



LIVEFIT
LIFT. LOVE. LIVE.

LIVIN' FIT- NUTRITIOUS MEALS

THE WHOLE FAMILY WILL LOVE



Derek & Michelle Kuryliw

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Although you are reading this first, we are writing this last after spending days and weeks putting together this “Livin’ Fit – Nutritious Meals the Whole Family Will Love” recipe guide for you. This guide will provide you and your family years of healthy recipes to enjoy!

All of the recipes in this guide have been featured in previous LiveFit transformation challenges, posted on our client’s private Facebook support page or shared through our morning emails we’ve sent out throughout the years. It was so much fun reviewing back through so many fun, healthy meal options that we have forgotten about over the years.

And that’s the point we want to stress in this introduction: there are SO many healthy recipes available to you, but you only need to make the one’s that you like best!

Don’t get caught up in always trying out tons of new recipes each week.

Find your favorite 3-5 recipes and then try to add 1 or 2 new recipes each week. This way you’ll always have your comfort meals you love and you’re never more than a day or two away from eating them again! This will keep you on track and prevent you from opting for fast food or pizza delivery in a moment of temptation.

Another thing to keep in mind is that you can swap ingredients in these recipes to better fit your flavor pallet. For instance brown rice instead of white rice, or steak instead of chicken. The key is to make food you like eating!!!

One final note- since this is a compilation of recipes throughout the years, just like a family recipe book, some have much more details than others. So if you have any questions, please ask or feel free to add your own twist to the recipe.

As always, use the [LiveFit Private Support Page](#) on Facebook to ask questions and share what is helping you with the program. You never know who your question or your answer might help.

Committed to your fitness success,

Derek & Michelle Kuryliw



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LIVIN' FIT- NUTRITIOUS MEALS

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BREAKFASTS

EZEKIEL FRENCH TOAST

- ☑ 2 Slices Ezekiel Sprouted Grain Bread
- ☑ 1 egg
- ☑ 1 Tbsp unsweetened Vanilla Almond Milk
- ☑ 1 tsp Vanilla Dash of Cinnamon
- ☑ 1 Tbsp Agave Nectar

Whip egg and almond milk. Dip each slice of bread into mixture. Cook in sauté pan lightly wiped with olive oil/coconut oil. Cook on each side until lightly browned

ASIAN SCRAMBLED EGGS

- ☑ 1 clove garlic
- ☑ chopped 1 1/2 tsp fresh ginger
- ☑ chopped 1 tsp peanut oil
- ☑ 1/2 cup mushrooms
- ☑ chopped 1 cup snow peas/sugar snap peas
- ☑ 1/4 red bell pepper
- ☑ chopped 3 green onions chopped
- ☑ 1 1/2 tsp reduced-sodium soy sauce
- ☑ 4 egg whites beaten

Brown garlic and ginger in 1/2 of the oil. Add mushrooms, snow peas, and pepper. Stir-fry until mushrooms start to brown. Add green onions and drizzle 1/2 of the soy sauce on top. Stir-fry for a couple more minutes. Remove from heat. In fresh pan, add remaining oil, then eggs. Scramble eggs. Just before the eggs are completely cooked, add veggies. Serve with remaining soy sauce.

BREAKFAST BURRITOS

- ☑ 1 grain or high fiber tortilla
- ☑ 2 egg whites
- ☑ 2 oz turkey sausage
- ☑ 2 tbsp salsa
- ☑ OPTIONAL – avocado, onions, peppers, plain Greek yogurt

Cook egg whites, turkey sausage, onions and peppers in a pan. Warm up tortilla in the over 3 minutes on 350 degrees. Add items from pan to the warmed tortilla and top with salsa, avocado and Greek yogurt.



LIVIN' FIT- NUTRITIOUS MEALS

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APPLE CHEDDAR OMELET

- ☑ 4 eggs
- ☑ 2 Tbsp almond milk
- ☑ 1 Tbsp olive oil salt & pepper to taste
- ☑ 2 T diced prosciutto
- ☑ 1/2 cup grated cheddar cheese
- ☑ 1 Granny Smith apple, julienned

Add olive oil into a large pan and toss in the diced prosciutto, letting it get crispy. Meanwhile, whisk together the eggs, milk and salt and pepper in a small bowl. Slowly pour the egg mixture over the prosciutto and into the hot pan, tilting to spread the eggs evenly. While the middle is still a little runny, add grated cheese and then top with the julienned apples. Fold the omelet in half. Cut in half and serve on a plate.

POACHED EGG OVER SPINACH

- ☑ 2 whole eggs
 - ☑ 1 tsp light vinegar
 - ☑ 1 lb fresh spinach (or kale or collard greens)
- Mediterranean Dressing
- ☑ 1 Tbsp extra virgin olive oil
 - ☑ 1 tsp fresh lemon juice
 - ☑ 1 medium clove garlic
 - ☑ Sea salt and pepper to taste

Sautee spinach for 1-2 minutes. Remove from pan and toss spinach with dressing ingredients while it is still hot. To poach eggs, bring 1 quart water to a high simmer in a 10-inch skillet with 1 tsp of vinegar. When water comes to a high simmer poach eggs for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach mixture.

PROTEIN PANCAKES OR WAFFLES

- ☑ 1 cup rolled oats
- ☑ 1 egg or 2 egg whites
- ☑ 1 cup cottage cheese or Greek yogurt
- ☑ 1 scoop of protein powder
- ☑ 2 Tbsp applesauce (optional)
- ☑ Splash of vanilla extract
- ☑ 1 Tbsp Cinnamon (optional)
- ☑ blueberries or raspberries or sugar free chocolate chips (optional)

Puree all ingredients in a blender to make batter. Coat pan or waffle iron with coconut oil and cook until golden on both sides.



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CHOCOLATE RASPBERRY PROTEIN PANCAKES

- ☑ 6 egg whites
- ☑ 1/3 cup uncooked rolled oats
- ☑ 3 Tbsp raspberry preserves
- ☑ Dash vanilla extract
- ☑ 1-2 scoops of chocolate protein powder

Mix egg whites, oats, preserves, vanilla and protein powder in a blender. Pour the mixture in a lightly greased pan over medium heat, cover and cook for 4 or 5 minutes. Flip the pancake with a spatula and cook for 1 or 2 more minutes or until the inside is fully cooked.

SWEET EGG SCRAMBLE

- ☑ 3 egg whites
- ☑ 1/2 scoop vanilla protein
- ☑ 2/3 cup frozen berries
- ☑ 2 Stevia packets
- ☑ 1/4 tsp vanilla extract
- ☑ dash of cinnamon
- ☑ calorie-free pancake syrup
- ☑ choice of veggies

Grease skillet with pam and bring to medium heat. Whisk egg whites, protein, and extras together in a bowl and pour onto skillet. Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked. Top with cinnamon or sugar-free pancake syrup and your choice of a veggie side.

EGG WHITE MUFFINS

- ☑ 1 1/4 cup egg whites
- ☑ 1 leafy veggie
- ☑ 1 solid veggie of your choice (cooked prior)
- ☑ 1/2 cup oatmeal
- ☑ 1 tsp baking powder
- ☑ dash of salt
- ☑ sauce of your choice

Preheat oven to 350 degrees. Combine all ingredients into a medium mixing bowl and whisk. Pour evenly into 2-3 muffin tins. Bake for 10-12 minutes until cooked through the center of each muffin. Remove and top with sauce of your choice.



SAVORY TURKEY AND EGG BITES

- ☑ 3 egg whites
- ☑ 3 oz cooked ground turkey
- ☑ 1 cup finely chopped cauliflower / broccoli
- ☑ ½ cup oats
- ☑ Pinch of garlic salt

Preheat oven to 350 degrees. Combine all ingredients into a medium mixing bowl and whisk. Pour mixture into a single serving size over-friendly dish (or 2 muffin tins) and place in preheated oven. Bak for 8-10 minutes, then remove and serve with your choice of hot sauce or favorite seasonings.

GUILT-FREE FRENCH TOAST

- ☑ 2-3 slices of Ezekiel Bread
- ☑ 1 1/4 cup egg whites
- ☑ 1 tsp vanilla extract
- ☑ dash of cinnamon
- ☑ dash of salt
- ☑ calorie-free pancake syrup
- ☑ choice of fruit topping

Lightly toast bread in a toaster oven. Mix egg whites with vanilla extract, cinnamon, and salt into a large shallow bowl. Soak bread slices into your egg mixture and place on a greased medium-heat skillet. Flip toast until eggs are thoroughly cooked. Then place on your plate. Top with calorie-free pancake syrup and your choice of fruit topping (optional).

BLUEBERRY OVERNIGHT OATS

- ☑ 1 ½ cup fat free Greek yogurt
- ☑ ¼ cup oats
- ☑ ¼ cup frozen blueberries
- ☑ 1 tsp vanilla extract
- ☑ Stevia or Splenda (optional to sweeten)
- ☑ ¼ cup walnuts (optional)
- ☑ 1 tbsp PB2 powder

Mix yogurt, vanilla extract and optional ingredients in a bowl. With a separate bowl, microwave oats with water until cooked. In a mason jar, oput oatmeal in first so it rests on the bottom, then add your frozen berries and top it with your yogurt mixture. Place in refrigerator until the morning.



THE ULTIMATE BRUNCH SANDWICH

- ☑ 2 slices Ezekiel bread
- ☑ 1 cup spinach
- ☑ 1 small tomato, sliced
- ☑ 6 egg whites
- ☑ 2 tbsp balsamic vinegar
- ☑ Sriracha (optional)

Toast slices of bread. Heat greased skillet to low-medium heat and saute spinach and balsamic vinegar until spinach shrinks. Add egg whites and cook until done. Place cooked eggs between your slices of toasted bread and add tomato and sriracha.



LUNCH/DINNER

BLACK BEAN CHICKEN "TACOS"

- ☑ 1 lb boneless, skinless chicken breasts- cut into small pieces
- ☑ 2 cups salsa
- ☑ 1 can black beans, rinsed and drained
- ☑ 1 tsp onion powder
- ☑ 1 tsp cumin
- ☑ High fiber tortillas or lettuce wraps
- ☑ Toppings of your choice: shredded cheese, sour cream (or sub Greek yogurt), guacamole, tomatoes, olives, etc...

In a large skillet, combine the chicken, salsa, beans, onion powder, chili powder, and cumin. Cover and simmer for 15 - 20 minutes or until the chicken has cooked through. Serve in tortillas in lettuce wraps.

GARLIC SHRIMP AND RICE

- ☑ 6 oz shrimp, tails removed
- ☑ ½ tsp salt
- ☑ 2 tbsp minced garlic
- ☑ 1 cup tomatoes, cubed
- ☑ 1/3 cup red wine vinegar
- ☑ 1 tsp dried basil
- ☑ ½ cup white rice (jasmine preferred)

In a medium size bowl combine salt, garlic, tomato, vinegar and basil. Add the shrimp to the bowl and thoroughly coat. Heat greased skillet to medium heat and add coated shrimp. Cook until shrimp is fully colored then remove from heat and serve on top of cooked rice.



TURKEY AND EGG WHITE WRAP

- ☑ 1/2 Tbsp olive oil
- ☑ 1/2 lb ground turkey
- ☑ 1/2 tsp ground cumin
- ☑ 6 egg whites
- ☑ Kosher salt
- ☑ Cracked black pepper
- ☑ 1 medium tomato, diced
- ☑ 1/4 c chopped cilantro (or dried if you have it in your seasonings)
- ☑ 2 high fiber tortillas

Brown garlic and ginger in 1/2 of the oil. Add mushrooms, snow peas, and pepper. Stir-fry until mushrooms start to brown. Add green onions and drizzle 1/2 of the soy sauce on top. Stir-fry for a couple more minutes. Remove from heat. In fresh pan, add remaining oil, ground turkey and eggs. Scramble eggs. Once turkey and eggs are completely cooked, add veggies. Serve with remaining soy sauce.

MEDITERRANEAN TUNA

- ☑ 1 cup cottage cheese
- ☑ 1/2 cup cucumber, chopped
- ☑ 4 cherry tomatoes, cut in half
- ☑ 3-4 oz canned tuna
- ☑ 1 tsp olive oil

Spread cottage cheese in a bowl, add chopped cucumbers and tomatoes around the edge, then drizzle olive oil over everything. Top with a can of tuna and enjoy.

CHICKEN AND CHEESE STUFFED RED PEPPER

- ☑ 1 red pepper
- ☑ 4 oz chicken breast, cut into 2 pieces
- ☑ 1/2 cup cottage cheese (1%)
- ☑ Green onion, chopped
- ☑ Tomatoes, chopped
- ☑ Salt/pepper/cayenne (season to taste)

Preheat oven to 350. Split the red pepper in half. Combine the chicken, cottage cheese, chopped veggies and spices in a bowl and mix. Stuff the red pepper halves with the mix. Bake until cheese is melted, approximately 35-40 minutes.



ITALIAN MEATLOAF

- ☑ 2.5 lbs extra ground lean beef or turkey
- ☑ 1 small onion
- ☑ 1 small red or green pepper
- ☑ 2 ribs celery
- ☑ 1/2 cup zucchini (optional)
- ☑ 1/2 cup broccoli stems (optional)
- ☑ 1 Tbsp garlic chopped
- ☑ Spices 1 tbsp of thyme, basil, parsley
- ☑ 1 tsp ground pepper
- ☑ 1 tsp kosher salt
- ☑ 4 egg whites
- ☑ 1/4 cup rolled oats

Cook all veggies until just done and soft, adding the garlic during the last minute or so of cooking (about 12-15 minutes total). Set aside to cool. Preheat oven to 425 degrees. Put all ingredients together in a large bowl and mix well with your hands. Rub 2 loaf pans liberally with olive oil or use silicone pans (works best). Fill loaf pans with meatloaf mixture. Place pans on baking sheet to catch any drips and bake for approximately 35-45 minutes or until it reaches 135 degrees with a meat thermometer. Remove from oven and let rest for at least 20-30 minutes. Turn out onto a cutting board and slice into thick slices.

TEQUILA-LIME SALMON OR BEEF STEAKS

- ☑ 2 to 4 wild Alaskan salmon or beef steaks
- ☑ 2/3 cup tequila
- ☑ 1/3 cup fresh lime juice
- ☑ 1/3 cup extra virgin olive oil
- ☑ 5 cloves of garlic, chopped
- ☑ Pinch of organic brown sugar
- ☑ Dash of Worcestershire sauce

Marinade: Combine the marinade ingredients in a large measuring cup (tequila through Worcestershire). Place the salmon steaks in a wide shallow bowl and pour the marinade over the steaks. Cover, and pop in the fridge for at least 1 hour.

Steaks: Preheat oven to 400 degrees. Arrange the steaks (salmon skin side down) on a broiler pan or other shallow baking pan. Pour the marinade into a saucepan. Place the steaks in the oven on a rack near the top. Turn the burner on under the saucepan and start reducing the marinade to make your tequila sauce; keep it at a gentle simmer; stir often. After about 6 minutes, turn the steaks over. Beef steaks will cook an additional 4-6 minutes. Salmon steaks cook briefly to crisp the skin, cook till fork tender, about 1 minute. Spoon the tequila sauce over the steaks and serve.



TILAPIA WITH PEPPERS, TOMATOES AND CAPERS

- ☑ 2 Tbsp olive oil, divided
- ☑ 4 6-oz tilapia filets
- ☑ Sea salt and pepper to taste
- ☑ 1 large red onion, chopped
- ☑ 2 red bell peppers, chopped
- ☑ 1 tomato, chopped
- ☑ 2 T capers
- ☑ 2 minced cloves of garlic

Place 1 T of the olive oil in a skillet over medium-high heat. Add fish and seasoning and cook until opaque (cooked through) - about 4 to 6 minutes on each side. Fish should be flaky. While cooking heat the remaining T of olive oil in another skillet over medium-high heat. Cook the onion and the bell peppers until tender - about 8 minutes. Stir in tomato, capers, and garlic. Serve with fish.

CROCKPOT THYME & GARLIC CHICKEN

- ☑ 6 cloves of fresh garlic, minced
- ☑ 1 1/2 tsp of dried thyme
- ☑ 4 lbs of chicken breast
- ☑ 1/4 cup of orange juice
- ☑ 1 Tbsp of balsamic vinegar

Sprinkle garlic and thyme over chicken. Place pieces in slow cooker. Pour orange juice and vinegar over chicken and then cover and cook for 5-6 hours in low heat.

HOMEMADE CHILI

- ☑ 4 cans of beans (rinsed) (2 cans red kidney beans and 1 pinto, 1 navy)
- ☑ 1 can chilies
- ☑ 2 cans organic fire-roasted tomatoes
- ☑ 2 pounds extra lean ground beef
- ☑ 1 pound lean turkey
- ☑ 1 cup cilantro
- ☑ 3 cups water

Cook in crockpot 6 hours on high.



TUNA STUFFED PEPPERS

- ☑ 24 whole sweet cherry peppers
- ☑ 1 6-ounce can tuna, drained well
- ☑ 1 Tbsp lemon juice
- ☑ 1 Tbsp olive oil
- ☑ 1 Tbsp capers, rinsed and finely chopped
- ☑ Pepper, to taste
- ☑ 1/4 cup balsamic vinegar

Select 24 whole peppers, cut off and discard the pepper stems. Scoop out the seeds with a small spoon. Combine tuna, lemon juice, oil, capers and anchovies in a medium bowl. Fill each pepper with about 1 tsp of the tuna mixture and place them on a serving plate. Grind some fresh pepper over the stuffed peppers. Bring vinegar to a boil in a very small saucepan and simmer until syrupy and reduced to about 2 tsp, 3 to 3 1/2 minutes. Drizzle the syrup over the peppers.

SIRLOIN KABOBS

Kebabs:

- ☑ 1 1/2 Tbsp ground cumin
- ☑ 1/2 Tbsp cracked black pepper
- ☑ 3/4 tsp kosher salt
- ☑ 2 pounds boneless sirloin steak, cut into 48 (1-inch) pieces
- ☑ 4 peaches, each cut into 8 wedges
- ☑ 2 small red onions, each cut into 8 wedges
- ☑ 2 large red bell peppers, each cut into 8 (1-inch) pieces

Sauce:

- ☑ 1/2 cup chopped fresh parsley
- ☑ 1/4 cup red wine vinegar
- ☑ 1 tsp olive oil
- ☑ 1/4 tsp kosher salt
- ☑ 1/4 tsp cracked black pepper
- ☑ 3 garlic cloves, minced
- ☑ Parsley sprigs (optional)

To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 10 minutes or until tender, turning occasionally. Place kebabs on a platter; cover loosely with foil. Let stand 5 minutes. To prepare sauce, combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.



CRISPY CHICKEN & BRUSSELS SPROUTS

- ☑ 6 oz chicken breasts, cooked
- ☑ 1 cup brussels sprouts
- ☑ 2 tbsp coconut oil
- ☑ ¼ tsp garlic powder
- ☑ 1 tbsp lemon juice
- ☑ Dash of salt

Mix brussels sprouts, coconut oil, garlic powder and salt in a bowl. Slice your chicken breast. Heat greased skillet to medium-high heat and fry chicken slices with other 1 tbsp of coconut oil until both sides get crispy. Once chicken is done, add brussels sprouts mix to the skillet and saute on medium-low heat while adding lemon juice.

MARGARITAVILLE GRILLED CHICKEN

- ☑ 6 skinless, boneless chicken breast halves
- ☑ 1/4 cup olive oil
- ☑ 1/2 cup fresh orange juice
- ☑ 1/4 cup freshly squeezed lime juice
- ☑ 1/2 tsp ground cumin
- ☑ 1/2 tsp dried oregano
- ☑ Pinch chili powder

In a glass mixing bowl, whisk together the oil, juices, cumin, oregano and chili powder. Pour the mixture into a 2 gallon zipper-top plastic bag and add the chicken. Seal the bag and refrigerate for at least 4 hours, or overnight. Preheat a grill/ remove the chicken from the marinade, pat dry, and discard the marinade. Grill the chicken over indirect heat, about 6 minutes on each side, or until cooked through. Remove from the grill, and allow to rest for 5 minutes, covered with aluminum foil.

HEALTHY FRIED RICE

- ☑ 3 oz cooked chicken breast, shred into small pieces
- ☑ ½ cup cooked rice
- ☑ 3 egg whites
- ☑ 1 cup mixed veggies
- ☑ 1 tsp chili powder
- ☑ 1 tsp onion powder
- ☑ Bragg's Amino Acid Soy Sauce (or soy sauce)

Heat greased skillet to medium heat. Cook eggs and continuously scramble while adding rice and veggies. Shred chicken and add with spices once the eggs, rice and veggies are fully cooked. Sauté entire mixture with soy sauce, then remove from heat and serve.



CHICKEN VEGGIE STIR-FRY

- 6 oz cooked chicken breast, cut into thin pieces
- ½ cup cooked rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce (or soy sauce)
- 1 tsp garlic powder
- 1 tsp onion powder
- Red pepper flakes, to taste

Chop veggies into small pieces and sautee in skillet at medium heat in soy sauce, garlic powder, onion powder and red pepper flakes. Once thoroughly sauteed (about 3-4 minutes) add chicken and rice to the pan. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat. Add hot sauce for desired heat.

THAI PEANUT CHICKEN

- 6 oz cooked chicken breast, shred into small pieces
- 2 tbsp peanut butter
- 1 tbsp Bragg's Amino Acid Soy Sauce (or soy sauce)
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ cayenne pepper
- 1 cup choice of mixed veggies
- dash of salt

Heat greased skillet to medium heat. In a bowl combine peanut butter (slightly warmed), soy sauce, lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred chicken and add it with your choice of mixed veggies into the peanut sauce. Add all ingredients into skillet and cook until thoroughly heated.



BBQ GRILLED CHICKEN

- ☑ 2 lbs chicken breast
- ☑ 2 T olive oil
- ☑ ½ cup bell peppers
- ☑ ½ cup onions

BBQ Sauce:

- ☑ ¾ cup strong brewed coffee
- ☑ 1 cup ketchup
- ☑ ¼ cup molasses
- ☑ 2 Tbsp orange juice
- ☑ 2 Tbsp cider vinegar
- ☑ 1 Tbsp Worcestershire sauce
- ☑ 2 tsp Dijon mustard
- ☑ 1 jalapeño or serrano chiles, pierced all over with a fork
- ☑ Hot sauce, to taste

Marinate chicken in 1-2 Tbsp olive oil, ½ cup bell peppers and ½ cup onions to create a savory base. To make the sauce combine coffee, ketchup, molasses, orange juice, vinegar, Worcestershire, mustard and chiles in a medium heavy saucepan; bring to a simmer, stirring. Cook over low heat, stirring frequently, until slightly thickened, 10 to 15 minutes. Let cool and discard the chiles. While preparing the sauce, preheat grill. Grill the chicken over indirect heat, about 6 minutes on each side, or until cooked through. Remove from the grill, top with the barbecue sauce and allow to rest for 5 minutes covered with aluminum foil.



APPS, SNACKS & SIDE DISHES

BAKED PARMESAN TOMATOES

- ☑ 4 tomatoes, halved horizontally
- ☑ 1/4 cup freshly grated Parmesan cheese
- ☑ 1 tsp chopped fresh oregano
- ☑ 1/4 tsp salt
- ☑ Freshly ground pepper, to taste
- ☑ 4 tsp extra-virgin olive oil

Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

FRESH FRUIT BRUSCHETTA

Topping:

- ☑ 1 cup strawberries, cubed
- ☑ 1 c kiwi, cubed
- ☑ 1 c mango, cubed
- ☑ 10-12 Blackberries

Cucumber Baguette:

- ☑ 1 cucumber

Agave Citrus Dressing:

- ☑ 1 Tbsp Lime juice
- ☑ 1 Tbsp Agave Nectar

Gently mix all the fruit in a bowl and set aside. Cut the cucumber vertically into 1/4 inch thick slices. This will create 10-12 slices depending on how long the cucumber is. Lightly mix the lime juice and agave nectar in a bowl being sure to give it an additional stir before serving. To assemble, plate the cucumbers and top with 2 Tbsp of the Fresh Fruit Topping. Drizzle the agave citrus dressing over the top of the Bruschetta and sprinkle with Lime Zest.



EASY BAKED MEATBALLS

2 lbs ground pork (or 1 lbs pork and 1 lbs beef)
1/2 teaspoon salt
1/2 teaspoon ground fennel
1/4 teaspoon ground sage
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
dash of pepper • 2 teaspoons coconut oil
2 cloves garlic, minced
1 small onion, finely chopped
2 celery stalks, finely chopped
2 carrots, finely chopped
1/4 cup pecans, finely chopped
1/4 cup fresh parsley, finely chopped

Preheat oven to 425 degrees F. In a medium bowl combine the ground pork with all of the spices. Don't be afraid to get your hands dirty! Place a skillet over medium heat and warm the coconut oil. Add the garlic, onion, celery, carrots, pecans and parsley. Cook for about 3 minutes, until soft. Set the mixture aside to cool. Add the vegetable mixture into the ground pork and combine well. Use your hands to form golf ball sized meatballs. Place the meatballs in an oven-safe baking dish. Bake for 30 minutes, or until cooked all the way through.

CRUNCHY KALE CHIPS

- 1 bunch kale, cleaned and dried
- 1 Tbsp olive oil
- Salt and pepper
- Dash of balsamic vinegar

Preheat oven to 350. Whisk oil, salt and pepper, and balsamic together in a bowl. Tear kale into bowl and toss with the dressing. Bake about 15 minutes, until crispy. Cool slightly, and try to share.



SWEET KALE CHIPS

- ☑ 1 bunch of kale
- ☑ 1 green apple
- ☑ 6 raspberries
- ☑ 4 strawberries
- ☑ Juice from 1/2 lime

Preheat oven to 350. Blend raspberries, strawberries, apple and lime juice until smooth. Tear kale into bowl and toss with the dressing. Bake about 15 minutes, until crispy. Cool slightly, and try to share.

SWEET POTATO CHIPS

- ☑ 2 sweet potatoes, peeled
- ☑ 1 Tbsp olive oil
- ☑ 1 tsp salt
- ☑ Seasonings of choice (chili, cayenne, cumin, paprika, onion, cinnamon, etc.)

Preheat oven to 350. Thinly slice the sweet potatoes with a veggie peeler. Prepare a marinade and toss the potatoes in it. Bake 20 minutes or until crispy.

SESAME CARROTS

- ☑ 2 cups baby carrots
- ☑ 1 Tbsp toasted sesame seeds
- ☑ Pinch of dried thyme
- ☑ Pinch of kosher salt

Toss carrots with sesame seeds, thyme and kosher salt in a small bowl. Optional – bake at 400 degrees for 25 minutes or until desired tenderness.

STUFFED CELERY

- ☑ 1 package laughing cow cheese
- ☑ 2-3 Tbsp Greek Yogurt
- ☑ 1/4 cup chopped walnuts
- ☑ 10 green olives with pimento, chopped
- ☑ 1 bunch celery, keep as stalks or cut into bite-size pieces

Open individual laughing cow cheeses. In a medium bowl, mix together the cheese and yogurt. Stir in the walnuts and chopped olives. Spread filling onto the celery stalks/pieces.

HAM & PEPPER ROLL UPS

- ☑ 1-2 wedges laughing cow cheese
- ☑ 2-4 slices deli ham
- ☑ 1 cup red bell pepper slices

Spread cream cheese on ham slices, top with bell pepper, roll and eat.



ROASTED BRUSSELS SPROUTS WITH WALNUTS

- ☑ 2 lbs Brussels sprouts
- ☑ 2 Tbsp olive oil
- ☑ 2 Tbsp balsamic vinegar
- ☑ 1/2 cup chopped walnuts
- ☑ 1/4 cup finely grated Parmesan cheese

Preheat oven to 375 degrees. Take Brussels sprouts off the stem, wash, and rip off outside leaves. Chop sprouts until they are a uniform size. Boil Brussels sprouts for 5 minutes. Pat dry. Place Brussels sprouts in roasting pan and pour in olive oil and vinegar and stir until sprouts are coated well. Salt and pepper to taste.

SWEET FIX SNACK

- ☑ 1/2 cup cottage cheese
- ☑ 1 scoop chocolate protein powder
- ☑ 1 Tbsp raspberry jam—all natural

Mix into a bowl, refrigerate at least 10 minutes and enjoy.

DEREK'S PEANUT BUTTER CUPS

- ☑ 1/2 cup peanut butter (use PB2 for low fat option)
- ☑ 1 cup chocolate protein powder
- ☑ 1 Tbsp coconut oil
- ☑ 2 Tbsp low sugar vanilla Greek yogurt

Mix into a bowl, then divide batter into a muffin tin to create individual cups. Freeze for at least 10 minutes, then store in the refrigerator until you're ready to enjoy.



SOUPS

LENTIL SOUP

- ☑ 1 Tbsp olive oil
- ☑ 1 onion, chopped
- ☑ 4 cups low-sodium beef broth
- ☑ 1 cup dry lentils, rinsed
- ☑ 1/4 cup tomato sauce
- ☑ 1 tsp Italian seasoning
- ☑ Salt and pepper to taste

In a large saucepan over medium heat, combine the oil and onions and sauté for 5 minutes, or until onions are tender. Add the broth and bring mixture to a boil. Add the lentils, sauce and seasoning. Reduce heat to low, cover and simmer for 45 minutes, or until lentils are tender. Salt and pepper to taste.

CHICKEN TORTILLA SOUP

- ☑ 1 tsp olive oil
- ☑ 1/4 tsp. salt
- ☑ 3/4 lb. boneless, skinless chicken breasts, cut into 1/2-inch chunks
- ☑ 1 large onion, chopped
- ☑ 5 cups reduced-sodium chicken broth
- ☑ 1 lb. red potatoes, cut into 1/2-inch cubes
- ☑ 1 cup frozen corn
- ☑ 1 can (4 1/2 oz.) chopped green chilies
- ☑ 1/4 cup minced fresh cilantro
- ☑ 1/4 tsp pepper
- ☑ 3 Tbsp lime juice

In large saucepan, sauté chicken in oil until lightly browned. Add onion; cook, stirring frequently, until onion is tender. Add broth and potatoes. Bring to a boil. Reduce heat; cover and simmer 10 minutes. Add corn, chilies, cilantro, and pepper, and heat through. Stir in lime juice.



10-MINUTE CREAMY VEGETABLE SOUP

- ☑ 1 Tbsp coconut oil
- ☑ 3-4 cloves garlic, chopped
- ☑ ½-inch fresh ginger, chopped
- ☑ 1 red onion, coarsely chopped
- ☑ 2 or 3 carrots, coarsely chopped
- ☑ Sea salt to taste
- ☑ 1 package (10-ounces) frozen chopped spinach, thawed
- ☑ 1 package (10-ounces) frozen butternut squash, semi-thawed
- ☑ 3 to 4 cups organic vegetable broth
- ☑ Juice and pulp from 1 whole lime
- ☑ Dash of coriander

Heat the extra virgin coconut oil in a large heavy soup pot over medium-high heat. Add the garlic and ginger and sauté briefly, about 30 seconds. Add the onion and carrots. Sauté 2-3 minutes, or until just tender. Season lightly with salt to taste. Add the spinach and butternut squash. Add the vegetable broth, lime and coriander. Simmer 2-3 minutes. Use a hand-held stick blender to process vegetables into a creamy soup (alternatively you can wait until the soup cools and then transfer it in batches to a blender and process until smooth and creamy.) Serve warm.

COLD AVOCADO SOUP

- ☑ 1/2 seedless cucumber, chopped
- ☑ 1 medium avocado, peeled and pitted
- ☑ 1 shallot, chopped
- ☑ 2 Tbsp yogurt
- ☑ 2 Tbsp fresh mint
- ☑ 1 sprig fresh mint
- ☑ 4 tsp fresh lime juice
- ☑ 1 1/2 tsp salt
- ☑ 1/4 tsp ground black pepper
- ☑ 1/4 tsp ground cumin
- ☑ 1 radish, chopped

Place the cucumber, avocado, shallot, yogurt, 2 Tbsp mint, lime juice, salt, pepper, cumin, and 1 cup cold water in a blender, and process until smooth. Chill for at least 1 hour. Serve garnished with the radish and remaining mint leaves.



CHILLED TOMATO AND AVOCADO

- ☑ 1 ripe tomato, peeled and quartered
- ☑ 2 large avocados - peeled, pitted, sliced
- ☑ 1 small onion, quartered
- ☑ 1 green bell pepper, chopped
- ☑ 1/4 cup fresh lemon juice
- ☑ 1 quart tomato juice
- ☑ 1 1/4 cups Greek yogurt
- ☑ Salt to taste
- ☑ 1/4 cup chopped fresh chives
- ☑ Cayenne pepper to taste

Place tomato, avocados, onion, green bell pepper, and lemon juice into blender and process until smooth. Pour in 1 cup tomato juice, and process to blend. Transfer mixture to a large bowl, and mix in remaining tomato juice and 1 cup yogurt. Season to taste with salt. Chill for a couple hours. Serve in bowls garnished with dollops of yogurt, chives, and a sprinkling of cayenne pepper.

CHICKPEA TOMATO BASIL SOUP

- ☑ 1 small onion, chopped
- ☑ 1 garlic clove, minced
- ☑ 1/4 tsp extra-virgin olive oil
- ☑ 1- 2 cans fire roasted tomatoes
- ☑ 1 can chickpeas
- ☑ 1 cup chicken broth
- ☑ 1/3 cup fresh basil leaves
- ☑ Salt and pepper to taste

Mix the onions, garlic and olive in skillet. Cook for 1 minute over medium high heat. Add broth and chickpeas. Cover and simmer for 15 minutes. Transfer to blender. In a blender combine chickpea mix, tomatoes, basil, and seasonings. Puree until smooth. Chill in refrigerator until cold.



SALADS

KALE & SPINACH SALAD

- ☑ 2-3 cups kale
- ☑ 2-3 cups fresh spinach
- ☑ 1 red onion, diced
- ☑ 3-6 green onions, diced
- ☑ 1-2 Avocados, mashed
- ☑ 1-2 limes (juiced)
- ☑ Fresh basil leaves
- ☑ Sea salt to taste
- ☑ Cayenne to taste

Tear the kale leaves away from the stems. Cut ends of spinach stems if too long. Add fresh basil. Tear the kale and spinach into small pieces. Add diced onions. Toss. Add mashed avocado, sea salt and cayenne. Add lime juice. Stir well or mix with your hands. Serve.

ARUGULA AND STRAWBERRY SALAD

- ☑ ½ cup walnuts
- ☑ 4 cups baby arugula
- ☑ 2 cups sliced strawberries
- ☑ ¼ tsp freshly ground pepper
- ☑ 1/8 tsp fresh ground sea salt
- ☑ 2 Tbsp balsamic vinegar
- ☑ 1 tbsp extra virgin olive oil
- ☑ 2 ounces of shaved parmesan

Toast walnuts in a small, dry skillet over medium-low heat, stirring frequently until lightly brown and toasted. About 3-5 minutes. Transfer to salad bowl and let cool for 5 minutes. Add Arugula, strawberries, salt, pepper. Sprinkle oil and vinegar and toss gently. Top with shaved parmesan and divide among 6 salad plates.



SPINACH AND GREEN APPLE SALAD

- ☑ 2 Tbsp olive oil
- ☑ 1 Tbsp cider vinegar
- ☑ 1 tsp Dijon mustard
- ☑ Salt and freshly ground pepper
- ☑ 5 ounces baby spinach leaves (about 5 cups lightly packed)
- ☑ 1 Granny Smith apple
- ☑ 1/3 cup walnut pieces

Toast walnuts in a dry skillet over a medium-low flame until fragrant, about 3-5 minutes. In a small bowl whisk together the oil, vinegar and mustard. Season with salt and pepper to taste. Toss the spinach with the dressing until evenly coated then divide the spinach among 4 serving plates. Core the apple and slice it into matchsticks. Sprinkle a quarter of the apple pieces on top of each salad. Follow with the walnut pieces. Serve immediately.

CAPRESE SALAD

- ☑ 2 medium red tomatoes, cut into wedges
- ☑ 2 medium yellow tomatoes, cut into wedges
- ☑ 3/4 cup diced fresh mozzarella cheese
- ☑ 1/4 cup chopped fresh parsley
- ☑ 2 Tbsp chopped fresh basil
- ☑ 1/4 tsp salt
- ☑ Freshly ground pepper, to taste

Gently toss tomatoes, mozzarella, parsley, basil and salt together in a large bowl. Season with pepper.



RASPBERRY MANGO SALAD

- ☑ 1 1/2 cups fresh raspberries, divided
- ☑ 1/4 cup extra-virgin olive oil
- ☑ 1/4 cup red-wine vinegar
- ☑ 1 small clove garlic, coarsely chopped
- ☑ 1/4 tsp kosher salt
- ☑ 1/8 tsp freshly ground pepper
- ☑ 8 cups mixed salad greens
- ☑ 1 ripe mango, diced
- ☑ 1 small ripe avocado, diced
- ☑ 1/2 cup thinly sliced red onion
- ☑ 1/4 cup toasted chopped hazelnuts, or sliced almonds - optional

Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

EGG SALAD

- ☑ 1/4 cup cottage cheese
- ☑ 1 Tbsp milk
- ☑ 1 tsp mustard
- ☑ 4 hardboiled egg whites, diced
- ☑ 1 hardboiled yolk
- ☑ 2 Tbsp chopped green onion
- ☑ 2 Tbsp chopped celery
- ☑ Dash curry powder
- ☑ 1/4 tsp sea salt

Whip cottage cheese and milk until smooth in medium-sized mixing bowl. Blend remaining ingredients except egg whites with cottage cheese mixture. Add diced egg whites to cottage cheese mixture. Mix well.



EDAMAME SALAD

- ☑ 12 cherry tomatoes, halved
- ☑ 1 ½ cups edamame
- ☑ 1 avocado, diced
- ☑ Romaine lettuce or mixed greens

Dressing:

- ☑ 2 Tablespoons lime juice
- ☑ 2-3 Tablespoons cilantro
- ☑ 1 Tablespoon olive oil
- ☑ 1 tsp salt
- ☑ 1/8 tsp pepper

In small bowl, whisk lime juice, salt and pepper. While whisking, slowly add oil. In medium bowl, combine corn, edamame, tomatoes, avocado and cilantro. Pour lime dressing over salad and toss. Chill and serve over greens.

CHICKEN AND AVOCADO SALAD

- ☑ 3 avocados - peeled, pitted and diced
- ☑ 1 pound grilled skinless, boneless chicken breast, diced
- ☑ 1/2 cup finely chopped red onion
- ☑ 1/2 cup chopped fresh cilantro
- ☑ 1/4 cup balsamic vinaigrette salad dressing

In a medium bowl, combine the avocados, chicken, onion and cilantro. Pour the balsamic vinaigrette over everything, and toss lightly to coat.

CUCUMBER AND TOMATO SALAD

- ☑ 8 cucumbers, peeled in stripes, leaving half of the skin on
- ☑ 1 12 oz package cherry tomatoes, halved

Dressing:

- ☑ 2/3 cup plain Greek yogurt
- ☑ 2 Tbsp chopped green onions
- ☑ 2 tsp fresh lemon juice
- ☑ 1/2 tsp ground cumin
- ☑ 1/2 tsp Kosher or Sea salt (or 1/4 tsp regular salt)
- ☑ 2 dashes ground red pepper
- ☑ Fresh ground black pepper to taste

Slice cucumbers and tomatoes. Mix dressing ingredients in a bowl. Add dressing to salad and toss until thoroughly coated. This salad compliments a spicy dish nicely.



FETA CHICKEN SALAD

- ☑ 3 cups diced cooked chicken
- ☑ 2 large stalks celery, diced
- ☑ 1 red bell pepper, seeded and diced
- ☑ 1/2 red onion, diced
- ☑ 6 Tbsp Greek Yogurt
- ☑ 1 (4 ounce) package Feta cheese, crumbled
- ☑ 2 tsp dried dill weed
- ☑ 1 pinch Mrs. Dash

In a serving bowl, mix together the chicken, celery, and red onion. In a separate bowl, stir together, Greek Yogurt, feta cheese, and dill. Pour over the chicken mixture, and stir to blend. Taste, and season with Mrs. Dash and pepper as needed. Serve immediately, or refrigerate until serving.

APPLE & CHICKEN SALAD

- ☑ 10 oz. grilled chicken breast
- ☑ 2 small granny smith apples
- ☑ 1/2 red onion
- ☑ 1 red bell pepper
- ☑ 1-2 jalapenos
- ☑ 1 lime, juice and zest
- ☑ 2 Tbsp. extra virgin olive oil
- ☑ 1 handful fresh cilantro
- ☑ Salt and fresh ground pepper to taste

Cut chicken into strips, apple slices, red onion slices, pepper slices. Put all this into a large bowl. Zest lime and add to bowl. In small food processor add jalapeno, juice of the lime and process. Add olive oil and process. Pour this over the salad and mix. Wisk in olive oil, then add to bowl with chicken. Add lightly chopped cilantro and salt and pepper. Mix well. Let this sit for about an hour for the flavors to mix. Serve on top of a green salad.

LIME CILANTRO COLESLAW

- ☑ 3 Tbsp fresh lime juice
- ☑ 1 Tbsp extra virgin olive oil
- ☑ 1/4 cup chopped green onions
- ☑ 1/4 cup chopped fresh cilantro
- ☑ 12oz package of coleslaw (or 12 oz chopped green/red cabbage and carrots)

Combine first 3 ingredients in in a small bowl and stir. Combine rest of ingredients in a large bowl. Drizzle the juice mixture over the coleslaw and toss well to coat.



CHUNKY GREEK SALAD

- ☑ The juice of one lemon (about 4 Tbsp)
- ☑ 2 Tbsp extra virgin olive oil
- ☑ 1 clove of garlic, minced
- ☑ 1 Tbsp Greek seasoning
- ☑ Fresh ground pepper to taste
- ☑ 1 pint (10oz.) cherry tomatoes, halved
- ☑ 1 large cucumber, quartered and halved
- ☑ 1 15-oz can of chickpeas, drained and rinsed
- ☑ ½ of a small red onion, thinly sliced
- ☑ 2 Tbsp Kalamata olives, sliced
- ☑ 1/3 cup of Feta cheese, crumbled
- ☑ 1 4-oz cans sardines with bones, packed in water, drained (optional)

Whisk lemon juice, oil, garlic, Greek seasoning, and pepper in a large bowl until well combined. Add tomatoes, cucumbers, chickpeas, red onion, olives, feta cheese and gently toss to combine. Divide salad among four plates and top with sardines.

WATERMELON SALAD

- ☑ 1-2 cups watermelon, cut in chunks or cubed
- ☑ ¼ cup Feta cheese
- ☑ 2-3 fresh mint leaves, chopped
- ☑ 1 lime wedge
- ☑ Pinch of Kosher salt

Place your watermelon on a plate or bowl. Sprinkle it with feta cheese. Sprinkle mint leave over the top. Squeeze a lime wedge onto the fruit. Sprinkle with a pinch of salt and serve.

GRILLED BELL PEPPER SALAD

- ☑ 4 bell peppers, (mixed colors), halved, seeded and stemmed
- ☑ 1/4 cup halved and pitted oil-cured black olives
- ☑ 1/4 cup chopped sun-dried tomatoes
- ☑ 1 Tbsp extra-virgin olive oil
- ☑ 1 Tbsp balsamic vinegar
- ☑ 1/8 tsp salt

Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.



SAUCES, DRESSINGS & DIPS

LEMON VINAIGRETTE

- 1/2 cup olive oil
- 1/4 cup cider vinegar
- 3 Tbsp fresh lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Whisk and serve.

ROASTED RED PEPPER DRESSING

- 1 12 oz. can roasted red bell peppers with juice from jar
- 1 tsp minced garlic
- 1-2 Tbsp capers
- 1/3 cup fresh basil leaves
- 1/3 -1/2 cup balsamic vinegar
- 1/2 -1 tsp olive oil
- Salt and pepper to taste

Add all ingredients to food processor. Puree.

WATERMELON VINAIGRETTE

- 4 cups fresh watermelon, chopped and drained
- 1/4 cup red onion, diced small
- 2 Tbsp honey
- 1/4 cup champagne vinegar
- 3/4 cup olive oil
- 2 Tbsp fresh basil, chopped
- 1 Tbsp fresh parsley, chopped
- Salt and pepper to taste

Process in a blender.

CUCUMBER YOGURT DRESSING

- 1 cup chopped seeded peeled cucumber
- 3 tbsp plain low-fat yogurt
- 2 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp salt and black pepper
- 1/8 tsp dried dill

Place all ingredients in a blender and process until the mixture is smooth.



HORSERADISH DRESSING

- 1 avocado
- 1 tbsp fresh grated horseradish
- 1 clove of garlic
- 1-2 tbsp diced onion
- 1-2 tbsp diced bell pepper
- 1/2 lemon juiced
- 1 tbsp miso

Put everything in a food processor and process until creamy.

ROASTED RED PEPPER HUMMUS

- 1 can chickpeas (garbanzo beans), rinsed and drained
- 1 12 oz. jar roasted red bell peppers, drained
- 1 tsp minced garlic
- 1 tbsp tahini
- 3 bsp lemon juice
- 2 tbsp balsamic vinegar
- 2 tbsp sliced jalapeños
- 1/2 to 1 tsp curry powder
- 1 tsp olive oil
- Salt and pepper to taste

Use blender or food processor -add beans and the rest and blend away.

HOMEMADE SALSA

- 4 medium ripe tomatoes, chopped
- 1/2 cup finely chopped red onion
- 2 chili peppers, mild or hot, seeded and finely chopped (jalapeno, serrano, habanero)
- 1-2 cloves minced garlic (to taste)
- 2-3 Tbsp chopped bell pepper
- 1/4 cup finely chopped fresh cilantro leaves (no stems)
- 1 Tbsp fresh lime juice
- Salt and pepper, to taste
- Dash of cumin to taste

Mix and let sit for an hour for the flavors to combine.



STRAWBERRY SALSA

- ☑ 1 cup diced strawberries
- ☑ 1/2 diced tomato
- ☑ 1/2 diced red onion
- ☑ 1 finely diced jalapeno
- ☑ Juice & zest of 1 lime
- ☑ A handful of fresh chives, chopped
- ☑ A handful of fresh parsley & cilantro, chopped
- ☑ Salt & pepper

Combine all ingredients in a small bowl. Toss lightly and serve over fish or chicken.

GUACAMOLE

- ☑ 3 ripe avocados, peeled and pitted
- ☑ 1 medium lime, juiced
- ☑ 1/4 cup red onion, finely chopped
- ☑ 2 Tbsp cilantro, chopped
- ☑ 1 clove (small) garlic, finely chopped
- ☑ 1 tsp salt
- ☑ 1/2 tsp black pepper
- ☑ 1 Tbsp jalapeño pepper, finely chopped

Place avocados and lime in medium bowl, and lightly mash with fork. Stir in remaining ingredients. Serve immediately or cover and chill up to 3 hours.

AVOCADO MAYO

- ☑ 1 Ripe avocado
- ☑ 2 Tbsp fresh lime juice
- ☑ 2 Tbsp olive oil
- ☑ 3 Tbsp Chopped fresh cilantro leaves
- ☑ Salt and freshly ground black pepper to taste

Halve the avocado, remove the pit, and scoop the flesh into a bowl. Add the lime juice and mash it together with a fork. Scrape the mixture into a food processor and process until just smooth. With the processor running, slowly drizzle in the oil and continue to process until smooth. Remove the mixture to a bowl. Fold in the cilantro and season to taste with salt and pepper. Refrigerate for up to 1 hour before serving.

BETTER THAN MAYO SPREAD

- ☑ 2 cups cottage cheese
- ☑ 1 cup fresh spinach
- ☑ 1 cup basil

Process until smooth—keeps in fridge for 1 week.



SPINACH DIP

- ☑ 1 cup cottage cheese
- ☑ 1 cup fresh spinach, firmly packed
- ☑ 1/3 cup fresh basil, firmly packed
- ☑ 1/4 tsp salt
- ☑ 1/2 tsp Dijon mustard

Process until smooth in a blender or food processor.

YOGURT FETA DIP

- ☑ 1 cup Greek yogurt
- ☑ 1 cup Feta
- ☑ 1 Tbsp chives or basil

Blend well—works great as a substitute for sour-cream-based dips.

TZATZIKI

- ☑ 14-16 oz Greek yogurt
- ☑ 1/2 large cucumber, seeds removed
- ☑ 2 Tbsp olive oil
- ☑ 2-3 cloves garlic, minced
- ☑ 1/4 of a red onion, finely minced
- ☑ 1 tsp kosher salt
- ☑ Freshly ground pepper
- ☑ 1/4 tsp cayenne pepper
- ☑ 1/4 tsp paprika
- ☑ 1 Tbsp dried dill
- ☑ Juice & zest of 1 small lemon

Grate the cucumber and strain, using a large spoon to press out all the water from the cucumber. In a small mixing bowl, combine the olive oil, garlic, dill and spices together. Add in the thick yogurt and stir well. Next, stir in the cucumber and lemon zest. Add in the juice of half of the lemon, stir and taste. Adjust seasoning if necessary.

PESTO

- ☑ 4 cups fresh basil
- ☑ 1/4 cup grated parmesan
- ☑ 1/4 cup pine nuts (or walnuts)
- ☑ 3-4 cloves of garlic, minced
- ☑ 1/2 cup olive oil
- ☑ Salt and pepper to taste

Place all ingredients into food processor except olive oil. Process and then add in olive oil and seasonings to taste.



MARINADES

FRUITY GRILLED CHICKEN

Combine ½ cup lemon juice, ½ cup soy sauce, 1 Tbsp fresh minced ginger, 1 Tbsp lemon pepper, and 2 cloves garlic.

FRUIT SALSA

Combine 1 1/2 cups cubed pineapple, 3/4 cup cubed peeled kiwi (about 3 kiwi) , 3/4 cup coarsely chopped orange sections, 1/2 cup chopped peeled mango, 1/2 cup diced red onion, 2 Tbsp chopped fresh cilantro, 1 1/2 tsp ground cumin, 1/4 tsp salt, 1/8 tsp black pepper, 1 small jalapeño pepper, seeded and chopped.

LEMON-OLIVE GRILLED CHICKEN

Combine 1 1/2 tsp grated lemon rind, divided, 2 Tbsp honey mustard , 1 (14-ounce) can fat-free, less sodium chicken broth, 1 cup whole-wheat couscous, 1/4 cup sliced pimiento-stuffed olives, 1/4 cup sliced pitted kalamata olives, 2 Tbsp chopped fresh basil, 1 Tbsp fresh lemon juice, 2 tsp olive oil, 1/4 tsp pepper

YOGURT & SPICE GRILLED CHICKEN

Combine 1 cup plain yogurt, 1 tsp paprika, 1 tsp onion powder, 1 tsp garlic powder, 1/2-1 tsp chili powder, 1/4 tsp ground cayenne pepper, 1/2 tsp salt.

GRILLED LEMON CHICKEN WITH PARSLEY SAUCE

Marinade:

1 lemon, 1 Tbsp extra-virgin olive oil, 1/2 tsp salt, 1/4 tsp black pepper. Zest the entire lemon (yellow part only, about 1 Tbsp), and place zest in a large mixing bowl. Add juice (3 Tbsp) of the lemon to bowl. Add 1 Tbsp olive oil, 1/2 tsp salt, 1/4 tsp pepper, stir to combine.

Sauce:

2/3 cup flat-leaf parsley, 2 Tbsp extra-virgin olive oil, 1 Tbsp chopped shallot (about 1/2 shallot), 1 Tbsp white wine vinegar, 1/4 tsp salt, 1/4 tsp black pepper, 2 Tbsp fresh lemon juice, Lemon slices, for garnish. Combine all sauce ingredients in a blender. Cover and blend on medium speed until smooth, about 20-30 seconds.

OREGANO GARLIC GRILLED CHICKEN

Combine 1/2 cup lemon juice, 1/3 cup dry white wine, 2 Tbsp extra-virgin olive oil, 2 cloves garlic, minced, 1 Tbsp dried oregano, salt and pepper to taste. Use 1/2 cup to marinate chicken or vegetables. Reserve remaining marinade for basting.

CURRY RUBBED GRILLED CHICKEN

Combine 1/4 cup chili powder, 1 Tablespoon Curry Powder, 2 tsp celery salt, 1 tsp each of onion powder, garlic powder, dry mustard, white pepper, dried oregano and parsley flakes.

