



 **Homemade Method™**

30 FAT-BURNING RECIPES

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GF	Gluten Free
DF	Dairy Free
MP	Meal Prep/Freezer Friendly
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

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Protein-Packed Freezable Waffles

This incredible waffle recipe is **sky-high in protein and fiber**- our two favorite things for breakfast time! Most frozen protein waffles contain both processed flours and protein powders, but ours include only whole, nourishing ingredients. The base of our batter is simply rolled oats blended down into flour, then mixed with eggs and cottage cheese.

Cottage cheese is making a comeback in the health world, as it's a fantastic source of protein low in saturated fat and high in B vitamins, selenium, and calcium. More of this food will **help boost metabolism, support bone density, and protect against cell damage that can lead to chronic disease**. Make a few extra of these, so you can freeze your own to eat all week long!

PROTEIN-PACKED FREEZABLE WAFFLES

Serves 6

2 cups Old Fashioned Oats
2 cups Cottage Cheese
6 large Eggs
1 tsp Vanilla Extract
1 tsp Cinnamon
¼ tsp Cloves
¼ tsp Salt
Coconut or Avocado Oil for greasing, as needed

Directions

1. Preheat your waffle maker and grease both top and bottom with a small quantity of high smoke point oil.
2. Place your oats in a blender and pulverize. Add the remaining ingredients and blend until smooth.
3. Pour scant ¼ cup into your waffle maker, cook until golden brown 4-5 minutes.
4. Serve immediately with your favorite sides and toppings. To freeze, cool completely on a rack. Place in a single layer on a parchment lined baking sheet in the freezer until fully frozen, then store in a ziplock bag.

Recipe Notes

This batter can also be turned into pancakes if you don't have a waffle maker! Top this with fresh fruit, yogurt, maple syrup, or honey. You can also turn them savory by swapping out the warming spices for dried herbs and enjoying with a sunnyside up egg, sauteed vegetables, and/or parmesan cheese.



Prep	Cook
10 minutes	15 minutes



Pumpkin Spice Smoothie

Fall in love with this creamy and delicious Autumn smoothie! The addition of oats is just what your body needs to feel satisfied and keep your blood sugar balanced. Oats **improve digestion and lower cholesterol, making this smoothie a smart snack or light meal.**

Technically a nut, hemp hearts **provide a great source of plant-based protein.** They're also exceptionally **rich in omega-3 fats and vitamin E.** This means that hemp hearts not only **contribute to healthy glowing skin but can reduce inflammation and reduce your risk of heart disease.**

Naturally sweetened with potassium-rich bananas and dates, this divine drink **helps reduce blood pressure and water retention** too.

PUMPKIN SPICE SMOOTHIE

Serves 2

- 2 ripe bananas (can freeze for a creamier smoothie)
- 1 cup pumpkin puree or chunks
- 2 ½ cups (360ml) soy milk
- 2 tbsp. hemp seeds
- ¾ tsp. pumpkin pie spice blend
- 2 soft dates
- ½ cup (45g) oats

Directions

1. Place all the ingredients into a blender and blend until smooth. Serve immediately.
2. Optional: Sprinkle with pumpkin pie spice blend before serving.

GF V Q

Prep	Cook
5 minutes	0 minute



High Protein Breakfast Burrito

Make every day a fiesta with this protein-packed hearty breakfast! **Packed with antioxidant-rich veggies and fiber, this simple breakfast will keep you satisfied for hours.** Enjoy this portable and freezer-friendly version of the breakfast classic, bacon & eggs, with a twist.

These burritos are **completely customizable**, so you can use any veggies you have on hand. Bell peppers contain a massive amount of **vitamin C, which is great news for your immune system and every cell in your body.**

Enjoying a good source of protein in the morning helps to stabilize your blood sugar and keep you feeling energized. Eggs are a fantastic source of omega-3 fats, which are critical for **proper brain function and a healthy heart, as well as reducing inflammation.**

If you're a bacon-lover, this is a great way to enjoy that treat in moderation so you stay on track with your health and weight loss goals!

HIGH PROTEIN BREAKFAST BURRITO

Serves 4

8 eggs
1 tbsp milk of choice
4 slices bacon
1 tbsp olive oil
1 tbsp garlic, minced
1 red bell pepper,
finely chopped
1 red onion, finely
chopped
4 tortillas, wheat or
corn

Directions

1. In a bowl, whisk the eggs and milk, season to taste with salt and pepper then set aside.
2. Heat a dry non-stick pan over medium high heat and cook the bacon until crispy, then remove from the pan and set aside.
3. Add the garlic to the hot pan and cook for 30 seconds until fragrant, taking care not to burn. Add in the chopped pepper and onion and sauté for 2-3 minutes until softened, then set aside on a plate.
4. Using the same pan, fry the eggs for 3-5 minutes until cooked, but still soft.
5. Divide the bacon, vegetable mixture and eggs equally between the four tortillas and wrap up tightly. Place the wraps onto a grill pan and place under a medium grill. Toast the wraps on both sides until browned.
6. Serve either hot or cold.

Recipe Notes

Once cooled, wrap the burritos in foil and keep refrigerated for 3-4 day

DF Q

Prep	Cook
10 minutes	15 minutes



Choc Banana Overnight Oats

Chocolate banana overnight oats may feel like a decadent treat, but they are truly a nourishing and filling make-ahead breakfast.

Inexpensive bananas provide sweetness to the recipe and are **rich in fiber and antioxidants**. Eating bananas regularly has been linked to **improved digestion, largely due to prebiotic fibers resistant starch and pectin** that occur in bananas. Not to mention, as a great source of potassium, bananas can **help lower blood pressure and improve heart health!**

Oats are celebrated for their ability to **help lower cholesterol** - but they also help you to feel full for a long time, and can **help ease constipation**. You can prepare, store, and serve this meal all in the same airtight container, such as a Mason jar.

CHOC BANANA OVERNIGHT OATS

Serves 2

- 1 cup (240ml) almond milk
- 2 tbsp chia seeds
- 1 ripe banana
- 1 tbsp cocoa powder, unsweetened
- 1 cup (80g) rolled oats
- 2 tbsp cocoa nibs

Directions

1. Place the almond milk, banana, and chia seeds into a high-speed blender and blitz until smooth.
2. Pour the mix into a sealable container, add the rolled oats and mix well. Set aside in the refrigerator for at least 8 hours or overnight.
3. When ready to eat, top with cocoa nibs.



Prep	Cook
2 minutes	0 minute



Fiber and Flax Blueberry Breakfast Muffins

Nutritionally dense, but incredibly tender in texture- we use a couple of tricks here to make sure these muffins will be satisfying and nutritionally sound. Whole wheat, oat flours, and flaxseeds add extra fiber, protein, and minerals- **keeping digestion running smoothly and energy balanced.**

Maple syrup adds some unrefined sweetness while **the protein and healthy fats from our greek yogurt and egg will make sure that sugar is absorbed slowly keeping numbers steady.**

These delicious little guys come together in minutes with just two bowls and one pan. They can be made in bulk and stored in the freezer so you're sure to always have a healthy, fiber-rich breakfast on hand for those busy mornings.

FIBER AND FLAX BLUEBERRY BREAKFAST MUFFINS

Serves 12

¾ cup + extra Whole
Wheat Flour
½ cup Oat Flour
¾ cup Quick-cooking
Oats
¼ cup Ground Flaxseed
1 ½ tsp Ground
Cinnamon
1 tsp Baking powder
½ tsp Baking soda
½ tsp Salt
1 large Egg
¾ cup Greek Yogurt
½ cup Maple Syrup
¼ cup Milk of choice
2 tbsp Coconut oil,
melted
1 tsp Vanilla Extract
1 cup Blueberries,
frozen or fresh

Directions

1. Preheat your oven to 375 F, prepare a muffin tin by greasing each muffin hole, and/or lining each cavity with a muffin liner.
2. In a large bowl combine your flours, oats, flaxseed, cinnamon, baking powder, baking soda, and salt.
3. In a second bowl whisk your egg, then add the yogurt, maple syrup, milk, oil, and vanilla and mix until well combined.
4. Add the wet ingredients into the dry, gently folding until just barely combined. Toss your blueberries in a small amount of extra flour, any type is fine, and carefully fold them in as well.
5. Divide the batter evenly among the muffin cups, (an ice cream scoop works well for this)- filling almost all the way up.
6. Bake for 20-22 mins, tops should be a golden brown and a toothpick inserted in the center should come out clean. Allow to cool for 5 minutes.

Recipe Notes

These can also be made gluten free, replacing the whole wheat flour with a gluten-free all purpose, using a 1:1 ratio. These can be stored for in an air-tight container at room temp for up to 5 days, or in the freezer for up to 3 months.



Prep	Cook
10 minutes	22 minutes



Cauliflower Mac and Cheese

We know you'll love our healthy version of this cheesy comfort food dish. Not only is our recipe **lower in carbs and saturated fat than traditional mac and cheese, but it doubles as a way to incorporate more nourishing veggies into your meal!**

Cauliflower is the perfect addition to this recipe, with its mild flavor, creamy texture and high fiber content. This popular veggie is **packed with antioxidants like vitamin C, and has been shown to help with natural weight loss.**

CAULIFLOWER MAC AND CHEESE

Serves 2

1 cup whole wheat elbow macaroni pasta
1 cup cauliflower florets
1 tbsp unsalted butter
1 tbsp all-purpose flour
½ cup milk of choice, or more, as needed
1 tsp Dijon mustard
½ teaspoon garlic powder
⅓ cup shredded sharp cheddar cheese
Kosher salt and freshly ground black pepper, to taste

Directions

1. Preheat the oven to 375°F/190°C.
2. In a large pot of boiling salted water, cook pasta according to package instructions. Within the last 3 minutes of cooking time, add cauliflower; drain well.
3. Melt butter in a 9-inch oven-proof skillet over medium-high heat. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in the milk of choice, and cook, whisking constantly until incorporated, about 1-2 minutes. Stir in Dijon and garlic powder until slightly thickened, about 2 minutes.
4. Stir in cheese until melted, about 1-2 minutes. If the mixture is too thick, add more milk as needed; season with salt and pepper, to taste.
5. Stir in pasta and cauliflower; gently toss to combine.
6. Place into oven and bake until bubbly, about 12-15 minutes.

V

Prep	Cook
15 minutes	15 minutes



Greek Salad Chicken Wrap

This wrap is full of Mediterranean-inspired flavors and offers the same health benefits that many followers of the Mediterranean diet rave about.

The Mediterranean diet generally consists of loads of vegetables and fruit, including plant-based protein sources along with quality healthy fats, lean meats such as seafood and chicken, nuts, seeds, and legumes.

While ensuring we eat plenty of these kinds of foods, (along with avoiding highly processed foods) we can expect to reap many wonderful health benefits ranging from **improving blood sugar levels, preventing heart disease, to improving your memory**. Not only can you expect to feel great you will also enjoy the amazing, wonderful flavors

GREEK SALAD CHICKEN WRAP

Serves 4

1 cup lettuce, shredded
1 Red onion, peeled and finely sliced
1 Tomato, diced
1 Cucumber, finely sliced
¼ cup Black olives, pitted and sliced
¼ cup Feta cheese, crumbled
2 tbsp Parsley, finely chopped
4 Whole meal Wraps, (Large)

For the Greek chicken:

1 lb Chicken breast, (skinless) cut in to strips
¼ tsp Garlic powder
1 tsp Dried oregano leaves
2 tbsp Lemon juice, freshly squeezed
¼ cup Olive oil, extra-virgin
Salt and pepper, to taste

Directions

1. In a glass or ceramic dish, combine the chicken strips with garlic powder, dried oregano leaves, lemon juice, olive oil, salt, and pepper. Mix through to coat chicken well and allow to stand for 5 – 10 minutes.
2. Meanwhile, combine all the salad ingredients in a bowl and gently toss them together. Set aside.
3. Heat a skillet over medium to high heat, and lightly grease with a drizzle of olive oil.
4. Add the chicken strips and sauté until tenderly done and evenly browned.
5. Lay down a wholemeal wrap, lay down a bed of the salad then top with slices of the cooked Greek chicken.
6. Fold over the sides and base of the wrap and serve immediately.

Recipe Notes

For a vegetarian option, substitute the chicken for slices of tofu. Prepare and cook the same as the chicken.



Prep	Cook
10 minutes	10 minutes



Chicken Tenders with Cucumber and Avocado Dip

The humble chicken breast doesn't have to be boring at all! Check out our **healthy twist on the beloved chicken nugget**: a satisfying crispy coating paired with a nourishing creamy dip.

The combination of lean protein and healthy fats are a match made in heaven! This simple meal is **ultra-satisfying** and will leave you feeling full for hours, contributing to **natural weight loss**.

Avocados are not only packed with healthy fat, but are also a great source of slow-digesting fibre and **anti-inflammatory** nutrients. The chicken tenders are freezer-friendly, so you may want to make it a double batch! Feel free to get creative with this meal by pairing it with some roasted sweet potato, or a nice dark green side salad.

CHICKEN TENDERS WITH CUCUMBER AND AVOCADO DIP

Serves 6

1 cucumber, sliced
1 tbsp + 2 tsp salt
1 cup (110g) panko
breadcrumbs
3 tbsp chili flakes, divided
2 lbs (900g) chicken
breast, cut into tenders
2 tbsp olive oil
½ tsp. coconut sugar
¼ cup (25g) green onion,
sliced
and divided
1 ripe avocado
½ cup (120ml) lime juice
1 tbsp. chilli paste
2 tsp. sesame seeds
1 tsp. nori

Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the sliced cucumbers in a bowl, add 1 tablespoon of salt, toss and set aside for 5 minutes.
3. In a large shallow dish, combine the panko breadcrumbs with 2 tablespoons of chili flakes and 1 teaspoon of salt. Season the chicken tenders with a further 1 teaspoon of salt and set aside.
4. Evenly coat the chicken tenders in the breadcrumbs, place them on the baking sheet and drizzle with olive oil. Place in the oven and bake for 15-20 minutes until golden brown.
5. While the chicken is cooking, rinse the cucumber with water, removing all the salt and pat dry. Toss the cucumber with 1 tablespoon of chili flakes, sugar and 2 tablespoons of sliced green onions. Set aside.
6. In a blender or food processor, blend the avocado, lime juice and chili paste. Blend until smooth, adding a tablespoon of water if necessary to achieve a smooth consistency. Add the avocado dip to a bowl and sprinkle with the sesame seeds, nori and a little more chili flakes.
7. Once cooked, serve the chicken tenders alongside the cucumber and avocado dip.

MP DF

Prep	Cook
30 minutes	20 minutes



4 Bean Salad with Crumbled Feta

Bean salads make one of the best snacks - tasty, **rich in protein**, and, **amazingly high in antioxidants!**

Beans are one of the best foods you can eat to help you **boost gut health and lower cholesterol**. They have tons of plant-based protein, fiber, and sustaining carbs, allowing your body to **more easily eat for satisfaction**.

The **antioxidants** found in the fresh herbs not only please the palate with great bursts of flavor but also **supports the kidneys** and naturally satisfy your body's innate desire for both sweet and bitter (found in mint and parsley, respectively.)

4 BEAN SALAD WITH CRUMBLED FETA

Serves 2-3

4 cups Four Bean Mix can (or any canned beans of your choice)
1 cup French green beans

For the salad:

2oz Crumbled feta or other cheese of choice
1 cup Tomato
1 cup Red Bell Pepper
½ cup Shallot or green onion

For the dressing:

5 tbsp Olive oil
5 tbsp Apple cider vinegar
1 tsp Brown sugar
1 Garlic clove
¼ bunch Mint
¼ bunch Parsley

Directions

1. Drain the beans and rinse well.
2. Prepare and blanch the French green beans. To do this, simply chop the ends off the green beans and slice them into 2" long pieces; add to boiling water for 2 minutes; then remove from heat and dunk beans into an ice bath after boiling; when beans are completely cool, drain.
3. Chop tomato, red pepper, onion, and ½ of the Feta into small quarter-inch cubes or slices. Mix with beans gently. Add salt and pepper to taste.
4. To prepare the dressing, finely chop the mint, parsley, and garlic. Add to a blend of apple cider vinegar and olive oil. Stir well.
5. SERVE: Pour dressing on the salad and combine well. Top with the other ½ of the Feta cheese. Enjoy as a nourishing snack or side dish!



Prep	Cook
5-10 minutes	2 minutes



Healthy Avocado BLT Salad

Who doesn't love a classic BLT? This vibrant salad has all the flavors you love from the sandwich, only much **lighter and absolutely packed with refreshing veggies!**

Anti-inflammatory, crispy, and full of slow-digesting fiber, it really doesn't get any better than this salad for a simple lunch or dinner that will help with **natural weight loss.**

Quick and easy to make, this craveable salad can be made with turkey bacon, or any type of leafy greens you enjoy.

HEALTHY AVOCADO BLT SALAD

Serves 2

4 slices of bacon,
cooked until crispy
then crumbled or
chopped finely
2 Roma Tomatoes,
diced
⅓ cup Mayonnaise
1 ½ tsp Apple Cider
Vinegar
1 tsp Coconut Sugar
3 cups of Romaine
lettuce chopped
½ medium avocado,
sliced
Salt and Pepper, to
taste

Directions

1. In a medium bowl, combine chopped tomatoes with mayonnaise, apple cider vinegar, and coconut sugar. Set aside for 5 minutes, to allow the tomatoes to soften and become juicy.
2. Divide lettuce among 4 plates and top with tomato mixture, sliced avocado, and bacon crumbles.
3. Season with salt and pepper and enjoy immediately.

Recipe Note: Feel free to add any little extras like leftover cooked chicken, or bell peppers and radishes. This is a great lunch for using up the odds and ends in your fridge!



Prep	Cook
10 minutes	0 minute



Teriyaki Beef and Broccoli

Beef and Broccoli is a classic we all know and love. In this recipe, we **decrease the amount of sugars and sodium**, so the vitamins and minerals from our main ingredients can shine! Flank steak is the perfect quick-cooking cut, and is a wonderfully **lean source of protein and Vitamin B12**. These will both **help with skin and muscle repair, supporting tissue growth all over**.

Agave is the natural sweetener in our sauce, it's low glycemic index will keep your energy levels stable, and your blood sugar numbers from jumping! Broccoli will also further this goal. As one of our favorite cruciferous vegetables, it is especially useful in helping the body with satiety and digestion. Thanks to all the fiber it contains, there is no chance of hunger reappearing any time soon after this meal!

TERIYAKI BEEF AND BROCCOLI

Serves 4

- 2 tbsp High smoke-point oil
- 1 lb Flank steak, thinly sliced
- 3 cups Broccoli Florets
- ½ medium White Onion, thinly sliced
- ¼ cup Tamari
- 1 tbsp Cornstarch
- ½ cup Vegetable Stock
- 1 clove Garlic, minced
- ½ inch Ginger, grated
- 3 tbsp Agave
- 1 tsp Sesame Oil
- 3 tbsp Sesame Seeds (optional)
- 1 tbsp Chili Flakes (optional)

Directions

1. To thinly slice your flank steak, place the meat in the freezer for 5-10 minutes to firm up.
2. In a small bowl, combine the stock and cornstarch, then add the tamari, garlic, ginger, agave, and sesame oil.
3. Heating a wok or very large pan over high heat, add in 1 Tbsp of oil and saute the broccoli and onions for about 3-5 minutes. Season with salt and pepper. Add 1 Tbsp of water and cook for 1-2 more minutes until slightly softened, remove and set aside.
4. Working with half the steak to start, add to the pan and season with salt and pepper. Cook about 2-3 minutes per side, or until just cooked through. Repeat with the second half.
5. Adding everything back into the wok or pan, pour over your sauce and cook until everything is heated through and sauce has thickened. Garnish with sesame seeds

GF DF

Prep	Cook
20 minutes	15 minutes



Pan-Seared Salmon with Pea Shoot Salad

This succulent pan-seared salmon is crispy on the outside and tender and flaky on the inside - and the best part is, it's fool-proof! Served with an elegant pea shoot salad on the side, this recipe is deceptively simple.

Salmon is a true superfood fish! As an **excellent source of healthy omega-3 fat, salmon is anti-inflammatory and helps to lower blood triglycerides and protect heart health. It's also nourishing to brain health and is packed with antioxidants.**

Beautiful pea shoots are packed with folate and provide a sweet grassy flavor, but feel free to use any green you like! Arugula or baby spinach would be just perfect - the lemony vinaigrette ties it all together.

PAN-SEARED SALMON WITH PEA SHOOT SALAD

Serves 4

For the dressing:

4 tbsp. lemon juice,
freshly squeezed
3 shallots
4 tbsp. olive oil
2 tbsp. honey

For the salmon

1.3 lbs (600g) salmon
filets
salt & pepper
1 tsp. olive oil
4 tbsp. vegetable broth
4 tbsp. fresh lemon
juice
5.6 oz. (160g)
watercress
5.3 oz. (150g) pea
shoots

Directions

1. To make the dressing, place all the dressing ingredients into a high-speed blender and blend until smooth. Set aside until ready to serve.
2. Season the salmon fillets with salt and pepper. Heat the olive oil in a large skillet over a medium-high heat. Add the salmon filets and sear for 2 minutes on one side. Turn the filet over and sear for a further minute on the second side.
3. Reduce the heat to low, then pour in the broth and lemon juice. Cover the skillet with a lid and cook until the juices are nearly absorbed and the fish has cooked, approximately 8-10 minutes.
4. Place the watercress and pea shoots in a large bowl and drizzle with the dressing. Divide the dressed greens and salmon between 4 plates and serve immediately.

MP

GF

Prep	Cook
10 minutes	15 minutes



Super Green Salad with Roasted Vegetables

This incredible salad is **simple and fresh**, combining our favorite roasted vegetables with quinoa, nuts and an herb-y dressing. While it makes for a fabulous balanced lunch or dinner all on its own, you can certainly use it as a **hearty side dish** as well!

Quinoa is high in disease fighting **anti-inflammatory phytonutrients**, and contains heart-healthy omega-3 fats. These lovely seeds have a low glycemic index, helping to control blood sugar spikes as well as loads of fibre to **promote weight loss** and satisfaction. Tender roasted veggies are packed with flavor, and provide your body with the vitamins and minerals you need for cell repair and **lasting energy**.

The tangy dressing really makes the flavors shine in this wholesome dish, and the toasty almonds add a pleasing crunch.

SUPER GREEN SALAD WITH ROASTED VEGETABLES

Serves 4

For the salad:

½ cup (85g) raw quinoa
 ½ broccoli head, cut into florets
 1 medium zucchini, sliced
 1 bunch asparagus (approx. 4.4 oz./125g), ends snapped off & discarded
 2 tbsp. olive oil
 ½ cup (75g) almonds, chopped
 ½ tsp. salt
 ½ cup (75g) frozen green peas, tawed
 3.5 oz. (100g) mixed salad leaves
 1 ripe avocado, sliced
 2 green onions, thinly sliced

For the dressing:

4 tbsp. olive oil
 1 tbsp. lemon juice
 ½ tbsp. lemon zest
 2 tbsp. basil, chopped
 2 tbsp. mint, chopped
 1 garlic clove, minced
 Salt and pepper

Directions

1. Cook the quinoa according to instructions on the packaging
2. Preheat the oven to 430°F (220°C). Prepare a large baking tray lined with baking paper.
3. Place the broccoli, zucchini and asparagus on the tray and drizzle with olive oil. Place into the hot oven and roast for around 8 minutes, then remove from the oven and take the asparagus off the tray. Now return the tray to the oven and continue cooking for a further 7-10 minutes, until the broccoli and zucchini are cooked through and tender.
4. Heat a dry skillet over a medium heat and toast the almonds for a few minutes until golden and slightly plump. Sprinkle with sea salt and allow to cool down before chopping.
5. Place all the dressing ingredients into a blender and blend until smooth. Taste and adjust seasoning as necessary.
6. To serve, place the quinoa, roasted vegetables, green peas, toasted almonds, salad leaves, sliced avocado and green onions into a large bowl, drizzle over the dressing and gently toss until combined.
7. Serve immediately or store in the refrigerator for later.



Prep	Cook
20 minutes	20 minutes



Tortellini and Vegetable Soup

Love pasta? Well we have a way for you to enjoy it in moderation, paired with a deeply flavored broth and a wide array of vegetables. When eaten like this, free of all the creamy and cheese based sauces, pasta can indeed be a weight-loss friendly food! The mushrooms, zucchini, and bell pepper in this soup will **fuel your body with antioxidants, and help combat inflammation**; while the broth will **up your hydration, helping to keep hunger in check.**

Pasta will bring in carbohydrates for energy, and if you can find it, many brands are coming out with whole wheat tortellini! This will provide more fiber than the classic kinds, so your body will digest the meal a little slower, and your fullness will last a little longer. This is a one pot meal that comes together quickly, but **will keep you feeling comforted and satisfied for long after.**

TORTELLINI AND VEGETABLE SOUP

Serves 4-6

2-3 tbsp olive oil
1 small Yellow Onion,
diced
4 stalks Celery, diced
5 cloves Garlic,
chopped
1 small Bell Pepper,
de-seeded and diced
2 cups Mushrooms,
cleaned and
quartered
2 small Zucchini,
diced
Salt and Pepper as
needed
2 tsp Dried herbs:
oregano/basil/parsle
y/thyme
3 cups Low Sodium
Vegetable broth
2 14.5 oz cans
Chopped tomatoes
9 oz Whole wheat
tortellini
3 cups Fresh spinach
Parmesan cheese,
shredded to top

Directions

1. Heat your olive oil in a large soup or stockpot over a medium flame.
2. Add the onion and celery and saute for 3 minutes. Add the garlic and bell pepper and cook for an additional 2-3 minutes.
3. Move the vegetables out to the sides of the pot, add a bit more oil if needed, then add the mushrooms into the center.
4. Allow mushrooms to sear for 3-4 minutes, then add in the zucchini and stir everything back together. Cook and stir for another 1-2 minutes.
5. Season the vegetables with salt and pepper, and the dried herbs of your choice. Pour in the broth and tomatoes.
6. Bring the pot up to a gentle boil, reduce heat to medium, and allow everything to simmer for 8 minutes. Add in the tortellini, and boil for 5-7 minutes. (cook the tortellini for about 2 minutes less than the package directs.)
7. At the end, turn off the heat and add in the spinach, stirring until it is wilted. Serve topped with parmesan cheese and a large salad!



Prep	Cook
15 minutes	25 minutes



Chicken Pizza

This recipe combines and lightens up two popular comfort foods—good old pizza and spinach artichoke dip! We first create a crust that is free of all refined flours and yeast, which means it will be easily digestible, and only take minutes to come together before baking.

To this, we top with satisfying, yet heart-healthy ingredients like olive oil, chicken breast, and spinach and artichoke hearts. Artichoke hearts are often forgotten, but easy to keep in the pantry and loaded with flavor and nutrients that **will help with cholesterol and blood pressure levels**. Finishing with a nice sprinkle of parmesan cheese makes for a delicious dinner that will still **help you lose weight in a manageable way**.

CHICKEN PIZZA

Serves 4

Ingredients for crust:

- 1 cup rolled oats
- 3 whole Egg Whites
- ¼ cup Oat Milk or milk of your choice
- ¼ tsp salt
- ¼ tsp baking powder

Toppings:

- 2-3 tbsp Olive Oil
- ½ pound Chicken breast, cut into small dice
- 1 can Artichoke Hearts, drained and rinsed
- 8 oz Spinach, fresh or frozen and thawed
- ¾ cup Parmesan, shredded
- Fresh basil, chili flakes (optional)

Directions

1. Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. Blend all the ingredients for the crust until smooth in a blender or food processor. The mixture should be somewhat thick.
3. Pour the crust mixture onto your prepared pan, and shape with a spoon into a round about an ⅛ inch thick. Bake for 8-10 minutes in the oven, on the middle rack, until nicely browned on the bottom.
4. While the crust bakes, heat a heavy bottomed pan over medium heat with 2 teaspoons of olive oil. When the oil is shimmering, cook the diced chicken until browned and cooked through in the center. Season to taste with salt and pepper.
5. Add the artichoke hearts and spinach to the pan, cover and allow to steam and wilt for 2 minutes, then turn off the heat.
6. When the crust has finished cooking, pull from the oven and flip. Brush with the remaining olive oil, and top with the cooked ingredients and the shredded parmesan. Return to the oven to cook for an additional 7-8 minutes until the bottom is browned.
7. If using, top with herbs and chili flakes and enjoy!

MP

Prep	Cook
15 minutes	20 minutes



Kebabs with Meat and Mixed Vegetables

Lean proteins and generous servings of vegetables are the **best way to aid your body in healthy weight loss**. By making sure you get enough protein at meals, **you'll stave off hunger and late-night snacking that can impede your weight loss goals**. Using a yogurt marinade will tenderize the meat, so you can use extremely lean varieties while still getting that unctuous texture and bite!

Adding in vegetables that are rich in hydration is a great way to fill up further, and seasoning all these ingredients well with spices like cumin and turmeric **will help drop inflammation and boost the excitement and flavor of your meal so you finish feeling fully satisfied!**

KEBABS WITH MEAT AND MIXED VEGETABLES

Serves 4-6

2 pounds Protein or vegetables of your choice cut into 1 inch cubes (chicken, steak, lamb, tofu, eggplant, zucchini, and mushrooms all work well)

1 cup Plain Yogurt

1 tbsp Minced Ginger

3 cloves Minced Garlic

2 tsp Ground Cumin

2 tsp Ground Turmeric

1 tsp Salt and Black Pepper

1 small Red Onion, cut into 1 inch square pieces

1 pint Cherry Tomatoes

Directions

1. Prep your protein by removing any skin or gristle, and cutting into 1-inch cubes. If working with tofu, press for at least 1 hour. If working with vegetables, wash and cut down into 1-inch cube-like shapes as well.
2. In a large Tupperware or bowl, mix together the yogurt with the garlic, ginger, and ground spices. Add in the protein and vegetables, and cover.
3. Allow to marinate for 2 hours, or up to overnight in the fridge.
4. An hour before cooking remove the marinade mixture from the fridge, and if using wooden skewers, submerge them in room temperature water to soak.
5. Preheat your oven to 400°F, and line a baking tray with tin foil and a metal rack.
6. Pull the protein and cubed vegetables from the marinade, wiping off any excess. Thread onto skewers, alternating with red onion slices, and finishing either end with a cherry tomato.
7. Place skewers side by side in a single layer on the rack and baking tray, bake until the meat and vegetables are cooked through and slightly blackened. For chicken, around 20 minutes, for red meat and vegetables, around 15. Turn the oven to broil and continue cooking for another 3-4 minutes if not quite charred enough.
8. Season to taste if needed with more salt and pepper. Serve over a bed of greens or whole grains, alongside a salad, or with whole wheat pita bread and tzatziki sauce!

MP	GF	DF
Prep		Cook
15 minutes		20 minutes



Lemon-Garlic Chicken Skillet

In this recipe, we keep things simple by using just one pan and ingredients that are already delicious, with little preparation. Boneless, skinless chicken thighs provide tissue-building protein while keeping saturated fats in check, and are also wonderful at enhancing the flavor of any dish.

Green beans are naturally sweet and crunchy vegetables that have been shown to **lower the risk of obesity and diabetes, as well as help enhance energy levels.** By rounding this skillet out with beans, we **bring in extra fiber and heart-healthy fats to promote fullness and aid in weight loss.**

LEMON-GARLIC CHICKEN SKILLET

Serves 4

4 medium Boneless, skinless chicken thighs
1 tbsp Avocado oil
Salt and Pepper as needed
2 tbsp Whole wheat, almond, or oat flour
¼ cup Shallot or onion, thinly sliced
6 cloves Garlic, thinly sliced
1 pound Green beans, trimmed
1 can White Beans
1 medium Lemon, juice and zest
¾ cup Chicken stock
⅓ cup Green Olives, pitted and halved (optional)
A pinch of fresh thyme, minced parsley or sage (optional)

Directions

1. Clean any extra fat or gristle off the chicken thighs, and season with salt and pepper. Dust with your flour lightly, and set aside.
2. In a large cast iron, or other heavy bottomed skillet, heat your avocado oil over a medium-high heat.
3. Gently place your chicken thighs in the pan, leaving space around each one to sear. Resist moving the thighs, and allow to cook for 2-3 minutes, until browned on one side. Flip, and continue cooking the second side for 3 more minutes.
4. Remove the thighs from the pan, and set aside before returning the pan to the heat. If dry, add a bit more oil to coat the bottom.
5. Saute the shallots and garlic in the pan for 2 minutes, stirring constantly. Add the green beans, and continue stirring and cooking an additional 3 minutes. Season the vegetables with salt and pepper to taste.
6. Add the white beans with the lemon zest and juice, along with the stock and olives, then place the chicken thighs back in the pan atop the vegetables and bring everything to a simmer.
7. Allow the pan to simmer until most of the liquid has evaporated away, the green beans are cooked through, and the chicken thighs have reheated and finished cooking through as well. Taste and adjust the seasoning.
8. Serve the chicken atop the white beans and alongside the vegetables, spooning sauce over both and garnishing with herbs if using.

DF

Prep	Cook
20 minutes	20 minutes



Italian-style Rolled Flank Steak

Flank steak is a great choice when looking to enjoy a lighter but still satisfying steak dinner. Because it's so lean, we pound it out to start, which tenderizes the muscle without adding extra saturated fats. The **high levels of protein and vitamin b will help you feel satisfied and provide solid energy, both of which will help keep appetite in control.**

The stuffing for this recipe uses ingredients that are loaded with both flavor and nutrients. Spinach brings in the polyphenols your body needs to **prevent disease and age-related cell damage**; while sun dried tomatoes bring a burst of lycopene to **help protect skin**. Bump up all these health benefits by serving this over a bed of greens and your body will thank you!

ITALIAN-STYLE ROLLED FLANK STEAK

Serves 6-8

2 pounds Flank Steak, butterflied and pounded out
½ cup Pesto, optional
Salt and Pepper as needed
2 tbsp Olive oil
2 tsp Balsamic Vinegar
1 tbsp Dried Oregano
2-3 cloves Garlic, zested
5 oz Spinach, frozen and thawed
¾ cup Parmesan Cheese, shredded
½ cup Sun-dried tomatoes, minced

Directions

1. Preheat the oven to 425°F.
2. If your flank steak wasn't butterflied by the butcher, use a sharp knife to cut horizontally into the steak, stopping an inch before you reach the other side so it stays in one piece. Unfold the steak, opening the two halves apart like a book and layout flat. Cover the steak with plastic wrap, and begin to gently pound it out with a meat tenderizer.
3. Allow the steak to rest and begin to mix 1 tbsp of olive oil, with the vinegar, oregano, garlic, spinach, parmesan, and sun-dried tomatoes together in a bowl until well combined.
4. Remove the plastic wrap from the flank steak, and season both sides generously with salt and pepper.
5. On one side of the flank steak, spread the pesto, if using. On top of this, layout your stuffing mixture in a single layer, leaving about a half-inch of the steak uncovered at one end.
6. Firmly roll up the steak along the grain towards the uncovered edge, and secure it with kitchen twine. Try to roll it tightly enough that everything is contained, but not so tightly the stuffing gets squeezed out.
7. Brush the outside of the steak with the remaining olive oil, and if needed, season with a bit more salt and pepper.
8. You have the option to sear the steak here in a heavy-bottomed pan using a high smoke point oil, this will add extra flavor and a bit of a crust to the outside of your steak. Sear and roll around until all sides are browned, about 5-7 minutes, then transfer to the oven to finish.
9. You can also place your steak directly on a sheet pan into the oven, bake until the internal temperature reaches 130°F. If searing first, this will probably take about 30-35 minutes, if skipping that step, closer to 40-45 minutes. Serve over a bed of greens.

DF	GF
Prep	Cook
15 minutes	50 minutes



Homemade Healthy Lamb Burgers

Are you getting sick of the same proteins and sides for dinner week after week? Lamb is a great way to switch up your routine, and it's become a lot more accessible these days, especially in ground form- the budget-friendly option! **Lamb is a rich source of not only protein but also iron and b12- by consuming more you'll keep the health of your muscles and tissues optimal.**

It's up to you how to dress and wrap your lamb burger up, if looking to manage or prevent diabetes you'll love our option of wrapping fully in greens, and you always have that option of a pita bread instead. By using hummus as our spread, we add extra fiber and heart-healthy fats to this dish, and when paired with the protein **your body will stay satisfied for hours!**

HOMEMADE HEALTHY LAMB BURGERS

Serves 4

Ingredients for burger:

1 lb Ground lamb
½ small red onion,
grated
2 each Garlic Cloves,
minced
½ cup Fresh mint, dill,
and/or parsley-
chopped
2 tsp Dry Oregano
1 ½ tsp ground cumin
1 ½ -3 tsp Kosher Salt
1 medium Egg,
whisked
Avocado Oil as needed

Ingredients to serve:

1 bunch Chard, any
variety- the larger
leaves the better
½ cup Your favorite
hummus spread
½ cup Crumbled Feta
Fresh romaine or
arugula, sliced
tomatoes/green bell
pepper/cucumbers/re
d onion as needed

Directions

1. Prepare a grill pan or other heavy-bottomed large pan, and bring a large pot of water up to a boil for blanching.
2. In a bowl, gently break up the ground lamb and mix gently with onion, garlic, seasonings, and 1 ½ tsp of salt. Be careful not to overwork.
3. Add the whisked egg and mix through.
4. Divide the meat into four portions, and gently form into patties, pressing a small indent in their centers with your finger. If you'd like you can sprinkle both sides of the patties with the remaining salt.
5. Heat your avocado oil in the pan over high heat until shimmering, then gently slide in each patty, leaving some space around so they do not touch.
6. Cook for 4-5 minutes on each side, flipping once, until they reach an internal temp of 160, though you can adjust to your preferences.
7. While the burgers sear, you can separate your chard leaves, cut off the long stem ends.
8. Set up an ice water bath, then place the leaves in the boiling pot of water.
9. Blanche for 1 min, then immediately transfer from the boiling water to the cold. This will soften the chard leaves so you can use them as wraps.
10. To serve, spread a chard leaf with hummus, top with the vegetables and feta cheese, and a burger patty; then wrap and enjoy!

GF

Prep	Cook
20 minutes	12 minutes



Herb Stuffed Whole Roasted Fish

When it comes to fish, there are many sustainable and budget-friendly options to choose from these days, and seafood **is a wonderful protein to incorporate when looking to up omega-3's and bring in more lean protein.**

When choosing what to purchase, it's always best to get friendly with your fishmonger so they can give you all the information on what their freshest and least expensive options are that day.

Whole fish will always be a better value because they have less preparation and processing. Look for ones with clear eyes, skin that is clean and not slimy, and no smell except for a faint brininess from the ocean.

HERB STUFFED WHOLE ROASTED FISH

Serves 4

1-2 pounds 2 pieces
Whole Fish, cleaned
(sea bream, trout,
branzino, bass,
snapper)

Olive oil as needed
Salt and Pepper as
needed

1-2 Lemons, thinly
sliced

2 bunches of your
Choice of herbs- dill,
tarragon, parsley,
cilantro, or basil work
well

6-8 cloves garlic,
crushed

2 medium leeks,
halved and cut into 1
inch segments

2 small Fennel Bulb,
sliced 1 inch thick
½ cup White Wine or
stock, optional

Directions

1. Preheat the oven to 400°F, line a roasting pan with parchment paper.
2. Pat dry your cleaned fish with paper towels and rub both the inside and out with olive oil. Season inside and out with salt and pepper as well.
3. Into the belly of the fish, place your citrus slices, herbs, and crushed garlic cloves, don't worry if some of the stuffing is hanging out.
4. In your roasting pan, toss the leeks and fennel slices with olive oil, salt, and pepper, then spread out in a layer.
5. Atop the vegetables, lay your stuffed fish, give everything one more sprinkle of salt and pepper.
6. Bake for about 20 minutes until the flesh of the fish flakes easily when poked with a fork. If your fish are closer to 2 pounds or larger this could take up to 25 or 30 minutes.
7. About 15 minutes in, you can add a half cup of white wine or stock if the vegetables are looking too browned on the bottom of the pan.
8. Once cooked through, serve table-side along with the vegetables, a large salad, and perhaps some roasted baby potatoes.

DF

GF

Prep	Cook
20 minutes	20 minutes



Baked Butter Beans with Root Vegetable Salad

This baked butter bean dish is common throughout the Mediterranean and specially made for those colder nights. Butter beans, also known as lima beans, are **packed with fiber, protein, and so many nutrients they qualify as a superfood.** The folate, antioxidants and iron they contain **will help prevent cancer and support your heart, brain, and bone health.** This is one comfort food that will truly serve your health and wellness!

We pair this with a hearty root salad, a side that will be sure **to keep you full and help decrease those after-dinner snacks and treats.** Beets are known to **help decrease inflammation and have also been shown to aid in weight loss.** Along with other fiber-rich root vegetables, antioxidant-packed greens, and heart-healthy nuts- this salad carries some serious heft and will leave you feeling extra satisfied!

BAKED BUTTER BEANS WITH ROOT VEGETABLE SALAD

Serves 4-6

Ingredients for beans:

2 tbsp Olive oil
 1 small White or Yellow Onion, small dice
 3 cloves Garlic, zested
 2 small or 1 large Carrots, medium dice
 2 tsp Oregano, dried
 ¼ tsp Chili Flakes (optional)
 2 14 oz cans of Diced tomatoes
 2 tsp Maple Syrup
 3 14 oz cans Butter beans, drained and rinsed
 ½ cup+ mre garnish Fresh Parsley and/or Dill, minced
 4 oz Feta, crumbled
 Salt and Pepper to taste

Ingredients for Salad:

2 medium Red or Yellow Beet
 3 medium Turnip, Rutabaga &/or Parsnip
 1 medium Fennel, cored and sliced thinly
 5 oz Arugula, Mixed Greens, or Baby Spinach
 ¼ cup Orang juice
 1 tbsp Lemon Juice
 3 tbsp, Olive oil, divided
 2 tbsp Hazelnut oil (optional)
 ¼ cup Hazelnuts, toasted and chopped

Directions

1. Preheat your oven to 425F and prepare 2 sheet pans with parchment.
2. Prep the salad to begin- peel the beets and other root vegetables then cut into roughly 1 inch cubes. Toss with 2 Tbsp of olive oil, and a generous sprinkling of salt and pepper, then spread everything out in single layers on your sheet pans.
3. Bake off for 15-20 minutes depending on your dice. Rotate the pans partway through, and look for every piece to be softened through and caramelized.
4. While the vegetables cook, you can begin the butter beans. In a large, oven-safe, deep-sided skillet or dutch oven, heat the olive over a medium flame.
5. When shimmering, add the onion, garlic and carrots. Stir and saute until softened, about 3 minutes. Add the oregano and chili flakes along with a pinch of salt, and cook for an additional 2 minutes.
6. Pour in the tomatoes and maple syrup, stirring everything together, then bring up to a simmer. Allow to simmer and reduce, stirring occasionally, for 20-25 minutes until all of the contents have thickened to a rich sauce.
7. Taste and adjust for seasoning, then stir in the butter beans and herbs. Spread the feta over and gently nestle it into the beans and sauce, then slide the whole dish into the oven.
8. Bake for 20-25 minutes, until everything is heated through, and the feta is slightly browned and melted together. Allow to rest for 5 minutes before serving.
9. Just before serving, whisk together the citrus juices along with the remaining olive oil, and hazelnut oil. Season to taste with salt and pepper.
10. Toss a small amount of vinaigrette with your greens, then top the pile of greens with your roasted root veg, fennel slices, and hazelnuts, drizzling the remaining vinaigrette on top.
11. Serve the beans alongside the salad with some warm sourdough or whole-grain

GF

Prep	Cook
30 minutes	50 minutes



Stuffed Honey Peaches

Fruits are a wonderful ingredient to turn into something pretty special. These baked and stuffed peaches with honey are one of the finest examples of what nature can serve up as a delicious and irresistible treat.

Regularly eating vegetables and fruits, including peaches, **can promote heart health**. In fact peaches may even **help lower the risks associated with heart disease such as high cholesterol and blood pressure**.

Peaches are an extremely versatile food that can be eaten on its own or cooked in a variety of ways such as this delicious treat. They are nutritious **offering plenty of health benefits such as improving digestion, controlling blood sugars, and providing great antioxidant benefits**.

STUFFED HONEY PEACHES

Serves 6-12

$\frac{3}{4}$ cup Ground almonds
 $\frac{3}{4}$ cup Rolled oats, roughly chopped
 $\frac{1}{4}$ cup Walnuts, finely chopped
1 tsp Ground cinnamon
2 tbsp Coconut oil, soft (plus more for cooking)
6 Large peaches
2 $\frac{1}{2}$ tbsp

Directions

1. In a bowl combine the ground almonds, oats, chopped walnuts and cinnamon.
2. Gradually stir in the honey and coconut adding just enough coconut oil so the mixture holds together. Ensure the mixture does not become too wet, it needs to hold its shape. Use a little more or less coconut oil as needed.
3. Form the mixture into 12 balls approximately the size of walnuts.
4. Grease a shallow baking dish with a little coconut oil.
5. Halve the peaches and remove the pits, placing the halves cut-side up in the dish.
6. Press a ball of the almond mixture into the cavity of each peach half. Dot the tops with a little coconut oil, and drizzle a bit of honey over all the tops.
7. Bake at 375 degrees F for around 30 minutes or until the almond mixture is golden and crusty. Keep a close eye on them, towards the end of cooking time they can quickly burn.
8. Serve warm.

DF	N
Prep	Cook
15 minutes	30 minutes



Raw Chocolate Vitality Truffles

This snack is a true treasure to the palate and the body! The shredded coconut meat, along with the coconut oil, helps the body **access and use stored fats for energy**. It is also high in lauric acid, which helps bring **balance to the intestinal flora**.

The coconut and the almonds boost the protein profile, making this a snack that will **satisfy your hunger and keep you energized** for a while!

The bar is sweetened naturally with dates and flavored with real vanilla and sea salt -- all adding their contributions to flavor but also bringing an impressive list of **minerals and micronutrients** that your body will love. This may become a favorite!

RAW CHOCOLATE VITALITY TRUFFLES

Serves 10

1 tbsp Cacao powder
2 tbsp Coconut Oil
2 tbsp Almonds
¼ cup Almond meal
¼ cup Medjool dates
¼ cup Coconut,
shredded
⅓ tsp Vanilla essence
A pinch of Sea salt
1 tbsp Water

Directions

1. Coarsely chop some of the almonds and dates. Set aside.
2. Combine all of the other ingredients into a food processor.
3. Blend thoroughly, adding water to bind and create a smooth consistency.
4. Remove from processor and mix in the coarsely chopped dates and almonds to create texture.
5. Roll the mix into small 1 inches balls. Put into the fridge or freezer to allow it to set.
6. To serve: Ready to eat directly from the fridge or freezer! An amazing decadent dessert.

N DF GF Q

Prep	Cook
15 minutes	20 minutes



Strawberry Sauce Parfait

Sometimes you need a sweet and light little finisher to a good meal, and that's exactly what this parfait recipe will give you. Macerated strawberries only take a few minutes to prepare, but the effect is sensational!

Juicy red strawberries are **packed with vitamin C and fiber, to support your immune system and improve your digestive health.** Protein-rich Greek yogurt **contains critical minerals for bone health as well as good bacteria for a happy gut.**

Layered prettily with creamy Greek yogurt and a little crunchy granola - this parfait can also work as a beautiful breakfast or simple snack.

STRAWBERRY SAUCE PARFAIT

Serves 4

1 cup (145g)
strawberries
2 tbsp. honey
1 tsp. vanilla extract
1 $\frac{3}{4}$ cups (500g)
Greek yogurt
1 cup (150g)
blueberries
Optional: 4
Tablespoons granola
of choice

Directions

1. Place the strawberries into a small bowl and mash the strawberries with a fork. Add the honey and vanilla extract and mix well.
2. Divide the mixture equally between four glasses, spoon over the Greek yogurt. To serve, top with granola and blueberries.

Q V

Prep	Cook
15 minutes	0



No Bake Chocolate Oat Cookies

Cookies that you don't need to bake means they're not only quick and easy, which is perfect for those that are living a busy lifestyle, but you are also getting maximum nutrition!

Unlike many popular cookie recipes, this recipe uses agave sweetener (one of nature's natural sweeteners) instead of sugar, as well as whole food ingredients instead of refined ones. This makes these delicious chocolate cookies **full of fiber, vitamins, minerals, and antioxidants that are going to keep your digestive system regulated, help support lowering cholesterol and even help control blood sugar levels.**

NO BAKE CHOCOLATE OAT COOKIES

Serves 4

1 cup Agave syrup
2/3 cup Coconut oil
3 tbsp Cacao
1/2 cup Coconut Milk
1/2 cup Almond butter
1 tsp Vanilla extract
1/2 cup Slivered almonds
3 cups Rolled oats
1/4 cup Sesame Seeds

Directions

1. In a saucepan combine the agave syrup, coconut oil, cocoa and coconut milk over medium heat and bring to a boil, (let it boil for a minute or so while stirring).
2. Remove from heat and stir in the almond butter. When the almond butter has melted, add all remaining ingredients. Drop by rounded tablespoon onto waxed paper.
3. Place in the fridge to set.

Q V DF GF

Prep	Cook
10 minutes	5 minutes



Flourless Chocolate Muffins

These flourless chocolate muffins are so moist, chewy and easy to make - they're the perfect solution for those times when you simply must have a sweet treat! Made with just a handful of ingredients, the combination of chocolate, peanut butter and banana is sure to win over any sweets-lover.

There's no need for flour or sugar here! **The natural sweetness of fibre-rich bananas plus a touch of honey makes these muffins perfect. A great source of potassium, bananas can help lower blood pressure. Not to mention, they're a great source of resistant starch, which can help control blood sugar!**

Totally kid-friendly and freezer-friendly - you'd better go ahead and make a double batch.

FLOURLESS CHOCOLATE MUFFINS

Serves 12

3 bananas, chopped
1 tbsp. lemon juice
2 eggs
4 tbsp. honey
7 oz. (200g) peanut butter, natural
4 tbsp. cocoa powder, unsweetened
1 tsp. baking soda
3 oz. (85g) 85% dark chocolate, chopped

Directions

1. Preheat the oven to 350°F (180°C). Line a muffin tin with paper muffin cups.
2. Place the chopped bananas into a bowl and drizzle with lemon juice. Add in eggs, honey, peanut butter and mash everything together with a fork. Next, add the cocoa powder and baking soda and whisk together.
3. Divide the mixture between each of the muffin cups and sprinkle with the chopped chocolate.
4. Place the tray into the oven and bake for around 18 - 20 minutes. Remove the tray from the oven and place the muffins onto a wire rack to cool completely before serving.

DF MP V

Prep	Cook
10 minutes	20 minutes



Vanilla and Cinnamon Protein Balls

These tender little bites are super easy to make, with no baking required! Simply mix, roll, and enjoy! A perfect on-the-go snack, this recipe is made quickly with the help of a food processor.

Energy bites are kid-friendly and satisfying. The familiar combination of cinnamon, oats, chia seeds and nut butter gives these snacks a craveable cookie-like flavor, **without spiking your blood sugar.**

Not only does cinnamon provide a warm flavor, it **has prebiotic properties important for gut health, and has been shown to help reduce blood pressure.**

Chewy oats are a **great source of soluble fibre - helping to lower blood sugar levels and cholesterol.** So get rolling!

VANILLA AND CINNAMON PROTEIN BALLS

Serves 16

¾ cup (60g) rolled
oats
½ cup (125g) almond
butter,
smooth
½ cup (75g) almonds
4 tbsp. honey
2 tbsp chia seeds
1 tbsp. ground
cinnamon +1 tsp. for
coating
1 tsp. vanilla extract
2 tbsp. water

Directions

1. Place the oats, almond butter, almonds, honey, chia seeds, cinnamon and vanilla extract into a food processor and process until a dough-like consistency forms. Add the 2 tablespoons of water and continue to blitz the mixture until it starts to stick together.
2. Roll the mixture into 16 balls (about 1 tablespoon per ball).
3. Mix 2 tablespoons of chia seeds and 1 teaspoon of ground cinnamon in a large zip-lock bag. Place the protein balls inside the bag and gently toss in the mixture until the balls are coated.

V Q MP

Prep	Cook
10 minutes	0 minute



Green Machine Smoothie

Best for: Complete health reboot.

This smoothie contains dark leafy green vegetables such as spinach & kale plus spirulina, making it a **powerful health tonic that can fight heart disease, high blood pressure and cholesterol.**

It is **extremely high in phytonutrients and antioxidants, which have powerful health-protective properties (especially against various cancers), and it is also high in fiber to help you feel full and low in calories.**

GREEN MACHINE SMOOTHIE

Serves 1

1 Banana
1 cup Spinach or Kale
1 tsp Honey
1 tsp Spirulina
(optional)
½ cup - 1 cup Orange
juice
Ice, to taste

Directions

1. Place all your ingredients into the blender with bigger or other ingredients first. (e.g add frozen banana first and superfood add ins last)
2. Blend on high until mixture is smooth and consistent (about 1 min)
3. Serve immediately, or pour in a mason jar for easy transport to enjoy later

Recipe Notes:

For a thicker and creamier smoothies, use frozen fruit.

Q	V	DF	GF
Prep		Cook	
5 minutes		0 minute	



Power Peanut Protein Bars

Store bought protein bars are usually packed with sugar and preservatives so we want you to have something you can whip up at home for when you need a pick-me-up on the go.

The combination of chickpeas, peanuts and oats provide a full spectrum of amino acids to **help your body repair and fuel up on protein**. They also are **full of fiber and healthy fats to help you feel satisfied, balance your blood sugars and reduce bad cholesterol**. Because these two nutrients **help your body stabilize blood sugars**, you can enjoy a little maple syrup here as well.

We do want you to enjoy this in moderation as it's calorically dense and meant to be eaten in small portions.

POWER PEANUT PROTEIN BARS

Serves 9

½ cup (120g) natural peanut butter
⅓ cup (110g) maple syrup
¼ cup mashed chickpeas
½ cup (45g) quick oats
¼ cup (30g) almond flour

Chocolate topping:

½ cup (85g) chocolate chips
1 tsp. coconut oil
2 tbsp. chopped roasted unsalted peanuts

Directions

1. Heat the peanut butter and maple syrup in a small saucepan over a medium-low heat and stir until the peanut butter has melted. Remove from the heat.
2. Stir in the mashed chickpeas, almond flour and oats and mix well to combine.
3. Press the mixture into a 7x7 inch (18x18cm) square pan lined with parchment paper. To smooth out the mixture use the back of a metal spoon and press down firmly, working the dough into the corners of the pan.
4. Place the tray into the freezer and allow to freeze for 5-10 minutes, or until cold to touch.
5. When bars are cold, melt the chocolate chips and coconut oil in a saucepan on medium/low heat, stirring constantly. When most of the chocolate chips have melted, remove the pan from the heat and keep stirring until the mixture is smooth.
6. Pour the chocolate over the bars. Tilt the pan to ensure even coverage. Sprinkle the top with peanuts and place the pan into the fridge for 10 minutes. Once set, cut the mixture into 9 bars. Store the bars in an airtight container in the fridge.

GF MP DF V Q N

Prep	Cook
10 minutes	10 minute



Lighter 5-Layer Dip with Homemade Guacamole

Traditionally, this party dip comes packed with processed, low quality ingredients- so in this variation we make a few switches to increase both the nourishment and the flavor! By using black beans as our base we start off with high levels of fiber and potassium which will **help with the management of both blood pressure and blood sugars.**

By replacing sour cream with greek yogurt we cut back on the saturated fat levels and increase the protein content, this **will serve your heart health and support the growth and repair of tissues.** Filling this dish out with whole, raw vegetables and fruits like avocado, chiles, tomatoes, and herbs will **add hydration and a whole range of antioxidants, helping to prevent chronic disease and nourish cells throughout the body!**

LIGHTER 5-LAYER DIP WITH HOMEMADE GUACAMOLE

Serves 12-15

1 whole Poblano Chile
1-2 small Fresno or
Jalapeno Chili
2 whole Avocados
Lime Juice from 2 limes
1 small Red onion,
diced
3 whole Roma
tomatoes, diced
1 small bunch Cilantro,
de stemmed and
chopped
2 cups Refried Beans
(homemade or canned)
1 cup Greek Yogurt
¼ tsp Chipotle Powder
(optional)
1 tsp Light Chili Powder
(Guajillo)
1 cup Corn, canned
fresh or frozen
6 oz Cotija cheese,
crumbled (optional)
½ cup Green onions,
sliced

Directions

1. For the guacamole- roast your peppers by holding them with tongs over a flame until charred and blackened, or broil in the oven on high.
2. Once the skins are fully blackened, place the peppers in a ziplock bag or a bowl and cover tightly. Allow to steam from their residual heat for 5 minutes- this will loosen their skins.
3. Meanwhile, skin and pit the avocados, then mash their flesh with a pinch of salt and a few spoonfuls of lime juice.
4. When the peppers have steamed and cooled, remove their charred skins by rubbing them with a towel and discard the blackened skins.
5. Strip the peppers flesh from the stem and seed pod, and remove any extra seeds or pith. Finely dice the flesh, then add to the mashed avocado along with ¼ cup each of diced avocado and tomato, and 2 Tbsp of minced cilantro. Season with salt and pepper, and more lime juice if needed.
6. To layer the dip: spread the refried beans in a large shallow platter. Top with the guacamole.
7. Stir the spices and a pinch of salt into the yogurt, and spread over the guacamole. Top with the corn, then the rest of the diced onion and tomatoes.
8. Finish with the cotija and green onions, and the rest of the cilantro. Serve right away with carrot and bell pepper strips, sliced radishes and jicama, or cucumbers.

GF MP DF V Q N

Prep	Cook
10 minutes	10 minute

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