicken

Egg

Red Onion

Celery or Zucchini

Avocado

Lemon

salt

Simple Acorn Squash and Chicken

Serves 1

Ingredients

1 acorn squash
2 t coconut milk
½ t vanilla
4-6 ounces of deli chicken as a side or a cooked chicken breast
Possible toppings: cinnamon, honey, chopped nuts, etc.

Directions:

Cut acorn squash in half, scoop out seeds, and place on a cookie sheet. Bake at 375 for 30-40 minutes or until pulp is soft. With a fork, scrape the pulp away from the flesh of the squash. Add milk and vanilla and stir. Top with toppings of your choice. Serve along with chicken.

Shopping List

Acorn Squash

Coconut Milk

Vanilla

Deli Chicken or Chicken
Breast

Cinnamon, honey,
chopped nuts



Chicken Chili & Cheese Potato

Serves 1

Ingredients

1 Medium White Potato
½ Cup Turkey or Vegetarian Chili
2 Cups Frozen Broccoli
¼ Cup Shredded Cheese

Directions:

Microwave potato or cook in the oven if you have time. Wrap it in foil and let sit for 5 minutes. In a pot, warm chili and broccoli. Cut potato lengthwise, top with chili mixture and sprinkle with cheese.

Steak & Pepper Tacos

Serves 1

Ingredients

1 tbsp Olive Oil
1 teaspoon cumin
1 garlic clove, minced
3 oz steak, cut into strips
1 ½ cups sliced green and red bell peppers
½ cup sliced onion
2 small whole grain tortillas
4 tbsp Salsa

Directions:

Heat oil in pan; add peppers and onion, cook until done; this will only take a couple minutes. Then using the same pan cook the steak and season with the cumin and garlic. Cook steak how you prefer. Then assemble your tacos.

Shopping List

Baking Potato
Turkey or Vegetarian Chili
Frozen Broccoli
Shredded Cheese

Shopping List

Olive Oil
Cumin
Garlic Clove
3oz Steak
Green and Red Pepper
Onion
Whole Grain Tortillas
Salsa

Chicken Pesto with Black Bean Pasta

Servings: 4 | Prep Time: 20 min | Total Time: 20 min

Ingredients

6 oz / black bean pasta

1 lb / chicken breast

1/8 c / pesto

1/2 c / diced tomato

1/2 c / onion

1 / garlic clove

Directions:

Cut up chicken into strips or chunks, brown in pan with 1T olive or coconut oil until done

Cook black bean pasta according to package instructions

Once chicken is done, add onion, garlic and tomato

Simmer about 5-10 minutes

Drain pasta and add pesto

Divide pasta into 4 containers. Top evenly with chicken mixture

Store in refrigerator for up to 5 days

SHOPPING LIST

1 lb. Chicken

Black bean pasta Pesto

1 Roma tomato

1 Small onion

1 Garlic clove

Chicken Pesto

Servings: 4 | Prep Time: 5 min | Total Time: 5 min

Ingredients

1 lb. / boneless, skinless Chicken breasts

1 jar / pesto

2 / roma tomatoes, sliced

1 cup / mozzarella cheese or fresh mozzarella slice

Directions:

Place chicken breasts baking dish, pour entire jar of pesto over the top. Coat evenly. Then place sliced tomatoes over chicken and top with cheese

Cover with foil and Bake @ 350 for 40-60 minutes until chicken is cooked through

If you prefer cheese to be “crispier”, remove foil and Cook additional 5-10 minutes until cheese starts to brown

Chicken Salad

Ingredients

2 chicken breasts (shredded)

2 cups shredded carrots

2 cups chopped celery

¼ cup chopped onion

Directions:

Add low calorie mayo to the mixture, just to moisten. Serve open faced on whole grain bread.

Note: Add 2 cups of organic spring mix with 1 tbsp balsamic vinaigrette dressing.

Serves 2

Shopping List

1 lb. Chicken breasts,
boneless/skinless

8.1 oz. jar of Pesto

2 Roma Tomatoes

Shredded Mozzarella Cheese
or fresh mozzarella (slices work
best)

Coriander and Cumin Rubbed Pork Chops

Ingredients

½ teaspoon salt
1 tablespoon ground cumin
1 tablespoon ground coriander
3 cloves garlic, minced
1 tablespoons olive oil
2 boneless pork loin chops
Black pepper to taste

Directions:

Mix all ingredients. Season pork chops with pepper and rub with the paste. Heat 1 tablespoon of oil in a skillet over medium heat and cook chops about 5 minutes on each side. Serve with a vegetable.

Serves 2

Crock Pot Chili

Ingredients

1lb lean ground turkey
½ cup diced tomatoes
8 oz whole kernel corn
½ onion, diced
2 garlic cloves, crushed
8 oz black beans
8 oz pinto, chili or kidney beans
1 tbsp tomato paste
1 package Chili Seasoning

Directions:

Brown turkey, drain and discard any fat. Place all ingredients into a slow cooker. Cook for 4 hours on low or 2 hours on high.

Slow Cooker Quinoa Chicken Chili

1 cup quinoa, rinsed
1 (28oz) can crushed tomatoes
1 (14 oz) can diced tomatoes with green chilies
2 (16 oz) can black bean
1 (15oz) corn, drained
2 ½-3 cup chicken stock (if it has sugar then use water)
2 large chicken breasts
1 large bell pepper, seeded & chopped
1 tsp minced onion
1 tsp garlic
1 tsp cumin
1 tsp crushed red pepper
1 tsp chili powder

Directions:

Season chicken with salt & pepper. Place everything in a 6 qt slow cooker and cook for 5-7 hours on low. Remove chicken, shred it and return to slow cooker. Keep warm until ready to serve.

Green Sauce

Servings Size ¼ C | Prep Time: 20 min | Total Time: 20 min

Ingredients

2 / Jalapeno

2 / Fresh lime juice

2 / bunches cilantro

0.5 C-1 C / Plain Greek yogurt

2-3 / Cloves fresh garlic

Directions:

Add cilantro to food processor or blender. Blend until finely chopped, almost like a paste

Add garlic cloves, jalapeno and Greek yogurt. Blend thoroughly

Add juice from 2 limes and salt to taste. Blend. If you want it creamier like a dressing, add cold water 1T at a time and blend until you get the consistency you like

Blend and store sauce in refrigerator. Will keep for up to 2 weeks

Note:

Add as much or as little of the garlic, jalapeno/seeds to get the spice you want.

Shopping List

2 bunches fresh cilantro

2 limes

1-2 jalapenos, depending on your spice preference

Plain Greek yogurt

Garlic bulb

Mini Turkey Meatloaf

Servings: 12 | Prep Time: 15 min | Total Time: 45 min

Ingredients

1 lb. / lean ground turkey
1 / garlic clove, minced
1 c / chopped green pepper
1 c / chopped red pepper
1 c / chopped onion
1 egg

Directions:

Preheat oven to 350°
Line muffin tin with paper baking cups or spray with coconut oil
Mix all ingredients in large bowl
Fill prepared muffin tin evenly throughout
Bake 30-40 minutes
Let cool
Refrigerate or freeze in foil pouches

Shopping List

1 LB lean ground turkey

1 Garlic clove

1 Green pepper

1 Red pepper

1 Onion

1 Egg

Garlic Lime Chicken Marinade/Dressing

Ingredients

3 Tbsps. low sodium soy sauce
1 Tbsp lime juice
2 tsps. Worcestershire sauce
1 garlic clove, minced
1/2 tsp dry mustard
1/2 tsp pepper

Directions:

Whisk all ingredients together in a bowl or mix in a gallon zip top bag for an even easier way to marinate your chicken.

Oil and Vinegar Dressing

1 t. olive oil
1/2 t. balsamic vinegar
1 t of mustard
Shake of pepper

Ginger Glazed Fish

Ingredients

3 oz tilapia, mahi mahi or any white fish
15 pecans
Steamed veggies

Ginger Glaze:

3T honey
3T balsamic vinegar
3T low sodium soy sauce
1/4 t. ground ginger
1 garlic clove, minced

Combine all ingredients in a baking dish and whisk to combine.

Directions:

Place fish in a baking dish with marinade and top with salt and pepper. Cover and marinate for 30 minutes or more. Heat coconut oil in a pan over med/high heat. Fry the fish for 4-6 minutes on each side, turning once, until it flakes easily. You can also grill the fish on the BBQ until cooked through. Pour remaining marinade into the pan and heat to boiling to make glaze.

Drizzle 1 Tbsp glaze and sprinkle pecans over the fish and some steamed veggies.

Chicken & Sweet Potato Fries

Ingredients

3 oz chicken
4 oz sweet potato
1 tsp olive oil
1/8 tsp garlic powder
1/8 tsp paprika
1/8 tsp salt
1/8 tsp pepper

Directions:

Slice the chicken into strips and season with sea salt and pepper, and then grill. Meanwhile, slice sweet potato into thin strips and toss in olive oil.

Season with 1/8 tsp garlic powder, 1/8 tsp paprika, 1/8 tsp salt and 1/8 tsp pepper.

Line a baking sheet with foil and spray with nonstick cooking spray.

Spread out French fries on the foil and bake at 450 degrees for 30 minutes or until fork tender and crispy!

Note: If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy!

Sauteed Sweet Potatoes

Servings: 4 | Prep Time: 5 min | Total Time: 20 min

Ingredients

2 / sweet potatoes

1 tbs / olive oil or coconut oil

Cinnamon to taste

Directions:

Preheat skillet until oil is nice and hot

Dice up sweet potatoes

Cook potatoes on medium-high heat stirring frequently

Once crisp on all sides, reduce heat and cover until tender

Sprinkle with cinnamon

Stuffed Mushrooms

Servings: 4 | Prep Time: 5 min | Total Time: 25 min

Ingredients

4 / Large Portabella mushroom caps, cleaned and insides scraped out

1 c / crushed tomatoes

4 tbs / diced onion

4 tbs / shredded low fat mozzarella cheese

Directions:

Place mushrooms cap side down in baking dish drizzled with olive oil

Spoon ¼ C crushed tomatoes in to each cap

Top with onion then cheese

Shopping List

4 Large portabella caps

Mozzarella cheese

Crushed tomatoes, canned or fresh

1 onion

Bake at 350° for about 20 minutes until cheese is melted

Eat as a side or serve over your choice of pasta

Turkey Stroganoff

Servings: 4 | Prep Time: 15 min | Total Time: 30 min

Ingredients

1 lb. / lean ground turkey
1 c / plain Greek yogurt
1 can / low sodium cream of mushroom soup
½ c / milk
2 T / Worcestershire
2 c / whole grain brown rice, cooked
1 c / sliced mushrooms

Directions:

Cook rice according to package, set aside
Cook turkey until done, drain
Add Worcestershire, cream of mushroom, Greek yogurt, mushrooms and milk, simmer on low/medium heat until bubbly
Serve over rice

Shopping List

Lean Ground Turkey

Plain Greek Yogurt

Cream of Mushroom, Low
Sodium

Milk

Worcestershire Sauce

Whole Grain Brown Rice

Mushrooms

Turkey Ranch Burgers

Servings: 4 | Prep Time: 5 min | Total Time: 30 min

Ingredients

1 LB / Ground turkey

1 pkg / ranch dip mix

4 / Large green leaf lettuce, whole

Directions:

Mix turkey with ranch mix evenly

Form into 4 patties

Bake on parchment paper lined cookie sheet for 25 minutes @ 350, flip patties halfway through cooking time

Wrap patty in large green leaf lettuce

Shopping List

1 LB lean ground turkey

1 Package Powder Ranch Dip Mix

Large Green Leaf Lettuce

Turkey & Rice

Servings: 6 | Prep Time: 20 min | Total Time: 20 min

Ingredients

2 lb. / lean ground turkey

1 / garlic clove, minced

1 c / chopped onion

2 C / cooked brown rice

¼ C / hummus of your choice

Directions:

In saucepan, cook rice. In large skillet brown turkey. Add garlic and onion to cooked turkey, cook until onion is tender. Mix in rice and hummus.

Spoon even into 6 Tupperware containers.

Let cool before placing lid on.

Store in refrigerator for up to 5 days.

Shopping List

2 LB lean ground turkey

1 Garlic clove

1 Onion

Brown Rice

Hummus

Tuna Casserole

Servings: 4 | Prep Time: 10 min | Total Time: 30 min

Ingredients

2 C / Spinach Pasta

1 Can / Cream of chicken soup, low sodium

2 pkg / tuna

½ c / plain Greek yogurt

4 t / Shredded cheddar cheese

Directions:

Cook pasta in saucepan until starting to get soft. Drain.

Add soup, tuna and yogurt until blended. Add a little milk to get a creamier casserole if it is too thick.

Pour into baking dish

Sprinkle with cheese

Bake ~20 minutes @ 350

Shopping List

Spinach Pasta

Cream of Chicken Soup, Low Sodium

Plain Greek Yogurt

Shredded Cheddar Cheese

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that you
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come...