



Gluten Free Recipe Book

Created by Mindful Evolutions



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126 items

Fruits

- 2 Avocado
- 9 1/2 Banana
- 1/3 cup Cherries
- 2 3/4 Lemon
- 1/2 cup Lemon Juice
- 1 tsp Lime Juice
- 1 1/8 cups Raspberries

Breakfast

- 8 cups All Natural Peanut Butter
- 3 tbsps Coffee
- 1/2 cup Granola
- 6 2/3 cups Maple Syrup
- 18 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 1/2 tsps Cajun Seasoning
- 1 cup Cashews
- 1 tsp Chipotle Powder
- 1 1/2 tsps Everything Bagel Seasoning
- 2 tsps Garlic Powder
- 1 tbsp Greek Seasoning
- 1 1/2 tsps Ground Flax Seed
- 2 1/2 tsps Italian Seasoning
- 1/2 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sliced Almonds
- 1 1/2 tbsps Taco Seasoning

Frozen

- 1/2 cup Frozen Peas
- 1 1/4 cups Frozen Spinach
- 1 1/2 cups Frozen Strawberries

Vegetables

- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 6 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 12 Carrot
- 1/2 head Cauliflower
- 26 stalks Celery
- 1 1/8 cups Cilantro
- 1 Cucumber
- 2/3 cup Fresh Dill
- 2 cups Fresh Peas
- 1 tbsp Fresh Sage
- 14 Garlic
- 1 tbsp Ginger
- 1/8 head Green Lettuce
- 22 stalks Green Onion
- 2 cups Mini Potatoes
- 4 cups Mixed Greens
- 1 1/3 cups Parsley
- 3 Red Bell Pepper
- 1 1/2 cups Red Onion
- 2 Russet Potato
- 1 1/2 tbsps Shallot
- 3 cups Snap Peas
- 2 Spaghetti Squash
- 1 Sweet Potato
- 2 tbsps Thyme
- 2 Tomato
- 1 Yellow Bell Pepper
- 2 1/2 Yellow Onion
- 10 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 1/4 cup Bamboo Shoots
- 1 cup Basmati Rice
- 1 cup Black Beans

Bread, Fish, Meat & Cheese

- 6 slices Bacon
- 8 ozs Cheddar Cheese
- 2 3/4 lbs Chicken Breast
- 6 ozs Chicken Breast, Cooked
- 5 ozs Chicken Sausage
- 12 ozs Chicken Thighs
- 12 ozs Chicken Thighs With Skin
- 6 Corn Tortilla
- 2 tbsps Cream Cheese, Regular
- 1 1/2 cups Feta Cheese
- 12 ozs Mozzarella Cheese
- 3/4 cup Parmigiano Reggiano
- 1 1/2 ozs Provolone Cheese
- 5 cups Ricotta Cheese
- 10 ozs Salmon Steak
- 1 lb Shrimp
- 14 ozs Sliced Ham
- 1 1/2 ozs Sliced Turkey Breast
- 3 1/2 ozs Smoked Salmon
- 8 ozs Top Sirloin Steak

Condiments & Oils

- 2 tsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1/8 oz Avocado Oil Spray
- 3 tbsps Balsamic Vinegar
- 1 1/2 tsps Capers
- 2 tbsps Coconut Aminos
- 2 tbsps Coconut Oil
- 2 1/4 tsps Dijon Mustard
- 1 1/3 cups Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 2 tbsps Rice Vinegar
- 1/4 cup Sesame Oil
- 3 tbsps Tamari

Cold



- 1/2 cup** Chicken Broth
- 8 cups** Chicken Broth, Low Sodium
- 10 ozs** Chickpea Pasta
- 1 1/2 cups** Chickpeas
- 3/4 cup** Coconut Cream
- 3 cups** Corn Tortilla Chips
- 3 cups** Diced Tomatoes
- 2 cups** Red Kidney Beans
- 1/2 cup** Salsa
- 2 tbsps** Tomato Paste
- 2/3 cup** Vegetable Broth

- 1 cup** Cottage Cheese
- 1 cup** Cow's Milk, Whole
- 12** Egg
- 4 1/4 cups** Plain Greek Yogurt

Other

- 1/4 cup** Chocolate Protein Powder
- 1/4 cup** Coconut Water
- 9 3/4 cups** Vanilla Protein Powder
- 6 1/3 cups** Water

Baking

- 4 cups** All Purpose Gluten-Free Flour
- 1 1/2 cups** Almond Flour
- 1 tbsp** Arrowroot Powder
- 1 tbsp** Baking Powder
- 1 1/3 tbsps** Cocoa Powder
- 1/2 tsp** Coconut Sugar
- 12 1/4 cups** Dark Chocolate Chips
- 2 1/2 cups** Oats
- 1 3/4 tbsps** Raw Honey
- 1/2 tsp** Vanilla Extract



Chocolate Chip Protein Muffins

8 ingredients · 30 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large bowl, whisk together the protein powder, almond flour, baking powder, and salt.
3. Add the peanut butter, banana, and maple syrup and stir with a spatula until combined. Fold in the chocolate chips.
4. Divide the batter evenly between muffin cups. Bake for 13 to 15 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size

One serving is one muffin.

Protein Powder

This recipe was developed and tested using a blended whey protein powder. Avoid using whey protein isolate as this will soak up moisture and yield very dense muffins. Brown rice plant-based protein powder will also work. If using a different type of protein powder, results may vary.

No Peanut Butter

Use another nut or seed butter instead.

Additional Toppings

Add chopped walnuts.

No Banana

Use unsweetened applesauce instead.

Ingredients

- 3/4 cup** Vanilla Protein Powder
- 1/2 cup** Almond Flour
- 1 tsp** Baking Powder
- 1/4 tsp** Sea Salt
- 1/2 cup** All Natural Peanut Butter
- 3** Banana (mashed)
- 2 tbsps** Maple Syrup
- 3/4 cup** Dark Chocolate Chips

Nutrition

Amount per serving

Calories	356	Vitamin C	4mg
Fat	20g	Calcium	107mg
Carbs	31g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	21g	Vitamin E	2mg
Protein	14g	Vitamin B6	0.3mg
Cholesterol	1mg	Vitamin B12	0.2µg
Sodium	153mg	Magnesium	78mg
Potassium	305mg	Selenium	4µg
Vitamin A	28IU		

Christy Cater

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Greek Yogurt, Banana & Cherry Granola Bowl

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a bowl and serve. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to one day. Peel and slice the banana when ready to serve.

Make it Vegan

Use plant-based yogurt.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/3 cup Cherries (pitted, halved)
- 1/3 cup Granola
- 1/2 Banana (sliced)
- 1 1/2 tsps Ground Flax Seed
- 1 tbsp Pumpkin Seeds

Nutrition

Amount per serving

Calories	437	Vitamin C	17mg
Fat	18g	Calcium	299mg
Carbs	51g	Iron	3mg
Fiber	7g	Vitamin D	50IU
Sugar	25g	Vitamin E	5mg
Protein	21g	Vitamin B6	0.4mg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	82mg	Magnesium	138mg
Potassium	610mg	Selenium	12µg
Vitamin A	705IU		



Ricotta & Zucchini Frittata

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Grease a round baking dish.
2. In a large bowl, whisk together the eggs, garlic powder, salt, and pepper. Add the zucchini and red onion. Stir well.
3. Pour the egg mixture into the baking dish and spoon the ricotta on top.
4. Bake in the oven for 35 to 40 minutes or until the egg has set and zucchini is cooked through.
5. Top the frittata with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 9-inch (23 cm) round baking dish was used to make four servings. One serving is roughly 1/4 of the frittata.

More Flavor

Add parmesan cheese.

Ingredients

- 6 Egg
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 Zucchini (large, sliced)
- 1/2 cup Red Onion (sliced)
- 1 cup Ricotta Cheese
- 1/2 cup Parsley

Nutrition

Amount per serving

Calories	222	Vitamin C	20mg
Fat	14g	Calcium	193mg
Carbs	9g	Iron	2mg
Fiber	1g	Vitamin D	68IU
Sugar	3g	Vitamin E	1mg
Protein	15g	Vitamin B6	0.3mg
Cholesterol	309mg	Vitamin B12	1.2µg
Sodium	184mg	Magnesium	37mg
Potassium	448mg	Selenium	27µg
Vitamin A	1420IU		



Chocolate Protein Yogurt with Raspberries

4 ingredients · 10 minutes · 1 serving



Directions

1. Add the yogurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
2. Place in a serving bowl and top with raspberries and granola. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add the raspberries and granola just before serving.

Serving Size

One serving is about 1 3/4 cups.

Protein Powder

This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

Likes it Sweet

Drizzle with honey.

Additional Toppings

Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 1/2 cup Raspberries
- 2 tbsps Granola

Nutrition

Amount per serving

Calories	373	Vitamin C	31mg
Fat	9g	Calcium	640mg
Carbs	29g	Iron	2mg
Fiber	6g	Vitamin D	99IU
Sugar	12g	Vitamin E	2mg
Protein	44g	Vitamin B6	0.2mg
Cholesterol	38mg	Vitamin B12	0.6µg
Sodium	183mg	Magnesium	86mg
Potassium	296mg	Selenium	10µg
Vitamin A	1273IU		



Raspberry Swirl Chocolate Fudge

3 ingredients · 2 hours 15 minutes · 8 servings



Directions

1. Line a loaf pan with parchment paper.
2. In a saucepan over medium heat, add the raspberries. Use a fork and smash the raspberries. Stir and bring to simmer. Simmer for about five minutes then remove from the heat and set aside.
3. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
4. Add the chocolate to the bowl. Stir frequently until the chocolate has melted. Add the peanut butter and stir until smooth.
5. Pour the chocolate mixture into the loaf pan. Spoon the mashed raspberries on top. Using a toothpick, gently swirl the raspberries into the chocolate mixture.
6. Refrigerate for at least two hours. Cut into squares and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size

An 8 x 6-inch loaf pan was used to make eight servings. One serving is one square.

No Peanut Butter

Use any other nut or seed butter that you have.

Ingredients

2/3 cup Raspberries

1 cup Dark Chocolate Chips

1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving

Calories	282	Vitamin C	3mg
Fat	18g	Calcium	10mg
Carbs	21g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	16g	Vitamin E	2mg
Protein	6g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Magnesium	29mg
Potassium	105mg	Selenium	1µg
Vitamin A	3IU		



Chermoula Steak Tacos

9 ingredients · 30 minutes · 3 servings



Directions

1. Add the parsley, cilantro, shallot, garlic, oil, and lemon juice to a large bowl and mix well. Remove half of the marinade and set it aside.
2. Add the steak to the remaining marinade and coat well. Marinate for 10 minutes at room temperature. Meanwhile, heat a cast-iron pan over medium heat.
3. Sear the steak in batches for two to three minutes on each side or until the steak is browned.
4. Add the avocado and steak to the tortillas. Serve with the remaining chermoula and garnish with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Slice the avocado and assemble the tacos just before serving.

Serving Size

One serving is two tacos.

Additional Toppings

Thinly sliced cabbage and/or cheese.

Ingredients

- 1/2 cup Parsley (finely chopped)
- 1/2 cup Cilantro (finely chopped, plus extra for garnish)
- 1 tbsp Shallot (finely chopped)
- 1 Garlic (clove, minced)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 Lemon (medium, juiced)
- 8 ozs Top Sirloin Steak (thinly sliced)
- 1 Avocado (medium, sliced)
- 6 Corn Tortilla (warmed)

Nutrition

Amount per serving

Calories	577	Vitamin C	23mg
Fat	40g	Calcium	246mg
Carbs	36g	Iron	3mg
Fiber	7g	Vitamin D	0IU
Sugar	1g	Vitamin E	4mg
Protein	19g	Vitamin B6	0.6mg
Cholesterol	59mg	Vitamin B12	0.8µg
Sodium	51mg	Magnesium	42mg
Potassium	648mg	Selenium	17µg
Vitamin A	1132IU		



Spring Pea & Feta Dip

9 ingredients · 10 minutes · 6 servings



Directions

1. In a food processor, combine the peas, dill, yogurt, oil, feta cheese, lemon juice, salt, and pepper. Blend until creamy.
2. Serve with the carrots and snap peas and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/4 cup of dip and 1/2 cup of veggies.

Serve it With

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Ingredients

- 1 cup Fresh Peas (or frozen, thawed)
- 1/4 cup Fresh Dill
- 1/2 cup Plain Greek Yogurt
- 3 tbsps Extra Virgin Olive Oil
- 1/2 cup Feta Cheese (crumbled)
- 3 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 3 Carrot (small, chopped)
- 1 1/2 cups Snap Peas (trimmed)

Nutrition

Amount per serving

Calories	150	Vitamin C	19mg
Fat	10g	Calcium	130mg
Carbs	10g	Iron	1mg
Fiber	3g	Vitamin D	10IU
Sugar	4g	Vitamin E	1mg
Protein	6g	Vitamin B6	0.2mg
Cholesterol	14mg	Vitamin B12	0.2µg
Sodium	178mg	Magnesium	21mg
Potassium	228mg	Selenium	2µg
Vitamin A	5639IU		



Cocoa, Coffee & Almond Granola

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 325°F (160°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together the maple syrup, coffee, cocoa powder, and salt. Add the oats and almonds, and stir to combine.
3. Spread the mixture evenly onto the baking sheet. Bake for 20 to 25 minutes or until light golden brown, stirring once halfway through.
4. Remove from the oven and let cool completely. It will crisp up as it cools. Enjoy!

Notes

Leftovers

Store in an airtight container for up to a week. Freeze for up to two months.

Serving Size

One serving is equal to approximately 1/3 cup.

More Flavor

Add cinnamon and nutmeg.

No Almonds

Use walnuts or pecans.

Ingredients

- 2 tbsps Maple Syrup
- 1 1/2 tbsps Coffee (brewed, espresso)
- 2 tsps Cocoa Powder
- 1/4 tsp Sea Salt
- 1 cup Oats (rolled)
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving

Calories	157	Vitamin C	0mg
Fat	6g	Calcium	44mg
Carbs	23g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Vitamin E	0mg
Protein	5g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	150mg	Magnesium	35mg
Potassium	111mg	Selenium	6µg
Vitamin A	0IU		



Greek Shrimp & Rice Bowls

10 ingredients · 20 minutes · 3 servings



Directions

1. Cook the rice according to the package directions then set aside.
2. While the rice is cooking, in a large bowl, mix together half of the oil, half of the lemon juice, and Greek seasoning. Add the shrimp and mix to coat.
3. Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked to your liking.
4. To assemble, divide the rice, shrimp, cucumber, tomato, bell peppers, and onions into bowls. Drizzle the remaining oil and lemon juice onto each bowl. Top with feta cheese. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2/3 cup of rice and 2/3 cup of vegetables with shrimp.

Additional Toppings

Oregano, tzatziki, and/or hummus.

No Greek Seasoning

Use other seasoning of choice like Italian seasoning or a mix of oregano and dried parsley.

Ingredients

- 1 cup Basmati Rice (dry, rinsed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced, divided)
- 1 tbsp Greek Seasoning
- 8 ozs Shrimp (peeled, deveined)
- 1/4 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 cup Red Onion (sliced)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	564	Vitamin C	65mg
Fat	24g	Calcium	188mg
Carbs	62g	Iron	1mg
Fiber	3g	Vitamin D	4IU
Sugar	4g	Vitamin E	3mg
Protein	25g	Vitamin B6	0.3mg
Cholesterol	144mg	Vitamin B12	0.4µg
Sodium	1034mg	Magnesium	46mg
Potassium	470mg	Selenium	4µg
Vitamin A	1929IU		



Smoked Salmon Cottage Cheese Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Divide the cottage cheese into bowls. Top with the remaining ingredients and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Try with fresh herbs like dill and/or chives.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

- 1 cup Cottage Cheese
- 1/4 Cucumber (medium, diced small)
- 1 1/2 tsps Capers (sliced)
- 1 1/2 tsps Shallot (finely sliced)
- 1 tbsp Pumpkin Seeds (toasted, chopped)
- 1 tsp Everything Bagel Seasoning
- 3 1/2 ozs Smoked Salmon

Nutrition

Amount per serving

Calories	383	Vitamin C	3mg
Fat	17g	Calcium	205mg
Carbs	12g	Iron	2mg
Fiber	1g	Vitamin D	686IU
Sugar	7g	Vitamin E	2mg
Protein	45g	Vitamin B6	0.4mg
Cholesterol	59mg	Vitamin B12	4.1µg
Sodium	1632mg	Magnesium	95mg
Potassium	586mg	Selenium	54µg
Vitamin A	467IU		



No Bake Strawberry Cheesecake Bites

9 ingredients · 8 hours · 8 servings



Directions

1. Line a muffin tray with muffin liners or use a silicone muffin tray.
2. In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
3. Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
4. In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
5. Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is one cheesecake bite.

Ingredients

- 1/2 cup Oats (rolled)
- 1 cup Cashews (raw, soaked for at least one hour, rinsed, divided)
- 2 tbsps Coconut Oil (melted)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 cup Coconut Cream
- 1/4 cup Coconut Water (from the coconut cream can)
- 1 1/2 cups Frozen Strawberries
- 2 tbsps Lemon Juice

Nutrition

Amount per serving

Calories	198	Vitamin C	19mg
Fat	15g	Calcium	18mg
Carbs	14g	Iron	2mg
Fiber	2g	Vitamin D	0IU
Sugar	4g	Vitamin E	0mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	48mg	Magnesium	57mg
Potassium	194mg	Selenium	4µg
Vitamin A	19IU		



Turkey & Cheese Stuffed Bell Pepper

8 ingredients · 10 minutes · 1 serving



Directions

1. Mix the cream cheese and the mustard together. Spread the mixture onto one-half of each bell pepper.
2. Mash the avocado and stir in the everything bagel seasoning. Spread on the other half.
3. Layer the turkey, cheese, and lettuce on top of the avocado mixture.
4. Place two halves together to create a sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Serving Size

One serving is one whole bell pepper.

More Flavor

Add red onions, sauerkraut and/or fresh herbs.

Ingredients

- 2 **tbps** Cream Cheese, Regular
- 1/4 **tsp** Dijon Mustard
- 1 Red Bell Pepper (medium, sliced in half, seeds removed)
- 1/2 Avocado (medium)
- 1/2 **tsp** Everything Bagel Seasoning
- 1 1/2 **ozs** Sliced Turkey Breast
- 1 1/2 **ozs** Provolone Cheese (sliced)
- 1/8 **head** Green Lettuce

Nutrition

Amount per serving

Calories	476	Vitamin C	162mg
Fat	37g	Calcium	370mg
Carbs	19g	Iron	2mg
Fiber	9g	Vitamin D	11IU
Sugar	7g	Vitamin E	4mg
Protein	23g	Vitamin B6	0.8mg
Cholesterol	77mg	Vitamin B12	0.9µg
Sodium	948mg	Magnesium	66mg
Potassium	994mg	Selenium	13µg
Vitamin A	4469IU		



Ham & Cheese Stuffed Chicken

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
2. Cut the chicken breasts in half, lengthwise to create a pocket in each chicken breast. Do not cut all the way through. Season the chicken all over with salt and pepper.
3. Layer the ham and cheese into the chicken breasts. Place the chicken onto the baking sheet and spray with avocado oil.
4. Bake in the oven for 20 to 25 minutes or until the chicken has cooked through. Serve with mixed greens and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one stuffed chicken breast and about one cup of mixed greens.

More Flavor

Spread some pesto sauce into the chicken.

Additional Toppings

Top with parsley and parmesan cheese.

Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 3 ozs Sliced Ham
- 2 ozs Mozzarella Cheese (shredded)
- 1/16 oz Avocado Oil Spray (divided)
- 2 cups Mixed Greens

Nutrition

Amount per serving

Calories	304	Vitamin C	4mg
Fat	11g	Calcium	131mg
Carbs	1g	Iron	1mg
Fiber	0g	Vitamin D	2IU
Sugar	0g	Vitamin E	1mg
Protein	46g	Vitamin B6	1.2mg
Cholesterol	157mg	Vitamin B12	0.4µg
Sodium	613mg	Magnesium	48mg
Potassium	690mg	Selenium	48µg
Vitamin A	245IU		



Loaded Chicken Nachos

8 ingredients · 15 minutes · 2 servings



Directions

1. Turn the oven to broil.
2. In a bowl combine the chicken and salsa and mix well. Add the black beans and season with salt and pepper.
3. Place the tortilla chips on a baking sheet, spreading them out evenly. Scatter the chicken mixture over top and then cover with the cheese.
4. Place in the oven on broil for one to three minutes or until the cheese has melted and is bubbly. Top with avocado and cilantro. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 2 1/2 cups.

Additional Toppings

Top with sliced jalapeño, sour cream, and/or Greek yogurt.

Dairy-Free

Use dairy-free cheese.

Ingredients

6 ozs Chicken Breast, Cooked (shredded)

1/2 cup Salsa

1 cup Black Beans (cooked)

Sea Salt & Black Pepper (to taste)

3 cups Corn Tortilla Chips

4 ozs Cheddar Cheese (shredded)

1/2 Avocado (large, cubed)

2 tbsps Cilantro (chopped)

Nutrition

Amount per serving

Calories	766	Vitamin C	7mg
Fat	39g	Calcium	524mg
Carbs	56g	Iron	4mg
Fiber	14g	Vitamin D	14IU
Sugar	4g	Vitamin E	5mg
Protein	52g	Vitamin B6	1.4mg
Cholesterol	145mg	Vitamin B12	0.9µg
Sodium	887mg	Magnesium	186mg
Potassium	1192mg	Selenium	45µg
Vitamin A	1209IU		



Ham & Onion Mini Quiche

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Grease or line a muffin tray or use a silicone muffin tray.
2. Whisk together the eggs and mustard until combined. Season with salt and pepper.
3. Line each cup with a slice of ham. Divide the tomatoes, green onions, parmesan, and basil evenly among the muffin cups. Pour the egg mixture over the top.
4. Bake for 20 to 25 minutes or until puffed and cooked through. Let cool for five minutes before removing from the cups.
5. Serve warm and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is three egg cups.

Additional Toppings

Hot sauce.

Ingredients

- 6 Egg (large)
- 2 **tsps** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Sliced Ham (thick, one slice per egg cup)
- 1 Tomato (large, chopped)
- 6 **stalks** Green Onion (sliced)
- 1/2 **cup** Parmigiano Reggiano (grated)
- 1 **tbsp** Basil Leaves (chopped)

Nutrition

Amount per serving

Calories	250	Vitamin C	7mg
Fat	15g	Calcium	207mg
Carbs	3g	Iron	2mg
Fiber	1g	Vitamin D	63IU
Sugar	1g	Vitamin E	1mg
Protein	26g	Vitamin B6	0.3mg
Cholesterol	329mg	Vitamin B12	0.8µg
Sodium	827mg	Magnesium	26mg
Potassium	362mg	Selenium	44µg
Vitamin A	1675IU		



Chipotle Spiced Chicken & Sweet Potato Wedges

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Place the chicken on one baking sheet and the sweet potato on a second baking sheet.
3. In a bowl, mix together the honey, oil, and chipotle and season with salt and pepper. Pour half over the chicken and half over the sweet potatoes. Use your hands to distribute the best you can (it will be sticky).
4. Space out the sweet potatoes evenly so there isn't any overlap. Transfer to the oven and cook for 13 minutes.
5. Remove the sweet potato, flip them over, and place them back in the oven. Transfer the chicken to the oven and bake for 15 to 20 minutes, or until cooked through, removing the sweet potato prior if needed. To brown the chicken more, broil for two minutes at the end of cooking.
6. Meanwhile, in a bowl, combine the yogurt, cilantro, and lime juice. Season with salt and pepper.
7. Divide the chicken and sweet potato onto plates and serve with the dip on the side for the chicken and wedges. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up three days.

Serving Size

One serving is approximately 1 1/2 cups of chicken, one cup of sweet potatoes with about 1/3 cup dip.

More Flavor

Add garlic powder and/or cayenne to the chipotle mixture. Add a chopped jalapeño to the dip to make it spicy.

Additional Toppings

Top with extra cilantro.

Ingredients

- 12 ozs Chicken Thighs (boneless, skinless)
- 1 Sweet Potato (large, cut into wedges)
- 1 1/2 tbsps Raw Honey (warmed)
- 3 tbsps Extra Virgin Olive Oil
- 1 tsp Chipotle Powder
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Plain Greek Yogurt
- 1/4 cup Cilantro (finely chopped)
- 1 tsp Lime Juice

Nutrition

Amount per serving

Calories	555	Vitamin C	8mg
Fat	29g	Calcium	221mg
Carbs	31g	Iron	2mg
Fiber	2g	Vitamin D	39IU
Sugar	17g	Vitamin E	3mg
Protein	43g	Vitamin B6	0.9mg
Cholesterol	173mg	Vitamin B12	1.0µg
Sodium	251mg	Magnesium	56mg
Potassium	644mg	Selenium	39µg
Vitamin A	9867IU		



Dairy-Free

Use a dairy-free yogurt.



Chickpea Pasta Chili

10 ingredients · 25 minutes · 4 servings



Directions

1. Cook the chickpea pasta to al dente according to the package directions.
2. Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions, carrots, and peppers and cook for three to five minutes or until softened.
3. Add the tomato paste and diced tomatoes and stir in the taco seasoning. Bring the mixture to a simmer. Once the mixture is bubbling, add the beans and cilantro. Cook until warmed through.
4. Add the cooked pasta to the pot. Cook for another minute or until warmed through. Top with cilantro (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Use salsa instead of diced tomatoes.

Ingredients

- 10 ozs Chickpea Pasta
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 1 Carrot (large, diced small)
- 1 Red Bell Pepper (large, chopped)
- 2 tbsps Tomato Paste
- 2 cups Diced Tomatoes (from the can, with juices)
- 1 1/2 tbsps Taco Seasoning
- 2 cups Red Kidney Beans (cooked)
- 1/4 cup Cilantro (chopped, plus more for garnish)

Nutrition

Amount per serving

Calories	441	Vitamin C	55mg
Fat	8g	Calcium	155mg
Carbs	73g	Iron	11mg
Fiber	21g	Vitamin D	0IU
Sugar	14g	Vitamin E	1mg
Protein	28g	Vitamin B6	0.2mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	403mg	Magnesium	54mg
Potassium	598mg	Selenium	2µg
Vitamin A	4171IU		



One Pan Creamy Salmon, Potatoes & Peas

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In an oven-safe pan or dish, toss together the potatoes, oil, salt, pepper, and thyme. Bake in the oven for about 20 minutes.
3. Remove the pan from the oven. Add the broth, coconut cream, and peas. Stir to combine, taste, and adjust the seasoning as needed.
4. Season the salmon all over with salt and pepper. Place the salmon into the pan and bake for another 12 to 15 minutes or until everything is cooked through. Timing will depend on the thickness of your salmon.
5. Divide evenly between plates, squeeze lemon juice on top, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one salmon steak and approximately 1 1/3 cups of vegetables and sauce.

More Flavor

Add garlic and onion.

Additional Toppings

Top with fresh parsley or green onion.

Ingredients

- 2 cups Mini Potatoes (halved)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Thyme (fresh)
- 2/3 cup Vegetable Broth
- 1/4 cup Coconut Cream
- 1/2 cup Frozen Peas (thawed)
- 10 ozs Salmon Steak
- 1/2 Lemon (juiced)

Nutrition

Amount per serving

Calories	440	Vitamin C	40mg
Fat	18g	Calcium	52mg
Carbs	35g	Iron	4mg
Fiber	5g	Vitamin D	0IU
Sugar	4g	Vitamin E	0mg
Protein	34g	Vitamin B6	1.7mg
Cholesterol	78mg	Vitamin B12	4.5µg
Sodium	328mg	Magnesium	88mg
Potassium	1409mg	Selenium	53µg
Vitamin A	1133IU		



Spinach Yogurt Dip with Vegetables

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat a pot over medium heat. Add in the spinach with a splash of water. Cook for about five to seven minutes, stirring occasionally, until the spinach is wilted.
2. Remove from the heat and cool slightly. Roughly chop the spinach and transfer to a bowl.
3. Add the yogurt to the spinach. Stir and season with salt and pepper.
4. Serve the dip with carrots, cucumbers, celery, and bell peppers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1/3 cup dip and 1/2 cup vegetables.

Dairy-Free

Use plant-based yogurt instead.

Ingredients

- 2 cups Baby Spinach
- 1 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 Carrot (large, cut into sticks)
- 1/2 Cucumber (large, cut into sticks)
- 2 stalks Celery (cut into sticks)
- 1 Yellow Bell Pepper (medium, sliced)

Nutrition

Amount per serving

Calories	76	Vitamin C	96mg
Fat	2g	Calcium	164mg
Carbs	10g	Iron	1mg
Fiber	2g	Vitamin D	25IU
Sugar	3g	Vitamin E	0mg
Protein	7g	Vitamin B6	0.2mg
Cholesterol	8mg	Vitamin B12	0µg
Sodium	75mg	Magnesium	26mg
Potassium	338mg	Selenium	0µg
Vitamin A	4489IU		



Simple Scallion Flatbread

9 ingredients · 40 minutes · 8 servings



Directions

1. In a large bowl, combine the flour, water, salt, and sesame oil. Mix until just combined and then fold in the green onion.
2. Heat a non-stick pan over medium heat. Add 1/4 of the avocado oil. Once hot, add about 3/4 cup of the batter into the pan. Allow the batter to evenly spread out.
3. Cook until browned on one side, about four minutes. Flip and cook for another four minutes, until browned on the other side. Continue with the remaining batter, using more oil in between batches.
4. In a small bowl, combine the tamari, vinegar, and sugar and mix well to dissolve the sugar.
5. Slice each flatbread into quarters and serve with the dipping sauce on the side. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half of a flatbread.

Ingredients

- 2 cups All Purpose Gluten-Free Flour
- 1 2/3 cups Water
- 1/2 tsp Sea Salt
- 2 tbsps Sesame Oil
- 8 stalks Green Onion (chopped)
- 2 tbsps Avocado Oil (divided)
- 1 1/2 tbsps Tamari
- 1 tbsp Rice Vinegar
- 1/4 tsp Coconut Sugar

Nutrition

Amount per serving

Calories	206	Vitamin C	2mg
Fat	7g	Calcium	12mg
Carbs	33g	Iron	1mg
Fiber	6g	Vitamin D	0IU
Sugar	1g	Vitamin E	0mg
Protein	2g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	339mg	Magnesium	4mg
Potassium	26mg	Selenium	0µg
Vitamin A	480IU		



Lemony Whipped Ricotta with Celery

5 ingredients · 15 minutes · 8 servings



Directions

1. In a food processor, whip the ricotta, lemon juice, and lemon zest until it is creamy, fluffy, and smooth, about one to two minutes.
2. Spoon the ricotta into a serving bowl and drizzle with olive oil. Garnish with dill.
3. Serve with celery sticks and enjoy!

Notes

Leftovers

Refrigerate the whipped ricotta in an airtight container for up to three days.

Serving Size

One serving is 1/4 cup whipped ricotta and about 1 1/2 stalks celery.

More Flavor

Top with chili flakes.

No Dill

Garnish with fresh parsley.

Ingredients

- 2 cups** Ricotta Cheese
- 1/2** Lemon (juiced, zested)
- 1 1/2 tps** Extra Virgin Olive Oil
- 1 tbsp** Fresh Dill (chopped)
- 12 stalks** Celery (leaves removed, cut into sticks)

Nutrition

Amount per serving

Calories	110	Vitamin C	3mg
Fat	7g	Calcium	152mg
Carbs	7g	Iron	0mg
Fiber	1g	Vitamin D	6IU
Sugar	1g	Vitamin E	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	30mg	Vitamin B12	0.5µg
Sodium	116mg	Magnesium	19mg
Potassium	295mg	Selenium	4µg
Vitamin A	551IU		



One Pan Chicken & Broccoli

10 ingredients · 20 minutes · 2 servings



Directions

1. Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
2. In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
3. Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
4. Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Use your choice of meat.

Additional Toppings

Green onions, cilantro, chili flakes, and/or Thai basil.

Ingredients

- 2 **tbps** Coconut Aminos
- 1 **tbps** Arrowroot Powder
- 2 **tsps** Apple Cider Vinegar
- 1/2 **tsp** Sea Salt
- 1/2 **cup** Chicken Broth (divided)
- 12 **ozs** Chicken Breast (thinly sliced)
- 4 **cups** Broccoli (chopped into florets)
- 1/4 **cup** Bamboo Shoots (sliced, optional)
- 1 **Garlic** (clove, minced)
- 1 **tbps** Ginger (fresh, minced)

Nutrition

Amount per serving

Calories	307	Vitamin C	163mg
Fat	5g	Calcium	101mg
Carbs	20g	Iron	2mg
Fiber	5g	Vitamin D	2IU
Sugar	7g	Vitamin E	3mg
Protein	44g	Vitamin B6	1.7mg
Cholesterol	125mg	Vitamin B12	0.4µg
Sodium	1229mg	Magnesium	89mg
Potassium	1188mg	Selenium	44µg
Vitamin A	1188IU		



Chicken Puttanesca

9 ingredients · 45 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-high heat. Season the chicken thighs all over with salt and pepper.
2. Add the chicken to the pan. Cook for about five minutes on each side or until browned. Remove from the pan.
3. In the same pan, add the onion and sauté for five minutes. Add the garlic and Italian seasoning and cook for another minute.
4. Add the diced tomatoes and olives to the pot. Bring to simmer and transfer the chicken into the pan. Cover the pan with a lid, turn down the heat, and simmer for about 20 minutes or until the chicken is cooked through.
5. Top with parsley, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving approximately one chicken thigh and 1/2 cup of tomato sauce.

More Flavor

Add capers.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 12 ozs Chicken Thighs with Skin (bone-in)
- Sea Salt & Black Pepper (to taste)
- 1/2 Yellow Onion (medium, sliced)
- 2 Garlic (clove, diced)
- 1 1/2 tpsps Italian Seasoning
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1/2 cup Green Olives (pitted, halved)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving

Calories	477	Vitamin C	18mg
Fat	34g	Calcium	83mg
Carbs	10g	Iron	5mg
Fiber	2g	Vitamin D	5IU
Sugar	5g	Vitamin E	1mg
Protein	30g	Vitamin B6	0.6mg
Cholesterol	167mg	Vitamin B12	1.1µg
Sodium	409mg	Magnesium	35mg
Potassium	423mg	Selenium	33µg
Vitamin A	1064IU		



One Pan Cajun Shrimp & Sausage

8 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the garlic, broccoli, zucchini, and sausage. Stir and sauté for eight to ten minutes.
2. Add the cajun seasoning and cook for another two to three minutes.
3. Add the shrimp and season with salt and pepper. Cook for another five minutes or until everything has cooked through, stirring frequently.
4. Adjust the seasoning to your taste. Divide between serving plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Spicy

Add more cajun seasoning, or add cayenne pepper or chili flakes.

Additional Toppings

Top with parsley or green onion.

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 2 cups Broccoli (cut into florets)
- 1 Zucchini (medium, sliced)
- 5 ozs Chicken Sausage (sliced)
- 1 1/2 tsps Cajun Seasoning
- 8 ozs Shrimp (peeled, deveined)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	311	Vitamin C	100mg
Fat	13g	Calcium	207mg
Carbs	16g	Iron	5mg
Fiber	3g	Vitamin D	0IU
Sugar	5g	Vitamin E	1mg
Protein	36g	Vitamin B6	0.5mg
Cholesterol	268mg	Vitamin B12	1.1µg
Sodium	1746mg	Magnesium	87mg
Potassium	1029mg	Selenium	17µg
Vitamin A	763IU		



One Pan Balsamic Chicken, Carrots & Cauliflower

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Mix the balsamic vinegar, Italian seasoning, sea salt, honey and oil together.
3. Add the carrots, cauliflower, and chicken to a large bowl and toss with the balsamic marinade. Add everything to a cast-iron pan or parchment-covered sheet pan. Cook in the oven for 35 minutes or until the chicken is cooked through.
4. Garnish with dill and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is about two cups of vegetables and one cup of chicken.

More Flavor

Add minced shallot and garlic.

Ingredients

- 3 tbsps Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 tsp Raw Honey
- 1 tbsp Avocado Oil
- 2 Carrot (large, cut on a bias)
- 1/2 head Cauliflower (cut into florets)
- 12 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	358	Vitamin C	75mg
Fat	12g	Calcium	68mg
Carbs	20g	Iron	2mg
Fiber	5g	Vitamin D	2IU
Sugar	12g	Vitamin E	1mg
Protein	42g	Vitamin B6	1.7mg
Cholesterol	124mg	Vitamin B12	0.4µg
Sodium	463mg	Magnesium	80mg
Potassium	1230mg	Selenium	40µg
Vitamin A	10263IU		



Slow Cooker Loaded Potato Soup

9 ingredients · 4 hours 20 minutes · 5 servings



Directions

1. Add the potatoes, onion, garlic, salt, broth, and water to a slow cooker and set to cook on high for four hours or low for eight hours.
2. Just before serving, cook the bacon in a pan over medium heat until crispy. Chop into small pieces. Once the soup is done, add half of the bacon to the soup and reserve the rest for garnish.
3. Garnish the soup with the bacon, cheese, and parsley. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

Make it Vegan

Omit the bacon.

More Flavor

Add heavy cream.

Ingredients

- 5 Yellow Potato (peeled and cubed)
- 1 Yellow Onion (medium, sliced)
- 3 Garlic (clove, small, sliced)
- 1/2 tsp Sea Salt
- 4 cups Chicken Broth, Low Sodium
- 1 1/2 cups Water
- 3 slices Bacon (chopped)
- 2 ozs Cheddar Cheese (shredded)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving

Calories	319	Vitamin C	45mg
Fat	11g	Calcium	135mg
Carbs	43g	Iron	3mg
Fiber	5g	Vitamin D	5IU
Sugar	4g	Vitamin E	0mg
Protein	13g	Vitamin B6	0.7mg
Cholesterol	22mg	Vitamin B12	0.4µg
Sodium	510mg	Magnesium	59mg
Potassium	1160mg	Selenium	8µg
Vitamin A	280IU		



One Pan Roasted Chickpeas & Veggies

8 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the potatoes, carrots, Brussels sprouts, and chickpeas to the baking sheet. Drizzle with the oil and season with garlic powder, paprika, salt, and pepper. Toss to combine.
3. Spread out into an even layer and place in the oven. Cook for 25 to 30 minutes, or until the vegetables are fork-tender, tossing halfway through.
4. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add lemon juice to the veggies and chickpeas before or after roasting.

Ingredients

- 2 Russet Potato (medium, cubed)
- 2 Carrot (medium, peeled)
- 1 1/2 cups Brussels Sprouts (halved)
- 1 1/2 cups Chickpeas (cooked)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	364	Vitamin C	50mg
Fat	12g	Calcium	95mg
Carbs	56g	Iron	5mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Vitamin E	2mg
Protein	12g	Vitamin B6	0.7mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	62mg	Magnesium	90mg
Potassium	1195mg	Selenium	5µg
Vitamin A	7348IU		



Chocolate Protein Crunch Bars

5 ingredients · 1 hour · 12 servings



Directions

1. Line a pan with parchment paper and set aside.
2. In a large bowl, add the peanut butter and maple syrup and mix well to combine. Add the cereal and protein powder and mix well with a spatula until thoroughly combined.
3. Transfer the cereal mixture into the prepared pan, pressing down to create an even layer.
4. Add water to a double boiler or fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate chips to the bowl. Melt the chocolate, stirring often. Alternatively, you can melt the chocolate chips in the microwave on 30-second intervals.
5. Pour the melted chocolate over the cereal, spreading it out to create an even layer. Transfer to the fridge until the chocolate has completely set, about 45 minutes, or overnight.
6. Remove the cereal bars and slice into rectangular pieces. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is one bar. An 8 x 8-inch (20 x 20 cm) square pan was used to make 12 servings.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Ingredients

1 cup All Natural Peanut Butter (runny)

1 cup Maple Syrup

3 cups Rice Puffs Cereal

1 1/4 cups Vanilla Protein Powder

1 1/2 cups Dark Chocolate Chips

Nutrition

Amount per serving

Calories	428	Vitamin C	0mg
Fat	21g	Calcium	85mg
Carbs	42g	Iron	2mg
Fiber	1g	Vitamin D	0IU
Sugar	32g	Vitamin E	2mg
Protein	15g	Vitamin B6	0.2mg
Cholesterol	2mg	Vitamin B12	0.2µg
Sodium	23mg	Magnesium	62mg
Potassium	231mg	Selenium	4µg
Vitamin A	0IU		



Alfredo Stuffed Spaghetti Squash

9 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Mix the milk, spinach, sage, thyme, garlic, and 2/3 of the mozzarella in a bowl. Season with salt and pepper.
3. Season the squash with salt and pepper and place in a baking dish. Fill with the spinach mixture. Top with the remaining mozzarella and parmesan. Cover with foil.
4. Bake the squash for 30 minutes. Remove the foil then bake for 20 minutes or until the squash is tender and the cheese is golden.
5. Use a fork to scrape the squash into strands and mix with the cheese. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals one half of a spaghetti squash.

More Flavor

Try other cheeses. Add protein of choice.

Additional Toppings

Basil, red pepper flakes, and/or pine nuts.

Ingredients

- 1 cup Cow's Milk, Whole
- 1 1/4 cups Frozen Spinach (thawed, drained)
- 1 tbsp Fresh Sage (chopped)
- 1 tbsp Thyme (fresh)
- 2 Garlic (clove, minced)
- 8 ozs Mozzarella Cheese (shredded, divided)
- Sea Salt & Black Pepper (to taste)
- 2 Spaghetti Squash (small, halved lengthwise, seeds removed)
- 1/4 cup Parmigiano Reggiano (grated)

Nutrition

Amount per serving

Calories	311	Vitamin C	28mg
Fat	15g	Calcium	494mg
Carbs	28g	Iron	3mg
Fiber	5g	Vitamin D	31IU
Sugar	3g	Vitamin E	1mg
Protein	18g	Vitamin B6	0.5mg
Cholesterol	63mg	Vitamin B12	0.3µg
Sodium	296mg	Magnesium	115mg
Potassium	1012mg	Selenium	6µg
Vitamin A	7119IU		

