

# Eat Well

NUTRITION & RECIPE GUIDE

Ready  
· Set ·  
Wellness

A top-down view of a white bowl filled with a variety of fresh ingredients. The bowl contains several florets of bright green broccoli, a portion of chickpeas coated in a light orange dressing, and several slices of avocado that have been grilled, showing dark char marks. Fresh green herbs, including pea shoots and small leafy greens, are scattered throughout. A single large, vibrant green basil leaf lies on the light-colored, speckled surface next to the bowl. In the upper left corner, a small wooden bowl containing more green herbs is partially visible.

Shaklee®



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# Where To Start

A healthy lifestyle doesn't mean your diet needs to be perfect. It's not about striving for perfection. It's about making better choices for life-long health. Every little change you make adds up. You don't need to do it all at once. Keep making better choices and eventually all of your small habits will add up to a HUGE change!

This book is filled with education, easy lifestyle tips, and simple swaps you can start implementing today for a healthier life. We've also provided delicious recipes that will help nourish your body while doing the Ready Set Wellness Experience and Cleanse.

# Food is Medicine

If you could only do one thing to improve your health, what would it be?

Eat more fruits and vegetables! Why? They are filled with vitamins, minerals, antioxidants, and fiber. A diet rich in fruits and vegetables may help lower blood pressure, reduce the risk of heart disease and stroke, and lower the risk of eye and digestive problems, and have a positive effect on blood sugar, which can help keep appetite in check.

Check the back of the book for recipes filled with fruits and vegetables!



# Get Your Protein

Research suggests that increasing your protein intake may have big effects on your appetite, metabolic rate, weight, and body composition. <sup>(2)</sup> Higher protein intake has been shown to increase muscle mass, reduce muscle loss during aging, strengthen bones, and improve wound healing. <sup>(3)</sup>

Eating more protein may help suppress your hunger and appetite for hours after eating. Protein increases production of hormones like PYY and GLP-1 that help you feel satisfied and full. <sup>(1)</sup> Protein also helps reduce levels of ghrelin, also known as the “hunger hormone.” <sup>(4)</sup>

## How Much Protein Do I Need?

Clinical nutrition recommendations suggest a minimum protein intake of 0.27 to 0.36 grams per pound. This would equal roughly 40 to 55 grams of protein a day for a 150-pound adult.

However, your exact protein needs are most closely related to your current muscle mass, how physically active you are, and your fitness goals. The more muscle you have, the more protein you require to maintain it. The more you use your muscles, the more protein you need. To put on muscle, you need more protein to build it. 50 grams of protein a day might not be adequate in maintaining lean mass, building muscle, and promoting better body composition for many—especially active individuals and older adults.

Consider increasing your protein intake to 25-35% of your calories or 0.6-1 gram of protein per pound of body weight for a high-protein diet that benefits overall health. For a 150-pound (68kg) person, this is 90-150 grams of protein daily depending on your goals.



## What does 20 grams of protein look like?

**TIP:** Eat at least 20–30 grams of protein during meals. Research has shown that consuming a minimum of 20 grams of protein at meals may promote weight loss, muscle maintenance, and better overall health. <sup>(4)</sup>



Tenderloin Steak  
4 oz= 20G



Salmon  
4 oz= 20G



Chicken Breast  
3 oz= 20G



Tuna Steak  
3 oz= 20G



Green Peas  
3 oz= 20G



Eggs  
4 eggs= 24G Protein



Lentils  
1/2 cup= 20G



Kidney Beans  
3 cup= 21G



Chickpea  
3 oz= 20G



Greek Yogurt  
8 oz= 24G



Cottage Cheese  
3/4 cup= 24G



Life Shake™  
1 Serving= 20G

Did you know  
Life Shake  
has 20G of protein  
in each serving!

CAUTION: If you have kidney or metabolic issues, please discuss increasing your protein with your doctor.



# Veggies Have Protein Too!

Pair these high-protein veggies with your favorite protein for a nutrient- and protein-packed meal.



Green Peas  
8G Protein- 1 Cup



Avocado  
4.6G Protein- 1 Cup



Brussels Sprouts  
4G Protein- 1 Cup



Asparagus  
4.3G Protein- 1 Cup



Spinach  
4G Protein- 1 Cup



Artichokes  
4.8G Protein- 1 Cup



Mushrooms  
4G Protein- 1 Cup



Kale  
3.5G Protein- 1 Cup



Corn  
4.7G Protein- 1 Cup





# Increase your fiber

Are you one of the 95% of Americans who don't get enough fiber every day?

We're here to help you change that. According to the American Heart Association, women should try to eat at least 25 grams of fiber a day, while men should get 38 grams a day.














Most Americans on average get 15 grams of fiber per day. <sup>(1)</sup>

# Why You Need Fiber

- 1 Supports gut health. The good bugs that make up your microbiome feed off fiber and flourish. Fiber is a prebiotic that plays a fundamental role in gut health.
- 2 Helps you maintain a healthy weight.
- 3 Can help with constipation during pregnancy. Research shows that women who ate healthy amounts of fiber during pregnancy had children with lower rates of asthma and respiratory illness. <sup>(2)</sup>
- 4 Can help with blood sugar control. Fiber helps slow the absorption of sugar and can help improve blood sugar levels. <sup>(3)</sup>



- 5 May lower your risk of heart disease and may reduce blood pressure and inflammation. Fiber can help lower total cholesterol levels by lowering low-density lipoprotein, or "bad" cholesterol. It soaks up excess cholesterol in your system and takes it out before it can clog your arteries. A Harvard study followed 40,000 men and found that high total dietary fiber intake was linked to a 40% lower risk of coronary heart disease. <sup>(4)</sup>
- 6 Helps you stay regular. Fiber makes your stool softer and bulkier, which helps it leave your body quicker.
- 7 Acts as a natural detox. Fiber naturally scrubs and promotes the elimination of toxins from your GI tract. Soluble fiber soaks up potentially harmful compounds and unhealthy fats before they can be absorbed by the body.

|   |   |   |  |  |
|---|---|---|--|--|
| <br>Avocado<br>6.7G Fiber<br>per 1/2 cup   | <br>Pears<br>6.7G Fiber<br>per 1/2 cup     | <br>Artichokes<br>5G Fiber<br>per 1/2 cup  | <br>Brussels Sprouts<br>3.8G Fiber<br>per 1/2 cup   | <br>Broccoli<br>2.6G Fiber<br>per 1/2 cup |
| <br>Chia Seeds<br>40G Fiber<br>per 1/2 cup | <br>Flax Seeds<br>12G Fiber<br>per 1/2 cup | <br>Lentils<br>14G Fiber<br>per 1/2 cup    | <br>Popcorn<br>7-8G Fiber<br>per 1/2 cup            |  |
| <br>Navy Beans<br>7G Fiber<br>per 1/2 cup  | <br>Oats<br>7G Fiber<br>per 1/2 cup        | <br>Life Shake™<br>6G Fiber<br>per serving | <br>OptiFlora® Prebiotic<br>3G Fiber<br>per serving |  |



## Looking for more gut help?

OptiFlora® Prebiotic Complex is a great supplement that will feed the probiotics in your gut to support a healthy microbiome.\* Try adding it to your Life Shake™.

Did you Know Life Shake™ has 6 grams of fiber in addition to 20 grams of protein and 24 essential vitamins and minerals?



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# Reduce Your Sugar Intake

The average American adult consumes **77 grams of sugar per day.**

The American Heart Association recommends no more than 25–35 grams of added sugar for adults and 12–25 grams for kids.

**Excessive sugar intake contributes to many chronic health conditions including:**

- Insulin resistance (5)
- Weight gain (2)
- Inflammation (9)
- Elevated lipids (9)

## How sugar adds up

15 g



yogurt breakfast

22 g



pb & j sandwich

20 g



granola bar snack

9 g



pasta sauce with dinner

Nearly 70 grams of added sugar



It's impossible to cut out all sugar if you're going to still eat fruit and vegetables, but it is possible to:

- 1 Reduce your added sugar intake.
- 2 Make simple swaps and use healthy sugar alternatives in moderation.
- 3 Avoid sugar in "hidden" places. Read your food labels and see how much sugar is in your sauces, dressings, condiments, and packaged foods.
- 4 Look for unsweetened or low-sugar options.

## Sugar Alternatives

Instead of using artificial sweeteners, try these options: (in moderation)



Stevia



Raw Honey



Coconut Sugar



Date Sugar



Molasses



Maple Syrup



# Ditch Refined Carbs for Complex Carbs or Whole Grains

## Whole Grains

- May reduce health risks
- Protects against inflammation
- Satisfaction
- Rich in fiber, vitamins, and phytonutrients
- Improves digestion & overall gut health

### Hint:

When choosing bread, cereal, or other refined foods, check the list of ingredients to see if whole grain is listed first.

Try to buy options that don't contain enriched wheat or added sugar.

Look for breads that have 3 or more grams of fiber per slice and cereals that have 5 or more grams of fiber per serving. Note that the serving size of cereal is usually 1/2 cup not a full bowl!

WHOLE GRAIN

REFINED GRAIN

INGREDIENTS: Whole Wheat Flour, Corn, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or Sunflower), Sugar.  
Contains 2% or less of: Brown Rice Syrup, Gelatin, BHT for Freshness.  
CONTAINS: WHEAT, MILK

Refined carbohydrates are foods like white bread, white flour, white rice, white pasta, cookies, candy, donuts, cake, pastries, soda, etc.

Refined grains tend to be more processed and higher in refined sugars. When the grain is processed or refined, a lot of its nutrition is lost because the outer shell (bran) and germ (seed) are removed from a whole grain, and both of these hold a lot of the protein, fiber, and nutrients.

When choosing grains, choose whole grains over refined grains.

### Try adding these whole grains to your diet:



Millet  
(gluten-free)



Quinoa  
(gluten-free)



Brown Rice  
(gluten-free)



Teff  
(gluten-free)



Spelt



Amaranth



Oats





# Not All Carbs are Created Equal

Carbohydrates are an essential part of a healthy diet. Even fruits and vegetables have carbohydrates in them, but it's important to know they're not all created equal.

**HOT TIP:** Focus on getting your simple and complex carbs from natural, unrefined, and unprocessed sources when possible. These include fresh fruits and vegetables, whole grains and products made with them, low-fat dairy products, and legumes. You'll know that you're getting nutrient-rich foods that are high in fiber and low in calories and saturated fat.

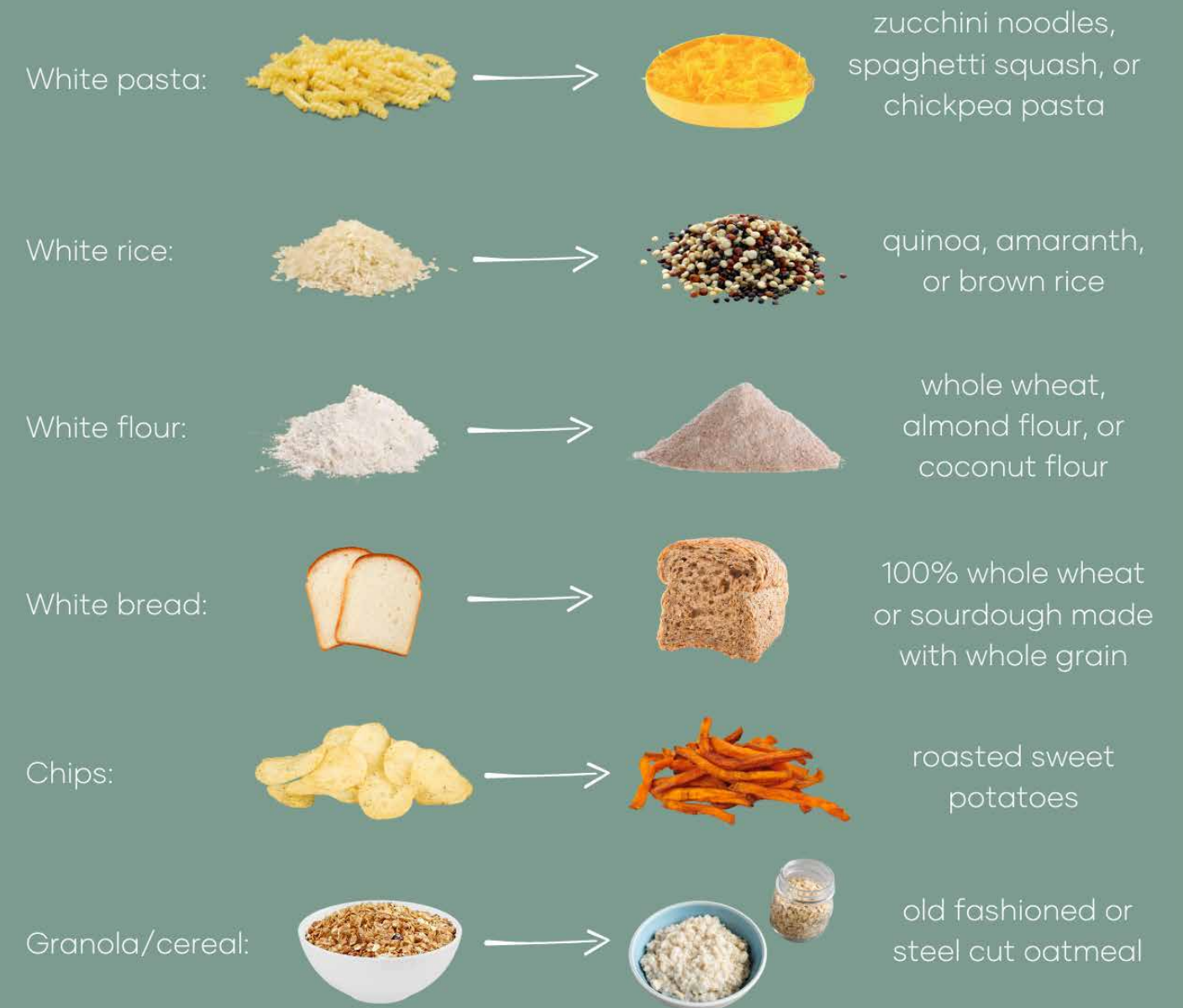
## Simple

- Easy for the body to digest, but any sugar that isn't used right away is stored as fat.
- Simple sugars can increase blood sugar more rapidly.
- Found in some healthy foods such as fruits and vegetables, but also in processed foods with added sugars
- Fruit
- Added sugars in syrups, cookies, and many other processed foods

## Complex

- Unrefined complex carbohydrates are digested slower, so your blood sugars rise and fall more gradually.
- Leave you feeling full and satisfied long after a meal
- Whole grains
- Legumes: lentils, kidney beans, chickpeas
- Starchy vegetables: corn and sweet potatoes
- Non-starchy veggies:

## Simple Swaps





# Healthy Fats

Fat is an essential nutrient to support a healthy body. However, not all fat is created equal. Choose foods with “good” unsaturated fats, limit foods high in saturated fat, and avoid “bad” trans fat.

Unsaturated fats can be found in foods like:



Fish



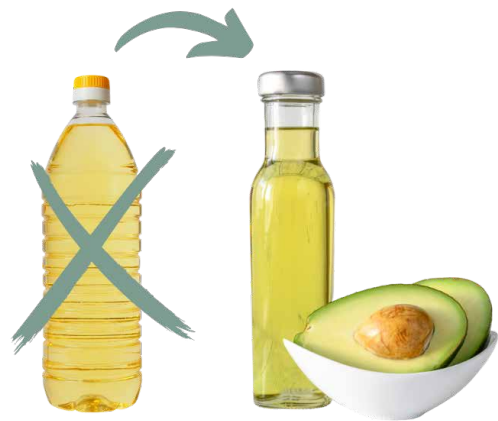
Avocado



Nuts



Olive and Avocado  
Oil



## Hot tip:

Swap out your vegetable oil for olive oil or avocado oil. No one will know you’ve made that dessert or dinner with avocado oil because it has such a mild taste. Use it just like you would vegetable oil—bake, grill, fry, roast, or sauté with it up to 520 °F.



**OLIVE OIL:** Olive oil has two main compounds, hydroxytyrosol and oleuropein, which are powerful antioxidants. These antioxidants can inhibit some genes and proteins that drive inflammation. Epidemiological studies have shown a lower incidence of atherosclerosis and cardiovascular diseases.



**AVOCADO OIL:** The main fatty acid in avocado oil is called oleic acid. Oleic acid helps fight inflammation. Avocado oil was shown in one study to neutralize free radicals, which prevents them from damaging cell mitochondria.

Get more Omega 3 fatty acids in your diet with our Omega-3 Gellys™. Omega-3 Gellys™ deliver 3x more DHA + EPA than other leading gummies—in a great-tasting Strawberry Lemonade flavor.

A groundbreaking technology developed by Norwegian scientists helps the body more easily absorb the DHA + EPA in Omega-3 Gellys to support growing and developing brains, help maintain a healthy heart and cardiovascular system, help retain healthy triglyceride levels, and help support eye and joint health.\*





# Take High-Quality Supplements to Fill in the Gaps

Even if you eat a perfect diet filled with fruits and vegetables, you can still be lacking critical vitamins and minerals. Most of us have busy lives, and despite our best efforts to eat healthy, many of our food choices can be less than nutritious. In fact, up to 90% of Americans are lacking key nutrients in our diets.

Ensuring we are getting the nourishment needed to support our bodies' optimal functions can be a challenge, but nutritional supplements can help fill in those gaps. Quality supplements can help fill nutritional gaps left by less-than-optimal food choices, our overworked bodies, depleted soil, and our environment.

Countless research studies and health experts agree that supplementing with key nutrients, including a multivitamin, adequate vitamin D, and omega-3 fatty acids, provides a good nutritional foundation.

To understand the relationship between supplementation and long-term health, the first-of-its-kind Landmark Study was conducted in collaboration with researchers from the University of California, Berkeley, School of Public Health.

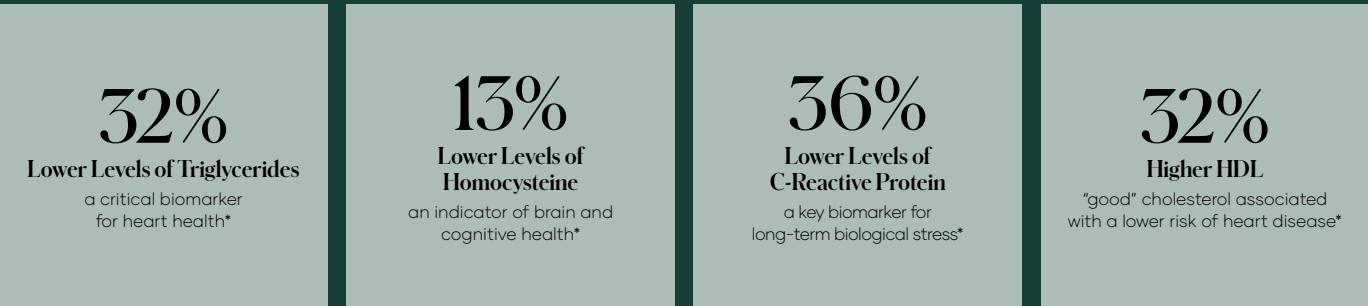
The Landmark Health Studies illustrate  
The Shaklee Difference®: Safe. Proven. Guaranteed.

# Two Studies, a Lifetime of Proven Results

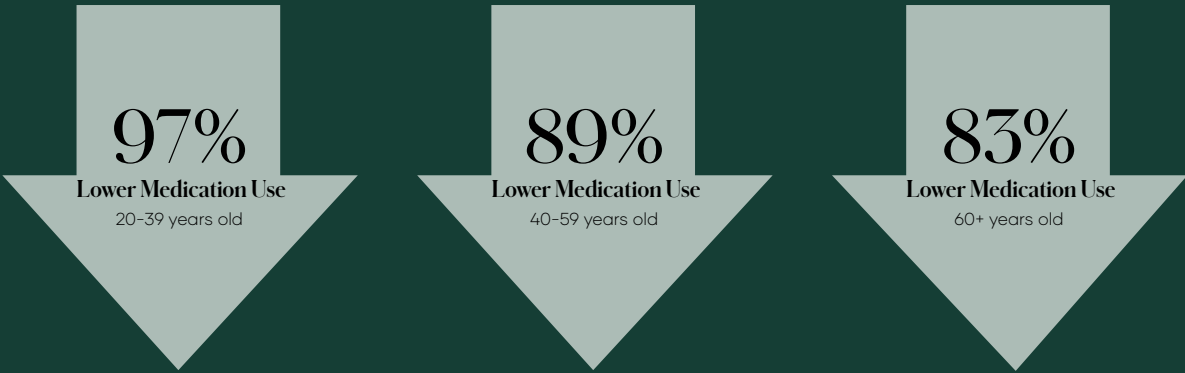
The Landmark Studies comprise the first multi-study, comprehensive look at the health impacts of long-term usage of a broad array of dietary supplements. The two studies, conducted in collaboration with the University of California Berkeley (2005) and, later, Tufts University (2015), compared long-term Shaklee adherents with a control group of US adults who took either no supplements or two or fewer supplements.

## The Results Speak for Themselves

In the first study, members of the Shaklee group had healthier biomarkers and higher blood nutrient levels.\* These differences generally persisted over the 10 years between the two studies. Additional findings from the 10-year follow-up study included a lower usage of medication in the Shaklee group, who were now an average age of 72.



## Shaklee Users Had Lower Medication Usage vs. the US adults sample



\*Data for nonusers was obtained from NHANES 2001-2002 and NHANES 1988-1994. Long-term Shaklee users clearly demonstrated lower levels of the most important heart-health biomarkers recognized by the American Heart Association.



# Hunger vs Cravings

## Are you hungry? Or are you experiencing a food craving?

Being more mindful and aware of your body and its cues can help you eat and fuel your body when it physically needs it. Unlike hunger signals, cravings change over time. They are usually triggered by emotions like stress, boredom, sadness, loneliness, anxiousness, an attachment to food, or love of a certain food.

If your hunger is physical, fuel your body with whole foods like protein or vegetables. If it's an emotional craving, find three words to describe how you feel (bored, frustrated, tired) and address your emotion in other ways like calling a loved one, going on a walk, or reading a book.

## Hunger

- Growling stomach
- May cause headache or feelings of weakness
- Desire for any type of food
- Comes on gradually
- Occurs when you haven't eaten for several hours
- Occurs out of physical need
- Stops when you are full
- Doesn't pass with time

## Craving

- No physical cues
- Tied to emotions like stress or loneliness
- Desire for a specific food like chocolate, pizza, or ice cream
- Occurs even after you've eaten and are full, feels urgent
- Occurs out of emotional need
- Hard not to overeat, continues even when full
- Will pass with time



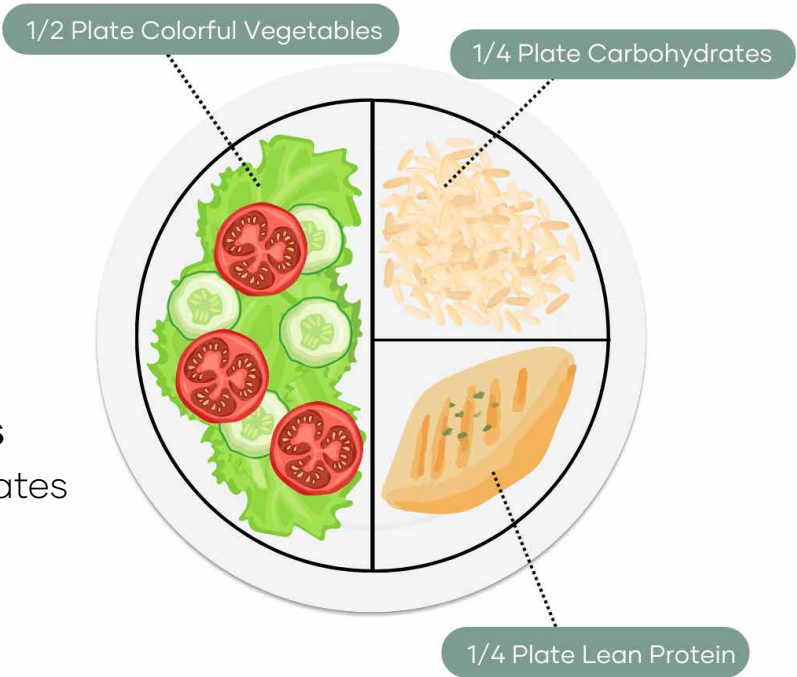


# How to Build a Balanced Meal

Creating a healthy, balanced meal doesn't have to be complicated. Try to eat a variety of food groups and colors at each meal and aim to fill half of your plate with vegetables, ¼ plate with lean protein, and ¼ plate with grains.

## Follow the Acceptable Macronutrient Distribution Ranges

45–65% of your calories from carbohydrates  
20–35% from fat  
10–35% from protein.



## Measure the Correct Proportions

Use the quick guide below to portion your meal. It is suggested that men eat 2 of the portions outlined below and women eat one.

### Protein

Palm of Hand



### Vegetables

Fist Full



### Smart

Cup Full



### Healthy

Thumb



Make more than one portion, so that you have leftovers for the next day!

### Adjust portions up or down according to:

- How frequently you eat
- How active you are
- Appetite and satiety
- Your caloric needs
- Your results
- The occasion or event





# Meal Prep Tips

Cooking meals at home is good for your health and your wallet! The goal is to make the most of the time you spend in the kitchen. With a little planning, squeezing in a few hours to meal prep for the week will save you many hours of cooking in the kitchen. **Healthy eating doesn't have to be hard.**

Here are some meal prep tips and tricks to help get you started!

1

## Make a Plan

Start by listing your meals for the week ahead and write a grocery list of the food items you need. Making a plan is one of the most important steps in this process! Check your fridge and pantry for any ingredients you already have and want to use up.



2

## Pick a Prep Day

Pick a day of the week to prep as much food as you can. Cooking more food at once makes it easier to put together healthy meals on hectic days. Get your prep done during the weekend so you've got meals for the beginning of the week. If meals for a full week are too much to take on, start with 2 or 3 days' worth and prep again later in the week.

3

## Get Organized

Food storage containers are one of the most essential meal prep tools. Glass food storage containers allow you to reheat your meals and eat from them. We recommend buying various shapes and sizes of containers, for salads and snacks like yogurt and fruit, from the same brand so you have coordinating lids. There are many container options out there.

4

## Spice It Up

Add spices and flavors to your meals. If you don't like what you're eating, your diet plan will not be sustainable. In addition to being exceptional flavor enhancers, herbs and spices are loaded with plant compounds that provide a variety of health benefits.



5

## Keep Basics on Hand

Keep your pantry and freezer stocked with quick go-to items for snacks or to add to a meal: nuts and seeds, washed greens, hard-boiled eggs, or chopped fruit. Quick-fix foods that keep for a long time are also good to keep on hand: rice, oatmeal, canned tuna, beans, chicken broth, and frozen fruits and veggies. They make it easy to throw something together, even when you haven't been to the store in awhile.

6

## Cool Your Food

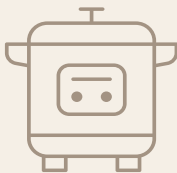
Wait for your food to cool before storing it because it can get soggy, and nobody likes soggy food.



7

## Use an Instantpot or Slow Cooker

Slow and pressure cookers can be lifesavers for meal prep, especially if you don't have time to stand over a stove. These appliances allow for more freedom and hands-off cooking, so you can meal prep while simultaneously finishing other chores or running errands.



8

## Wash and Prep Fruits and Veggies

If your goal is to eat more fresh fruits and vegetables, try washing and preparing them as soon as you get home from the farmer's market or grocery store. Store all your beautifully prepped produce in your fridge at eye level so you will be more likely to grab for them when you are hungry!

9

## Portion It Out

Divide large recipes into single servings in glass containers. You'll save time and it can also keep you from eating too much. Try pouring soups, stews, and broths into silicone muffin tins, freeze them, and pop the pieces into a plastic bag after they harden.



10

## Learn to Multitask

On prep day, start cooking foods that need the most time on the stove or in the oven (cooking meat, roasting vegetables, soaking or simmering beans, making quinoa) first. Once you have those pots and pans going, you can do quicker tasks like washing lettuce or chopping carrots and celery into handy snack sizes. Having something baking in the oven, cooking on the stove, in the crockpot, and at the counter all at the same time allows you to get more done in a shorter period of time!

11

## Batch Cook Versatile Ingredients

Prepare large quantities of individual foods for the purpose of using them in different ways throughout the week. Batch cooking can save you a lot of time. For example, you might use quinoa or rice as a side dish, in a salad, or as part of a grain bowl for lunch. Roast a large tray of vegetables, tofu, or meat at the start of the week to use for salads, stir-fries, scrambles, or grain bowls. A rotisserie chicken can be enjoyed as an entrée, added to a soup, or served in tacos throughout the week. If there's any left over, you can freeze it.

12

## Make Extra Dinner

This is the most common meal prep strategy because it's so easy! There's something so nice about a hot, fresh dinner and if you make extra food for dinner, you'll have enough leftovers for lunches AND other dinners during the rest of the week. Example: Make two pounds of taco meat if your family normally eats one.





# Should I Buy Organic or Not?

There are many benefits to buying organic foods, but the downside is that they can be more expensive and harder to find in stores.

Every year the Environmental Working Group (EWG) tracks the number of pesticides used on various produce crops and comes up with a list that lets consumers know what produce has the most exposure to pesticides, the "Dirty Dozen," and would be most beneficial to buy organic. The EWG also releases another list called the "Clean 15," which indicates the produce that has the least amount of chemical exposure and may not be as necessary to buy organic.



## Dirty Dozen

If you want to reduce your exposure to pesticides, these are the best items to buy organic:

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

## Clean 15

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papayas
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet potatoes





# Recipes

Try these delicious recipes to fuel and nourish your body! The first 4 weeks are approved for the Ready Set Wellness Experience and Cleanse. If you aren't doing the 7-Day Cleanse or have already finished, feel free to eat any recipe at any time. Modify any recipe by adding protein or grains if needed.

Make sure to check the Appendix on page 86 for more recipes.

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## Ready Set Wellness Week 1 Cleanse Recipes

These recipes are approved for the 7-day cleanse and beyond.

- 30 Maple Roasted Sweet Potato and Apple Salad
- 31 Tropical Kale Salad with Coconut, Strawberries, and Mango
- 32 Lemon Garlic Zucchini Noodles
- 33 Cauliflower Tabbouleh
- 34 Portobello Mushroom Burger
- 35 Raw Cauliflower "Popcorn"
- 36 Cleansing Green Vegetable Soup



# Maple Roasted Sweet Potato and Apple Salad

4 Servings



INGREDIENTS

- 5 cups Sweet potatoes, peeled and cubed

1 Tbsp Coconut oil

6 cups Spinach

1/2 cupRed onion, diced

2 cups Apples, diced

1 Large avocado, diced
- 1/4 cupDried cranberries

2 tbspcilantro, chopped

2 Tbsp Apple cider vinegar

2 Tbsp Lemon juice

3 Tbsp Olive oil

1/2 tsp ea. Salt & black pepper



DIRECTIONS

- 1.Preheat oven to 400 °F. Mix sweet potatoes, coconut oil, salt, and pepper. Place on baking sheet and roast for 30 minutes or until soft. Allow the potatoes to cool.
2. Make dressing by mixing apple cider vinegar, lemon juice, olive oil, salt, and pepper in a bowl. Whisk until smooth.
- 3.To assemble salad, mix together sweet potatoes, spinach, red onion, apples, avocado, cranberries, cilantro, and dressing.
- 4.Garnish with more chopped cilantro.



MACROS

|               |         |
|---------------|---------|
| Calories      | 575.25  |
| Fat           | 19.25 g |
| Protein       | 6.5 g   |
| Carbohydrates | 94 g    |



# Tropical Kale Salad with Coconut, Strawberries, & Mango

4 Servings



INGREDIENTS

- 5 cups Kale, stemmed and thinly sliced

2 cups Strawberry, diced

2 cups Mango, diced

1/2 cup Coconut, shredded and toasted
- Dressing

1/4 cup Passion fruit juice

1/4 cup Guava juice

1 cup Pineapple juice

2 Tbsp Coconut oil, warmed

2 Tbsp Olive oil

1 Tbsp Honey

1 tsp ea Salt & pepper



DIRECTIONS

1. Make dressing by placing passion fruit juice, guava juice, pineapple juice, coconut oil, olive oil, honey, salt, and pepper in a blender. Blend until smooth and emulsified.
- 2.Add kale and dressing to a bowl. Massage kale with the dressing to absorb as much dressing as you can.
- 3.Add strawberries, mango, and coconut to the bowl. Mix together.
- 4.To serve, place salad in a bowl. Top with extra fruit if desired.



MACROS

|               |         |
|---------------|---------|
| Calories      | 443.87  |
| Fat           | 25.82 g |
| Protein       | 4.83 g  |
| Carbohydrates | 48.06 g |





# Lemon Garlic Zucchini Noodles



INGREDIENTS

- 2 medium zucchini, spiralized
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 lemon, halved
- 1 tsp. chopped parsley



DIRECTIONS

To a small saucepan over low heat, add garlic and oil. Cook until garlic is lightly browned. Squeeze in the juice from half a lemon, add parsley, and mix.

To a large pot over medium-high heat, add zucchini noodles and cook until zucchini is just tender, stirring as needed to cook evenly. To make this dish healthier, you don't need to add any oil while cooking the zucchini. Drain any water produced by zucchini noodles from pan. Add in sauce and toss until noodles are evenly coated. Squeeze juice from remaining lemon half over noodles. Serve immediately.

# Cauliflower Tabbouleh



INGREDIENTS

- 1 head cauliflower, pulsed in food processor to size of rice grains
- 1 English cucumber, diced small
- 1 tomato, seeded and diced
- 1/2 to 1 cup chopped parsley
- 1/2 cup chopped mint
- 2 spring onions, diced small



DRESSING

- Juice of 2 lemons
- 6-7 Tbsp. olive oil
- 1 tsp. diced garlic
- 1/4 tsp. pepper



DIRECTIONS

Break the cauliflower into smaller pieces and place in the food processor. Pulse 5-10 times depending on desired size. Add all ingredients up to dressing and toss. Put all dressing ingredients into a jar and shake well. Dress salad and taste. Add more pepper and lemon as needed.





# Cleanse Week One

## Portobello Mushroom Burger



### INGREDIENTS

- 2 large Portobello mushroom caps
- 3 Tbsp. balsamic vinegar (no sugar added)
- 1 clove fresh garlic, minced
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1/2 tsp. ground black pepper
- 1 large tomato, sliced
- 1 avocado, sliced
- 1 cup pea shoot sprouts
- 1 Tbsp. yellow mustard



### DIRECTIONS

Slice off mushroom stems (save for dressing if desired). Slice off about 1/2 of the mushroom cap (as if slicing a bun). Combine the balsamic vinegar, garlic, basil, oregano, and pepper in a small bowl and mix well.

Place both halves of all the mushroom caps on a cookie sheet lined with foil, and add a little olive oil (to prevent sticking). With a large spoon, pour the marinade over each mushroom cap and let sit for about 10 minutes.

Preheat the oven to 425°F. Bake mushrooms for about 10 minutes. Check to see if they are done—if not, flip them and bake another 10 minutes.

Place the bottom half of the mushroom cap on a plate. Add your choice of toppings, and cover with the top half of the baked mushroom cap.



# Cleanse Week One

## Raw Cauliflower "Popcorn"



### INGREDIENTS

- 1 large head cauliflower
- 1 Tbsp. extra-virgin olive oil

Option #1

1–2 Tbsp. chili powder, depending on strength of flavor desired

Juice of 1 lime

Option #2

1 Tbsp. Spike seasoning

1 Tbsp. nutritional yeast



### DIRECTIONS

Trim the leaves from the cauliflower and pull off large pieces of the head. Break them down until they are in florets not larger than the tip of your thumb. Wash and drain well. Transfer florets to a large mixing bowl and toss with the remaining ingredients.





# Cleanse Week One



## Cleansing Green Vegetable Soup



### INGREDIENTS

- |                               |  |
|-------------------------------|--|
| 1 Tbsp. olive oil             | 1/2 tsp. dried parsley                       |
| 1 yellow onion                | 1/4 tsp. dried thyme                         |
| 4 garlic cloves               | 2 bay leaves                                 |
| 2 cups broccoli florets       | 10 oz. baby spinach or kale, roughly chopped |
| 2 cups diced zucchini         | 1/2 cup chopped fresh parsley                |
| 2 cups shredded green cabbage | Juice of 1 lemon (about 3 Tbsp.)             |
| 2 stalks celery, diced        | 1 avocado                                    |
| 6 cups water                  | 1/2 tsp. black pepper                        |
| 1/2 tsp. dried basil          |  |



### DIRECTIONS

In a large soup pot, sauté onion and garlic in 1 Tbsp. olive oil over medium heat until onions are translucent, about 3–5 minutes. Stir occasionally so the garlic doesn't burn. Add dried parsley, basil, pepper, and thyme, and stir for 1 minute.

Add remaining veggies and water, plus bay leaves.

Cover, bring to a low boil, and reduce heat. Simmer for 15 minutes. Turn off heat and add baby spinach or kale. Stir to incorporate, and cover pot with the lid to let wilt, about 5 minutes.

Meanwhile, in a blender or food processor, add avocado, lemon juice, and 1/4 cup of broth from the pot, and blend until smooth.

Stir the avocado and lemon mixture into the broth until completely incorporated, and add the chopped fresh parsley.

Taste and season with additional pepper if necessary. Serve hot!

# Post Cleanse Week 2 Recipes

These recipes are approved for week 2 of the Ready Set Wellness Experience and beyond. This week you will be eating 7-Day Cleanse approved foods and adding in clean proteins like:

- Seeds, hemp, chia, flax, sunflower
- Organic chicken or turkey
- Wild-caught fish (salmon especially) and seafood
- Grass-fed organic beef
- Non-GMO/organic tofu
- Healthy fats

- 38 Grilled Lemon Chicken with Green Salad
- 39 Korean Chicken Bowl with Kimchee
- 40 Grilled Trout Salad with Avocado Lime Dressing
- 41 Grilled Ahi Tuna Salad
- 42 Chicken Cobb Kale Salad with Poblano and Cashew Vinaigrette
- 43 Seared Halibut with Cucumber and Radish Slaw
- 44 Southwest Beef, Summer Squash, and Corn Salad





## Grilled Lemon Chicken with Green Salad

4 Servings



### INGREDIENTS

|          |                             |         |                                    |
|----------|-----------------------------|---------|------------------------------------|
| 2 Tbsp   | Garlic, minced              | 1/2 cup | Red onion, sliced                  |
| 1        | Lemon, juiced and zested    | 1/3 cup | Kalamata olives, pitted and halved |
| 2 Tbsp   | Olive oil                   | 1/2 cup | Cucumber, deseeded and sliced      |
| 1 tsp ea | Salt & black pepper         | 2 Tbsp  | Olive oil                          |
| 4        | 4-oz chicken breast cutlets | 2 Tbsp  | Balsamic vinegar                   |
| 4 cups   | Mixed greens                | 1 Tbsp  | Dijon mustard                      |
| 2 cups   | Cherry tomatoes, halved     | 2 Tbsp  | Honey                              |



### DIRECTIONS

1. Marinate chicken by placing garlic, lemon, olive oil, salt, pepper, and chicken in a bag or bowl. Marinate for 30 minutes or overnight in the refrigerator.
2. Preheat grill or grill pan to medium high.
3. Cook chicken for 3–4 minutes per side or until fully cooked. Remove from grill. Allow to cool slightly and slice.
4. Make dressing by placing olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper in a bowl and whisking until smooth.
5. To serve, place mixed greens in a bowl. Top with tomatoes, onions, olives, cucumber, and chicken. Drizzle dressing over top or serve on the side.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 456.5   |
| Fat           | 27.5 g  |
| Protein       | 26 g    |
| Carbohydrates | 26.25 g |

## Korean Chicken Bowl with Kimchi

4 Servings



### INGREDIENTS

|            |                                    |
|------------|------------------------------------|
| 1 lb       | Boneless skinless chicken thighs   |
| 4 Tbsp     | Coconut aminos                     |
| 2 Tbsp     | Honey                              |
| 2 tsp      | Sesame oil                         |
| 2 Tbsp     | Olive oil                          |
| 1-1/2 cups | White rice                         |
| 2          | Green onions, sliced               |
| 2          | Small cucumbers, seeded and sliced |
| 1/2 cup    | Red cabbage, shredded              |
| 1 cup      | Kimchi                             |
| 1 Tbsp     | Toasted sesame seeds               |



### DIRECTIONS

1. Cook white rice according to package directions.
2. Marinate chicken in a bowl with coconut aminos, honey, and sesame oil for 30 minutes or overnight in the refrigerator.
3. Heat large skillet with olive oil and cook chicken for 4–5 minutes per side or until fully cooked. Remove from heat and slice.
4. To assemble bowls, place rice in a bowl. Top with sliced chicken, green onions, cucumbers, kimchi, and toasted sesame seeds. Serve with extra coconut aminos if desired.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 579.42  |
| Fat           | 18.53 g |
| Protein       | 27.39 g |
| Carbohydrates | 75.79 g |



Grilled Trout Salad with Avocado Lime Dressing

4 Servings



INGREDIENTS

|          |                          |             |                         |
|----------|--------------------------|-------------|-------------------------|
| 4        | 4-oz trout fillets       | 1 cup       | Cherry tomatoes, halved |
| 2 Tbsp   | Olive oil                |             |                         |
| 1 tsp ea | Salt & pepper            | 4 cups      | Mixed greens            |
| 1 tsp    | Paprika                  | 2 Tbsp      | Lime juice              |
| 1 tsp    | Dried dill               | 1           | Medium avocado, sliced  |
| 1/4 tsp  | Red chili flakes         |             |                         |
| 2 cups   | Broccoli florets         | 3 Tbsp      | Olive oil               |
| 2        | Yellow pepper, julienned | 2 Tbsp      | Coconut sugar           |
|          |                          | 1/2 tsp ea. | Salt & pepper           |



DIRECTIONS

1. Brush trout with olive oil, then sprinkle on salt, pepper, paprika, dill, and red chili flakes. Let marinate for 30 minutes.
2. Preheat grill or grill pan to medium high.
3. Grill trout for 2–3 minutes per side or until fully cooked. Allow to cool.
4. Steam broccoli in microwave, or in colander over boiling water.
5. Make dressing by putting lime juice, avocado, olive oil, coconut sugar, salt, and pepper in a blender. Blend until smooth.
6. To serve, place salad greens in a bowl. Top with steamed broccoli, yellow peppers, and cherry tomatoes. Place trout on top and drizzle with dressing or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 424.36  |
| Fat           | 30.60 g |
| Protein       | 15.01 g |
| Carbohydrates | 22.24 g |



Grilled Ahi Tuna Salad

4 Servings



INGREDIENTS

|        |                                      |          |                      |
|--------|--------------------------------------|----------|----------------------|
| 1 lb   | Ahi tuna steak                       | 1 cup    | Carrots, shredded    |
| 2 Tbsp | Olive oil                            | 2        | Green onions, sliced |
| 2 Tbsp | Coconut aminos                       | 1 Tbsp   | Sesame oil           |
| 1 Tbsp | Ginger, minced                       | 2 Tbsp   | Olive oil            |
| 1 Tbsp | Garlic, minced                       | 1 Tbsp   | Coconut aminos       |
| 4 cups | Mixed greens                         | 2 Tbsp   | Rice wine vinegar    |
| 1      | Cucumber, seeded and cut into strips | 2 Tbsp   | Maple syrup          |
| 1      | Red bell pepper, julienned           | 1/2 Tbsp | Garlic, minced       |
|        |                                      | 1/2 Tbsp | Ginger, minced       |
| 1      | Large avocado, sliced                |          |                      |



DIRECTIONS

1. Marinate tuna steak in a bowl with coconut aminos, ginger, and garlic. Cover for 15 minutes. Then flip and marinate for another 15 minutes. Don't marinate too long or tuna will discolor.
2. Heat oil in large skillet. Cook tuna steaks for about 3 minutes per side depending on how thick they are. Remove from heat and let rest for 5 minutes. Slice into 1/4" pieces.
3. Make the dressing by placing the sesame oil, olive oil, coconut aminos, rice wine vinegar, maple syrup, garlic, and ginger in a bowl. Whisk until smooth.
4. Assemble the salad by placing the mixed greens in a bowl. Top with cucumber, red bell pepper, avocado, carrots, green onions, and tuna slices.
5. Drizzle the dressing over top or serve on the side.




MACROS

|               |         |
|---------------|---------|
| Calories      | 434.99  |
| Fat           | 25.04 g |
| Protein       | 30.26 g |
| Carbohydrates | 22.16 g |




# Chicken Cobb Kale Salad with Poblano and Cashew Vinaigrette

4 Servings




**INGREDIENTS**

|            |                                    |          |                       |
|------------|------------------------------------|----------|-----------------------|
| 1/2 cup    | Raw cashews                        | 2        | Large avocado, sliced |
| 2 cups     | Hot water                          |          |                       |
| 1 lb       | Chicken, cooked and sliced         | 1/2 cup  | Poblano pepper        |
|            |                                    | 1 Tbsp   | White miso            |
| 4          | Large eggs, hardboiled and sliced  | 2 Tbsp   | Lemon juice           |
|            |                                    | 1 tsp    | Onion powder          |
| 3 cups     | Kale, destemmed and chopped finely | 1 tsp    | Garlic powder         |
| 1 cup      | Cherry tomatoes, halved            | 1 tsp ea | Salt & black pepper   |
|            |                                    | 2 Tbsp   | Chives                |
| 1-1/2 cups | Radish, sliced thin                |          |                       |



**DIRECTIONS**

1. Soak cashews in hot water for 10 minutes. Drain and set aside.
2. Make dressing by placing soaked cashews, poblano pepper, miso, lemon juice, onion powder, garlic powder, salt, and black pepper in a blender. Blend until smooth.
3. To assemble salad, place kale in bowl. Top with chicken, egg, cherry tomato, radish and avocado. Garnish with chive. Drizzle with dressing or serve on the side.




**MACROS**

|               |         |
|---------------|---------|
| Calories      | 406.75  |
| Fat           | 15.75 g |
| Protein       | 32.5 g  |
| Carbohydrates | 33.75 g |




# Seared Halibut with Cucumber and Radish Slaw

4 Servings




**INGREDIENTS**

|         |                                   |
|---------|-----------------------------------|
| 1/4 cup | White wine vinegar                |
| 2 Tbsp  | Olive oil                         |
| 2 Tbsp  | Fresh dill, chopped               |
| 3 Tbsp  | Coconut sugar                     |
| 1 tsp   | Salt & black pepper               |
| 16 oz   | Radish, sliced thin               |
| 16 oz   | English cucumber, sliced thin     |
| 8 oz    | Red onion, sliced thin            |
| 1/4 cup | Parsley, chopped & loosely packed |
| 2 Tbsp  | Olive oil                         |
| 4       | 6-oz skinless halibut fillets     |



**DIRECTIONS**

1. In a small bowl, mix together white wine vinegar, fresh dill, coconut sugar, salt, pepper, radish, cucumber, red onion, and parsley.
2. Heat oil in a large nonstick pan to medium high. Season halibut with salt and pepper. Add to pan and cook for 3-4 minutes per side.
3. To serve, place halibut on plate and top with cucumber and radish slaw.



**MACROS**

|               |         |
|---------------|---------|
| Calories      | 405.25  |
| Fat           | 19.25 g |
| Protein       | 36.25 g |
| Carbohydrates | 21.75 g |





# Post Cleanse Week Two

## Southwest Beef, Summer Squash, and Corn Salad

4 Servings



### INGREDIENTS

#### Dressing

|            |                           |          |                        |
|------------|---------------------------|----------|------------------------|
| 1-1/2 Tbsp | Tahini                    | 1 tsp    | Paprika                |
| 2 Tbsp     | Olive oil                 | 1 Tbsp   | Lime juice             |
| 1 Tbsp     | Lime juice                | 1 tsp ea | Salt & black pepper    |
| 2 Tbsp     | Chipotle peppers, blended | 1 cup    | Cherry tomato, halved  |
| 1 Tbsp     | Garlic                    | 1/2 cup  | Red onion, chopped     |
| 1 tsp      | Salt                      | 2 Tbsp   | Cilantro, chopped      |
| 3 Tbsp     | Orange juice              | 4 cups   | Romaine, chopped       |
|            |                           | 2 Tbsp   | Olive oil              |
|            |                           | 2        | Zucchini, chopped      |
|            |                           | 2        | Yellow squash, chopped |
|            |                           | 1 cup    | Corn                   |
|            |                           | 15 oz    | Black beans            |
|            |                           | 1        | Large avocado          |

#### Salad

|       |                  |
|-------|------------------|
| 1 lb  | Lean ground beef |
| 1 tsp | Chili powder     |
| 2 tsp | Cumin            |



### DIRECTIONS

1. Prepare dressing by placing tahini, olive oil, lime juice, chipotle peppers, garlic, salt, and orange juice in a bowl. Whisk until combined.
2. Heat medium skillet over medium heat. Add ground beef and cook until browned, about 5 minutes. Add chili powder, cumin, paprika, lime juice, salt, and pepper. Stir until mixed. Remove and set aside.
3. Add olive oil to pan and add zucchini and yellow squash. Cook 4 minutes until soft. Remove from heat.
4. Prepare salad by placing lettuce in bowl. Top with ground beef, squash mixture, tomato, onion, cilantro, corn, black beans, and avocado. Drizzle with dressing or serve on the side.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 582.75  |
| Fat           | 27.75 g |
| Protein       | 34.25 g |
| Carbohydrates | 49 g    |

# Post Cleanse Week 3 Recipes

These recipes are approved for week 3 of the Ready Set Wellness Experience and beyond. This week you will be eating 7-Day Cleanse approved foods, clean proteins, and gluten-free grains like:

- Amaranth
- Gluten-free oats
- Non-GMO corn
- Buckwheat
- Rice (black, purple, brown, red varieties)
- Millet
- Quinoa
- Teff

- 46
- Chicken Kabob
- 47
- Honey Lime Shrimp Fajita Bowls
- 48
- Citrus Chicken Quinoa Salad
- 49
- Asparagus and Cherry Tomato Tabbouleh Quinoa Salad
- 50
- Chicken Street Tacos
- 51
- Pan Seared Greek Shrimp over Lemon Brown Rice
- 52
- Salsa Chicken



# Post Cleanse Week Three

## Chicken Kabob



### INGREDIENTS

- 1 Clove garlic, finely minced
- 1 Tbsp Olive Oil
- 1 1/2 Tbsp Fresh lemon or lime juice
- 3 Tbsp Worcestershire sauce
- 1/8 tsp Ground pepper, or to taste
- 1 1/4 lbs Boneless chicken breasts, skinned and all visible fat removed
- 1 Large Onion
- 1 Large green bell pepper
- 1 tsp Olive oil
- 8 Corn tortillas



### DIRECTIONS

1. Preheat broiler. To make the marinade, combine garlic, 1 Tbsp oil, lemon or lime juice, worcestershire sauce, and pepper in a bowl.
2. Cut chicken lengthwise into thin 3/8 inch strips. Add to marinade, toss to coat evenly and let chicken marinate in refrigerator 10-20 minutes, turning at least once.
3. Slice onion and pepper into thin 1/8 inch strips. In a nonstick skillet, heat 2 teaspoons oil over medium-high heat. Add onion and bell pepper slices and saute, stirring constantly, about 5 minutes or until onion is slightly brown.
4. Wrap tortillas in foil and place in the lower shelf of oven. Heat thouroughly. Line broiler pan with foil.
5. Place chicken on foil covered pan about 3 inches from the broiler for 4 minutes.



# Post Cleanse Week Three

## Honey Lime Shrimp Fajita Bowls

4 Servings



### INGREDIENTS

#### Shrimp

- 1 Tbsp Olive oil
- 1 Tbsp Lime juice
- 1 tsp Chili powder
- 1 tsp Cumin
- 1 tsp Dried oregano
- 1/2 tsp Paprika
- 1/2 tsp ea Salt & black pepper
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 lb Large shrimp, peeled and deveined

#### Veggies

- 2 Medium red bell peppers, sliced

- 2 Medium green bell peppers, sliced
- 1 Medium red onion, sliced
- 1 Tbsp Olive oil
- 1/2 tsp ea Salt & black pepper

#### Rice

- 2 cups Brown rice
- 2 tbsp Cilantro, chopped
- 1 Lime, juiced and zested

#### Salsa

- 1 cup Tomatoes, diced
- 1/3 cup White onion, diced
- 2 Tbsp Cilantro, chopped
- 1 tsp ea Salt & black pepper
- 1 Large avocado, sliced



### DIRECTIONS

1. Cook rice according to package directions. Let cool and gently mix in cilantro, lime juice, and lime zest.
2. In a bag or a bowl, mix together olive oil, lime juice, chili powder, cumin, oregano, paprika, salt, pepper, garlic powder, onion powder, and shrimp. Let marinate for 10 minutes.
3. Heat large skillet over medium heat. Add red bell pepper, green bell pepper, red onion, olive oil, salt, and pepper. Cook for 4-5 minutes or until vegetables are soft.
4. Remove vegetables and set aside. Heat skillet back up to medium heat. Add the shrimp to the pan. Cook 2-3 minutes per side. Remove from pan.
5. Make salsa by mixing together tomatoes, onion, cilantro, salt, and pepper.
6. To assemble, place rice in a bowl. Top with veggies and shrimp. Top with salsa and sliced avocado.



### MACROS

|          |         |               |        |
|----------|---------|---------------|--------|
| Calories | 592.25  | Protein       | 25.5 g |
| Fat      | 16.25 g | Carbohydrates | 86 g   |





# Citrus Chicken Quinoa Salad

4 Servings



INGREDIENTS

- 1 1/2 cups Cooked Quinoa
- 1 lb Chicken- skinnless, boneless, cut in small pieces
- 2 Tbsp Olive Oil
- 2 Cloves roasted garlic, finely chopped
- 1/2 tsp Salt and papper, to taste
- 1/2 tsp Smoked paprika
- 2 Large oranges, peeled and segmented
- 1 Apple, chopped
- 1 Ripe avocado, peeled and cubed
- 1/3 cup Baby spinach
- 1/4 cup Fresh lime juice
- 1/3 cup Fresh cilantro, chopped
- 1 Tbsp Honey
- 1 Tbsp Chia seeds
- Roasted almonds, optional



DIRECTIONS

1. Cook quinoa according to package directions. Transfer cooked quinoa to a large bowl and let it cool.
2. Pour olive oil into a large skillet over medium heat. Add chicken and roasted garlic. Sprinkle with smoked paprika, salt and pepper. Stir and cook until chicken is done, about 8-10 minutes.
3. Add cooked chicken, oranges, apples, baby spinach, and avocado to the quinoa. Stir to combine.
4. Add cilantro, lime juice and honey. Tops with chia seeds and enjoy.



# Asparagus and Cherry Tomato Tabbouleh Quinoa Salad

4 Servings



INGREDIENTS

- 1 cup Quinoa
- 1 lb Asparagus, cut into bite-size pieces
- 1 cup Cherry tomato, halved
- 4 cups Arugula, chopped
- 1/4 cup Toasted pecans
- 4 oz Feta, crumbled
- 2 Tbsp Red onion, minced
- 4 Tbsp Olive oil
- 2 Tbsp Garlic, minced
- 1 Tbsp Lemon juice
- 1 tsp ea Salt & black pepper



DIRECTIONS

1. Cook quinoa according to package directions. Remove from pan and transfer to another bowl. Let cool.
2. Heat large skillet over medium heat. Add oil and cook garlic for 30 seconds. Add asparagus and cook for another 2 minutes. Remove and let cool.
3. Make the dressing by whisking the olive oil, lemon juice, garlic, salt, and pepper in a bowl.



MACROS

|               |         |
|---------------|---------|
| Calories      | 428     |
| Fat           | 23 g    |
| Protein       | 14.75 g |
| Carbohydrates | 40.5 g  |



Chicken Street Tacos

4 Servings



INGREDIENTS

Marinated Chicken

- 2 lbs Boneless, skinless chicken thighs
- 1 Orange, squeezed
- 1 Lime, squeezed
- 6 Cloves garlic, minced
- 2 tsp Ancho chili powder
- 2 tsp Onion powder
- 2 tsp Smoked paprika
- 2 tsp ea Salt and pepper

Mango Slaw

- 2 Mangos, diced small
- 1 Small red onion, diced
- 1 cup Red cabbage, shredded
- 1/4 cup Fresh cilantro, chopped
- 2 Limes, squeezed
- Salt and pepper, to taste

For Tacos

- 12-18 Small corn tortillas
- 2 Avocados, sliced

DIRECTIONS

1. Mix all the marinade ingredients in a medium container fitted with a lid. Whisk or shake with lid on until fully incorporated. Add the chicken thighs and marinate at least 30 minutes or overnight if possible.
2. Heat oven to 425°F. Place the marinated chicken on a baking rack set on top of a rimmed baking sheet. Roast the chicken until the internal temperature reaches 165°F, about 20 minutes.
3. While the chicken is baking, mix the mangos, red onion, red cabbage, cilantro, juice of two limes, and salt to taste in a bowl. Set aside.
4. Assemble the tacos by adding sliced chicken to warm tortillas and topping with mango slaw and sliced avocado. Serve with extra lime and tomatillo salsa if desired.



Pan Seared Greek Shrimp over Lemon Brown Rice

4 Servings



INGREDIENTS

- 2 Tbsp Olive oil
- 2 Tbsp Lemon juice
- 1 Tbsp Garlic, minced
- 1 tsp Paprika
- 1 tsp Oregano
- 2 tsp ea Salt & black pepper
- 1 lb Shrimp, raw, peeled and deveined
- 1 lb Broccoli florets
- 2 cups Brown rice
- 2 Fresh lemon, juiced and zested
- 1 Tbsp Garlic

DIRECTIONS

1. In a bowl, mix together olive oil, lemon juice, garlic, paprika, oregano, 1 tsp salt, and 1 tsp pepper. Mix, then add the shrimp and marinate for 10 minutes.
2. Cook the brown rice according to package directions, then stir in lemon juice, lemon zest, garlic, 1 tsp salt, and 1 tsp pepper.
3. Heat a large skillet with oil, then add shrimp and cook 2 minutes per side. Remove and cook broccoli for 4-5 minutes or until soft.
4. To serve, place lemon rice in a bowl, then top with shrimp and broccoli.

MACROS

|               |         |
|---------------|---------|
| Calories      | 535.5   |
| Fat           | 11.5 g  |
| Protein       | 32.25 g |
| Carbohydrates | 75.75 g |





# Post Cleanse Week Three

## Salsa Chicken

6 Servings



### INGREDIENTS

- 1/3 cup Lime juice
- 2 tsp Fresh chives, minced
- 2 tsp Fresh ginger, minced
- 2 Garlic cloves, minced
- 2 Tbsp Olive oil
- 2 tsp Chili powder
- 1 cup Salsa
- 1 1/2 lbs Chicken breast, boneless, skinless



### DIRECTIONS

1. In a small pan, mix together lime juice, chives, ginger, and garlic.
2. Add olive oil and chili powder and heat to boiling over medium heat. Stir in salsa.
3. Allow sauce to cool. Place chicken in plastic bag. Add the sauces and let marinate in the refrigerator for at least 2 hours or up to 24 hours.
4. Prepare outside grill with an oiled rack set 4 inches above the heat source. If using a gas grill, set heat to high setting.
5. Grill chicken breasts for 3-34 minutes on each side, turning once and basting with extra marinade until the chicken is thouroughly cooked.



# Post Cleanse Week 4 Recipes

Reintroduction week: Introduce a new food every 2 or more days. Make sure to reintroduce one food group at a time.

Here is an example of how you could reintroduce the foods throughout the week. You can go slower or in a different order if you choose.

The most important thing is to not overload your body with multiple foods reintroduced in the same day.

**Monday and Tuesday** add nuts

**Wednesday and Thursday** add beans, legumes, and lentils

**Friday and Saturday** add dairy

**Sunday** add wheat and gluten



# Post Cleanse Week 4 Recipes

Monday and Tuesday - Reintroduce nuts

\*skip this if you are allergic or sensitive to nuts

- 55 Thai Broccoli Beef and Chickpea Salad
- 56 Brussels Sprouts Salad with Shallots and Greek Yogurt Dressing
- 57 Vegan Kale Caesar Salad with Chickpea Croutons
- 58 Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing
- 59 Grilled Chicken Coconut Curry with Vegetables and Peanut Satay Sauce
- 60 Curry over Cilantro Coconut Rice
- 61 Macadamia Nut Encrusted Mahi-Mahi with Mango Salsa and Cilantro Cauliflower Rice

## Reintroduce Nuts

### Thai Broccoli Beef and Chickpea Salad

4 Servings



#### INGREDIENTS

|                 |                |        |  |
|-----------------|----------------|--------|--|
| <b>Dressing</b> |                | 15 oz  | Chickpeas                              |
| 1/4 cup         | Peanut butter  | 1 cup  | Carrots, shredded                      |
| 2 tbsp          | Rice vinegar   | 1 lb   | Flank steak, cut into bite-size pieces |
| 1-1/2 Tbsp      | Coconut aminos | 3 Tbsp | Coconut aminos                         |
| 1 Tbsp          | Honey          | 1 Tbsp | Hoisin sauce                           |
| 1 tsp           | Ginger, minced | 1 Tbsp | Sweet chili sauce                      |
| 1 tsp           | Garlic, minced | 2 tsp  | Cornstarch                             |
| 2 Tbsp          | Coconut milk   | 1 tsp  | Garlic powder                          |
| <b>Salad</b>    |                | 1 tsp  | Ginger powder                          |
| 16 oz           | Broccoli slaw  |        |  |



#### MACROS

|               |         |
|---------------|---------|
| Calories      | 406.75  |
| Fat           | 15.75 g |
| Protein       | 32.5 g  |
| Carbohydrates | 33.75   |



#### DIRECTIONS

1. Make dressing by combining rice vinegar, peanut butter, coconut aminos, honey, ginger, garlic, and coconut milk in a bowl. Whisk until smooth. If it's too thick, add a little bit of water. Set aside.
2. Cut flank steak into bite-size pieces. Mix together coconut aminos, hoisin, sweet chili sauce, cornstarch, garlic powder, and ginger powder. Pour over steak in a bag or bowl and let marinate for 30 minutes or up to 8 hours in the refrigerator.
3. Heat nonstick skillet over high heat until very hot. Add oil and then add the marinated beef (drain off any excess marinade).
4. Cook in a single layer, and work in batches if needed. Cook the beef for 3 minutes per side or until brown. Remove beef and let cool.
5. To serve, mix together broccoli slaw, chickpeas, and carrots in a bowl. Top with beef and drizzle dressing over the top or serve on the side.





# Reintroduce Nuts

# Reintroduce Nuts

## Brussels Sprouts Salad with Shallots and Greek Yogurt Dressing

4 Servings



INGREDIENTS

- 4 cups Brussels sprouts, shredded
- 6 Bacon strips, cooked and crumbled
- 1 cup Pomegranate arils (seeds)
- 1/4 cup Pecorino Romano cheese, shredded
- 1/3 cup Almonds, sliced

Dressing

- 1 Shallot, minced
- 1 Tbsp Orange juice
- 1 Tbsp Lemon juice
- 1/2 tsp ea Salt & black pepper
- 1 Tbsp Honey
- 2 Tbsp Greek yogurt, plain
- 2 Tbsp Olive oil



DIRECTIONS

1. Make the dressing by combining shallots, orange juice, lemon juice, salt, black pepper, honey, Greek yogurt, and olive oil in bowl. Whisk until smooth. If too thick, thin with water.
2. Make the salad by combining the shredded Brussels sprouts with 1/2 the dressing, 1/2 the bacon, 1/2 the pomegranate seeds, and 1/2 the cheese. Place in bowls. Top with remaining ingredients. Drizzle extra dressing on top or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 401.75  |
| Fat           | 21.75 g |
| Protein       | 21.75 g |
| Carbohydrates | 29.75 g |



## Vegan Kale Caesar Salad with Chickpea Croutons

4 Servings



INGREDIENTS

- 4 cups Romaine lettuce, chopped
- 2 cups Baby kale
- 1 cup Cherry tomatoes, halved
- 2 each Large avocado, diced

Dressing

- 1/3 cup Macadamia nuts
- 1/4 cup Water
- 2 Tbsp Olive oil
- 1 Tbsp Nutritional yeast

- 1 Tbsp Garlic
- 1 tsp Dijon mustard
- 1 Tbsp Lemon juice

Chickpea Croutons

- 15 oz Chickpeas, rinsed and drained
- 1 Tbsp Olive oil
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1/4 tsp Red chili flakes
- 1/2 tsp ea. Salt & black pepper



DIRECTIONS

1. Make dressing by combining macadamia nuts, water, olive oil, nutritional yeast, garlic, Dijon mustard, and lemon juice in a blender. Blend until smooth. Add more water to thin if needed.
2. Make croutons by placing the chickpeas, olive oil, onion powder, garlic powder, red chili flakes, salt, and pepper in a bowl. Mix and spread out on a baking sheet. Bake at 350 °F for 15 minutes. Chickpeas will start to dry out and become crunchy.
3. To assemble, mix romaine and baby kale and place in bowls. Top with tomatoes and avocado. Drizzle dressing on top or serve on the side. Place chickpea croutons on top.



MACROS

|               |         |
|---------------|---------|
| Calories      | 406.75  |
| Fat           | 15.75 g |
| Protein       | 32.5 g  |
| Carbohydrates | 33.75 g |

# Reintroduce Nuts

## Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing

4 Servings



### INGREDIENTS

|          |                     |          |                             |
|----------|---------------------|----------|-----------------------------|
| 3        | Medium peaches      | 2 Tbsp   | Balsamic vinegar            |
| 3 Tbsp   | Olive oil           | 3 Tbsp   | Olive oil                   |
| 2 Tbsp   | Harissa paste       | 1 Tbsp   | Coconut sugar               |
| 2 Tbsp   | Honey               | 3 cups   | Mixed greens                |
| 2 Tbsp   | Lime juice          | 1/2 cup  | Fresh raspberries (topping) |
| 1 tsp ea | Salt & black pepper | 1/4 cup  | Almonds, toasted            |
| 1        | Shallot, minced     | 8 oz     | Burrata, torn into pieces   |
| 8 oz     | Raspberries         | 1 tsp ea | Salt & black pepper         |



### DIRECTIONS

1. Cut peaches in half and remove pit. Mix together olive oil, harissa paste, honey, lime juice, salt, and pepper and coat peaches.
2. Preheat grill or grill pan to medium heat.
3. Make dressing by combining shallots, raspberries, balsamic vinegar, olive oil, salt, black pepper, and coconut sugar in blender. Blend until smooth.
4. Grill peaches for 3–4 minutes per side. You want them slightly soft but not mushy. Cool peaches and then slice.
5. To assemble salad, place mixed greens in a bowl. Top with peaches, fresh raspberries, almonds, and burrata. Drizzle with dressing or serve on the side.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 569.25  |
| Fat           | 38.25 g |
| Protein       | 12 g    |
| Carbohydrates | 44.25 g |



# Reintroduce Nuts

## Grilled Chicken Coconut Curry with Vegetables and Peanut Satay Sauce

4 Servings



### INGREDIENTS

| Marinade   |                       |
|------------|-----------------------|
| 1 lb       | Chicken breast        |
| 13 oz      | Coconut milk          |
| 3 tbsp     | Red curry paste       |
| 1/4 cup    | Peanut butter         |
| Vegetables |                       |
| 2 tbsp     | Olive oil             |
| 2          | Zucchini, medium      |
| 2          | Yellow squash, medium |
| 2          | Red bell pepper       |
| 1          | Eggplant, medium      |
| 1/2        | Yellow onion          |

### Curry

|        |                 |
|--------|-----------------|
| 5 Tbsp | Red curry paste |
| 13 oz  | Coconut milk    |
| 2 Tbsp | Ginger, minced  |
| 2 Tbsp | Garlic, minced  |
| 2 cups | Water           |

### Garnish

|         |                                 |
|---------|---------------------------------|
| 1/4 cup | Chopped peanuts                 |
| 1/4 cup | Mint Leaves, loosely packed     |
| 1/4 cup | Cilantro leaves, loosely packed |
| 2       | Limes, cut into wedges          |



### DIRECTIONS

1. Butterfly-cut chicken so that it is thin and even. Whisk together other ingredients in marinade. Add chicken and marinade to a 1-gallon ziplock bag. Let marinate for 30 minutes or up to 8 hours in the refrigerator.
2. Preheat grill.
3. Dice vegetables. Add oil to a hot pan. Add the vegetables and cook 4–5 minutes until soft.
4. Add red curry paste, garlic, and ginger. Cook for another minute. Add coconut milk and water. Let simmer while chicken is cooking.
5. Grill chicken for about 3–4 minutes per side. Let chicken cool slightly, then cut into bite-size pieces. Add to curry.
6. Continue simmering curry for another 10 minutes.
7. Add curry to bowl and top with garnishes.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 557.5   |
| Fat           | 27.5 g  |
| Protein       | 37.25 g |
| Carbohydrates | 40.25 g |





Curry Over Cilantro Coconut Rice

4 Servings



INGREDIENTS

|         |                             |         |                          |
|---------|-----------------------------|---------|--------------------------|
| 2 Tbsp  | Olive oil                   | 2 cups  | Vegetable broth          |
| 2 Tbsp  | Garlic, minced              | 3 Tbsp  | Peanut butter            |
| 1 Tbsp  | Ginger                      | 1 cup   | Corn                     |
| 2 Tbsp  | Green curry paste           | 1/4 cup | Fresh basil              |
| 1       | Medium zucchini, diced      | 2 cups  | Basmati rice             |
| 1       | Medium yellow squash, diced | 1 Tbsp  | Olive oil                |
| 2       | Large carrots, diced        | 3 cups  | Chicken broth            |
| 1       | Red bell pepper, diced      | 2 Tbsp  | Honey                    |
| 1/2 tsp | Salt                        | 1       | Lime, zested juiced      |
| 1/2 tsp | Black pepper                | 2       | Green onions, chopped    |
|         |                             | 2 Tbsp  | Cilantro, finely chopped |



DIRECTIONS

- Heat large skillet and add olive oil. Add garlic and ginger and cook 30 seconds. Add the green curry paste and continue cooking for another minute.
- Add the zucchini, yellow squash, carrot, red bell pepper, and cook for 3–4 minutes. Add the salt, pepper, coconut milk, vegetable broth, peanut butter, and corn. Let simmer for 10 minutes.
- To a hot saucepan, add oil and rice, and cook for 2 minutes. Add the broth, honey, lime zest, lime juice, salt, pepper, cilantro, and green onions. Bring to a boil. Reduce to simmer, cover, and cook for 15–20 minutes or until the rice is tender.
- To serve, put rice in a bowl, top with curry, and add sliced fresh basil.



MACROS

|          |        |               |         |
|----------|--------|---------------|---------|
| Calories | 599.5  | Protein       | 16.75 g |
| Fat      | 18.5 g | Carbohydrates | 91.5 g  |

Macadamia Nut Encrusted Mahi-Mahi with Mango Salsa and Cilantro Cauliflower Rice

4 Servings



INGREDIENTS

|              |                                   |                         |                        |
|--------------|-----------------------------------|-------------------------|------------------------|
| <b>Salsa</b> |                                   | 1/2 cup                 | Macadamia nuts         |
| 1            | Mango, diced                      | 1/2 cup                 | Panko                  |
| 1/4          | Red onion, diced                  | 1/4 cup                 | All-purpose flour      |
| 1            | Jalapeno, seeded and finely diced | 1                       | Large egg              |
| 2 Tbsp       | Cilantro, chopped                 | 2 Tbsp                  | Olive oil              |
| 2 Tbsp       | Lime juice                        | <b>Cauliflower Rice</b> |                        |
|              | Salt & pepper to taste            | 4 cups                  | Cauliflower rice       |
| <b>Fish</b>  |                                   | 2 Tbsp                  | Olive oil              |
| 4            | 4-oz mahi-mahi fillets            | 1 Tbsp                  | Cilantro               |
|              |                                   | 1 Tbsp                  | Garlic                 |
|              |                                   |                         | Salt & pepper to taste |



DIRECTIONS

- Chop all the salsa ingredients and mix in a bowl. Let sit in refrigerator while you prepare everything else.
- Dry the fish with a paper towel. Set aside.
- Blend the macadamia nuts and panko in a food processor. Pulse until finely ground. Place into a bowl.
- Place the flour in a bowl and whisk the egg in another bowl. You should now have 3 different bowls.
- Take each piece of fish and place in flour bowl first, making sure to coat entire fish, then tap the fish to remove extra flour. Place fish next in egg bowl, and then in bowl with breadcrumbs and macadamia nuts.
- Heat 2 tbsp oil in a large sauté pan on medium heat. Once the pan is hot, add fish and cook 3–4 minutes per side, or until brown.
- Cook the cauliflower rice by heating a sauté pan with oil, then adding the garlic and then cauliflower rice. Cook for 2–3 minutes until soft. Turn off heat and add cilantro and salt.
- Serve by placing cauliflower rice in bowl, and topping with fish and salsa.



MACROS

|          |         |               |         |
|----------|---------|---------------|---------|
| Calories | 520.79  | Protein       | 28.43 g |
| Fat      | 31.62 g | Carbohydrates | 30.62 g |



# Post Cleanse Week 4 Recipes

Wednesday and Thursday

Reintroduce Beans, Legumes, and Lentils

- 63 Mediterranean Sweet Potato Buddha Bowl
- 64 Fiesta Black Bean and Mango Quinoa Bowl
- 65 Southwest Beef, Summer Squash, and Corn Salad
- 66 Mushroom Bolognese with Chickpea Pasta
- 67 Stuffed Eggplant with Mediterranean Salsa
- 68 Kale Pesto with Grilled Chicken
- 69 Spaghetti Squash with Marinara and Vegan Meatballs

## Reintroduce Beans, Legumes, and Lentils

### Mediterranean Sweet Potato Buddha Bowl

4 Servings



#### INGREDIENTS

|          |                                  |                 |                                |
|----------|----------------------------------|-----------------|--------------------------------|
| 20 oz    | Sweet potatoes, peeled and diced | 1 cup           | Kale, stems removed and sliced |
| 2 Tbsp   | Olive oil                        | 1/2 cup         | Edamame, shelled               |
| 1 tsp ea | Salt & black pepper              | <b>Dressing</b> |                                |
| 1 cup    | Quinoa                           | 2 Tbsp          | Balsamic vinegar               |
| 2 Tbsp   | Parsley, chopped                 | 2 Tbsp          | Apple cider vinegar            |
| 2 cups   | Arugula, loosely packed          | 4 Tbsp          | Olive oil                      |
| 1/2 cup  | Red onion, diced                 | 2 Tbsp          | Lemon juice                    |
| 1 cup    | Cherry tomato, halved            | 1 tsp ea        | Salt & black pepper            |



#### DIRECTIONS

1. Cook the quinoa according to package directions. Allow to cool. Mix in parsley.
2. Preheat oven to 400 °F. Toss sweet potatoes in olive oil, salt, and pepper and roast for 25 minutes or until soft.
3. Make dressing by placing balsamic vinegar, apple cider vinegar, lemon juice, salt, and pepper in a blender and blending until emulsified. You can put in everything besides the olive oil, and slowly add the oil while blending to help emulsify.
4. To assemble bowls, place quinoa at bottom of bowl. Top with sweet potatoes, arugula, red onion, cherry tomato, kale, and edamame. Drizzle the dressing on top or serve on the side.



#### MACROS

|               |         |
|---------------|---------|
| Calories      | 571     |
| Fat           | 23.75 g |
| Protein       | 12 g    |
| Carbohydrates | 77.25 g |





# Fiesta Black Bean and Mango Quinoa Bowl

4 Servings



## INGREDIENTS

|         |                                  |                            |              |
|---------|----------------------------------|----------------------------|--------------|
| 1 cup   | Quinoa                           | <b>Chili-Lime Dressing</b> |              |
| 2 cups  | Vegetable broth                  | 3 Tbsp                     | Olive oil    |
| 15 oz   | Black beans                      | 2 Tbsp                     | Lime juice   |
| 1 cup   | Corn                             | 2 tsp                      | Honey        |
| 1       | Medium red pepper, diced         | 2 tsp                      | Chili powder |
| 1       | Mango, peeled and diced          | 1/2 tsp                    | Ground cumin |
| 1/2 cup | Red onion, finely chopped        | 3/4 tsp                    | Salt         |
| 1/3 cup | Cilantro leaves, roughly chopped |                            |              |
| 1       | Jalapeno pepper, finely chopped  |                            |              |



### DIRECTIONS

1. In a medium saucepan, combine the quinoa and vegetable broth. Bring to a boil, reduce heat, cover, and cook for about 10 minutes or until all the liquid is absorbed. Transfer to another bowl and let cool.
2. Prepare dressing by combining, olive oil, lime juice, honey, chili powder, cumin, and salt in a bowl. Whisk until combined.
3. To assemble bowls, place quinoa in a bowl and top with black beans, corn, red pepper, mango, red onion, cilantro, and jalapeno. Drizzle dressing over entire bowl or serve on side.



## MACROS

|               |         |
|---------------|---------|
| Calories      | 460     |
| Fat           | 13.75 g |
| Protein       | 14.25 g |
| Carbohydrates | 69.75 g |



# Southwest Beef, Summer Squash, and Corn Salad

4 Servings



## INGREDIENTS

|                 |                              |          |                        |
|-----------------|------------------------------|----------|------------------------|
| <b>Dressing</b> |                              | 1 tsp    | Paprika                |
| 1-1/2 Tbsp      | Tahini                       | 1 tbsp   | Lime juice             |
| 2 Tbsp          | Olive oil                    | 1 tsp ea | Salt & black pepper    |
| 1 Tbsp          | Lime juice                   | 1 cup    | Cherry tomato, halved  |
| 2 Tbsp          | Chipotle peppers,<br>blended | 1/2 cup  | Red onion, chopped     |
| 1 Tbsp          | Garlic                       | 2 tbsp   | Cilantro, chopped      |
| 1 tsp           | Salt                         | 4 cups   | Romaine, chopped       |
| 3 Tbsp          | Orange juice                 | 2 tbsp   | Olive oil              |
| <b>Salad</b>    |                              | 2        | Zucchini, chopped      |
| 1 lb            | Lean ground beef             | 2        | Yellow squash, chopped |
| 1 tsp           | Chili powder                 | 1 cup    | Corn                   |
| 2 tsp           | Cumin                        | 15 oz    | Black beans            |
|                 |                              | 1        | Large avocado          |



### DIRECTIONS

1. Prepare dressing by placing tahini, olive oil, lime juice, chipotle peppers, garlic, salt, and orange juice in a bowl. Whisk until combined.
2. Heat medium skillet over medium heat. Add ground beef and cook until browned, about 5 minutes. Add chili powder, cumin, paprika, lime juice, salt, and pepper. Stir until mixed. Remove and set aside.
3. Add olive oil to pan and add zucchini and yellow squash. Cook 4 minutes until soft. Remove from heat.
4. Prepare salad by placing lettuce in bowl. Top with ground beef, squash mixture, tomato, onion, cilantro, corn, black beans, and avocado. Drizzle with dressing or serve on the side.



## MACROS

|               |         |
|---------------|---------|
| Calories      | 582.75  |
| Fat           | 27.75 g |
| Protein       | 34.25 g |
| Carbohydrates | 49 g    |

Mushroom Bolognese  
with Chickpea Pasta

4 Servings



INGREDIENTS

|         |  |             |                          |
|---------|--|-------------|--------------------------|
| 12 oz   | Chickpea pasta                                 | unsweetened |                          |
| 1/4 cup | Olive oil                                      | 14 oz       | Crushed tomatoes, canned |
| 1 lb    | Button mushrooms, cleaned and & finely chopped | 2 Tbsp      | Tomato paste             |
|         |  | 2 Tbsp      | Soy sauce                |
| 1       | Medium onion, diced                            | 1 tsp       | Dried thyme              |
| 2       | Medium carrot, diced                           | 1 tsp       | Dried basil              |
| 2       | Celery stalks, diced                           | 1/2 tsp     | Dried oregano            |
| 2 Tbsp  | Garlic, minced                                 | 1/4 tsp     | Red Chili flakes         |
| 3/4 cup | Dry red wine                                   | 1/2 tsp     | Salt                     |
| 1/2 cup | Almond milk,                                   | 1/2 tsp     | Black Pepper             |



DIRECTIONS

1. Bring a large pot to a boil. Cook the pasta according to package directions. Rinse with cool water and let sit. Toss with a small amount of olive oil to prevent sticking.
2. Heat a large skillet and add 3 tbsp olive oil. Add mushrooms, cook for 5 minutes, and remove mushrooms from pan.
3. Add 1 tbsp olive oil to pan. Add onions, carrots, and celery. Cook for 10 minutes. Add the garlic and cook 1 minute. Return the mushrooms to the pan and add the red wine.
4. Let boil, then lower heat and let the liquid reduce by half, about 5 minutes.
5. Add the almond milk, tomatoes, tomato paste, soy sauce, thyme, basil, oregano, red chili flakes, salt, and pepper. Let boil. Reduce heat and simmer 20 minutes.
6. To serve, add the pasta to a bowl and top with sauce.

MACROS

|          |         |               |        |
|----------|---------|---------------|--------|
| Calories | 573.25  | Protein       | 29 g   |
| Fat      | 17.25 g | Carbohydrates | 75.5 g |



Stuffed Eggplant with  
Mediterranean Salsa

4 Servings



INGREDIENTS

|                |                   |              |                         |
|----------------|-------------------|--------------|-------------------------|
| 2              | Large eggplants   | 1            | Green onion             |
| 1 Tbsp         | Salt              | 1 Tbsp       | Parsley chopped         |
| 2 Tbsp         | Olive oil         |              |                         |
| 3/4 tsp        | Allspice          | <b>Salsa</b> |                         |
| 1/2 tsp        | Coriander         | 1/4 cup      | Kalamata olive, chopped |
| 1/2 tsp        | Paprika           | 1/4 cup      | Tomato, diced           |
| 1/2 tsp        | Ground cinnamon   | 1            | Shallot, minced         |
|                |                   | 1 Tbsp       | Fresh basil chopped     |
| <b>Filling</b> |                   | 1 Tbsp       | Capers                  |
| 1 cup          | Israeli couscous  | 1/4 tsp      | Orange zest             |
| 1 cup          | Chickpeas         | 1 tsp        | Lemon juice             |
| 1/2 cup        | Tomatoes, chopped | 1 tsp        | Olive oil               |
|                |                   | 1 tsp        | Salt                    |



DIRECTIONS

1. Cut eggplant in half lengthwise and hollow out cavity. Sprinkle salt on the eggplant and let sit for 20 minutes. Pat dry with paper towels.
2. Preheat oven to 425 °F.
3. Mix olive oil, allspice, coriander, paprika, and ground cinnamon together in small bowl. Rub on eggplant flesh and roast in oven for 35–45 minutes.
4. While the eggplant is cooking, make the Israeli couscous according to package directions. After cooked, add chickpeas, tomato, green onion, and parsley. Mix well.
5. Place all salsa ingredients in a bowl and mix.
6. To serve. Put eggplant on plate. Stuff with filling. Place salsa over eggplant.



MACROS

|               |         |
|---------------|---------|
| Calories      | 566.5   |
| Fat           | 14.5 g  |
| Protein       | 19.25 g |
| Carbohydrates | 89.75 g |



Kale Pesto with Grilled Chicken

4 Servings



INGREDIENTS

Pesto

- 3 cups Kale, stems removed
- 1-1/2 Tbsp Garlic
- 2 Tbsp Olive oil
- 2 Tbsp Nutritional yeast
- 1/4 cup Vegetable broth
- 2 Tbsp Walnuts
- 2 Tbsp Lemon juice
- 1/2 Tbsp Salt

Pasta

- 12 oz Chickpea pasta

Chicken

- 16 oz Chicken
- 1 Tbsp Olive oil
- 1/2Tbsp Garlic powder
- 1 Tsbp Salt
- 1 tsp Pepper

Garnish

- 2 Tbsp Vegan parmesan



DIRECTIONS

1. Place chicken in a bag with oil, garlic powder, salt, and pepper. Marinate for 30 minutes or overnight in the refrigerator.
2. Bring a pot of water to boil. Place kale in for 20 seconds, then remove and place in ice water.
3. Preheat grill or grill pan.
4. Blend all ingredients for pesto in a blender until the sauce comes together.
5. When grill is hot, grill chicken until fully cooked, about 3–4 minutes per side.
6. Boil pasta according to box directions. Drain but reserve some pasta water to add to the pasta if needed.
7. Mix together cooked pasta and kale pesto. Add some pasta water if the pesto needs to be thinned out.
8. Slice the grilled chicken and place on top of the pasta. Sprinkle vegan parmesan over pasta.



MACROS

|               |         |
|---------------|---------|
| Calories      | 588.88  |
| Fat           | 23.55 g |
| Protein       | 43.55 g |
| Carbohydrates | 50.70 g |



Spaghetti Squash with Marinara and Vegan Meatballs

4 Servings



INGREDIENTS

- |          |                                 |             |                       |
|----------|---------------------------------|-------------|-----------------------|
| 2        | Medium spaghetti squash         | 2 Tbsp      | Water                 |
| 2 Tbsp   | Olive oil                       | 1-1/2 Tbsp  | Garlic, minced        |
| 1 tsp ea | Salt & black pepper             | 1           | Shallot, minced       |
| 1 Tbsp   | Thyme, fresh                    | 1/2 tsp ea. | Salt & black pepper   |
| 2 Tbsp   | Garlic, minced                  | 1 tsp       | Dried oregano         |
| 1        | Shallot, minced                 | 1/2 tsp     | Red chili flakes      |
| 14 oz    | Diced tomato, fresh or canned   | 1/2 tsp     | Ground fennel         |
| 2 oz     | White wine                      | 1/2 cup     | Vegan parmesan cheese |
| 1 tsp ea | Salt & black pepper             | 2 Tbsp      | Tomato paste          |
| 1 cup    | Cooked quinoa                   | 2 Tbsp      | Dried basil           |
| 15 oz    | Black beans, rinsed and drained | 2 Tbsp      | Fresh basil, sliced   |



DIRECTIONS

1. Preheat oven to 400 °F. Slice each spaghetti squash in half and scoop out insides. Brush insides with olive oil, salt, and pepper. Place cut side down on a baking sheet and bake for 40 minutes.
2. Make marinara by heating oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced.
3. Add oil to a pan on medium-high heat. Sauté shallot and garlic for 2 minutes. Add quinoa, black beans, oregano, red chili flakes, fennel, vegan parmesan, tomato paste, and basil. Cook for 2 minutes until warm. Transfer to food processor and pulse.
4. Mixture should be able to form into meatballs. Make as many meatballs as you can. Place on oven sheet and bake at 375 °F for 20 minutes.
5. To serve, shred spaghetti squash with a fork to resemble noodles. Mix in marinara sauce. Put in a bowl and top with meatballs and fresh basil.



MACROS

|               |         |
|---------------|---------|
| Calories      | 569.75  |
| Fat           | 22.75 g |
| Protein       | 19.5 g  |
| Carbohydrates | 71.75 g |

# Post Cleanse Week 4 Recipes

## Friday And Saturday - Reintroduce Dairy

\*skip this if you are allergic or sensitive to dairy

- 71 Buffalo Chicken Lettuce Wrap
- 72 Cherry Kale Superfood Salad
- 73 Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing
- 74 Chipotle Sweet Potato and Black Bean Taco with Lime Crème Fraiche
- 75 Broiled Chicken Parmesan over Zucchini Noodles
- 76 Lime Chicken Tacos with Lime Rice
- 77 Caprese Pasta Primavera with Zucchini Noodles

# Reintroduce Dairy

## Buffalo Chicken Lettuce Wrap

4 Servings



### INGREDIENTS

- 1 lb Chicken breast, cooked and shredded
- 1/2 cup Cheddar, shredded
- 1/2 cup Hot sauce
- 1 cup Cherry tomatoes, halved
- 1/4 cup Red onion, sliced
- 2 Large avocados, diced
- 8 Romaine lettuce leaves
- 4 Tbsp Ranch dressing



### DIRECTIONS

1. In a small bowl, add chicken, cheddar, and hot sauce. Mix until combined.
2. To serve, lay out the romaine leaves. Top with chicken mixture, then tomatoes, onions, and avocado. Drizzle with ranch.



### MACROS

|               |        |
|---------------|--------|
| Calories      | 410    |
| Fat           | 23.5 g |
| Protein       | 28.5 g |
| Carbohydrates | 21 g   |





# Cherry Kale Superfood Salad

4 Servings



INGREDIENTS

- 3/4 cup Quinoa
- 1 lb Brussels sprouts, trimmed and shredded
- 1/2 Radicchio head, chopped
- 1-1/2 cups Cherries, pitted and halved
- 1/2 cup Pecans, roasted and chopped
- 4 oz Crumbled goat cheese
- 1 tsp ea Salt & black pepper



Dressing

- 2 Tbsp Maple syrup
- 1-1/2 Tbsp Dijon mustard
- 1 Tbsp Apple cider vinegar
- 3 Tbsp Olive oil
- 1 Tbsp Fresh thyme

DIRECTIONS

1. Cook quinoa according to package directions. Remove from pan and transfer to another bowl. Let cool.
2. Make dressing by whisking maple syrup, Dijon mustard, apple cider vinegar, olive oil, and thyme in a bowl.
3. To serve, toss quinoa with Brussels sprouts and radicchio. Top with cherries, pecans, and goat cheese. Drizzle dressing over top or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 496.5   |
| Fat           | 29.5 g  |
| Protein       | 11.75 g |
| Carbohydrates | 46 g    |



# Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing

4 Servings



INGREDIENTS

- 3 Medium peaches
- 3 Tbsp Olive oil
- 2 Tbsp Harissa paste
- 2 Tbsp Honey
- 2 Tbsp Lime juice
- 2 Tbsp Balsamic vinegar
- 3 Tbsp Olive oil
- 1 Tbsp Coconut sugar

Dressing

- 1 tsp ea Salt & black pepper
- 1 Shallot, minced
- 8 oz Raspberries

Salad

- 3 cups Mixed greens
- 1/2 cup Fresh raspberries (topping)
- 1/4 cup Almonds, toasted
- 8 oz Burrata, torn into pieces
- 1 tsp ea Salt & black pepper



DIRECTIONS

1. Cut peaches in half and remove pit. Mix together olive oil, harissa paste, honey, lime juice, salt, and pepper and coat peaches.
2. Preheat grill or grill pan to medium heat.
3. Make dressing by combining shallots, raspberries, balsamic vinegar, olive oil, salt, black pepper, and coconut sugar in blender. Blend until smooth.
4. Grill peaches for 3-4 minutes per side. You want them slightly soft but not mushy. Cool peaches and then slice.
5. To assemble salad, place mixed greens in a bowl. Top with peaches, fresh raspberries, almonds, and burrata. Drizzle with dressing or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 569.25  |
| Fat           | 38.25 g |
| Protein       | 12 g    |
| Carbohydrates | 44.25 g |



# Chipotle Sweet Potato and Black Bean Tacos with Lime Creme Fraiche

4 Servings



INGREDIENTS

- 4 cups Sweet potato, peeled and cubed
- 2 Tbsp Olive oil
- 1 Tbsp Chipotle powder
- 1 tsp ea Salt & black pepper
- 15 oz Black beans, rinsed and drained
- 8 Small corn tortillas, warmed

Lime Creme Fraiche

- 1/2 cup Cilantro leaves, loosely packed
- 1/2 cup Sour cream
- 1 Lime, juiced and zested
- 1 tsp ea Salt & black pepper
- 1/4 cup Red cabbage, shredded
- 2 Tbsp Cilantro, chopped



DIRECTIONS

1. Preheat oven to 400 °F. Toss the sweet potato with the olive oil, chipotle powder, salt, and pepper. Place on a baking sheet and bake for 25–30 minutes or until soft.
2. Prepare lime creme fraiche by whisking together sour cream, lime juice, lime zest, salt, and black pepper in a bowl. Whisk until smooth.
3. To assemble tacos, place 2 tortillas on a plate. Top with sweet potatoes and black beans. Top with cabbage, creme fraiche, and cilantro.
4. Divide black beans, squash, and poblano peppers evenly between 8 tortillas. Spoon creamy avocado sauce over the top and garnish with reserved avocado slices and cilantro.



MACROS

|               |         |
|---------------|---------|
| Calories      | 470.30  |
| Fat           | 14.35 g |
| Protein       | 13.01 g |
| Carbohydrates | 72.27 g |



# Broiled Chicken Parmesan over Zucchini Noodles

4 Servings



INGREDIENTS

- 2 Tbsp Olive oil
- 1 Tbsp Fresh thyme
- 2 Tbsp Garlic, minced
- 1 Shallot, minced
- 14 oz Diced tomato, fresh or canned
- 2 oz White wine
- 1 tsp Salt
- 1 tsp Black pepper
- 3 Tbsp Greek yogurt
- 1/4 cup Fresh parmesan
- 4 4 oz Chicken breast cutlets
- 1/2 cup Whole wheat panko
- 1 tsp Garlic powder
- 1 Tbsp Olive oil
- 24 oz Zucchini, spiralized
- 2 oz Mozzarella cheese, shredded
- 1/2 cup Fresh basil, loosely packed



DIRECTIONS

1. Preheat oven to 425 °F.
2. Heat oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced. Remove sauce from heat.
3. Mix the yogurt and parmesan together. Coat the chicken pieces with the mixture. Combine the panko and garlic powder together. Dredge the chicken in the panko mixture.
4. Place the chicken on a wire rack on top of a baking sheet and bake for 12 minutes.
5. Turn oven to broil. Top each chicken with 2 tbsp of sauce and a sprinkle of mozzarella cheese. Cook for two 2 minutes or until cheese is starting to brown and bubble.
6. Heat pan with 1 tbsp of oil. Add garlic, cook for 1 minute, then add spiralized zucchini. Cook for two 2 minutes. Toss with remaining sauce.
7. Place zucchini in bowl. Top with chicken, extra parmesan, and fresh basil.



MACROS

|          |        |               |      |
|----------|--------|---------------|------|
| Calories | 411.5  | Protein       | 34 g |
| Fat      | 19.5 g | Carbohydrates | 25 g |





Lime Chicken Tacos  
with Lime Rice

4 Servings



INGREDIENTS

|         |                                    |         |                         |
|---------|------------------------------------|---------|-------------------------|
| 12 oz   | Chicken thighs                     | 1/2     | Medium red onion, diced |
| 1 tsp   | Garlic powder                      |         |                         |
| 1 tsp   | Salt                               | 1/2 cup | Crumbled queso fresco   |
| 1/2 tsp | Paprika                            | 8       | 4–5" corn tortillas     |
| 1/2 tsp | Black pepper                       | 1 cup   | Basmati rice            |
| 1/4 tsp | Cayenne pepper                     | 1 Tbsp  | Olive oil               |
| 2 Tbsp  | Garlic, minced                     | 3 cups  | Chicken broth           |
| 3 Tbsp  | Lime juice                         | 2 Tbsp  | Honey                   |
| 1 Tbsp  | Olive oil                          | 1       | Lime, zested and juiced |
| 1/2 cup | Cilantro, chopped & loosely packed | 2       | Green onions, chopped   |
|         |                                    | 1 tsp   | Salt                    |
| 2       | Roma tomatoes, diced               | 1 tsp   | Black pepper            |



DIRECTIONS

1. Mix together garlic powder, salt, paprika, black pepper, cayenne pepper, garlic, lime juice, and olive oil in a plastic ziplock bag. Place chicken thighs in bag and let marinate for 30 minutes or overnight in the refrigerator.
2. Preheat grill to medium high.
3. Grill chicken 3–4 minutes per side until cooked all the way through.
4. In a hot saucepan, add oil and rice and cook for 2 minutes. Add the broth, honey, lime zest, lime juice, salt, pepper, and green onions. Bring to a boil. Reduce to simmer and cover and cook for 15–20 minutes or until the rice is tender.
5. When chicken is cooked, let cool for a little while, then chop into bite-size pieces.
6. To assemble taco, place tortilla down, add chicken, and top with tomato, onion, cilantro, and queso fresco. Serve with lime rice on the side.



MACROS

|          |      |               |         |
|----------|------|---------------|---------|
| Calories | 587  | Protein       | 26 g    |
| Fat      | 22 g | Carbohydrates | 71.25 g |

Caprese Pasta Primavera  
with Zucchini Noodles

4 Servings



INGREDIENTS

|        |                               |        |  |
|--------|-------------------------------|--------|--|
| 2 Tbsp | Olive oil                     | 1      | Yellow bell pepper, julienned              |
| 1 Tbsp | Thyme, fresh                  | 3 cups | Spinach, packed and rough chopped & packed |
| 2 Tbsp | Garlic, minced                |        |  |
| 1      | Shallot, minced               | 2 Tbsp | Garlic, minced                             |
| 14 oz  | Diced tomato, fresh or canned | 1      | Shallot, minced                            |
| 2 oz   | White wine                    | 8 oz   | Fresh mozzarella, chopped                  |
| 1 tsp  | Salt                          | 10 oz  | Grape tomatoes, sliced in half             |
| 24 oz  | Zucchini, spiralized          |        |  |
| 2 Tbsp | Olive oil                     |        |  |



DIRECTIONS

1. To make sauce: Heat oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, diced tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced. Remove sauce and keep in bowl.
2. Add 1 tbsp oil to pan. Add bell peppers and cook for 4 minutes. Add garlic and shallot and cook 1 more minute. Add spinach, grape tomatoes, and zucchini. Cook 3 more minutes. Add the mozzarella and the sauce.
3. Serve and enjoy!



MACROS

|               |         |
|---------------|---------|
| Calories      | 403     |
| Fat           | 24 g    |
| Protein       | 16 g    |
| Carbohydrates | 28.25 g |



# Post Cleanse Week 4 Recipes

## Sunday - Reintroduce Wheat And Gluten.

\*Avoid added sugars. Skip this if allergic or sensitive to gluten

- 79 Pesto Chicken and Vegetable Pita Wrap
- 80 Green Goddess Chicken Salad Sandwich
- 81 Pesto Chicken and Avocado Panini
- 82 Grilled Turkey Burger with Pineapple
- 83 Broccoli and Bacon Cream Pasta
- 84 Chipotle Black Bean Burgers
- 85 Plant-Based Fettuccine Alfredo with Broccoli and Chickpeas

# Reintroduce Gluten

## Pesto Chicken and Vegetable Pita Wrap

4 Servings



### INGREDIENTS

- 4 Whole wheat pita
- 1 lb Chicken, cooked and shredded
- 1/2 cup Pesto
- 1/2 cup Spinach
- 1/2 Red onion
- 1/4 cup Carrots, shredded
- 1 Yellow bell pepper, sliced



### DIRECTIONS

1. Mix together pesto and chicken.
2. Place chicken mixture inside pita. Stuff with other fresh vegetables.



### MACROS

|               |        |
|---------------|--------|
| Calories      | 499    |
| Fat           | 19 g   |
| Protein       | 35.5 g |
| Carbohydrates | 34 g   |





Green Goddess  
Chicken Salad Sandwich

4 Servings



INGREDIENTS

- 4 Whole grain wheat buns
- 1 lb Chicken, cooked and shredded
- 1/2 each White onion, chopped
- 1/2 cup Greek yogurt, plain
- 1 Large avocado
- 2 Tbsp Basil
- 2 Tbsp Dill
- 2 Green onions
- 1 Tbsp Lemon juice
- 2 Tbsp Parsley
- 1 cup Sprouts



DIRECTIONS

- Place yogurt, avocado, white onion, basil, dill, green onion, lemon juice, and parsley in a food processor. Blend until smooth to make green goddess dressing.
- Mix together chicken and green goddess dressing.
- Place chicken mixture on sandwich. Top with sprouts.



MACROS

|               |      |
|---------------|------|
| Calories      | 413  |
| Fat           | 17 g |
| Protein       | 32 g |
| Carbohydrates | 33 g |



Pesto Chicken and  
Avocado Panini

4 Servings



INGREDIENTS

- 8 slices Whole wheat bread
- 1 lb Chicken breast, cooked and shredded
- 1/4 cup Pesto
- 1 Avocado, sliced
- 4 oz Fresh mozzarella, sliced
- 1 cup Spinach, loosely packed
- 2 Roma tomato, sliced
- 2 Tbsp Butter



DIRECTIONS

- Mix together the chicken and pesto in a bowl. Place pesto mixture on one bread slice and top with mozzarella, tomato, avocado, and spinach. Top with other piece of bread.
- Spread the butter on the outside of all the pieces of the bread.
- Use a panini press or grill pan to cook. Cook until the bread is toasted and the mozzarella is melted.



MACROS

|               |      |
|---------------|------|
| Calories      | 583  |
| Fat           | 31 g |
| Protein       | 36 g |
| Carbohydrates | 40 g |

Grilled Turkey Burger with Pineapple

4 Servings



INGREDIENTS

Burger

- 1 lb Ground turkey
- 1/4 cup Minced onion
- 2 Tbsp Teriyaki sauce
- 2 tsp Minced ginger
- 1/2 Tbsp Salt
- 1 tsp Pepper

Fixings

- 4 Tbsp Teriyaki sauce
- 4 Pineapple ring slices
- 4 Thick-cut red onion slices
- 2 Avocado, sliced
- 4 Whole grain hamburger buns



DIRECTIONS

- In a large bowl, mix the ground turkey, minced onion, teriyaki sauce, minced ginger, salt, and pepper together.
- Form the meat into 4 patties and set aside.
- Preheat the grill to medium high.
- Brush the red onion and pineapple slices with the teriyaki sauce. Place them on the grill and cook until soft and caramelized, about 3 minutes per side.
- Place the patties on the grill and cook for about 3–4 minutes per side. You can brush the burgers with extra teriyaki sauce if needed.
- Place the cooked burgers on the bun, top with the grilled pineapple, red onions, and avocado. You can also mix the avocado to make a spread to put on the bun if preferred.



MACROS

|               |         |
|---------------|---------|
| Calories      | 512.75  |
| Fat           | 21.75 g |
| Protein       | 31 g    |
| Carbohydrates | 48.25 g |



Broccoli and Bacon Cream Pasta

4 Servings



INGREDIENTS

- |            |                          |         |                           |
|------------|--------------------------|---------|---------------------------|
| 4          | Strips of bacon, chopped | 1/2 tsp | Salt                      |
| 2 Tbsp     | Garlic, minced           | 1/2 tsp | Black pepper              |
| 12 oz      | Penne pasta              | 1/4 tsp | Red chili flakes          |
| 1-1/2 cups | Half and half            | 2 cups  | Broccoli florets          |
| 2 cups     | Chicken broth            | 1/4 cup | Parmesan cheese, shredded |



DIRECTIONS

- In large saucepan, cook the bacon until crispy. Remove bacon and place on paper towel to drain. Leave small amount of fat in pan.
- Add the garlic and cook for 30 seconds. Add the uncooked pasta, cream, chicken broth, salt, pepper, and red chili flakes. Bring to a boil and reduce to simmer. Cover and cook for 6 minutes.
- Add the broccoli to the pan and cook for another 5–7 minutes.
- Mix in bacon and parmesan cheese.



MACROS

|               |        |
|---------------|--------|
| Calories      | 599.5  |
| Fat           | 15.5 g |
| Protein       | 25 g   |
| Carbohydrates | 90 g   |



Chipotle Black Bean Burgers

4 Servings



INGREDIENTS

|         |                                    |          |                   |
|---------|------------------------------------|----------|-------------------|
| 1 Tbsp  | Olive oil                          | 1/2 Tbsp | Ground cumin      |
| 1 cup   | Red onion, minced                  | 1 tsp    | Chili powder      |
| 1 cup   | Red bell pepper, minced            | 1 Tbsp   | Garlic powder     |
| 20 oz   | Black beans, rinsed and patted dry | 1 tsp    | Salt              |
| 1       | Large egg                          | 1 tsp    | pepper            |
| 1/2 cup | Whole wheat panko                  | 4        | Whole wheat buns  |
| 2 Tbsp  | Almond butter                      | 4        | Tomatoes, sliced  |
| 2 Tbsp  | Chipotle peppers                   | 4        | Lettuce leaves    |
| 1 Tbsp  | Worcestershire sauce               | 4 Tbsp   | Red pepper hummus |
|         |                                    | 1        | Avocado, sliced   |



DIRECTIONS

1. Preheat oven to 375 °F.
- 2.Heat oil in large skillet. Add onions and bell peppers. Cook for 6 minutes or until soft.
- 3.Place black beans in large bowl and mash with either a potato masher or your hands. You want most of the beans to be mashed but not all. Add the cooked onions and bell peppers. Add egg, panko, almond butter, chipotle peppers, Worcestershire sauce, cumin, chili powder, garlic powder, salt, and pepper.
- 4.Form patties with the burger mixture. Place on baking sheet and bake for 25 minutes, flipping halfway through.
- 5.To serve, spread hummus on each side of the bun and put the patty, lettuce, tomato, and avocado on top.



MACROS

|               |         |
|---------------|---------|
| Calories      | 599.5   |
| Fat           | 21.5 g  |
| Protein       | 21.25 g |
| Carbohydrates | 80.25 g |

Plant-Based Fettucine Alfredo with Broccoli and Chickpeas

4 Servings



INGREDIENTS

|         |                             |          |                               |
|---------|-----------------------------|----------|-------------------------------|
| 12 oz   | Whole wheat fettucine pasta | 1 Tbsp   | Nutritional yeast             |
|         |                             | 1 tsp ea | Salt & black pepper           |
| 2 Tbsp  | Olive oil                   | 1/4 tsp  | Red chili flakes              |
| 2 Tbsp  | Garlic, minced              | 1 lb     | Broccoli florets              |
| 1/2 cup | Raw cashews                 | 15 oz    | Chickpeas, rinsed and drained |
| 1 cup   | Almond milk, unsweetened    | 2 Tbsp   | Fresh basil                   |
| 1 Tbsp  | Lemon juice                 |          |                               |



DIRECTIONS

1. Bring pot of water to a boil and cook pasta according to package directions. Drain and reserve 1 cup of pasta water.
- 2.Heat oil in pan to medium heat. Add garlic and cook for 30 seconds. Add broccoli and continue to cook for 4 minutes. Add chickpeas and cook another 2 minutes. Set aside.
- 3.Soak cashews in hot water for 10 minutes, then drain and add them to a blender. Add the almond milk, lemon juice, nutritional yeast, salt, pepper, and chili flakes. Blend until smooth. Add some of the reserved pasta water if needed to thin the sauce.
- 4.Add the sauce to a pan with broccoli. Add the cooked pasta and cook all together for 2 more minutes.
- 5.To serve, place pasta in a bowl and top with fresh basil.



MACROS

|               |         |
|---------------|---------|
| Calories      | 540.25  |
| Fat           | 16.25 g |
| Protein       | 18.75 g |
| Carbohydrates | 79.75 g |

## Meals

- p. 88, BBQ Chicken Chop Salad
- p. 89, Grilled Lemon Chicken with Green Salad
- p. 90, Chipotle Salmon Slider with Lemon Yogurt served in Lettuce Wraps
- p. 91, Asian Sesame Chicken Salad with Orange Tahini Dressing
- p. 92, Teriyaki Cauliflower Farro and Rice Bowl
- p. 93, Grilled Potato and Salmon Salad with Chive and Tomatillo Dressing
- p. 94, Salmon with Sweet Potatoes and Asparagus
- p. 95, Broccoli and Bacon Cream Pasta
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- p. 100, Chicken Teriyaki with Grilled Vegetables
- p. 101, Pan Seared Salmon with Strawberry Salsa
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- p. 103, Sweet Potato and Black Bean Enchiladas with Avocado Sauce
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- p. 105, Chicken Burrito Rice Bowl

## Smoothies

- p. 106, Watermelon Waves Shake (picture)
- p. 107, Orange Mango Shake
- p. 107, Peanut Butter Shake
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## Breakfast

- p. 114, Almond Butter Overnight Oats with Berries
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## Desserts

- p. 121, Green Smoothie Protein Pops
- p. 122, Almond Butter and Strawberry Protein Popsicles
- p. 123, Kiwi and Pineapple Popsicles
- p. 124, Chocolate and Berry Protein Popsicles
- p. 124, Blueberry Yogurt Healthy Popsicles
- p. 125, Berry Coconut Popsicles
- p. 125, Healthy Strawberry Mango Popsicles
- p. 126, Yogurt and Granolda Breakfast Protein Popsicles
- p. 127, Healthy Orange Creamsicle Popsicle
- p. 127, Tropical Smoothie Protein Popsicles
- p. 128, Cookie Dough Energy Bites
- p. 129, Coconut Energy Bites
- p. 129, Chocolate Energy Bites
- p. 130, Tropical Energy Bites
- p. 131, Carrot Cake Energy Bites
- p. 131, Lemon Energy Bites
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- p. 132, Peanut Buter Chocolate Bites
- p. 133, Flourless Chocolate Protein Brownies
- p. 134, S'mores Protein Brownies



# BBQ Chicken Chop Salad

4 Servings



INGREDIENTS

|         |                            |         |                      |
|---------|----------------------------|---------|----------------------|
| 1 lb    | Chicken, cooked and sliced | 1 cup   | Corn                 |
| 1/2 cup | BBQ sauce                  | 15 oz   | Black beans          |
| 2 cups  | Romaine lettuce, chopped   | 1/2 cup | Colby cheese         |
| 2       | Roma tomato, chopped       | 2       | Green onions, sliced |



DIRECTIONS

1. Mix together chicken and BBQ sauce.
2. Place lettuce in a bowl. Top with chicken, tomatoes, corn, black beans, cheese, and green onions.



MACROS

|          |      |               |         |
|----------|------|---------------|---------|
| Calories | 402  | Protein       | 34.75 g |
| Fat      | 10 g | Carbohydrates | 43.25 g |



# Grilled Lemon Chicken with Green Salad

4 Servings



INGREDIENTS

|          |                             |          |                                    |
|----------|-----------------------------|----------|------------------------------------|
| 2 Tbsp   | Garlic, minced              | 1/3 cup  | Kalamata olives, pitted and halved |
| 1        | Lemon, juiced and zested    | 1/2 cup  | Cucumber, deseeded and sliced      |
| 2 Tbsp   | Olive oil                   | 2 Tbsp   | Olive oil                          |
| 1 tsp ea | Salt & black pepper         | 2 Tbsp   | Balsamic vinegar                   |
| 4        | 4-oz chicken breast cutlets | 1 Tbsp   | Dijon mustard                      |
| 4 cups   | Mixed greens                | 2 Tbsp   | Honey                              |
| 2 cups   | Cherry tomatoes, halves     | 1 tsp ea | Salt & black pepper                |
| 1/2 cup  | Red onion, sliced           |          |                                    |



DIRECTIONS

1. Marinate chicken by placing garlic, lemon, olive oil, salt, pepper, and chicken in a bag or bowl. Marinate for 30 minutes or overnight in the refrigerator.
2. Preheat grill or grill pan to medium high.
3. Cook chicken for 3–4 minutes per side or until fully cooked. Remove from grill. Allow to cool slightly and slice.
4. Make dressing by placing olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper in a bowl and whisking until smooth.
5. To serve, place mixed greens in a bowl. Top with tomatoes, onions, olives, cucumber, and chicken. Drizzle dressing over top or serve on the side.



MACROS

|          |        |               |         |
|----------|--------|---------------|---------|
| Calories | 456.5  | Protein       | 26 g    |
| Fat      | 27.5 g | Carbohydrates | 26.25 g |

# Chipotle Salmon Slider with Lemon Yogurt Served in Lettuce Wraps

4 Servings



INGREDIENTS

Salmon Patties

|            |                                   |        |                        |
|------------|-----------------------------------|--------|------------------------|
| 1 lb       | Salmon, skinless, cut into chunks | Other  |                        |
| 1/2 cup    | Whole wheat breadcrumbs           | 2 Tbsp | Olive oil              |
| 2 Tbsp     | Chipotle peppers, blended         | 8 each | Romaine lettuce leaves |
| 1          | Large egg                         | 1      | Large avocado, sliced  |
| 1 tsp      | Paprika                           | 2 each | Radish, thinly sliced  |
| 1/2 tsp ea | Salt & black pepper               |        |                        |

Lemon Yogurt

|         |                          |
|---------|--------------------------|
| 1/3 cup | Greek yogurt, plain      |
| 1 Tbsp  | Cilantro, chopped        |
| 1 Tbsp  | Garlic                   |
| 1       | Lemon, juiced and zested |



DIRECTIONS

1. Make salmon patties by placing salmon, whole wheat breadcrumbs, chipotle peppers, egg, paprika, salt, and pepper in food processor. Blend until uniform mixture is formed. If mixture is too wet, add more breadcrumbs.
2. Form the mixture into eight 2-oz patties.
3. Make lemon yogurt by mixing together Greek yogurt, cilantro, garlic, lemon juice, and lemon zest in a bowl. Whisk until smooth.
4. Heat a large skillet over medium heat. Add oil and cook salmon patties for 2–3 minutes per side. Remove from heat.
5. To assemble, place romaine lettuce leaves on a plate. Add a salmon patty to each leaf. Top with lemon yogurt, sliced avocado and radish.



MACROS

|               |         |
|---------------|---------|
| Calories      | 493     |
| Fat           | 28 g    |
| Protein       | 46.25 g |
| Carbohydrates | 14 g    |

# Asian Sesame Chicken Salad with Orange Tahini Dressing

4 Servings



INGREDIENTS

|         |                                 |
|---------|---------------------------------|
| 5 cups  | Cabbage, shredded               |
| 1 cup   | Carrots, shredded               |
| 1       | Red bell pepper, julienned      |
| 1/2 cup | Edamame, shelled                |
| 11 oz   | Mandarin oranges                |
| 1/2 cup | Cilantro leaves, loosely packed |
| 1/2 cup | Crunchy chow mein noodles       |
| 2       | Green onions, sliced            |
| 1       | Jalapeno, seeded and sliced     |

Dressing

|          |                |
|----------|----------------|
| 2 Tbsp   | Orange juice   |
| 2 Tbsp   | Tahini         |
| 1 Tbsp   | Honey          |
| 1 Tbsp   | Rice vinegar   |
| 2 Tbsp   | Olive oil      |
| 1/2 Tbsp | Sesame oil     |
| 1 lb     | Chicken breast |
| 1 tsp    | Sesame oil     |
| 1 Tbsp   | Olive oil      |
| 1 tsp    | Sesame seeds   |



DIRECTIONS

1. Make salad dressing by mixing orange juice, tahini, honey, rice wine vinegar, olive oil, and sesame oil in a bowl. Whisk until smooth.
2. Place chicken, sesame oil, olive oil, and sesame seeds in a bowl. Let marinate for 30 minutes.
3. Heat large skillet with olive oil. Cook chicken for 4–5 minutes per side. Remove chicken and allow to cool slightly. Slice chicken.
4. To assemble salad, toss together cabbage, carrots, red bell pepper, cilantro leaves, jalapeno, edamame, and 1/2 dressing. Place in a bowl. Top with mandarin oranges, chow mein noodles, green onions, and chicken.
5. Drizzle the rest of the dressing on top or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 447.5   |
| Fat           | 21.5 g  |
| Protein       | 31.25 g |
| Carbohydrates | 32.25 g |





# Teriyaki Cauliflower Farro and Rice Bowl

4 Servings



INGREDIENTS

|            |                                      |         |                      |
|------------|--------------------------------------|---------|----------------------|
| 3 Tbsp     | Olive oil                            | 1/2 cup | Water                |
| 2 cups     | Cauliflower florets                  | 1 Tbsp  | Cornstarch           |
| 1/2        | Yellow onion, julienned              | 4 Tbsp  | Coconut aminos       |
| 8 oz       | Button mushrooms, cleaned and sliced | 2 Tbsp  | Coconut sugar        |
| 1 cup      | Red cabbage, shredded                | 1 Tbsp  | Garlic               |
| 1/2 cup    | Edamame, shelled                     | 2 Tbsp  | Hoisin sauce         |
| 1-1/2 cups | Cooked brown rice                    | 2 Tbsp  | Rice wine vinegar    |
| 1-1/2 cups | Cooked farro                         | 2       | Green onions, sliced |



DIRECTIONS

1. Preheat oven to 425 °F. Toss olive oil, cauliflower, yellow onions, and button mushrooms together. Place on baking sheet and roast 25–30 minutes or until soft.
2. Heat coconut aminos, water, coconut sugar, garlic, hoisin, and rice wine vinegar in a small saucepan over medium heat. Cook until sugar dissolves, about 1–2 minutes, stirring often. Add the cornstarch mixture and bring sauce to a boil, whisking often to avoid scorching on the bottom of the pan. Reduce to medium-low heat and simmer until sauce thickens, about 2–3 minutes. Remove from heat.
3. After vegetables are done cooking in the oven, toss in 1/2 of the teriyaki sauce.
4. To assemble, mix together farro and brown rice. Place in a bowl and top with roasted teriyaki vegetables. Place cabbage, edamame, and green onions on top.



MACROS

|               |         |
|---------------|---------|
| Calories      | 574.25  |
| Fat           | 14.25 g |
| Protein       | 12.5 g  |
| Carbohydrates | 99 g    |



# Grilled Potato and Salmon Salad with Chive and Tomatillo Dressing

4 Servings



INGREDIENTS

|          |                                      |         |                            |
|----------|--------------------------------------|---------|----------------------------|
| 1 lb     | Salmon fillets                       | 2 Tbsp  | Apple cider vinegar        |
| 2 Tbsp   | Olive oil                            | 1 Tbsp  | Dijon mustard              |
| 2 tsp ea | Salt & pepper                        | 1 Tbsp  | Maple syrup                |
| 1 tsp    | Fresh dill                           | 2 Tbsp  | Chive                      |
| 10 oz    | Red potatoes sliced into 1/2" slices | 1/2 cup | Tomatillos                 |
| 1 Tbsp   | Olive oil                            | 2 Tbsp  | Parsley                    |
| 1        | Medium shallot, minced               | 1/4 cup | Celery, thinly sliced      |
| 2 Tbsp   | Garlic, minced                       | 1/4 cup | Granny Smith apples, diced |
| 1 Tbsp   | Sage                                 | 1/4 cup | Dried cranberries          |
| 1/4 cup  | Vegetable broth                      |         |                            |



DIRECTIONS

1. Preheat grill or grill pan to medium high.
2. Brush salmon with olive oil, salt, pepper, and dill.
3. Mix together red potatoes with olive oil, salt, pepper, shallot, garlic, and sage.
4. Grill the salmon for 3–4 minutes per side or until fully cooked.
5. Cook the potatoes for 5–6 minutes per side or until soft.
6. Blend together dressing by combining vegetable broth, apple cider vinegar, Dijon mustard, maple syrup, chive, tomatillos, and parsley in a blender. Blend until smooth.
7. To assemble salad, mix together grilled potatoes, celery, apples, and cranberries. Mix with 1/2 the dressing. Top with salmon. Then drizzle remaining dressing over top or serve on the side.



MACROS

|               |         |
|---------------|---------|
| Calories      | 424.36  |
| Fat           | 30.60 g |
| Protein       | 15.01 g |
| Carbohydrates | 22.24 g |

# Salmon with Sweet Potatoes and Asparagus

4 Servings



INGREDIENTS

|         |                                       |        |                                |
|---------|---------------------------------------|--------|--------------------------------|
| 20 oz   | Raw wild salmon, cleaned and skinless | 1 lb   | Sweet potatoes, diced          |
| 2 Tbsp  | Lemon juice                           | 1 lb   | Asparagus, cleaned and trimmed |
| 2 Tbsp  | Maple syrup                           | 2 Tbsp | Olive oil                      |
| 2 Tbsp  | Dijon mustard                         | 1 tsp  | Salt                           |
| 1 tsp   | Dill                                  | 1 tsp  | Black pepper                   |
| 1/2 tsp | Oregano                               |        |                                |
| 1 Tbsp  | Garlic                                |        |                                |



DIRECTIONS

1. Preheat oven to 450 °F.
2. Mix together the lemon juice, maple syrup, mustard, dill, garlic, and oregano.
3. Place the salmon on a baking pan and brush with the mustard sauce.
4. Toss the veggies with the oil, salt, and pepper.
5. Place the veggies around the salmon in an even layer.
6. Bake for 12–15 minutes on the middle rack until the salmon is cooked through and the potatoes are tender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 415     |
| Fat           | 16 g    |
| Protein       | 32.25 g |
| Carbohydrates | 35.5 g  |

# Broccoli and Bacon Cream Pasta

4 Servings



INGREDIENTS

|            |                          |         |                           |
|------------|--------------------------|---------|---------------------------|
| 4          | Strips of bacon, chopped | 1/2 tsp | Black pepper              |
| 2 Tbsp     | Garlic, minced           | 1/4 tsp | Red chili flakes          |
| 12 oz      | Penne pasta              | 2 cups  | Broccoli florets          |
| 1-1/2 cups | Half and half            | 1/4 cup | Parmesan cheese, shredded |
| 2 cups     | Chicken broth            |         |                           |
| 1/2 tsp    | Salt                     |         |                           |



DIRECTIONS

1. In large saucepan, cook the bacon until crispy. Remove bacon and place on paper towel to drain. Leave small amount of fat in pan.
2. Add the garlic and cook for 30 seconds. Add the uncooked pasta, cream, chicken broth, salt, pepper, and red chili flakes. Bring to a boil and reduce to simmer. Cover and cook for 6 minutes.
3. Add the broccoli to the pan and cook for another 5–7 minutes.
4. Mix in bacon and parmesan cheese.



MACROS

|               |        |
|---------------|--------|
| Calories      | 599.5  |
| Fat           | 15.5 g |
| Protein       | 25 g   |
| Carbohydrates | 90 g   |





# Sesame Beef and Broccoli with Cauliflower Fried Rice

4 Servings



INGREDIENTS

Marinade

- 1 lb Flank steak cut into bite-size pieces
- 3 Tbsp Coconut aminos
- 1 Tbsp Hoisin sauce
- 1/2 Tbsp Sweet chili sauce
- 2 tsp Cornstarch
- 1 tsp Garlic powder
- 1 tsp Ginger powder

Sauce

- 1 Tbsp Rice wine (mirin)
- 2 Tbsp Oyster sauce
- 3 Tbsp Coconut sugar
- 1 tsp Sesame oil
- 2 tsp Cornstarch
- 1/2 tsp Black pepper

Extras

- 2 Tbsp Minced garlic
- 1 Tbsp Minced ginger
- 2 Tbsp Canola oil
- 4 cups Broccoli cut into florets
- 1/4 cup Water
- 3 Green onions, sliced

Cauliflower Rice

- 16 oz Riced cauliflower
- 8 oz Peas and carrots
- 2 Tbsp Coconut aminos
- 6 oz Egg whites
- 1 tsp Sesame oil



DIRECTIONS

1. Cut flank steak into bite-size pieces. Mix other marinade ingredients together. Pour marinade over steak in a ziplock bag or bowl and let marinate for 30 minutes or up to 8 hours in the refrigerator.
2. Whisk together all sauce ingredients in a small bowl. Set aside.
3. Heat nonstick skillet over high heat until very hot. Add oil, and then add the marinated beef (drain off any excess marinade).
4. Cook in a single layer and work in batches if needed. Cook the beef for 1 minute per side, or until brown. The beef does not need to be fully cooked, because it will continue cooking later.
5. Remove beef and add broccoli, minced garlic, and ginger to the pan with canola oil. Cook for 2 minutes, then add water and cover. Let broccoli steam for another 2 minutes.
6. In another pan, cook cauliflower rice by adding cauliflower, peas, and carrots to a hot pan with oil. Cook for 2–3 minutes. Then move the vegetables to one side and add egg. Heat until egg is cooked. Add coconut aminos and sesame oil. Mix all together.
7. To serve, place cauliflower rice in a bowl. Top with broccoli and steak.
8. To finish the steak, return the steak back to the pan with the broccoli, add the sauce, and cook until sauce has thickened and beef is cooked through, about 1–2 minutes. Be careful not to overcook beef or it will become tough.
9. Garnish with sliced green onions.



MACROS

|               |         |
|---------------|---------|
| Calories      | 464.5   |
| Fat           | 74 g    |
| Protein       | 34.75 g |
| Carbohydrates | 39.75 g |

# Pan Seared Lemon Salmon with Rosemary Walnut Creamy Sauce

4 Servings



INGREDIENTS

- |         |                   |            |                              |
|---------|-------------------|------------|------------------------------|
| 1/2 cup | Walnut pieces     | 1 tsp      | Salt                         |
| 3 Tbsp  | Olive oil         | 2 Tbsp     | Sherry wine vinegar          |
| 1/2 cup | Shallot, chopped  | 1-1/2 cups | Vegetable broth              |
| 2 Tbsp  | Garlic, minced    | 1 tsp      | Lemon zest                   |
| 2 tsp   | Rosemary, chopped | 4          | 6-oz Atlantic salmon fillets |



DIRECTIONS

1. Put walnuts in a large pan and cook over medium heat until nuts are toasted and fragrant, stirring constantly for about 5 minutes. Transfer walnuts to a blender and return pan to stove.
2. Add 1 tbsp oil to the pan. Add shallots and cook for 2–3 minutes. Add garlic and cook for 30 seconds. Add rosemary, salt, and vinegar and cook for 2 minutes. Add broth and simmer 3 minutes. Add lemon zest, then carefully pour mixture into blender with walnuts. Blend on high until smooth and creamy; set aside.
3. Add 2 tbsp oil to pan. Season salmon with salt and pepper. Add to pan and cook 3–4 minutes per side. Turn off the heat, add walnut sauce to pan, and let salmon stand for 2 minutes.
4. Transfer to plate. Add vegetables or garnishes to the salmon.



MACROS

|               |         |
|---------------|---------|
| Calories      | 489.5   |
| Fat           | 30.5 g  |
| Protein       | 45.25 g |
| Carbohydrates | 8.5 g   |



# Balsamic Chicken with Brown Butter Butternut Squash

4 Servings



INGREDIENTS

|         |                         |         |                            |
|---------|-------------------------|---------|----------------------------|
| 16 oz   | Chicken breast          | 4 Tbsp  | Unsalted butter            |
| 3 Tbsp  | Balsamic vinegar        | 2 Tbsp  | Garlic                     |
| 2 Tbsp  | Honey                   | 2 Tbsp  | Fresh sage, chopped        |
| 2 cups  | Butternut squash, cubed | 1 tsp   | Fresh thyme, chopped       |
| 1 Tbsp  | Olive oil               | 1/4 cup | Roasted hazelnuts, chopped |
| 1/2 tsp | Salt                    |         |                            |
| 1/2 tsp | Black pepper            |         |                            |



DIRECTIONS

1. Marinate chicken in a bag with balsamic vinegar and honey.
2. Preheat oven to 425 °F. Toss butternut squash with oil, salt, and pepper. Bake for 35–40 minutes. Stir halfway through cooking time.
3. Heat pan with oil. Add chicken and cook 4–5 minutes per side or until fully cooked.
4. Melt butter in saucepan over medium heat. Cook until butter becomes darker and gives off a nutty aroma, about 3 minutes. Add garlic, sage, and thyme.
5. When squash comes out of oven, toss in brown butter sauce.
6. To serve, add butternut squash to a plate. Place chicken on top. Sprinkle with hazelnuts.



MACROS

|               |         |
|---------------|---------|
| Calories      | 489.5   |
| Fat           | 30.5 g  |
| Protein       | 45.25 g |
| Carbohydrates | 8.5 g   |



# Turkey Meatloaf with Cauliflower Mashed Potatoes and Green Beans

4 Servings



INGREDIENTS

|         |                         |         |                  |
|---------|-------------------------|---------|------------------|
| 24 oz   | Lean ground turkey      | 1/4 cup | Ketchup          |
| 1       | Large egg               | 1/4 cup | Coconut sugar    |
| 1/2 cup | Minced onion            | 1       | Cauliflower head |
| 1/2 cup | Minced celery           | 1 Tbsp  | Ranch seasoning  |
| 1/4 cup | Unsweetened almond milk | 1/4 cup | Parmesan         |
| 1/2 cup | Rolled oats             | 2 Tbsp  | Unsalted butter  |
| 1 tsp   | Garlic powder           | 1 Tbsp  | Chives           |
| 1 tsp   | Salt                    | 8 oz    | Green beans      |
| 1 tsp   | Black pepper            | 1 Tbsp  | Olive oil        |
| 2 Tbsp  | Dijon mustard           |         |                  |



DIRECTIONS

1. Preheat oven to 350 °F.
2. In a large bowl, combine the beef, egg, onion, almond milk, oats, garlic powder, salt, and pepper. Mix well.
3. Grease a 5x9 loaf pan. Place meatloaf in pan and press down to make sure meatloaf is packed in.
4. Mix together mustard, ketchup, and coconut sugar in bowl. Pour over the meat loaf.
5. Cover and bake for 1 hour.
6. For mashed cauliflower, steam for 10 minutes or until soft. Place in food processor with ranch seasoning, parmesan, butter, chives, salt, and pepper. Blend until smooth.
7. For green beans, toss with olive oil, salt, and pepper. Place in the oven for 10 minutes or until cooked.
8. To serve, place cauliflower mashed potatoes on plate, lay the green beans next to it, slice the meatloaf, and put it on the side of cauliflower mash.



MACROS

|               |         |
|---------------|---------|
| Calories      | 588.5   |
| Fat           | 27.5 g  |
| Protein       | 39.75 g |
| Carbohydrates | 45.5 g  |



# Chicken Teriyaki with Grilled Vegetables

4 Servings



INGREDIENTS

- 20 oz Chicken breast
- 2 Tbsp Olive oil
- 1 Medium zucchini, small diced
- 2 Green pepper, diced small
- 2 Small onion, diced small
- 8 oz Button mushrooms, sliced
- 2 Tbsp Garlic
- 1/2 cup Teriyaki sauce



DIRECTIONS

- Place chicken in a bag with 1/4 cup of teriyaki sauce and marinate for 30 minutes or overnight in the refrigerator.
- Heat pan with oil and add the vegetables. Cook for 5–6 minutes until soft. Add the garlic and cook for another 30 seconds. Remove vegetables from pan and set aside.
- Add more oil to the pan. Place chicken in pan and cook for 3–4 minutes per side or until fully cooked. Add vegetables back to the pan and add the rest of the teriyaki sauce.
- To serve, place vegetables in a bowl and top with chicken.



MACROS

|               |         |
|---------------|---------|
| Calories      | 421.5   |
| Fat           | 20.5 g  |
| Protein       | 38.75 g |
| Carbohydrates | 20.5 g  |

# Pan Seared Salmon with Strawberry Salsa

4 Servings



INGREDIENTS

- |            |                                |          |                               |
|------------|--------------------------------|----------|-------------------------------|
| 1-1/2 cups | Strawberries, diced            | 2 Tbsp   | Red wine vinegar              |
| 1/2 cup    | Green olives, pitted and diced | 2 tsp    | Soy sauce                     |
| 2 Tbsp     | Green onions, sliced           | 3 Tbsp   | Olive oil                     |
| 1 Tbsp     | Cilantro, finely chopped       | 4        | 6-oz salmon fillets, skinless |
|            |                                | 1 tsp ea | Salt & black pepper           |



DIRECTIONS

- In a medium bowl, mix together strawberries, green olives, green onions, cilantro, red wine vinegar, soy sauce, 2 tbsp olive oil, 1/2 tsp salt, and black pepper.
- Pat the salmon dry and season with remaining 1/2 tsp salt and black pepper.
- Heat 1 tbsp olive oil in a pan to medium high. Place salmon fillets and cook 3 minutes per side.
- To serve, place salmon on a plate and top with strawberry salsa.



MACROS

|          |         |               |        |
|----------|---------|---------------|--------|
| Calories | 402.25  | Protein       | 35.5 g |
| Fat      | 26.25 g | Carbohydrates | 6 g    |



# Asian Chicken and Broccoli over Rice Noodles

4 Servings



INGREDIENTS

|        |  |            |                  |
|--------|--|------------|------------------|
| 16 oz  | Brown rice noodles                         | 1-1/2 Tbsp | Sriracha sauce   |
| 3 Tbsp | Olive oil                                  | 1 Tbsp     | Fish sauce       |
| 1 tsp  | Garlic powder                              | 1-1/2 Tbsp | Soy sauce        |
| 20 oz  | White button mushrooms, cleaned and sliced | 2 Tbsp     | Coconut sugar    |
| 1 lb   | Boneless chicken breast, thinly sliced     | 1-1/2 lbs  | Broccoli florets |



DIRECTIONS

1. Cook rice noodles according to package instructions.
2. While rice noodles are cooking, heat oil in skillet. When hot, add garlic and mushroom and cook for 3 minutes. Add fish sauce and chicken and cook for 4 minutes.
3. Add soy sauce, sriracha, and coconut sugar. Stir until the sugar dissolves.
4. Add the broccoli and cook for 3 minutes or until broccoli is tender.
5. Drain the rice noodles.
6. Transfer the chicken and vegetables out of the pan and into a bowl.
7. Add noodles to the pan and cook for 2 minutes until they absorb some of the sauce.
8. To serve, place noodles in bowl, then top with chicken and vegetable mixture..



MACROS

|               |         |
|---------------|---------|
| Calories      | 427.75  |
| Fat           | 14.25 g |
| Protein       | 32.63 g |
| Carbohydrates | 42.25 g |

# Sweet Potato and Black Bean Enchiladas with Avocado Sauce

4 Servings



INGREDIENTS

|          |                                  |                      |                          |
|----------|----------------------------------|----------------------|--------------------------|
| 1 lb     | Ground turkey                    | 10 oz                | Red enchilada sauce      |
| 1 lb     | Sweet potatoes, peeled and diced | 1/2 cup              | Shredded cheddar         |
| 1/2      | Medium onion, diced              | <b>Avocado Sauce</b> |                          |
| 1 Tbsp   | Garlic, minced                   | 1                    | Avocado                  |
| 1 Tbsp   | Olive oil                        | 1/2 cup              | Greek yogurt, plain      |
| 1 tsp ea | Salt & black pepper              | 1 Tbsp               | Lime juice               |
| 15 oz    | Black beans, drained and rinsed  | 1 Tbsp               | Cilantro, finely chopped |
|          |                                  | 1 tsp ea             | Salt & black pepper      |
| 8        | Flour tortillas                  |                      |                          |



DIRECTIONS

1. Preheat oven to 400 °F. Line a baking pan with foil. Spread out sweet potatoes and toss with olive oil, salt, and pepper. Bake for 20 minutes or until soft.
2. Heat a large skillet to medium heat. Add ground turkey and cook until brown. Add onion and garlic and cook for another 3 minutes. Stir in black beans, sweet potatoes, and 3 tbsp of enchilada sauce.
3. Grease a 9x13 baking dish and put another 2 tbsp of enchilada sauce down.
4. Divide the meat mixture evenly into the tortillas and roll them up. Place them seam side down. Pour the rest of the enchilada sauce over the tortillas. Top with cheese and bake at 350 °F for 20 minutes. You can cover the pan if the cheese is getting too dark.
5. While the enchiladas are baking, make the avocado sauce by blending the avocado, Greek yogurt, lime juice, cilantro, salt, and pepper in food processor until creamy. If sauce is too thick, thin down with water.
6. To serve, place 3 enchiladas on a plate and top with avocado sauce.



MACROS

|               |         |
|---------------|---------|
| Calories      | 489.5   |
| Fat           | 30.5 g  |
| Protein       | 45.25 g |
| Carbohydrates | 8.5 g   |



# Plant-Based Fettucine Alfredo with Broccoli and Chickpeas

4 Servings



INGREDIENTS

|         |                             |          |                               |
|---------|-----------------------------|----------|-------------------------------|
| 12 oz   | Whole wheat fettucine pasta | 1 tbsp   | Nutritional yeast             |
|         |                             | 1 tsp ea | Salt & black pepper           |
| 2 tbsp  | Olive oil                   | 1/4 tsp  | Red chili flakes              |
| 2 tbsp  | Garlic, minced              | 1 lb     | Broccoli florets              |
| 1/2 cup | Raw cashews                 | 15 oz    | Chickpeas, rinsed and drained |
| 1 cup   | Almond milk, unsweetened    | 2 tbsp   | Fresh basil                   |
| 1 tbsp  | Lemon juice                 |          |                               |



DIRECTIONS

1. Bring pot of water to a boil and cook pasta according to package directions. Drain and reserve 1 cup of pasta water.
- 2.Heat oil in pan to medium heat. Add garlic and cook for 30 seconds. Add broccoli and continue to cook for 4 minutes. Add chickpeas and cook another 2 minutes. Set aside.
- 3.Soak cashews in hot water for 10 minutes, then drain and add them to a blender. Add the almond milk, lemon juice, nutritional yeast, salt, pepper, and chili flakes. Blend until smooth. Add some of the reserved pasta water if needed to thin the sauce.
- 4.Add the sauce to a pan with broccoli. Add the cooked pasta and cook all together for 2 more minutes.
- 5.To serve, place pasta in a bowl and top with fresh basil.



MACROS

|               |         |
|---------------|---------|
| Calories      | 540.25  |
| Fat           | 16.25 g |
| Protein       | 18.75 g |
| Carbohydrates | 79.75 g |

# Chicken Burrito Rice Bowl

4 Servings



INGREDIENTS

|            |                       |         |                                 |
|------------|-----------------------|---------|---------------------------------|
| 1 lb       | Chicken breast, diced | 1 Tbsp  | Cilantro                        |
| 1 tsp      | Chili powder          | 1       | Medium lime, zested and juiced  |
| 1 tsp      | Onion powder          | 1       | Large avocado, sliced           |
| 1 tsp      | Garlic powder         | 15 oz   | Black beans, drained and rinsed |
| 1 tsp      | Paprika               | 2 cups  | Romaine lettuce, chopped        |
| 1 tsp      | Cumin                 | 2       | Roma tomato, diced              |
| 1 tsp ea   | Salt & black pepper   | 1       | Red bell pepper, sliced         |
| 1 Tbsp     | Olive oil             | 1/2 cup | Corn                            |
| 1-1/2 cups | White rice            |         |                                 |



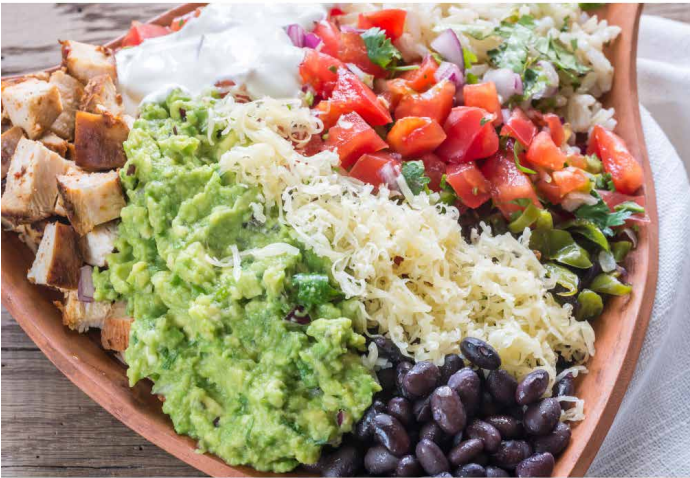
DIRECTIONS

1. Cook the white rice according to package directions. When cooked, gently mix in cilantro, lime zest, and lime juice. Set aside.
- 2.Mix together chicken breast, chili powder, onion powder, garlic powder, paprika, cumin, salt, and pepper. Let marinate for 30 minutes or overnight in the refrigerator.
- 3.Heat oil in saucepan. Add chicken and sauté for 5–6 minutes until cooked.
- 4.To serve, place rice in a bowl. Top with chicken, avocado, black beans, romaine lettuce, tomato, red pepper, and corn.



MACROS

|               |         |
|---------------|---------|
| Calories      | 580.07  |
| Fat           | 16.56 g |
| Protein       | 36.35 g |
| Carbohydrates | 71.4 g  |



Watermelon Waves Shake

1 Serving



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 3/4 cup Watermelon chunks
- 4 Medium strawberries
- 3–4 Fresh mint leaves
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 221.07  |
| Fat           | 3.31 g  |
| Protein       | 21.12 g |
| Carbohydrates | 26.7 g  |



Orange Mango Shake

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2 Mandarin oranges, peeled
- 1/2 cup Mango chunks, frozen
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 292.36  |
| Fat           | 3.68 g  |
| Protein       | 21.63 g |
| Carbohydrates | 43.18 g |



Peanut Butter Shake

1 Serving



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1/2 Frozen banana
- 1 Tbsp Peanut butter
- 1 tsp Unsweetened cocoa powder
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 342.73  |
| Fat           | 12.49 g |
| Protein       | 25 g    |
| Carbohydrates | 32.58 g |



Banana Nut Muffin Shake

1 Serving



INGREDIENTS

- 2 scoops Café Latte Soy Protein Life Shake™
- 1 tsp Almond butter
- 1/2 Banana
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 256.95  |
| Fat           | 6.31 g  |
| Protein       | 21.44 g |
| Carbohydrates | 28.6 g  |

Café Oats Shake

1 Serving



INGREDIENTS

- 2 scoops Café Latte Soy Protein Life Shake™
- 2 tbsp Rolled oats, dry
- 1 tsp Honey
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 233.92  |
| Fat           | 4 g     |
| Protein       | 21.52 g |
| Carbohydrates | 27.96 g |



Peachy Green Smoothie

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 1/2 Banana
- 1 cup Frozen peach slices
- 1 Date, pitted
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 309.18  |
| Fat           | 3.22 g  |
| Protein       | 22.34 g |
| Carbohydrates | 47.71 g |



# Smoothies

# Smoothies

## Super Strawberry Shake

1 Serving



### INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 1/2 Banana
- 1 Tbsp Chia seeds
- 4 Medium strawberries
- 1 cup Water



### DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 303.49  |
| Fat           | 6.33 g  |
| Protein       | 24.46 g |
| Carbohydrates | 37.17 g |

## Aztec Chocolate Shake

1 Serving



### INGREDIENTS

- 2 scoops Café Latte Soy Protein Life Shake™
- 1/2 tsp Vanilla extract
- Dash (1/6 tsp) Cayenne
- Dash (1/6 tsp) Cinnamon
- 1 cup Water



### DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 166.74  |
| Fat           | 3.06 g  |
| Protein       | 20.06 g |
| Carbohydrates | 14.74 g |

## Berry Cacao Smoothie

1 Serving



### INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 1 cup Mixed berries
- 1 tsp Cacao powder
- 1 cup Water



### DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



### MACROS

|               |        |
|---------------|--------|
| Calories      | 207.25 |
| Fat           | 3.25 g |
| Protein       | 21 g   |
| Carbohydrates | 23.5 g |

## Crunchy Granola Smoothie

1 Serving



### INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 Banana
- 2 tbsp Rolled oats, dry
- 1 tbsp Almonds
- 1/2 cup Baby spinach
- 1 tsp Maple syrup
- 1 cup Water



### DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



### MACROS

|               |         |
|---------------|---------|
| Calories      | 325.66  |
| Fat           | 7.06 g  |
| Protein       | 23.74 g |
| Carbohydrates | 41.79 g |





Rise and Shine Smoothie

1 Serving



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 3/4 cup Pineapple chunks
- 1/2 cup Blueberries
- 1/2 cup Coconut water
- 1/2 cup Orange juice



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 349.26  |
| Fat           | 3.62 g  |
| Protein       | 23.03 g |
| Carbohydrates | 56.14 g |

Tropical Green Smoothie

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/4 cup Mango chunks, frozen
- 1/4 cup Pineapple
- 1/2 cup Banana
- 1 cup Coconut water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

|               |         |
|---------------|---------|
| Calories      | 292.11  |
| Fat           | 3.91 g  |
| Protein       | 22.68 g |
| Carbohydrates | 41.55 g |

Green Smoothie Bowl

2 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 Banana
- 1/2 cup Frozen mango chunks
- 1/4 cup Frozen pineapple chunks
- 1 cup Power greens
- 1/2 cup Coconut milk
- 1 Tbsp Agave
- 1 Tbsp Lime juice



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. Top with your choice of seeds, nuts, or berries.



MACROS

|               |        |
|---------------|--------|
| Calories      | 304    |
| Fat           | 1.5 g  |
| Protein       | 11.5 g |
| Carbohydrates | 45 g   |



Strawberry Protein Smoothie Bowl

2 Servings

INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 1 Banana
- 1 cup Frozen strawberries
- 2 tbsp Almond butter
- 1-1/2 cups Almond milk
- 3 Tbsp Coconut sugar

DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. Top with your choice of seeds, nuts, or berries.

MACROS

|               |        |
|---------------|--------|
| Calories      | 380.5  |
| Fat           | 12.5 g |
| Protein       | 15.5 g |
| Carbohydrates | 51.5 g |

Almond Butter Overnight Oats with Berries

2 Servings

INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 cup Unsweetened almond milk
- 3 Tbsp Creamy almond butter
- 1 Tbsp Honey
- 1/2 Tbsp Chia seeds
- 1/2 cup Rolled oats
- 1/2 cup Fresh berries for topping

DIRECTIONS

1. Stir together the almond milk, almond butter, honey, chia seeds, protein powder, and oats until thoroughly combined. Cover and refrigerate for at least 6 hours.
2. Serve with fresh berries on top.

MACROS

|               |        |
|---------------|--------|
| Calories      | 406    |
| Fat           | 18 g   |
| Protein       | 19.5 g |
| Carbohydrates | 41.5 g |



Vanilla Shake Protein Pancakes

2 Servings

INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1-1/4 cups Flour
- 1 tsp Vanilla extract
- 1/4 cup Coconut sugar
- 1 Large egg
- 2 Tbsp Olive oil
- 1/3 cup Almond milk
- 1/2 tsp Baking powder

DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, and sugar) in a bowl.
2. Add wet ingredients (milk, oil, vanilla, and egg) and stir until just mixed together. Don't overmix.
3. Heat oil in a nonstick pan. When the pan gets hot, pour in 1/4 of the pancake mix.
4. When bubbles appear on the surface, flip the pancake over and cook until brown.

MACROS

|          |      |               |        |
|----------|------|---------------|--------|
| Calories | 386  | Protein       | 13.5 g |
| Fat      | 18 g | Carbohydrates | 43.5 g |





# Chocolate Shake Protein Pancakes

2 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1 1/4 cup Flour
- 1 Tbsp Cacao powder
- 1/4 cup Coconut sugar
- 1 Large egg
- 2 Tbsp Olive oil
- 1/3 cup Almond milk
- 1/2 tsp Baking powder



DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, cacao powder, and sugar) in a bowl.
2. Add wet ingredients (milk, oil, and egg) and stir until just mixed together. Don't overmix.
3. Heat oil in a nonstick pan. When the pan gets hot, pour in 1/4 of the pancake mix.
4. When bubbles appear on the surface, flip the pancake over and cook until brown.



MACROS

|               |        |
|---------------|--------|
| Calories      | 396.5  |
| Fat           | 18.5 g |
| Protein       | 14 g   |
| Carbohydrates | 43.5 g |

# Lemony Overnight Oats with Berry Jam and Pistachios

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/3 cup Rolled oats
- 1/4 cup Unsweetened almond milk
- 1 Tbsp Dried blueberries
- 3/4 tsp Honey
- 1/2 tsp Vanilla extract
- 1/2 Lemon, zested
- 1/4 tsp Ground cinnamon
- 1/4 tsp Salt
- 1/4 cup Frozen mixed berries
- 1/2 Tbsp Chia seeds
- 1 Tbsp Raw unsalted pistachios, roughly chopped
- 1 Tbsp Toasted coconut flakes or desiccated coconut



DIRECTIONS

1. The night before, mix the oats with milk, 2/3 of the honey, the vanilla, lemon zest, cinnamon, and salt. Stir well and divide evenly between two bowls.
2. Put the frozen mixed berries in a blender with the remaining honey and chia seeds. Blend until smooth. Transfer to a bowl, cover, and let sit overnight in the fridge. This will form your mixed berry jam.
3. In the morning, top each bowl of oats with the pistachios, coconut, and a dollop of mixed berry jam.



MACROS

|               |        |
|---------------|--------|
| Calories      | 229    |
| Fat           | 7 g    |
| Protein       | 13 g   |
| Carbohydrates | 28.5 g |



Pina Colada  
Quinoa Porridge

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™

1/4 tsp Vanilla extract
- 1/2 Tbsp Honey

1/4 tsp Coconut oil
- 3/4 Tbsp Sliced almonds

1/4 cup Chopped fresh pineapple
- 2 Tbsp Quinoa flakes

2 tsp Cinnamon
- 1/3 cup Unsweetened coconut milk

1/3 cup Coconut yogurt



DIRECTIONS

1. Heat the honey in a small pot for a few minutes until it starts to caramelize, then add the nuts and cook for another few minutes until they turn golden.
2. Pour into a shallow baking pan lined with parchment paper in a thin layer to cool.
3. Mix the quinoa flakes and milk, vanilla, and coconut oil in a small pot. Heat for 5–7 minutes until cooked through. Mix in pineapple and cinnamon.
4. Allow to cool, then add the coconut yogurt.
5. Serve topped with the caramelized almonds.



MACROS

|          |      |               |      |
|----------|------|---------------|------|
| Calories | 399  | Protein       | 25 g |
| Fat      | 11 g | Carbohydrates | 50 g |



Citrusy Coconut Chia Seed  
Pudding with Banana

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™

1 cup Light coconut milk
- 1/2 tsp Orange zest

1/4 tsp Vanilla extract
- 2 Tbsp Chia seeds

1/2 Banana



DIRECTIONS

1. Combine milk, orange zest, banana, and vanilla and whisk in chia seeds. Let sit in a container overnight.
2. Top with sliced banana.



MACROS

|               |      |
|---------------|------|
| Calories      | 422  |
| Fat           | 14 g |
| Protein       | 27 g |
| Carbohydrates | 47 g |



Protein Blueberry  
Muffins

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™

1 cup All-purpose flour
- 1/2 tsp Baking soda

1/2 tsp Salt
- 2 tsp Baking powder

1/3 cup Sugar
- 1 cup Vanilla almond milk unsweetened

1/3 cup Coconut oil
- 1 tsp Vanilla extract

1 cup Fresh blueberries



DIRECTIONS

1. Preheat the oven to 350 °F.
2. Spray a muffin pan with cooking spray or use muffin wrappers.
3. Combine all dry ingredients in a bowl & mix well.
4. Mix in milk, oil, and vanilla. Fold in blueberries and stir until just mixed.
5. Fill each muffin tin 2/3 full.
6. Bake for 20 minutes or until the muffins are golden brown.



MACROS

|               |       |
|---------------|-------|
| Calories      | 136   |
| Fat           | 6.5 g |
| Protein       | 3 g   |
| Carbohydrates | 16 g  |



# Healthy Banana Protein Muffins

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 Banana
- 4 Egg whites
- 1/2 cup Plain fat free Greek yogurt
- 3/4 cup Rolled oats
- 1/2 cup Sugar
- 1 tsp Baking powder
- 1 tsp Baking soda
- 1/2 tsp Cinnamon



DIRECTIONS

1. Preheat the oven to 350 F.
2. Spray a muffin pan with cooking spray or use muffin wrappers.
3. Combine all dry ingredients in a bowl and mix well.
4. Mix in egg whites and Greek yogurt. Fold in bananas and stir until just mixed.
5. Fill each muffin tin 2/3 full.
6. Bake for 20 minutes or until the muffins are golden brown.



MACROS

|               |         |
|---------------|---------|
| Calories      | 103     |
| Fat           | 1 g     |
| Protein       | 4.5 g   |
| Carbohydrates | 19.25 g |



# Green Smoothie Protein Pops

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 5 Medium bananas
- 3/4 cup Almond milk
- 1 cup Spinach, loosely packed
- 3/4 cup Coconut water



DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |         |
|---------------|---------|
| Calories      | 98.56   |
| Fat           | 1.56 g  |
| Protein       | 2.38 g  |
| Carbohydrates | 18.75 g |





# Almond Butter and Strawberry Protein Popsicles

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 1 Medium banana
- 1/2 cup Almond milk
- 1/2 cup Coconut milk, full fat
- 2 cups Strawberries
- 2 Tbsp Almond butter



DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 3 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 74.06  |
| Fat           | 3.06 g |
| Protein       | 2.75 g |
| Carbohydrates | 8.88 g |

# Kiwi and Pineapple Popsicles

8 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 2 Medium banana
- 1 cup Spinach, packed
- 1 cup Pineapple
- 3 Dates, pitted
- 1 Medium kiwi
- 2 Peaches
- 1-1/2 cups Water



DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth. Save a few thin kiwi slices.
2. Place the kiwi slices inside of the popsicle molds; they should stick to the sides if they are really thin.
3. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |         |
|---------------|---------|
| Calories      | 98.56   |
| Fat           | 1.56 g  |
| Protein       | 2.38 g  |
| Carbohydrates | 18.75 g |





# Chocolate + Berry Protein Popsicles

8 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1 Medium banana
- 1 cup Almond milk
- 1/2 cup Greek yogurt, plain



DIRECTIONS

1. Add banana, yogurt, nut milk, and protein powder to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze for 30–40 minutes. Remove from freezer and add desired toppings. (Toppings could be diced strawberries, blueberries, granola, shredded coconut, etc.)
3. Return to freezer and allow to freeze until solid, about 3 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 56.88  |
| Fat           | 1.13 g |
| Protein       | 4.06 g |
| Carbohydrates | 7.63 g |

# Blueberry Yogurt Healthy Popsicle

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 1-1/2 cups Blueberries
- 2 Tbsp Sugar
- 1 Tbsp Lemon juice
- 2 cups Greek yogurt, vanilla
- 1/3 cup Heavy cream
- 1 tsp Vanilla extract



DIRECTIONS

1. Rinse blueberries. Place in blender with sugar and lemon juice.
2. Mix yogurt, heavy cream, vanilla extract, and protein powder. Add about half the yogurt mixture to the blueberry mixture.
3. Fill the popsicle molds, alternating between yogurt mixture and the blueberry mixture.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 89.81  |
| Fat           | 0.31 g |
| Protein       | 1.5 g  |
| Carbohydrates | 8.13 g |

# Berry Coconut Popsicles

8 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2 cups Coconut milk
- 1/2 tbsp Vanilla bean paste
- 3 tbsp Honey
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1/4 cup Blackberries



DIRECTIONS

1. Whisk together in a small bowl coconut milk, vanilla bean paste, and honey.
2. Place the berries into each mold. If the berries are too big, you can chop them up.
3. Pour the coconut milk mixture in the molds over the berries.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |         |
|---------------|---------|
| Calories      | 73.63   |
| Fat           | 1.3 g   |
| Protein       | 2.75 g  |
| Carbohydrates | 10.38 g |

# Healthy Strawberry Mango Popsicles

8 Servings



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 1-1/2 cups Strawberries
- 1-1/4 cups Coconut water
- 1 tsp Honey
- 4 tsp Chia seeds
- 1-1/2 cups Mango chunks



DIRECTIONS

1. Purée the strawberries with half the coconut water, all the protein, half the honey, and half the chia seeds. Set aside.
2. Purée the mangoes with half the coconut water, half the honey, and half the chia seeds. Set aside.
3. Alternate pouring each fruit mixture into the popsicle molds. The popsicles will have a marbled look to them.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 66.75  |
| Fat           | 0.5 g  |
| Protein       | 2.75 g |
| Carbohydrates | 5.5 g  |

# Yogurt and Granola Breakfast Protein Popsicles

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2 cups Greek yogurt, vanilla
- 1 Tbsp Honey
- 1/2 cup Granola
- 1-1/2 cups Raspberries



DIRECTIONS

- Blend together 1 cup of the yogurt, 1 cup raspberries, honey, and protein powder. Blend until smooth.
- Layer the mixture with the remaining yogurt in the popsicle molds. You can place a few extra raspberries in the mold. Top each popsicle with a portion of granola.
- Freeze until solid, about 5–6 hours.
- To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |         |
|---------------|---------|
| Calories      | 80.63   |
| Fat           | 1.13 g  |
| Protein       | 6 g     |
| Carbohydrates | 11.63 g |



# Healthy Orange Creamsicle Popsicle

8 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 cup Coconut cream
- 1/2 cup Greek yogurt, plain
- 1/2 cup Orange juice
- 3 tbsp Honey
- 1/2 tsp Vanilla extract



DIRECTIONS

- Add all ingredients to a high-powered blender and blend until smooth.
- Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
- To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 56.88  |
| Fat           | 1.13 g |
| Protein       | 4.06 g |
| Carbohydrates | 7.63 g |

# Tropical Smoothie Protein Popsicles

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 1 cup Coconut milk
- 1 Medium banana
- 1 cup Mango chunks
- 1 cup Pineapple chunks
- 2 tsp Chia seeds
- 1 cup Greek yogurt, plain
- 1-1/2 Tbsp Honey
- 1 tsp Lime juice



DIRECTIONS

- Add all ingredients except Greek yogurt, honey, and lime juice to a high-powered blender and blend until smooth.
- Mix together yogurt, honey, and lime juice
- Alternative pouring each mixture into popsicle molds and freeze until solid, about 5–6 hours.
- To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

|               |        |
|---------------|--------|
| Calories      | 84.19  |
| Fat           | 0.81 g |
| Protein       | 1.63 g |
| Carbohydrates | 8.25 g |





# Cookie Dough Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/4 cup Almond butter
- 1/4 cup Honey
- 1/4 cup Maple syrup
- 1/2 cup Rolled oats
- 1 Tbsp Almond milk, unsweetened
- 2 Tbsp Dark chocolate chips
- 1/2 tsp Salt



DIRECTIONS

1. Mix all ingredients together (except chocolate chips) until well combined. Add in chocolate chips last.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |         |
|---------------|---------|
| Calories      | 117.08  |
| Fat           | 3.25 g  |
| Protein       | 2.83 g  |
| Carbohydrates | 12.42 g |

# Coconut Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2/3 cup Almond butter
- 1 Tbsp Coconut oil, melted
- 1/3 cup Maple syrup
- 1 tsp Vanilla extract
- 1/2 tsp Cinnamon, ground
- 1/2 cup Shredded coconut, unsweetened
- 1 cup Rolled oats



DIRECTIONS

1. In a large bowl, mix together almond butter and coconut oil until smooth. Add maple syrup, vanilla, cinnamon, coconut, protein powder, and oats. Mix well until combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |        |
|---------------|--------|
| Calories      | 56.88  |
| Fat           | 1.13 g |
| Protein       | 4.06 g |
| Carbohydrates | 7.63 g |

# Chocolate Energy Bites

12 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1/2 cup Almond flour
- 1/4 cup Cocoa powder
- 1/4 cup Hemp seed hearts
- 1/2 tsp Salt
- 6 tbsp Almond butter
- 1/4 cup Maple syrup
- 1 tsp Vanilla extract



DIRECTIONS

1. Mix together protein, almond flour, cocoa powder, hemp hearts, and salt. Add almond butter, maple syrup, and vanilla. Mix well until combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |        |
|---------------|--------|
| Calories      | 56.88  |
| Fat           | 1.13 g |
| Protein       | 4.06 g |
| Carbohydrates | 7.63 g |

# Tropical Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 cup Rolled oats
- 1/3 cup Almond butter
- 1/2 cup Dried pineapple
- 1/2 cup Dried mango
- 1/4 cup Honey



DIRECTIONS

1. Place everything in blender or food processor and blend until smooth and combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |         |
|---------------|---------|
| Calories      | 173.75  |
| Fat           | 4.75 g  |
| Protein       | 4.08 g  |
| Carbohydrates | 14.33 g |



# Carrot Cake Energy Bites

12 Servings



INGREDIENTS

- |          |  |            |                     |
|----------|--|------------|---------------------|
| 2 scoops | French Vanilla Soy Protein Life Shake™ | 1 Tbsp     | Coconut flour       |
|          |  | 1-1/2 cups | Shredded carrots    |
| 6 each   | Dried dates, pitted                    | 1 Tbsp     | Cinnamon            |
| 3 tbsp   | Hot water                              | 1 tsp      | Vanilla extract     |
| 1 cup    | Sunflower seeds                        | 1/4 tsp    | Ginger, ground      |
| 2 Tbsp   | Chia seeds                             | 1/4 cup    | Coconut oil, melted |



DIRECTIONS

1. Soak dates in hot water for 10 minutes. Blend in food processor with sunflower seeds until a paste forms.
2. Add the protein powder, chia seeds, and coconut flour and mix well until combined.
3. Add the carrot, cinnamon, vanilla, and ginger. Mix well until combined.
4. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
5. Microwave the coconut butter for 20 seconds until just runny.
6. Drizzle the coconut butter over the carrot cake bites.
7. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |         |
|---------------|---------|
| Calories      | 155.58  |
| Fat           | 10.92 g |
| Protein       | 4.42 g  |
| Carbohydrates | 9.92 g  |

# Lemon Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 3 Tbsp Lemon juice
- 2 Tbsp Lemon zest
- 1 Tbsp Chia seeds
- 1/2 cup Cashews
- 1/2 cup Rolled oats
- 1/3 cup Golden raisins
- 1/4 cup Shredded coconut, unsweetened



DIRECTIONS

1. In a food processor, mix together all ingredients until smooth and well combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |        |
|---------------|--------|
| Calories      | 86     |
| Fat           | 3.83 g |
| Protein       | 3.38 g |
| Carbohydrates | 9.50 g |



PB&J  
Energy Bites

12 Servings



INGREDIENTS

|          |                                    |         |                |
|----------|------------------------------------|---------|----------------|
| 2 scoops | Strawberry Soy Protein Life Shake™ | 2 cups  | Rolled oats    |
|          |                                    | 1/2 cup | Peanut butter  |
| 1 cup    | Dried dates, pitted                | 4 Tbsp  | Strawberry jam |
| 2 cups   | Hot water                          |         |                |



DIRECTIONS

1. Use a teaspoon to scoop out “balls” of jam and place them on parchment-lined baking sheet. Freeze for 60 minutes or until hard.
2. Let the dates soak in hot water for 10 minutes, then drain. Add them to a food processor with oats and peanut butter. Blend until smooth and well combined.
3. Wet hands slightly and form dough tightly into 1”–1-1/2” balls. If dough is too dry, add a little bit of water until the dough comes together. Flatten each ball into a disc shape. Place a frozen jam ball in middle of each disc and wrap the peanut butter mixture around it until a ball forms.
4. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |         |
|---------------|---------|
| Calories      | 62.67   |
| Fat           | 6.67 g  |
| Protein       | 6.08 g  |
| Carbohydrates | 19.58 g |

Peanut Butter  
Chocolate Bites

12 Servings



INGREDIENTS

|          |  |
|----------|--|
| 2 scoops | Rich Chocolate Soy Protein Life Shake™ |
| 1/2 cup  | Peanut butter                          |
| 3 tbsp   | Honey                                  |
| 1/2 cup  | Chocolate chips                        |
| 1 cup    | Rolled oats                            |
| 6 tbsp   | Flaxseed meal                          |



DIRECTIONS

1. Heat peanut butter, honey, and chocolate chips in a microwave-safe bowl for about 30 seconds. Stir together until mixture is smooth.
2. Add oats, protein powder, and flaxseed meal and mix well until combined.
3. Wet hands slightly and form dough tightly into 1”–1-1/2” balls. If dough is too dry, add a little bit of water until the dough comes together.
4. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

|               |        |
|---------------|--------|
| Calories      | 192    |
| Fat           | 9.67 g |
| Protein       | 6.25 g |
| Carbohydrates | 20 g   |

Flourless Chocolate  
Protein Brownies

10 Servings



INGREDIENTS

|          |  |
|----------|--|
| 2 scoops | Rich Chocolate Soy Protein Life Shake™ |
| 6        | Medium banana                          |
| 1 cup    | Almond butter                          |
| 1/2 cup  | Cocoa powder                           |
| 1 cup    | Semisweet chocolate chips              |



DIRECTIONS

1. Preheat oven to 350 °F. Grease an 8x8 baking dish lined with parchment paper.
2. In a blender or food processor, blend bananas, almond butter, cocoa powder, and protein powder together until smooth and well combined. Fold in chocolate chips.
3. Bake for about 20 minutes or until top begins to crack. Allow to cool before slicing.



MACROS

|               |         |
|---------------|---------|
| Calories      | 332     |
| Fat           | 18.33 g |
| Protein       | 8.83 g  |
| Carbohydrates | 32.92 g |



S'mores Protein Brownies

12 Servings



INGREDIENTS

|          |  |         |                           |
|----------|--|---------|---------------------------|
| 2 scoops | Rich Chocolate Soy Protein Life Shake™ | 3/4 cup | Almond milk, unsweetened  |
|          |  | 1/2 cup | Greek yogurt, plain       |
| 1 cup    | Whole wheat flour                      | 1/4 cup | Maple syrup               |
| 1/2 cup  | Coconut sugar                          | 2 each  | Large egg                 |
| 1/4 cup  | Cocoa powder                           | 3 Tbsp  | Semisweet chocolate chips |
| 4        | Graham cracker sheets                  | 1 tsp   | Vanilla extract           |
| 1/2 tsp  | Cinnamon, ground                       | 1       | Graham cracker (topping)  |
| 1/4 tsp  | Baking powder                          | 1/2 cup | Mini marshmallows         |
| 1/2 tsp  | Salt                                   |         |                           |



DIRECTIONS

1. Preheat oven to 350 °F. Grind the 4 graham cracker sheets into a powder. Mix powder together with flour, protein powder, coconut sugar, cinnamon, baking powder, and salt in a bowl until well combined.
2. In another bowl, mix together almond milk, Greek yogurt, maple syrup, eggs, and vanilla extract. Microwave chocolate chips for 30 seconds or until just melted. Then mix chocolate with other wet ingredients. Mix well until combined.
3. Gently mix together dry and wet ingredients until combined. Do not overmix. Batter will be thick at this point.
4. Pour batter in a greased 8x8 baking pan lined with parchment. Top with mini marshmallows. Crumble up the 1 graham cracker and sprinkle on top.
5. Bake for 25 minutes. Allow to cool before slicing.



MACROS

|               |         |
|---------------|---------|
| Calories      | 173.75  |
| Fat           | 4.75 g  |
| Protein       | 4.08 g  |
| Carbohydrates | 14.33 g |

PAGES 4-5

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